

WOLF PACK WARRIOR™



DEFEND THE BASE ... *HODAH!*

ACCEPT FOLLOW-ON FORCES ... *BRING IT!*

TAKE THE FIGHT NORTH ... *WOLF PACK!*

Vol. 22, No. 2

8th Fighter Wing, Kunsan Air Base, Republic of Korea

Jan. 12, 2007

F-117s deploy to Kunsan

Wolf Pack family embraces N.M. Airmen

By Senior Airman Stephen Collier
Warrior staff

More than 200 Airmen from Holloman AFB, N.M., arrived and integrated into the Wolf Pack Tuesday after deploying to fulfill U.S. security responsibilities throughout the Western Pacific.

The deployment brings 49th Fighter Wing pilots, maintainers and support Airmen, from Holloman, to Kunsan for the fourth time since their first air expeditionary force, or AEF tour to the Wolf Pack in 2003. During the current deployment, the Airmen will support a squadron of F-117 Nighthawk stealth fighters.

Nighthawk Airmen, assigned to the newly designated 9th Expeditionary Fighter Squadron, become the third flying squadron under command of the 8th Fighter Wing. As with any unit that comes under command of the 8th FW, they also become members of the Wolf Pack family, a fact that Col. Jeff "Wolf" Lofgren, commander, says he hasn't forgotten.

"The professionals of the 9th EFS are now part of the Wolf Pack TEAM," said the Wolf. "We have executed the second part of our mission: Accept Follow-on Forces. Soon we will train for the last part of our mission to Take the Fight North as the 9th EFS joins us in the upcoming exercise and daily training."

Accepting Follow-on Forces

Once Airmen departed their Boeing 747 transport, the deployed personnel were swiftly bused to the base theater where Airmen from the 8th Mission Support Squadron processed them accordingly. Soon after, the Holloman Airmen arrived at Wolf Pack Park, prepared by the 8th Logistics Readiness and Civil Engineer Squadrons, to bed down for the day. This type of support is echoed by the Wolf Pack's second mission statement of "Accepting Follow-on Forces," which falls mostly to the men and women of the 8th MSS. Maj. Robin McKinley, 8th MSS com-



Photo by Airman Jamal Sutter

Come home soon — Children of deploying F-117 pilots line the Holloman AFB, N.M. taxiway to say farewell to the 9th Fighter Squadron Monday. More than 300 Holloman Airmen have integrated into the Wolf Pack mission.

mander, said Airmen under her command train to Accept Follow-on Forces constantly.

"It gives me great pride to watch the MSS 'Warriors' fulfilling the mission," Maj. McKinley said. "They work hard every day to take care of Wolf Pack Airmen, and this is just another example of that. [This deployment] allows my Airmen to actually do this piece of the [Wolf Pack] mission and not just talk about it."

Wolf Pack Park amenities include 30 South East Asia or SEA huts, two with connectivity for internet and television, morale tents, hot water for showers and washers and dryers to help make the deployed location as homely as possible. While these amenities are present, challenges still face the newest residents of the Wolf Pack. The Holloman Airmen, who

See **STEALTH**, Page 3

Dominating the skies:

'Viper' turns 3,000

By Senior Airman Stephen Collier
Warrior staff

It's a feat only accomplished by a privileged few.

Some fighter pilots dedicate their entire lives to serving their country in the cockpit and reach certain milestones, including 1,000 hours of flight, then 2,000 hours of flight; but reaching 3,000 hours is an accomplishment many only dream of. And Col. Jon "Viper" Norman lived that dream Tuesday afternoon here.

"I feel old," said Viper immediately after his flight. "Not too many guys make it this far. I'm very fortunate to fly for as long as I have. I'm just glad I was able to do (3,000 hours) right here at Kunsan."

The 8th Operations Group commander had been inching toward the achievement since arriving at the Wolf Pack. Stationed at Kunsan in the early 1990s, Viper said it's an honor to meet this milestone back here.



Col. Jon "Viper" Norman

"Of all the places for a milestone to happen, coming back to one of the first places you become a fighter pilot is really amazing."

But getting to this important milestone isn't something a pilot can do alone. From support personnel to crew chiefs on the flight line, everyone plays their part to ensure that Viper and other pilots like him reach milestones such as these.

"[I've been] absolutely impressed with maintenance," he said. "I've had 3,000 hours in the jet and I've never had an engine failure or serious aircraft incident from maintenance. I'm one of the lucky ones."

What's next for Viper? Getting Col. Jeff "Wolf" Lofgren, 8th Fighter Wing commander, to 3,000 hours.

"Now it's time to get the Wolf to 3,000 [hours]," he joked. "He's close and we'll try to get him there."

Monthly Sortie Goals

Unit	Goal	Flown	Status
35th FS	87	112	+ 25
80th FS	87	115	+ 28
8th FW	174	227	+ 53

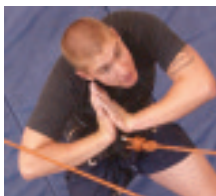
Sortie rates provided by the
8th Operations Support Squadron

Information current as of Wednesday

Banking on Eubanks

SVS takes PACAF award, sets sights on Air Force

2

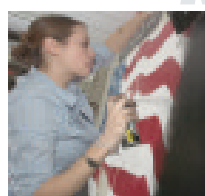


Within the warrior

Extreme makeover

Security forces Airmen dedicate themselves to improving dorm, quality of life

6



Wolf Pack Weather

Saturday	Sunday	Monday
P. Cloudy High: 30 Low: 23	P. Cloudy High: 37 Low: 21	P. Cloudy High: 39 Low: 25

Wolf Pack Weather provided by the 8th OSS weather flight

Martin Luther King Jr. Day: *'A day on ... not a day off'*

By 1st Lt. Tyrone Bess
8th Security Forces Squadron

As we celebrate the world-changing movements of Dr. Martin Luther King, Jr., and countless other civil rights leaders, their actions resonate in the theme of January's Martin Luther King, Jr. luncheon: remember, act, celebrate, and it's a day on ... not a day off.

Remember

Remember past challenges, hurts and conflicts endured by those who came before you. Remember your own past because there in lies the person you are today.

I am reminded of a quote my mother once shared with me from Louisa May Alcott: "I am not afraid of storms, for I am learning to sail my ship." Those words exemplify all Martin Luther King, Jr., stood for.

Knowing the relentless criticism he would undergo, not only from those different from him, but also the very people he stood in the gap defending.

Standing up to continuous beatings, threats against his life and the lives of family members and enduring unjust prison sentences - all for the right to be called equal.

Few in the military are old enough to remember physically seeing the violence demonstrated against non-violent protestors during the Civil Rights movement.

However, we have all heard of and seen video of inhumane treatment against those demonstrators involved in the marches and remember the bloodshed, sacrifice, attack dogs, fire hoses and determination exhibited for the right to have a drink of water, a sandwich at the local restaurant with those from all walks of life. The sacrifices were not for those who lost their lives, but for those of us who would come after.

What we do today and the lessons we're learning now are not for our benefit, but those who will follow in our footsteps.

Act

Dr. King acted on what he believed were injustices against African American's. In a letter from a Birmingham, Ala. prison, Dr. King wrote to fellow clergymen. "I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere." He acted as the sounding voice in a time where African American's were not heard. His actions could move mountains

and teach us to act in defense of what we believe is right. It's important to keep in mind Dr. King's lessons were for African Americans at the time; however the teachings apply to all. As military men and women, we have to realize the fight has not stopped. We have a role to act on behalf of other's who do not have a voice. Those in the Middle East and Africa need our voice, our remembrance ... our action. Acting on these injustices is important because as the popular military saying goes: "Freedom isn't free."

Celebrate

Celebrate the past from which we came and the future we are destined. Celebrate those who realized change was needed and despite the seeming insurmountable odds banded together creating a legacy lasting a lifetime.

Celebrate the fact that regardless of status you are free ... free to dream, free to meditate, free to pray and free to think. Items which seem so small we often take for granted not realizing how many are dying right now for the same privilege.

Celebrate that you're in a position to help make a difference and positively affect the outcome of another person's life.

Even when Dr. King realized his life was coming to an end, celebration was on his mind.

He celebrated knowing his children and many like them would have a better life because he chose to speak on their behalf.

He chose to stand where others would not, he chose to go where others would not, he chose to see what others were afraid of and he chose to celebrate before the outcome could be seen.

The celebrations during January and February do not affect African American's alone; these months are for all to remember the past in order to affect the present and future, to act for what we know is right and celebrate because you know the end result is freedom and life.

There is work yet to do, so today is a day on ... not a day off. A personal challenge from me is to see who you can impact in positive ways over the next two months.

Maybe you will be a sounding voice for someone and one day there will be writings about your accomplishments. I will end with one of Dr. King's more famous quotes: "The true stature of man is not how he stands in times of comfort and convenience, but how he stands in times of challenge and controversy."

Be courageous, remember, act and celebrate.

At a glance

Black History Month events in February

- ❑ **BHM breakfast** – Enjoy this kickoff event at 7 a.m. Feb. 6 at the Loring Club.
- ❑ **Soul Food Luncheon** – Indulge in a variety of southern cuisine beginning at 11 a.m. Feb. 15 at the 8th Civil Engineer Squadron lounge.
- ❑ **Black History Ball** – This event reflects on all the month's events; date and time are not available.
- ❑ **Health fair** – Located at the base exchange; time and date to be determined.
- ❑ **Black movie night** – At the base theater; time and date to be determined.

Call 782-7041 for more details.

IN THE TRENCHES

Q: What's one thing you'll take away from your time here at Kunsan?



Airman 1st Class Michael Berndt

8th Civil Engineer Squadron

"I just want to have a good time."



Tech. Sgt. Pamela Pistella

8th Services Squadron

"I want training ... I want my "blue" back."



Army Staff Sgt. David Tisdale

2-1 Air Defense Artillery, Alpha Battery

"With all the deployments I've been on and being here in Korea, I want to get back to my son."



Senior Airman Keldrick Rash

8th Logistics Readiness Squadron

"While I'm here, I want to get a lot of school work done and learn Brazilian ju-jit-zu."



Master Sgt. Anthony Mitchell

8th Civil Engineer Squadron

"To finish my Bachelor's degree in emergency management and make E-8."

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Jan. 12, 2007



'Defend the Base, Accept Follow-on Forces,
Take the Fight North'

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HOW TO REACH US: People with questions, comments, suggestions or submissions can contact the public affairs office at: 8th FW/PA, PSC 2, Box 2090, APO AP 96264-2090. We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at 782-7568.



Air Force photo

Commander's Action Line

The Action Line is a direct line to me. Call 782-2004 and include your name, telephone number and a brief description of your problem. You can also send an e-mail to [8FW/CC Action Line](mailto:8FW/CC>ActionLine).

PHONE NUMBERS TO USE

AAFES Customer Service	782-4426
Area Defense Council	782-4848
Base Exchange	782-4520
Chapel	782-4300
CES Customer Service	782-5318
Civ. Personnel Office	782-4570
Commissary Manager	782-4144
Dining Hall	782-5160
Education Office	782-5148
Fitness Center	782-4026
Golf Course	782-5435
Housing Office	782-4088
IDEA Office	782-4020
Inspector General	782-4850
Law Enforcement Desk	782-4944
Legal Assistance	782-4283
Medical Patient Advocate	782-4014
Military Equal Opportunity	782-4055
Military Pay	782-5574
Military Personnel Flight	782-5276
Network Control Center	782-2666
OSI	782-4522
Public Affairs	782-4705
Sexual Assault Response	782-7252
Telephone Repair119

Air Force may hold RIF board if goal not met

WASHINGTON — The Air Force may convene an officer reduction in force board in June if it fails to meet its force-shaping goal, said the service's senior most officer for manpower and personnel.

"While the goal has been to reduce active-duty end strength through voluntary programs where possible, if at the end of the extended Voluntary Separation Pay application window the (fiscal year) 2007 goal has not been reached, the remaining losses will be achieved through an officer RIF board in June 2007," said Lt. Gen. Roger Brady, Air Force deputy chief of staff for manpower and personnel.

The window for officers to voluntarily separate from the Air Force with the VSP option has been extended to March 31. As of Dec. 28, the service had approved more than 1,800 applicants for the program. Officers seeking more information about VSP can call the Air Force Personnel Center contact center at 800-616-3775, or visit its Web site.

Gen. Brady said the RIF board would consider Air Force officers with six to 12 years of active commissioned service in overage career fields from six year groups: 1995, 1996, 1997, 1998, 2000 and 2001.

The RIF board process is expected to achieve approximately 1,000 officer reductions. Officers

not selected for retention will be separated by Jan. 29, 2008.

Force shaping is not simply about reducing numbers, however. The Air Force also ensures it has the right number of officers and enlisted, with the right rank, in the right career fields.

"The Air Force is in transition and we must focus on optimizing our force structure," Gen. Brady said. "Through voluntary separations, attrition, adjustments to accessions, retraining and a RIF board, we can ensure we have the number of officers we need, in the right career fields, and with the right level of expertise. I encourage all commanders to conduct frank discussions with their officers concerning their vulnerability for the RIF board."



For more on RIF information, visit ask.afpc.randolph.af.mil.

In 2004, the Air Force had 372,000 active-duty Airmen. Today, the service has about 347,300. Through force shaping, the goal is to reduce that number by another 31,000 to about 316,000 by fiscal year 2009. In fiscal year 2007 alone, the Air Force has over 5,500 projected officer losses (about 70 percent of the goal) and 16,500 projected enlisted losses (almost 50 percent of the goal). These losses reflect the combination of targeted force shaping and normal attrition, which total over 30,000 each year. (AFPN)

STEALTH

From 1 parts, Airmen and aircraft are expected to meld into the mission quickly, becoming operational sooner than later. Maj. Ronald Rae, 9th EFS "Flying Knights" advance deployment team, said Holloman is well prepared for this deployment.

Mission as usual

While initial challenges face the deployed Airmen, their mission is as critical as at any other location. As operations commence and F-117s fly side-by-side with their F-16 counter-

parts, Airmen and aircraft are expected to meld into the mission quickly, becoming operational sooner than later. Maj. Ronald Rae, 9th EFS "Flying Knights" advance deployment team, said Holloman is well prepared for this deployment. And the mission doesn't let up. Soon, stealth aircraft and their crews will be challenged with January's upcoming Peninsula Combat Employment Readiness Exercise. This quarterly exercise challenges Seventh Air Force assets to come together and prac-

tice the overall mission of Taking the Fight North if hostilities ever took place.

As part of the Wolf Pack, F-117s integrate during the exercise to practice their mission of taking out high-value, high-threat targets that non-stealthy aircraft would be hard pressed to take on. Because the F-117 has been deployed to Kunsan in the past, the aircraft and personnel, according to 8th Operations Group commander Col. Jon "Viper" Norman, are ready to accomplish the mission and excel in the upcoming exercise.

BRIEFLY

Birthday meal sign up

The O'Malley Dining Facility sponsors its traditional monthly birthday meal Sunday. Servicemembers on subsistence in kind, or "meal card," are encouraged to take advantage of this morale and welfare benefit sponsored by the 8th Services Squadron. For more information or to sign up, visit the 8th SVS Web page on the intranet.

Protest near U.S. embassy

Approximately 5,000 people are expected for a 1 to 5 p.m. protest Saturday adjacent to the U.S. embassy in Seoul. While the protest should be peaceful, United States Forces Korea members are advised to use extreme caution when traveling near the embassy.

Wing annual awards

The Wolf Pack's annual awards banquet is scheduled for 6 p.m. Feb. 10 at the Loring Club. The uniform is semi-formal/mess dress. To purchase a ticket, see a first sergeant.

Education needs assessment

The 8th Mission Support Squadron's base training and education services flight sponsors their annual Education Needs Assessment program now through Feb. 28. For information on taking the assessment, call 782-7702.

Correction

On page four of the Jan. 5 edition, 8th Maintenance Squadron Ammo troops were incorrectly identified as "flightline Airmen." The photo was taken near the munitions storage unit, not on the flightline.

By order of The Wolf

Club Paradise, located within America Town, is off limits to United States Forces Korea until further notice. Stay with the *Wolf Pack Warrior* for further information.

PRIDE OF THE PACK



The men and women of the Wolf Pack Post Office

Master Sgt. Teonilo S. Mercader; Staff Sgts. Saulo Corniel, Terra Mason, Jason O'Doherty and Peter Mapanao; Senior Airmen Jerry Sayasene, Brandon Rompf, Jermel Brown and Ryan King; Mr. Pak, Tong Sik, Mr. Chon, Tongho, Mr. Kang, Yongo, Mr. Won, Chongwon and Mr. Kim, Hyong Min (Post office workers are listed in rank order)

The Wolf Pack Post Office

"The Kunsan post office personnel provided first-class customer service to more than 3,200 Wolf Pack teammates during the 2006 holiday season, delivering more than 300,000 pounds of inbound and outbound mail. They also provided extended operating hours from Dec. 4, 2006 through Jan. 5, 2007 to meet the increased seasonal demands for postal services.

On Christmas Eve, two mail trucks were deployed from Seoul Aerial Mail Terminal to Kunsan to accommodate the entire delivery of mail that had arrived in country on Dec. 24. In response to this sudden influx of mail, the post office extended their operations to 15 hours on Christmas Eve to ensure same-day delivery of all Christmas parcels and mail to the members of the Wolf Pack.

For calendar year 2006, the hard work and dedication of the Kunsan post office personnel insured the delivery of more than 1.4 million pounds of mail, improving the morale of all Wolf Pack members while at the same time earning them an 'excellent' rating on their annual Pacific Air Forces Postal Operations Inspection."

— Maj. Bryan Richardson
8th Communications Squadron commander



Photo by Senior Airman Barry Loo

ABOVE: An Airmen bowls a frame at the Yellow Sea Bowling Center Oct. 16, 2006. The center offers the Wolf Pack bowling, food and other activities and often holds promotional events to tempt the pack into visiting.

RIGHT: Staff Sgt. Christopher Groves, O'Malley Dining Facility cook, prepares food Jan. 1. The facility serves four meals a day and offers carry out services to on-duty personnel. The 8th Services Squadron is competing for the 2006 Maj. Gen. Eugene L. Eubank award for best small services squadron in the Air Force.



Photo by Senior Airman Darnell Cannady

Services RO

Wolf Pack Services performs day-to-day mission, recognized with Eubanks award

By Senior Airman Stephen Collier
Warrior staff

A towel at the fitness center, clean sheets at billeting and a couple of servings of roast beef at the dining facility.

Ah, who cares, it's not really that difficult to do. And really, who would think twice about all the little things that are taken for granted?

The reality is Wolf Pack members can go about their day-to-day lives without second guessing the small amenities they have because, flawlessly, they are brought to them by the hard-working men and women of the 8th Services Squadron.

"We work when others work, but we work even harder while they play," said Staff Sgt. Karissa Smith, assistant director of the Falcon Community Activity Center. "Both our fitness and activity centers are open 24 hours a day for Airmen who work every shift. That kind of support is second-to-none compared with other PACAF bases."

Sgt. Smith, who coordinates bus tours and activities sponsored by the CAC, does her job without recognition and with haste. The morale and welfare of Wolf Pack Airmen falls directly on the shoulders of this squadron that ensures there's a little something for everyone assigned to Kunsan, either on a one or two-year remote tour away from family and friends.

"The Wolf Pack relies on the 8th Services Squadron for a myriad of readiness and quality of life programs," Maj. Michael Wyatt, 8th SVS commander said. "Our team of professionals is always prepared to exceed needs and expectations."

That dedication to the mission brought the squadron recognition from Pacific Air Forces in the form of the 2006 Maj. Gen. Eugene L. Eubank award for best small

services squadron throughout the command.

Overall, units competing for the award must have exhibited first-class quality of life programs and support to them. Some recognitions that tipped the scales in favor of the Wolf Pack included Services receiving an "excellent" rating during the 2006 PACAF Unit Compliance Inspection and being named best Air Force fitness and community centers. This coupled with expanded operating hours at many high-traffic facilities and improved and creative programming helped to shine the light of success on the squadron.

Service's encompasses several missions, including low-visibility ones such as mortuary affairs, outdoor recreation and marketing. While important, the squadron regularly focuses on missions seen regularly by base personnel, to include the sports and fitness center, O'Malley Dining Facility and the Seaside Inn billeting. Each brings with it a unique mission as well as unique challenges.

"From training (received at Lackland), it's more hands-on here," said Airman 1st Class Kaylee O'Brien, fitness apprentice at the fitness and sports center and recent graduate of technical training at Lackland AFB, Texas. "They care about customers here more. Of course, all services (squadrons) are good with their customers, but Kunsan has that extra touch. This is a remote tour and some people don't want to be here, but the fitness center offers them a little bit of fun and a wide variety of equipment so they can feel more at home and relaxed."

And Staff Sgt. Chris Groves shares Airman O'Brien's attitude when it comes to the squadron's mission of supporting

the

base.

Working at the O'Malley Dining Facility (lovingly called O'Malleys) is a 24-hours-a-day mission at the Wolf Pack.

"It's more than just about food here," he said. "The food mission service statement is to provide quality of life services to the Air Force. Instead of just providing food, we provide a comfortable dining atmosphere to relax in while enjoying a meal. Since April, the quality of work has gotten better, we are beginning to get newer equipment to do our job more efficiently plus we just have a kick butt team here."

Together with preparing food and making Airmen "Fit-to-Fight," the squadron has to put a roof over newcomers' heads if they don't have a dorm room ready in time before arriving. A quiet, but humbling job as the Airmen working there put it, the Seaside Inn takes newly-arrived members and gets them settled in with clean linen, access to the Internet to let loved ones know they made it to "the Kun" all right and all the information they need to get around the base.

"Not only are we customer-focused here, because we're all about the customer, but we also try to make their transition as smooth as possible," said Staff Sgt. Linda Schulze, front desk supervisor at the Seaside Inn. "We also deal with Accepting Follow-on Forces as smoothly as possible to help Take the Fight North, if that ever came about."

The Seaside Inn recently finished installing new carpet in one of their facilities with two others scheduled for

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furnish

near futur

construction is

to begin this sprin

billeting facility to riv

Osan AB's "Turumi Lodge

"I am pleased and proud to

dawn of our new billeting com

in turn, will make Kunsan be

better," she said.

With all the work going in

mission and recognition from

squadron is now in the runni

Air Force-level Eubanks awar

evaluators arrived Wednesday

scheduled to depart Tuesday a

inspection of the squadron.



Photo by Senior Airman

Staff Sgt. Lawrence Pitts, attendant, signs a guest in Inn offers accommodations and visiting Airmen and the

FEATURE



NEWS

the carpeting and new furnishings in the near future. Also, construction is scheduled to begin this spring on a new dining facility to rival that of the 3's "Turumi Lodge." "I'm pleased and proud to see the new billeting coming, which will make Kunsan better and safer," said. The work going into the facility has earned recognition from PACAF, and the squadron is now in the running for the Level Eubanks award. Award nominations arrived Wednesday and are due to depart Tuesday after their review by the squadron.



Photo by Senior Airman Darnell Cannady

Lawrence Pitts, Seaside Inn signs a guest in Sunday. The inn provides accommodations to incoming Airmen and their families.



Photo by Senior Airman Joshua DeMotts

An Airmen climbs the rock wall at the Fitness Center recently. The facility offers many recreational activities for the Wolf Pack.

KNOCK AROUND GUYS



Photo by Senior Airman Stephen Collier

Hit 'em with the left — Senior Airman Emilliano Kaku (left), 8th Aircraft Maintenance Squadron, throws a punch in the direction of Airman 1st Class Juan Flores of the 8th Security Forces Squadron Tuesday at the sports and fitness center. The Airmen meet on a regular basis to train for regional bouts.



Air Force Academy Update

Air Force falls to Colorado State

By Melissa McKeown
Warrior contributor

Unable to withstand hot second-half shooting by the Rams, the Air Force women's basketball team dropped its Mountain West Conference opener, 65-56, to Colorado State Jan. 4 at Clune Arena.

The Falcons drop to 4-8 on the season, 0-1 in the MWC, while the Rams improve to 6-7, 1-0 in the league.

Colorado State opened the game with an 8-0 advantage before Air Force used tough defense to outscore the Rams 23-2 over the next seven and a half minutes.

CSU had another quick spurt, but the Falcons were still able to go into intermission with a 33-25 advantage.

Though senior Jacki Novak (Kewaunee, Wis.) opened the second stanza with a bucket for Air Force, Colorado State was able to come back, taking advantage of the Falcons' turnovers.

The Rams regained the lead, 40-38, at the 12:10 mark and never looked back. Air Force committed 13 second half turnovers and shot just 36 percent from the field, while CSU could not miss after the break, knocking down 67 percent in the final period.

Juniors Pamela Findlay (Glenview, Ill.) and Alecia Steele (Oklahoma City, Okla.) each notched 16 points to lead the Falcons, while Steele also added nine rebounds.

Meanwhile, Molly Nohr led all scorers, recording 22 points to pace the Rams.

The Falcons are back in action this weekend, Jan. 6, when they host BYU at 4 p.m.



Missed the outcome of an Academy game? Get the highlights from Air Force sports by visiting Air Force Link at www.af.mil.

TIPS

- 1. Find a training partner:** A training partner can help you reach your goals by giving you that extra push when you don't want to push, give you physical support as well as mental support, and help you stay focused during a workout. The best training partner will have goals similar to your own.
- 2. Vary your routine:** Variety in training helps prevent burnout, staleness and boredom, and will prepare your body for a variety of challenges and activities. Variety in your exercise routine will also continue to stimulate your muscles or cardiovascular system, preventing you from over-training or reaching an unwanted plateau.
- 3. Get adequate rest/recovery:** Recovery is just as important as the actual exercise session. Rest between workout days will allow your body to repair itself before the next workout, and will help prevent over-training. Symptoms of over-training include elevated resting heart rate, emotional and sleeping disturbance, diminished appetite, plateau in workouts or a decrease in workout results, feeling of exhaustion on an average day, and increased frequency of illness.
- 4. Use weight belts only when necessary:** Weight belts should be used only when lifting near or at maximum weight. Take the weight belt off between sets, or at least loosen the belt. If weight belts are used when lifting light loads, they prevent your core musculature (abdominals and spinal erectors) from gaining the strength needed to keep your torso stable during everyday use.
- 5. Water, water and more water:** Nothing out there can replace water, and proper hydration throughout the day will benefit your workout. Drink water between sets and exercise—don't wait until you are thirsty to get a drink.

TO MAXIMIZE YOUR WORKOOUT

Information provided by the Wolf Pack Health and Wellness Center

THE SPORTS BAR

As of Wednesday

Intramural Basketball

REGULAR LEAGUE

Teams	W	L
Red Devils	9	0
Defenders Team Two	7	1
Warriors	10	2
Cobras	8	2
Dragons	8	3
COMM	7	3
Defenders Team One	7	5
PPL	5	6
Wizards	5	6
Pantons	3	6
POL	2	7
Loggies	2	9
Med Dawgs	2	8
Cobras Team Two	1	9
Defenders Team Three	0	9

Game results

Tuesday

Pantons vs. Defenders Team Two	39 - 46
Defenders Team Three vs. PPL	45 - 24
Defenders Team One vs. Cobras	42 - 49

Monday

POL vs. AMXS	39 - 46
COMM vs. Med Dawgs	45 - 24
Wizards vs. Warriors	42 - 49

Upcoming games

Tuesday - Court One

Defenders Team Three vs. Med Dawgs	6 p.m.
Defenders Team One vs. COMM	7 p.m.
Loggies vs. POL	8 p.m.

Tuesday - Court Two

Warriors vs. Cobras Team Two	6 p.m.
Dragons vs. PPL	7 p.m.
Wizards vs. Cobras	8 p.m.

Sports and Fitness Briefs

Racquetball LOI issued

Squadron sports representatives interested in entering their respective squadron in the 2007 intramural racquetball season must submit a letter of intent to the fitness and sports center by 3 p.m. Jan. 19. For more information, contact the fitness and sports center at 782-4026.

West Winds Golf Course

The West Winds Golf Course offers 25 percent off green fees during January. This does not apply to punch card holders.

Racquetball tournament

The 8th Services Squadron sponsors a racquetball tournament beginning at 10 a.m. Jan. 20 at the fitness and sports center. For more information on signing up, call them at 782-4026.

Five-K fun run

The 8th Services Squadron sponsors a 5-K Fun Run beginning at 9 a.m. Jan. 27 at the fitness and sports center. For more information on signing up, call them at 782-4026.

Remember your points in

FITLINXX

(Information provided by the fitness center)

TODAY

Personal Financial Management Briefing — The Kunsan Airman and Family Readiness Center offers a PFM briefing for E-4 and below attending newcomers orientation. The briefing is held in Building 755, Room 215 from 3 to 4 p.m. No registration required. For more information, call 782-5644.

SATURDAY

Dominoes tourney — The Falcon Community Center hosts a dominoes tournament at 4 p.m.
Paintball field closed — Outdoor Recreation reopens the field in the spring.



**WANT TO
QUIT SMOKING?
TRY SMOKING
CESSATION!**

THE 8TH MEDICAL GROUPS
NOVEMBER TOBACCO CESSATION
COURSE IS THURSDAY WITH
TWO CONVENIENT TIMES:

**NOON - 1 P.M.
6 P.M. - 7 P.M.**

Classes are offered at the Health and Wellness Center. For more information or to sign up for the class, call 782-7854.

SUNDAY

Red pin bowling — Red pin bowling is available at the Yellow Sea Bowling Center between 11 a.m. and 11 p.m. Each game costs 75 cents.
301 dart tourney — The Falcon Community Center hosts a 301 dart tournament at 3:30 p.m.

MONDAY

Guitar lessons — Free guitar lessons are available from 7 p.m. to 9 p.m. at the community center.
Alcoholics Anonymous — AA meets at 7 p.m. at the Sonlight Inn.

CHAPEL SERVICES

CATHOLIC SERVICES

Daily Mass — 11:30 a.m. Monday through Thursday
 Weekend Mass — 9 a.m. and 8 p.m. Sundays
 Reconciliation — Weekdays by appointment and 8 a.m. Sunday
 R.C.I.A. classes — 7 p.m. Wednesday, chapel conference room

PROTESTANT SERVICES

Traditional worship — 11 a.m. Sunday
 Gospel service — 1 p.m. Sunday
 Contemporary praise and worship — 6 p.m. Sunday
 Inspirational praise and worship service — 7 p.m. Friday

LATTER-DAY SAINTS SERVICE

Weekly service — 3:30 p.m. Sunday

SONLIGHT INN HOURS

6 to 10 p.m. Tuesday through Thursday, 6 p.m. to midnight Friday, 5:30 p.m. to midnight Saturday and holidays

CHURCH OF CHRIST SERVICES

Worship — 1 p.m. Sunday at the Sonlight Inn

See cable channel 20 for updated chapel information



**Texas
Hold' Em
is back!**

at the
Loring Club

**\$20 for club
members**

**\$25 for non-
members**

**BACK BY POPULAR DEMAND, TEXAS
HOLD' EM TOURNAMENTS ARE
ONGOING AT THE
LORING CLUB THURSDAY**

**BUFFET LINE BEGINS AT 5:30 P.M.
FOLLOWED BY POKER ACTION AT 6:30
P.M. SERVICES BUCKS PRIZES TOTAL-
ING \$700 ARE UP FOR GRABS!**

TUESDAY

Airmen bowl for free — Airmen bowl for free at the Yellow Sea Bowling Center starting at 6 p.m.
Steak night — The Loring Club sponsors the "2-4-1" steak night in the dining room.
Deal or No Deal — The Falcon Community Center sponsors 'Deal or No Deal' beginning at 7 p.m.

WEDNESDAY

Alcoholics Anonymous — AA meets at 7 p.m. at the Sonlight Inn.
Return and Reunion Briefing — The Kunsan Airman and Family Readiness Center holds this briefing at 3 p.m. every Wednesday at the fitness center, 2nd floor, HAWC Classroom. The briefing addresses the challenges of family reunion faced by all personnel. This is a mandatory briefing for those PCSing. No registration required.

THURSDAY

Korean orphanage — Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the Military Personnel Flight parking lot at 6:15 p.m. Sign up in advance due to limited seating. Registration required. Call 782-3772 or 782-5644 or e-mail Mrs. Barbara Mongar at barbara.mongar@kunsan.af.mil.
Latin night — The Loring Club hosts latin night, beginning at 9 p.m. Dance lessons offered at 8 p.m.

UP 'N' COMING

Ski trip — Outdoor Recreation sponsors a ski trip to the Hyundai Sungwoo ski resort east of Seoul Jan. 20. The cost is \$90, including transportation and ski lift. Deadline to sign up is 5:30 p.m. Thursday. Bus leaves at 4 a.m. Wolf Pack members have the choice to either ski or snow board. Members are encouraged to bring Won for lunch.

To submit events for 7-Days, send an e-mail to wolfpack@kunsan.af.mil. Submissions are due by noon Thursday one week prior to publication and must include time, date and location of the event and the contact's daytime phone number. For more information, call 782-4705.

WOLF PACK WHEELS SCHEDULE

Kunsan AB to E-Mart shuttle

Tickets are \$5 (departs from community center)
 Weekends 10 a.m., noon, 2, 4 and 6 p.m.

E-Mart to Kunsan AB shuttle

Tickets are \$5 (departs from in front of store)
 Weekends 11 a.m., 1, 3, 5 and 6:30 p.m.

Kunsan AB to Osan shuttle

One-way for \$12.50 or \$11.50 and round trip for \$25 or \$23. Discount is for Airman morale program members (departs from community center)
 Monday to Thursday 7:30 a.m. and 1 p.m.
 Friday 7:30 a.m., 1 and 6 p.m.
 Saturday 7:30 and 10 a.m.
 Sunday 7:30 a.m. and noon

Osan to Kunsan AB shuttle

One-way for \$12.50 or \$11.50 and round trip for \$25 or \$23. Discount is for Airman morale program members (departs from Checkertails Cafe)

Monday to Thursday noon and 6 p.m.
 Friday noon and 10 p.m.
 Saturday noon and 4 p.m.
 Sunday noon and 5 p.m.

Kunsan AB to Incheon Airport shuttle

\$27.50 or \$25 for Airman morale program members (departs from community center)

Available daily 3:30 a.m., 2 and 6:30 p.m.

Incheon Airport to Kunsan AB shuttle

\$27.50 or \$25 for Airman morale program members (departs from gate 14)

Available daily 8:30 a.m., 7:30 and 11:30 p.m.

For details on transportation, call the Falcon Community Center at 782-4619

ON THE BIG SCREEN

"SAW III"

Rating: R for violence, gore, terror, torture, nudity and language

Starring: Tobin Bell and Shawnee Smith

Synopsis: Jigsaw has disappeared; and with his new apprentice Amanda — the puppet-master behind the cruel, intricate games that have terrified a community and baffled police — he has once again eluded capture and vanished.

While city detectives scramble to locate him, Dr. Lynn Denlon is unaware that she is about to become the latest pawn on his vicious chessboard. Racing against the ticking clock of Jigsaw's own heartbeat, Lynn and Jeff struggle to make it through each of their vicious tests, unaware that he has a much bigger plan for both of them.

Show times: 7 p.m. tonight

"LET'S GO TO PRISON"

Rating: R for language, sexual content, violence, drug material

Starring: Dax Shepard and Will Arnett

Synopsis: Felon John Lyshitski has figured out the best way to get revenge on the now-dead judge who sent him to jail: watch the official's obnoxious son, Nelson Biederman IV, survive the clink. John strikes gold when Nelson is wrongly convicted of a crime and sent to the pen he used to call home. He gleefully gets sent back to become Nelson's cellmate and to ensure that his new buddy gets the "full treatment."

Show time: 9:30 p.m. tonight, 8:30 p.m. Sunday

"A GOOD YEAR"

Rating: PG-13 for crude/dangerous stunts, sexual content, nudity and language

Starring: London-based investment expert Max Skinner travels to Provence to tend a small vineyard he inherited from his late uncle. When he gets suspended from his job under suspicion of fraud, he settles in to life at the chateau, remembering the time he spent there as a child. Then a determined young California girl arrives claiming to be the illegitimate daughter of the deceased uncle and rightful owner of the vineyard.

Show time: 7 p.m. Saturday, 6 p.m. Sunday

"BORAT"

Rating: R for crude/sexual content, nudity, language

Starring: Sacha Baron Cohan and Kenneth Davitian

Synopsis: Borat Sagdiyev, Kazakhstan's sixth most famous man and a leading journalist from the State run TV network, travels from his home in Kazakhstan to the U.S. to make a documentary. On his cross-country road-trip, Borat meets real people in real situations with hysterical consequences.

Show time: 9:30 p.m. Saturday

(Movie dates and times are subject to change)

EXTREME DORM MAKEOVER SECURITY FORCES EDITION

Airman 1st Class Tara Trudell, 8th Security Forces Squadron armorer, has volunteered more than 42 hours towards painting murals in Dorm 1303.



Photos by Senior Airman Barry Loo

Airman 1st Class Trudell paints a mural in the first floor day room of Building 1303 for the Avengers Flight. The mural is only one effort, led by the Airmen of the 8th SFS, to improve the quality of their dorms.

8th Security Forces Squadron Airmen take point in effort to improve dorms

By Staff Sgt. Nathan Gallahan
Warrior Staff

Some of the dorms here are old and decrepit. Some of the Airmen here are doing something about it.

Initiative is contagious; anyone can look at the Airmen of the 8th Security Forces Squadron to see that. In August, approximately 20 Airmen, along with their dorm manager, Staff Sgt. Mike Whitman, decided they were going to remodel their dorm – security forces style. Six months later, nearly every Airman living in Dorm 1303, and many in the squadron’s leadership, helped to improve it.

“The tough part is getting started, but once you get it rolling others will start seeing the improvements and roll up their sleeves and join in as well,” said Master Sgt. Michael Hayward, 8th SFS first sergeant.

“In August during (Col. Mona Lisa “Falcon” Tucker, 8th Mission Support Group commander’s), dorm walk through, 1303 was the worst dorm on base and not by a little,” he said. “That’s when our Airmen, dorm manager and the 8th Civil Engineer Squadron buckled down, teamed up and got to work.”

They continue to work on the dorms to this day. So far the Airmen have two-tone painted the three floors they live on, replaced ceiling tiles and stained carpets in the entry ways and dayrooms, painted murals in the dayrooms and civil engineering purchased new throw rugs, furniture and a television.

“(In November, Col. Jeff “Wolf” Lofgren, 8th Fighter Wing commander,) named it dorm of the month,” he said. “It’s still one of the oldest dorms on base, but it’s at least clean and, more importantly, the Airmen have taken pride in it, started policing each other and make sure the new Airmen know to take care of it. Morale is up and I believe that will continue on to the next class.”

Money can always be an issue, especially when dorm residents ask for new furniture or supplies for self-help projects. That’s one reason the housing office, with support from the first sergeants’ council, has reinstated the “Dorm of the Month” program. The program, geared to motivate residents to take pride in their living areas, rewards the most effective with \$1,000 toward quality of life improvements for their dorms.

DORM of the MONTH scoresheet

PTS SUBJECTIVE AREAS

- 30 Dormitory Involvement (Dorm council activity)
- 20 Dorm Manager

COMMON AREAS

- 10 Neat, clean, and well kept
- 5 Trash emptied
- 10 Neat, well kept furniture/equipment
- 10 Food preparation areas and appliances clean and sanitary

FACILITY EXTERIOR

- 10 Area free of trash and debris
- 10 Assigned trash collection points clean
- 10 Neat and well kept facility

RANDOM ROOM

- 1 Trash emptied
- 1 Bed made
- 1 Floor vacuumed
- 1 Room dusted
- 2 Refrigerator clean
- 4 Bathroom clean

125 TOTAL

According to Master Sgt. Brooke Cushing, 8th Civil Engineer Squadron Housing Flight superintendent, each group submits one dorm and an inspector. At the end of the month each inspector, along with the command chief, walk through them, grading each accordingly.

The dorm council from the winning dorm receives \$1,000 to purchase anything from furniture to paint for their dorm. But even with their winnings, the security forces Airmen still went above and beyond to fix their dorm.

“We purchased ping pong and air hockey tables with the money we won,” said Sgt. Hayward. “Money is always the biggest issue, so we also dug into our own pockets and used money from the Security Forces Booster Club to help purchase needed supplies.”

Although the security forces dorm may still be old, its a lot better now than it was in August, and the residents continue to improve it so they can once again win another \$1,000.