

WOLF PACK WARRIOR



DEFEND THE BASE ... **HOOAH!**
Vol. 22, No. 9

ACCEPT FOLLOW-ON FORCES ... **BRING IT!**
8th Fighter Wing, Kunsan Air Base, Republic of Korea

TAKE THE FIGHT NORTH ... **WOLF PACK!**
March 16, 2007



Photo by Senior Airman Stephen Collier

Working out Airmen's concerns — Col. Jeff 'Wolf' Lofgren, 8th Fighter Wing commander, discusses the concerns of senior NCOs Monday morning at the base theater. The Wolf met with the SNCOs first, followed by Kunsan's NCOs and Airmen ranks at the theater and fitness center.

Voicing their concerns

Wolf hears, speaks with base enlisted force; reassures 'QOL' concerns are being addressed

By Senior Airman Stephen Collier
Warrior staff

The 8th Fighter Wing enlisted corps got a chance to voice their concerns to the Wolf Monday during an enlisted call at the theater and fitness center.

Col. Jeff 'Wolf' Lofgren, 8th FW commander, requested the enlisted force for the roughly one-hour long sessions at each location, broken down between the senior NCO, NCO and Airmen ranks. The 'town hall' format, in which members ask questions of the commander, was met with very curious Airmen with many concerns on their mind.

During the call, several members from each rank addressed training chemical gear shortages, dormitory construction at Kunsan and general, everyday quality-of-life concerns from the dining facility to dormitory living conditions. Master Sgt. Thomas Scott, 8th Civil Engineer Squadron assistant chief of operations, said he felt wing leadership was looking into issues effecting Kunsan and was trying to get them corrected.

"This is why they have the town hall meeting so they can address quality of life issues,"

Sgt. Scott said. "The Wolf explained a lot and it's good to get answers to some of these questions."

And Airmen weighed in on the issues plaguing Kunsan as well. From re-activating the now-defunct Patriot Express to Airmen PCSing after April's Operational Readiness Inspection, Airmen wanted to be in the know.

"I think the average Airmen knows the answers to a lot of those questions," pointed out Senior Airman Stephen Harris, 8th Maintenance Squadron avionics technician. "Some questions that are asked are because the Airmen aren't informed by their supervisors. A town hall might not even need to be done if a flight supervisor took better care of their people."

And Airman Harris, who recently returned from midtour, said he absolutely felt Kunsan leadership was looking out for Airmen.

"Why would they have a town hall meeting if they didn't want to personally talk to the Airmen? It only makes sense they want to help."



Photo by Senior Airman Barry Loo

My issues — Senior Airman Marcus Harrison voices his concerns Monday.

Your Q's The Wolf's A's
See answers to pressing Wolf Pack questions at <https://web.kunsan.af.mil>

EQUAL listing available April 11

RANDOLPH AFB, Texas — The Enlisted Quarterly Assignment Listing for Airmen returning from overseas and for continental United States mandatory movers for August through October 2007 requirements will be available April 11.

Individuals can update their assignment preferences on the virtual Military Personnel Flight's self-service application.

For those encountering problems updating their preferences, call the Air Force Contact Center at DSN 665-5000 or toll-free (800) 616-3775 options 1, 1 and 2.

Questions can also be addressed through base MPFs or commander's support staffs.

Deployed personnel may also work with their personnel-support-for-contingency-operations representative to update assignment preferences.

Assignment preferences must be updated by April 27. If selected, Airmen will be notified no later than May 15.

EQUAL advertises upcoming assignment requirements by Air Force specialty code and rank.

Airmen should review, prioritize and update their assignment preferences based on the EQUAL list.

Airmen can view the lists on the Assignment Management System accessible via the Air Force Personnel Center home page, under military quick links, or at local MPFs. *AFNEWS*



To update or view EQUAL lists, visit ask.afpc.randolph.af.mil.



Photo by Senior Airman Barry Loo

Here's looking at you

First Lt. Stryan Murrell, 8th Communications Squadrons, dances the night away with ROTC chairman Cho, Yong-Rae March 9 at the Loring Club. Members of ROTC, or retired reserve officer training corps, regularly visit with base leadership to give their support to base activities.



Master sergeants selected for senior

Ralph Adams 8th MSS	Dwight Hardy 8th MXS	Donald Richardson 8th AMXS
Michael Bridges 8th LRS	Jeffrey Hotchkiss 8th AMXS	Blair Santamaria 8th CES
John Ferrelli 8th CS	Rebecca Main 8th LRS	Rayshawn Smith 8th OSS

Wolf Pack Weather

Saturday	Sunday	Monday
P. Cloudy High: 50 Low: 34	P. Cloudy High: 48 Low: 30	P. Cloudy High: 50 Low: 28

Wolf Pack Weather provided by the 8th OSS weather flight



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 action.line@kunsan.af.mil.

Right Start, Right Finish

By Col. Preston 'Wolf 2' Thompson
8th Fighter Wing vice commander

On March 6, 2007, the Pacific Air Forces Inspector General started the 8th Fighter Wing's Operational Readiness Inspection with a non-combatant evacuation operation, or NEO exercise. First impressions are everything; if the wing tubed it, we may have never recovered from it. But, since the wing shined like I knew we would, we established an expectation of outstanding.

To all the members of the Wolf Pack, especially our NEO team, thanks for setting the stage for the remainder of our ORI. We'll never officially know our NEO grade until after the overall ORI is done, but you, the members of the Wolf Pack, impressed the IG. Your enthusiasm, energy and knowledge got their attention in a very good way. Nothing makes the Wolf and I more proud than when visitors are impressed with our people. Our people, you, make the mission happen.

On April 16, the Wolf Pack will 'Go for the Gold' when the PACAF IG returns to complete our ORI. We have just over one month to get ready, making sure all our processes are practiced and to ensure each of us know how to react to attacks, medical emergencies and weather uncertainties. There isn't much time and there's a lot to do. I know we have a few (ok a lot) of other taskers on our plate. We need to bear down, reach inside ourselves and make the final push through the ORI. Nobody is better prepared to "Fight Tonight" than the Wolf Pack. The Wolf Pack sets the standard of outstanding for warfighting wings. We don't settle for the status quo. The Wolf Pack pushes the envelope of combat readiness and execution. I need your support, your energy, your enthusiasm. I need for you to be fired up, prove to the IG, prove to the whole Air Force, the Wolf Pack's reputation is well deserved.

Each and every day you continue to impress me. Your professionalism and energy are amazing. Let's show the IG how to "Defend the Base," "Accept Follow on Forces" and to "Take the Fight North." Thank you all in advance!

Wolf Pack adaptability

(Editor's note: This article highlights the second installment of the Wolf Pack's vision of Pacific Air Force's 'Resilient Warrior' initiative on adaptability. See last week's *Wolf Pack Warrior* for the first half.)

By Mr. Sonny Park
Airmen Family and Readiness Center

During the Korean War, the Army's 24th Infantry Division commander, Maj. Gen. Dean, was separated from his men. He successfully evaded enemy forces for several weeks on a small bowl of rice a day, even though he had always hated eating rice his entire life. Gen. Dean exercised his adaptability to survive.

To assist with the Wolf Pack's unique adaptability challenges, the Airman and Family Readiness Center offers several programs this month. The AFRC offers an introduction to Korea class, Korean

movie nights and a distance parenting class.

The Korean class lecture is a 101 in Korean geopolitics, economy, culture, history, military situations and current issues. Come to this class to learn and understand more about Korea, its people and culture.

Korean movie nights are offered every Wednesday night this month at the Sonlight Inn, except during an exercise. You can come out and watch award-winning Korean movies with English subtitles, and enjoy free popcorn and soda.

The distance parenting class offers helpful hints and recommends various ways to nurture the parent-child relationship at a distance. Children need as much emotional support as they can get during a parent's deployment. Wolf Pack members are also reminded to utilize the Military OneSource by dialing 1-800-342-9647 for additional consultations on money matters, marital and family counseling, child care and many other issues. This is a virtual

extension of installation services at no cost to Wolf Pack members. Your loved ones in the U.S. are encouraged to take advantage of this valuable service to cope with and adapt to your remote assignment at Kunsan.

In addition to these adaptability initiatives, the AFRC offers our regular Korean language and cooking classes throughout March.

The base education center also offers University of Maryland-sponsored Korean language classes to Wolf Pack members. Officers with undergraduate degrees can take up to two Korean language classes and be reimbursed by the Air Force.

Adaptability isn't always easy, but with the right mindset its possible and you might even enjoy yourself while learning something new in the process.

An old adage, "When in Rome, do as the Romans do," can be matched with another old adage, "Where there is a will, there is a way."

IN THE TRENCHES
MAINTENANCE EDITION

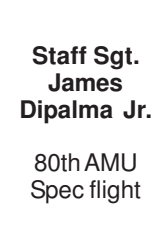
Q What's one thing you'll take away from your time at Kunsan?



Senior Airman Chris Brown

80th AMU Spec flight

"Going to A-Town with my spec flight in our jerseys."



Staff Sgt. James Dipalma Jr.

80th AMU Spec flight

"Going to 'hails and farewells' for new people coming in and those who have been here a while."



Tech. Sgt. Kenneth Tingley

8th Maintenance Operations Squadron

"I'm pretty new, but going down to A-Town to shoot some pool, but that's not really my type of environment."



Staff Sgt. Peter Cetera

35th AMU dedicated crew chief

"The exercises being over."



Tech. Sgt. Orlando Poblete

Engine mechanic

"Seeing the capital city of Seoul ... it was pretty good times."

Vol. 22, No. 9
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'Defend the Base,
Accept Follow-on Forces,
Take the Fight North'



EDITORIAL STAFF

- Col. Jeff Lofgren Commander, 8th Fighter Wing
- Capt. J. P. Lage Chief, public affairs
- Tech. Sgt. Sean Houlihan Superintendent, public affairs
- Staff Sgt. Nathan Gallahan NCOIC, internal information
- Senior Airman Stephen Collier Editor
- Visual information Photography support

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Monthly Sortie Goals

Unit	Goal	Flown	Status
35th FS	130	124	-17
80th FS	126	109	-6
9th EFS	102	101	-1
8th FW	358	402	-24

Sortie rates provided by the
8th Operations Support Squadron
Information current as of Wednesday

Air Force Assistance Fund



Senior Air Force medics provide Senate testimony

Senate hearing comes on wake of Walter Reed mishandling

By Senior Airman J.G. Buzanowski
Air Force Print News

WASHINGTON — Appearing before the Senate Appropriations Committee Subcommittee on Defense March 7, two Air Force leaders provided key testimony, informing the senators on how the service takes care of its people.

Lt. Gen. (Dr.) James Roudebush, Air Force surgeon general, and Maj. Gen. Melissa Rank, assistant surgeon general for Air Force nursing services, were part of a panel with their sister service counterparts.

The committee questioned the panel on taking care of injured service members at home and deployed, rehabilitation efforts and assisting service members' families.

In addition to addressing these issues, Gen. Roudebush lauded the air expeditionary force concept in maintaining levels of deployed medical Airmen. Gen. Rank also answered questions about the current manning levels of the Air Force nurse corps and how the Department of Defense can better recruit and retain nursing professionals.

"Air Force medicine is not simply about support, not simply reacting to illness and injury, and Air Force medicine is definitely not a commodity," Gen. Roudebush said in his opening statement. "Air Force medicine is a highly adaptive capability, a key part of Air Force expeditionary capabilities and culture. But when there are casualties, we are there with world-class care."

Gen. Roudebush also talked about aeromedical evacuation teams and the successes of that program. Patients find themselves at a stateside hospital in an average of two to three days, he said.

"This is remarkable when compared to the 10-14 days required during the 1991 Persian Gulf

War or the 45 days it took during the Vietnam Conflict," Gen. Roudebush said.

The general also emphasized the Air Force's commitment to the joint fight. Medical experts from all branches of service work hand in hand in deployed environments and at home. What matters is providing the very best care possible to every injured or ill warfighter at every point in the care continuum, he said.

Gen. Rank recounted to the senators the stories of several officer and enlisted nurses who helped people at deployed locations. The senators were interested in hearing about how the Air Force cares for its own, as well as caring for Airmen's families.

"Every Airmen completes a post-deployment health reassessment survey at some point during (his or her) 90-to 180-day post-deployment window," she explained. "We have promoted awareness and neutralized stigmas associated

with seeking help by incorporating post-traumatic stress discussions. We also conduct return and reunion briefings to follow-ups with families and how they're holding up."

One of the other challenges the military nursing corps faces across all services is

"Air Force medicine is not simply about support, not simply reacting to illness and injury, and Air Force medicine is definitely not a commodity. Air Force medicine is a highly-adaptive capability, a key part of Air Force expeditionary capabilities."

Lt. Gen. (Dr.) James Roudebush
Air Force surgeon general during a Senate Appropriations Committee hearing March 7

recruiting and retention.

The Air Force Nurse Corps reported an inventory of 85 percent last year and, among other recruiting efforts, is promoting education and training among the enlisted force, encouraging some candidates to seek out nurse commissioning programs.

Overall, the generals reiterated to the committee that Air Force medics are dedicated to taking care of people wherever they need it.

"We are far from a position where we can rest on our laurels," Gen. Roudebush said. "We will continue to work hard in the months and years ahead to perfect care for this fight and the next." (AFNEWS)

By order of The Wolf

Coyote Ugly in Gunsan City is off limits to United States Forces Korea personnel until further notice. Stay with the *Wolf Pack Warrior* for the latest on off-limits areas in and around Gunsan City.

BRIEFLY

English teachers needed

The wing is in need of 30 volunteers to teach English every odd Saturday from now through July. Members have a chance to make a difference in the lives of local Korean youth by teaching them the English language. Those interested in signing up should e-mail Ms. Rosemary Song at songae.song.kr@kunsan.af.mil with their full name, rank, duty title and phone number.

Term IV registration changes

The education and training office recently released new dates for class registration during the Term IV period. Wolf Pack members interested in taking courses can sign up now through April 7. Members are also reminded they must register for classes through the Air Force Portal. For more information, call 782-5977.

ACE elections soon

Airmen Committed to Excellence reminds all E-1 through E-4 ranks positions are up for vote during their semi-annual elections scheduled to take place April 10. Positions open for running include president, vice president, secretary and treasurer. For more information, contact Senior Airman Bernard Byer at 782-2666, option one.

Tax Center update

Total e-filed	Member refunds	Savings
320	\$305,281	\$35,591
Mar. 7 - 8	Member refunds	Savings
61	\$54,729	\$7,591

Still need to file your 2006 taxes? Call 782-4283 to make an appointment.

Cultural Corner Korean High-Speed Railway

Did you know?

South Korea has high-speed rail service linking Seoul with the southern port city of Busan that was launched in April 2004. The rail service, Korea Train Express, or KTX, travels at speeds of about 186 miles per hour and cuts the travel time from Seoul to Busan to two hours and 40 minutes from four and a half hours. South Korea is also one of only four countries in the world (including Germany, France and Japan) to develop a bullet train capable of traveling at speeds faster than 217 MPH.

In addition to high-speed rail service, Seoul also has a large subway system that transports about 5.5 million passengers a day. It first went into service in 1974 and now consists of eight lines extending nearly 287 kilometers with stops at 263 stations in the metropolitan Seoul area.



For more interesting facts about Korea visit the Korean Government English website at www.korea.net.

Information courtesy of the Korean Overseas Information Service and CIA World Factbook.

PRIDE OF THE PACK

Master Sgt. Thomas Mayo

Unit: 8th Mission Support Squadron
Duties: Superintendent, manpower and organization flight

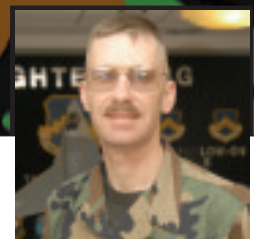
Hometown: Walnut Creek, Calif.

Hobbies: Christian fellowship, travel, marital arts

Favorite music: Christian music

Follow-on: Incirlik AB, Turkey

Last good movie: Maybe "Dare Devil"



In their own words

Best thing you've done here: "Helped to enhance our spiritual community and enhance manpower decisions."

"Master Sgt. Mayo took the reigns of a five-person organization and led the charge by managing the wing's 3,000-plus manpower authorizations valued at \$175 million.

Additionally, he guided the wing through a tumultuous manpower reduction due to the Air Force's 'PBD-720' initiative. He provided counsel to wing leadership on measures to counterbalance the loss in manning while maintaining mission capability.

Also, he posts monthly unit manning documents to the wing share drive, providing commanders with real-time access to their manning authorizations for informed decision making. He also validates billets Pacific Air Forces looks to remove or transfer to another base and works variances to get additional manning when not normally authorized.

Sgt. Mayo's in-depth knowledge of manpower will have an impact on Kunsan well after he's gone."

— Maj. Robin McKinley

8th Mission Support Squadron commander

HOLY WA

Wolf Pack chapel named best small wing chapel program in PACAF

By Senior Airman Stephen Collier
Warrior staff

The Pacific Air Forces command chaplain paid a visit to the Wolf Pack chapel March 7 through 9 to not only name the chapel the 'PACAF 2006 Small Base Chapel Organization Award winner,' but prepare the staff for upcoming changes.

"All three visitors were impressed by the esprit de corps demonstrated here at the Wolf Pack," Chap. (Lt. Col.) Paul Cannon, 8th Fighter Wing chaplain said. "They became aware of some of the challenges faced on a remote assignment and they seemed impressed by the way members of the Wolf Pack go the extra mile to help each other out."

That 'extra mile' comes from programs like the Sonlight Inn's numerous activities, frequent trips and retreats and unit outreach, an effort which focuses on taking the chapel to the Airmen. These events, together with a robust schedule of religious worship and educational activities, provide as much support as possible for Airmen assigned to a one-year remote assignment.

"My impression of the Wolf Pack chapel was the award by PACAF for best small chapel organization in the Pacific ... a considerable testimony," Chap. (Col.) Richard Hartwell, PACAF command chaplain said. "From my perspective, the chapel works together superbly as a team, both chaplains and assistants, as members of the Wolf Pack."

The visit by Chap. Hartwell, as well as Col. Skip Courter, chief of chaplain service force development, also underscored a reality faced by the chapel as well as other organizations on base: how to maintain an efficient, mission-effective force with Air Force cuts looming. Chap. Hartwell said the greatest piece of advice he could offer was to be calm and don't panic.

"We have had challenges in the past and we'll have them in future and we'll face this one with great skill if we're calm," he said. "[Chapels should] get to know their community. Know what the needs are at Kunsan. Know what the needs are of Wolf Pack members going on their mission and the remoteness of life in Korea. Instead of trying to support only an imagined reality, get to know your people so you can bring your skills directly to their real needs."

Chap. Cannon said one of the main purposes of the visit was to educate the chapel staff on force development issues, including personnel cuts that are coming to the Air Force Chaplain Service as a whole.

"The chapel staff members were encouraged to think creatively about ways to meet the needs of Airmen," Chap. Cannon said. "[And we're asking Airmen to think

this] even though there will be a smaller chaplain corps throughout the Air Force, and a smaller chaplain presence here at Kunsan."

According to the chaplain, the Air Force is expected to shrink the number of chaplains from 600 to 485, effectively cutting one-sixth of the officer billets. Chaplain assistants can also expect to downsize from their current levels to the mid-300 range.

At Kunsan, the Wolf Pack chapel will lose one chaplain as well as a downgrade in the lead chaplain's authorization from lieutenant colonel to major.

But help is on the way. Chap. Cannon said the chapel is looking at several ways to help mitigate the looming reductions while continuing to provide the same quality service the chapel has always given to the Wolf Pack.

"There are several things we are looking at to make the transition as smooth as possible," he said. "One way is the hiring of a paid, part-time Sonlight Inn director who coordinates volunteers, plan and publicizes events and coordinates the 'Friday Night' meal program. Also, in response to Accepting Follow-on Forces, we'll be working with our chaplain organizations to help supplement our own force when needed."

While Kunsan prepares to deal with manning cuts in the future, PACAF has to make tougher calls. Between recapitalizing the PACAF air fleet of fighters, tankers and transports as well as answering the call to fight the Global War on Terrorism, Chap. Hartwell said a chaplain's goal right now is to address the concerns of people.

"It's wonderful to have a modern plane on the flightline and defeat the terrorists, but if we don't take care of our people," the PACAF command chaplain said, "having that fine plane or a fine victory won't be of any value. The gospel I'm trying to preach is, as chaplains, our sole concern is to take care of the Airmen."

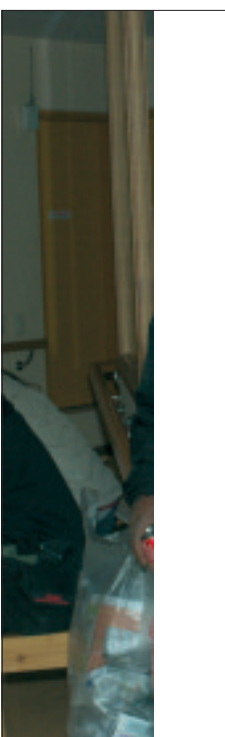
Chap. Cannon added his staff members work very hard to prioritize activities, but with personnel and budget cuts facing them, decisions will have to be made.

"The chapel staff will expend every effort in ways that is most consistent with the spiritual support of the wing," he said. "Some activities that were 'nice to do' in the past may not be able to be supported in the future."

The reduction in manning at the chapel is expected to take place in June.



Various organizations from across base cook meals every Friday night for everyone. This is one of many programs that helped the chapel win the 'PACAF 2006 Small



(Left) Danny Byram, a military playing Christian music and motivating the Wolf Pack. (Above) The chapel staff members help out around the

Photo by Senior Airman Darnell Cannady

WARRIORS



Photo by Staff Sgt. Josef Cole

day night for everyone who stops by. The meals are served at 6 p.m. and CAF 2006 Small Base Chapel Organization Award.”



Photo by Staff Sgt. Nathan Gallahan

Staff Sgt. Lee Chapoton, 8th Maintenance Squadron and volunteer Sonlight Inn keeper, is dished up a Friday night meal. The meals are free of charge to anyone who visits Friday nights at 6 p.m.



Photo by Senior Airman Barry Loo

(left) Danny Byram, the son of an Air Force chaplain, travels around the military playing Christian music. The chapel here brings in different entertainment and motivational speakers to help raise morale throughout the Wolf Pack.

(above) The chapel organizes weekly trips to Little Sisters of the Poor. Wolf Pack service members help clean, make donations and do chores to help out around the facility.

CHAPEL ACTIVITIES

Special Programs

- Friday Night Meal;** 6 p.m.
- Sunday brunch;** 10 a.m.
- Sunday Night Meal;** 7 p.m.
- Ilmagwon Orphanage visits;** Wednesday at 6:30 p.m.
- Little Sisters of the Poor visits;** second Saturday of each month
- Piano Lessons;** Tuesdays & Thursdays, at 6:30 p.m.
- Osan Bus Trip;** bi-monthly
- Prayer Mountain Retreat;** Time to be announced.
- National Prayer Luncheon;** Loring Club, April 11, 11:30 a.m.
- Tuesday night movie;** 7 p.m. on Channel 20
- Thursday night concert;** 7 p.m. on Channel 20
- Contemporary Christian music;** everyday on Channel 20

Catholic Services

- Catholic Mass;** Sunday 9 a.m. and 8 p.m.
- Daily Mass;** Monday - Thursday 11:30 a.m.

For more information on any of the events contact the chapel staff at 782-4300.

Protestant Services

- Friday Protestant Service;** 7 p.m.
- Traditional Service;** 11 a.m. Sunday
- Gospel Service;** 1 p.m. Sunday
- Contemporary Service;** 6 p.m. Sunday
- Latter Day Saints;** 3:30 p.m. Sunday
- Church of Christ;** 1 p.m. Sunday

Praise Team rehearsal schedule

- Catholic Choir rehearsal;** 7 p.m. Tuesday
- Contemporary Service Praise Band rehearsal;** 7:30 p.m. Wednesday and 5:45 p.m. Saturday
- Friday Night Praise and Worship Team rehearsal;** 6 p.m. Wednesday
- Gospel Service Praise Band rehearsal;** 7 p.m. Thursday and 8 p.m. Friday

Religious Education

- Traditional Service Bible Study;** 9:30 a.m. Sunday
- Gospel Service Bible Study;** 11:30 a.m. Sunday
- Officer Christian Fellowship;** Bldg. 340 Dayroom, 7:30 p.m. Monday
- Open Bible Study;** 6:30 p.m. Tuesday

Striking down the competition



AMXS 'Cobras' take championship from Red Devils in one game

Watch out, I'm coming through — A Red Devil forward forces his way past Cobra defender Brian Racy March 9 during the 2006-2007 intramural basketball championship game. The Red Devils, or 8th Civil Engineer Squadron, lead the entire game against the 8th Aircraft Maintenance Squadron 'Cobras,' but lost at the last minute from a game-winning three pointer.

Photo by Senior Airman Stephen Collier

By Senior Airman Stephen Collier
Warrior staff

No one could have planned it better. After trailing all evening and tying at 48, a quick release by the Cobra's Casey Tramble put the 8th Aircraft Maintenance Squadron ahead by three, leaving the 8th Civil Engineer Squadron 'Red Devils' in the second place slot overall.

Both teams went into the first half tenacious, striking back at each other offensively with consecutive layups, keeping the score rocketing skyward. But lost offensive rebounds by the Cobra team translated to big plays by CES, helped by the court-dominating center Anthony 'Bear' Barrett.

But back-to-back-to-back three pointers by Cobra sharpshooter Kevin 'Flip' Tasker, combined with his signature tongue flapping in

the wind, launched the snakes back into the game to trail by two.

After a five-minute halftime, the Devils took control once again, dominating the boards with arguably a better-organized team. Helped by the undeniably-audible voice of head coach Chad Webb, CE and its crowd help to rally the dominating Devils.

Later in the second half, a four-minute stretch of dry spells on the board from missed shots and tough defenses all around were broken with a steal by AMXS and a court-length toss to Tasker for a layup.

Tasker then double backed after a Red Devil jump shot to sink consecutive threes again, inching the Cobras up 48-45.

Another missed shot by the Red Devils translated into another Cobra three from the outside by shooter Brian Racy, tying the game for the first time all night.

With an excited AMXS crowd on their feet, the Red Devils with fouled, missing both shots with Cobras recovering the rebound. A pass to Tramble secured another three pointer, and put the Cobras up for the first time all night with :03 left on the clock. A Cobra foul on CE wouldn't be enough for them to rally, letting the Cobras take the championship 51-50.

"I was nervous 'cause I hadn't hit a shot all night," said Tramble after being asked what was going through his head during the game-winning shot. "We played good team ball and I was fortunate to hit one from the side. I got the one that counted ... all that matters."

The Cobras ended the season with 19 wins to three losses. Respectively, the Red Devils topped the charts with 19 wins and only two losses.

THE SPORTS BAR

As of Tuesday

Intramural Basketball

FINAL STANDINGS

REGULAR LEAGUE

Teams	W	L
Red Devils	19	2
Cobras	19	3
COMM	18	4
Warriors	17	6
Defenders Team Two	13	4
PPL	12	12
Defenders Team One	12	13
Wizards	11	13
Loggies	10	13
POL	8	15
Pantons	6	17
Dragons	5	8
Med Dawgs	5	20
Cobras Team Two	1	20
Defenders Team Three	0	21

Intramural Volleyball

Season schedule available

Wolf Pack members looking for the 2007 intramural volleyball schedule can call 782-4206.

Sports and Fitness Briefs

Last day to submit LOIs

The fitness and sports center reminds unit sports representative the last day to submit letters of intent for the 2007 intramural volleyball season is today. For more information, call 782-4206.

Drivers needed

The fitness and sports center is in need of drivers for sporting events outside the local area. Call 782-4206 for more information.

Varsity softball coaches needed

The fitness and sports center is in need of coaches for the 2007 varsity softball season. They are currently accepting resumes for the position. Turn yours into the fitness center now.

March aerobics schedule

Spin Aerobics

Tuesdays through Thursdays at 5:30 a.m., Tuesdays at 5:30 p.m., Thursdays at 6 p.m. and Sundays at 4 p.m.

Abs Aerobics

Mondays and Wednesdays at 6:30 p.m., Sundays at 5 p.m.

Step Aerobics

Mondays at 5:30 a.m., Tuesdays at 5:30 p.m.

Boot camp

Mondays at 5:30 p.m.

Cardio kickboxing

Wednesdays at 5:30 p.m.

Turbo kick

Thursdays at 5:30 p.m.

All classes are subject to change
(Information provided by the fitness center)

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



On The Big Screen

"STOMP THE YARD"	"NIGHT AT THE MUSEUM"	"BRIDGE TO TERABITHIA"	"ALPHA DOG"	"PRIMEVAL"
Rated PG-13 Starring Columbus Short and Brian J. White	Rated PG Starring Ben Stiller and Carla Gugino	Rated PG Starring Ben Stiller and Carla Gugino	Rated R Starring Justin Timberlake and Bruce Willis	Rated R Starring Dominic Purcell and Orlando Jones
Show times 7 p.m. tonight	Show times 9:30 p.m. tonight	Show times 7 p.m. Saturday, 6 p.m. Sunday	Show times 9:30 p.m. Saturday	Show times 8:30 p.m. Sunday

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

'Madden' tourney — The Falcon Community Center hosts an X-Box Madden tournament at 3:30 p.m.
Paintball — Outdoor Recreation sponsors paintball beginning at 10 a.m. at Wolf Pack Park.

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.
Nine-ball — The Loring Club sponsors a nine-ball tourney at 7 p.m. Requires 10 people for play.

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

Don't forget Free-meal Fridays at the Sonlight Inn!
 See cable channel 20 for updated chapel information

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.
Hapkido training — The fitness and sports centers sponsors hapkido beginning at 8 a.m. and 6:30 p.m.

NAF Resale

This month's Non-appropriated Funds, or NAF resale has been cancelled. Wolf Pack members are encouraged to see the 8th Services Squadron's 'Howler' magazine for more information.

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.

THE CLASSIFIEDS

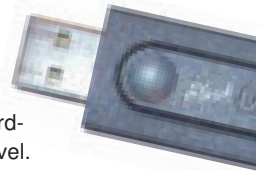
'I-Pod' for sale — Eight gigabyte I-Pod nano (2,000 songs or 5-days worth of music). One month old, currently at the BX for \$249. Selling for \$200. Call 782-5289 for more information.

Gaming PC for sale — Custom built gaming PC, Intel p4 dual core 3.4 ghz, one gigabyte DDR2 Ram, 850 GB HDD's, Nvidia video card, custom case, too many extras to list. Asking \$1,100 OBO. Photos and more available at td_sims@hotmail.com.

Video/MP3 player for sale — Creative Zen Vision: M. Perfect condition-no scratches. For more information, call 010-3982-0785 or e-mail jeimmy.bermudez@kunsan.af.mil.

PLUG IN TO OPSEC

Memory sticks, or 'thumb drives,' come in different shapes and sizes and can be a threat to information systems. It's everyone's job to safeguard, mark and label USB drives according to their classification level.



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.

Introduction to Korea — The Airmen and Family Readiness Center sponsors hangul language class from 5 to 7 p.m.



Dollars and Sense

Temporary Lodging Allowance

Members who stay in billeting or a hotel while PCSing into or out of Kunsan have to claim Temporary Lodging Allowance. It's important for members to understand that Finance can't split-disburse TLA payments to their government travel card. TLA payments are made to members via their paycheck.

Members must file TLA thru the housing office on an Air Force Form 1357 every 10 days. Members can then log on to www.myeasypayment.com and make a payment to their GTC online, free of charge.

Members can verify payment of TLA on their leave and earning statement on MyPay.

(Information made available by the 8th Comptroller Squadron)

UP 'N' COMING

Mt. Mai visit — The Falcon Community Center sponsors a trip to Mt. Mai and the Ginseng Market March 24 at 8 a.m. The trip costs \$24.

Kyongbok palace tour — The Falcon Community Center hosts a tour of the Kyongbok Palace March 25 at 7 a.m. The trip costs \$24.

Maisan Provincial park — Outdoor Recreation sponsors a three-hour hiking tour through the magnificent scenery of Masian mountain March 24. The trip costs \$30 plus extra Won for roadside purchases. Deadline to sign up is Thursday. Members are asked to be at ODR no later than 7:45 a.m. for a safety briefing.

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.

Being Good Ambassadors

Korean army NCO academy opens gates to Wolf Pack as volunteers prepare to teach ROK NCOs conversational English

By Senior Airman Stephen Collier
Warrior staff

Senior officer and enlisted leaders of the Republic of Korea army welcomed members of the Wolf Pack to their only NCO academy, located outside of Iksan, Saturday.

Wolf Pack members, lead by Col. Jeff 'Wolf' Lofgren, 8th Fighter Wing commander, got a chance to see portions of the academy, learn about its mission of training non-commissioned officers for the ROK army and dine with academy leadership.

"This is a great opportunity for our NCOs to strengthen our relationship with our ROK allies," the Wolf said. "Our NCOs have seen our (professional military education) programs; this gives them a unique perspective while building and fostering lasting friendships."

The visit kicked off a recent agreement between Kunsan and the NCO academy to assist the ROK army in teaching conversational English.

The program, not unlike many conversational language classes already sponsored by the 8th FW, targets the strengthening of the joint US-ROK alliance. The volunteers will teach day-to-day English to the Korean troops while learning about the inner workings of the ROK army.

"It was awesome ... the way



Photos by Senior Airman Stephen Collier

Dig in — Tech. Sgt. Michelle Colburn learns the inner workings of chopsticks while dining at the Republic of Korea army NCO academy Saturday. Five Wolf Pack members, including Sgt. Colburn, have volunteered to teaching up and coming ROK army NCOs conversational English as part of a new program between the academy and Kunsan.

they greeted us was incredible," said Tech. Sgt. Michelle Colburn, 8th Comptroller Squadron English volunteer and New York native. "The whole campus reminded me of West Point in New York. They really seemed like they had everything together. Their briefing on how they train NCOs really impressed me as well."

During the dinner, ROK commanders and sergeant majors exchanged laughs with their American counterparts and made a toast to a lasting and fulfilling relationship between the academy and the Wolf Pack.

"It kinda makes me feel like I'm really a part of something bigger and better," Sgt. Colburn, one of five volunteers, said. "I'm not apprehensive about teaching (English); I have two young children. In a way, it's kind of like teaching English to children, but to people who are a lot more advanced than just a one-year old learning to speak. It's different than other things out there; it's a unique opportunity. Plus, you get to learn more about the Korean military as a whole."

The volunteers begin teaching conversational English courses in early April.

Wolf Pack members interested in teaching conversational speech to local Korean can call Ms. Rosemary Song, Wolf Pack public affairs, at 782-4705.



Getting to know the other half— A Republic of Korea lieutenant colonel converses with Master Sgt. Chambliss McKendree about martial arts Saturday night. Wolf Pack members got to better know the ROK officers and senior enlisted members over a serving of bulgogi, rice and soup. Sgt. McKendree is assigned to the 8th Aircraft Maintenance Squadron.

"It kinda makes me feel like I'm really a part of something bigger and better ... It's different than other things out there; it's a unique opportunity."

Tech. Sgt. Michelle Colburn
Conversational English volunteer teacher
for the Korean army NCO academy

Do you know what this is?— Republic of Korea army Maj. Gen. YiLee, Kun bum, ROK NCO academy commandant, explains the meaning of a bottle of celebratory wine to Tech. Sgt. Christine Williams, 8th Medical Operations Squadron.

