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Sticking to New Year resolutions

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Eielson AFB, Alaska
Home of the Iceman Team

Arctic Sentry

Jan. 20, 2006
Vol. 46, No. 3

"To Fight and Support the Fight - Any Time, Any Place"

Icemen deploy to Afghanistan

Airman 1st Class Justin Weaver

Capt. Dustin Ireland, 355th Fighter Squadron pilot, completes routine pre-flight checks with Staff Sgt. Stephen Bailey, 354th Aircraft Maintenance Squadron dedicated crew chief, Tuesday in an A-10 hangar prior to their deployment.

A-10 pilots, support personnel head to OEF

by Airman 1st Class Justin Weaver
354th Fighter Wing Public Affairs

As an Airman from the maintenance squadron anxiously waits to board a C-17 destined for the desert, he soothes his nerves by listening to Garth Brooks singing "Friends in Low Places" on his Mp3 player. Meanwhile, A-10 pilots and crew chiefs finish preparing their aircraft for the 11,000-mile flight to Afghanistan.

This was the scene here as more than 400 Airmen with the 355th Fighter Squadron and the 354th Maintenance Group left for a 120-day deployment in support of the Global War on Terror.

"I'm excited to go on this deployment," said Capt. Darrell Walton, 355th FS A-10 pilot. "With so much training space here in Alaska (63,195 acres), I couldn't ask for better training to help get us prepared for this deployment. My mom is nervous, but I guess you have to expect that."

Captain Walton and other A-10 pilots combined in a sea of tan desert flight suits as they met for a pre-flight dinner of steak and eggs at the Two Seasons Dining Facility Tuesday before receiving their briefings concerning last-minute changes and weather conditions.

As the pilots received their final briefing, 354th AMXS dedicated crew chiefs, who have been working in 12-hour shifts in preparation for the deployment, performed final checks on their A-10s.

"We make sure the pilot has everything he needs before his flight," said Airman 1st Class Ryan Fitzpatrick. "We also perform last minute checks on the aircraft such as checking fluid levels and instrument panels as well as ensuring there is no foreign object debris in the cockpit."

The A-10's mission is to provide close air support for ground forces and convoys. Designed for maneuverability at low speeds and low altitudes, the A-10 helps eliminate ground targets such as tanks and other armored vehicles.

See ***Deployment*** *Page 2*

It's tax time

Unit representatives available

by Airman 1st Class Justin Weaver
354th Fighter Wing Public Affairs

Thanks to Eielson's volunteer Income Tax Assistance Program, Icemen can get free assistance preparing their federal income tax returns and free electronic filing.

Electronic filing includes tax preparation, transmission and processing solely by computer. This method is faster and more accurate than mailing tax returns because returns are transmitted over telephone lines directly to an Internal Revenue Service computer where returns are automatically checked for errors and missing information.

Those who owe a balance can file anytime during the tax season but can hold off payment until on or before April 15, using Form 1040V, payment voucher.

All other individuals desiring to electronically file other returns, must first go through their unit tax advisor who will make an appointment for them.

UTAs are:
354th SVS
Staff Sgt. Talisa Arnold, 377-4793
Senior Airman Daniel Park, 377-7885

See ***Tax*** *Page 2*

Wing commander lists priorities

by Airman 1st Class Justin Weaver
354th Fighter Wing Public Affairs

Leadership change, like all change, is an ever-present part of today's Air Force and can help reveal strengths and weaknesses. A new set of eyes can perceive performance in a new light and it can inspire us to reach the next level of improvement.

As a new set of eyes, 354th Fighter Wing commander Col. Dave Scott looks to emphasize three things during his time here at Eielson: Mission, People and Infrastructure.

"We are a country at war and our number one priority is to fill the requirements that we are asked to fill," Col. Scott said. "That being said, we need to make sure that our men and women have what they need to complete the mission."

In order to complete our mission, the 27-year Air Force veteran lists "Four Ts" he feels will help our people complete the Iceman mission.

"We have to give our men and women the proper Training, the proper Tools, the right

See ***Commander*** *Page 3*

Col. Dave Scott, 354th Fighter Wing commander, meets with Eielson first sergeants and acting first sergeants during a breakfast at the Two Season's Dining Facility Thursday.

A new and improved Air Force mission statement

by Gen. Paul V. Hester
Pacific Air Forces commander

Our Air Force is continuing to transform to meet an increasingly complex and rapidly changing world. In doing so, we are examining everything from our aging aircraft to our basing and personnel structures in order to best posture ourselves for the 21st century.

An important part of this process is retooling the Air Force mission statement -- the concise definition of who we are and what we do. The new mission statement issued by the Secretary of the Air Force and the Air Force Chief of Staff states:

The mission of the United States Air Force is to deliver sovereign options for the defense of the United States of America and its global interests – to fly and fight in air, space, and cyberspace.

On the surface, the new mission isn't very different from the old one. After all, since our earliest days, the Air Force mission has been to fly, fight, and win. That remains unchanged.

Our Air Force will continue to defend the U.S. and our territories, as well as our friends and allies, and we will fight as part of a Joint force and with coalition partners. That part of our mission also remains unchanged.

There are, however, two new concepts in our mission statement that are worth explanation.

First, what is meant by "deliver sovereign options?" In short, the nature of our service gives us the ability to strike, deliver, or observe anywhere on the planet at a moment's notice -- regardless of the obstacles. This is what sets us apart from any other service and from any other nation on Earth.

Our task is to provide the Combatant Commanders, and ultimately the President, with a variety of options that are not limited by vast distances, time constraints, or enemy defenses. The options that our Air Force provides range from humanitarian assistance to destroying targets -- both can be done anywhere on Earth -- simultaneously. The bottomline is that our options must be decisive, wide-ranging, and powerful enough to put the right capability in the right place at the right time in any environment.

> "Our Air Force, made up of the world's greatest Airmen, will continue to fly, fight and win wherever and whenever we are called to duty. This will never change."
>
> Gen. Paul V. Hester
> Pacific Air Forces
> commander

The second new concept in our mission statement is "Cyberspace." Computers, connectivity, and the electromagnetic spectrum have emerged as integral components of today's world, particularly in the military operating environment. Thus, maintaining superiority in cyberspace has become an even more important component of our national defense.

As a case in point, the Pentagon recorded nearly 80,000 attempts to gain illegal access to its network in 2005. In both the public and private sectors, we've witnessed increasing levels of network attacks from all over the world, including assaults on everything from banking transactions to power grids.

In the Air Force, we will provide personnel and other resources to U.S. Strategic Command, which has the responsibility to integrate and coordinate cyber warfare – both offensive and defensive. In the end, this expansion into cyberspace will greatly increase the options available to the Combatant Commanders and the President, as there are instances where non-kinetic offensive and defensive options are more efficient and cause less collateral damage than kinetic ones.

In sum, the U.S. Air Force's mission statement has evolved to keep pace with a fast-paced world filled with a wide range of new challenges, but it does not change the core of who we are or what we do. Our Air Force, made up of the world's greatest Airmen, will continue to fly, fight, and win wherever and whenever we are called to duty. This will never change.

ICEMEN DEPLOYED

Iraqi Freedom - 71
Enduring Freedom - 210
Other -19
Total = 300
As of Jan.18

WEEKEND WEATHER

Today
High -15, Low -40
Mostly Cloudy
Sunrise: 10:13 a.m.
Sunset: 3:51 p.m.

Saturday
High -15, Low -25
Mostly Cloudy
Sunrise:10:11 a.m.
Sunset: 3:55 p.m.

Sunday
High -10, Low -20
Mostly Cloudy
Sunrise: 10:08 a.m.
Sunset: 3:58 p.m.

Deployment from Page1

"I'm extremely confident in the group of pilots that we're deploying in support of Operation Enduring Freedom," Lt. Col. Quentin Rideout, 355th FS commander, said. "This is why we train. This is what Eielson's mission is all about."

That mission, "To Fight and Support the Fight – Any time, Any place," begins with a flight that will circumvent three quarters of the earth before reaching Afghanistan.

"There's a lot of things going on right now in Afghanistan," said Col. Dave Scott, 354th Fighter Wing commander. "Our guys will be very busy."

Staff Sgt. Stephen Bailey, 355th AMXS crew chief, said he is excited to deploy.

"This will be my first deployment," he said. "I'll miss my wife, but I'm glad to be able to contribute and do my part as an A-10 crew chief."

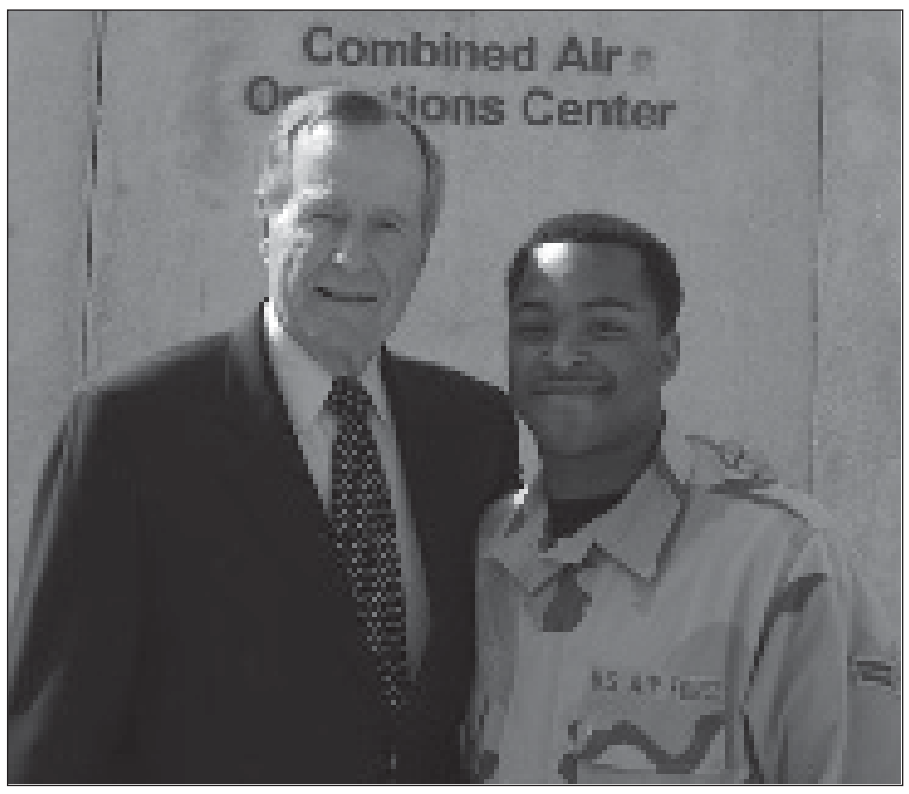
Tax from Page1

354th MXG
Master Sgt. Joseph Kitchel, 377-1297
Staff Sgt. Michele McLain, 377-3965
Staff Sgt. Stephen Scofield, 377-3317
354th OG
2nd Lt. Brandon Stephens, 377-4312
Master Sgt. Tony Mastriano, 377-1471
Staff Sgt. Richard Gustafson, 353-9272
354th CES
Master Sgt. Lee Weikert, 377-1867
Master Sgt. Richard Scheuerer, 377-2647
354th CTS
Tech. Sgt. Thomas Davis, 377-1748
DET 460
Staff Sgt. Mark Ledoux, 377-5117
354th MDG
1st Lt. Randy Livengood, 377-6519
354th CONS
Capt. Cal Hodgson, 377-3027
168th ANG
Senior Master Sgt. Mary Grasso, 377-8735
Master Sgt. Fresia Stalker, 377-8642
Tech. Sgt. Edward Deal, 377-8652
354th SFS
Quincy Black, 377-1133
Judy Rhodes, 377-3222
354th CS
1st Lt. Frankie Locust, 377-3743
Airman 1st Class Jennifer Evraets, 377-3278
13 SWS
Master Sgt. Keith Westphal, 585-6282
Staff Sgt. Faisal El Jamal, 585-6529
354th LRS
Master Sgt. Suzanne Wolf-Sedberry, 377-1437
Tech. Sgt. Patrick Hambly, 377-4285
Staff Sgt. Angelica Serrano, 377-1204
Pat Petersdorff, 377-3455
354th FW
Master Sgt. Angelito Lapid, 377-4152
Tech. Sgt. Gerald Smith, 377-1856
Staff Sgt. Valerie Smith, 377-1851

DEPLOYMENT CORNER

Master Sgt. Val Gempis

Back again ...
The 168th Air Refueling Wing was the first Air National Guard tanker unit deployed to Guam after Sept. 11, 2001. Five years later, the Eielson Airmen are back on the island with their KC-135 Stratotankers as part of a theatre support package for U.S. Pacific Command flying operations. Master Sgt. Jerry Boynton, 168th AW hydraulic technician, removes a line on an auxilliary power unit inside a KC-135 Stratotanker.
The wing is the only Arctic region refueling unit in Pacific Air Force. Their mission is to train and equip Stratotanker crews to provide air refueling taskings, worldwide.



Presidential meeting
Airman 1st Class Anthony Nelson, 354th Communications Squadron photographer deployed to Southwest Asia, recently met former U.S. President George Bush.

Eielson included in safety study

by Tech. Sgt. William Farrow
354th Fighter Wing Public Affairs

The Air Force puts a lot of emphasis on the 101 Critical Days of Summer campaign to try and reduce the annual spike in accidents occurring during the warmer months.

However, the Air Force Safety Center's Ground Safety Division is interested in reducing the number of accidents occurring at northern tier bases during the winter months too.

Eielson and Hill Air Force Base, Utah are test sites for a new study meant to reduce the number of slips, trips and falls that take an annual toll on Air Force personnel working in cold-weather environments.

Staff Sgt. Richard Caudill, 354th Fighter Wing Safety Office ground safety NCO will be looking closely at areas with a history of high foot traffic and implementing measures to decrease the number of accidents associated with slipping on snow and ice.

"Instead of us simply reporting the number of accidents in a broad sense, the study is focusing reduction efforts specifically on what causes the accidents and how we can best prevent the accidents," he said.

Sergeant Caudill said the AFSC, a field operating agency with headquarters at Kirtland Air Force Base, N.M., is funding the study and one of the main focal points is the use of a different dispersal method of ice melt on high-traffic areas.

"The ice melt were using is in liquid form, not pellet form, so it's distributed evenly," he explained.

Sergeant Caudill said Eielson has seen 45 falls in FY '06 at a cost of 43 workdays lost which equates to more than $18,000 in losses.

Sergeant Caudill said the majority of falls occur in the beginning of winter (when people are getting used to the snow and ice accumulation) and during break up (when snow and ice melt during the day and re-freeze at night).

Sergeant Caudill said December's warm spell (Chinook winds causing temperatures to rise into the 50s) equated to break-up in the middle of winter. After melting and re-freezing, the fresh ice increases the number of slips, trips and falls here.

He said the most common accidents occur when people are leaving home for work, leaving work for home or getting in and out of their cars.

"That's why people need to be careful all the time and they should concentrate on their movements before they set foot on the ground," said Master Sgt. Deanna Croxen, 354FW ground safety manager.

Slips, Trips and Falls reduction procedures

- Facility managers designate one or two central ECPs for use during inclement weather. Keep ECPs clear prior to normal duty hours.
- Detail teams need to accommodate clearing of walkways prior to high traffic time. Detail teams must keep walkways clear prior to end of duty day.
- Detail teams must be issued and mandated to wear proper footwear.

Looking back in history

Pilots help rescue downed Navy flier

by Capt. Becky Colaw
Chief/Public Affairs

The following article was published in the June 5, 1991, STRAND SENTRY (Myrtle Beach AFB, newspaper). Col. Paul Johnson, 354th Operations Group commander, was a captain during this time and was one of the pilots that helped with this rescue.

In the early morning hours on January 21, 1991, Captains Paul Johnson and Randy Goff began their shift on search and rescue or "Sandy" alert looking forward to catching a few hours of needed sleep. That never happened. At approximately 7:30 a.m., a call came in and the alarm sounded. A Navy F-14 fighter aircraft was down in Iraq. Somewhere behind the enemy lines the pilot needed their help.

"We took off before 8:00 a.m. in route to the area," said Capt. Paul Johnson, a pilot with the 353d Tactical Fighter Squadron, 354th Tactical Wing (Provisional) and the flight lead for the mission. "We had to air refuel a couple of times and deal with some weather enroute, but we finally located the individual we were looking for."

On the way to the rescue area the pilots began coordinating the pickup assets including helicopters, tankers, and other fighters for top cover.

"While we're enroute we build our rescue plan so that when we get to the area we can concentrate on finding the downed crew member, isolating him and insuring it is safe for us to go in and pick him up," said Captain Johnson. "Once all these decisions are made and all key players are in place, we'll go in, pickup the survivor, and bring him back to friendly lines."

Flying Sandy missions is a secondary mission flown by A-10 Thunderbolt II aircraft. The aircraft's primary mission is to fly close air support for ground troops. The Sandy call sign originated in Southeast Asia, when search and rescue mission were flown predominantly by A-1 Skyraiders. Over time, the A-10 has assumed the role and, according to Captain Johnson, each squadron has pilots who are specifically trained in rescue techniques since Sandy missions involve tactics that are not normally used in typical close air support missions.

"It's a team concept obviously," said Captain Johnson. "Sandy pilots are usually more experienced and are always ready to take on the challenge the mission can present, especially when it comes to coordinating all the assets."

On this mission, the Sandy pilots were successful. And for the first time in history, A-10 pilots got to experience the joy of helping a fellow airman reach safety.

"This is my first combat pickup," said Captain Johnson. It was a rather indescribable feeling knowing he was on a helicopter being escorted out of enemy territory – I just can't explain how I feel knowing we pulled this off."

"My heart was pumping pretty quickly," said Captain Goff. "It's kind of exciting knowing the downed pilot is going to get rescued – knowing a guy can punch out, we can go in and grab him and bring him back to safe ground. It's quite a mission to in and save a life.

Just as everything was falling into place and the pickup was about to take place an Iraqi truck suddenly began heading toward the downed pilot.

There was a truck heading toward the pilot and we couldn't risk the fact that the survivor's life or the pickup assets could be in jeopardy, said Captain Goff."

Both A-10s rolled in on the truck and took it out with the 30 millimeter cannon.

"When I rolled in on the truck my main concern was the pilot's safety and the safety of everybody else who was there at the time. You can't really say who's the enemy and you have to be concerned with lives involved at the time. Unfortunately for the truck, it was at the wrong place at the wrong time."

All totaled, the pilots spent nine hours coordinating the rescue and refueled in flight four times. But both say all the effort was worth it and that they didn't feel the fatigue until they were an hour from landing.

"I'll probably never forget the feeling," said Captain Johnson. "It really helps you understand why the Sandy pilots in Southeast Asia truly enjoyed and took so much pride in what they did considering the reward they were getting out of it."

Pest management public notice

Eielson's pest management section is applying for a 2006 permit from the Alaska Department of Environmental Conservation. The purpose of the permit is to apply six types of mosquito control larvicides to selected water areas throughout the installation.

The pesticides that will be used are: Aquabac XT, EPA registration number 62637-1, active ingredient Bacillus thuringensis; Altosid Liquid Larvicide, EPA registration number 2724-392, active ingredient 5% Methoprene; Altosid Briquets, EPA registration number 2724-375, active ingredient 8.62% Methoprene; Summit Mosquito Dunks, registration number 6218-47, active ingredient 10.31 % Bacillus Thuringiensis; Bonide Mosquito Larvicide, registration number 4-195, 98 % Mineral Oil; and Altosid XR Extended Residual Briquets, EPA registration number 2724-421 ,active ingredient Methoprene 2.1%.

Application methods will be applied per the product labeling statement. The pesticide applications will take place April-Sept. 30 by Department of Defense certified pesticide applicators in accordance with label directions and permit stipulations.

The State of Alaska, 18 AAC 90.520(2), requires this notice published. Anyone wishing to submit written comments to ADEC regarding this application may contact Thomas Hathaway Ph.D., Alaska Department of Environmental Conservation, 500 South Alaska St., Palmer, AK ,99645. Fax comments to 907-745-8125 or call 907-745-3236 for more information. A copy of the application will be sent upon request.

Comment deadline is 30 days after publication of second notice on March 26.

The Department may schedule a public hearing for a permit application subject to this section if requested, or if the department finds that good cause exists, even if a hearing has not been requested under 18 AAC 15.060(a).

Individuals with disabilities who may need auxiliary aids, services, or special modifications to participate in this review may contact the number above.

DWI CLOCK

Maintained by the 354th Security Forces Squadron

Iceman Team goal is 60 days without a DWI.

Need a free ride home?
377-RIDE

Days without a DWI: 18
Days until goal: 42

Airmen Against Drunk Driving volunteers gave **24** rides last weekend and have 'saved' **4,569** lives to date.

Icemen should remember the following three prong approach:
HAVE A PLAN;
STICK TO THE PLAN, if the plan fails
USE YOUR SAFETY NET.

Klondike Cab, at 457-RIDE (7433) offers Icemen discounted rides back to base. AADD, at 377-RIDE offers free rides 10 p.m. to 4 a.m. Friday and Saturday nights.

Arctic Sentry

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Best Metro Format Newspaper in PACAF 2003 & 2004

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Commander, 354th Fighter Wing

Capt. Christopher Anderson
Chief, Public Affairs

Tech. Sgt. William Farrow
NCOIC, Public Affairs

Airman 1st Class Justin Weaver
Editor

—COMMANDER'S— CORNER

Commander's Hotline

377-6100

The Hotline is your opportunity to get your issues and comments directly to me so I can address them.

Before you call the hotline, however, I strongly encourage you to give the unit involved, your first sergeant or commander a shot at resolving the issue. The Iceman Team takes care of its own, but you should give these people the chance to help. Please leave the names and organizations of the people you've contacted who have been unable to satisfy your concern, and I will look into the problem.

Your confidentiality will be respected at all times. Thank you!

Col. Dave Scott
354th Fighter Wing commander

AAFES	372-2139
CE customer service	377-2100
Chaplain	377-2130
Dining facility	377-2536
Family support center	377-2178
Finance	377-1851
Fraud, waste & abuse	377-2109
Housing management	377-2244
Inspector general	377-2109
Military personnel flight	377-2276
Legal	377-4114
Public affairs	377-2116
Services	377-2857
TRICARE	377-5235, Ext. 2

Newspaper deadlines

ARCTIC SENTRY deadlines are close of business Friday prior to the following Friday's publication. E-mail submissions to *editor@eielson.af.mil* or to ARCTIC SENTRY on the global listing.

Story ideas?

If you have a story idea that you think would be interesting to the base population, send an e-mail to: *editor@eielson.af.mil.*

***Commander** from Page1*

amount of Time and the T.O.s, (regulations and Air Force Instructions) to perform their specific task. If we don't do this, we hinder our Airmen from doing their particular job."

Colonel Scott also placed an emphasis on what Gen. Paul Hester, Pacific Air Forces commander, refers to as the 'Recapitalization/modernization.'

The age of our fleet is well over 20 years old, he said. But it is not just our airplanes, it is also our infrastructure that needs to be modernized and recapitalized. Eielson has plans to continue its modernization, but in the meantime, the Iceman Team can help contribute to this installation.

"Each one of us has something to offer to the 'piece of the pie.' My expectations of everyone on this base are to make Eielson BETTER and to not accept the status quo. If each person does one thing to help contribute, this base will get better," he said. "We need to continue to take pride in our installation. A very good example I saw this week was a mural our logistic readiness men and women painted in their building. It shows their pride in the mission they performed while deployed to Iraq," he said. "A small thing maybe in many folks eyes, but a big thing in the eyes of the men and the women who work in that building."

Touching on an area he feels is very important, the commander, who has more than 3,000 flying hours in six different aircraft, spoke about the significance of recognition.

"It is the responsibility of the commanders on this base to make sure we recognize our people for what they are accomplishing," he said emphatically. "We need to let everyone … Eleventh Air Force, Pacific Air Forces and the Air Force know that we have great people working here (at Eielson) who are doing great things."

Additionally, as wing commander, it's my responsibility to grow our future leaders, he said. It's the senior leadership of this wing's responsibility to take the time with our young Airmen, be it a senior airman or a lieutenant, and give them the opportunity to one day sit in our chairs. They are our Air Forces future.

We all need to "coach, teach and mentor" the men and women of this wing.

Colonel Scott also touched on the importance of his family and the value they have on his life.

"It is the responsibility of the commanders on this base to make sure we recognize our people for what they are accomplishing," he said. " ... our young Airmen are the future of the Air Force."

Col. Dave Scott
354th Fighter Wing commander

"I would not be where I am today without the support of my wife and five children," he said. "Family is very important to me. Every Airman on this base is now part of the Dave and Lisa Scott family. I expect commanders and supervisors to allow their troops the time to spend with their families. Understand that mission and family will end up intermixing - you can't separate them … you have to learn to balance them."

Referring to that balance, Colonel Scott expanded on three areas that he encouraged Iceman to be "Fit" in.

"First, you need to be mentally and intellectually Fit. Never stop learning about your profession and your country. Second, you need to be physically Fit to ensure you maintain the pace needed to accomplish our mission. Lastly, you need to be spiritually Fit, based on something you believe in and can fall back on in tough times."

As we learn to balance our life and maintain those priorities, we will become a successful team, he said.

"If I could sum up my opinion of the Airmen on this base, it would be simply outstanding, extremely professional and very dedicated to our mission," he said. "Continue to keep up the excellent work, remember our mission, take care of each other and our base, be professional and always – always strive to make a difference."

DUIs can wreck lives, careers

by Airman 1st Class Mark Bannert
13th Intelligence Squadron

BEALE AIR FORCE BASE, Calif. – My blues are crisp. My low-quarters are highly shined. My hair is freshly cut and my face is closely shaven. I appear the consummate Airman.

My palms are sweating. I have a meeting with my commander.

I enter the room trying to be cool and confident, but uncontrollably, my face flushes. There are so many other scenarios where reporting to the commander would be a proud moment.

I stand at attention saluting my commander. As my reporting statement leaves my lips my mouth feels as if I have just swallowed a cup of sand. The words are slow and forced. My head is spinning as I look into his eyes. The usually calming blue hue of his kind eyes have turned into something different.

I see red flames and feel the utter anger and disgust he feels toward me wearing the same uniform as him. He feels that I have disrespected my country, my Air Force, and my squadron. His voice is calm and confident. "What were you thinking?" Before I can speak, my mind is flooded with the memories of that night.

The night is cold and rain is falling all around me like little liquid spears. The fight I was in with my girlfriend has my blood flowing and my mind racing. The alcohol in my system does nothing to help calm me or collect my thoughts.

There are 85 miles between where I am and where I need to be. I could call Beale Airmen Against Drunk Driving or one of my co-workers and they will surely come to get me but I don't. I don't want to disrupt them. I'll just see how I do.

I get in the car; the ignition is difficult to find in my drunken stupor but I am finally able to find it and turn the key. My music is blaring, and I feel quite drowsy.

I'll just roll down the window. The cool air and rain hitting my face wakes me momentarily. I find my way out of the neighborhood and hit the freeway. The next hour and a half I go in and out of consciousness a few times, scaring myself.

I'm singing at the top of my lungs to stay awake; finally the alcohol and humming of the road take over.

Slam! My world is rocked by a loud crash, a plume of chalky air and my nose hurts. The airbags have deployed and I am confused about what exactly has happened.

I instantly try to restart the car. I am only 15 minutes from my friend's house and there is no way he will deny me sleeping there.

The car won't start and I am in a ditch. I turn off my headlights and decide that I will just walk to my destination. The car is totaled. Both the front and back of the car are smashed into the cabin and miraculously I am uninjured.

No one will see the car and I'll get a tow truck to pick it up in the morning. I stagger down the road upset and confused until a black car stops and asks me if I need help. He says, "Hop in, I'll give you a ride." I get in and as he turns the car around he asks me, "Are you OK?"

Then he asks if I was involved in the car wreck. He tells me he has both good and bad news for me. I ask; "What's the good news?" not sure what exactly he means and he tells me that he picked me up. I inquire further. "What's the bad news?" He says he is an off-duty cop and he's taking me back to the scene.

My heart races and the only thing I can think of is how to get myself out of this. They do not understand what I have been through tonight.

Next thing I know we are back at the scene. I only made it five miles before I was picked up. The police are amazed to see me unscathed after seeing the car and tell me I'm lucky. As they are putting me in cuffs and reading me my rights, I am not thinking that I am lucky, I'm thinking I'm screwed; my career is over. And in a way all that was true.

Any trust I had developed with my co-workers over the past six months is gone. There are going to be repercussions from this for the rest of my career. Every base I go to will know, "This is the guy that got the DUI." Enlisted Performance Reports will be low, encouraging more low EPRs.

When new people enter the squadron they are notified quite quickly that I am a troublemaker and someone not to be associated with. No matter that I have changed.

I want to be that same troop I was when I joined, full of promise and honor, morals and virtue guiding my everyday decisions. I must now try twice as hard to get half the distance as my peers. In the end "A man's character is his fate." – Heraclitus.

So keep your path filled with character that expresses our core values – "Integrity first, service before self, and excellence in all you do" and you will lead a successful life of no regret.

Arctic Services

Services programs

Editor's Note: For a list of other classes and programs, call 377-3268 or surf to www.eielsonservices.com. Please RSVP for classes. Outdoor recreation rents ski equipment, Ice fishing equipment and various other outdoor equip - ment. Call 377-1232.

Programs

Texas Hold 'em tournaments, 6-8 p.m., Tuesdays at the Yukon Club. Call 377-1075.

Deployed bowling for family members, 5-7 p.m., Fridays at Arctic Nite Lanes. Call 377-1129.

Trap shoot, 5-9 p.m., Tuesdays at the skeet and trap range. Instruction, ammunition and loaner guns are available. Call 377-5338.

FitFactor weekly events, 2:30 p.m., Fridays at the youth center.

Thrifty Tuesdays 5-8 p.m. $1 specials on bowling and food at Arctic Nite Lanes.

Skeet league, log 50 targets per week. Any adult, active duty, family member, civilian or retiree may join the league. Call 377-5338.

Chess club, 5:30 p.m., Thursdays at the community center. Call 377-2642.

Spades tournament, 8 p.m. Fridays, at theYukon Club.

Bowling instruction available at Arctic Nite Lanes. Call 377-1129.

Birch Lake, Valdez

Birch Lake and Valdez recreation site reservations for summer can be made at outdoor recreation for active duty members at Eielson. Reservations must be made in person at Iceman Falls Lodge. Call 377-1328.

Aero training

Ground school training is available on Compact Disc. Tuition assistance is available for active duty air force. The Aero Club is accepting registration for an airframe and power plant training beginning in February. For prerequisites, call 377-1223.

Grand re-opening

A Grand re-opening for the Arts and Craft Center and the Leisure Travel Office is 10:30 a.m. Jan. 27 in the old credit union building. Snacks and refreshments will be available. The Arts and Crafts Center offers make-it-yourself kits, framing and engraving, balloon bouquets, trophies, commemorative plaques and more. Classes are offered in framing, quilting and sewing. Call 377-4880.

Friday

❖Kids Night Out takes place 6:30-11 p.m. at the youth center. KNO features organized and self-directed activities for youth center members in Kindergarten through 6th grade. Call 377-3194.

❖ All-Sports Family Bingo takes place 5:30 p.m. at the community center. Cost is $3 for ten games. Icemen are encourage to invite family and friends. Call 377-2642.

Saturday

❖An adult Colorama bowling event is 6 p.m. at Arctic Nite Lanes. Cost is $12 and includes bowling. Call 377-1129.

❖ A Great American Charity Bake Sale and Chili Cook-Off takes place 1 p.m. at the youth center. All Icemen are welcome to attend. To participate, call 377-3194. The Great American Bake Sale is a national campaign that helps to end childhood hunger in America by hosting a bake sale in each community.

❖ An overnight ice-fishing tournament at Birch Lake takes place tonight. For cabin reservations and more information, visit outdoor recreation at Iceman Falls or call 377-1328.

Sunday

❖The Sunday breakfast buffet is open 9 a.m. to 1 p.m. at the Yukon Club.

Monday

❖An adults only candy guessing game is currently on-going at the library. The winning guess wins the prize. Call 377-3174.

Wednesday

❖An introductory trap shooting lesson takes place at the skeet and trap range at Iceman Falls. Cost is $15 and includes the first round of ammunition and loaner gun. Call 377-5338.

Community briefs

2006 senior parents

Parents of students from the Ben Eielson High School class of 2006 are needed to help plan an "Alcohol and Drug Free Night for Our Seniors to Remember," at 11 a.m. Saturday in the Teacher's Lounge at BEHS. Call Dana Martin at 488-6159 or 372-3306 ext. 5.

Expired decals

Security forces will issue verbal reminders for personnel with expired DD Form 2219s (registered vehicle expiration) decals to have them renewed at pass and registration. Beginning February, security forces will issue Air Force entry forms for access on to the base. Call 377-1033.

Thrift Shop hours

The Thrift Shop is open Tuesdays, 6-9 p.m. and Thursdays, 10 a.m. to 2 p.m. Consignments are accepted until one hour before closing. Donations are tax deductible. All proceeds from the Thrift Shop go toward welfare requests and scholarships. Volunteers are needed. Call Cynthia Sullivan at 377-5274.

MOPS Meetings

A Mothers of Preschoolers meeting is 6-8 p.m. Thursday at the community center. For more information, call Kelly Straker at 372-2691.

Snow, ice removal

Icemen are reminded to remove snow and ice from sidewalks, driveways and fire hydrants within 24 hours of snowfall. For more information, call 377-2244.

Tech. Sgt. William Farrow

Singing out

Members from the Tops in Blue show performed Tuesday and Wednesday night at the base theater. Tops in Blue is an all-active duty Air Force special unit made up of talented amateur performers selected for their entertainment abilities.

Eielson's Movie Reel

All movies show at 7 p.m. at the base theater unless otherwise noted.

Today: In the Mix

When an African-American man accidentally saves a mob boss's life, his reward is a job protecting the don's daughter. Complications arise when the two begin to fall in love. Rated PG-13 (sexual content, violence, language) 97 min.

Saturday: Ice Harvest

Charlie, an attorney for the sleazy businesses of Wichita, and his unsavory associate, the steely Vic Cavanaugh have just successfully embezzled $2 million from Kansas City boss Bill Guerrard. But the real prize for Charlie is the stunning Renata, who runs the Sweet Cage strip club. Rated R (violence, language, sexuality, nudity) 88 min.

Sunday: Syriana

Robert, a 21-year veteran of the CIA, spent his entire career investigating terrorists around the globe. As the dangers of terrorism increased, he watched as the CIA's funding was cut, politics overtook judgment, and warning signs were ignored. But the struggle becomes personal when an oil executive and his wife are faced with a family tragedy. Rated R (violence, language) 126 min.

Thursday: In the Mix (PG-13)

HALL OF FAME

The Hall of Fame is a program for group commanders to recognize Airmen for excellent job performance.

Airman 1st Class
Cuong Dinh
Client Support Administrator
354th MSG
Syracuse, N.Y.

"He superbly managed files on deployment and individual issue for seven squadrons; duties previously performed by a SNCO. He diligently processed over 200 DCU individual issue letters for AEF 9/10 deployment."

Jacqueline Prose
Commercial Sponsorship and Advertising Coordinator
354th SVS
Pueblo, Colo.

"Since October, Jacqueline has increased the number of new sponsors by 20 percent and the total dollar amount by 150 percent. This has directly impacted the Eielson community by enhancing events such as the annual fireworks display and the Harlem Ambassadors. Thanks Jacquie for your commitment to the Iceman Team."

Senior Airman
Daniel Patrick
Network Management Technician
354th CS
Woodinville, Wash.

"His duty performance while assigned to the comm focal point was second to none. His quick learning and can-do attitude allowed him to accomplish tasks well outside his normal area of expertise. The bar has been set high for future CFP augmentees."

Senior Airman
Cecil Barnhill
Wastewater Treatment Plant Operator
354th CES
Galivants Ferry, S.C.

"Many recent improvements to the plant would not have happened without Airman Barnhill's tremendous efforts. He always maintains a positive mental attitude and strong work ethic when fulfilling his duties. He is a role model Airman and a true Air Force Asset."

Senior Airman
Justin George
Traffic Management Apprentice
354th LRS
Matamoras, Pa.

"He is a very sharp Airman and an outstanding shippment planner for our cargo movements. He helped re-deploy 32 tons of cargo, ensuring Cope Thunder exerercises were successful. His can do attitude was instrumental as key manifestor during deployment taskings. He was also the winner of the 354th LRS Professional Performer of the Month and a valuable asset to the United States Air Force."

Keeping New Year's promises

by 1st Lt. Bryon McGarry
354th Fighter Wing Public Affairs

A full two weeks into the new year and many Iceman are probably still not quite ready to give fully of themselves and completely dedicate the time and energy to getting back into shape.

Although well intentioned, frigid temperatures, lack of sunlight and substantial work demands can keep any motivated Airman on the couch instead of in the gym.

Dana Baugh, 354th Medical Operations Squadron exercise physiologist, says taking small steps is key to staying true to your New Year's fitness obligations.

"You don't necessarily have to work out for an hour right away," she said. "Break it up – 15 minutes at home and another 15 minutes when you get free time. A short workout is better than none at all."

The Health and Wellness Center offers individualized programs to help not only active duty Icemen, but also family members, keep their New Year's promises. Microfit testing, a recent addition to the HAWC's fitness offerings, focuses on spouses of recently deployed members.

"It's an assessment comprised of blood pressure, ergometry, skin-fold, flexibility and upper-body strength tests," Ms. Baugh said. "Spouses can get these tests done initially and check back periodically to see the progress they're making."

The HAWC also offers personal training by appointment for Icemen and their family members who prefer guided instruction or supplemental motivation. Ms. Baugh said falling off in the winter months is psychologically harder to bounce back from, but a healthy body can better compensate for a break in a regular workout routine.

"If you work out regularly and take two weeks off, it's not a big deal," she said. "Your body knows how to handle it and it's not as hard to get back into routine."

Healthy living is a must year round, not just in the warmer months when the outer layers are shed, Ms. Baugh said. Regular exercise helps maintain body weight, keeps metabolism steady and helps prevent injury.

"The active-duty folks should be especially in tune to their fitness because of work demands," she said. "Being physically fit gives them more energy and definitely reduces risk of injury on or off the job."

So whatever reasons Icemen may have for procrastinating on fitness, the health benefits for now and the future far outweigh any initial inconvenience they may encounter.

Members or spouses interested in any of the HAWC's programs can call 377-6662 for further information.

Photos by 2nd Lt. Bryon McGarry

Above, Senior Airman Aaron Sherman, 354th Civil Engineer Squadron readiness journeyman, lifts weights at the fitness center Thursday. Airman Sherman's New Year's resolution is to continue working out throughout the year. Left, Staff Sgt. Quincy Black, 354th Security Forces CSS NCOIC, works out on an elliptical machine at the fitness center Thursday. Sergeant Black's New Year's goal is to lose weight and to improve his overall fitness.

New Aerobics schedule

Monday
6 a.m. Boot Camp
8:30 a.m. Pilates
11:30 a.m. Step
5 p.m. Spin
6:15 p.m. Step
7:30 p.m. Yoga

Tuesday
6 a.m. Spin
8:30 a.m. Aqua
11:30 a.m. Pilates
5 p.m. Aqua; Step
6:15 p.m. Spin

Wednesday
6 a.m. Spin/Tone
8:30 a.m. Pilates
11:30 a.m. Step
5 p.m. Spin
6:15 p.m. Cardio/Tone

Thursday
6 a.m. Spin
8:30 a.m. Aqua
11:30 a.m. Kickbox
5 p.m. Aqua; Step
6:15 Spin

Friday
5:30 a.m. Pilates
8:30 a.m. Aqua
11:30 a.m. Stability Ball
6:15 p.m. Yogalates

Saturday
9:15 a.m. Spin
10:30 a.m. Cardio/Tone
10:30 a.m. Aqua

FIT TO FIGHT

Log onto FitLinxx at *www.fitlinxx.com* to enter workouts, set personal goals or speak with a trainer.