

# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, JULY 19, 2002

VOLUME 27, NUMBER 28

## **NOW HIRING**

Command chief looking for executive assistant

— Page 3



## **BONDING ABROAD**

Team Travis reaches around the world

— Page 4



## **RECRUITING LIFE**

Air Force recruiters proud to be blue

— Page 5

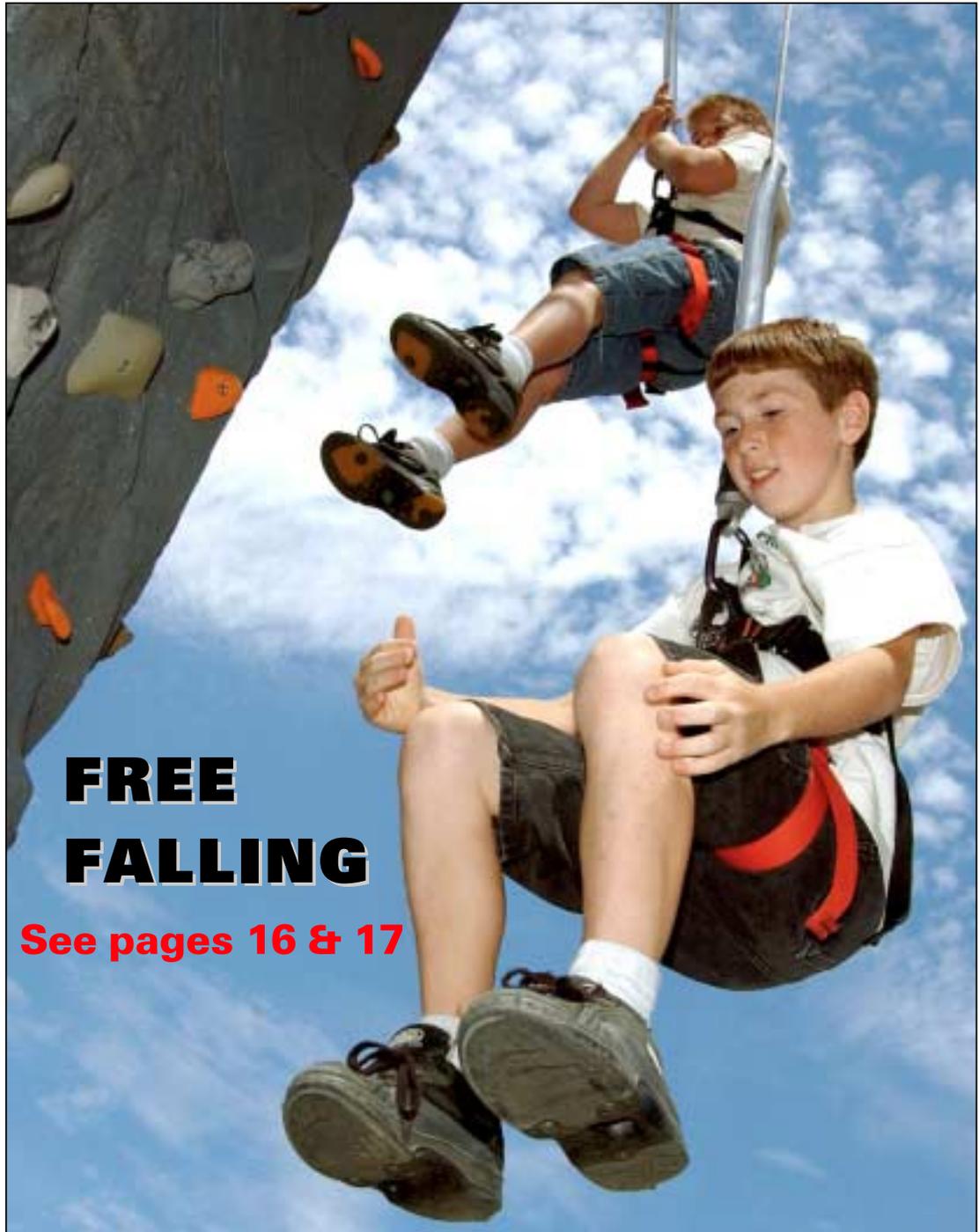
## **POOLING IT**

Base pool celebrates AMC's 10th anniversary

— Page 18



Have you checked your dogtags?



# FREE FALLING

See pages 16 & 17

# Top of their game

*Travis leaders in the trenches working side-by-side with those they oversee*

**By Col. Jan Swickard**  
60th Air Mobility Wing, vice commander

This era of transformation requires strong leadership ... and fortunately we have some of the Air Force's best to provide that at Travis. I'd like to take this opportunity to spotlight a few of the many here ... they are a modest bunch, as they are the first to attribute their organization's success to others in their employ. They are in the trenches working side by side with the folks they oversee ... more so now than their predecessors a decade ago. Despite their anonymity, we know them by the quality of their work ... the effectiveness of their organizations and the professionalism of their people. They are the front line supervisors, first sergeants, and field commanders at Travis ... and they are doing a superb job.

These officers and senior NCOs serve in our civil engineer, security forces, airlift, refueling, airfield, maintenance, mission support, logistics support, medical, mobility, aerial port, and many other organizations, ensuring our airmen are in top shape at Travis. From the flight line to the finance office, computer networks to base security, these leaders not only take care of our folks, they also set the standard that gets the job done.

They are often working overtime to meet the demands of the mission and deal directly with the effects of manning, supply shortfalls, personnel problems and increased operations tempo. Not only do they do this ... but they also keep their squadrons highly motivated and on track to accomplish many of those and other diverse responsibilities.

First, I'd like to recognize our first sergeants, as they are at the helm of everything we do ... and by extension of their position they reach every airman on base. Chief Master Sgt. Randy Stone, 60th Support Group First Sergeant said it best when describing the job's greatest fulfillment as, "the ability to work with the people who are out making the mission happen ... whether on the end of a shovel or standing post, serving food in the dining facility or customer service at the Mission Support Squadron" said Stone. He added, "The biggest reward is to help the folks get the recognition they deserve."

Also in our chorus of first sergeants are **Chief Master Sgt. Tom Kelley**, 60th Operations Group, **Chief Master Sgt. Martha Anderson**, of the 60th Logistics Group, **Chief Master Sgt. Derrick Crowley**, of the 60th Medical Group, and **Chief Master Sgt. Manuel Sarmiento**, of the 615th Air Mobility Operations Group.

The squadron commanders are also deeply in the trenches, ensuring people have everything needed and that mission requirements are being met. **Lt. Col. Hollace Lyon**, 60th Communications Squadron and **Lt. Col. Harry Kimberly**, 60th Security Forces are among those who have faced particular demands of this new era and have overcome them with aplomb. **Maj. Marcus Bass**, 60th Services Squadron, has ensured our morale and welfare despite the magnitude of our operations, putting on quality events such as the ATWIND picnic last week. Key among our maintenance and logisticians ranks, we count **Maj. Ike Isenhour**, who along with **Senior Master Sgt. Frank Reckenberg** ... leads nearly all maintenance support for the KC-10 in the 660th Aircraft Generation Squadron .... while **Maj. Robert Voegtly** and **Master Sgt. Edward Frazier** of the 60th Logistics Support Squadron, ensure integration of plans, maintenance, and data analysis for both C-5s and KC-10s.



Kristina Cille / Visual Information

*Chief Master Sgt. Dan Johnson, 60th Air Mobility Wing command chief, addresses an Airman Leadership School class Tuesday about Travis' current events and how to apply their ALS experience to their Air Force careers.*

Our C-5 and KC-10 pilots are at the top of their game, due in no small part to the leadership of **Lt. Col. Mark Dillon**, **Lt. Col. Dan Groeschel**, **Lt. Col. Michael Mendonca** and **Lt. Col. Bruce Vanskiver**. They can't do it alone ... and have their trusted senior enlisted troupe of **Master Sgt. Mark Helton**, **Master Sgt. Mark Stevenson**, **Master Sgt. Debra Capps**, and **Master Sgt. Ron Reeves**.

While we take time to recognize some of the leaders who take care of the people and keep the base running, there are also a number of professional groups overdue for some recognition. **The Top Three**, the **Air Force Sergeants Association**, **The Rising Six**, the **Company Grade Officers Council**, and the **Chiefs Group** are among those agencies ... through those organizations, people can seek out their peers, gather knowledge and make a difference through volunteer opportunities.

The Travis Top Three Association is one of our premiere organizations on base ... and is dedicated to a very noble cause of mentoring our junior enlisted so they become very capable leaders of tomorrow. The group hosts several events that we benefit from, to include the NCO induction ceremony, the enlisted dining out, and many others throughout the year. Another organization devoted to helping the enlisted in the area is the Air Force Sergeants Association. AFSA advocates to lawmakers those issues important to our folks, such as medical care, job security, salaries, commissary privileges and other benefits. The Rising Six is a dynamic group of committed, junior enlisted ... they are making a difference at Travis every day. Some of their programs and initiatives include Special Olympics, 60 AMW awards, promotion ceremonies, and deployed spouse support, among others. The Travis Company Grade Officer's Council volunteers at the Fisher House, in addition to providing junior officers the opportunity for professional growth. Rounding out the groups supporting our airmen is the Chiefs Group, which strives to enhance the health, morale, welfare, image and professional development of the enlisted force and provides camaraderie for fellow Chiefs and equivalents of all branches of the Armed Forces. One of their signature projects is conducting the annual Senior NCO Professional Development Seminar, which is scheduled for July 29 to 30 this year.

## Tailwind

Travis AFB, Calif.  
60th Air Mobility Wing

Col. Dave Lefforge  
60th Air Mobility Wing Commander

**60th AMW Editorial Staff**  
Capt. Michele Tasista

Chief, Public Affairs

Tech. Sgt. Scott King

NCOIC, Editor

Staff Sgt. Jim Verchio

Chief of Internal

Airman 1st Class Alice Moore

Staff Writer

**Daily Republic staff**

Michael T. Moseley

Daily Republic Liaison

The TAILWIND is published by the Daily Republic, Fairfield, Calif., a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 60th Air Mobility Wing. This commercial enterprise newspaper is an authorized publication for members of the U.S. military services.

Content of the TAILWIND is not necessarily the official view of, nor is it endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The appearance of advertising in the publication, including inserts or supplements, does not constitute endorsement by the Department of the Defense, the Department of the Air Force or the Daily Republic, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 60th Air Mobility Wing Public Affairs Office at Travis AFB, Calif. All photographs are U.S. Air Force photos unless otherwise indicated.

Correspondence may be sent to: 60th AMW/PA, 400 Brennan Circle, Travis AFB, CA 94535-5005, faxed to 424-3506 or emailed to [tailwind@travis.af.mil](mailto:tailwind@travis.af.mil). Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap Ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. E-mailed or faxed Swap Ads will not be accepted.

For information on paid advertising and on-base circulation, call (707) 425-4646. Correspondence may be sent to: Daily Republic, 1250 Texas St., Fairfield, CA 94533 or faxed to (707) 425-5924.



Arielle Kohn / Visual Information

**Going down:** Travis Youth Center members Dustin Friel and Travis Stout, both 11 years old, soar down from the top of the rock climbing wall at the ATWIND picnic Friday.

# Command decisions

## require executive assistance

By Airman 1st Class Alice Moore  
60th AMW Public Affairs

To be the voice of 6,500 enlisted service members on base takes commitment, dedication and sacrificing your own interests so others can get the job done.

However, in order to meet many of the responsibilities and obligations of being the 60th Air Mobility Wing Command Chief, Chief Master Sergeant Dan Johnson relies on the help of his executive administrative assistant.

One year ago, Staff Sgt. Jason Lowery, a supply management technician for the 60th Supply Squadron, was selected to take the job as the executive administrative assistant to the 60th AMW Command Chief.

"I can remember when I was a young airman and I saw the chief's assistant at various functions throughout the base," said Lowery. "I saw that this person was so involved with so much and it was definitely something I wanted to do some day."

However, Lowery knew he would be up for a challenge in being selected for the position.

"This job is very demanding. I also knew this position was highly visible within the wing and it would be tough getting selected because of the high standards set," he said.

Once Lowery was chosen for the position, he learned quickly there was going to be a lot of things he would need to learn.

"There are numerous behind-the-scenes responsibilities associated with this position," said Lowery. "I assist the Chief in planning his day-to-day activities, whether it's a meeting or a special event that requires his attendance. I'm also asked to act as the chief's representative

on numerous functions and committees throughout the base when his schedule doesn't permit for him to be there."

Along with planning daily calendars, Lowery says a big part of the job of being the chief's assistant is the task of putting together the quarterly and annual award recognition programs.

"There are a total of five award recognition boards held every year at the wing level," said Lowery. "All of the selected winners of the award program have their packages reviewed by the chief prior to approval by the 60th AMW commander."

Another duty Lowery assists the Command Chief with is the Enlisted Performance Report and decorations screening process, he said.

With many enlisted Travis personnel on base, Lowery's position plays a critical role in making sure all of the EPR's and submissions for decorations get full attention.

Lowery also says he has had the privilege of working directly with many of the organizations on base such as lodging, protocol, the first term airman's center, the chiefs and the first sergeants of the base.

"In order to get many tasks done, I rely heavily on the expertise and knowledge of many of the wing's organizations for their assistance," said Lowery.

Now that nearly a year has past since Lowery was chosen for this special duty, it's time for the Command Chief to select another motivated senior airman or staff sergeant to be his new assistant.

"This position requires a person to be able to handle multitaskings," said Lowery. "You definitely have to be self-motivated, but with all of the hard work comes great rewards."



Airman 1st Class Alice Moore / 60th AMW PA

Chief Master Sgt. Dan Johnson, 60th Air Mobility Wing command chief, reviews his itinerary for the day with his executive administrative assistant, Staff Sgt. Jason Lowery.

Lowery says for him this special duty assignment has enabled him to see how the Air Force works on a much larger scale.

"It's great to be able to see how the entire wing works. I'm fortunate for the opportunity to see the leadership in action, first-hand. All of the leaders here are first-class and really do care about their people. That's what makes 'Team Travis' an awesome organization," said Lowery.

All in all, Lowery hopes he's made a lasting impression on the people he's had a chance to work with during his year as the chief's assistant.

"For this past year I've been a representative of the chief," he said.

"I want to walk away from this knowing that what I've done has been a good reflection and positive image of the Command Chief."

However, it already seems as if Lowery has made a lasting impression.

"Staff Sergeant Lowery's performance has been simply awesome," said Johnson. "He has truly been the perfect right-hand person for me and this wing. He is an outstanding professional who gives 110 percent in all that he does. He has created superb relationships with key groups that has helped keep 'Team Travis' pressing forward," said Johnson.

"Working with Staff Sgt. Lowery has been great," said

Master Sgt. Chris Polzin, first sergeant for the 60th Communications Squadron. "He's definitely been the right person for the job with all of the professionalism that he has. He'll definitely go far in his Air Force career."

Lowery adds anyone whose interested in being selected as the Command Chief's assistant should have their packages submitted by July 26 to Command Chief Johnson's office located in building 51, 60th AMW headquarters. The Command Chief will interview applicants, in either late July or early August.

With the deadline for those wishing to apply for the position coming soon, Johnson emphasizes the need to find his next executive administrative assistant.

"This job is not an easy one to perform," said Johnson. "The rewards are intrinsically personal and professional for the person filling this critical position. Staff Sergeant Lowery has simply shined and has represented all of our enlisted force in a first-class fashion. I simply couldn't have done my job without him or someone else of his caliber. I know those people are out there. They just need to apply, and their units need to let them go so they can grow and return an even better troop when their year is up," he said.

For more information on this position contact Command Chief Johnson or Staff. Sgt. Lowery at 424-5005.

"This job is very demanding. I also knew this position was highly visible within the wing and it would be tough getting selected because of the high standards set."

**Staff Sgt. Jason Lowery**

60th AMW executive administrative assistant to the command chief

NEWS NOTES

**AFIT**

First lieutenants and captains, stateside with at least two years time on station by June 19, 2003, or those overseas in the summer of 2003, are encouraged to apply for the Air Force Institute of Technology master's program. Applications include a letter of eligibility from AFIT, an AF Form 39 signed by the senior rater and copies of the last three Officer Performance Reports. Information on AFIT can be found at [www.afit.edu](http://www.afit.edu). Applications are due by Sept. 1 and can be faxed to DSN 665-3408 or mailed to AFPC/DPASB, Attn: Maj. Sprecher, 550 C St West, Randolph AFB, Texas 78150.

**Correction**

In the June 28 edition of the Tailwind promotions were listed for new majors. One person was not listed. Capt. Rosemarie Paltling of the 60th Medical Operations Squadron was also promoted to major.

**Drive**

The Travis base exchange is hosting a donation drive from 10:30 a.m. to 1:30 p.m. Thursday and Friday as well as Aug. 2 and 3. The drive is to collect school supplies for Travis students. Items needed include pencils, crayons, spiral notebooks, scissors, glue, binder papers, rulers, markers, journals and pink erasers. For more information, call 424-2486.

**Air Force Reserves**

For more information about joining the Air Force Reserves after separating from active duty, contact Master Sgt. Christina Morales at 424-1919.

**Teen Trip**

The first 12 teens to register will receive a free trip to the state capital Thursday. The bus will leave the Teen Zone at 9 a.m. To register, call Larry Williams at 424-3131.

**Payday Loans**

The Air Force Aid Society offers no-interest loans to help pay for emergency needs. Call the AFASO at 424-4349.

**Traffic Delay**

There will be traffic delays July 26, from 6:30 a. m. to 6 p.m. on Vanden Road between the intersections of Peabody and Cannon Roads.

# Reaching out

## Airmen light up Afghan children's faces

By Capt. Christa D'Andrea  
Coalition Press Information Center

OPERATION ENDURING FREEDOM (AFP) — Upon arrival at the orphanage, American airmen and soldiers were greeted by the sound of youthful voices belting out a song in their native tongue. For three firefighters from the 455th Air Expeditionary Group at Bagram Air Base, Afghanistan, this harmonious greeting was a welcome they will never forget.

Tech. Sgt. Richard Verduzco, Senior Airman Ricardo Campos and Airman 1st Class Eric Smith, along with Army Civil Affairs soldiers, completed a successful mission July 10 to deliver humanitarian supplies to 100 boys and girls at the Charikar orphanage in the northern alliance-controlled area of Afghanistan.

"This is outstanding," said Smith, from the 354th Civil Engineer Squadron at Eielson Air Force Base, Alaska. "It's one thing to be here for the purpose we are here for, but it's another to come and see the youth and the future of this country and to help them out and get them on the right foot. There's no better reward."

The firefighters, whose mission is to provide fire protection to more than 7,000 U.S. and coalition forces here, had a collection of school supplies and candy to hand out.

"A lot of these supplies were from our previous chief's church group in New Jersey," said Verduzco, from the 60th CES at Travis AFB, Calif. "We also delivered supplies from donations we recently received from families back home."

In the small classroom where the children sit on dirty blankets rather than at desks, they clamored to be the first in line to receive a new pen or pad of paper, a precious commodity in this country.

Soldiers and airmen handed out twice as many supplies as there were children in a matter of minutes.

One airman tried to find the exact words to describe his feelings.

"We're not soldiers of war, we're soldiers of peace," said Campos, also from the 60th CES at Travis. "I cannot even describe the feeling of gratification you get from delivering these supplies."

Besides school necessities, airmen and soldiers also delivered medical supplies, food, toys and clothing.

This was not just a humanitarian mission to deliver supplies, but it was also an opportunity for the firefighters to see another side of why they are deployed to this location. This was their first encounter with locals outside of the air base.

Verduzco said that they hope to "hook-up" with civil affairs often to get as many airmen as possible out on a mission.

"I think this is important for them to see," Verduzco said, who took a moment during the mission to teach some of the boys a "secret" handshake. "This is a totally different and rewarding side of the mission."

In a country that has been devastated by war for decades, a friendly smile and some bonding time with American troops means just as much to both parties as do the supplies.

All three airmen never "thought in a million years" they would wind up in Afghanistan. Smith said when he left the base for the first time he felt a sense of hope for the people.

"I saw a lot of people (outside the base) and I couldn't help but feel like a star in a parade with all the thumbs in the air," he said. "The people had genuine smiles. You can tell they are happy to see us and to me that shows us that what we're doing is great!"



Capt. Christa D'Andrea / AFP N

Tech. Sgt. Richard Verduzco, from the 455th Expeditionary Air Group at Bagram Air Base, Afghanistan, bonds with boys from the Charikar orphanage while trying to teach them a "secret" handshake. Verduzco has been deployed to Bagram for nearly two months from his home station at Travis AFB.

# Air Force recruiting, unique opportunity



Members of Northern California's 364th Recruiting Squadron man an Air Force recruiting booth at the recent Winston Cup NASCAR race at Sears Point Raceway in Sonoma. Recruiting tools onhand were a replica minijet and Recruiter Outreach Vehicle, which included Air Force videos and a dogtag machine.

Staff Sgt. Rick Williams / 364th Recruiting Squadron

**By Staff Sgt. Rick Williams**  
364th Recruiting Squadron Public Affairs

Imagine an Air Force job where you wear the uniform but don't work on an Air Force base. One where you can change lives for the better, giving American youth a chance for a bright future.

Though often working "on an island" away from a base, Air Force recruiters do their part to anchor America's air-

power future by recruiting the brightest and best to fill blue-suits.

"Being an Air Force recruiter is definitely a unique job," said Tech. Sgt. Monty Mitchell, a four-year recruiting veteran and current recruiter trainer with Northern California's 364th Recruiting Squadron based in Sacramento. "To the kids, you can be a mentor, career advisor, friend and shoulder to cry on, all rolled into one."

While most bluesuiters go about their daily routine working in an on-base shop, recruiters hoof it alone in the civilian world, visiting high schools, career fairs and generally making themselves known in their local community.

"The best part of being a recruiter is when you get that letter back from a kid, saying 'you've helped changed my life for the better and I want to say thanks,'" Mitchell said, who

■ SEE RECRUITING ON PAGE 11

## National blood shortage hits Travis

**By 1st Lt. Angela Arredondo**  
60th AMW Public Affairs

Logistics Group Transportation and the 660th Aircraft Generation Squadron are joining forces with Blood Centers of the Pacific to host a blood drive from 10:30 a.m. to 2:30 p.m. today in the atrium of Bldg. 31, the 60th Logistics Group headquarters. The blood drive underscores the serious need for more donations as the nation's blood supply is shrinking to seriously low levels this summer, according to U.S. blood bank and health officials.

America's Blood Centers, a federation of independent blood banks that provides half the U.S. public supply, and the American Red Cross recently issued an appeal June 26, urging more eligible Americans to

donate since certain parts of the country now have less than a single day's supply.

ABC says nearly a third of its facilities have a one-day supply or less. Half of the American Red Cross's 36 blood-collection centers report similar deficits.

One factor contributing to the shortage is that only 5 percent of Americans donate blood even though 60 percent are eligible. Additionally, an individual can give once every two months or up to six times a year but many donors do not repeatedly give.

Continuous donations are critical because blood is perishable. Red blood cells last only 42 days. Blood can be frozen, but the process is extremely difficult and expensive. Yet the need for blood has been increasing in recent years due

to rise in complicated surgeries and an aging population, according to health officials. In fact, a blood transfusion is needed every two seconds in the U.S.

The current crisis is already having a direct impact on health care nationwide as several hospitals have had problems meeting their demand. Chronically tight supplies may lead to periodic shortages that force hospitals to postpone or cancel elective surgeries.

"We haven't cancelled any surgeries due to blood shortages, but we have had at least two cases where we really had to manipulate resources to ensure patients had enough blood. One of these we had to have blood shipped in to us from Wilford Hall and Navy

■ SEE BLOOD ON PAGE 11

# Coming to America...

Executive Order expedites citizenship, opens doors for many in military members

By Capt. Kim Garbett  
60th AMW Public Affairs

About fifteen thousand active-duty military men and women from countries other than the United States proudly wear their uniform every day in the Department of Defense. They come from countries like Tanzania, Ecuador, Argentina, Nigeria, and the Virgin Islands, to name a few.

The Air Force employs approximately 3,018 active-duty enlisted and one officer registered, immigrant aliens. During a Fourth of July celebration in Ripley, W.Va., President George W. Bush announced that he signed an executive order granting all men and women who are registered, immigrant aliens serving in the U.S. armed forces on active duty since the commencement of Operation Enduring Freedom Oct. 7, 2001, will be granted expedited citizenship consideration.

"Thousands of men and women in uniform were born in other countries and now spend each day in honorable service to their adopted land," President Bush said. "Many of them are still waiting for their chance to become American citizens because of the waiting period for citizenship. These men and women love our country. They show it in their daily devotion to duty. Out of respect for their brave service in this time of war, I have signed an executive order allowing them an immediate opportunity to petition for citizenship in the United States of America."

The normal wait period for non-citizen members of the military in peacetime is three years, instead of the usual five years for civilians.

At Travis, two young airmen were extremely surprised to learn of this executive order. Airman First Class Mgeni Athuman, 19, a physical therapy assistant at David Grant Medical Center, is from Tanzania. He came to the United States from Africa two years ago, hoping to attend college. However, times were hard and his mom was a single parent, so he decided it would be a good idea to join the Air Force.

"It (the news of the executive order) is like a dream," said Athuman. "It has been a long time since I have seen my wife, who is still in Tanzania. Now, I may be able to see her sooner. I thank President Bush for the great opportunity to become a citizen of the United States and this great country I serve."

Airman First Class Jose Escorza came to the country of the red, white and blue in 1999 and has been in the military for about a year and a half. He is originally from Argentina and is a supply technician with the 60th Supply Squadron.

He was excited to learn of the Presidential order. "Now, more opportunities will exist for me and I look forward to potentially serving my new country in uniform as a citizen of it ... I am in shock and amazement. I couldn't believe it was true at first. I definitely plan to take advantage of the opportunity President Bush is affording us, and perhaps become an Air Force officer one day."

The current processing time for the Air Force immigration and naturalization service applications is about six to 18 months. Air Force members should contact their local military personnel flights to obtain more information on the naturalization process. They will be providing the "Air Force Guide to Citizenship Application" and all the necessary forms and checklists to those who are interested in becoming citizens. More information can be found on the Air Force Personnel Center website at

<http://www.afpc.randolph.af.mil/mpf/MPFWorkcenters/customerservice/INS/ins.htm>

In World Wars I and II, there were 43,000 noncitizen military participants who became naturalized citizens. Another 31,000 fought during the Korean War. Then President Carter signed a similar executive order following Vietnam, and President Clinton signed one after the Persian Gulf War. These orders collectively gave citizenship to more than 200,000 members of the U.S. military.



Senior Airman Bethann Hunt / AFPN

**Gassing up:** A KC-10 Extender from the 44th Expeditionary Air Refueling Squadron at Al Udeid Air Base, Qatar, refuels a French Mirage 2000 over Afghanistan in support of Operation Enduring Freedom. The 44th EARS has delivered about 200 million pounds of fuel in support of the war on terrorism.

# Top-10 list you didn't expect

## View Point

Maj. Elizabeth Thomas  
Air Force Honor Guard commander

*I don't believe that an individual's rank has anything to do with the amount of respect that should be given.*

— Maj. Elizabeth Thomas

BOLLING AIR FORCE BASE, D.C. — How many speeches have you heard over the course of your career at professional military education graduations where you actually remember the words uttered by the guest speaker? I try to pay attention to each and every speaker and take to heart the message they are conveying. I am almost embarrassed to admit that after the dessert dishes are cleared away and the awards presented to the exemplary graduates, those important messages are often already starting to fade in my memory.

I don't believe that I am disregarding the importance of the speaker's words of wisdom. However, I think it takes a simple and "down-home" message for it to remain vividly on my mind and keep my thought process focused.

Recently, at a noncommissioned officer academy graduation ceremony, the guest speaker made reference to a speech that he had heard earlier in the month. Chief Master Sgt. Daniel Keane, Air Combat Command's command chief master sergeant, said something to the effect of the importance of knowing the 10 most important words to know to be successful in the Air Force. As I was sitting in my chair, I was expecting something profound to be listed. I was anticipating eloquent verbiage that would most likely require me to get out a dictionary. I was pleasantly surprised with his rendition of the 10 words. After he recited the list, I truly believed that he was absolutely right and I felt the exact same way without really realizing it.

He said the most important words for a military member to use to be successful are: "Yes sir," "No sir," "Yes ma'am," "No ma'am," "Please" and "Thank you."

Those are 10 words that each and every one of us probably learned to spell before we entered second grade. Most likely, our parents stressed the importance of being respectful to our elders and being well-mannered children. Growing up, I know that those 10 words were part of my everyday life and I was expected to use them. In my youth, I would have never considered what I was taught about good manners

would be a tool to be successful in life. Now, since the guest speaker has reintroduced to me these words, I am fully aware of the power they contain.

"Yes sir," "No sir," "Yes ma'am" and "No ma'am" are simple phrases that are not just reserved for those who outrank you. They are words used to be respectful. To me, there is nothing more annoying than when you're watching those old-time military movies and the young "butterbar" calls the crusty old senior enlisted guy "sir" and the enlisted leader says, "Don't call me sir, I work for a living."

I don't believe that an individual's rank has anything to do with the amount of respect that should be given. I will be just as respectful to one of my airmen as I would be to the chief of staff. There is nothing wrong with a field grade officer saying "Yes sir" to an airman. It shows a level of respect for the individual as an individual, regardless of a lesser rank. We should all be respectful of each other if we want to be successful.

"Please" and "Thank you" pack power too. When you ask one of your troops to accomplish a task, how hard is it to say "Please" or "Thank you"? It doesn't take much more than half a second to utter and if you make it routine, it will flow in your vocabulary. Just because you asked politely for a task to be done, the order doesn't become less substantial.

My parents stressed respect in our daily lives and didn't hesitate to remind my brothers and me if we failed to be courteous. "Please" and "Thank you" make the positive first impression. "Please" and "Thank you" impresses your chain of command. "Please" and "Thank you" are merely three syllables in the English language, yet they have an enormous impact when they are used.

I always listen quietly to distinguished speakers at events, hoping to better myself by taking in the messages they portray. I've found that you never know which speaker will impact you greatly — the one who leaves a lasting impression and you feel the need to share it with others. Chief Master Sgt. Keane provided me the insight to realize the importance of simple words taught to me in my youth. Those 10 words are the most important in my vocabulary and by using them regularly, I do believe that I will be a successful Air Force member.



Master Sgt. Keith Reed / AFPN

**I want my ATV:** Senior Airman Travis Kittrell, deployed to Ganci Air Base, Manas, Kyrgyzstan, from Travis shows a piece of equipment on the all-terrain vehicle to Senior Airman Kenneth Aycock, from McEntire ANG, S.C. Kittrell is a certified ATV safety instructor who teaches 376th ESFS and coalition members how to ride the ATVs, which are used in security patrols.



## RECRUITING / From Page 5

was a weapons troop before volunteering for recruiting in 1998. "Parents sometimes write to say thanks too, and it's always a great and satisfying feeling."

After graduating from the six-week recruiting school at Randolph Air Force in Texas, new recruiters move into their office — many times an office in the recruiter's hometown since recruiting volunteers get to choose where they will work — and start prospecting.

"Recruiting is a job that definitely takes dedication," Mitchell said. "For your first year, when you're inexperienced and still trying to get yourself established, it pays to put in extra time canvassing your community. Just like the song from the old 'Cheers' TV show, 'you want to be where everybody knows your name.'"

"This job takes patience and a sense of humor too," said Staff Sgt. Brandy Martinoli, a

local Vacaville recruiter. "Some of the things the applicants say can really make you laugh."

A strong sense of self-motivation can assist a new recruiter in a big way, since most recruiting offices are in shopping plazas or strip malls, far away from a typical Air Force base environment.

"It's unique in that you pretty much control your own schedule, and your boss is not looking over your shoulder — usually your supervisor is in the next town over," Martinoli said.

"It's a totally different environment, you have to retrain yourself how to speak and act," said Martinoli, who worked security forces before joining the Air Force Recruiting Service. "Since you're meeting and greeting civilians all day, you have to lose all the military jargon and acronyms that we normally use in our Air Force jobs — a lot of people don't

know how to tell military time either, so I've learned to speak like a civilian again."

Since a recruiter's area of responsibility encompasses the civilian world, that's something Martinoli says is always at the forefront.

"You always have to remember you are representing the Air Force in your appearance and actions," Martinoli said. "So you need to be extra sharp and represent the Air Force well to leave a good impression."

But why do people want to be recruiters anyway?

"I believe in what the Air Force stands for, and what it's done for me," said Master Sgt. Jose Rodriguez, one of two Air Force enlisted accessions recruiters located in Fairfield's Solano Mall. "I volunteered for recruiting because I wanted to give something back to the Air Force while helping out the kids."

## BLOOD / From Page 5

Hospital San Diego on a weekend to take care of a patient," said Maj. Sarah Futterman, blood donor transfusion services element chief here.

New precautions against mad cow disease have added significantly to the summer slump too. Officials have implemented precautions just in case the fatal brain disease, which is spread through tainted European beef, might also be spread through blood.

The Department of Defense enforced these restrictions in September, which required DoD blood banks to turn away donors who have spent time in Britain or Europe. Anyone who spent three months or more in Great Britain from 1980 to 1996, or five years or more in the rest of Western Europe since 1980 is barred indefinitely from giving blood.

The Red Cross imposed the strict mad cow rules in October and The Food and Drug Administration applied the tighter regulations May 31. Ultimately, 9 percent of the national blood stockpile was eliminated, according to blood bank officials.

About 18 percent of active-duty military personnel are disqualified under the mad cow rules, according to the Armed Services Blood Program. However, the military anticipated the loss and stepped up donor

recruitment and actually increased donations by 9 percent over the winter. Travis donations are below the standard. Donations here are well below the goal of 200 donations a month. The Travis blood banks averages about 40 to 60 a month.

This summer's lack of donors may also reflect compassion fatigue after last year's generosity following the Sept. 11 terrorist attacks. The blood donated at that time has either been transfused or expired, said U.S. health officials.

Ultimately, shortages typically occur during holidays or summer months as donors go on vacation and schools, where many blood drives take place, aren't in full session. Thus, blood banks worry the shortages could get worse as summer continues. Areas facing shortages included the East Coast, the Pacific Northwest, Los Angeles, Chicago and parts of Florida.

The Red Cross and America's Blood Centers have launched new appeals asking people to donate. They are dispatching mobile units to make donations more convenient, extending hours of operation and creating incentive programs. Travis and BCP are stepping up to meet the demand.

"Representatives from the

base blood center indicated at a 60th Logistics Group staff meeting that there is a great need for blood donations. Nick Clark, the chief of transportation, volunteered our unit to spearhead LG's drive for this month," said Michael Chitwood, a heavy mobile equipment mechanic here. Chitwood and Tech. Sgt. Thallassa Upton, 660th AGS, are organizing today's drive.

BCP was eager to come back to the base for on-site donations. BCP visits to Travis were suspended due to security restrictions following the Sept. 11 terrorist attacks. Everyone who donates during today's drive will receive a free San Francisco Giants t-shirt.

"There is a wealth of information with thousands of reasons to donate," Chitwood said. "However; the most effective way that I have found to encourage donations is from face to face contact. I believe that most people are aware of the constant need for re-accumulating blood donations. When you ask them to donate in a one on one they are more inclined to participate."

Those interested in making a donation can call the Travis blood bank 424-5342 or the BCP Napa Solano Center at 428-6001 for more information.

# LSS scores triple in AFRC competition

By Ron Lake  
349th AMW PA

The 349th Logistics Support Squadron hit the trifecta when a trio of its employees each were named best in Air Force Reserve Command in their respective categories.

James Standley was named Civilian Logistics Manager of the Year for Air Force Reserve Command, Tech. Sgt. Andrew Kastan was named the Senior Supply Technician of the Year 2001 for AFRC and Senior Airman Charlie Pacheco was named AFRC's Junior Supply Technician of the Year 2001.

Standley, unit deployment manager for the 349th Logistics Group, the largest logistics group in AFRC, spearheaded the wing's mobilization process for Operations Noble Eagle, Enduring Freedom and Southern Watch. He also orchestrated the first-ever reserve deployment to Moron Air Base, Spain, which supported the Air Mobility Command air bridge in Operation Northern Watch.

"I am proud and honored to receive AFRC Civilian Logistics Manager of the Year award," Standley said when told about his achievement.

"My accomplishments are due to the men and women of the LG that support me, and the supervision that empowers me to accomplish my work in an effective matter," he said.

Kastan is the inventory management supervisor for the 349th Logistics Support Squadron. Among his achievements that led to his award were augmenting the mobility warehouse reorganization and converting old storage containers to a new design that saved more than \$125,000 in long-term container replacement costs and 5,000 square-feet of critical warehouse storage space. His efforts contributed to an overall 99 percent inventory accuracy rate, which surpassed AMC's goal of 97 percent. He supported Operations Trojan Warrior and Phoenix Scorpion III and contributed to the successful deployment of more than 300 reservists by providing seven-day-a-week coverage at the onset of Operation Infinite Justice and Noble Eagle.

"I can't believe it, are you sure," exclaimed Kastan, when told of his winning.

"A long-awaited and well-deserved award for an extremely versatile individual who always manages to get the job done, no matter what the task may be," said his supervisor, Senior Master Sgt. Alice Webster. "I am very happy for him," she added.

Pacheco, an inventory management specialist and the 349th LG's Airman of the Year 2001, is an energetic, determined individual who consistently volunteers for the most demanding duty assignments, according to his nomination package. While augmenting the 60th Supply Squadron's Mission Capability Element, he decreased its backlog by 25 percent, and skillfully assisted Team Travis in issuing 2,500 mobility bags to more than 1,000 troops who deployed for Operation Enduring Freedom, while operating at a frantic pace for 125 hours during the first week of deployments.

"I was shocked!" blurted Pacheco. "I feel everyone I work with deserves to share this award because everyone helps me so much," he said.

Pacheco's supervisor, Tech. Sgt. Jimmie Del Rosario praised him by saying: "Senior Airman Pacheco fully enjoys military life, and it shows every time he's around. He is an absolute quality performer and well-deserving of this award."

Lt. Col. Al Plyler, commander of the 349th LSS, also offered his accolades for the trio. "Master Sgt. Standley is one of the very best Air Force members I have ever worked with. His unlimited enthusiasm and diverse experience spanning multiple aircraft maintenance career fields makes him an exceptional logistics program manager," Plyler said.

"Senior Airman Pacheco came to us with an Army background with more than a 15-year break in service. He is making up for lost time going at break-neck speed within the supply career field. Whether it's going on deployments or participating in the Supply/Fuels Rodeo, he is a great asset to our squadron," Plyler said.

"Tech. Sgt. Kastan is well-deserving of this recognition as best in AFRC. He manages one of the most difficult programs within our wing — all the mobility equipment, mobility bags and weapons. Due to his efforts, we possess a high state of wartime readiness," Plyler said.



**(Left)** Jim Standley, 349th LSS, Air Force Reserve Command Logistics Civilian Manager of the Year 2001.

**(Right)** Senior Airman Charlie Pacheco, AFRC's Junior Supply Technician of the Year, left, and Technical Sgt. Andy Kastan, AFRC's Senior Supply Technician of the Year.

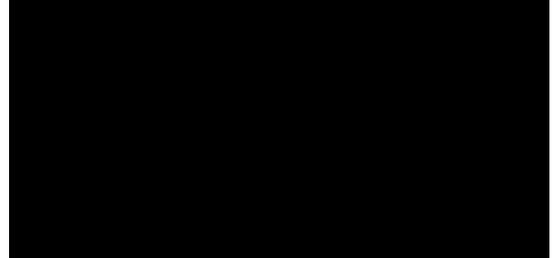
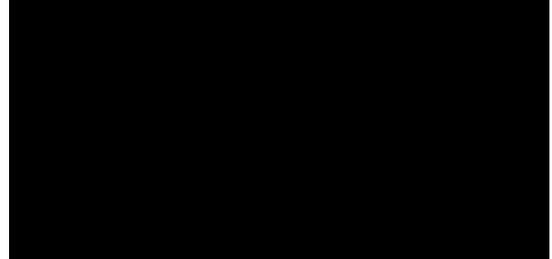
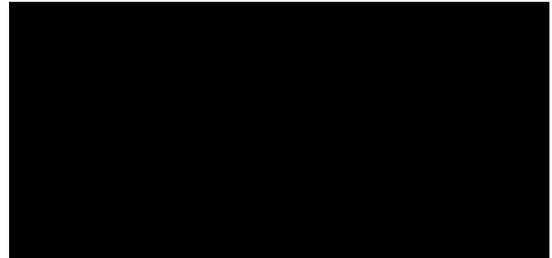


Audrey Quillon / Visual Information



## Energy tip

Set the thermostat at 78 degrees or higher in the summer and save about 5 to 10 percent on the operating cost of the air conditioner for every two degrees of cooling you are willing to give up.



Accidents like this are the result of static electricity and gas fumes. Information from the Petroleum Equipment Institute can keep drivers safe at the pumps.



60th Air Mobility Wing Safety office

# Fuel for thought

## Safety office joins campaign to 'Stop Static'

By Staff Sgt. Mark Diamond  
60th AMW Public Affairs

Travis safety officials recently distributed a message to unit safety representatives asking them educate their unit personnel on the importance of taking precautions while fueling their vehicle.

According to Tech. Sgt. John Young of the 60th Air Mobility Wing Safety Office, their concern stems from a Petroleum Equipment Institute public safety campaign intended to increase awareness of the potential danger posed by the discharge of static electricity at gas pumps.

While the Petroleum Equipment Institute continues to collect data on accidents, it appears that static electricity is most often generated when motorists get back into their vehicles while refueling, said Robert N. Renkes, executive vice president.

"While filling up their vehicles with gasoline, many motorists will return to their cars to stay warm, make a phone call, or retrieve their purse or wallet," he said. "When they slide out of their car, static charge is generated. Then, when they touch the nozzle, a spark can ignite fuel vapors around the nozzle."

The institute has researched 150 cases of these "static" fires. According to Young, the results of this research were surprising:

- ▶ Out of 150 cases, almost all of them were women. Renkes said he believes women tend to re-enter their car more often to retrieve purses and money, stay out of the weather, or care for children.

- ▶ Almost all of these cases involved the person (driver) getting back in to their vehicle while the nozzle was still pumping gas and, when finished, they exited the vehicle to pull the nozzle out creating a static charge that started the fire.

- ▶ Most drivers were wearing rubber-soled shoes.

- ▶ Most men never get back in their vehicle until they are completely finished fueling the vehicle. For this reason, they are seldom involved in these types of fires.

- ▶ It is the vapors that come out of the gas that cause the fire, when connected with static charges.

- ▶ There were 29 fires in which the driver re-entered the vehicle and then touched the nozzle during refueling. Some of these fires resulted in extensive damage to the vehicle, to the station, and to the driver.

- ▶ Seventeen fires occurred before, during or immediately after the gas cap was removed and before fueling began.

Here are some tips taken from lessons learned during the research:

- ▶ Never use cell phones when pumping gas.

- ▶ Never get back into your vehicle while filling it with gas. If you absolutely have to get in your vehicle while the gas is pumping, make sure you close the vehicle door while touching the metal portion of the door. This discharges the static from your body before you remove the nozzle.

According to base safety officials, it is especially important for people to remember these precautions when they have children in the vehicle they are

fueling. If the vehicle catches fire, there may not be enough time to get the children out of the vehicle.

The Petroleum Equipment Institute and the Travis safety office are trying to make the public aware of this danger. You can find out more information by going to <http://www.pei.org> and click on the words "Stop Static."

### Refueling Quick Tips

- ▲ Turn your vehicle engine off while refueling.

- ▲ Never smoke, light matches or use lighters while refueling.

- ▲ Do not get back into your vehicle during refueling. If you do reenter your vehicle, discharge the static electricity buildup when you get out by touching the outside metal portion of your vehicle, away from the filling point, before attempting to remove the nozzle.

- ▲ To avoid gasoline spills, do not over fill or top off your vehicle fuel tank. The fuel dispenser will shut off automatically when the tank is full.

- ▲ Use only the hold-open latch provided on the gasoline pump. Never jam or force the hold-open latch open by using some other object such as the gas cap.

# SQUADRON SPOTLIGHT

## Travis Security Forces

### TRAVIS AIR FORCE BASE

**Commander**

Lt Col Harry Kimberly III

**First Sergeant**

SMSGt Julie Hooker

**Mission**

Responsible for protecting the largest wing in Air Mobility Command with more than \$10 billion in Air Force air mobility and Navy alert aircraft. Oversees resource protection and information, personnel and industrial security programs. Provides law enforcement services, force protection and marksmanship training. Maintains forces to support worldwide mobility commitments. Supports the United States Secret Service, United States Customs, and Department of Defense taskings. Responsible for 350 assigned/attached Air Force and Navy personnel and a budget of \$249,000. Secures 64 air mobility and 2 US Navy command and control aircraft. Directs base police functions, serving more than 108,000 active duty, civilian, and retiree customers. Provides guidance to 67 facilities storing more than \$56 million in equipment and 8,800 weapons. Oversees weapons qualifications for 5,000 personnel and 4,500 weapons inspections annually. Provides oversight for 50 classified accounts and

tracks more than 200 pending security clearances. Maintains 10 military working dogs for anti-bomb/drug operations and worldwide deployments.

**Capabilities and Recent Significant Events:**

One of the first units to respond at Travis to the Sept. 11, 2001, terrorist attacks implementing Threatcon Delta procedures, in addition to deploying a 47 - person team to a bare-base operation in direct support of Operation Enduring Freedom.

Demonstrating the "Total Force" concept, the SF team seamlessly integrated active, reserve, guard, IMAs and wing READY personnel into "one team with one fight."

The "Travis Cops" team concept was described as the model to follow Air Force wide by several leaders within the Security Forces' chain of command and community, to include the AMC AT/FP Sustainment team, California National Guard, Adjutant, ANG Director of Security Forces, ANG Director/SF, and AFRC SFM. This achievement led to the team earning Air Mobility Command's 2001 Outstanding Antiterrorism/Force Protection Innovation Award. During President Bush's visit to Travis, the team earned many accolades

from the Secret Service for providing the "best ever" base support and security. In early 2002, the team provided "first-in" support for Operation Iron Clad with 10 Travis security forces transporting more than 158 Taliban and al Qaeda prisoners without incident or injury, a mission called a "huge success" by senior Air Force and DoD leadership. In addition, the team provided people in support of Operation Palmetto Ghost, a contingency providing direct security support to US Army counter drug operations in South America. During the past two years, unit personnel have been significant players in almost every major contingency or exercise.

The squadron has approximately 100 people deployed in support of OEF. In addition, the team includes several Phoenix Ravens — the Air Force's equivalent of an air marshal — who fly with aircrews worldwide. On the homefront, Travis' Military Working Dogs responded to more than 20 narcotics calls, 53 explosives calls and provided 27 demonstrations to the Travis and local communities. During this period, the combined Combat Arms section trained more than 4,122 Travis personnel on the M-16A2 rifle, M-9 pistol, and M870 shotgun and successfully converted more than 1,700 weapons despite critical manning shortages.



Michael T. Moseley / Daily Republic liaison

Security forces personnel board a Travis bus during a simulated exercise. The SFS squadron is responsible for protecting the largest wing in Air Mobility Command (AMC) with over \$10 billion in USAF air mobility and Navy alert aircraft.

**Unit Recognition**

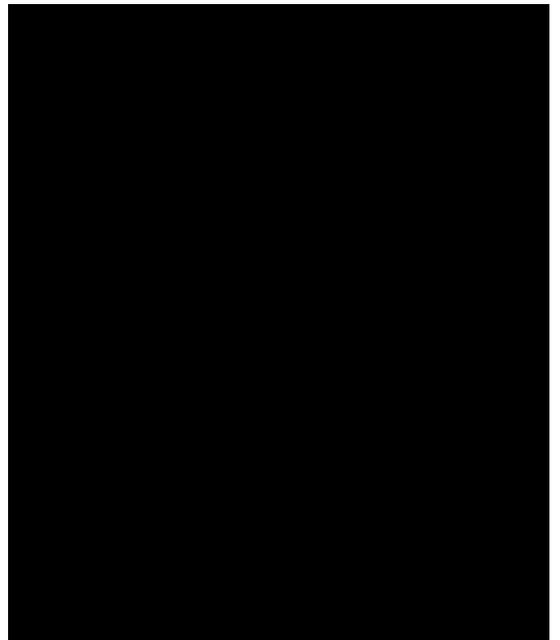
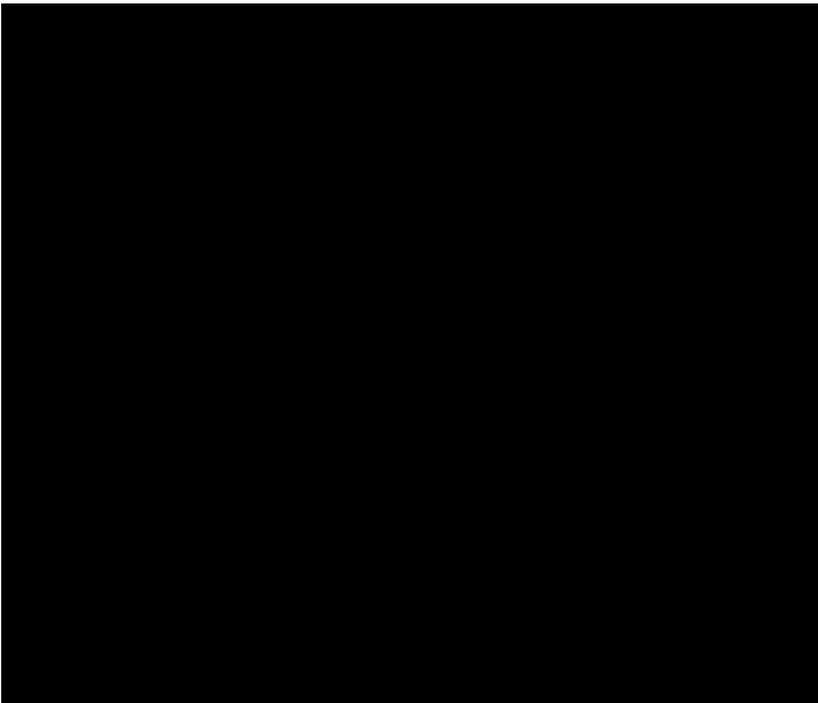
**AMC Awards**

Best Large Security Forces Unit, 2000 (Awarded July 2001)

**Wing Awards**

Commander's Eagle Trophy (Oct-Dec 01)

The best guests to invite to a party are the designated drivers.



**Announcements**

**Tuesday blood drive**

The Travis blood bank is holding a blood drive from 8 a.m. to 2 p.m. Tuesday at the David Grant Medical Center blood donor center on the second floor. ATWIND tickets will be given to everyone who donates. For information, call the blood bank at 423-5342.

**Attic donations**

The Airman's Attic will be accepting donations July 27 at the Family Support Center loading dock. Although they accept most clothing, military uniforms, shoes and hats are not accepted. Also on the unacceptable item list are toys, computers, mattresses, books, car parts, TVs, VCRs, stereos, freezers, stoves, refrigerators, waterbeds, pets, gas lawn mowers, barbecue grills, air conditioners and large carpets. Call Master Sgt. Lucinda Matteson at 424-2486 for information.

**Frame shop closed**

The Frame Shop will be closed until noon Wednesday

**Services**

**Saturday**

▲ Visit Pier 39 and Fisherman's Wharf with Outdoor Recreation, 9 a.m. to 5 p.m. Transportation is \$12 for adults and \$7 for children. Call 424-0970 for details.

**Monday**

▲ The Travis Skating Center will hold another weeklong summer skate camp from 9 a.m. to noon. The camp will end July 26 and is for children ages 6 to 13. The camp includes skating lessons, arts and crafts, outdoor activities and field trips. The cost is \$45 per week. Call the Youth Center at 424-5392 for more information.

**Tuesday**

▲ Storytime for preschoolers at the Mitchell Memorial Library from 9:30 to 10 a.m.

**Wednesday**

▲ Swim from noon to 5 p.m. at the Travis Aquatic Center for only 92 cents at the "1992 Days" event. Don't forget to pick up an ATWIND game piece and passport stamp.

▲ Travis youth are invited on a trip to go whitewater rafting on the American River with the Outdoor Adventure Program. Call the Teen Zone at 424-3131 or the Youth Center at 424-5392 for more information.

**Thursday**

It's the last chance to sign up for two different activities with Outdoor Rec: Mountain biking at Rockville Park or going to the Gilroy Garlic Festival. Cyclists will meet at Outdoor Rec at 9 a.m. and carpool to the park for a morning of trail riding. There is no fee for this excursion. Garlic gourmets will meet at Outdoor Rec at 9 a.m. and be bussed to Gilroy for a day of garlic tasting and shopping. Transportation is \$12 for adults and \$7 for children.

**Family Support**

**Monday**

▲ Spouse employment orientation is 9 to 10 a.m. at the Family Support Center for newly arriving spouses, spouses returning to work or spouses wishing to explore new career opportunities. Tap into career focus networking, look at hundreds of job opportunities and learn about the career development classes at the FSC. Call 424-2486.

**Tuesday**

▲ Employment Interviewing Skills I class is at the FSC from 8 a.m. to noon. Learn successful interviewing techniques, how to answer difficult questions and more. Call 424-2486.

**Thursday**

▲ The informed decisions class is from 8 a.m. to noon and is mandatory for all first- and second-term enlisted within 15 months of date of separation. Topics include Air Force benefits, retraining, TRICARE and Guard/Reserve opportunities. Call 424-2486.

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ The insurance fundamentals workshop is at the FSC from 9 to 11 a.m. Call 424-2486.

**Weekly**

▲ Those interested in attending Franklin Covey's Seven Habits for Highly Effective Military Families, should call 424-2486 for a reservation.

▲ Help the Airmen's Attic and Travis' young families by donating the following most-requested items: baby items (walkers, strollers, cribs/mattresses), dressers/chests of drawers, tables and chairs/dinette sets, washers and dryers, coffee tables/end tables, and linen sets. Items must be serviceable and in good working condition. Call the FSC at 424-2486 to arrange pick up.



Courtesy photo

**Not horsing around:** Horse lovers are invited to the Equestrian Center's English/Western Pleasure Schooling Horse Show at 8:50 a.m. Saturday. Call Barb Brewer 424-1278 for information.

▲ Get help with job search at the FSC. Assistance is available to help military spouses and others gain job hunting skills and obtain information about employment in the local area. Certified typing tests are also given at no charge. For details or to make an appointment call 424-2486.

▲ Spouses of active-duty members wishing to attend newcomer's orientations may be reimbursed for child care costs. For specific details, call the FSC's relocation assistance office at 424-2486.

**Chapel**

**Catholic services**

▲ Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

▲ Thursday, noon, Catholic communion service, DGMC Chapel.

▲ Saturday, 4 to 4:45 p.m., confessions, Chapel One.

▲ Saturday Mass, 5 p.m., Chapel One.

▲ Sunday Mass, 9 a.m., Chapel One.

▲ Sunday, 9 a.m., children's liturgy of the Word, Chapel One.

▲ Sunday Mass, 12:30 p.m., Chapel Center.

**Protestant services**

▲ Friday, noon, 30-minute worship service, DGMC Chapel.

Chapel One Annex on First Street. The Toddlers playgroup is held Wednesdays from 9:30 to 11 a.m. for children 18 months to 3 years of age. Tuesdays from 10 to 11:30 a.m. is the Time For Us playgroup for children 3 to 5 years of age. Thursdays from 9:30 to 11 a.m. is the Rattles To Raspberries playgroup for infants to 18 months old. Registration is not necessary. For more information, call 423-5168.

▲ Sunday, 8 a.m., community, praise and worship service, Chapel Center.

▲ Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

▲ Sunday, 11 a.m., community Gospel service, Chapel One.

**Jewish services**

First Fridays, 7 p.m., Sabbath services and third Saturdays, 10 a.m. Sabbath services are temporarily meeting off-base. Call 424-3217 for locations.

**Contemporary**

Sundays, 5 p.m., Inside Out, Chapel Center. Children's program provided. For more information, contact Chaplain Herb Shao at 424-3943.

**Wicca classes**

Classes are held at various locations and times due to deployments. E-mail Beltane@prodigy.net for current information.

**Special class offering**

A book study of "A Woman's Guide to Spiritual Warfare" begins Monday at 7 p.m. at Chapel Center. For more information, call Rachel Coggins at 424-3217.

**Family Advocacy**

**Anger management**

The Family Advocacy Program invites you to participate in a five-week anger management course to learn effective ways to manage anger, communicate and listen more effectively. This class is held on Mondays from 2 to 3:30 p.m. at the David Grant Medical Center. Active-duty members and their spouses are encouraged to attend. Seating is limited. Call the FA office at 423-5168 to register.

**Playgroups**

Playgroups for parents and their children are held at the

# Aquatic Center celebrates AMC's 10th anniversary

## Lessons, night swimming, water aerobics, all part of base pool's special activities

By Linda Mann  
60th Services Squadron

The Travis Aquatic Center has been a part of Travis for half a century, but improvements and modern technology have kept it up to date.

In 1998, the pool house was refurbished, a new heater was donated last year and the pump room is currently undergoing renovations.

The Aquatic Center, located in Bldg. 232 off Waldron Street behind the Travis Bowling Center, offers swimming lessons, lap swimming, water aerobics, night swimming and open swimming on a daily basis until Labor Day.

Open swimming is from noon to 5 p.m. Monday through Friday, noon to 6 p.m. on Saturday and 11 a.m. to 5 p.m. on Sunday. Night swimming is available from 6 to 8 p.m. on Monday through Wednesday.

Open swim prices are \$2 per day. Season passes are also available for \$45 for individuals, \$65 for a family of four and \$5 per each additional family member.

Lap swimming is available from 11 a.m. to 1 p.m. Monday through Friday and from 5 to 6 p.m. Monday through Thursday. Lap swim is free to active duty and only \$1 for all.

Water Aerobics classes are taught every Tuesday and Thursday from 5:15 to 6 p.m. The cost is \$1 and pre-registration is not required.

Swimming lessons are taught at five different levels from beginning water exploration to advanced stroke refinement. There is also a Mommy and Me class for parents and young children.

Classes are \$30 per person for each two-week session. The next class runs from July 22 to Aug. 1 and students must register at the pool at 8 a.m. on July 20.

The Aquatic Center is also available to rent for pool parties on the weekends. Party reservations need to be made two weeks in advance and the cost is \$40 per hours plus the cost of lifeguards.

Children 7 years old and older are allowed to swim without adult supervision, but children 7 and younger must have a responsible person at least 16 years old with them to use the pool. All floatation devices must be approved by the Coast Guard.

On Wednesday, the Travis Aquatic Center will celebrate the 10th Anniversary of Air Mobility Command by charging 92 cents for open swimming from noon to 5 p.m. All participants will also receive an ATWIND game piece and a Passport stamp.

For more information about the Travis Aquatic Center call 424-5283 or log onto [www.60thServices.com](http://www.60thServices.com).

### Energy tip

Use small fans, box fans or ceiling fans instead of the central air conditioning unit when you plan to stay in one room for an extended period of time.



Story submissions to the Tailwind are due by 4:30 p.m. the Friday prior to publication to Bldg. 51, Room 231. Include the author's name, title and duty phone.

Jared King and Matt Bruun enjoy splashing in the cool water with their parents nearby. Children 7 and under can play in the wading pool at the Travis Aquatic Center during open swimming every day and three nights a week.



# HAWC and Fitness Center introduce new program



Courtesy photo

The Health and Wellness Center has teamed up with the Fitness Center in order to teach introductory fitness classes, including cycling, PI-YO and Gym in a Bag.

By Linda Mann  
60th Services Squadron

**W**orking out on your own takes motivation and know-how. Sometimes people want to exercise, but they aren't sure how to use the equipment or they don't know how often they should do each exercise. It's true that any exercise is better than no exercise, but not if you do something dangerous or strain muscles instead of building them.

Fitness classes work better than individual workouts for some people because the instructor is there to help and explain the correct way to exercise. A lot of people benefit from having a set time each week to exercise so they make time for fitness in their busy lives. The newly expanded Fitness Center offers a wider variety of fitness classes at more times throughout the day than ever before.

There are a lot of fitness options to choose from, and that is where the Health and Wellness Center comes in. They have designed an Introduction to Fitness program that gives people a chance to experience the different ways they can work out so they make the choice that is best for them.

These classes are not intended to be

repeated, but are one-time classes that encourage people to take a fitness class and use the equipment in the center on a regular basis.

The Gym in a Bag course is designed for individuals who are on the road a lot or who have frequent TDYs. The bag has a variety of simple tools to make a home workout more beneficial than calisthenics alone. This class is held from 11:30 a.m. to 12:30 p.m. on Wednesday.

Cycling is known to be a great aerobic workout for overall health and weight management, but some people are timid of taking a cycling class, thinking it might be too intense. The Intro to Cycling class from 12:30 to 1:30 p.m. on Wednesdays teaches students to get into cycling at their own pace.

PI-YO—a combination of Pilates and Yoga—is designed to improve posture and flexibility and decrease stress. The Introduction to PI-YO class is held from 12:30 to 1:30 p.m. on Monday in the Martial Arts Dojo room.

Certified fitness instructors in partnership with the HAWC teach all Intro to Fitness Classes at the Fitness Center. The classes are free and open to all active duty military, DoD employees, retirees and their dependents. Call 424-4292 for more information about these introductory classes.

## AF Marathon plans on track

Air Force Print News

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Plans for the annual Air Force Marathon are on track as the date for the race approaches. With more than 1,600 runners registered for the Sept. 21 event, the race will likely break all previous participation records, said marathon officials.

Runners of all ages, military and civilian, are encouraged to participate. All runners will receive a 2002 Air Force Marathon T-shirt and patch. All participants who finish the marathon within the eight-hour time limit will receive a medallion.

Pre-race events include a two-day sports and fitness expo at the Hope Hotel and Conference Center here on Sept. 19 and 20, sponsored by marathon organizers. Vendors will display a variety of sports apparel, equipment and memorabilia at the event.

A pre-race pasta dinner will be held Sept. 20. Tickets for the dinner can be purchased on the registration form.

After the race, all runners, volunteers, family and friends are invited to a free post-race party sponsored by the conference center beginning at 4:30 p.m. at the hotel.

More information on the annual Air Force Marathon, including registration procedures, is available on the marathon Web site.



Courtesy photo

### Let's get ready to rumble!

Aug. 2, the Fairfiled Sports Center presents Pro Wrestling Iron. Bell time is 8 p.m.

Noah's Takao Omori and Donovan Morgan are scheduled to appear. Also, making his PWI debut is Doug Williams.

"The best thing about this show is what it holds on store for the fans," Williams said. "I will guarantee that any wrestling fan, young or old, will love this show. Whether you are a fan of Japanese Wrestling or the American Style you will not only love the show but... well... to say the least you will be surprised!"

Forty tickets to the event are up for grabs to the biggest wrestling fans at Travis. The twenty people who create the most interesting professional wrestling characters will win two tickets each. To enter, log onto [www.60thServices.com](http://www.60thServices.com) and tell us in 150 words or less the name of your original character, describe his or her costume and explain why you would want to be this wrestler. For more information, call the marketing office at 424-2143.



**Got an interesting sports story or competition coming up?**

**Call the Tailwind at 424-2011**