



TAILWIND



100 YEARS OF AVIATION

Dec. 17 marked the 100-year anniversary of the Wright Brothers flight at Kitty Hawk.

20-21



FIT TO FIGHT

Fitness Center receives upgrades. The HAWC offers tips on how to stay fit this holiday season.

38

Weekend forecast

Travis AFB

Today

Hi 58
Low 44



Tomorrow

Hi 57
Low 39



Friday

Hi 60
Low 40



Happy Holidays!

Commander's Corner

Be safe this holiday

By Gen. John Handy
Air Mobility Command and U.S. Transportation Command commander

For most people, the traditional holiday period is spent with family, friends and co-workers reflecting on the past year and making plans for the new year. It is also a time when many of our Air Mobility Command members make poor decisions while driving. Last holiday season, AMC lost three airmen. Two died in automobile accidents and the other airman died from a drowning mishap.

I entrust leadership at all levels to be involved. As you well know, caring for your people does not stop when the day's work is done. I ask all AMC commanders to promote risk management at every opportunity. Make sure your people know automobile mishaps continue to be the largest "taker" of Air Force lives. Emphasize that excessive speed, alcohol and fatigue often result in fatal consequences. Demand your people use sound risk management principles to make certain we can maintain the highest level of mission accomplishment day-in and day-out. Bottom line: Help your personnel plan safe alter-



Gen. John Handy

natives and include safety in all holiday activities.

We don't want to lose a single member of our AMC family during this holiday season. Let's be prepared for the challenges ahead both on and off duty.

I wish all of you a safe, joyous and happy holiday.

Remember those deployed this holiday

By Brig. Gen. Brad Baker
Director of Air Mobility, Forces Central Command

Season's greetings from the Travis Team in the AOR!

I'm sure most of you are getting caught up in all the holiday activities that seem to occupy us this time of year. There's buying and wrapping presents, writing and sending out Christmas cards (or at least Christmas e-mails), attending unit social functions and church activities and so on.

I'd ask that as you go about your busy days that you remember those who cannot be with their families and friends because they are serving this great nation of ours in many areas of the world. I personally could not be prouder of the men and women from Travis, Air Mobility Command and from across the Air Force that I am currently serving with.

Rest assured that each of us here in the CENTCOM AOR is making a significant contribution to improve the lives of the Iraqi and Afghan



Brig. Gen. Brad Baker

people, but we could not do that if it weren't for the strong support we receive from our families and units back home. We are able to do our job with the peace of mind that you are looking out for each other at home, just as we are doing here in the AOR.

Please remember the holidays are not always a joyous time for some. Keep an eye out for those who may be going through separation "blues" or feeling the pressure of holiday bills. Problems can often seem much worse when it appears all those around you are having fun and you are not. Take time to talk to your co-workers, friends and the families of those deployed and let them know that you are there to help if you can. Don't be afraid to tell a supervisor, commander, first sergeant, chaplain or mental health professional when you think someone is having difficulty in handling some of life's hurdles.

In closing, I wish all of you and your families a happy holiday season. God bless you all and God bless America.

Happy Holidays, Travis Team!

By Col. Mike Sevier
60th Air Mobility Wing commander

The Yuletide season continues to bring a bounty of good tidings ... in the form of outstanding mission accomplishment and community support!

This past year was phenomenal-- in 2003, we safely flew more than 68,000 hours, hauled nearly 311 million pounds of cargo, offloaded 74,000 million pounds of fuel and moved at least 93,000 passengers to 330 locations in 55 countries.

To cap off a banner year, we celebrated 100 years of aviation achievement this week with the Centennial anniversary of Orville and Wilbur Wright's first flight in Kitty Hawk, N.C. Travis is proud to continue our nation's strong legacy of aviation, providing strategic airlift and air refueling in support of national directives worldwide. Our highly trained and professional aircrews fly our KC-10s and C-5s delivering forces and resources on demand, and I couldn't be prouder of them.

Holiday safety

On that note, I wish everyone on the Travis Team a safe and happy holiday. I realize there are folks separated from loved ones due to deployments, and I, along with all our leadership, appreciate those sacrifices made in defense of freedom.

For those of us fortunate enough to be at Travis, let's be thankful for the many blessings we're able to enjoy this holiday season at home.

However you decide to celebrate the holidays, please be safe. Driving under the influence is one way to end careers and lives. So DON'T DRINK AND DRIVE. Enjoy the holidays relaxing with family and friends, but take care of yourselves and don't overextend.

There are many ways to make the most of the holidays ... and I encourage everyone to continue solid fitness regimens in preparation for the new fitness requirements to begin in January. Be ready to hit the ground running with squadron and group level tests soon into the New Year.

Recent Visitors

Recently we've hosted several senior ranking visitors from Scott AFB, Ill., to include Lt. Gen. William Welser III, 18th Air Force Commander, who visited the 15th Expeditionary Mobility Task Force last week. This week we welcomed Maj. Gen. Mark Volcheff, who visited the 60th Operations Group, in addition to providing the Chief of Staff directed "Spread the Word" briefing to active duty officers.

We'll continue max airspeed and altitude into the New Year ... so safely enjoy the holidays, keep your eyes to the sky and be ready for the challenges ahead!

God bless the Travis Team and God bless America!

TAILWIND

Travis AFB, Calif.
60th Air Mobility Wing

Brig. Gen. Brad Baker
60th Air Mobility Wing commander

60th AMW Editorial Staff

Capt. Michele Tasista
Chief, Public Affairs
Master Sgt. Scott King
Superintendent
Senior Airman Matthew Bates
Editor
Airman 1st Class Alice Moore
Staff Writer

Daily Republic staff

Jennifer Brugman
Military 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 relevant factor of the purchaser, user or patron.

Rhetorical 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 424-5936 or emailed to 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

Mrs. Paula Baker reads to Travis children at a concert hosted by The Band of the Golden West.

Saddam Hussein captured by U.S. forces

By Jim Garamone
American Forces Press Service

WASHINGTON, — With three words “We got him” — Ambassador L. Paul Bremer III announced at a press briefing in Baghdad that U.S. forces had captured Iraqi dictator Saddam Hussein near his hometown of Tikrit.

Saddam was taken into custody at a small mud-walled compound outside the village of Adwar at 8:30 p.m. Dec. 13.

About 600 members of the 1st Brigade, 4th Infantry Division, along with special operations forces, launched Operation Red Dawn after receiving intelligence that Saddam was in the area, said Army Lt. Gen. Ricardo Sanchez, commander of coalition forces in the country.

Mr. Bremer, the coalition administrator, said it was a “great day” in Iraq’s history. “For decades, hundreds of thousands of you suffered at the hands of this cruel man,” he said. “For decades, Saddam Hussein divided citizens against each other. For decades, he threatened and attacked your neighbors. Those days are over forever.”

The ambassador called on Iraqis to look to the future. He urged those who supported Saddam to reexamine their views and cooperate to build a new Iraq. “Your future has never been more full of hope,” he said.

General Sanchez described the operation that captured Saddam. The general said it was a cordon-and-search operation, and coalition forces sustained no casualties. In fact, he said, coalition forces never fired a shot.

“For the last several months, a combination of human intelligence tips, exceptional intelligence analytical efforts and detainee interrogations narrowed down the activities of Saddam Hussein,” Sanchez said.

General Sanchez said intelligence pointed to two likely spots where Saddam could be hiding. He said the Americans struck with lightning speed under cover of darkness. The troops initially did not find Saddam. “As a result, the 1st Brigade Combat Team elected to cordon the area and conduct an extensive search,” General Sanchez said. “Coalition forces subsequently found a suspicious location.”

In the search, U.S. forces discovered a “spider hole.” “After uncovering the spider hole, a search was conducted and Saddam Hussein was found hiding at the bottom of the hole,” General Sanchez said. “Saddam was captured without resistance.”

Coalition forces moved the former Iraqi dictator to a secure area, and he has undergone medical tests and questioning. Mr. Bremer said Saddam was “cooperative and talkative.”

Coalition forces also uncovered some weapons and \$750,000 in \$100 bills. Two other Iraqis were detained.

General Sanchez showed a video of the spider hole and then showed Saddam undergoing medical tests. Iraqi journalists at the press conference erupted at the sight of Saddam, shaking their fists and shouting “Death to Saddam.” The Iraqi dictator had a full beard and looked disheveled.



DoD photo by Staff Sgt. Reynaldo Ramon
U.S. Army Lt. Gen. Ricardo Sanchez, commander, Joint Task Force Seven, and Ambassador L. Paul Bremer, Coalition Provisional Authority administrator, speak to the

Sanchez called the capture of Saddam “a defining moment in the new Iraq.” He said the capture brings closure to the Iraqi people. “Saddam Hussein will never return to a position of power from which he can punish, terrorize, intimidate or exploit the Iraqi people as he did for more than 35 years,” the general said.

Saddam will continue to be held at an undisclosed location. The determination on how to try Saddam will be made later.

Pentagon officials said President Bush was informed of the possible capture yesterday. It was confirmed to him

this morning.

The streets of Baghdad erupted with “celebratory gunfire,” according to correspondents in the Iraqi capital. Officials said some Iraqi regime diehards may launch attacks, but that coalition forces are prepared. In the long term, officials said, they see the capture as going a long way to bring stability to the country.

Bremer and General Sanchez, while visibly pleased by the capture, said much work remains to be done in Iraq, and pledged to continue working with the Iraqi Governing Council to build a new Iraq.

Airmen in Iraq react to deposed dictator’s capture

By Tech. Sgt. Jeffrey Williams
506th Air Expeditionary Group Public Affairs

There was cautious enthusiasm here at a deployed location, Iraq, Sunday afternoon when the rumors were floating that Saddam Hussein, the Ace of Spades in the “55 Most Wanted” deck of cards, might be captured.

For most people, the sound of gunfire outside the perimeter gate was nothing out of the ordinary, as small arms fire happens here on a regular basis. This, however, would turn out to be anything but an ordinary occurrence.

Senior Airman Heather Gondek, 506th Expeditionary Operations Support Squadron, woke up when she heard the celebratory gunfire, but thought it was just another firefight.

“I thought, ‘Here comes an alarm red,’” she said. “And then I woke up and heard the giant voice tell us to put on the flak vest and helmet. Then someone else came in and told us that we may have caught Saddam. I was excited. I

thought it was really cool that we finally got him after all these years.”

Chaplain (Maj.) Pete Lambert, was in the middle of mass with 20 people when he heard the gunfire.

“All of a sudden we heard all these gun shots going off. It got so intense that some soldiers got up and ran out to see what was going on,” Chaplain Lambert said. “It must have been about 11:45 a.m. We just continued mass. At the end of mass the group commander announced it was celebratory fire because there were rumors around town that Saddam Hussein had been captured.”

“I was very happy, but cautious because so far it was only rumor. I checked the internet and there was nothing there. Maybe half an hour after that, they talked about the possibility he had been captured,” he said. “Later I went down to the medical tent and there was press conference with the general and the pictures of Saddam. It feels good.”

Reactions from the 506th

Expeditionary Security Forces Squadron members were similar.

“I’m glad they captured Saddam Hussein,” said Airman Ronald Beltran. “At first I didn’t think it was true, but I’m glad we got him. I hope we go home soon, but if we don’t, we’ll finish and complete our mission.”

“As soon as the word came out that he had actually been captured, I went over and called my wife,” said Staff Sgt. Raymond Nesbitt, who was patrolling one of the base defense sectors when he first heard the celebratory gunfire. “She had just gotten to work. I told her and she just started screaming with excitement. She told all the people in her office and they couldn’t believe it. They were all excited.”

“I called my children (17 year old daughter, 12 year old son), who were at home, and they were all excited. They were watching TV and couldn’t believe they were actually sitting down watching history take place. They see a light at

the end of the tunnel, just like the rest of us. It’s a great Christmas present,” added Sergeant Nesbitt, who is deployed from Lackland Air Force Base, Texas.

Airman 1st Class Nicholas Tardiff, a bus driver for the 506th Expeditionary Logistics Readiness Squadron, said, “I was skeptical at first until I heard the confirmation on the news. Then I was pretty happy about it, extremely happy about it, actually.”

Airman 1st Class Amber Taden, 506th Expeditionary Services Squadron, saw a couple of bullets in the celebratory fire land near her.

“I was walking by one of the bunkers and heard a round hit the bunker. I knew I needed to get my flak vest and helmet,” she said.

“This is good stuff. I’m happy they’re celebrating. But, just don’t shoot weapons. None of us go outside in America and just start shooting. But this is their way of life, I suppose,” she said with a smile.

Senior Airman Nicoal

Hunter, 506th Expeditionary Civil Engineering Squadron, was working on the airfield when she heard the small arms fire. Her viewpoint is less about Saddam and more about the importance of the event.

“I’m just enjoying the moment right now,” she said. “Being a young airman in the Air Force, when stuff like this happens it puts it in perspective of what’s really going on in the world. To be honest, I’m kind of happy because I joined up to serve my country. Right now I’m happy I can tell my family that I was in Iraq at this point of time in history.”

What are the long- and short-term consequences for the base?

“The long-term consequence will be good,” said Col. Dan Peabody, 506th Air Expeditionary Group commander. The hope is that it will rapidly lead to the collapse of what resistance there is out without any indication of a formal leader continuing (the fight).”

Leaders support Fit to Fight

View Point

By Gen. John P. Jumper
U.S. Air Force Chief of Staff

Direct, immediate, and overwhelming feedback from the field says that airmen are taking the new fitness challenge seriously. We've seen as much as a 30 percent increase in the use of our fitness centers in the last three months. Clearly an Air Force-wide culture change is underway.

Our Fitness Centers, along with the Health and Wellness Centers, support a critical component of operational readiness. Many of you have noted that we now need to invest in our Fitness Centers to accommodate this increased use. And we are doing just that. From 2000 to 2005, we will renovate or construct 36 fitness centers.

I have encouraged all commanders to include fitness center construction requirements in their military construction budget submittals and to provide adequate funding for equipment and training.

We must provide the necessary resources to support and maintain all areas of fitness, including center construction, running trails and tracks, physical training fields, and improved fitness equipment. Allocating resources shows our commitment to fitness and our Fit to Fight effort.

As we expand our focus on fitness, the Air Force Sports Program continues to be a great showcase for Air Force fitness.

I support and encourage our talented Air Force athletes who dedicate themselves to training and representing the Air Force in events around the world. Participants in Air Force Sports vie for advancement to Armed Forces,

national and international competitions.

Our 2003 athletes represented the Air Force at many events with numerous accomplishments:

- ☛ One of our Air Force wrestlers is a six-time Armed Forces Greco-Roman champion
- ☛ We have three All-American Softball players
- ☛ We have two USA Track & Field national champions
- ☛ Our skeleton racer finished third in the World Cup competition
- ☛ And we have the number one fencer in the nation!

Our athletes represent the United States Armed Forces in 14 Conseil International du Sport Militaire Championships each year. This 122-nation organization promotes goodwill in the international military community through sports competition.

We also have 20 Air Force members who are part of the World Class Athlete Program, training to qualify for the United States 2004 Olympic Team in their respective sport. I salute the talent, dedication, and hard work of our Air Force athletes. Their positive representation of the Air Force to the public is invaluable for recruiting, retention, and esprit de corps and serves as an inspiration to us all in achieving warrior fitness.

I am extremely proud of our Air Force Sports and Fitness programs. They contribute to our readiness and quality of life and will improve the health and fitness of our force.

During my travels around our Air Force, I plan to visit our fitness and health and wellness centers. I hope to see you there, preparing to meet the physical demands of our expeditionary force and getting Fit to Fight.

January 2004 - Get set!

Commission seeks comments

The Oral and Maxillofacial Surgery Residency Program at David Grant USAF Medical Center is scheduled for an accreditation site visit on March 10. Any parties who feel they may have pertinent information regarding the Oral and Maxillofacial Surgery Residency program are encouraged to submit comments to the Commission on Dental Accreditation as outlined below.

Third-party comments relative to the Commission's accredited programs may include comments submitted by interested parties such as faculty, students, program administrators, Commission consultants, specialty and dental related organizations, patients, or consumers.

All comments submitted must pertain only to the standards relative to the particular program being reviewed or policies and procedures used in the accreditation process. Comments will be screened by Commission staff for relevancy. For comments not relevant to these issues, the individual will be notified that the comment is not related to accreditation and, where appropriate, referred to the appropriate agency.

For those individuals who are interested in submitting comments, requests can be made to the Commission office for receiving standards or the Commission's Evaluation Policies and Procedures. All relevant comments will be referred to the program at least 50 days prior to the site visit for review and response. A written response from the program should be provided to the Commission office and the site visit team 15 days prior to the site visit.

Comments pertaining to the standards for accreditation for the Oral and Maxillofacial Surgery Residency program here, or questions regarding the Commission on Dental Accreditation's policies and procedures used in the accreditation process can be submitted directly to the Commission at 211 East Chicago Avenue, Chicago, IL 60611, or by calling 1-800-621-8099, extension 4653.

The deadline for receipt of third party comments by the Commission office is Jan. 10, 2004.

Experts decide on long-term future of C-5 Galaxy

By Holly Logan
Warner Robins Air Logistics Center Public Affairs

ROBINS AIR FORCE BASE, Ga. — Experts are evaluating the C-5 Galaxy's current health, service life and long-term viability as the first phase of an on-going study to decide the aircraft's future.

The four-phase C-5A Structural Risk Analysis and Model Revalidation study began here at the request of Air Mobility Command officials.

"We're going to provide a quick look at the C-5's status, and AMC (officials) will use that information to see if the C-5 is a good candidate for future investment and upgrades," said Col. Frank Bruno, strategic airlift directorate director.

"If our tear-down analysis indicates that the plane is structurally sound, then they may consider it as a future investment. If not, they may be hard-pressed to invest more dollars," he said.

Structural engineers, program managers and others from the strategic airlift and

maintenance directorates here have been working fulltime examining the guts of the C-5 aircraft. The C-5, Tail No. 690004, is one of 14 aircraft Air Force officials selected for retirement.

"We're taking a hard look at the skeleton of the plane and trying to determine if there's any damage that hasn't been uncovered before through normal inspections," said Buc McRory, strategic airlift directorate structures engineer and lead engineer for the project. He will determine the plane's structural service life.

This particular C-5 was selected because of its true representation of the fleet, McRory said.

Workers from the nondestructive inspection division of the maintenance directorate are conducting the inspections, and results will be added to an existing model of the plane to compute how long it could continue flying, Mr. McRory said.

Although a majority of the tear-down part of the study will



U.S. Air Force photo by Sue Sapp

ROBINS AIR FORCE BASE, Ga. Officials are evaluating the C-5 Galaxy's current health, service life and long-term viability during the first phase of an on-going study to decide the aircraft's future. This is one of 14 aircraft Air Force officials selected for retirement.

not take place until the third phase, some parts are being removed to help the inspection and will be used as spare parts, said Jerry Ethridge. He is the strategic airlift directorate program manager.

The study's four phases are:

Phase 1 — Nondestructive inspection takes place here. Initial results are due to AMC by February.

Phase 2 — Planning and gathering of support equipment to tear down the plane. This phase runs through 2004.

Components will be sent to an undetermined location later for further disassembly and inspection.

Phase 3 — Tear down and further analysis.

Phase 4 — Remaining parts of the aircraft will be disposed.

Classified Ads work.

Call 425-4646 for swap ads and 425-4646 for

Travis wins Federal Energy Saver Award

By 2nd Lt. Jacob Gilman
60th Civil Engineer Squadron

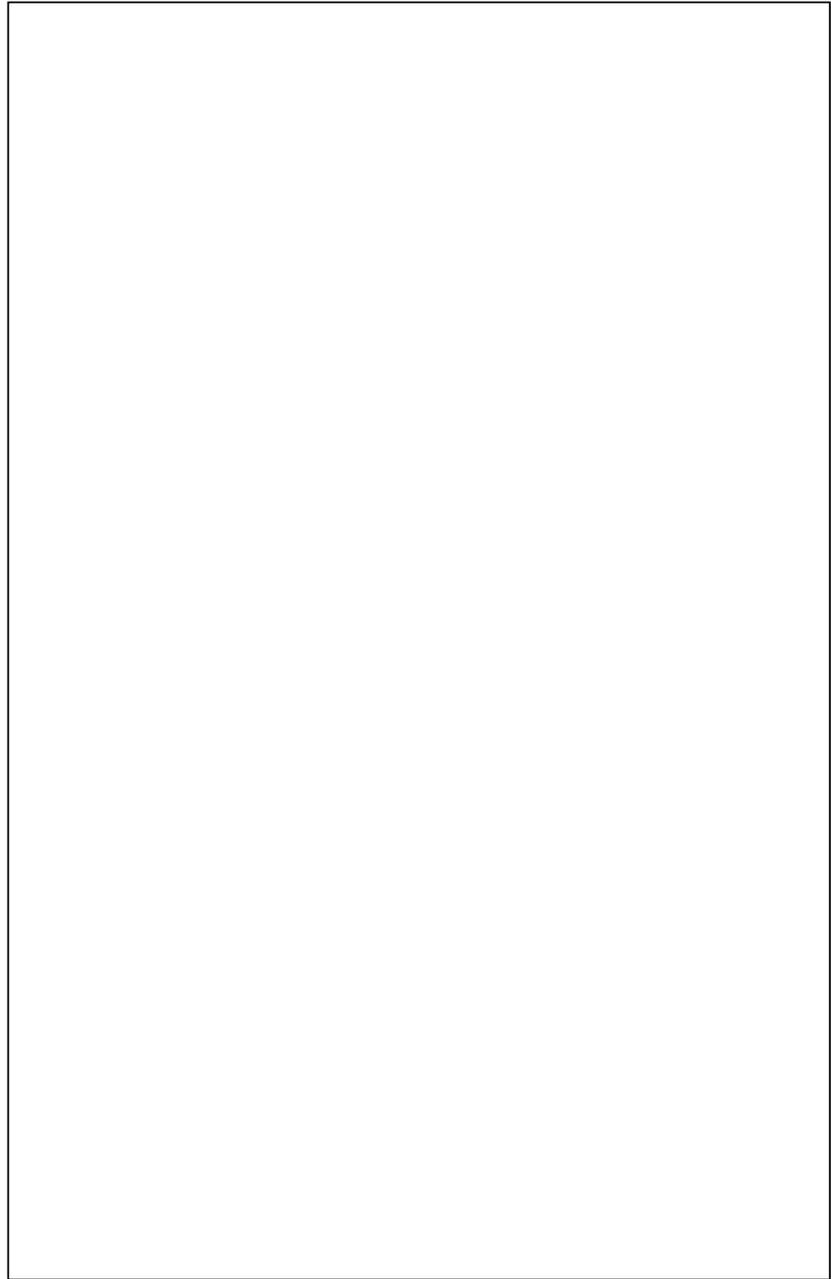
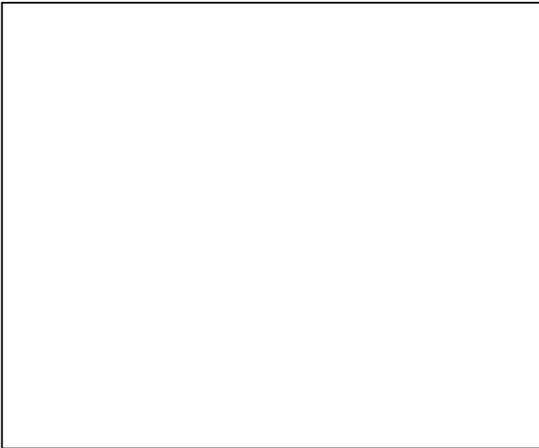
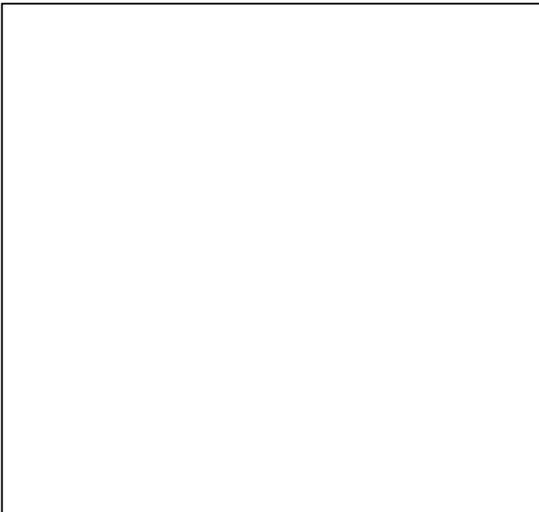
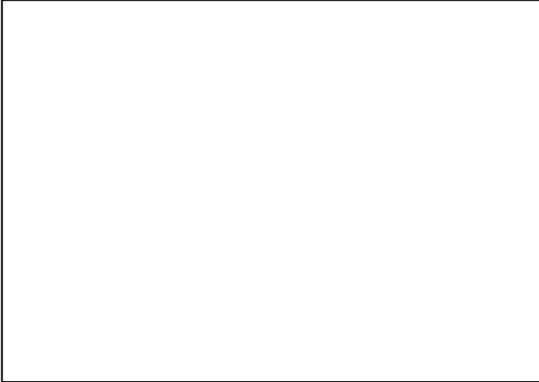
Several buildings on Travis were selected as Federal Energy Showcase facilities through the Federal Energy Management Program. Showcase facilities are selected based on energy efficiency and wise use of resources — saving taxpayer

money and reducing pollution.

One project at Travis involved the replacement of an oversized and inefficient steam plant with five small hot water boilers. The new boilers, installed in buildings 381 and 383, provide hot water for facility heating. Through improved and efficient energy technologies the new boilers save \$322,000 a year. The project also included the replacement of lighting systems in 46 buildings. The new energy-efficient

lighting systems save \$188,000 and \$1.6 million watt-hours of energy annually. The new boilers and lighting systems help Travis meet Air Force and federally mandated energy reduction goals.

Look for the showcase plaque in the Consolidated Mission Support Building (Building 381); and watch for energy saving and water conservation tips in future *Tailwind* articles.



Avoiding alcohol-related incidents during the holidays

View Point

By Staff Sgt. Renee Ting and Airman JoReen James

60th Medical Operations Squadron

As people know, the holiday season can be stressful and

busy with purchasing gifts, traveling, and preparing for visitors in the home. Upon choosing to drink alcohol or host a party with alcohol present, please keep the following ten tips in mind on how to avoid an alcohol-related incident.

▶ Only drink if you are 21

years old or older. It is against the UCMJ and California law to drink any amount of alcohol under the age of 21. It is also against UCMJ and California law if you are 21 years or older to supply alcohol to minors. When hosting a party it is best to check ID cards when serving alcohol to people you are not sure are of legal drinking age. If you provide alcohol to someone who is underage you will be held responsible.

▶ Set a reasonable limit before taking the first drink. Stay to the limit set once you begin drinking. When drinking at a club or bar take only enough money to purchase the predetermined amount of alcohol.

▶ Eat prior to and during drinking. When hosting a party have plenty of snacks and non-alcoholic beverages for guests. Food helps absorb the alcohol and aides in processing the alcohol by slowing down absorption.

▶ Drink at a moderate rate. No more than one drink per

hour. This can be easily accomplished by alternating alcohol and non-alcoholic drinks during the hour.

▶ Avoid binge drinking. For females, no greater than four drinks per sitting. For males, no greater than five drinks per sitting. A drink is measured using 12 ounces of beer, 5 ounces of wine, or 1.5 ounces for a shot. Allow a trusted of-age and non-drinking friend to mix drinks at a party. This person can help monitor when someone has had too much to drink. Binge drinking should be taken very serious. It can lead to ultimate consequences such as death.

▶ Designate a sober driver. Remember, the designated driver should not drive even if they had only one drink of alcohol. As another alternative to driving, call Airmen Against Drunk Driving at 424-6565.

▶ Measure the alcohol when mixing drinks. It is easy to add more alcohol than intended by pouring straight into the cup. Measured drinks help monitor

the amount of alcohol consumed.

▶ Be courteous to your neighbors. Keep noise and music volume low enough to not disturb others. Loud noise complaints are an easy invitation for security forces and local police personnel to investigate your home.

▶ Read medication labels. Most medication whether prescribed or over-the-counter recommends the user not to drink alcohol. Mixing medication and alcohol can be a fatal combination.

▶ Even if you feel you are not intoxicated, you still may be.

Having an alcohol-related incident can ruin your holiday spirits. If you choose to drink or host a party, avoid unnecessary consequences by following the ten steps above. For further information on avoiding alcohol-related incidents, call the David Grant USAF Medical Center's Substance Abuse Clinic at 423-2348.

Drinking and Driving will end lives, careers

By Tailwind staff

'Tis the holiday season, and with that comes the inclination to celebrate, which may include the use of alcohol.

The use of alcohol requires personal responsibility and accountability. The laws are clear — people must not drive if they have been drinking, and before drinking, people should have a designated driver to ensure safe arrival.

Statistics are sobering enough.

▶ Two in five people personally know someone killed or injured by a drunk driver.

▶ If a drunk driver causes a death — vehicular manslaughter — it will guarantee a 4-, 6- or 10-year stay in state prison. If a person has other "prior" vehicle offenses, it will mean a prison stay of 15 years to life.

▶ Three in five people know someone who has been convicted of drunk driving.

It is a crime for anyone with a Blood Alcohol Content of .08 percent or greater to operate a vehicle. If a person is arrested with a BAC above .08, the arresting officer will take the individual's license, which will be

suspended for four months. Upon first conviction, a person will be fined \$390 to \$1,000 and will serve 96 hours to six months in jail with 3 to 5 years probation. Penalties will be enhanced 90 days if there is a child under 14 in the vehicle and a charge of child endangerment will be added.

People must also protect themselves by watching out for impaired drivers. According to national highway traffic safety administration, drivers under the influence often display the following:

- ▶ Wide turns, weaving, swerving, drifting or straddling centerline.
- ▶ Nearly striking an object or vehicle.
- ▶ Driving on the wrong side of road.
- ▶ Driving at a very slow speed, stopping without cause, braking erratically, or responding slowly to traffic signals.
- ▶ Turning abruptly or illegally.
- ▶ Driving after dark with their vehicle headlights off.

The bottom line is, don't drink and drive. Don't let friends drink and drive. Don't become a statistic professionally or personally, and arrive alive.

Are
you
ready?

TDY s, deployments, natural disasters, family emergencies, remote assignments? Call the Family Support Center at 424-2486 and receive your free Air Force Readiness Packet.

HOMETOWN NEWS RELEASES

Fill out the Department of Defense Form 2266 and bring it in to the Public Affairs Office in Bldg. 51, Room 232.

Up, up and away

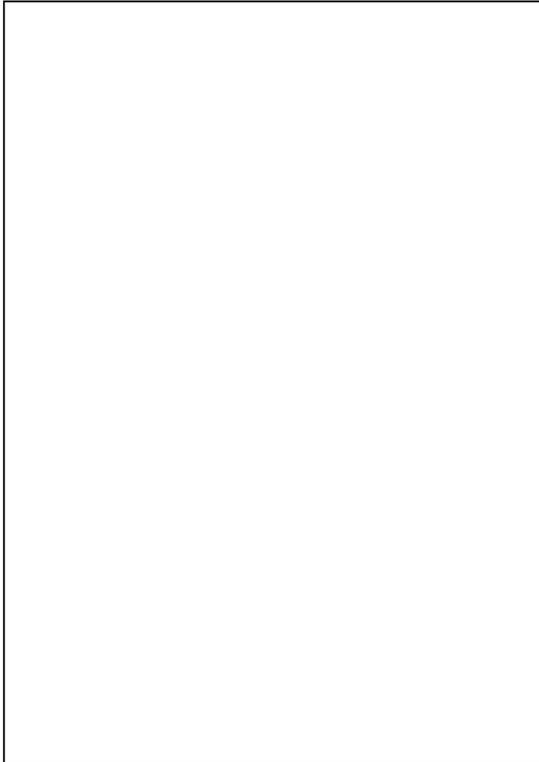


The 22nd Airlift Squadron held its annual spouses orientation flight Dec. 6. More than 30 spouses participated in the event which included an in-air refueling over the northern coast of San Francisco.

Courtesy photo



Looking for information or telephone numbers?
Call the Base Operator



DGMC combats flu bug, vaccine shortage

By Maj. Lisa Pegues
60th Aerospace Medicine Group

The nationwide increase in influenza cases and reports of severe complications, including deaths, has led to a higher demand for influenza vaccination than in previous years. David Grant USAF Medical Center has also faced the challenge of decreased availability of the influenza vaccine. Due to limited supply, we can only offer flu vaccine to active duty personnel and those personnel determined to be "high risk."

- » High risk individuals include:
- » Healthy children aged 6-23 months
- » Adults, 65 years old or older
- » Pregnant women, 14 weeks in gestation
- » Persons, 2 years with underlying chronic medical conditions

Influenza vaccine is a mandatory immunization for all active duty personnel.

The following is some helpful information from Centers for Disease Control and Prevention.

About Flu

Influenza (commonly called "the flu") is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can result in severe illness and life-threatening complications.

Symptoms of Flu are:

Symptoms of flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Gastro-intestinal symptoms, such as nausea, vomiting and diarrhea, are much more common among children than adults.

Spread of Flu

Influenza viruses are spread when a person who has the flu coughs, sneezes, or speaks and spreads virus into the air, and other people inhale the virus. When these viruses enter the nose, throat, or lungs of a person, they begin to multiply, causing symptoms of the flu. The viruses can also be spread when a person touches a surface with flu viruses on it (for example, a door handle) and then touches his or her nose or mouth.

A person who is sick with the flu can spread viruses — that means they are contagious. Adults may be contagious from one day before developing symptoms to up to seven days after getting sick. Children can be contagious for longer than seven days.

Preventing Flu

- » Vaccination: The single best way to pre-

vent the flu is to get vaccinated each fall.

Other Habits for Good Health

The following steps may help prevent the spread of respiratory illnesses like flu:

- » Avoid close contact with people who are sick. When sick, people should keep their distance from others to protect them from getting sick too.

- » If possible, stay home from work, school and errands when they are sick. This will help prevent others from catching your illness. Supervisors should periodically check up on those individuals that home sick from work.

- » People should cover their mouth and nose with a tissue when coughing or sneezing. It may prevent those around them from getting sick.

- » Washing hands often will help protect people from germs.

- » Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

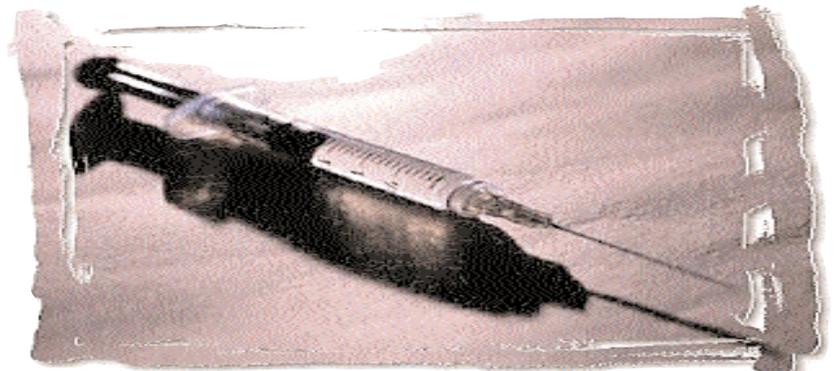
What to do if people get sick this flu season

If people develop the flu, it is advisable to get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco. Also, people can take medications to relieve the symptoms of flu (but never give aspirin to children or teenagers who have flu-like symptoms — and particularly fever — without first speaking to a doctor.)

If, however, flu symptoms are unusually severe (for example, if people are having trouble breathing), they should consult their health-care provider right away.

If people are at special risk from complications of flu, they should consult their health-care provider when their flu symptoms begin. This includes people 65 years or older, people with chronic medical conditions, pregnant women, or children. Their doctor may choose to use certain antiviral drugs to treat the flu.

An estimated 10 percent to 20 percent of U.S. residents get the flu each year: An average of 114,000 people are hospitalized for flu-related complications and 36,000 Americans die each year from complications of flu. For more information on location for flu shot availability, call the local county public health department. For Solano County, the Public Health Department can be reached at 707-784-8600.



TRICAREonline.com: access equals power

60th Medical Support Squadron, TRICARE Flight

Everyone with a personal computer can go online to the World Wide Web, and their health care needs are just a mouse click away from the comfort of their own home.

"TRICARE is now portable, universal and secure via the internet at TRICARE Online," explained Mary Brown, direc-

tor of TRICARE marketing and education with the 60th Medical Support Squadron at the David Grant USAF Medical Center. According to Ms. Brown, features now available to all beneficiaries who utilize a Military Treatment Facility include 18 million pages of health and wellness information, a personal health journal, symptom

checker, prescription checker, disease management tools, and TRICARE claim forms and benefits information. People can access TRICARE Online from any personal computer or laptop that has internet connection.

"Beneficiaries also have the ability to view DGMC's customized MTF, clinic and provider web pages," said 1st Lt. Vicky Pratt, Chief of Beneficiary Services for the TRICARE Flight at DGMC.

DGMC's Primary Care clinic has been designated as the test site for online appointment scheduling. Beginning Monday, Primary Care clinic

beneficiaries will be able to schedule their next visit via the web. This test phase will last approximately 45 days to perform system quality checks. Upon successful completion of the 45-day quality check, all primary care clinics will be engaged to participate by web enabling their appointments.

"TRICARE Online was designed and developed to meet the needs of our beneficiaries for greater access and convenience," said Maj. Rachael Lefebvre, commander

of the TRICARE Flight at DGMC. "It is the first Military Health System program of this scale in both military and civilian health care. It provides interactive access while linking 8.7 million beneficiar-

ies with their Military Treatment Facilities and providers worldwide."

To log on to TRICARE Online,



visit www.tricareonline.com. For more information, contact 1st Lt. Vicky Pratt at 423-7534 or via e-mail at vicky.pratt@60mdg.travis.af.mil.



NEWS NOTES
TRAVIS AIR FORCE BASE

Stop smoking

There is no safe tobacco product. This includes all forms of tobacco including cigarettes, cigars, pipes and spit tobacco; mentholated, "low-tar," "naturally grown," or "additive free."

The Health and Wellness Center offers a free, seven-week Tobacco Cessation Class. Attendees are given medication, emotional support and weight control tips. The next two classes begin at noon and 4:30 p.m. Jan. 14. For more information, call the HAWC at 424-HAWC.

Education Office Holiday hours

The Education Office will be closed from 11 a.m. - 1 p.m. today for a staff function.

Pass and Registration Holiday hours

Pass and Registration will close 12 p.m., Dec. 24 and will resume normal operations Dec. 29. The office will also close at 12 p.m. Dec. 31 and will reopen for normal operations Jan. 5, 2004. For more information, call 424-3770.

Col. Leonard Patrick, 60th Mission Support Group commander and Capt. Heather Cook from the 60th Aerial Port Squadron unveil the 60th Mission Support Group table at the Officers Club. The new table represents the restructuring of the group to include the 60th Services Squadron, 60th Security Forces Squadron, 60th Civil Engineer Squadron, 60th Aerial Port Squadron, 60th Logistics Readiness Squadron, 60th Communications Squadron, 60th Contracting Squadron and the 60th Mission Support Squadron. The eight squadrons are represented with the eight-sided table.

It is a consolidation of everything, Colonel Patrick said. It is a place for everyone



Jennifer Brugman / 60th AMW Public Affairs

Seatbelts are hugs from
your car!

Carolers entertain Travis



Capt. Angela Smith / 60th AMW Public Affairs

Members of the Band of the Golden West gathered in Wing Headquarters Tuesday to sing in the holiday season. They played such holiday favorites as Silent Night, and O Christmas Tree.



Alexis LuMye, daughter of Tech. Sgt. Ray LuMye, a reservist with the 349th Aircraft Maintenance Squadron, hangs out with some friends as part of Operation Teddy Bear. The Honor Guard delivered teddy bears and holiday cheer to children at local schools. The Honor Guard has also been involved in other base programs such as Toys for Tots.

Courtesy photo

Spreading holiday cheer

Veterans from the Yountville Veterans Home and Travis personnel gather together Dec. 12 for a holiday dinner at the Napa Elks Lodge. This year World War II veterans were singled out for their contributions to the United States. Staff Sgt. Joe Torres and Senior Airman Heidi Schlitt (pictured) and other Travis members, volunteered their time for the event.



Senior Airman Nicole Watt / 60th AMW Protocol

Services holiday hours

Service	Dec. 24	Dec. 25	Dec. 26
Travis Bowl	9 a.m. to 4 p.m.	Closed	Noon to midnight
Cypress Lakes Golf Course	7 a.m. to 2 p.m.	Closed	7 a.m. to dusk
Aero Club	By appointment	Closed	By appointment
Delta Breeze Club	Closed	Closed	Closed
Vet Clinic	8 a.m. to noon	Closed	Closed
Godfather's Pizza	11 a.m. to 11 p.m.	Closed	11 a.m. to 11 p.m.
Fitness Center	5 a.m. to 5 p.m.	Closed	10 a.m. to 6 p.m.
Golden Hills	Closed	Closed	Closed
Mitchell Memorial Library	10 a.m. to 2 p.m.	Closed	10 a.m. to 4 p.m.
Human Resources Office	7:30 a.m. to noon	Closed	7:30 a.m. to noon
Outdoor Recreation Center	8 a.m. to 2 p.m.	Closed	8 a.m. to 4 p.m.
Travis Marina	9 a.m. to noon	Closed	Closed
Frame Shop	9 a.m. to 2 p.m.	Closed	9 a.m. to 2 p.m.
Auto Skills Center	9 a.m. to 2 p.m.	Closed	9 a.m. to 2 p.m.
Wood Hobby Shop	Closed	Closed	Closed
Youth Center	6:30 a.m. to 2 p.m.	Closed	6:30 a.m. to 6 p.m.
Teen Zone	Closed	Closed	Closed
CDC I, II and III	6:30 a.m. to 2 p.m.	Closed	Closed
Family Child Care	Closed	Closed	7:30 a.m. to noon
Skating Rink	Closed	Closed	Closed

18th Air Force commander visits

By Capt. Angela Smith
60th AMW Public Affairs

The 15th Expeditionary Mobility Task Force and 615th Air Mobility Operations Group, hosted Lt. Gen. William Welser III, the commander of the 18th Air Force, from Dec. 10 to 11 for a commander's call and tour of key facilities.

General Welser assumed command of the 18th AF Dec. 1 at Scott AFB, Ill., and this was his first visit to Travis as the 18th AF commander.

The 18th AF is Air Mobility Command's only numbered air force. It reactivated Oct. 1 and is responsible with tasking and executing all air mobility missions. As 18th AF commander, General Welser leads a force of more than 54,000 airmen and civilians located at 12 AMC wings, three AMC groups, the Tanker Airlift Control Center at Scott AFB and the new 15th EMTF headquartered here and the 21st EMTF headquartered at McGuire AFB, N.J.

Highlights of the general's tour included demonstrations of equipment and capabilities by the 60th Medical Group and elite teams from the 615th AMOG. Presentations focused on aeromedical evacuation, Theater Deployed Communications, weapons and defensive gear, cargo loaders, and other features that are integral to the 15th EMTF's mission of providing a rapid, tailored, worldwide, air mobility

response to combatant commanders' requirements.

The 15th EMTF stretches from its headquarters at Travis to units in Alaska, Hawaii, Guam, Japan and Korea. It extends existing AMC infrastructure, through both in-place employment and rapid forward deployment capabilities and presents forces to warfighting unified commanders by focusing on meeting the nation's global air mobility requirements. The 15th EMTF also employs mission-ready command and control, aerial port, and aircraft maintenance personnel, as well as airlift, air refueling, aeromedical evacuation and airfield opening planning, assessment, and execution expertise, to project and sustain combat forces worldwide.

"An assignment to the Expeditionary Mobility Task Force is a great career move for any mobility airman, NCO or officer because you get to understand our command at the tip of the mobility spear," General Welser said.

General Welser met with senior leadership from throughout the 15th EMTF to discuss a variety of topics concerning the command's dynamic mission, facility, and equipment requirements and future issues.

"The importance of mobility forces will continue to grow in the future and our operations tempo will not decrease for the foreseeable future. The 15th



Kristina Cilia / Visual Information

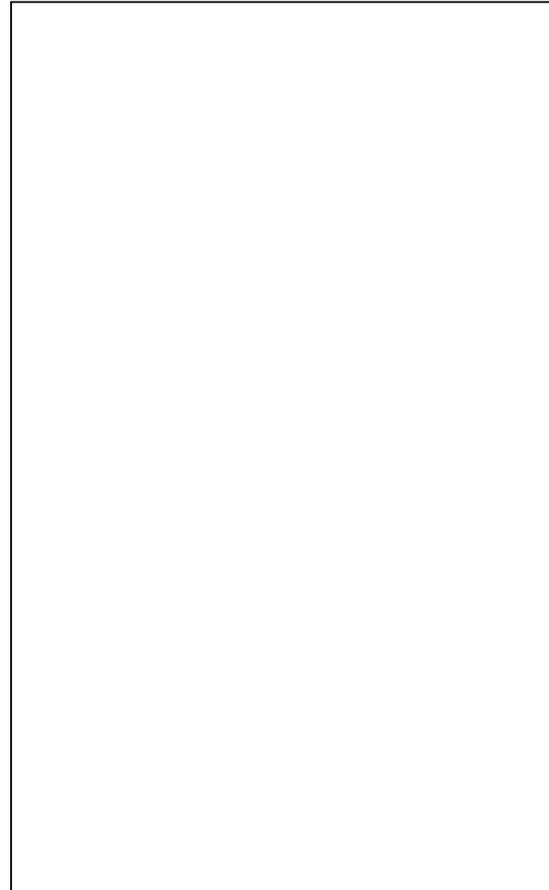
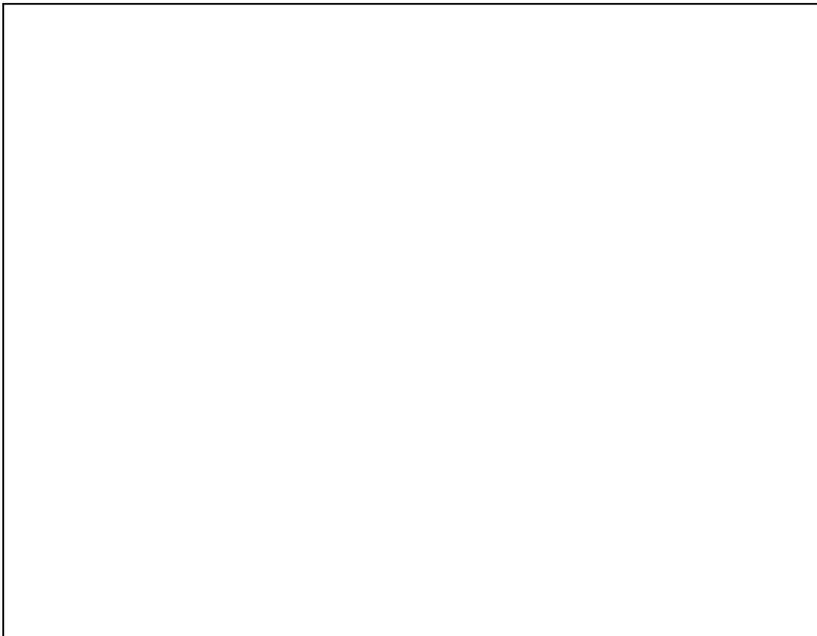
Lt. Gen. William Welser visited the 15th Expeditionary Mobility Task Force here Dec. 10 to 11.

EMTF and 21st EMTF must be a united team to meet the crucial demands of the warfighter. Remember: the world is our AOR (Area of Responsibility)," General Welser said.

In addition, at the commander's call the general presented coins to five outstanding airmen from the 615th AMOG and spoke at length to airmen about his vision for the 15th EMTF, the future of deployed operations, and their importance to Air Mobility Command, the Air Force, and the strategic goals of the United States. General Welser finished his visit with a roundtable discussion with 15th EMTF chief master sergeants and chief master sergeant-selects on a broad range of key issues.

Does work have you stressed out?

The Health and Wellness Center has stress-relieving massage chairs available by appointment or walk-ins. Call 424-4332.



Children donate jackets, food to Travis families

By Christy Mann-liames
60th Services Marketing

Every year Joe Kennedy helps her class come up with a service project to help someone in the community. As an early childhood educator, she has worked with elementary school children at the Travis Youth Center and kindergarten children from the Child Development Centers.

This year, her kindergarten class project turned into a Travis community project with children of all ages in three different CDCs getting involved.

"In September, we started talking about things that were happening in the community and who needed help," Mrs. Kennedy said. "We made a list of things the children would like to do including feed peo-

ple, feed animals and give coats to people. They decided to collect jackets for the Airman's Attic and canned food for the Family Support Center."

"When people heard about what we were doing, we were asked to make it part of Make a Difference Day," she said.

So, the children in room 14 in CDC#1 painted and drew pictures for days to decorate large cardboard boxes. They said "please donate" and took a box to each CDC.

The goal was to collect 100 jackets and 100 cans of food. Everyone helped — teachers, parents, children and staff.

"They graphed how many coats and cans were donated so they could keep track of how much good they were doing,"

she said. "They exceeded their goal with 103 jackets and 203 cans."

As educators, the goal was to help the children know there is a community out there and one person can have an effect.

"At this age they have an amazing heart and believe they can make a difference," Mrs. Kennedy said.

The children enjoyed helping others so much, that now they have started collecting gently used stuffed animals for a women and children's shelter. Anyone interesting in helping can bring all stuffed animals in good condition to Mrs. Joe Kennedy at Child Development Center #1, 2 Illinois St., Bldg. 664 or call 424-0341 for more information.



Jennifer Hayes / 60th Services Squadron

Kindergarteners from the Travis Child Development Center #1 collected and donated jackets to the Airman's Attic and cans of food to the Family Support Center for those in need during the holidays. (left to right) Travis Boston, Weston Woodruff, Cedric Wright, Emily Thornton, Alexis Echols and Samantha Frye hold the signs showing how many jackets and cans they collected.



100 years of flight

Celebrating a century of wings

Tailwind Staff

In a recent poll, 36,000 newspaper readers and a substantial number of journalists were asked to select the 100 most important news stories of the 20th century. The atomic bombing of Japan led the public list, followed by the attack on Pearl Harbor, the landing on the moon and the invention of the airplane.

Almost everyone rated these same four stories at the top, although some rated the moon landing above the attack on Pearl Harbor. Almost no one seems to have noted the fact that the top three stories could not have occurred without the invention of the airplane.

So, when the first plane took off successfully a

century ago, the impact it would have on the world was far reaching — more so than its inventors, two brothers from Dayton, Ohio, could possibly have imagined.

Wilbur and Orville Wright, printers and bicycle builders, took their first serious step toward the invention of the airplane in 1899. They were superb, self-trained engineers who developed an extraordinarily successful research strategy that enabled them to overcome one set of challenging problems after another, the full extent of which previous experimenters had not envisioned.

The Wright brothers moved toward the development of a practical flying machine through an evolutionary chain of seven experimental aircraft: one kite (1899), three gliders (1900, 1901, 1902) and three powered airplanes (1903, 1904, 1905). Each of these aircraft was a distillation of the lessons learned and the experience gained from its predecessors.

It was not all smooth sailing; frustration and disappointment were as much a part of the process as the euphoria of discovery. In the fall of 1901, puzzled by the failure of their earliest gliders to match calculated performance, the brothers built their own wind tunnel and designed a pair of brilliantly conceived balances that produced the precise bits of data required to achieve the final success.

The brothers made the first four sustained, powered flights under the control of the pilot near Kitty Hawk, N.C., on the morning of December 17, 1903. Over the next two years they continued their work in a pasture near Dayton, Ohio.

By the fall of 1905, they had achieved their goal of constructing a practical flying machine capable of remaining in the air for extended periods of time and operating under the full control of the pilot.

The air age had begun.

Unwilling to unveil their technology without the protection of a patent and a contract for the sale of airplanes, the Wright brothers did not make public flights until 1908, at which point they emerged as the first great international heroes of the century.

The invention of the airplane was a fundamental turning point in history. It redefined the way in which the U.S. fought its wars, revolutionized travel and commerce, fueled the process of technological change, and helped to shape a world in which the very survival of a nation would depend on its scientific and technical prowess.

Beyond all of that, flight remains one of the most stunning and magnificent human achievements — all because two brothers from Dayton dared to dream 100 years ago.

Orville and Wilbur Wright in 1905.



The B-17G Flying Fortress aircraft served in every World War II combat zone, but is best known for daylight strategic bombing of German industrial



The P-51 Mustang was used primarily for photo recon and ground support due to its limited high-altitude performance.



The Curtiss JN-4D "Jenny" America's most famous World War I airplane.



The C-5 Galaxy is the Air Force's largest transport aircraft and has been used to support operations ranging from combat to humanitarian relief efforts.



The P-38 Lightning was designed in 1937 as a high-altitude interceptor. The first one built, the XP-38, made its public debut on Feb. 11, 1939 by flying from California to New York in seven hours.



The Curtiss 1911 Model D Type IV pusher, the second airplane purchased by the U.S. military.



The B-1B Lancer is a long-range strategic bomber, capable of flying intercontinental missions without refueling, then penetrating present and future sophisticated enemy defenses.



The F-4C Phantom II first flown in May 1958, originally was developed for U.S. Navy fleet defense and entered service in 1961.



The KC-10 Extender is a modern air refueler that allows the Air Force and allied nation aircraft the ability to have global reach.



The F-16 Fighting Falcon achieved combat-ready status in October 1980. Many foreign nations, including Belgium, Denmark, Turkey, Egypt and Israel, have purchased the F-16.



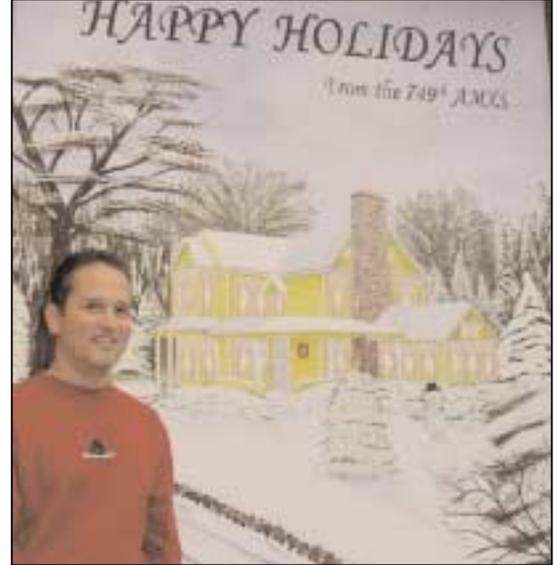
Spreading joy, festivity

The 15th Annual 60th Maintenance Group window decorating contest brings out artists



Nan Wylie / Visual Information

Col. Mike Sevier, 60th Air Mobility Wing commander, Col. Andrea Andersen, Staff Judge Advocate, and 60th AMW command Chief Master Sgt. Kirk Whitman judged the the window decorating contest.



Nan Wylie / Visual Information

The 749th Maintenance Group won best overall in the window decorating contest. The 615th Air Mobility Operations Squadron had the most humorous window, while the 60th Maintenance Operations Squadron and 60th Maintenance Group were the most original and



COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

Announcements

Bids for gospel worship service contracts

The Travis Chaplain Fund is accepting bids for two positions, Choir Coordinator and Worship Service Choir Accompanist for 9:30 a.m. Sunday School and the 10:30 a.m. Community Worship service. Bids will be accepted until 12 p.m., Jan 5. For more information, call Chaplain (Capt.) Corwin Smith at 424-7456 or Master Sgt. Nelson Jemera at 424-5731.

Stocking Give-Away

Stop by the Skills Development Center, Outdoor Recreation, Cypress Lakes Golf Course, Delta Breeze Club or Travis Bowl to enter to win a giant six-foot stocking filled with toys, puzzles, games and more. Log onto www.60thServices.com for details.

Bowled over by savings

Travis Bowl's annual Holiday Sale is going on at the Pro Shop during the month of December. Save 5 to 10 percent off balls, bags, novelty items and accessories. The Delta Breeze Club needs a part time DJ for Club events and entertainment. For more information, call 437-3711.

New Years Eve with the DBC

The Delta Breeze Club is hosting three different parties. The first party features a full sit down dinner, live music by the Love Boat Band, champagne at midnight and a light breakfast afterward. The second party includes hors d'oeuvres with carvery and a DJ spinning the best of the 70s, 80s and 90s. The third party will be dancing all night while the DJ spins the latest hip-hop and R&B. All three parties are by reservation only. For more information, call 437-3711.

Bowl in the New Year

For people who would rather wear jeans than a tux and would rather bowl than dance, Travis Bowl offers an alternative way to bring in the New Year: Colorama bowling. The evening includes three lines of bowling, one free beverage, snacks all evening long, party favors and champagne at midnight all for \$30. Cash and door prizes will also be given away. The party begins at 9:30 p.m. and reservations must be made in advance. For more information, call 424-5048.

Holiday closures

The Delta Breeze Club and the Golden Hills Dining facility will be closed Monday through Jan. 3. The DBC will be open for New Year's Eve parties on Dec. 31.

Weekly Events

Today

▲ Bake cookies with your child at the Child Development Centers from 10 to 11 a.m. Call the child's CDC for details.

▲ Friday Themed Socials at the Delta Breeze Club offer drink specials from 4:30 to 5:30 p.m. and a lavish spread from 5 to 6 p.m. in both the Enlisted and Officers' Lounges for free for all club members. Non-members can pay \$5 or join the club on the spot and get in for free.

▲ Galaxy Bowling at Travis Bowl features strobe lights, disco ball, glowing pins and dance music from 8:30 to 11:30 p.m. For more information, call 437-4737.

Saturday

▲ Dance all night long to latest hip-hop, old school, and R&B at the DBC's Late Niter. The party starts at 10 p.m. and doesn't stop till 3 a.m. Admission is free to Club members, and \$6 for non-members

▲ Information, Tickets and Tours offers Travis personnel and their friends and families transportation to Dickens Fair. Transportation is \$12 for adults and \$7 for children. Admission is separate. For more information, call 424-0971 or 424-5659.

Sunday

▲ Enjoy an elegant meal at the DBC's Champagne Sunday Brunch. This Sunday is also seniors' day — buy one get the second Sunday Brunch half-off.

Monday

▲ Watch all the fun and excitement of Monday Night Football on the big screen TV at 5 p.m. in the Gold Rush Lounge at the DBC. All ranks are welcome. There will be free snacks and drink specials.

▲ Spouse Employment Orientation is from 9 to 10 a.m. for newly arrived spouses. Topics include employment and career development programs at the Family Support Center. For more information, call 424-2486.

Tuesday

▲ The Mitchell Memorial Library entertains preschoolers with storytelling and crafts every Tuesday from 9 to 10 a.m. This week's theme is Christmas.

Children will hear, "The Night Before Christmas" and "Christmas in the Country" and will make Rudolph. For more information or to volunteer, call 424-3279.

▲ Youth Bowl by Mail Tournament is today at 1 p.m. at Travis Bowl. Sign up in advance at the Youth Center and bowl three games for only \$5.

▲ The FSC Readiness NCO will conduct Personal Preparedness Brief-

ings at 8 a.m. and 2 p.m. for those tasked with TDYs or contingencies.

For more information or reservations, call 424-2486.

Wednesday

Christmas Eve

▲ Today is Wild Wednesday at Cypress Lakes Pro Shop. Save 15 percent off all clubs and golf bags in stock.

▲ Ski with the Outdoor Adventure Program on Wednesdays and Saturdays at local resorts including Sugarbowl, Sierra at Tahoe, Northstar, Kirkwood, Heavenly and more.

For more information, call 424-5659.

Thursday

Christmas Day

▲ Enjoy a traditional Christmas meal with your extended Air Force family at the Sierra Inn dining facility from 4:30 to 6:30 p.m. The menu includes ham, roast beef, sweet potatoes, vegetables, fresh breads and desserts.

▲ Most other Services facilities will be closed on Christmas Day and New Year's Day. Log onto www.60thServices.com for a complete list of holiday hours.

Weekly

▲ The Air Force Aid Society offers no interest loans to help pay for emergency needs.

Call the Air Force Aid Society first to see if they can help — don't go to the payday loan shops where people pay 300 percent or more interest.

Emergency assistance may be provided for food, rent, emergency air travel, vehicle repair and other basic needs. We evaluate every case individually. For more information, people can call the Air Force Aid Society Officer at 424-2486, to see if their situation is one that we can help them solve.

▲ If people are preparing to make a permanent change of station move, see the relocation assistance manager at the Family Support Center to help them with their planning.

Together people will build a "road map" of necessary services they will need to use during the relocation process. This includes an assessment to identify both immediate and long term relocation needs and referral services to those capable of providing assistance. For more information, call 424-2486.

▲ Information, Tickets and Tours has two Napa Valley Wine Tours scheduled for the holiday break: Dec. 27 and Jan. 3. The next trip to San Francisco is on Jan. 10 when the ITT bus takes a group to Golden Gate Park. For more information, call ITT at 424-5659.

▲ Outdoor Recreation is signing people up for the snowshoe hike on Jan. 4 and the back country ski and snowboard trip on Jan. 10.

For more information, call 424-5659.

The Festival of Light

The Jewish Community of Solano County is holding its annual Hanukkah Party this year at the fabled and historic Goosen Mansion in at 1010 Empire St., Fairfield on Sunday, at 5 p.m. Hanukkah celebrates past and present aspects of this ancient Jewish Holiday. There will be traditional Hanukkah food, music and entertainment. This event is free and open to all. For more information, call the Chapel Center at 424-3217.

Chapel Ser-

Christmas services

Protestant

Dec. 24, 6 p.m., Candle Light Service, Chapel Center
Dec. 24, 8 p.m., Candle Light Service, Chapel Center

There will be a fellowship in-between services

Catholic

Dec. 24, Christmas Vigil Mass, 5 p.m., Chapel One.

Dec. 24, Lessons and Carols 11:15-12 a.m., Chapel One

Dec. 24, Midnight Mass, midnight, Chapel One

Dec. 25, Christmas Day Mass, 10 a.m., Chapel Center

Catholic

▲ Monday, Tuesday, Thursday and Friday, 11:30 a.m., Catholic Mass, Chapel Center.

▲ Wednesday, noon, Catholic Mass, DGMCC Chapel.

▲ Saturday, 4:15 to 4:45 p.m., confessions, Chapel One.

▲ Saturday Mass, 5 p.m., Chapel One.

▲ Sunday Mass, 9 a.m., Chapel One.

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

▲ Thanksgiving Mass, Nov. 27, 10 a.m., Chapel One

Protestant

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

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

▲ Sunday, 10:30 a.m., community worship service, Chapel Center.

▲ Sunday, 5 p.m., Inside Out, Chapel Center. Children's program provided. For more information, contact Chaplain (Capt.) Abner Valenzuela at 423-3939.

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

For Jewish information please call 2nd Lt. Daniel Minkow, 424-1311.

For other religious activities, call Chapel Center at 424-3217.

Iowa-made U.S flag travels to Iraq

By Airman 1st Class Brandi Branch
380th Air Expeditionary Wing Public Affairs

OPERATION ENDURING FREEDOM (AFP) — A KC-10 Extender crew at a forward-deployed location carried a special message of hope and peace on their flight over Iraq on Dec. 9.

As part of the project "Hands on America," the crew displayed from their boom window an 86-by-76-inch American Flag hand-crafted by Iowa school students. In doing so, the crew became part of a larger effort to honor the victims of Sept. 11, 2001, and their families, and the continuing war on terror.

"Our hearts are large, and our voices loud. We want New York and America to hear our message," said Tracy Paxton, a teacher from Rivermont Collegiate School.

That message is conveyed through the one-of-a-kind flag's stripes and stars. Made up of

hundreds of red handprints, the stripes reflect the involvement of every Rivermont student from 3-year-old preschoolers to high-school seniors. The stars bear symbols of hope, peace and love in 10 different languages.

This flag began its journey with former New York City Mayor Rudolph Giuliani. Giuliani passed the flag to New York Fire Department's Engine Co. 55, one of the first fire stations to respond to the Twin Towers terrorist attack. The firefighters said they displayed it proudly on the first anniversary of Sept. 11.

Since then, the flag has flown in Pennsylvania, South Carolina, Kansas, California and Texas. After a year of traveling the United States, the students decided in November it was time to show their hand-crafted emblem of endurance to Iraq.

That is where the KC-10 crew came in.

Staff Sgt. C.D. Schmied's mother heard on television the students were seeking suggestions to help decide the flag's next destination. She told them about her son's mission and suggested the flag fly with him aboard a KC-10. He is the flight engineer on the crew.

"At least 30 E-mails came in with well wishes and suggestions ranging from hanging it in each state capitol to hanging it in large airports and military hospitals," Ms. Paxton wrote to Schmied and the crew, "but your mother's idea stood out.

"We want you to know how honored we are that you and your family are helping us spread our message of hope and peace," she wrote. "In our minds, you are flying it for the victims and families of 9-11 as well as the victims and families of this war. By doing so, you too will become a part of this project and your message will be seen and heard as well."

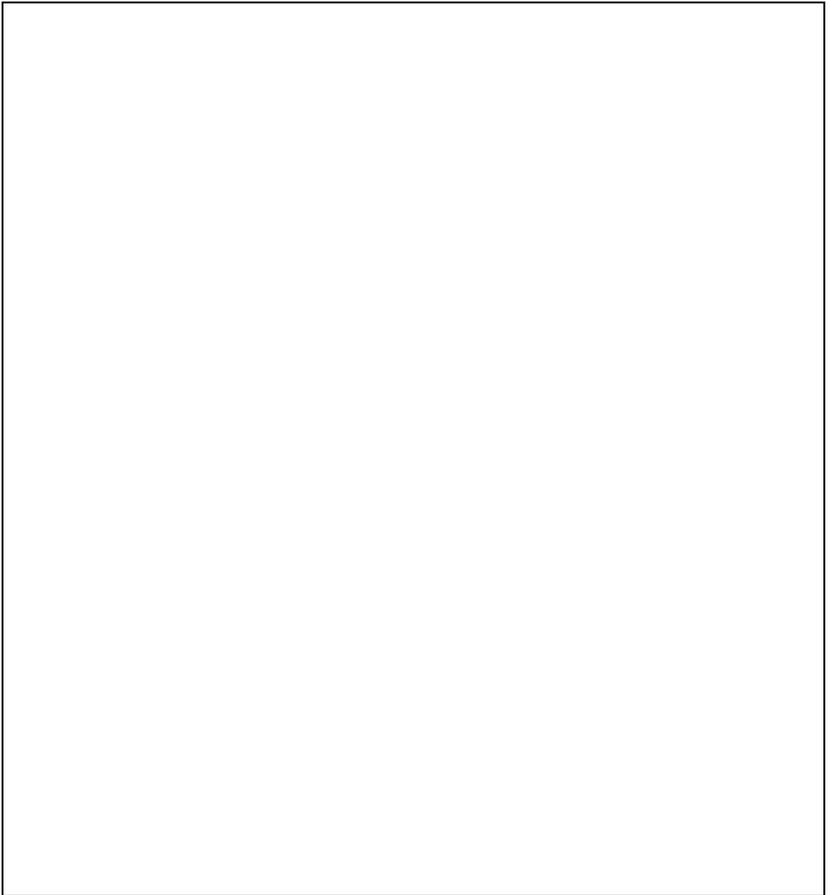
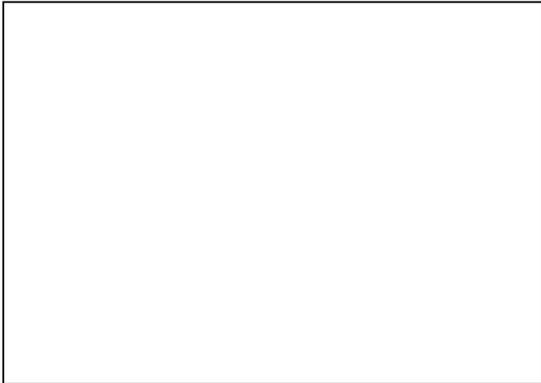
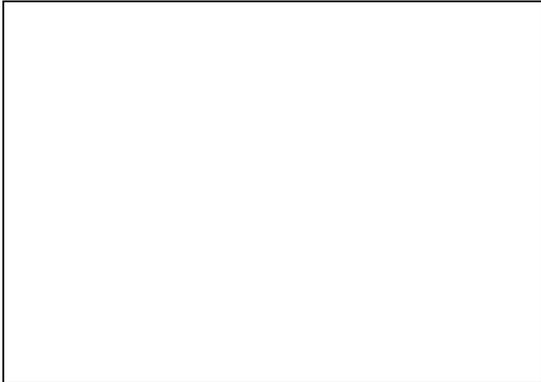


Air Force photo by Airman 1st Class Brandi Branch

(Clockwise from left) Staff Sgt. C.D. Schmied, Airman 1st Class Dustin Sharpnack, 1st Lt. Trace Dotson and Capt. Troy Panon display an 86-by-76-inch handmade American Flag. The crew displayed the flag on a flight over Iraq Dec. 9. The airman are all part of a KC-10 Extender crew who are at a forward-deployed location.

Knowledge is power!

Read a book at the base library.



CRIME STOPPER

TRAVIS SECURITY FORCES ACTIVITY

Dec. 8

911 medical emergency at the Base Exchange
Theft of private property in housing

Dec. 9

Damage to private property at the BX
Loud noise complaint in the dormitories
911 medical emergency at Burger King
Minor vehicle accident in housing

Dec. 10

Minor vehicle accident in housing

Dec. 11

911 medical emergency in the dormitories

Dec. 12

Loud noise complaint in housing
Minor POV/POV accident in housing
Major vehicle accident at the intersection of Travis
Boulevard and Cannon Drive
Minor vehicle accident on Travis Boulevard

Dec. 13

Theft of private property 660th AMXS parking lot
Theft of private property in housing
Vandalism to government property in housing

Dec. 14

911 medical emergency in housing
Medical emergency the BX parking lot
Loud noise complaint in the dormitories
Fire response in housing

Crime Tip: Make sure to lock belongings up in the gym. A closed bag on the floor is not inaccessible.

WELLNESS TIP

AEDs save lives

Automatic external defibrillators will save twice as many lives as cardiopulmonary resuscitation (CPR) alone

- ▶ AEDs can help prevent 50,000+ cardiac arrest deaths annually
- ▶ AEDs are simple to use, battery-operated, computerized machines
- ▶ They deliver a specific shock to the heart, restoring normal heartbeat
- ▶ Every minute without defibrillation decreases odds of survival 7 to 10 percent

Air Mobility Command has requested a \$360,000 mission support grant for 103 new AEDs

American Heart Association statistics

SOURCE: AMC Command Sergeant Office

Infographic by Staff Sgt. Nathan Gekahan

Military Personnel and Immediate Family

To reach members of your family in times of emergency need, call the American Red Cross Armed Forces Emergency Service Center toll-free at 1-877-272-7337.



Travis provides items for Fairfield capsule

By Linda Weese
60th AMW Public Affairs

The City of Fairfield celebrated its 100th birthday Dec. 12th and Travis Air Force Base is proud to be a part of that history.

Several hundred people gathered outside the entrance of city hall to hear city leaders reflect on the city's history, witness the dedication of a centennial plaque, listen to music performed by local high school bands and watch as a time capsule containing a collection of items from the community and the base was symbolically entombed.

Mayor Karin MacMillan, as the first female mayor in the 100-year history of Fairfield, welcomed the guests and introduced county and city officials as well as descendants of the city's first city council, which included Harrison Sheldon, the first mayor.

She addressed the audience saying, "In the 100 years since its incorporation, Fairfield has grown into a wonderful city. A city full of spirit and energy — with good people caring for their families, building homes, starting careers and establish-

ing businesses and also protecting our country and honoring the values that we all hold in common."

Along with items from the community — 60th Air Mobility Wing patches, Travis pins, base newspapers, pilots gloves, Travis Air Museum brochures and base fact sheets were also placed in the capsule.

"The purpose of the time capsule is to have future generations know who we are and how we lived at the beginning of the 21st century," said Mr. Kevin O'Rourke, Fairfield City Manager. We believe the time capsule will help them rediscover us in the next century, Mr. O'Rourke continued. "By including the items we chose, we hope to give our descendants a snapshot into our culture and way of life. We hope that the capsule will be opened in 100 years, December 12, 2103 at Fairfield's bicentennial by future Fairfield residents."

"The capsule actually will be entombed in January 2004," said Mr. Ike Anderson, Assistant to the City Manager. A few more items will be added, such as the mayors' speech and a copy of the video from the Centennial ceremony."

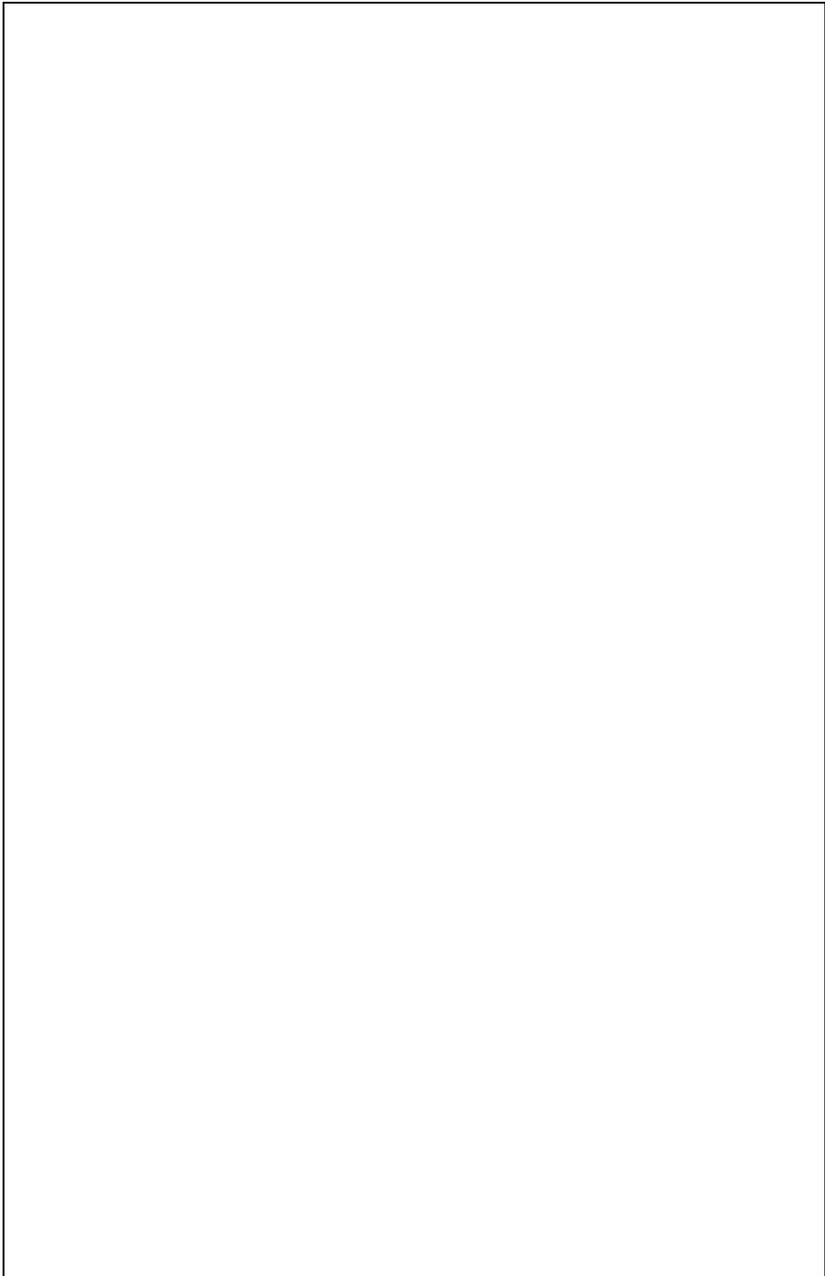
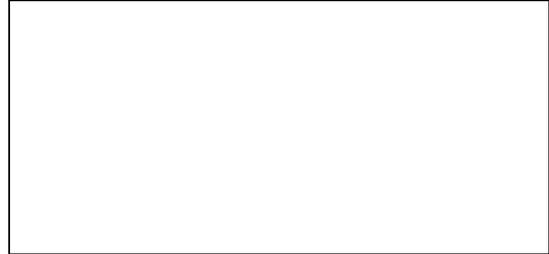
DRINKING

The end results can kill

& DRIVING

innocent people and a military career!

DON'T MIX



Firefighter Challenge to air on ESPN-2

By Master Sgt. Michael Ward
Air Force Civil Engineer Support Agency Public Affairs

TYNDALL AIR FORCE BASE, Fla. — Air Force and Department of Defense firefighters will get airtime this weekend as ESPN2 broadcasts the 12th annual Firefighter Challenge at 2 p.m. EST on Dec. 21.

Twelve military teams participated in the Firefighter Challenge competition, joining almost 200 other fire departments from the United States, Canada, Italy, Germany and England. The event was held Nov. 4 to 8 in Ottawa.

Fire instructors from the DOD Fire Academy took the top U.S. spot. The team comprises soldiers, sailors, airmen and Marines.

Air Force teams who participated were from Travis Air Force Base, Calif.; Little Rock AFB, Ark.; Edwards AFB, Calif.; Aviano Air Base, Italy; Royal Air Force Mildenhall, England; Spangdahlem and Rhein Main ABs, Germany; and the U.S. Air Force Academy.

The S W A P A D S deadline is noon Monday for that Friday's TAILWIND. Ads can be dropped off in Bldg. 51. Submissions do

Important Notice

In the interest of base beautification, base housing residents are asked to refrain from putting up signs to advertise on-base yard sales. Posting yard sale signs on utility poles is a violation of 60 AMWI 90-3 and the California Utilities Commission's Code of Regulations. Do not post yard sale signs on utility poles around the base. Notices can be posted at the shoppette or announced in the *TAILWIND*.

Vehicles

1999 Yamaha YZF 1000 R1, Red/Black, 7400K miles. \$6200 o.b.o. Call 332-6035.
 1987 Kawasaki 750 Spectre. W/ helmets gloves and jacket. \$500. Call 439-9871.
 2002 Buick Lasabre, 6500K miles, take over payments. 429-3541.
 1999 Yamaha R1, 5K miles, two brothers exhaust, tank bra, w/ HJC helmets and matching jacket. \$6,500. Call 707-290-8942.
 1994 Yamaha FZR 600, new tires, new muffler, new headers, new chain, 36K miles, \$2,800 obo. Call 530-219-3748.
 2000 Volkswagon Jetts GLS, 6-cyl., all options included but sun/moon-roof, leather, cd/tape, heated seats. \$13,500 or take over lease. Call 437-3681.
 1987 XR 600 R, \$1200 o.b.o. Call 332-6035.

Miscellaneous

Samsonite Luggage, large capacity w/ matching carry on tote. \$150. Call 437-6617.
 Repairable cab over camper. 8' p/u bed, rehab material included. Free. Call 707-864-8052.
 Five Australian Shepherd/German Shepherd Mix Puppies born Nov. 9. Available Jan. 5 free. Call 437-1385/344-4837.
 5th wheel hitch, \$100. Call 446-7556.
 1/2 Karat Rnd. Cut diamond ring, \$800 o.b.o. Call 449-0811.
 Little Tikes tropical playground. \$75 o.b.o. Call 344-0964.
 Bed liner for LongBed 88-95 Chevy truck, \$40. Call 446-7556.

Custom drapes, gold satin, new, for all four bedroom windows in tri-level model, Woodcreek home, best offer. Call 424-3941.

DVD movies, VHS movies, girls and boys' toys, patio set, laptop computer briefcase, computer items, foot-lockers, summer items and much more. Moving, must sell. Call 439-0975.

Yard Sale, 224 Carlton Court, Saturday 8 a.m. to 12 p.m.

Ski boots, womens' Burton, size 8 1/2-9, model Ruler, includes cat tracks and goggles, \$75. Call 707-966-9216.

Black Oak 500 CD tower, \$20. Call 707-290-7947.

Furniture

Norwalk sofa w/matching oversize love seat, ottoman included. \$900 obo. Call 707-631-1039.
 Black Tubular Queen bed frame \$20. Call 707-290-7947.

House for rent

In Dixon, 3bd, 2ba, 2-car garage, wood floors, fireplace, vaulted ceilings, fully landscaped yard, new, all-major appliances included, pool, pets neg., avail. in Jan. \$1695/month. Close to schools, shopping, interstate. Military Landlord. Call 707-693-0714 or 707-689-6290.

Suisun, 4bd, 2ba, f/r, f/p, 1,792 sq. ft. near Travis AFB, \$1,500/month, \$1,500 deposit, available now. Call 619-934-0807 or 619-857-5509.

Fairfield, 4bd, 2ba, f/r, f/p near Travis AFB, \$1470/month, available now. Call 510-326-1092

Room for rent

In Vacaville, 3/2 \$650 plus utilities, pool, fireplace, must love dogs, female/male officer preferred. Call 707-592-1600.

3bd/2ba, garage, fireplace,

\$550/month plus utilities, 8-miles from Travis in Vacaville. Call 707-365-8417.

Roommate wanted

5bd, 3ba, home located in Laurel Creek, Fairfield, currently occupied by two AF males, \$600/month plus deposit. Call 707-342-1164 or 707-330-3957.

House for sale

In Dixon, 3bd, 2ba, 2-car garage, fireplace, vaulted ceilings, fully landscaped yard, avail. in Jan. \$321,999. Call 707-693-0714/707-689-6290.

Appliances

Kenmore Gas Dryer, \$50. Call 707-290-7947.

Kenmore Refrigerator/Freezer w/Ice Maker, white \$400. call 439-9804.

5.0 HP 22-inch Craftsman lawn-mower, side discharge/mulcher, \$45; 1,000 watt heavy duty inverter with power out alarm and 4-115 volts ac outlet by power trip, \$65. Call 437-0467.

Kenmore x-large capacity washer and electric dryer w/digital touch pad, black, many features, \$250 for both. Call 707-448-4292.

Table saw, Sears Best, large iron table, all safety guards and dado blade included, \$250. Call 707-966-9216.

Technology

Rockford Fosgate 500a2 car subwoofer amplifier, 700 watts x 1 @ 2ohms. \$2,300 o.b.o. Call 437-4371.

Radio for Lincoln Mark VII with Tolo, \$90. Call 446-7556.

Sony Surround System Stereo. 5-CD Carousel, dual cassette, 5 speakers, subwoofer, 200 watt, digital displays w/remote. \$250 o.b.o.

Call 437-1231.

Nordic Trac Exerciser \$50. Call 446-7556.

Vivitar Digital Camera, 2.1 Pixel, w/software, \$60. Call 428-6340.

Lost Ring

Lost 14K diamond ring. Thick gold band with "Jane and Perry" inscribed. Reward. Call 424-5266.

On the road
again?

Take charge of your move with free



Tailwind Free Swap Ad

To place a free classified ad, you must be military, civil service, retired or a family member. Complete the following form and leave it in the drop box at the 60th AMW Public Affairs Office, Bldg. 51, on Brennan Circle (next to the Travis Air Museum). The **DEADLINE IS NOON MONDAY** for the following Friday's issue. There is a maximum of 25 words and two ads per household per week. All ads must be legible. No ads for money-making businesses or the sale of firearms or firearm accessories will be accepted.

Name: _____ Home Phone Number: _____

Fitness Center pumps up features

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

The fitness center will be fully operational Monday. Upgrades began on Dec. 9 and continued throughout the week. The upgrades included installing new lighting and adding new cardio machines, said 2nd Lt. William Gumabon, 60th Services Squadron officer in charge of fitness.

"The weight room and cardiovascular area were completely shut down Dec. 11 and 12. We were able to install new lighting over the free weight area. This allowed us to maximize our floor space and add seven new treadmills," Lieutenant Gumabon said.

The lieutenant also said the fitness center upgrades included organizing the cardio area so that similar equipment would be grouped together.

Along with adding more cardio machines, Lieutenant Gumabon said duplicate strength training machines were removed to allow more space for the patrons to work out.

"The extra cardio and strength machines are being given to numerous mini-gyms around base so that squadrons may benefit from it," Lieutenant Gumabon said.

Despite the limitations for fitness center customers during the past week, the lieutenant said individuals have reacted positively to the changes.

"Although customers were inconvenienced last week during the closure, I've already seen people excited with the new layout and equipment."



Tracy Titus works out on one of the cardio machines at the base fitness center. The fitness center will be fully operational on Monday after some recent upgrades.

Stay fit over the holiday season

The following are tips from the American Council on Exercise on how to stay fit over the holidays.

- » You can make up for a feast of rich, higher-fat foods with lighter, lower-fat meals for the next couple of days.
- » Plan for a holiday party by eating low-calorie, low-fat breakfast and lunch that day.
- » Look back and assess your diet over the past few days. Were you on the party circuit last weekend? Then look ahead. Are there celebrations looming?
- » Don't panic or feel guilty if your diet seems to have gotten out of hand. When you balance your intake over several days, you have the time to regain control.
- » Make physical activity a regular habit.

Beyond burning calories, exercise is essential for good health and well-being.

- » Have a salad, light soup or fruit before leaving home or prior to your meal.
 - » Select only "special" or favorite foods at holiday buffets - leave standard fare such as potato chips, nuts and rolls for the other guests.
 - » Space out the party beverages. Have a glass of sparkling water after a glass of wine or cup of eggnog.
 - » Practice portion control. A smaller serving of the real thing can be very satisfying.
- Before you begin an exercise program it's suggested that you start slowly and then build up gradually. This gives your body time to adjust to exercise. Also check with your doctor before you begin an exercise program.*

Help for fitness "lazybones"

Courtesy of the HAWC

To avoid days when excuses come easier than exercise, here's how to stick with it:

- » **Fine several fun and easy ways** to exercise so you won't view it as one more thing you have to do.
- » **Pick your best time.** Choose a type of exercise that can fit smoothly into your schedule such as a brief walk at lunch, before dinner or doing errands.
- » **Have fun first** if you're a beginner. Take bike rides or learn to play tennis or golf. Once you've blended exercise into your life, you can add more strenuous activities.

» **Increase your pace gradually.** There's a high dropout rate with high-intensity exercise.

« **Don't miss 3 workouts in a row** for the

first 3 months. Achieving that, you're more likely to make exercise a habit.

- » **Be grown-up.** Don't let weather or other distractions become excuses to skip exercise.
- » **Work toward a reward** such as new athletic shoes, a massage, or club membership. It can add to the fun.
- » **Be reasonable.** Consider fitness a long-term project that starts small, with weekly goals and builds gradually.
- » **Deal with the details.** Make exercise convenient and accessible.
- » **Think of the benefits** while you're exercising. *Make your routine a necessity, not a daily decision!*



What is fitness?

Health and Wellness Center

When people are fit, they have a healthy body weight, have energy, and make exercise and a healthy diet a regular part of their life. Fitness has four parts:

- » **Heart and Lung Fitness:** This is how well the heart pumps blood and sends oxygen through the body.
- » **Muscle Fitness:** This is about muscle strength and endurance. Muscle strength is how much weight an individual can lift safely.
- » **Endurance** is how many times an individual can lift something or how long they can hold it without getting tired.
- » **Flexibility:** This is being able to move joints easily and without pain through a wide range of motion. This helps individuals reach, twist, turn, and move things without straining.
- » **Body Make-Up:** This is how much of the body is fat and how much is muscle. Too much body fat puts extra strain on joints and increases your risk for heart and other diseases. Too little body fat is not good either.

Benefits of Fitness

- » It improves heart function and breathing
- » It makes muscles and bones stronger.
- » It lowers the risk of getting some cancers, heart disease, osteoporosis, and Type 2 diabetes.
- » It lowers cholesterol and helps keep blood pressure under control.
- » It helps to control your weight
- » It relieves stress and lowers the risk of depression and anxiety. It helps you sleep better.
- » It gives you more energy and can improve your job performance.
- » It can help you live longer.

Fitness Goals

To set your goals, consider these points:

- » Activities you've been good at before
- » Equipment you have or can use
- » Things you think you will enjoy doing
- » Goals you want to achieve
- * Your current fitness level

SPORTS SHORTS
TRAVIS AIR FORCE BASE

Travis Little League signups

Sign-ups for Travis Little League will begin the first week of January. For more information, call the Youth Center at 424-5392.

Intramural and Varsity sports

Intramural Racquetball teams are now forming. People interested in join-

ing a team should contact their squadron sports representative. Complete rosters must be brought to the coaches meeting Jan. 6.

The Fitness Center is also accepting coach's applications for Varsity Soccer until Jan. 16.

Youth bowling tournament

All school age youth are invited to participate in a worldwide bowling tournament Tuesday and Dec. 30. Register at the Youth Center today and compare your scores with youth from Air Force bases around the world. The series (three games) is \$5 and includes shoes. For more information, call the Youth Center at 424-5392.

Last minute golf gifts

Cypress Lakes Pro Shop is open from 6:30 a.m. to 1:30 p.m. on Christmas Eve for those last minute gifts. There are great gifts and stocking stuffers including novelty items, clothing, clubs and balls. All shirts, hats and outerwear are 20 percent off on Dec. 24. For more information, call 448-7186.

Apply now for Air Force Wrestling Camp

The deadline for applying for the 2004 All Air Force Wrestling Training Camps is Saturday. All AF Form 303 applications must be turned in to the Fitness

Center sports staff. Training Camps will be held at Mountain Home AFB, Idaho and Colorado Springs, Colo. from Feb. 12 to April 11.

For more information, contact Arlene McGinnis at 424-2085.

Ski with Outdoor Rec

Travis Outdoor Recreation is a one-stop shop for skiers and snowboarders. Rent equipment and ski bibs, wax per-

Tailwind story submission deadlines are 4:30 p.m. the Friday before publication to Bldg. 51, Room 231 or e-mail tailwind@travis.af.mil

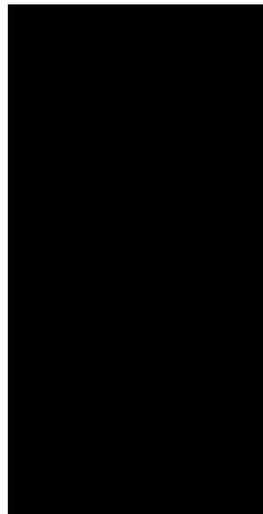
Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																							
<table border="1"> <tr><td>5:30 - 6:30 a.m.</td></tr> <tr><td>Core cycling</td></tr> <tr><td>9 - 10 a.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>11:30 - 12:30 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>1 - 3 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>3 - 4 p.m.</td></tr> <tr><td>'Phat' Fitness</td></tr> <tr><td>4 - 5 p.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>5 - 6 p.m.</td></tr> <tr><td>Turbo Kick</td></tr> <tr><td>6 - 7 p.m.</td></tr> <tr><td>Cycling</td></tr> <tr><td>7 - 8 p.m.</td></tr> </table>	5:30 - 6:30 a.m.	Core cycling	9 - 10 a.m.	Core step aerobics	11:30 - 12:30 p.m.	Squadron cycle	1 - 3 p.m.	Squadron cycle	3 - 4 p.m.	'Phat' Fitness	4 - 5 p.m.	Core step aerobics	5 - 6 p.m.	Turbo Kick	6 - 7 p.m.	Cycling	7 - 8 p.m.	<table border="1"> <tr><td>5:30 - 6:30 a.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>9 - 10 a.m.</td></tr> <tr><td>EZ Does It</td></tr> <tr><td>11:30 - 12:30 p.m.</td></tr> <tr><td>Core cycling</td></tr> <tr><td>Body conditioning, Solano College</td></tr> <tr><td>3 - 4 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>4 - 5 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>5 - 6 p.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>6 - 7 p.m.</td></tr> <tr><td>Core PiYo</td></tr> <tr><td>7 - 8 p.m.</td></tr> <tr><td>Cycling</td></tr> </table>	5:30 - 6:30 a.m.	Core step aerobics	9 - 10 a.m.	EZ Does It	11:30 - 12:30 p.m.	Core cycling	Body conditioning, Solano College	3 - 4 p.m.	Squadron cycle	4 - 5 p.m.	Squadron cycle	5 - 6 p.m.	Core step aerobics	6 - 7 p.m.	Core PiYo	7 - 8 p.m.	Cycling	<table border="1"> <tr><td>5:30 - 6:30 a.m.</td></tr> <tr><td>Core cycling.</td></tr> <tr><td>9 - 10 a.m.</td></tr> <tr><td>Yoga</td></tr> <tr><td>11:30 - 12:30 p.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>12:30 - 1:30 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>3 - 4 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>4 - 5 p.m.</td></tr> <tr><td>'Phat' Fitness</td></tr> <tr><td>5 - 6 p.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>6 - 7 p.m.</td></tr> <tr><td>Turbo Kick</td></tr> <tr><td>7 - 8 p.m.</td></tr> <tr><td>Cycling</td></tr> </table>	5:30 - 6:30 a.m.	Core cycling.	9 - 10 a.m.	Yoga	11:30 - 12:30 p.m.	Core step aerobics	12:30 - 1:30 p.m.	Squadron cycle	3 - 4 p.m.	Squadron cycle	4 - 5 p.m.	'Phat' Fitness	5 - 6 p.m.	Core step aerobics	6 - 7 p.m.	Turbo Kick	7 - 8 p.m.	Cycling	<table border="1"> <tr><td>5:30 - 6:30 a.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>9 - 10 a.m.</td></tr> <tr><td>EZ Does It</td></tr> <tr><td>11:30 - 12:30 p.m.</td></tr> <tr><td>Core cycling</td></tr> <tr><td>12:30 - 1:30 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>3 - 4 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>4 - 5 p.m.</td></tr> <tr><td>Squadron cycle</td></tr> <tr><td>5 - 6 p.m.</td></tr> <tr><td>Core cycling</td></tr> <tr><td>6 - 7 p.m.</td></tr> <tr><td>Yoga</td></tr> <tr><td>7 - 8 p.m.</td></tr> <tr><td>Cycling</td></tr> </table>	5:30 - 6:30 a.m.	Core step aerobics	9 - 10 a.m.	EZ Does It	11:30 - 12:30 p.m.	Core cycling	12:30 - 1:30 p.m.	Squadron cycle	3 - 4 p.m.	Squadron cycle	4 - 5 p.m.	Squadron cycle	5 - 6 p.m.	Core cycling	6 - 7 p.m.	Yoga	7 - 8 p.m.	Cycling	<table border="1"> <tr><td>5:30 - 6:30 a.m.</td></tr> <tr><td>Cycling</td></tr> <tr><td>8:30 - 9:30 a.m.</td></tr> <tr><td>Strength Fusion</td></tr> <tr><td>11:30 a.m.</td></tr> <tr><td>Core step aerobics</td></tr> <tr><td>12:30 p.m.</td></tr> <tr><td>Core kickboxing aerobics</td></tr> <tr><td>5 - 6 p.m.</td></tr> <tr><td>Core kickboxing aerobics</td></tr> <tr><td>6 - 7 p.m.</td></tr> <tr><td>PiYo</td></tr> <tr><td>Saturday</td></tr> <tr><td>8 - 9 a.m.</td></tr> <tr><td>Cycling</td></tr> <tr><td>9 - 10 a.m.</td></tr> <tr><td>Total Fitness</td></tr> </table>	5:30 - 6:30 a.m.	Cycling	8:30 - 9:30 a.m.	Strength Fusion	11:30 a.m.	Core step aerobics	12:30 p.m.	Core kickboxing aerobics	5 - 6 p.m.	Core kickboxing aerobics	6 - 7 p.m.	PiYo	Saturday	8 - 9 a.m.	Cycling	9 - 10 a.m.	Total Fitness
5:30 - 6:30 a.m.																																																																																											
Core cycling																																																																																											
9 - 10 a.m.																																																																																											
Core step aerobics																																																																																											
11:30 - 12:30 p.m.																																																																																											
Squadron cycle																																																																																											
1 - 3 p.m.																																																																																											
Squadron cycle																																																																																											
3 - 4 p.m.																																																																																											
'Phat' Fitness																																																																																											
4 - 5 p.m.																																																																																											
Core step aerobics																																																																																											
5 - 6 p.m.																																																																																											
Turbo Kick																																																																																											
6 - 7 p.m.																																																																																											
Cycling																																																																																											
7 - 8 p.m.																																																																																											
5:30 - 6:30 a.m.																																																																																											
Core step aerobics																																																																																											
9 - 10 a.m.																																																																																											
EZ Does It																																																																																											
11:30 - 12:30 p.m.																																																																																											
Core cycling																																																																																											
Body conditioning, Solano College																																																																																											
3 - 4 p.m.																																																																																											
Squadron cycle																																																																																											
4 - 5 p.m.																																																																																											
Squadron cycle																																																																																											
5 - 6 p.m.																																																																																											
Core step aerobics																																																																																											
6 - 7 p.m.																																																																																											
Core PiYo																																																																																											
7 - 8 p.m.																																																																																											
Cycling																																																																																											
5:30 - 6:30 a.m.																																																																																											
Core cycling.																																																																																											
9 - 10 a.m.																																																																																											
Yoga																																																																																											
11:30 - 12:30 p.m.																																																																																											
Core step aerobics																																																																																											
12:30 - 1:30 p.m.																																																																																											
Squadron cycle																																																																																											
3 - 4 p.m.																																																																																											
Squadron cycle																																																																																											
4 - 5 p.m.																																																																																											
'Phat' Fitness																																																																																											
5 - 6 p.m.																																																																																											
Core step aerobics																																																																																											
6 - 7 p.m.																																																																																											
Turbo Kick																																																																																											
7 - 8 p.m.																																																																																											
Cycling																																																																																											
5:30 - 6:30 a.m.																																																																																											
Core step aerobics																																																																																											
9 - 10 a.m.																																																																																											
EZ Does It																																																																																											
11:30 - 12:30 p.m.																																																																																											
Core cycling																																																																																											
12:30 - 1:30 p.m.																																																																																											
Squadron cycle																																																																																											
3 - 4 p.m.																																																																																											
Squadron cycle																																																																																											
4 - 5 p.m.																																																																																											
Squadron cycle																																																																																											
5 - 6 p.m.																																																																																											
Core cycling																																																																																											
6 - 7 p.m.																																																																																											
Yoga																																																																																											
7 - 8 p.m.																																																																																											
Cycling																																																																																											
5:30 - 6:30 a.m.																																																																																											
Cycling																																																																																											
8:30 - 9:30 a.m.																																																																																											
Strength Fusion																																																																																											
11:30 a.m.																																																																																											
Core step aerobics																																																																																											
12:30 p.m.																																																																																											
Core kickboxing aerobics																																																																																											
5 - 6 p.m.																																																																																											
Core kickboxing aerobics																																																																																											
6 - 7 p.m.																																																																																											
PiYo																																																																																											
Saturday																																																																																											
8 - 9 a.m.																																																																																											
Cycling																																																																																											
9 - 10 a.m.																																																																																											
Total Fitness																																																																																											
<table border="1"> <tr><td>9:30 - 10:30 a.m.</td></tr> <tr><td>Kung Fu San Soo</td></tr> <tr><td>11:30 a.m.</td></tr> <tr><td>Kickboxing</td></tr> <tr><td>12:30 p.m.</td></tr> <tr><td>5 - 7 p.m.</td></tr> </table>	9:30 - 10:30 a.m.	Kung Fu San Soo	11:30 a.m.	Kickboxing	12:30 p.m.	5 - 7 p.m.	<table border="1"> <tr><td>9:30 - 10:30 a.m.</td></tr> <tr><td>Pregnancy/Postpartum class at the HAWC</td></tr> <tr><td>11:30 a.m.</td></tr> <tr><td>PiYo</td></tr> <tr><td>12:30 p.m.</td></tr> <tr><td>Kickboxing</td></tr> </table>	9:30 - 10:30 a.m.	Pregnancy/Postpartum class at the HAWC	11:30 a.m.	PiYo	12:30 p.m.	Kickboxing	<table border="1"> <tr><td>5:30 - 6:30 a.m.</td></tr> <tr><td>Yoga</td></tr> <tr><td>12 - 1 p.m.</td></tr> <tr><td>Intro to Yoga, 1st & 3rd</td></tr> <tr><td>12 - 1 p.m.</td></tr> <tr><td>Intro to FitBall, 2nd & 4th</td></tr> <tr><td>1 - 2 p.m.</td></tr> <tr><td>Intro to Pilates</td></tr> <tr><td>7 - 8 p.m.</td></tr> <tr><td>Kickboxing</td></tr> <tr><td>7 - 8 p.m.</td></tr> <tr><td>Kung Fu San Soo</td></tr> </table>	5:30 - 6:30 a.m.	Yoga	12 - 1 p.m.	Intro to Yoga, 1st & 3rd	12 - 1 p.m.	Intro to FitBall, 2nd & 4th	1 - 2 p.m.	Intro to Pilates	7 - 8 p.m.	Kickboxing	7 - 8 p.m.	Kung Fu San Soo	<table border="1"> <tr><td>9:30 - 10:30 a.m.</td></tr> <tr><td>Pregnancy/Postpartum class at the HAWC</td></tr> <tr><td>10:30 a.m.</td></tr> <tr><td>Pilates</td></tr> <tr><td>11:30 a.m.</td></tr> <tr><td>Kickboxing</td></tr> <tr><td>12:30 p.m.</td></tr> <tr><td>5 - 7 p.m.</td></tr> </table>	9:30 - 10:30 a.m.	Pregnancy/Postpartum class at the HAWC	10:30 a.m.	Pilates	11:30 a.m.	Kickboxing	12:30 p.m.	5 - 7 p.m.	<table border="1"> <tr><td>11:15 - 12:45 a.m.</td></tr> <tr><td>Gym in a Bag, 1st & 3rd Friday at the HAWC</td></tr> </table>	11:15 - 12:45 a.m.	Gym in a Bag, 1st & 3rd Friday at the HAWC																																																					
9:30 - 10:30 a.m.																																																																																											
Kung Fu San Soo																																																																																											
11:30 a.m.																																																																																											
Kickboxing																																																																																											
12:30 p.m.																																																																																											
5 - 7 p.m.																																																																																											
9:30 - 10:30 a.m.																																																																																											
Pregnancy/Postpartum class at the HAWC																																																																																											
11:30 a.m.																																																																																											
PiYo																																																																																											
12:30 p.m.																																																																																											
Kickboxing																																																																																											
5:30 - 6:30 a.m.																																																																																											
Yoga																																																																																											
12 - 1 p.m.																																																																																											
Intro to Yoga, 1st & 3rd																																																																																											
12 - 1 p.m.																																																																																											
Intro to FitBall, 2nd & 4th																																																																																											
1 - 2 p.m.																																																																																											
Intro to Pilates																																																																																											
7 - 8 p.m.																																																																																											
Kickboxing																																																																																											
7 - 8 p.m.																																																																																											
Kung Fu San Soo																																																																																											
9:30 - 10:30 a.m.																																																																																											
Pregnancy/Postpartum class at the HAWC																																																																																											
10:30 a.m.																																																																																											
Pilates																																																																																											
11:30 a.m.																																																																																											
Kickboxing																																																																																											
12:30 p.m.																																																																																											
5 - 7 p.m.																																																																																											
11:15 - 12:45 a.m.																																																																																											
Gym in a Bag, 1st & 3rd Friday at the HAWC																																																																																											



Airman's The Book
Available online!

@
www.af.mil/news/airman



Travis Reeltime

Tonight
7 p.m. Elf (PG)

Tomorrow
7 p.m. The Matrix Revolutions (R)

Sunday
7 p.m. Runaway Jury (PG-13)

Travis movie schedules are subject to change after publication. For up-to-the-minute information, call 437-3855 or visit www.aafes.com/ems