

America's First Choice

TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, FEBRUARY 14, 2003

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During increased security measures, people entering Travis may experience delays. One hundred percent I.D. checks will be fully enforced.

Vigilance at Travis

People encouraged to take preventive, self-protection measures

By Capt. Michele Tasista
60th AMW Public Affairs

Vigilance is a key ingredient to ensure Travis people, resources and capabilities are protected, particularly in this era of anti terrorism and homeland defense. It's a responsibility and virtue that is shared by every military and civilian member at Travis. That responsibility includes being educated and informed of protective measures to ensure maximum safety and security while on or off base.

Installation security

When on base, Travis security forces provide physical protection throughout the base and along its perimeter. Security doesn't stop there, however, because "force protection and security awareness is everyone's business," said Maj. Rich Lucas, Travis security forces commander.

"It's absolutely essential for people and their units to be actively engaged in this process. A great example of this was when the Travis team stepped up to the plate following the Sept. 11 attacks, with maintainers, transporters and others taking an active role in securing Travis ... that's exactly the kind of cooperation we need in today's environment."

Travis security forces "total force" team of active duty and Reservists immediately implemented the base's Force Protection Delta measures after the attacks. Today this team has further expanded, with the addition of more than 100 soldiers from the 40th Infantry Division Mechanized Artillery from the California Army National Guard, based in Culver City, Calif. These soldiers will augment Travis' security forces with gate security, visitor's center, flightline,

perimeter patrols and random anti terrorism measures. This emphasizes the "one team, one fight concept," according to Lucas. "We're excited to have them. Based on their attitude and support, we're confident that they'll quickly integrate with the Travis team security package."

Self protection is key

Installation security is one part of the equation, while the other is self-protection. People are at greater risk to potential terrorists or other criminal activities, when off base, and they need to be very alert to those threats. That's why it's important for Travis' members to maintain a state of "situational awareness," at home and work

■ SEE VIGILANCE ON PAGE 14

Commander's Corner

A tribute to Travis' Security Forces warrior, commander



By Brig. Gen. Brad Baker
60th AMW commander

Force Protection, Security Vigilance

Our hearts and prayers go out to the friends and family of **Maj. Rich Lucas**, our security forces commander, who passed away earlier this week.

He was a great friend, family man and leader ...and he'll be deeply missed by all of us here at Travis. We grieve with his family and extend our heartfelt sympathy, and on behalf of the wing, I offer any support and help needed to help them through this difficult time.

To honor and remember his

dedication to Travis' security, the Air Force and this country, a memorial service is scheduled at 11 a.m., Tuesday at the Chapel Center.

It's really difficult to lose someone on the wing team. As we work through this, I think the best thing we can do to honor his memory, and all that he worked for, is to keep focus on the security of our people and installation, and to accomplish our mission as safely and assuredly as possible.

We'll carry forward his dedication, as the Travis team, focusing each and every step toward a common goal of taking care of our Air Force, people, capabilities and resources, and managing risks, by being as safe as possible with every action and being aware of our surroundings.

Increased security measures

While we increased our secu-

urity measures last weekend, it's safe to say that we're always at a heightened state of readiness on base.

The physical manifestation of this readiness is seen in the presence of Travis' security forces, and in addition to those great folks, this week we welcomed the arrival of more than 100 Army National Guard men and women from Culver City, who are also here to help protect us and our resources. Our total force, multi-service team represents the fact that we're always on guard, always alert and always ready to handle any situation.

Installation security is one facet of our security, while the other component is force protection—the responsibility of each person to be mindful and vigilant.

Though it's been 18 months since the worst attacks against the U.S., the potential for further terrorist activity is still

there, and we must maintain our preparedness, and readiness starts with each and every individual.

We've implemented some policies regarding uniform wear (**Page 14**), as precautionary measures in light of world events.

In addition to those initiatives, I further encourage everyone to take be alert to surroundings and report any suspicious activities, either on or off base (**Page 17**). Force protection is a key tool in the kit to ensure you — the Travis team — are as safe as can be, which can't be overstated because you're the most important asset we have!

So let's keep up the vigilance, and also keep the Lucas family in our hearts and prayers, as they deal with this difficult time.

God bless them, the Travis team and God bless America!

ACTION LINE

TRAVIS AIR FORCE BASE

Call the Action Line at 424-3333

Safety at CDCs

Q Even though there are signs posted there are still people who park on the street in front of the Child Care Center and when you try to point it out to them they do not like it. "NO PARKING ANYTIME" signs are posted, and there is a reason for that. Thank you.

A Thank you for being a good citizen. We understand your concerns and have stepped up patrolling at all the CDCs to monitor and cite those in violation. Your patience in this matter is greatly appreciated.

We will make every effort to let the public know this practice will not be tolerated. Once again, thank you for voicing your concern.

Keep it clean in housing

Q I realize this is an on-going issue,

but this past week I've been ashamed to be living in base housing. I reside on Maine Street, but place my trash bins on Cannon Drive. I get lumped into the pile when leadership talks about Maine Street trash problems. Well this week it has been terrible. There are three piles of trash and it looks really bad. All it will take now is a strong Delta Breeze to blow it all over base. I'm willing to help out in any way to eliminate the eyesores.

A I agree with you that large dumping of trash on Maine Street by some occupants unfairly discredits all occupants. The Mayor of Onizuka Flats has located nine offenders and is tracking down why the large amount of trash developed at those addresses.

All housing residents are reminded that large items of trash that do not fit in either the gray (trash), green (yard clipping/green waste), or blue (recycled items) totes must be called in to Solano Garbage in advance (the call must be made the Friday before the Monday morning trash pick up). And all MFH residents and Travis base personnel are asked to not "add to the pile" of large items called in. Adding refuse to large item pick-ups is illegal dumping.

Good samaritan

Q I just wanted to commend an employee at the Youth Center. Her

name is Debbie Ellis.

About a month ago, I lost a piece to my tripod that connects to my camcorder at the base theater during the Treasure Island play.

A month later I realized it was lost. When I went to the youth center to inquire about it, I was referred to Debbie Ellis.

It turned out that she had been carrying it in her purse the whole time, knowing it was important to somebody. She had been hoping that someone would come, and inquire about it, so she could return that piece.

I just thought it was so thoughtful and considerate that she would carry it around in her purse, and treasure it for somebody else. I just wanted to commend her, and it was a rather small piece, and the fact that she picked it up, and held on to that.

I just wanted to commend her, and let someone know what a fine person she is.

A Thank you for taking the time to recognize one of our outstanding Services employees. Ms. Ellis and the entire Youth Center staff consider great customer service as one of their top priorities. She was very happy to find the owner of the tripod piece and your recognition of this is greatly appreciated.

Action Lines are your direct link to the wing's senior leadership. They can be submitted either by calling 424-3333 or by accessing the Action Line form on the base intranet.

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

Tech. Sgt. Scott King
NCOIC

Tech. Sgt. Jim Verchio
Chief of Internal

Airman 1st Class Alice Moore
Staff writer

Daily Republic staff
Michael T. Moseley
Daily Republic liaison

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On the Cover



Archive photo

Security Forces needs your help in keeping Travis, yourself safe. See Page 1, 14 & 17.

Travis begins smallpox vaccination program

By Capt. Kim Garbett
60th Medical Group Public Affairs

The Department of Defense recently implemented a small pox vaccination program and to date more than 63,000 people have been vaccinated.

"After the events of September and October 2001, the deliberate release of the smallpox virus is now regarded as a real possibility," Dr. Patrick Danaher, chief of David Grant Medical Center's smallpox vaccination working group, said.

Smallpox is a contagious, deadly disease that would disrupt missions and operational readiness of U.S. military forces. About thirty percent of people infected with smallpox die. Smallpox was declared eradicated in 1980, after the last known natural case occurred in Somalia in 1977, Danaher mentioned. Before it was eradicated, smallpox killed millions.

As a result of the current threat, the Smallpox Vaccination Implementation Plan was introduced to the United States in January, affecting designated military and civilian personnel. The resumption of the smallpox vaccination program is designed to provide protection against the potential intentional release of smallpox as a bioweapon agent, Danaher said.

"Travis' 60th Medical Group began administering the smallpox vaccine to designated military personnel Jan. 23 in accordance with newly established DoD policy and directives," said Master Sgt. John Gemar, NCOIC of immunizations. "The health and safety of our people — especially those at greatest risk — are our top concerns."

Three categories of personnel have been designated to receive the vaccine at Travis, including emergency-essential and mission-critical personnel. The categories include: vaccinator cadre and smallpox medical teams, troops deploying to forward operating locations overseas and finally, additional military personnel.

The vaccination program has also been implemented at forward operating locations where many Travis personnel are deployed.

The smallpox vaccine has a 95 percent success rate in those vaccinated. It is an FDA-approved vaccine. The vaccine is actually a living virus that is inoculated into the skin by a two-pronged needle with several pokes. The vaccine, Danaher said, does not contain the smallpox virus and cannot give you smallpox.

"The smallpox vaccine is the only way to prevent smallpox," said Gemar. "It provides its best protection for three to five years, so folks should be revaccinated every five to 10 years." There are, however, those who will be unable to receive the smallpox vaccination for various reasons, he said. Therefore, the Air Force is taking extra cautionary measures to identify those various reasons.

Those who receive the smallpox vaccine need to be educated and aware of normal side effects. "The most common complaint we've had thus far is itchiness," said Gemar. "Most people experience normal, mild reactions such as sore arm, fever, headache, body ache and fatigue," he said. "These symptoms peak about a week after vaccination."

Gemar mentioned that personnel should expect a red blister that should turn white six to eight days after vaccination. Then the blister should turn into a scab. If there is no white blister, Gemar said, then the individual may need to be revaccinated.

"Serious side effects with the smallpox vaccine rarely occur," Danaher said. About one in 1,000 people have had a serious reaction, Danaher said, usually self induced as a result of improper care of the vaccination site and touching other areas of the body after touching the vaccination site. In most cases, these are all preventable with proper hand washing,

How is smallpox vaccine administered



The needle is dipped into the vaccine vial



Each needle used is sterile and individually wrapped



Fifteen insertions are made in rapid order



Strokes are vigorous enough to evoke blood



A small trace of blood means proper administration



Excess vaccine is absorbed with sterile gauze



The gauze is then discarded as to not infect others



The site is then covered to prevent dissemination

Source / Center for Disease Control

education and new and improved screening techniques.

Gemar also stressed that extra care is required with the use of the smallpox vaccine. "It is a safe and effective vaccine, however, because it carries a live virus, extra care is required.

"The real risk of spread of the vaccinia virus (not smallpox) is contact with the vaccination site," Danaher said. Some do's and don'ts for after injection include: don't touch the vaccination site; if it is touched by accident, immediately wash hands. Don't let others touch the vaccination site or the materials that covered it. Handle your own laundry and towels and place directly in hot, soapy water, he said.

Care recommendations for the site include wearing sleeves over the bandage, using only the bandages provided by the David Grant Medical Center, keeping the site dry except for normal bathing and avoiding swimming or public bathing facilities. Additionally, when the scab falls off, it is important to flush it down the toilet, Danaher stressed. "Following these simple instructions will help minimize the risk of spreading the vaccinia virus to other body parts or to someone else," he said.

Other considerations for those who receive the smallpox vaccine include wearing glasses instead of contacts for the 21-day period after inoculation.

At Travis' Fitness Center, additional protection measures are in effect such as no contact sports will be played until the scab falls off. Wear your shirt-sleeves covering the vaccination site. Bring and use only your own personal towel; do not use the towel-exchange program for these three weeks. Finally, for your protection and the protection of others, do not use the spa or sauna.

Commanders will notify personnel when they are required to receive the vaccine. Vaccinations are being given at the Aeromedical Staging Flight at David Grant Medical Center. For more information about the smallpox vaccine, you can start with your chain of command. If you have concerns about your vaccination site or symptoms that you are having after you receive the vaccination, you should contact your primary care manager. Other information sources include www.smallpox.army.mil,

www.cdc.gov/smallpox, the Center for Disease Control National Immunization Hotline at 800-232-2522 or 888-246-2675. Local and state health departments also have information available on the smallpox vaccine.

Smallpox Questions and Answers

How serious is the smallpox threat?

After the events of September and October 2001, the deliberate release of smallpox is now regarded as a possibility. As a result, the U.S. government is taking necessary precautions to be ready to deal with a bioterrorist attack using smallpox as a weapon.

What is the new smallpox vaccination policy?

The first Air Force people to be vaccinated will be medical personnel and designated forces that constitute specific mission-critical capabilities. At Travis, three categories of personnel have been designated to receive the vaccine. The first category includes vaccinator cadre and smallpox medical teams. The second category includes those deploying to Southwest Asia or other at-risk forward operating locations, as well as those in mission-critical positions. The third category summarizes additional military personnel. Personnel will be notified when they are eligible or required to receive the smallpox vaccine.

What is the smallpox vaccine?

The smallpox vaccine helps the body develop immunity to smallpox. The smallpox vaccine is actually living vaccinia virus that is inoculated into the skin. Vaccinia and variola virus belong to the same family of viruses. Exposure to vaccinia virus teaches the body how to fight against this whole family of viruses. The vaccine does not contain the smallpox virus and cannot give you smallpox.

How much protection does the smallpox vaccine provide?

Historically, the vaccine has been effective in preventing smallpox infection in 95 percent of those vaccinated. It reduces the chances of dying

from the disease from 30 percent to 1.4 percent. A booster is recommended every 10 years.

How is the smallpox vaccine given?

The smallpox vaccine is not given with a hypodermic needle like most vaccines today. The vaccine is given using a bifurcated (two-pronged) toothpick-size needle that is dipped into the vaccine solution. The needle is used to prick the skin a number of times in several seconds. The pricking is not deep, but it will likely cause a sore spot and one or two droplets of blood to form.

Who should NOT get the smallpox vaccine?

In general, an individual who has any of the following conditions or who lives with someone who has any of the following conditions should not get the smallpox vaccine:

- Eczema or atopic dermatitis (now or in the past)
- Skin conditions such as burns, chickenpox, shingles, impetigo, herpes, severe acne or psoriasis
- A weakened immune system from: cancer, organ transplantation, HIV infection, medicines that weaken the immune system

—Pregnancy or plans to become pregnant within four weeks of getting the vaccine

—Breast-feeding

—An allergy to vaccine or any of its components

How can I learn more?

Ask your doctor or nurse.

They can show you the vaccine package insert or suggest other sources of information.

Call your local or state health department. Contact the Center for Disease Control and Prevention at 1-888-246-

2675 or visit their smallpox website at <http://www.cdc>.

Local vet constructs display cases for Doolittle coins

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

A local veteran has fabricated several display cases to show off commemorative Doolittle Raider coins, which will be placed throughout the base and the local community. The Jimmy Doolittle Air and Space Foundation is selling the collectable coins to pay tribute and raise funds towards the 61st annual Doolittle Raiders reunion April 16 to 18, which will have events at Travis and the local area.

Jim Holtz of Vacaville delivered the hand-made cases to the Travis museum last week. Holtz retired as a technical sergeant in 1987. Holtz utilized his skills in sheet plastic fabrication and engraving to make the display cases out of his own garage.

"The most important aspect of Air Force museums is that they communicate to junior airmen their great value to the mission, both now and in the future. They demonstrate that the equipment they work on is important and will never be forgotten," Holtz said.

"This is really a community-wide effort," said Kathleen Handlin, project manager for the Jimmy Doolittle Air and Space Museum. "We want these displays to be in high-traffic areas to generate interest in the reunion and the proposed museum. We are trying to raise awareness of the fundraising campaign for this truly worthy cause."

Holtz built the display cases with only \$850 for materials and \$50 for chemicals funded by the foundation. He donated his labor and other materials. He began working on the cases in December and hopes to deliver nine pedestals and 18 plastic cases total.

"I would like to thank our hard-working cadre of volunteers for their tremendous support for the reunion and the museum. We could still use even more volunteers though," Handlin said. People interested in volunteering can contact Handlin at 437-8645.

A Doolittle coin in a velvet-lined box is on sale for



1st Lt. Angela Arredondo / 60th AMW Public Affairs

Jim Holtz presents a display case to Senior Airman Eric Grubs and Senior Airman Nicole Timmons of the 60th Civil Engineer Squadron. They will place the display in their unit's orderly room

\$15 and a coin by itself is \$8. One side features a portrait of Jimmy Doolittle with an American flag, and the other side has a B-25 plane. Volunteers are needed to

sell coins within their units. For more information, contact Staff Sgt Rick Figueroa at rick.figueroa@60mdg.travis.af.mil or 423-7775.

Travis children go to jail in name of drug education

By Capt. Mo Barrett
715th Air Mobility Squadron

The Travis Air Force Base Drug Education For Youth program sent about 60 kids to prison on Feb. 3. The children are military dependents and their conduct up until the time of admission was excessive screaming, boisterous behavior, hair pulling, gum chewing and off-key singing ... but that's not why they ended up in prison.

They visited the prison as part of the Prison Outreach Program, started by "lifer" convict "Gary" 11 years ago at California State Prison, Solano in Vacaville.

In groups of ten, the DEFY kids and their mentors inprocessed into the prison by filling out forms, creating individualized secret passwords and going through a security checkpoint tighter than post Sept. 11 airport security.

The two-hour process got the group closer to the final destination, which was meeting 15 prison convicts face-to-face. The in-processing station was followed by passage through outdoor mazes of doors while surrounded by electrified fences and armed guards hovering from high-vantage-point towers. Indoors, the cool temperature was chilled even fur-

ther by cold steel doors, that slammed at illegal decibel levels. After repeatedly showing identification and verification, the group was escorted into a room that looked like a kindergarten classroom. The walls were decorated with children's drawings and small plastic chairs.

After a few moments, the prisoners filed in and Gary started off with an introduction. He had started the Prison Outreach Program in an effort to show younger adults the consequences of poor decisions and to illustrate the "snowball" effect of life. His story began as a youngster, sampling the effects of marijuana — one hit here, another hit there. That led to multiple hits of pot in a single day, which led to the misleading attractiveness of harder, more expensive drugs, which snowballed into dealing drugs in order to buy more drugs. Then when someone stole some of his drug supply, Gary arranged a fake drug deal and when the thief arrived, Gary and his crew shot and killed the man. It was the culmination of a series of poor choices Gary had made. He has served 24 years of his sentence of 25 years to life. He's been in prison twice the lifetime of the average DEFY kid.

The other inmates each had a few minutes to relate what decision had put them there and for how long. Men, young and old, stood up and said how much of their tour they had served. Some just threw out a number, as if they'd lost count after their 30th year in prison. Others knew to the day how long they had been locked up. The crimes they had committed were varied. One man was in there on the three strike law, one had killed three people while drinking and driving, three men were in after they had been drinking with buddies and playing with a loaded gun which accidentally discharged and killed their best friends. There was a Crip gang member who had shot a Blood, as well as two other "gang bangers," who killed men for wearing the wrong color. There were thieves and other drug dealers and a man who killed the man raping his wife.

The inmates were open and honest and fielded a plethora of questions.

"Do you regret what you did?"
"Do you miss your family?"
"What happens if your parents die while you're in jail?"
"Did you ever have your case tried on

Judge Judy?"

After an hour of questions and answers, the kids were fed a typical prison meal — styrofoam boxes filled with cold mashed potatoes, brown lettuce, a meat product and a clump of sugary bread with hardened maple topping. During dinner, the inmates mingled with the kids and mentors and the kids fielded some of the inmates' questions.

"Is it true that pay phones aren't 10 cents anymore?"

"How much is a Big Mac now?"

After the meal, the prisoners had to be counted and then escorted out of the room. When they were behind locked bars, the kids filed out into the hallway and did the reverse process of getting into the prison. The convicts remained behind the bars, shouting last minute recaps of the meeting. "Listen to your parents!" "Stay in school!"

The consensus among those participating was that it was a successful preventive measure to physically experience the possible consequences of bad decision-making. The brief "sentence" lasted only a few hours but the program mentors hope the lessons learned will last a lifetime.

Air Force test program provides care for mildly ill children

60th Services Squadron

Employers know that a number of man-hours are lost each month because an employee has to stay at home with a sick child. Most of the time, the illnesses are mild—from colds and flu to chicken pox—but regular childcare providers are not able to care for an ill child.

The Air Force is not immune to this problem. The Air Force Services Agency has come up with a trial program that will provide childcare for mildly ill children who are unable to remain in their regular on-base facilities.

The Mildly Ill Childcare Program is designed to reduce parents' overall costs for child care and the time they must be away from their jobs caring for their children.

"In the past, parents have had to either take leave or find another childcare setting and pay additional costs when their children got sick," said Shenethia Carter, family member program flight chief. "This program will allow Air Force parents to continue to perform their duty while avoiding the cost of additional childcare."

During the test phase of the program, a family childcare provider will be selected at each of 25 Air Force bases around the world. The Air Force will then buy

out that provider's business for 6 months, funding it as though the provider was operating at full capacity.

The Air Force-funded childcare slots will be kept empty until they are needed for mildly ill children who have been removed from the regular childcare facility.

Parents will not pay for the care in the mildly ill childcare homes. Instead, parents will continue to pay their weekly childcare fee at the Air Force child development center, school-age care program or other family childcare home.

Travis has been selected as one of the trial bases to test out the program.

"We are currently training a provider now and her doors will probably be open for ill children in March," Carter said. "But that means there will be space for only a few children each day depending upon the age of the child and type of illness."

Carter says she thinks this program will be a success and the need for the specially trained providers will increase.

"Anyone who qualifies should begin the training now so they will be ready if and when the program extends," Carter said. "And until it does, they can still open their own licensed childcare business on base."

Those selected as childcare providers under the Mildly Ill Childcare Program must already meet the

"This program will allow Air Force parents to continue to perform their duty while avoiding the cost of additional childcare."

— Shenethia Carter
Family member program flight chief

requirements to be an at-home, childcare provider and must not have any of their own children under the age of eight.

The Air Force prefers providers who have a medical or nursing background, but all MIFCC providers will undergo medical training specially designed to help them deal with mildly ill children.

To find out more about becoming a licensed childcare provider for the MIFCC program or traditional FCC program, call the Family Child Care office at 424-4585.

Cool kids wear mouth guards

60th Medical Group

Thousands of teens each year get hurt on the playing field, the basketball court, or while skateboarding, biking or during other activities. Blows to the face in nearly every sport can injure teeth, lips, cheek and tongue.

A properly fitted mouth guard, or mouth protector, is an important piece of athletic gear that can protect your teeth and smile. You may have seen them used in contact sports, such as football, boxing, ice hockey, lacrosse and women's field hockey.

You don't have to be on the football field to benefit from a mouth guard. New findings in sports dentistry show that even in non-contact sports such as gymnastics, mouth guards help protect teeth. Many experts now recommend that a mouth guard be worn for any recreational activity that poses a risk of injury to the mouth.

The three types of mouth guards are:

- ▶▶ The ready-made, or stock mouth guard
- ▶▶ The mouth-formed "boil and bite" mouth guard; and
- ▶▶ The custom-made mouth guard made by

the dentist.

The most effective mouth guard should have several features. It should be resilient, tear resistant and comfortable. It should fit properly, be durable and easy to clean and not affect your speech and breathing.

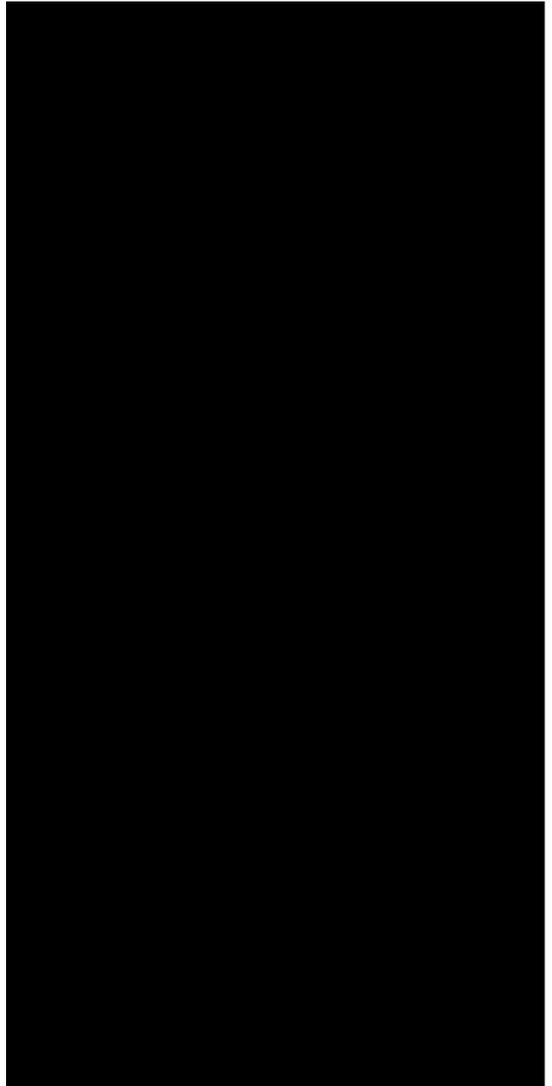
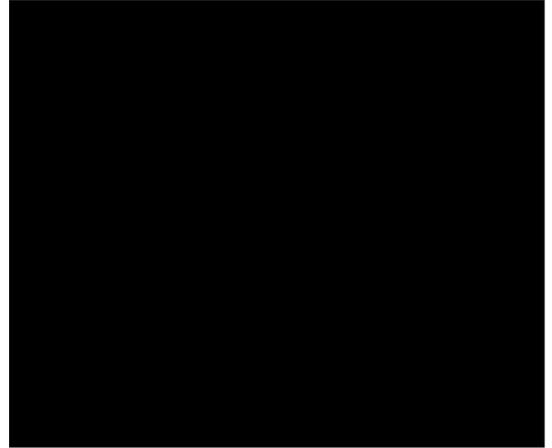
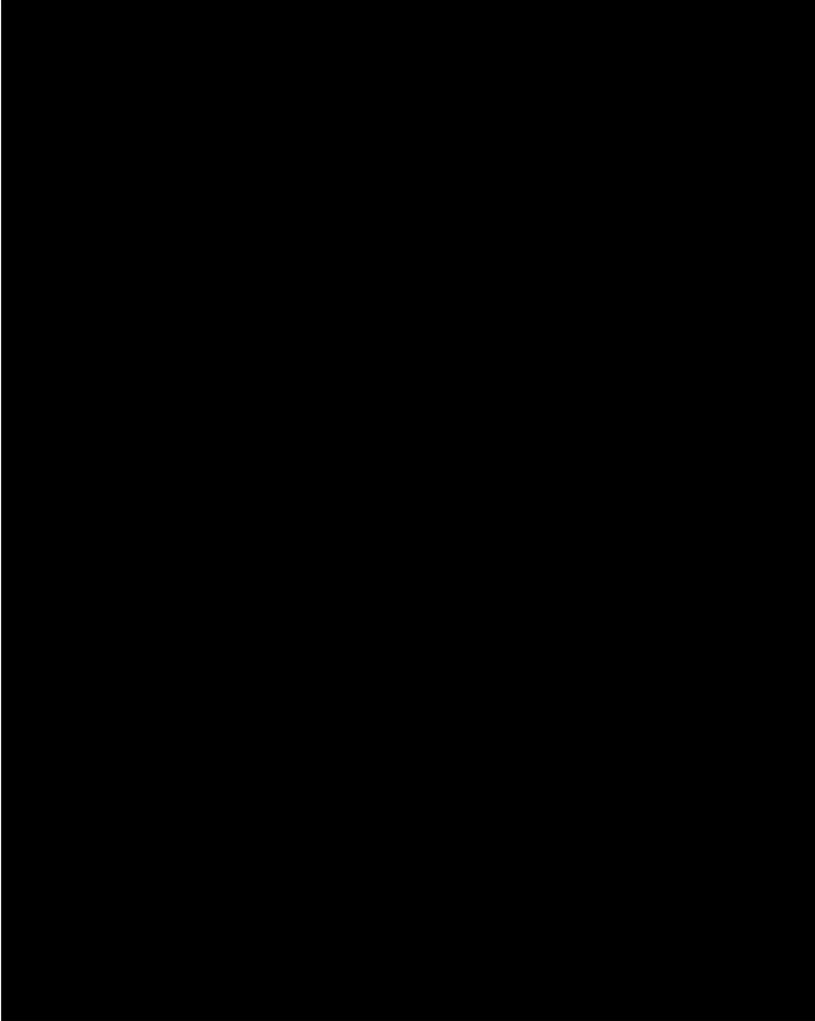
Generally, a mouth guard covers only the upper teeth, but in some cases the dentist instead will make a mouth guard for the lower teeth. Your dentist can suggest the right mouth guard for you.

If you have a mouth guard, take good care of it:

- ▶▶ Before and after each use, rinse it with cold water or with antiseptic mouth rinse. You can clean it with your toothpaste and toothbrush too.

- ▶▶ When its not being used, place your mouth guard in a firm, perforated container. This permits air circulation and helps prevent damage.

- ▶▶ Avoid high temperatures, such as hot water, hot surfaces or direct sunlight, which can distort the mouth guard.



CRIME STOPPER

TRAVIS SECURITY FORCES ACTIVITY

Feb. 3

- » Assistance rendered on Texas Street
- » Theft of private property reported from dormitory area
- » Identity theft reported on Illinois Street
- » Medical emergency reported at Passenger Terminal
- » Damage to private property reported in the dormitory parking area
- » Medical emergency reported on Kansas Street
- » Animal control issue reported
- » Medical emergency reported at the Fitness Center
- » Verbal altercation reported on Maine Street
- » Medical emergency reported on Vermont Street
- » Medical emergency of Army active duty member reported from Sacramento

Feb. 4

- » Medical emergency reported from Bldg. 243
- » Stolen vehicle recovered at Bldg. 445
- » Assault reported at Sierra Inn dining facility
- » Medical emergency reported at the Base Exchange
- » Individual apprehended for driving on a suspended license at the Main Gate
- » Animal control issue reported from Twin Peaks Drive
- » Theft of private property in the dormitory area
- » Damage to private property reported from the BX
- » Medical emergency reported from Esterbrook Avenue
- » Medical emergency reported at the Main Gate
- » Fire response to Billeting

Feb. 5

- » Animal control issue reported from Hamilton Street
- » Animal control issue reported from Gunter Street
- » Medical emergency reported from the Commissary
- » Minor vehicle accident occurred in the David Grant Medical Center parking area
- » Assistance rendered at Billeting office

Feb. 6

- » Animal control issue reported from Hamilton Street
- » Underage drinking caught at Bldg. 181
- » Fire response to Skymaster Drive
- » Fire emergency on Maine Street
- » Civilian incarceration of a military member for Driving Under the Influence reported from Vacaville
- » Medical emergency at DGMC

Feb. 7

- » Verbal altercation at the Sierra Inn dining facility
- » Fire emergency reported at Bldg. 831
- » Minor vehicle accident at the Mini Mall parking area
- » Minor vehicle accident on Burgan Boulevard
- » Patrol dispatched to render assistance at the Passenger Terminal
- » Aggravated assault and underage drinking reported in the dormitory area
- » DUI at the Main Gate

Feb. 8

- » Damage to private property reported at the Sierra Inn parking area
- » Missing person reported from Valley View Way

Feb. 9

- » Apprehension for communicating a threat at the Shoppette
- » Vandalism reported in the dormitory area
- » Medical emergency reported at the Visitor's Center
- » Building found unsecured

Crime Tip

During Force Protection Condition Bravo, all sponsors must meet guests at the Visitor Control Center and maintain physical control of their guests at all times while on base.

Services program reaches for top award

By Linda Mann-Iames

60th Services Squadron

In the last year Travis Services facilities, programs and individuals have won awards at the Air Force and Air Mobility Command levels. Next week the entire squadron will combine efforts to compete for the top Services award at the Air Mobility Command level — the Gen. Curtis E. LeMay Trophy for Services Excellence.

"We have already proven that our dining and lodging facilities are the best in Air Mobility Command, now we need to show the MAJCOM that our excellence extends to all our facilities," said Maj. Marcus Bass, 60th Services Squadron Commander.

In addition to AMC Hennessy and Innkeeper awards, 2002 netted Travis a number of individual awards: Travis Bowl was named Best Bowl in the Air Force; Family Child Care provider, Moises Hernandez, was recognized as the best provider at the Air Force and National levels and Christopher Diaz, maintenance worker at the Westwind Inn, won the Air Force Innkeeper Traveler Award.

"The programs are strong, but it is the people that make Services what it is — the child-care provider who truly loves their children, the tour directors at Outdoor Rec who always look for new adventures, the waitress, bartender and cashier who serves customers with a smile and genuine concern. These military and civilian personnel are the backbone of Services, and I am proud to work with them," Bass said.

Services Deputy Commander Brian Floyd is certain the LeMay evaluation team will like what they see on their whirlwind tour of Travis Feb. 19 and 20.

"The primary focus of the team's evaluation is to determine how well we meet the needs of our customers," Floyd said. "This includes facility improvements, operations results, customer satisfaction and innovative programs."

Last year Travis completed construction of a \$7.5 million addition to the Fitness Center and is nearing completion of a \$2.7 million renovation of its lodging facilities. The CDCs received new playground equipment and room furniture and the Auto Hobby Shop's NASCAR facelift improved the functionality and appearance of

these facilities.

"Services programs are a key area of the evaluation, and this is definitely one of our strong points. We are constantly focusing on our customers with dedicated follow-through in meeting their diverse needs," Floyd said. "We don't want to be the best Services Squadron on the two days of the evaluation, we want to be, and fully believe we are, the best Services Squadron 365 days a year."

The evaluators will look at more than 20 facilities with about 35 separate programs including:

- ▶▶ The year-round Children's Theater Program at the Travis Youth Center

- ▶▶ Specialty Meals and the Grab and Go at the Dining facilities

- ▶▶ The largest and most diverse exercise program in AMC with more than 46 classes at the Fitness Center each month

- ▶▶ The expanded Outdoor Adventure Program and Leisure Travel at Outdoor Recreation

- ▶▶ Accreditation of the three Child Development Centers and the School Age Program at the Youth Center

- ▶▶ Promotion and Sponsorship of Services events and activities

- ▶▶ Club membership benefits at the Delta Breeze Club

The LeMay Trophy is named after Gen. Curtis E. LeMay, an Air Force pilot and founding father of the Moral, Welfare and Recreation programs.

Large bases with more than 6,000 people compete for the Gen. Eugene Eubank Trophy. Each MAJCOM can only select one large and one small base for the Air Force competition. Travis is one of four large bases under consideration for the AMC nomination.

Travis will be competing against McGuire AFB, New Jersey; Scott AFB, Ill; and McDill AFB, Fla. in the Air Mobility Command competition. The winner will go up against MAJCOM level winners in the Air Force competition this summer.

The evaluation team is comprised of functional experts from AMC Headquarters at Scott AFB. Team chief, Gary Gordon, Senior Master Sgt. Thomas Watson, Margaret "Maria" Holl and Grover "Mike" Maddux will meet and greet the Services employees and commanders while evaluating the squadron.



Check out Air Force online news at www.af.mil

Classified Ads work. Call 425-4646.

Godfather takes over Travis

Base left speechless; hands and mouth full

By Linda Mann-Iames

60th Services Squadron

Travis has made a deal with the head of the Pizza mafia: Godfather. The head honcho himself will open his doors to the masses of pizza lovers today.

"We decided it was the best decision for the base," said one commander who refused to be named. "Besides, if we didn't agree, he threatened to fill our boots with mozzarella."

The Travis Pizzeria Hawk delivered his last pizza in December. When the Godfather takes over, all Hawks are reported to become chickens.

"We do business like a family," said one family member, "We all do whatever the Father says, and everyone is happy."

Unlike some managers who might consider the Godfather's appearance as a hostile take-over, Delta Breeze Club manager, Mark Larios is happy to see the famous head of the Pizza family.

"We are happy to share the pie with the Godfather," Larios said. "By the way, February is National Pie Month and customers who eat the DBC lunch buffet get a free piece of pie with their meal. Let's see the Pizza man beat that."

The Godfather made a deal with AAFES and the Services Squadron to put the new Italian

"He was kind of an elder-statesman in technology and space issues."

— Staff Sgt. John Dow

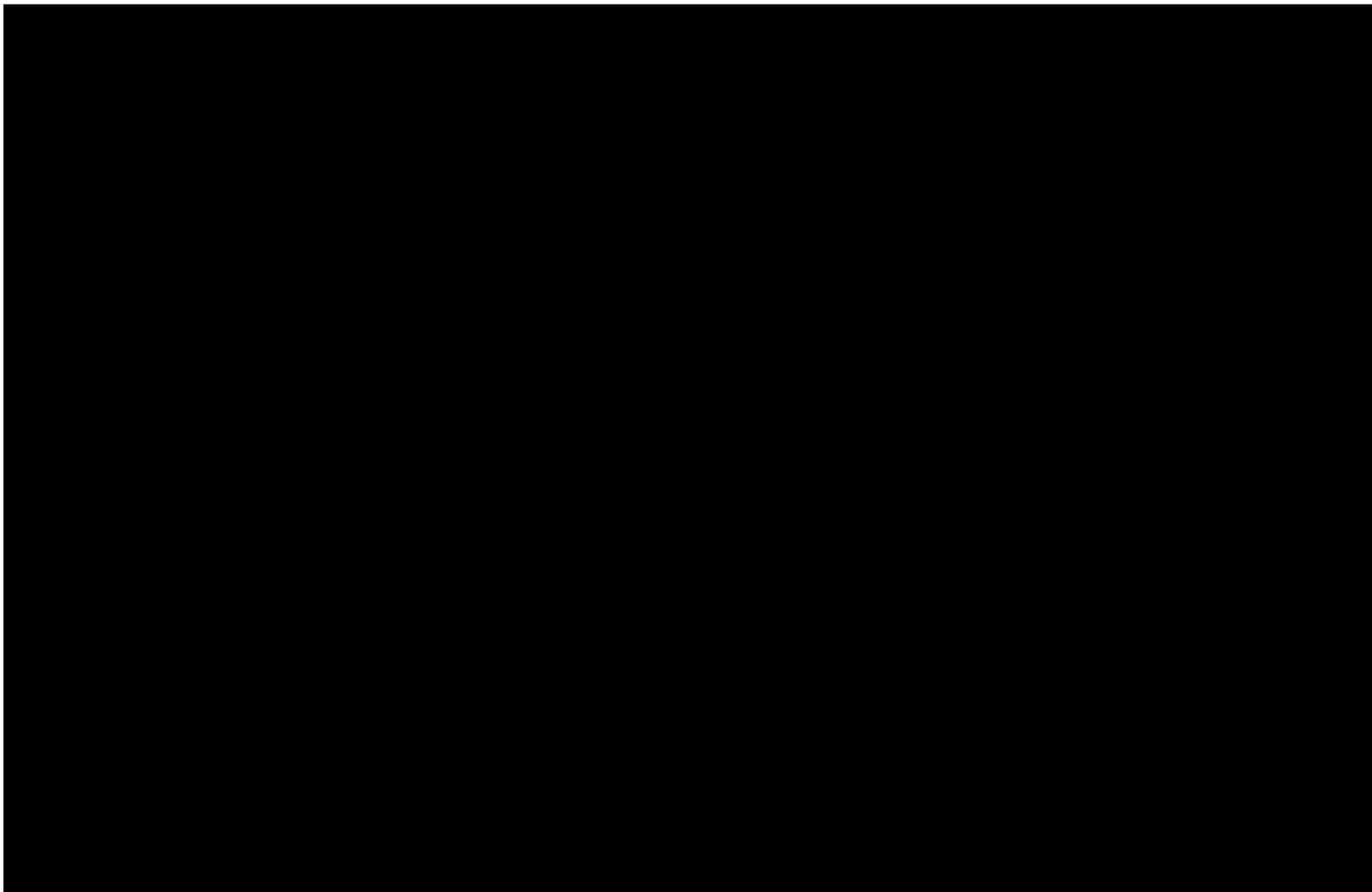
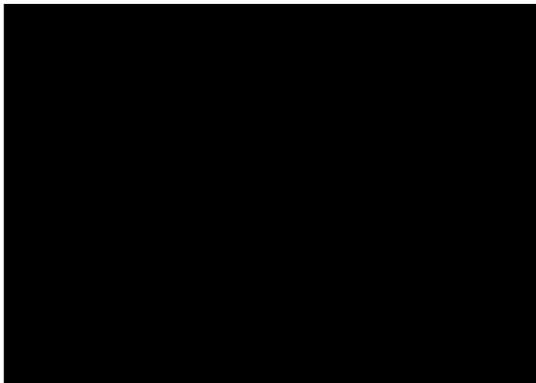
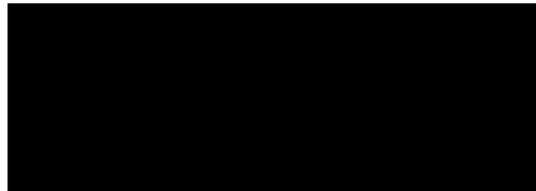
Chief of Something

restaurant franchise at the left end of the Travis Conference Center; in the same location old-timers will recall as the End-Of-The-Line Bar. The entire bar and some adjacent space from one of the ballrooms has been remodeled to make room for the new restaurant.

"It's a win-win relationship," said Services Deputy Director Brian Floyd. "Customers win, Services wins, AAFES wins and of course the Godfather wins."

Godfather's Pizza will be open seven days a week, from 10 a.m. to 11 p.m. The menu includes pasta, pizza pies and other favorites of Little Italy.

Log onto www.godfathers.com for more information or call Godfather's Pizza at 437-FOOD (437-3663).



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.



Travis is creating a chapter of the Air Force Cadet Officer mentor Action program here. The AFCOMAP promotes professional and leadership development for Air Force officers, assists officer candidates (cadets) transition into the Air Force, supports retention and recruitment and promotes the Air Force image in local communities. People interested in the program should attend a meeting at 1:30 p.m. Tuesday in the Wing Conference Room.

The vision of AFCOMAP is "Every officer mentored; every officer a mentor."

AFCOMAP is organized through chapters at Air Force installations. Membership is open to all active duty and Reserve officers, and cadets at AFROTC detachments, Officer Training School and the U.S. Force Academy. Members can be active in the chapter nearest their home or they can be members at large.

AFCOMAP is a nonprofit, nonpartisan and nonsectarian organization. For more information contact Lt. Col. Jeff Whittall at 424-7714, Lt. Col. Jim Green at 424-7236, and Maj. David Coley at 424-0443 or go to www.afcomap.hq.af.mil.

Frequently asked questions

Isn't AFCOMAP just for minority officers?

The perception of many officers--African American, Caucasian and others--is that AFCOMAP is strictly for African American officers. This is not true. AFCOMAP's stated purpose (see Constitution) is for the professional development and mentoring of all officers. However, it does also focus on recruiting, mentoring, and retention of minority officers.

Isn't AFCOMAP just like the CGOC?

Another widely held perception is that AFCOMAP is redundant to CGOC. This is incorrect on two major levels. CGOC, as stated in the name, is strictly for company grade officers. As such, it primarily provides opportunities for peer networking. AFCOMAP is specifically geared toward senior/junior, one-on-one mentoring and professionalism across many disciplines for the development of all officers and officer candidates.

VIGILANCE / From Page 1

according to Maj. George Crawford, Air Force Office of Special Investigations, Detachment 303 commander.

Lucas agrees. "Working with OSI," he states, "we're striving to put people in the force protection mindset, as if people were stationed overseas ... this includes varying personal routines, limiting wear of the uniform while off base, not gathering publicly in larger groups, in or out of uniform, among others (see below)."

"Unfortunately," said Lucas, "As we realized on Sept. 11, 2001, in the United States, we have a home front as well as an overseas front in the global war against terrorism. People must maintain situational awareness at all times."

The following uniform requirements are now in effect for Travis members:

- ▶▶The uniform must only be worn to and from work
- ▶▶Off base restaurants are off limits while in uniform
- ▶▶People must not convene in large groups off base, in or out of uniform
- ▶▶No uniforms will be worn

when using commercial travel, to include during temporary duty

▶▶These precautions also apply to all personnel residing in local hotels

Travis Eagle Eyes

One of the most important self-protection measures is vigilance, according to Crawford. If someone witnesses suspicious activity in or around the base, neighborhood and community, they should call Travis' Eagle Eyes hotline at 424-3293. "That is what the Travis' Eagle Eyes program is all about," he said. "OSI and security forces can't be everywhere, so we're relying on people to report when they see something out of place, or that's just not right for their environment. What they observe may seem very unimportant at the time, but put in context with other information may be very significant." People should serve as 'citizen sensors,' reporting suspicious activities and otherwise unusual activities."

Airman sentenced for illegal steroids

Court martial lands importer in jail

By Col. Andrea Andersen
Staff Judge Advocate

During court martial proceedings Jan. 31, Airman 1st Class John Marquez was tried by a special court-martial for wrongful importation of controlled substances. He pled guilty and elected to be tried by military judge alone. His guilty plea was based on the following facts:

In May of 2002, Marquez left the Travis Air Force Base area with a civilian friend to purchase anabolic steroids in Mexico. On the morning of May 2, after spending the night in Mexico, Marquez purchased several types of anabolic steroids in the form of pills and vials. In his attempt to evade customs officials, Marquez placed various packets of the steroids in a sock that he stuck in his crotch. He hid vials of the steroids in his socks that he was wearing on his feet, and hid even more packets under the insoles of his shoes.

Marquez' attempt to successfully import these controlled substances into the United States was foiled by the customs officials working the border station that day. He was taken into custody by the U.S. Customs Service, who transferred him to the custody of the Navy Border Shore Patrol. After spending the evening at the 32nd Naval Base in San Diego, Marquez was escorted back to Travis and ordered to return to duty pending the outcome of his criminal trial.

The sentence

The military judge found Marquez guilty and sentenced him to 45 days confinement, reduction in rank to E-2 and two months of hard labor without confinement. Airman Marquez will likely serve the confinement portion of his sentence in the Solano County Jail.

Classified ads work. Call 425-4646.

Mission Support Group prepares airmen for life at the

Tip *of the* sword

Photos and story by Tech. Sgt. Jim Verchio
60th AMW Public Affairs

Keeping airmen focused and prepared is why the 60th Mission Support Group decided to conduct Readiness Days training here Feb. 3 and 4.

More than 80 members of the 60th Aerial Port Squadron donned chemical gear, refreshed self-aid buddy care skills, learned the ins and outs of Night Vision Goggles and honed their skills in explosive ordnance recognition.

The porters, which are all slated to be part of AEFs nine and 10, are glad to take the time out of their schedules to accomplish training — training that may prove to be the difference between life and death.

"What we're doing here today makes me feel a lot more confident about what I may have to do over there," said Senior Airman Jessica Razo, a data records technician from the 60th APS.

The readiness team from the 60th MSG pointed out this training is in no way intended to be initial training. It's to be used as a refresher for those who may have accomplished the training six to eight months ago and are still current.

For one of the seasoned veterans this training is a valuable tool, especially for the young airmen.

"By organizing the training into one day it's really good for everyone, especially for folks who have never deployed before," said Master Sgt. Rod Penamora, noncommissioned officer in charge of passenger operations for the 60th APS.

Knowing the face of today's conflicts is ever changing, the 60th MSG's commander knows that repetition of tasks and user confidence will help airmen survive and operate even in some of the most austere conditions.

"I want to give deploying personnel confidence training in their chemical gear, and expose them to tasks they normally don't have a chance to accomplish, in field conditions," said Col. Leonard Patrick, 60th MSG commander.

During the training, the group is divided into four smaller groups. This way, the instructor can spend the time offering more individualized attention. Students and instructors agree that the way the syllabus is designed benefits everyone involved.

"People are really paying attention out here," said Senior Airman Gary Letona, ramp section training monitor for the 60th APS. "This training is relevant, and all the students recognize knowing these skills can really pay off in the end."



Master Sgt. Robert Griffin, 60th Mission Support Group, instructs Readiness Day's students on the proper technique for assisting a downed airman. More than 80 people from the 60th Aerial Port Squadron attended the two-day training Feb. 3 and 4.



"What we're doing here today makes me feel a lot more confident about what I may have to do over there."

— Senior Airman Jessica Razo
60th Aerial Port Squadron



(Top) Students practiced several self-aid buddy care procedures to help build their confidence if called upon in the field. (Left) A student checks and signs off the serviceable tag for her gas mask. The students donned the gear and learned the proper inspection techniques for their masks.



Eagle Eyes: Countering terrorism requires some help

Only you know who or what belongs — or does not belong — in your building, neighborhood or work center.

Recognition of this fact is behind one of the latest Air Force antiterrorism initiatives, a program known as "Eagle Eyes."

The program has characteristics of a typical neighborhood-watch program, and Air Force officials consider it a key piece in the service's antiterrorism strategy here.

According to Special Agent Edward L. Slaton Jr. of Air Force Office of Special Investigations, Det. 303. here, the program takes its cue from the experiences of British and Israeli authorities, who have significant experience dealing with urban terrorism.

"They make it their business to pay a lot of attention to small things that, in combination, can indicate they're being targeted," Slaton said. "Eagle Eyes is our model for doing just that. The simple act of recognizing suspicious behavior and reporting it to base authorities could thwart terrorist acts and save lives."

At Travis, anyone with something to report should immediately call the Crime Stop Hotline at 424-2000. Security forces will respond as appropriate to the immediate situation and immediately pass the report to OSI Det. 303. From there, OSI will begin appropriate follow-up action, which may include an agent responding to talk with the person who called in the report to gain additional information on what was seen or heard.

At the same time, the information will be quickly up-channelled to OSI's central analytical center at Andrews Air Force Base, Md., to compare with other Air Force reports, as well as similar information from

the Army, Navy and other federal agencies.

But it all begins at the local level, Slaton said, where terrorists conduct operational planning activities.

"Every terrorist operation is preceded by precursor events that people need to recognize and report," said Slaton. "Terrorist acts don't just happen — they are carefully planned and rehearsed many, many times in advance."

The key, Slaton said, is public awareness of what to look for and take note of — both on and off base.

"This is something the whole community needs to be involved in," Slaton said. "Anyone — from active-duty military members and family members to government civilians, contractors and even off-base business proprietors — could see something out of the ordinary, report it, and make the difference between a terrorist act occurring or not occurring."

"Our best chance to detect and prevent a terrorist act in our community is to vigilantly report it. The more eyes and ears we can enlist to be on the lookout for suspicious activity, the more difficult we can make it for terrorists to act."

Slaton said people shouldn't be nervous about reporting incidents that could turn out to be innocent behavior.

"That's bound to happen from time to time, but you don't know if it's innocent until you report it and have it checked out," Slaton said. "We're much less concerned about too much reporting than we are with too little. When lives are at stake, it's better to be safe than sorry. If in doubt, report it. Your call could make the difference. The bottom line is if something bothers you or doesn't seem right, tell someone."

Activity that should be reported:

▶ Specific threats: any threat received by any means that contains a specific time, location, or area for an attack.

▶ Instances of any out-of-the-ordinary person or persons monitoring activities or recording information. Such activity may include the use of cameras, note taking, notes on maps or drawings, hand-drawn maps or diagrams, and the use of binoculars or other vision-enhancing devices. It could also be as simple as seeing the same unknown vehicle parked in our area without explanation.

▶ Any attempts to obtain security-related information, — or even basic information about the base, — by anyone who does not have the appropriate security clearance and the need-to-know. Known as "elicitation," these attempts may be made by e-mail, fax, telephone, in person, or through the mail.

▶ Any attempts to measure security-reaction times or strengths and weaknesses; any attempts to test or to penetrate physical security barriers or procedures; any attempts to acquire or duplicate uniforms, badges, passes or other items.

▶ Repetitive activities: any two or more suspicious activities by the same person and/or vehicle in a one-month period.

▶ Suspicious activities/incidents: any activity that does not specifically fit into the previous categories yet it is a concern to you. Some examples of this are thefts of uniforms, ID cards, or vehicle decals from your vehicle, home or office.

NEWS NOTES

TRAVIS AIR FORCE BASE

OWC/EWC Scholarships

The officers and enlisted spouses clubs are taking applications for their respective scholarship programs. Scholarships are available to graduating seniors and military spouses. The Air Force Aid Society is also giving away education grants to children of active duty personnel, retirees, reservists on extended active duty, as well as spouses of active duty personnel and reservists on extended active duty. The deadline for the OSC scholarship application is March 30. The AFAS grant application deadline is March 10. Information and applications for both can be picked up at the Family Support Center.

Flightline driving tips

In a Safety Wire released by the 60th Air Mobility Wing Safety Office Jan. 23, Travis safety experts emphasized flightline-driving practices.

» In accordance with Travis Air Force Base Instruction 13-103, all drivers must be trained and qualified to operate vehicles on the flightline (for both day and night driving).

» Wear reflective gear during hours of darkness and inclement weather when visibility is reduced.

» Remaining in the traffic flow plan will prevent flightline drivers from hitting obstacles. Travel to the right of the solid, single, yellow lines. If no lines exist, use good judgment.

» Drivers who find themselves disoriented while driving should stop and use their radio to ask for directions.

» Flightline drivers should maintain 15 mph or slower, depending on weather conditions and visibility.

Donate blood

People can donate blood at David Grant Medical Center during the following days and times: Tuesdays from 8 a.m. to 4 p.m. for walk-ins and schedules appointments;

Mondays from 9 a.m. to 4 p.m. for scheduled appointments only; and Wednesdays from 8 to 10 a.m. for sched-

uled appointments only.

To make an appointment or for more information, call Tina Curtis at 423-7766. Additionally, Curtis said squadrons are encouraged to sponsor blood drives.

Separating for active duty?

Are you within six months of normal date of separation from active duty? If so, it's time to schedule your mandatory Reserve Opportunities Briefing. To schedule a briefing, call Master Sgt. Brown at 424-3083 or Master Sgt. Morales at 424-1919. The briefing is an opportunity to ask your Air Force Reserve In-Service Recruiter questions about the Air Force Reserve. Those interested in learning more about the Palace Chase Program should attend the mass Palace Chase Briefing at 9 a.m. in Bldg 381, Room D207, on the first and third Friday of each month. No appointment is necessary for the Palace Chase briefing.

Air Force Virtual Education Center

The AF Virtual Education Center (AFVEC) is available at <https://afvec.langley.af.mil>. Students can create their own AFVEC account and get access to on-line customer service tools. These services now include CCAF transcript Request and CCAF degree progression report. This means that students now have the ability to monitor their CCAF degree progress by just signing in to AFVEC. A personal start page will also organize interests and goals and keep each student up-to-date with local education center's news and events. For more information, contact the Base Education Center at 424-3444.

Retirement Ceremony

The commander of the 60th Operations Support Squadron, Lt. Col. Joe Heron, will officiate a ceremony honoring the retirement of Chief Master Sgt. Sammie Coney Jr., noon, Feb. 28 at in the Oak View Room of the Delta Breeze Club. Coney is

A memorial service for Maj. Richard Lucas, commander of Travis' Security Forces, is scheduled for 11 a.m. Tuesday at the Chapel Center. A viewing will follow the service. The family requested that donations be made in lieu of flowers. People interested in donating to the Lucas memorial account can send checks to:

Travis Federal Credit Union
Attention of: MSA
P.O. Box 2069
Vacaville, CA 95696

retiring after more than 30 years of service to his nation as an air traffic controller. A lunch buffet is available at 11 a.m. at a cost of \$9 for club members and \$11 for non-members. An RSVP to Master Sgt. Peter Guimond is required if attending the luncheon at peter.guimond@travis.af.mil or Master Sgt. Virgil Morrow at virgil.morrow@travis.af.mil, or by telephone at 424-3810 no later than Feb. 26.

NCO Induction ceremony

Travis is scheduled to conduct an NCO induction ceremony at 8 a.m. Feb. 28 at the Travis Conference Center.

Firing range off limits

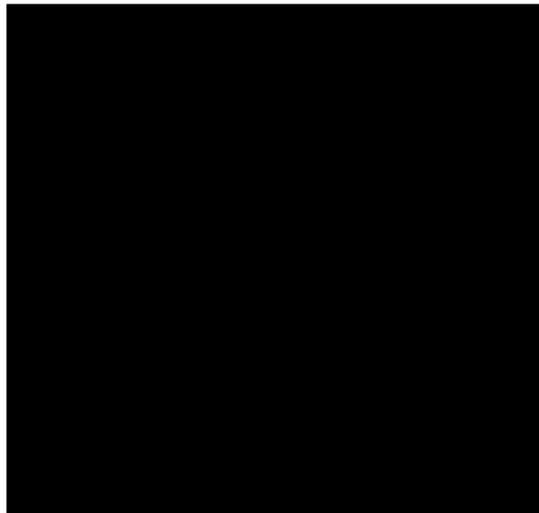
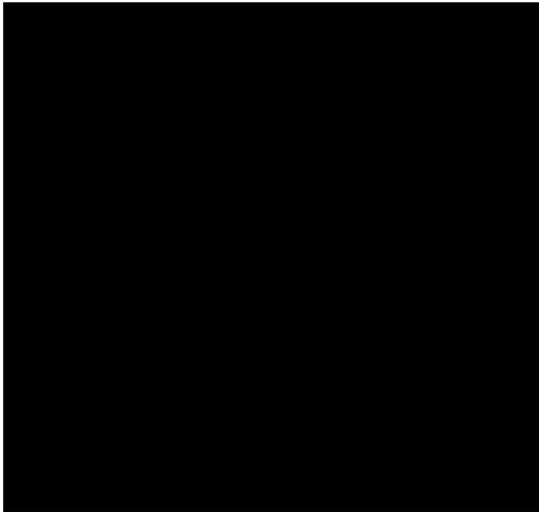
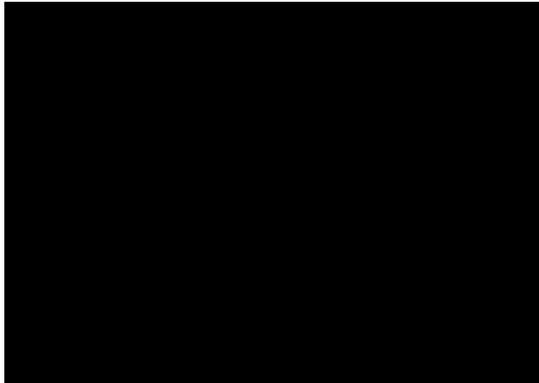
The Travis Combat Arms Firing Range, located 200 yards northeast of perimeter road in the northeast corner of Travis, is off limits to all personnel. Trespassing is not only illegal, but extremely dangerous due to live weapons firing. Anyone requiring entry into the area or needing further information should contact the base Combat Arms Section at 424-2122 or 424-3938.

Proper courtesy

Remember that during retreat and reveille, you must stop and pay the proper respect to the flag. Vehicles should pull over, and pedestrians need to stop and salute.

President's Day

The commissary will be open Monday for President's Day.



COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

Announcements

Readers needed

The Mitchell Memorial Library is looking for volunteers who would like to read or tell stories to preschoolers on Tuesday mornings from 9:30 to 10 a.m. For more information, call 424-3279.

Parents night out

Children ages 6 to 13 are invited to skate, play games and eat dinner at the Travis Skating Rink from 5 p.m. to midnight Feb. 21. The \$20 fee covers skate rental and dinner. Tickets are \$15 if bought in advance at the Youth Center. Call 424-5392 for more information.

Services

Today

▲ Club members are invited to the Delta Breeze Club for a salmon or filet mignon dinner with champagne for Valentine's Day. Dinner is served from 6 to 9 p.m. and reservations must be made by calling 437-3711.

Saturday

▲ Take the Outdoor Adventure Program shuttle to Heavily for \$12 per person. Discount lift tickets and ski equipment rental are available at Outdoor Recreation. Call 424-5659 to reserve a seat.

▲ Enjoy shopping, authentic Asian food and the traditional Chinese New Year's Parade in San Francisco's Chinatown. The shuttle leaves Outdoor Rec at 2 p.m. and returns at about 11 p.m. Transportation is \$12 for adults and \$7 for children. Call 424-5659 for more information.

Sunday

▲ Dance the night away at the DBC Late Niter in the Gold Rush Lounge from 10 p.m. to 3 a.m. The DJ will be playing hip-hop, R&B and old school. There is a \$6 cover, but members pay \$2.

Monday

▲ It's Presidents Day, log onto www.60thServices.com for Services' holiday hours.

Tuesday

▲ Preschool story time at the Mitchell Memorial Library is from 9:30 to 10:15 a.m. See the tribute to African American Heritage and Black History Month.

Monday through Friday

▲ In honor of Black History Month, the DBC will offer a special soul food menu on its all-you-care-to-eat lunch buffet. Menu items will include ham, macaroni and cheese, collard greens, mashed potatoes and more. Don't forget a piece of pie after lunch. Call the DBC at 437-3711 for details.

Wednesday

▲ Bowl as many lines as you can from 3 to 5 p.m. for \$5 at the Travis Bowl in the Winter Bowling Bonanza. Call 437-4737 for details.

Thursday

▲ It's the last day to sign up for the Old Sacramento and Train Town tour with Information, Tickets and Travel. Transportation is \$12 for adults and \$7 for children. Call 424-5659 for details.

Family Support

Tuesday

▲ The Family Support Center readiness NCO will conduct deployment briefings for all personnel tasked for deployment or TDY. The briefings are at 8 a.m. and 2 p.m. at the FSC. Call 424-2486 for reservations. Those unable to make scheduled briefings can call to arrange a one-on-one briefing.

Wednesday

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

▲ The retirement planning briefing is from 8 a.m. to 4 p.m.

Thursday

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

▲ Sponsorship training is

Touring Golden Hills



Linda Mann-Hames / 60th Services Squadron

Golden Hills manager, Tech. Sgt. David Wisecarver explains some of the details of the Travis dining facility's operations to Air Force Hennessy evaluators. They are from left to right, Carman Vacalebre, Dr. Robert Mathews and Senior Master Sgt. John Martin. The evaluators toured the facility Tuesday.

from 9 to 9:30 a.m. at the FSC. Call 424-2486.

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

▲ The FSC readiness NCO will conduct a deployment briefing at 2 p.m. for all personnel tasked for deployment or TDY. Call 424-2486 for reservations. Those unable to make scheduled briefings can call to arrange a one-on-one briefing.

▲ The retirement planning briefing is from 8 a.m. to 4 p.m.

Weekly

▲ Information orientation for careers in elder care with free job skills training for military spouses will take place March 12 from 9 to noon at the FSC. Salary starts at \$9.50 an hour caring for the elderly, disabled or blind in their home. A high school diploma is required. Sign up by calling the FSC at 424-2486.

Operation Hero is a program for students at Center and Scandia Elementary

schools that provides instruction for children to excel and advance in school, academically and socially. Call Center Elementary at 437-4621 or Scandia Elementary at 437-4691 for program information and enrollment.

Family Advocacy

Playgroups

Playgroups are for parents and their children and are held at the Chapel One Annex on First Street. The first Tuesday and Wednesday of each month, the playgroups meet at the Duck Pond for a stroller stroll. During rainy weather, they meet at the McDonalds on the second floor of Solano Mall. The Toddlers Playgroup is Wednesdays from 9:30 to 11 a.m. for children age 18 months to 3 years. Tuesdays from 10 to 11:30 a.m. is the Time For Us Playgroup, for children 3 to 5. Thursdays from 9:30 to 11 a.m. is the Rattles To Raspberries Playgroup, for infants up to 18 months old.

Parents can network with other parents while their children enjoy crafts, guest speakers, music and free play. Registration is not necessary. For more information call 423-5168.

Dads boot camp

Boot Camp for new Dads is a program in which veterans (new fathers who bring their babies) show rookies (fathers-to-be) the ropes of fatherhood. The program is for men only. The program is currently recruiting new dads whose wives are expecting and rookie dads whose wives have just had a baby. Classes are held quarterly. For more information, call 423-5168

Parenting classes

Parenting classes are offered as a six-week program geared toward parents of children 3 and older. Topics include peer pressure, corrective teaching, preventing problems before they occur, family meetings and stopping problem behavior. Classes are held at David Grant Medical Center. Call the Family Advocacy office to register at 423-5168.

Travis program works toward Fit F.O.R.C.E.

Story and photo by Linda Mann-Iames
60th Services Squadron

Air Force troops are being deployed all over the world — many to locations far from Cybex equipment and Aerobics classes. The new Fitness Working Group is creating programs to keep Travis troops in top physical shape wherever they may go.

The group is comprised of staff members from the Health and Wellness Center, the Fitness Center, the human performance team and the security forces squadron.

"We have created a circuit training program to help keep Travis fit by training squadron physical training leaders who then lead their units in the program on a regular basis," said Nicole Saroyan, exercise physiologist at the HAWC.

The program is called Travis Fit F.O.R.C.E., which stands for Fitness or Circuit training Exercise.

Circuit training is 15 different exercises — such as jumping jacks, squats, lunges, pushups, and crunches — done in a row. Beginners start by doing each exercise for 30 seconds the first time around and then 15 seconds the second circuit.

"As they progress, we increase the time — up to a minute for each exercise and then 20 to 30 seconds the second time around," said Patty McMorrow, certified fitness instructor.

The program is simple and versatile and can be done in the field without any

equipment other than a piece of rope. Adding small weights, a step stool, fitness balls and mats just increase the benefit of the exercises but are not necessary.

Circuit training, so named because of doing a variety of exercises in a circular pattern, is said to have been developed in Britain. The founders of the program trained McMorrow when she was at Incirlik Air Base, Turkey. She taught the program for three years at Incirlik and now leads the circuit training here.

"Fit F.O.R.C.E. is based on a program from Kevin Egger, an exercise physiologist from Fairchild Air Force Base, Wash. Patty and the Fitness Working Group have made some additions and modifications to Kevin's program to come in line with our own," said Saroyan.

Each exercise has an instruction card next to it in case participants forget what they are supposed to do next. Once they get the routine down, McMorrow jazzes it up to demonstrate the variety of ways the program can be used.

"I switch the floor plan about every six weeks, replacing one or two exercises with new ones and switching the order around to keep it interesting," said McMorrow.

The first goal is to have every squadron trained by March. The second step is to create a portable system troops can take with them into the field including the instruction cards, upbeat music, a whistle and a stopwatch.

So far, nine units are participating,



The Fitness Workforce Group has designed a new circuit training program for active duty military called Fit F.O.R.C.E. Fitness Instructors train squadron leaders to do 15 exercises in quick succession — then those leaders teach their squadrons.

with more scheduled to begin this month. The Fitness Working Group has invited all unit commanders to a special training session the week of Feb. 24 to encourage participation in the program.

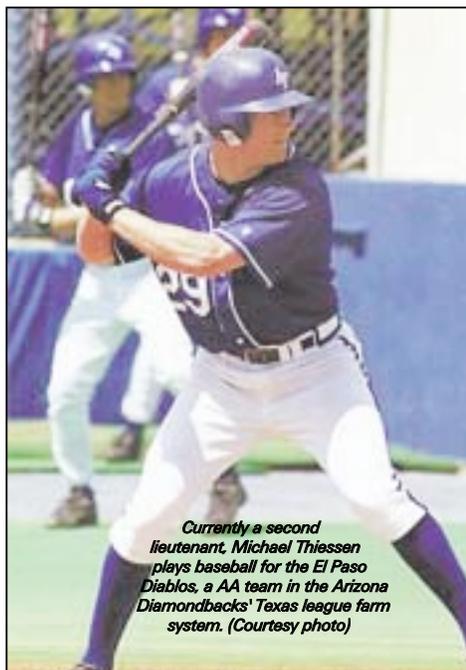
"With large groups we recommend each squadron have three or four trained fitness reps to help everyone," said McMorrow. "It is important they do the exercises correctly to get the most out of it and don't hurt themselves."

Once a squadron has trained fitness reps, they can sign up for regular squadron circuit training once or twice a week. Currently, class times are available in the mornings and afternoons, but

there are a limited amount of time slots. The Fitness Center is trying to schedule evening classes too for those who work second shift.

In addition to the squadron circuit-training program, the Fitness Center offers fitness instructor certification classes so squadron reps can conduct a variety of classes for their unit.

The next class is the Lemond Cycling Certification Feb. 21 from 8 a.m. to 4 p.m. in the aerobic studio. The cost is \$200 per person and may be paid with a unit IMPAC card. Call the Fitness Center at 424-2008 to register for the cycling or circuit training classes.



Currently a second lieutenant, Michael Thiessen plays baseball for the El Paso Diablos, a AA team in the Arizona Diamondbacks' Texas league farm system. (Courtesy photo)

Airman to play for Diamondbacks' farm team

By Airman 1st Class Kara Philp
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. — Firemen, athletes and superheroes are some of the things children dream of becoming and reaching those goals is the hard part. For one airman here the difficulty was deciding which dream to follow.

While playing baseball at the Air Force Academy in 2001, 2nd Lt. Michael Thiessen, 56th Maintenance Operations Squadron section commander, was a 42nd-round draft pick for the Arizona Diamondbacks.

He also had a pilot slot assigned to him upon graduation and had spent eight months in the 62nd Fighter Squadron scheduling office taking familiarization flights when the opportunity to play for the El Paso Diablos, a AA team in the Diamondbacks' Texas League farm system, opened up to him.

"It came to a point where I had to choose between baseball and pilot training," he said. "I chose baseball for now. It was a really big decision for me to try and play professional baseball."

Thiessen has been playing baseball since age 5 and recently switched from shortstop to outfield.

He played high school baseball in California, four years at the academy and one season of rookie ball with the Yakima Bears, an A team in the Diamondbacks' Northwest League farm system in Yakima, Wash.

He holds four single-season and six career records

at the academy, including the only player in academy history to rank in the top six in career home runs, stolen bases and doubles.

"I hit .309 my freshman year, .424 my sophomore year, .419 my junior year and .359 my senior year," he said. "My most current average came when I led the team in hitting with a .309 average during my first season with the (Bears) in Yakima during rookie ball."

"The Diamondbacks have never had an active-duty player in our history," said Tommy Jones, Arizona Diamondbacks player development director.

Thiessen is also the first person to be drafted out of the academy.

According to Thiessen, baseball was not the highlight of his years at the academy.

"It's kind of ironic. I went to the academy as a football player, knowing that I would be able to play baseball there as well," he said. "I played both sports all four years and got most of my recognition as the quarterback of the football team."

Winning a bowl game and playing at Notre Dame were some of his senior-year highlights.

Thiessen is playing baseball under the World-Class Athlete Program that allows active-duty airmen to train and compete in the Olympics.

According to the lieutenant, when players are selected for the program, the intent is they will train and try out for the Olympic team, which draws players from minor league ball.

Thiessen's goal is to play well enough in the minor league that he is a selectee for the 2004 Olympic team.

SPORTS SHORTS

TRAVIS AIR FORCE BASE

Little League meeting

Parents of Travis Little League players are invited to a parents meeting Feb. 24 at 4:30 p.m. at the senior baseball field across the street from the Youth Center. Parents will have an opportunity to meet the coaches and Little League board members, ask questions and discuss the upcoming season. Call William Crockett at 424-5392 for more information.

Fitness scholarship

Last year two Travis youth won the National Fitness Authority decathlon — receiv-

ing a trip to the White House and scholarships. This year's competition is about to begin. Students 10 to 18 years old may sign up March 1 from 1 to 5 p.m. at the Fitness Center. Competitors must join or be current members of the Travis Boys and Girls Club. Call Larry Williams at the Teen Zone at 424-3131 for more information.

Golf special

Cypress Lakes is offering a chili weather golf special, which includes green fees, cart rental, a sleeve of golf balls and a chili dog with soda. This special is only

available weekdays until the end of February. Ranks E1 to E4 pay \$23, E5 and higher and DoD civilians pay \$26 and civilian guests pay \$35. Call 424-5759 for tee times.

Kayaking trip

Kayak the Consumnes River Preserve Saturday or camp out and kayak at Tomales Bay March 1 and 2 with the Outdoor Adventure Program. Participants in the new Out and Back Trips will receive free gifts from Outback Steakhouse and Coast 2 Coast Communications. Call Outdoor Recreation at 424-5659 to sign up.

Boxing Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Kickboxing 5-7 p.m. Dan Stell		Kickboxing 5-7 p.m. Dan Stell	
Kickboxing 7-9 p.m. Dan Stell		Kickboxing 7-9 p.m. Dan Stell		

Martial Arts Dojo Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Intro to Pkwa 12:00 - 1:30 pm HANG/Nikki	PKW 6 a.m. - 7 a.m. Nikki 12:30 a.m. - 1:30 p.m. Nikki	Uchi in a Bag 11-12:30 1st & 2nd Wheel Kajukenbo 5-8:30 pm Cassie	PKW 6 a.m. - 7 a.m. Nikki Yoga 12:30 a.m. - 1:30 p.m. Dana	PKW 8:30-9:30 Nikki Kajukenbo 4:30-6 pm Cassie
Kung Fu San Soo 5:30-8 pm Beto	Wing Chun 6:30-8 pm James	Kung Fu San Soo 6:30-8 pm Beto	Wing Chun 6:30-8 pm Jarreo	

Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Cycling 8:30-9:30 a.m. Sall	Core Step 8:30-9:30 a.m. Rita	Core Cycling 8:30-9:30 a.m. Sall	Core Step 8:30-9:30 a.m. Rita		Cycling 8-9 a.m.
Cardio/Spa 9:30-10:30 a.m. Nikki	Senior Fitness 9-10 a.m. Rita	Yoga 8:30-10:30 a.m. Dana	Senior Fitness 9-10 a.m. Rita	PKW 8:30-9:30 a.m. Martial Arts Dept. Nikki	Total Fitness 9-10 a.m.
Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	
	Squadron Cycle 2-4 p.m. 15th AF		Squadron Cycle 2-4 p.m. 15th AF		
Fit Fitness (12 & older) 4-5 pm SLO	Squadron Cycle 4-6 p.m. MDD	Fit Fitness (12 & older) 4-5 pm SLO	Squadron Cycle 4-6 p.m. MDD		
Core Step 5-6 p.m. Rita	Core Step 5-6 p.m. Kelly/Harvey	Core Step 5-6 p.m. Tanya	Core Cycling 5-6 p.m. Rita	Core Kickboxing 5-6 p.m. Tanya	
Kata + Core Kickboxing 6-7 p.m. Aerobics/Jan	Core Power Blast 6-7 p.m. Kelly/Nikki		Power Blast 6-7 p.m. Rolan	Yoga 6-7 p.m. Tanya	
Cycling 7-8 p.m. Lori	Cycling 7-8 p.m. Rita	Cycling 7-8 p.m. Lori	Cycling 7-8 p.m. Jan		

AEROBIC AND EXERCISE PROGRAM Please check the current schedule for seasonal changes. Core classes are free to active duty military only. You must present your military ID to be allowed into the class. All other classes require a pass for both active duty and other authorized users. For details, call 424-2006.

TRAVIS CINEMA

The Travis theater will be closed for renovation from Feb. 3 to early August. During the renovation, seats will be upgraded, soundproofing will be incorporated, and the building will undergo upgrades to meet base standards. Watch the Tailwind for details on its re-opening.

Visit www.aafes.com/ems.

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Looking for Sports Info.



The Tailwind is always looking for sports news and features. If you or someone you know has an idea for a sports story, call the Tailwind at 424-0131. Sports stories can include unusual hobbies as well.