



TAILWIND



GETTING READY

Travis members process through mobility lines regularly in support of operation Enduring Freedom.

16



ART DISPLAY

Local artists display African-American art at Mitchell Memorial Library.

10



FLYING SECAF

60th AMW transports top leaders to Nellis Air Force Base, Nev.

8

When gas prices soar

UNLEADED	183	$\frac{9}{10}$
UNLEADED PLUS	193	$\frac{9}{10}$
SUPER UNLEADED	199	$\frac{9}{10}$

GASOLINE

AAFES keeps prices competitive
See Page 3

Commander's Corner Operations at all time high



By Brig. Gen. Brad Baker

60th AMW
commander

The East Coast was beleaguered by storms this week ... and as a result, the Travis team picked up a few of the missions intended for Dover Air Force Base, Del. These missions were just a small blip on our "radar" as our operations tempo continues at warp speed with 24-7 processing and movement of aircraft, cargo and passengers, to stateside and downrange locations.

A year and half after the attacks of Sept. 11, 2001, Travis is still delivering forces and resources in support of America's continuing military action. Throughout this time, we've built upon our legacy as "America's First Choice" providing intra and inter theater strategic airlift and air refueling, while rigorously applying the best standards to how we do business.

That's why I'm convinced, as a team, we're more than ready to serve in any future capacity or mission as tasked ... and I'm equally confident that you will excel every step of the way. Our collective readiness is complemented by our preparedness as individuals, which includes ensuring emergency data cards, shots and training are up to date.

I know supervisors and commanders are doing a great job ensuring their folks are squared away, in terms of training, equip-

ping and — to the extent possible — adequate time off. We're in a war and we're in for the long haul - so longer work days, weeks, are often necessary. People should take care of themselves, get enough rest and be as safe as possible.

Tenant recognition

Several of our tenant organizations have been recognized throughout channels for what they bring to the Travis team, not least of which are the men and women in the **615th Air Mobility Operations Group** for earning the Air Force Chief of Safety Outstanding Achievement Award for Ground Safety in 2002.

In addition, several folks assigned to our Air Force Office of Special Investigations earned top honors in region three. Congratulations are due to **Special Agent Vasaga Tilo, Jr.** for earning the Bronze Star for Outstanding Counterintelligence Support and Outstanding IMA of the Year honors; **Special Agent Marc Palmosina** for earning the Lance P. Sijon Leadership Award, Junior Officer Category; **Special Agent Dave Downing** for earning the Company Grade Officer Special Agent of the Year and AFOSI's Outstanding Supply Personnel representative of the Year; **Master Sgt. Ernie Rehart.**

American Red Cross month

I recently signed a proclamation decreeing March as American Red Cross month at Travis. This underscores the importance of this organization within our community, and the premium I place on our volunteers who serve in those ranks. There will be number of events celebrating this, and honoring our volunteer workforce with a lunch-

eon, awards and other related events. I encourage everyone to take the time and donate blood this month, and to learn more about this benevolent organization, and what it brings to the fight (Page 4).

March is also women's history month ... and the Travis Women's History Month committee, led by **Capt. Julie Weimer**, will be sponsoring a variety of events such as a symposium, luncheon, 5K race and bowling tournament. A kickoff breakfast will be held March 4 at the Delta Breeze Club. This is an opportunity to acknowledge and appreciate the historical achievements of women who paved the way for the current and future generations.

Doolittle Raider Reunion

I'd also like to highlight some significant events upcoming in the weeks ahead — we are honored to be a part of the upcoming 61st reunion of the Doolittle Raiders April 15-18, which will be capped by our Air Tattoo April 19. The Raiders' role in World War II was a defining moment for America and the war's outcome ... and we would not enjoy a free and independent nation without them. This will also be a chance to celebrate 100 years of aviation, and it's appropriate that we also pay tribute to former 15th Air Force commander, General Jimmy Doolittle, who served as one of our nation's first test pilots.

Well, that's it for now — please keep up the momentum in taking care of our mission ... and God bless the Travis team and God bless America!

ACTION LINE

TRAVIS AIR FORCE BASE

Call the Action Line at 424-3333

Q Neighborhood insecurity

My home, on base, was broken into in November. I would like to remind base residents there can be a false sense of security living here on base, and they should take all precautions possible to secure their property as well as being alert to suspicious activity. Parents should also know where their children are. Additionally, I noticed this incident wasn't listed in the crime stopper blotter in the following paper.

A Thank you for your concern regarding the safety and security of the Travis AFB population. All unlawful entries into private dwellings are taken seriously and investigated thoroughly by responding Security Forces members and/or investigators. Please remember not all Security Forces responses are entered into the crime stopper blotter activity log. Crimes of a sensitive nature are not entered, nor are crimes pending investigation to avoid alerting the offenders. In an effort to aid in curtailing crime, Security Forces patrols conduct various walking patrols throughout the different neighborhoods on Travis AFB during varying hours of their shifts. All of Team Travis members are reminded to lock doors when leaving home — a simple and effective way to keep unauthorized people from entering.

Q BAH rates

Is it possible that the newly

posted Base Allowance for Housing rates are inaccurate? Was Travis possibly over looked? Secretary Cohen's ambitious plan to reduce out of pocket costs, coupled with skyrocketing real estate costs, deems it unthinkable that our rates remain unchanged. It is extremely difficult to retain quality personnel. Many of us have deployed days numbering in the hundreds. This news does not help the retention situation. If the newly posted rates are accurate, is the Runzheimer survey then using inaccurate data?

A The Travis BAH rates for calendar year 2003 included a \$68 per month increase for the single rate of ranks E-1 to E4. All other rates remained the same as in 2002. The median purchase price of a home in Solano County has increased to \$285,000, but rents were verified by Runzheimer (contractor for BAH validation) as flat. Additionally, Travis has a small housing waiting list for all ranks, and in fact, we have many vacant houses for junior enlisted personnel.

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

NCCIC / Editor

Airman 1st Class Alice Moore

Staff writer

Daily Republic staff

Michael T. Moseley

Daily Republic liaison

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

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

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

Correspondence may be sent to: 60th AMW/PA; 400 Brennan Circle; Travis AFB, CA 94535-5005, faxed to 424-5936 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.

On the Cover



Linda Mann / 60th Services Squadron

The Travis gas station offers competitive prices in the local area. See Page 3.

AAFES in business to save military money

By Linda Mann-Iames
60th Services Squadron

The Army Air Force Exchange Service known as AAFES owns and operates many businesses on base to provide needed products and services to the military members and their dependents. The goal of these businesses is to save the troops money and provide dividends to the Air Force MWR fund.

AAFES operates the Base Exchange, gas station, food court, laundry mat and every other business in the Travis mini mall.

"AAFES businesses are for authorized customers only—active duty, reservists, retirees and their dependents," said Mike Whisler, AAFES general manager. "It is one of the benefits the Armed Forces provide to those who serve our Country."

Gasoline prices on base are always equal to the lowest in the local area. To guarantee that, Whisler has the local gas

stations surveyed at least every other day and then matches the lowest prices.

"Local surveys ensure we provide reasonable savings to our customers, are competitive with local commercial activities and generate acceptable earnings to support our financial objectives," explained Whisler.

"The survey method precludes pricing gasoline too high and thereby generating customer complaints, or too low creating the perception among outside commercial concerns that AAFES indulges in predatory pricing practices."

"The bottom line is that we match the lowest price we can find in the community. If anyone knows of a station selling for less in our area, we'll match it," promised Whisler.

Another AAFES business that offers substantial discounts to military members is the Base Exchange. Most of the time BX customers can find clothes, household goods and electronic equipment at lower prices at the BX than at local retail out-

lets open to the public. Keeping prices low is AAFES' goal, but it takes the cooperation of every customer to keep costs down.

Every time a customer leaves a shopping cart in the parking lot, a full-time employee has to go out and get it. The more carts, the more money it costs to retrieve them.

"We have continuous cart retrieval. As soon as the cart associates finish one end of the parking lot, they start back over again. We have three full-time associates doing nothing but retrieving carts," Whisler said.

According to H.S. Ottesen Insurance, a number of auto insurance claims are made each year due to loose shopping carts causing damage to cars in parking lots. In past claims, individuals who have left a cart in a parking lot and stores have been held accountable.

Returning shopping carts to the store takes a few more seconds than leaving them in the parking lot, but it saves everyone money in the long run.



Above — Cars line up to get gas at competitive prices from the Travis gas station. Gas prices have risen steeply in the last few weeks, yet AAFES attempts to match the lowest commercial gas prices in the area.



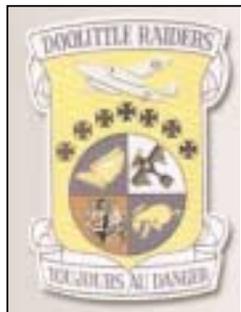
Left — There are two cart return areas in the AAFES Base Exchange parking lot and yet the BX employs three full-time employees to pick up shopping carts left in the lot by customers each day.



Archive photo

Above — B-25B bombers on the flight deck of USS Hornet, while the carrier was en route to the mission's launching point in April 1942.

Right — Doolittle Raiders logo patch, bearing the French motto: "Toujours au Danger" (Always to Danger).



Travis welcomes Doolittle Raiders, guest

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

Travis is honored to host two representatives from the Doolittle Raiders next week. Lt. Col. Richard Cole, Doolittle Raider, and Tom Casey, business manager of the Doolittle Raiders, are coming to the base to meet key people and tour facilities that will be a part of the 61st annual Doolittle Raiders Reunion April 15 to 19.

The reunion is kicking off fundraising efforts for the Jimmy Doolittle Air and Space Museum. The proposed, state-of-the-art facility will replace the current Travis Air Museum, which is not open to the general public and needs major upgrades. All proceeds raised from the reunion will go towards the new museum.

On April 18, 1942, 26-year-old Lt. Richard "Dick" Cole sat next to Lt. Col. Jimmy Doolittle as co-pilot of the first plane to leave the USS Hornet and lead the legendary Doolittle Raid against Japan.

Fifteen Army Air Corps B-25 bombers followed Doolittle across the sea and over mainland Japan, where they dropped incendiary bombs on Japanese war-making industries in Tokyo, Yokohama, Kobe, Odaka and Nagoya.

The broad daylight attack shocked Japan, revived American morale, and began the offensive that would lead to victory in the Pacific.

After delivering their payloads, the bombers turned toward China, but with fuel reserves near empty, 15 of the crews bailed out or ditched at sea. One plane managed to land near Vladivostok, Russia where its crew was interned for 14 months before escaping through Iran.

Of the remaining crews, two men drowned and one died on bailout. Eight were captured by Japanese forces and became POWs for the duration of the war. Of these, three were executed and one died of malnutrition. Four were released after three and a half years as POWs. Cole was among the remaining Raiders who managed to bail out into complete darkness over China. Chinese guerillas and peasants reunited the Raiders safely in Chungking.

He spent most of the remainder of the war serving in China, Burma and India, and retired from military service after 26 years. He and his wife Martha raised five children, farmed and grew citrus for 14 years. Cole is from Comfort, Texas.

Casey and Cole will visit the Fairfield Hilton hotel, where many reunion events will be held and where many guests will be lodged. They will also tour Hangar 818, the Travis Air Museum, Nut Tree Airport in Vacaville, and meet with Travis leadership.

For more information about the reunion, visit www.jimmydoolittlereunion.com or call the reunion hotline at 424-5010.

Support the Red Cross ...



Courtesy photo

Brig. Gen. Brad Baker, 60th AMW Commander, signs proclamation decreeing March as American Red Cross month at Travis

Proclamation

As one of the nation's oldest and most respected humanitarian organizations, the American Red Cross is proud to be the partner of Travis Air Force Base in providing compassionate care to our military members and their families. The American Red Cross has a long history of providing relief to our military members and their families. It is my honor to sign this proclamation to support the American Red Cross in its efforts to provide relief to our military members and their families.

The American Red Cross was founded in 1881 to assist victims of natural disasters and to provide relief to our military members and their families. The American Red Cross has a long history of providing relief to our military members and their families. It is my honor to sign this proclamation to support the American Red Cross in its efforts to provide relief to our military members and their families.

Through the generous support of the American Red Cross, our service members and their families are able to receive the care and support they need. I encourage all of our military members and their families to support the American Red Cross in its efforts to provide relief to our military members and their families.

Through its work, the Red Cross is making a difference in the lives of our military members and their families. I encourage all of our military members and their families to support the American Red Cross in its efforts to provide relief to our military members and their families.

TRAVIS AIR FORCE BASE, California, 28 February 2003. I have the honor to sign this proclamation to support the American Red Cross in its efforts to provide relief to our military members and their families. I encourage all of our military members and their families to support the American Red Cross in its efforts to provide relief to our military members and their families.

BY ORDER OF THE COMMANDER, Travis Air Force Base, California, 28 February 2003. I have the honor to sign this proclamation to support the American Red Cross in its efforts to provide relief to our military members and their families. I encourage all of our military members and their families to support the American Red Cross in its efforts to provide relief to our military members and their families.

Brad Baker
Brigadier General
Commander

AFES teams deploy with U.S. troops

By Bonnie Gillespie
Staff writer, American Red Cross

As thousands of U.S. troops deploy for the Persian Gulf, Red Cross Armed Forces Emergency Services (AFES) staff are shipping out, too. The first contingency team descended onto Washington, D.C., recently for extensive briefings and training sessions, arriving from their regular station assignments in Japan, Korea, England, Germany and various locations throughout the United States.

"In the true humanitarian spirit, almost all the team members volunteered for deployment to the Persian Gulf," said Sue Richter, Vice President of AFES for the Red Cross. "They take a touch of home to our men and women in uniform and are determined to deliver the very best service possible."

Assembled from the mobile AFES staff and the AFES Reserve Corps, the team later went through military processing in Fort Benning, Ga., before departing for their final destinations.

The primary mission of AFES workers is to relay emergency messages between service members and their families, offering a vital link for soldiers, sailors, airmen and Marines with a family member in crisis. Messages frequently involve serious illnesses and deaths or news about the birth of a child.

Additionally, in military deployment situations, the Red Cross offers family members the assurance and reliability that an urgent message is received by loved ones serving

in the military. Red Cross emergency messages have often resulted in a service member reaching the hospital bed of a dying relative to say a last goodbye.

In the largest AFES deployment since Desert Storm, a leadership team and five support teams have been dispatched with U.S. troops. Like military service members, the AFES staff were issued military uniforms and equipment, vaccinated against all possible contaminants and educated about all facets of the deployment setting.

"Despite all the preparation, it's so rewarding," said Maria Bell, an experienced AFES Reserve Corps Station Manager, during deployment training. "Serving is the core of what we're trained to do and the troops truly appreciate having us there."

In addition to emergency messaging, AFES team members utilize a vast network of resources to assist service men and women and their families around the clock. The Red Cross collaborates with military aid societies to provide financial assistance during a family crisis, such as emergency travel expenses, burial costs or funds to meet urgent health, welfare or social needs.

"Red Cross AFES workers have been positively described by many troops over the years," said Richter. "One description that I find particularly fitting is this 'you are an oasis of care and concern.'"

AFES staff members also encounter obstacles similar to those facing service members. They endure separation from family, friends and the comforts of home, experience occu-

pational or financial strains and face the challenge of integrating into a foreign land and potentially dangerous situations. Through it all, however, AFES staff still exhibit an unyielding commitment to members of the American military.

"Our AFES team members love what they do and go willingly into what they know will be a very difficult environment and situation," said Kay Walton, Senior Director of AFES Field Operations.

Many individuals on the AFES teams are former military members and, therefore, know firsthand the vital importance of the Red Cross within military communities. Additionally, some of the staff, like U.S. Army veteran Mona Vines, had personal experiences with the Red Cross that led to their present involvement with AFES.

"Even though my mom is a Red Cross nurse, I didn't start volunteering until after my home was destroyed by a tornado and the Red Cross was there to help me," said Vines. "The volunteers looked like angels to me, and I will never forget it."

It is that same compassion that fuels AFES staff and volunteers in their daily dedication to the members of the U.S. military community, inspiring the countless thousands of troops and families impacted by their faithful service.

"Our AFES staff and volunteers represent the true caring spirit that has always been the hallmark of the American Red Cross in supporting the members of the U.S. military and their families," Walton said. "They are our heroes."



Courtesy photo

AFES team members were packing up for the Persian Gulf region during a recent deployment briefing and training sessions in Washington, D.C.

Wing safety office warns: Speed kills

60th AMW Safety Office

It was just a little more than a year ago that Travis lost two of its top Airmen to excessive speed on a local road. The chances of this happening to you can be greatly reduced by taking the time to understand speeding and to assess the risks. According to the American Heritage Dictionary of the English Language, Fourth Edition, speeding is defined as "the act or an instance of driving especially a motor vehicle faster than is allowed by law."

Minimum Stopping Distances versus Time at Select

Speeds: (based on average vehicle length of 15 feet).

▶ The average reaction time from the time people recognize a hazard and make a decision to act is 1.6 seconds.

▶ When your vehicle is traveling 35 miles per hour at 50 feet (3 car lengths) per second (velocity), it will take you approximately another 32 to 82 feet in a normal reaction time before the vehicle starts to stop).

▶ When your vehicle is traveling 55 miles per hour at 81 feet (5 car lengths) per second, it will take you approxi-

mately 129 feet in a normal reaction time before the vehicle starts to stop.

▶ When your vehicle is traveling 100 MPH at 147 feet (10 car lengths) per second it will take you 235 feet in a normal reaction time before the vehicle starts to stop.

Add to the above distances, the stopping distance of a vehicle once the decision is made to take action like braking or swerving to miss an object in the road. The standard braking distance is effected by many variables such as; road conditions, wet or dry; type of road

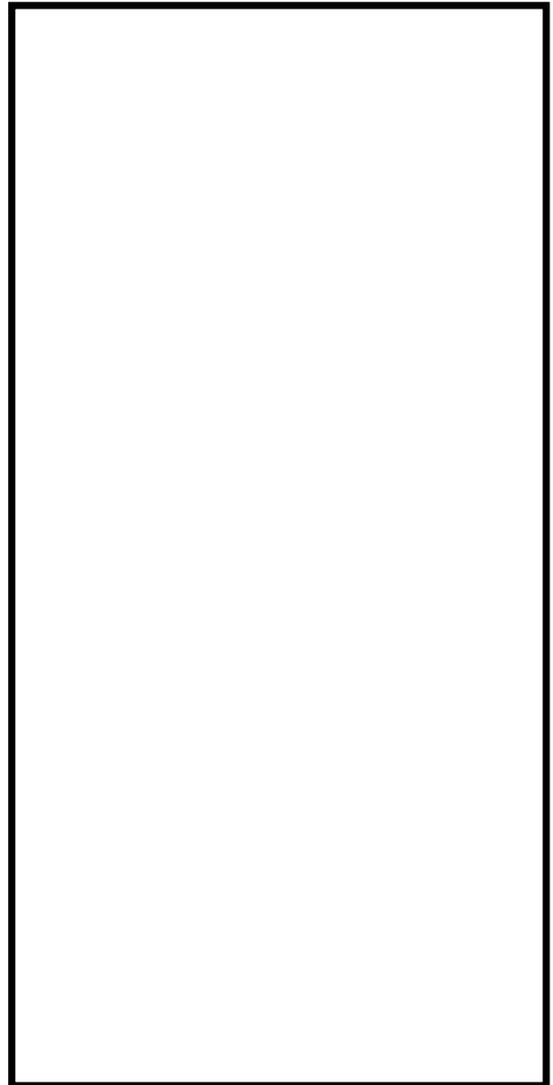
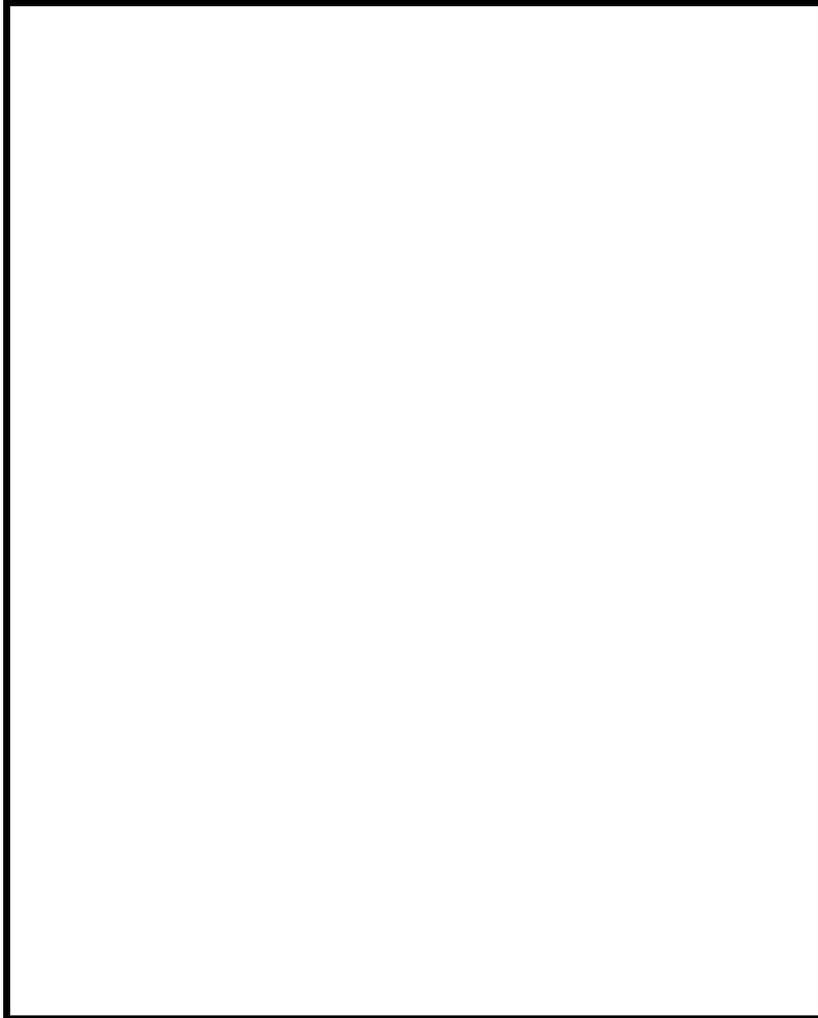
surface, new asphalt, concrete, condition of tires on the vehicle, condition of the braking system and weight of vehicle.

Disregarding the standards for the road can bring costly repercussions. In 2001, the costs of speeding-related crashes were estimated to be \$40.4 billion — \$76,865 per minute or \$1,281 per second. A speeding ticket will cost people \$100-\$300 in the local area, depending on

the miles-per-hour over the posted limit. In turn, for each violation, points are assessed to driving records, which increases insurance premiums.

Speeding reduces a driver's ability to steer safely around curves or objects in the roadway, extends the distance necessary to stop a vehicle and increases the distance a vehicle travels while the driver reacts to a dangerous situation.

Seatbelts are hugs from your car!



Columbia's legacy will soar again

ViewPoint

Lt. Col. Chris Sussingham
Ogden Air Logistics Center

HILL AIR FORCE BASE, Utah — On the first of February the world watched in shock and sadness as Space Shuttle Columbia disintegrated in the skies over Texas.

We can only begin to imagine how devastated are the families of the seven astronauts who vanished forever only minutes from landing.

But, as President Bush said to Columbia's children in his memorial address, "To (you) children who miss your mom or dad so much today, you need to know, they love you, and that love will always be with you. They were proud of you, and you can be proud of them for the rest of your life."

Columbia's legacy is one of courage, discovery and the sweetness of dreams

Columbia's legacy is one of courage, discovery and the sweetness of dreams fulfilled

fulfilled. Though the seven families will never forget the events of that February morning and will never fully heal, the legacy of Columbia's crew will endure.

Americans are explorers;

it is part of our psyche. Born with the founders of a new nation, and continued with the exploration of our western frontier, discovery is a great part of our heritage and something of which we can be proud.

When NASA lost seven astronauts, the world lost seven men

and women who were living our dream. Their success was, to a degree, our success.

We admired them before we knew them. They inspired us before their names were etched in history.

The public sometimes forgets that space flight is dangerous.

Columbia's crew knew the risks and accepted them. They took off on their mission

focused, eager and with smiles on their faces. We miss them more because of this.

As the investigation into the Colum-



bia disaster unfolds, we need to be aware of some fundamental facts.

First, NASA immediately went to work to find out what went wrong. Before a single call went out, NASA engineers were reporting to work. Those are the kinds of people NASA employs.

Second, the investigation, like the tragedy itself, will be played out in the full view and scrutiny of the media. This is a deep strength of the United States and this openness rarely occurs elsewhere on earth.

Third, we already witnessed NASA officials admitting that they made mistakes, and we have seen them take responsibility. A refreshing departure from the "duck and cover" tactics so many critics of the United States employ.

And finally, the best and brightest in our scientific community will continue the investigation, NASA will find the root causes, and they will fix the problems. Soon after that, shuttle operations will resume and the legacy of Columbia will soar. Count on it.

Flying high



A Travis KC-10 crew flew General John P. Jumper and Dr. James G. Roche in addition to several white house fellows and the SECAF advisory committee from Andrews AFB to Nellis AFB earlier this month, where they observed a live fire, air power demonstration.

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.

Library exhibits African-American art



Linda Mann / 60th Services Squadron

Artist Melanie Maddox Olson stands next to her drawing "Dream of Ancestral Roots" displayed in the Mitchell Memorial Library. The work is part of an unfinished series of artwork in recognition of African American Heritage arts.

By Linda Mann-Iames
60th Services Squadron

Throughout the month of February, the nation, organizations, individuals and businesses have educated people of all races about black history, art and culture.

The Travis' African American Heritage Committee teamed up with the Mitchell Memorial Library to create a display featuring literature and art in honor of Black History Month.

Local artist, Melanie Maddox Olson, was asked to display five of her pictures as part of the exhibit. Olson works with many media including oil, pastels, graphite and crewel embroidery on canvas.

"Art — drawing, painting, and poetry is a need you feel deep in yourself, and you have to express it. When you are depressed or angry, art

can be healing," Olson said.

Olson's pastel drawing "Dream of Ancestral Roots" depicts a forest of living trees in the form of women of many nationalities walking along a common path. This is only the first drawing of three in an unfinished series.

"I had a very vivid dream of the trees walking. But they were not just trees, they were all women," said Olson. "One is a mother holding a baby at her breast, another is a Native American woman dancing. There is a woman-tree shaped as a kimono and another with a turban on her head. They are different ages, nationalities and races, but they all are going in the same direction."

She is not sure if the women represent our ancestry or our future, but one woman-tree is definitely a combination of all women — a mosaic.

Other artists and authors

have work in the exhibit - some chosen by the library staff and others by a professional art consultant.

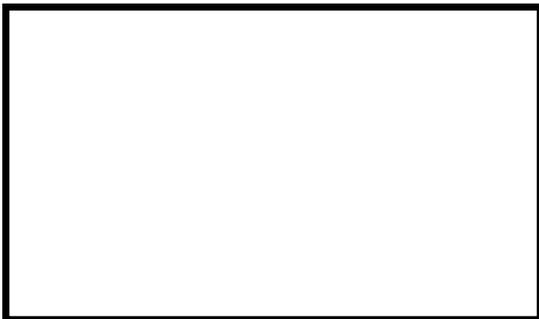
Fatima Epes, owner of Ethnic Expressions, filled the library's display cabinet with figurines and paintings depicting black people of different nationalities. The display includes a drawing of Ruby Bridges being escorted to school by the National Guard, a few of Emma Jean's Babies figurines and statues of Maasai tribes people in Africa.

In addition to her library display she also has some figures at the Delta Breeze Club and three pictures at the Travis Credit Union.

For more information about Ethnic Expressions or how to purchase many of the pieces in the exhibit, call Fatima Epes at 429-3768.



Knowledge is power!
Read a book at the base library.



Animal control, an issue at Travis

By Tech. Sgt. Mark Diamond
60th AMW Public Affairs

Each week the Tailwind publishes a Travis Security Forces Activities column, and each week the words "animal control issue" appear in this column again and again; sometimes as many as five or six times.

According to the 60th Security Forces Squadron, loose dogs are a common problem on base. Although some owners quickly corral their escape canines, SFS personnel said base security personnel must apprehend many more animals.

What happens after base security personnel step in is sometimes unclear to base pet owners.

If dogs are found loose on Travis Air Force Base, the 60th SFS Law Enforcement Desk may be notified to pick up the animal or the animal is delivered directly to the LE Desk in Building 380A. The animal is held at the LE Desk until the Humane Society picks it up.

According to Security Forces officials, the Humane Society will come out to Travis to pick up animals that are already in the "custody" of base security forces. How-

ever, the Humane Society will not "chase down" animals. Additionally, the Humane Society only responds on weekdays, Monday through Friday. During the weekends, Security Forces personnel transport dogs directly to the Solano County Animal Shelter.

According to Security Forces officials, every effort is made by Security Forces and the Animal Shelter to contact the pet owner. However, officials said notification is difficult, if not impossible, if the pet does not have tags or a microchip.

Once the animal is turned over to the Animal Shelter, the owner has six days — including the day the animal was turned in — to claim their pet.

After six days, the animal is evaluated for adoptability. If the animal is adoptable, it will be kept indefinitely until adopted.

It costs approximately \$93 to adopt a dog. This fee covers tags, spay or neuter, and a microchip, which is inserted into the dog's shoulder. The microchip is used for tracking purposes.

According to animal shelter employees, every dog brought in to the shelter is scanned for a chip in the hopes of contacting the owner.

David Grant Medical Center upgrading pharmacy program

Latest state-of-the-art system: PharmASSIST

By Jim Spellman
60th Medical Group Public Affairs

David Grant Medical Center's pharmacy staff is now following an Air Force-wide upgrade after making major renovations to equipment used to fill and verify prescriptions. The new procedure went into effect Feb. 22.

"This new system, called 'PharmASSIST,' will require us to process prescriptions in a completely different manner than patients and staff are normally accustomed to at DGMC," said Maj. Paul Hoerner, chief of pharmacy operations.

PharmASSIST is designed to improve patient safety, thereby allowing pharmacy staff to provide enhanced patient care that is more personalized.

"At present, the pharmacy fills all prescriptions as soon as possible once they are typed in by our providers, delaying patients who are waiting behind those who are not," Hoerner said. "Under PharmASSIST,

live patient information must be gathered and entered into the system's safeguards before prescriptions are processed."

For this new process to work effectively, patients visiting DGMC will now have to check in at the pharmacy window after their appointment in order to begin the filling process.

"We anticipate some longer wait times in the short term until the pharmacy staff, clinic staff and patients become accustomed to the new process," Hoerner explained. "However, The upgrade will incorporate the latest state-of-the-art technology to improve overall patient safety."

Maj. Paul Hoerner
Chief of pharmacy operations

"The upgrade will incorporate the latest state-of-the-art technology to improve overall patient safety."

"We greatly appreciate everyone's patience and understanding during this upgrade," Hoerner added.

"Once everyone has become accustomed to the new system, we believe that everyone will appreciate the benefits of the new system."

For additional information or questions about the new PharmASSIST process, call 423-7109.

Two Scott heroes rescue strangers in need

By Staff Sgt. Steve Horton
375th Airlift Wing Public Affairs

SCOTT AIR FORCE BASE, Ill. — A house fire and an apparent heart attack while driving could have been fatal had it not been for the heroic acts of two Scott airmen.

Tech. Sgt. Tim Schodorf of the 375 Maintenance Squadron and 1st Lt. J'wana Fletcher of the 375th Medical Group helped rescue strangers recently.

In the first rescue, Schodorf rushed into a burning, smoke-filled house in Belleville, Ill., and assisted an elderly woman to safety.

He and his wife were driving near their home when they saw smoke coming out of a house and pulled over to help.

"When we pulled over, we could see the back rooms were totally engulfed in flames," said Schodorf. "I've seen the woman working in her yard before, so I just ran in to help."

When the Schodorfs arrived, there was another man trying to dial 9-1-1, but he was having problems with his phone, according to the sergeant.

"I didn't really think about it; I threw

Husband, wife team save woman from house fire, administer CPR

my cell phone to my wife and ran into the house," he said. "There was so much smoke that I ran into the wall at first and had to drop to the floor and call out for her."

After locating the woman, Schodorf helped her out of the burning house and to the safety of a neighbor's home.

He later learned the elderly woman had fallen a week earlier and hurt herself. That is why she was having trouble getting out of the house.

"I've never been one to stand around," he said. "If something needs to be done, I just do it. I didn't really think about it until after I got her out."

"I was a little scared when he ran into the house," said Teresa Schodorf. "But, that's the kind of person he is. I was just hoping he would get to anyone in the house ... before it collapsed."

The fire began when a lamp fell over and caught a mattress on fire, complete-

ly gutting the home. But, thanks to Schodorfs actions, the woman escaped unharmed.

During another recent incident, a truck moving erratically on Interstate 64 suddenly veered out of control and into on-coming traffic. Fletcher knew the driver was in serious trouble.

The driver had suffered an apparent heart attack and was motionless when Fletcher, an emergency room nurse, and her husband, Michael, arrived.

Her medical training immediately kicked in, and they removed the driver from the truck while maintaining cervical spine precautions. After placing him on the ground, she determined he did not have a pulse and was not breathing.

"My husband and I performed two-person CPR to assist the patient in regaining a heart beat," she said. "The medics arrived just as the heart beat was regained and did a quick-look on

the monitor and found the patient was in a dangerous (heart) rhythm."

The paramedics were able to shock the truck driver into a stable rhythm, transfer him to Scott's emergency room and then to Barnes Hospital in St.

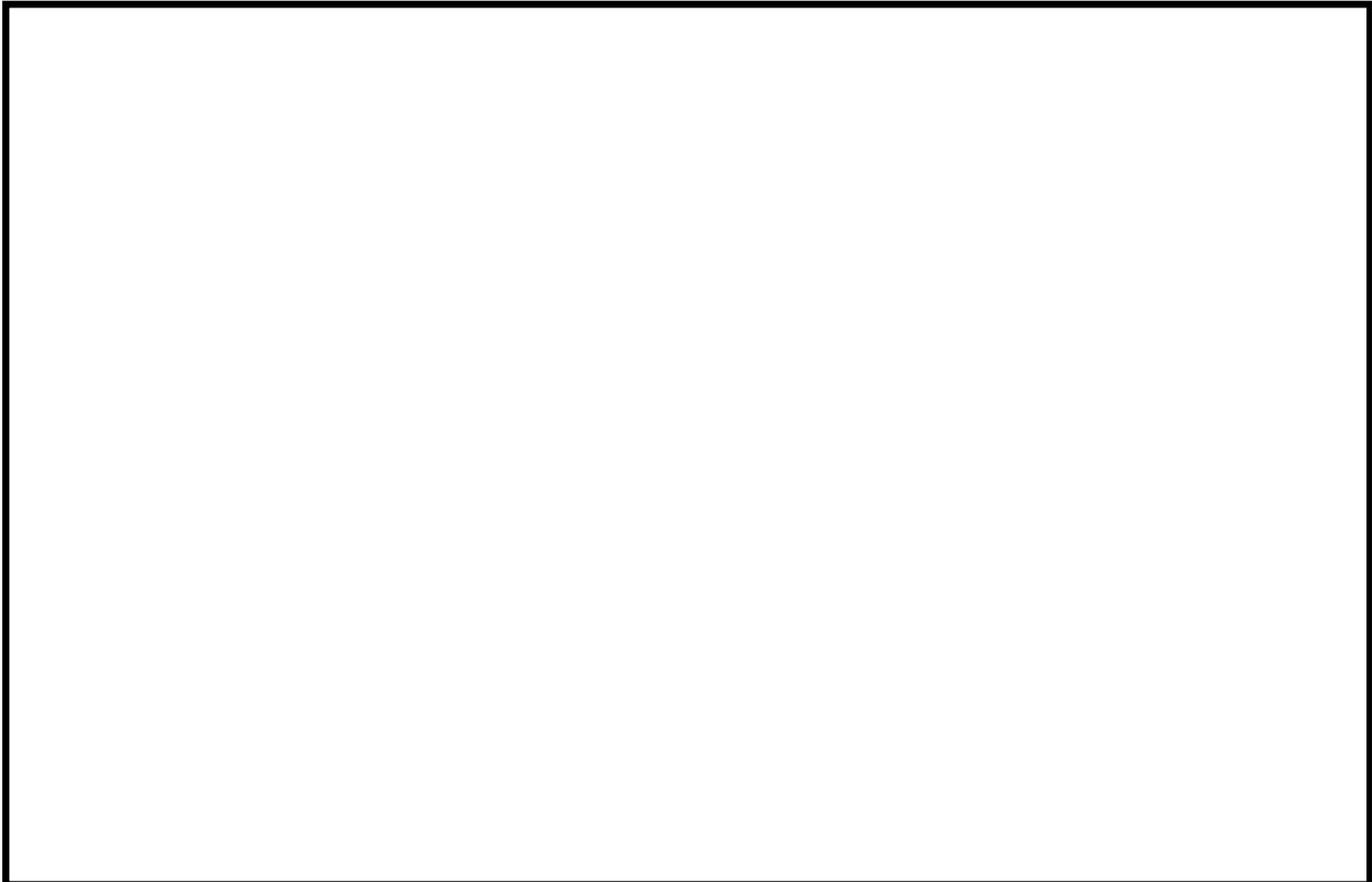
Louis. Fletcher credits, in part, her Air Force training for preparing her to handle situations like this one.

"I have learned a greater sense of commitment and dedication to my community, how to adapt to unexpected situations and to stay flexible to the needs of the surrounding environment," she said.

When the word "hero" was brought up, Fletcher tried to distance herself from the term.

"We just did what we were supposed to do as health care providers, Christians and members of the community," she said. "It's just the type of people my husband and I have always been. If you need us, we will be there for you. We couldn't live with ourselves if we didn't do what we could to help someone in need."

Thanks to the Fletchers providing aid to someone in need, the truck driver made a full recovery.



Use common sense when posting to Internet, officials say

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON — Recent advances in technology have Air Force officials urging airmen to use common sense and remember operations security when posting on the Internet.

An item of special concern is the placement of photos of forward operating bases on personal Web sites. What has officials worried is the possibility of adversaries collecting those photos and using them to plan attacks against U.S. forces.

According to Lt. Col. Brieuc Bloxam, Air Force operations security program manager, airmen have posted photos on their Web sites of personal living areas, common-use areas such as dining facilities and basketball courts, operations buildings, perimeter fences and guard shacks.

"It makes people very nervous when they come across those (on the Inter-

net)," Bloxam said.

Maintaining operations security, Bloxam said, is one of the keys to effective force protection.

"Ultimately what's important is that OPSEC can and does save lives and increases our mission success rate," he said.

While there are no specific regulations or laws that prevent someone from posting unclassified information on a personal Web site, Bloxam said people should keep in mind the Internet's reach.

"At present, there is nothing that says I can't take personal photos with my personal camera and post them," Bloxam said. "But when you post something on the Web, you're posting to the world, and you don't control who has access to the information you're posting. You're open to threat, and you may put others at risk in the same way."

**Posting to
the Web
means
posting to
the world.**

In a recent case, Bloxam said, personal photos taken by an airman and placed on a personal Web site were downloaded and placed on an anti-American site. What began as "I was here" photos for friends and family became propaganda material used by an adversary.

Air Force legal officials say a commander's right

to protect his forces may supersede a person's right to post.

"I would be surprised if anybody would argue that they'd have some sort of First Amendment right to publish photos ... especially when we're in a heightened state of security," said Lt. Col. Timothy W. Murphy, chief of the command doctrine and employee law branch in the office of the Air Force Judge Advocate General.

"National security and the security of

personnel are compelling reasons ... to prevent this type of speech," he said.

Murphy said if a commander determines there are legitimate security concerns, he can prohibit personnel from posting to the Internet from his location, even if that means curtailing "morale call" types of e-mail access.

"When you put security concerns together with the fact that you're using government Internet access time, it's reasonable for the U.S. military to say 'No pictures,'" he said.

While commanders may have the ultimate responsibility, Bloxam said, maintaining operations security and force protection is everyone's business.

"Security, ultimately, is everyone's responsibility," he said. "It's everyone's duty to protect themselves and the U.S. armed forces, even if that means you don't send out a photo over the Internet. That 'innocent' picture of you standing outside your dorm may provide an adversary all kinds of information."

TRAVIS CHAPEL

COMMUNITY SERVICES AND NEWS

Catholic services

- ▶ Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.
- ▶ Thursday, noon, Catholic communion service, DGMC Chapel.
- ▶ Saturday, 4 to 4:45 p.m., confessions, Chapel One.
- ▶ Saturday Mass, 5 p.m., Chapel One.
- ▶ Sunday Mass, 9 a.m., Chapel One.
- ▶ Sunday, 9 a.m., children's liturgy of the Word, Chapel One.
- ▶ Sunday Mass, 12:30 p.m., Chapel Center.

Protestant services

- ▶ Friday, noon, 30-minute worship service, DGMC Chapel.
- ▶ Sunday, 8 a.m., praise and worship service, Chapel Center.
- ▶ Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.
- ▶ Sunday, 11 a.m., community Gospel service, Chapel One.

Contemporary services

Inside Out — Sundays at 5 p.m. at the Chapel Center. A children's program is provided. For more information, contact Chaplain (Capt.) Herb Shao at 424-3943.

Wicca services

Classes are held at various locations and times. *E-mail beltane@prodigy.net* for current information.

Chapel News

Faith-formation

The St. Michael Catholic Community offers the following adult faith-formation classes:

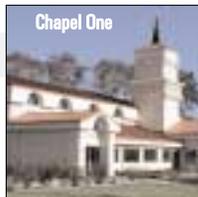
- ▶ **Bible Study Interpretation** — Tuesdays from 7-9 p.m., contact Charles Raymond at 426-6781.
- ▶ **Faith Lessons on the Early Church** — Wednesdays from 9-10:30 a.m., call Frances Pelletier at 437-4503 or e-mail *sky-watch@flash.net*.
- ▶ **Catholic Doctrine, Catechism for Adults** — Sundays from 2-4 p.m., call Julius Blum at 446-4200 or e-mail *docblum@prodigy.net*.
- ▶ **Catholic Apologetics, Explaining Catholicism to Non-Catholics** (web-based) — call Julius Blum at 446-4200 or e-mail *docblum@prodigy.net*. For more information on Adult Faith-Formation Classes, contact Maryellen Rosenberg at 424-4795 or 437-0624.

Ash Wednesday Services, March 5

- ▶ **Catholic** — 11:30 a.m. at Chapel Center, noon at the David Grant Medical Center Chapel, 6 p.m. at Chapel Center.
- ▶ **Protestant** — noon at Chapel One.

Catholic activities

- ▶ The Catholic high school is planning aski trip to the Sugar Bowl Ski Resort March 8. There



will be a charge of \$19 for a lift ticket and \$16 for ski rentals. The group will depart Chapel One at 6 a.m. and return 7:30 p.m. Parents to help chaperone and possibly drive are needed. For more information, call Jon and Lea-Ann Virnig at 437-4079.

▶ **Catholic adult confirmation** by Archbishop O'Brien from the Military Archdiocese will be April 22. In preparation for this event, a six week course will be offered by Fr Greg on Thursday evenings at Chapel One beginning Thursday at 6 p.m. This class is for people 18 or older, baptized Catholic but never having received the sacrament of Confirmation. Confirmation is now a requirement for a Catholic to be married in the Catholic Church. Register for the class by calling Carol Lee at the chapel office at 424-5780.

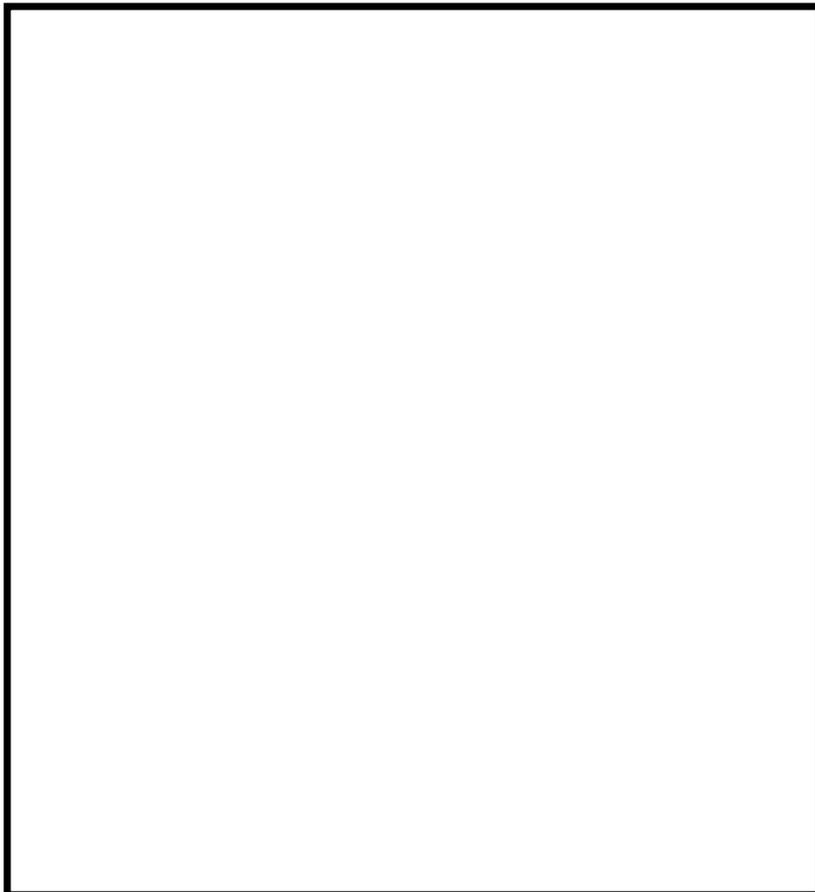
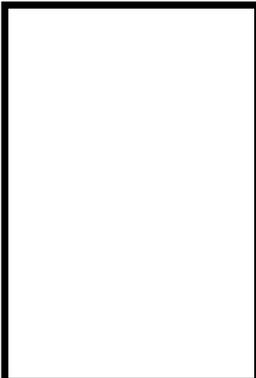
Protestant meetings

- ▶ Protestant Men of the Chapel meets the first Saturday of every month at 8 a.m. in Chapel One.
- ▶ Protestant Women of the Chapel meet for a Bible study every Monday at 7 p.m. at Chapel Center and every Friday at 12:30 p.m. in Chapel One.



Conquer the world of words.

Read a book at the base library.



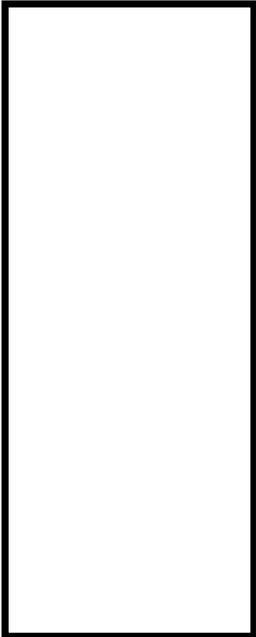
Are you ready?

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

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



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.



Travis holds chiefs induction ceremony

Tailwind staff

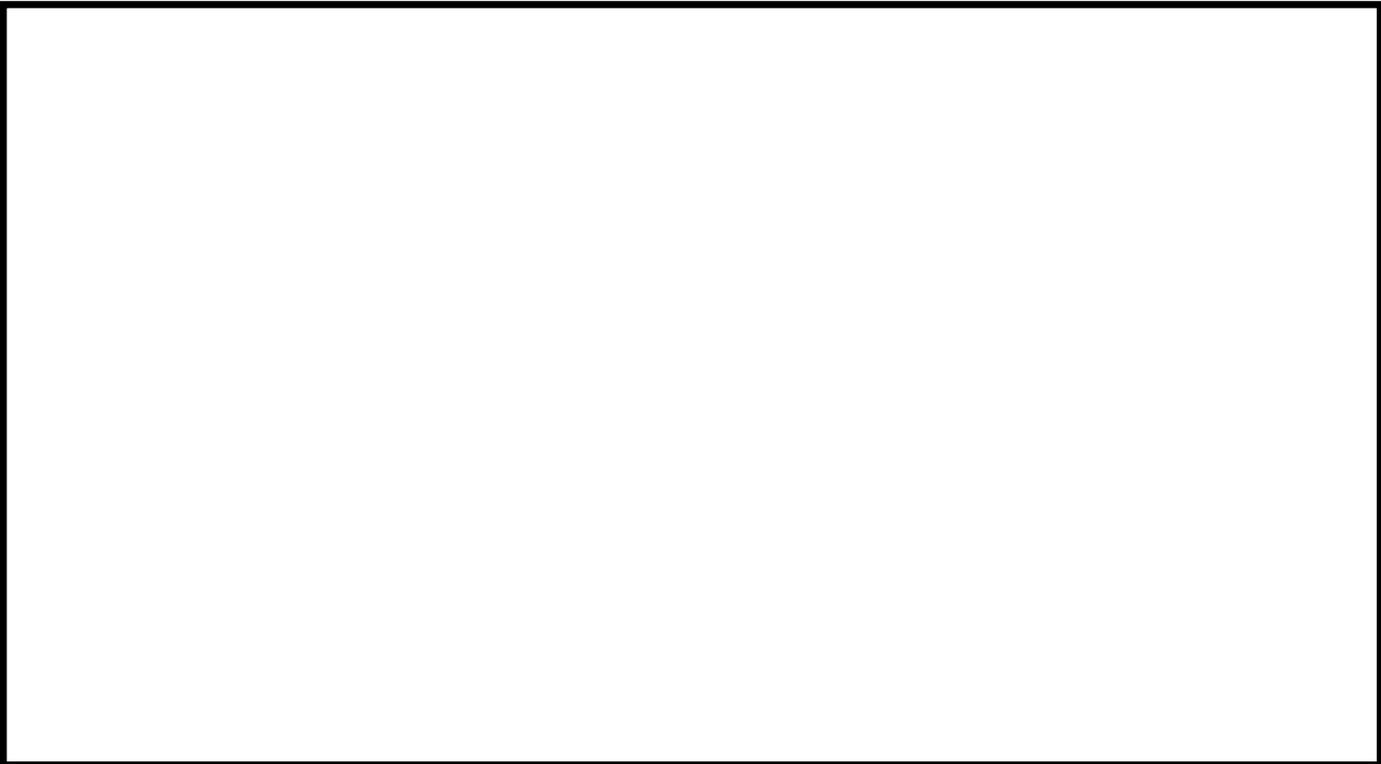
The Air Force is steeped in tradition and Travis is no exception. On March 14, the Travis Chiefs' Group will host the first-ever, combined Chiefs induction ceremony for nine active duty and nine reserve chief master sergeants as well as two honorary chief master sergeants.

Throughout the Air Force, similar events occur each year to honor those who have been selected as part of this elite society. Only one percent of all enlisted personnel in the Air Force can serve in the grade of chief master sergeant. The chief selects, who will be honored on this day, have been identified as the top

tier of the enlisted force. Their strengths have been tested, achievements acknowledged and all have proven themselves capable of carrying the enlisted banner.



Additionally, the conferring of honorary chief master sergeant status to an individual is a rare and special event. A former 60th Air Mobility Wing commander and a retired civil servant will be honored. People are selected because of their contributions to quality of life issues for Team Travis and throughout the Air Force. Their induction as honorary chief master sergeants is a fitting tribute of respect and honor recognizing leadership and commitment to the enlisted force. For more information, contact Chief Master Sgt. Ron Prewitt at 423-7084.





Left — Deploying personnel are required to receive a mobility briefing prior to departure. The briefing covers topics such as security precautions, host nations customs and courtesies, and intelligence reports.

Below — Deploying members passing through the Travis mobility line undergo a complete check of military, medical and emergency records.



GEARING UP ...

Tailwind staff

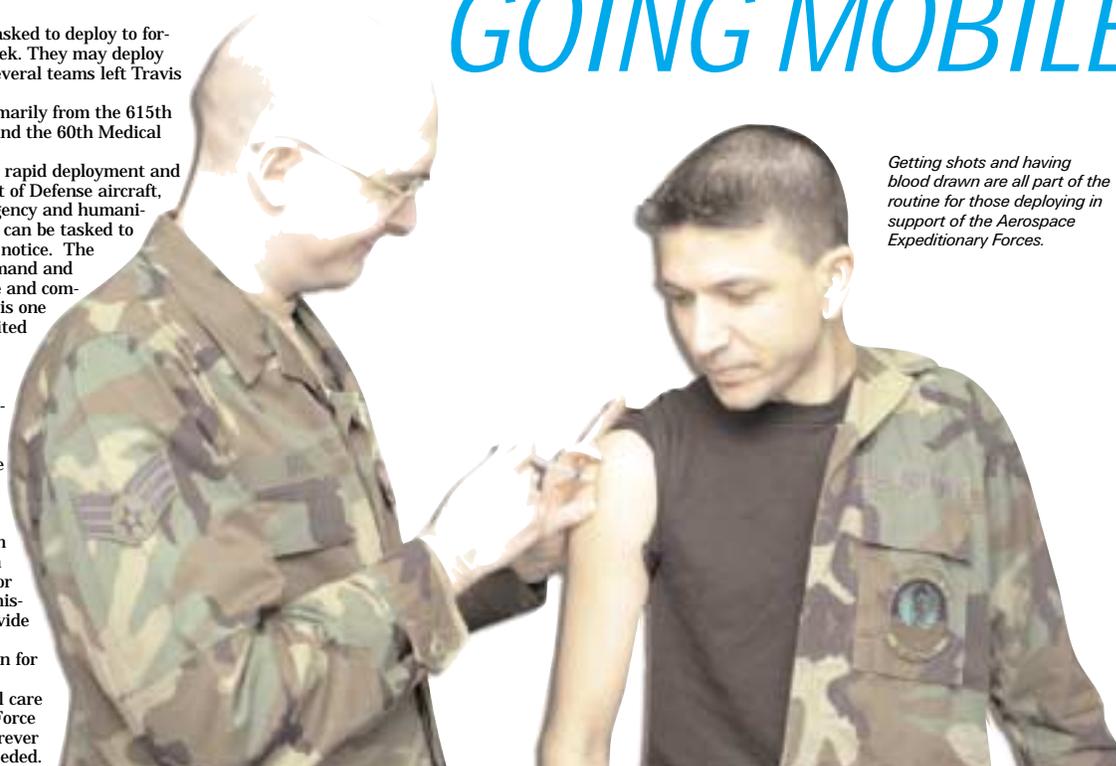
Personnel from Travis were tasked to deploy to forward operating locations last week. They may deploy for up to six months or more. Several teams left Travis last week and early this week.

The deploying airmen are primarily from the 615th Air Mobility Operations Group and the 60th Medical Group.

The 615th AMOG enables the rapid deployment and movement of critical Department of Defense aircraft, cargo and passengers for contingency and humanitarian relief missions. Members can be tasked to deploy worldwide at a moment's notice. The 615th AMOG units include command and control, aerial port, maintenance and communications. The 615th AMOG is one of only two such units in the United States Air Force.

The deploying Travis medical professionals include medical technicians and patient care support teams, which are part of Expeditionary Medical Support Teams. These teams support the national military strategy and represent the cornerstone of medical support to Aerospace Expeditionary Forces deployed in any worldwide contingency, from small-scale contingencies to major theater wars. The EMS team's mission is to rapidly deploy and provide stabilization, primary care, force health protection and preparation for aeromedical evacuation.

The teams assist with medical care and management of mobile Air Force hospitals around the world, wherever and whenever medical care is needed.



Getting shots and having blood drawn are all part of the routine for those deploying in support of the Aerospace Expeditionary Forces.

GOING MOBILE

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.

OAP trips

There are many trips scheduled for the snow and water this spring, but most Outdoor Adventure Program trips require advance registration and a pre-trip meeting. Don't wait until the last minute, stop by Outdoor Recreation today to sign up for the next ski, snow hike, sea kayaking or backpacking trip.

Services

Today

▲ The soul food lunch buffet is at the Delta Breeze Club from 11 a.m. to 1 p.m. It includes black-eyed peas, sweet potatoes, fried chicken and more. The all-you-care-to-eat buffet with soup, salad and dessert is \$8.75 or \$7 for Members First.

▲ Play X-Box for fun and prizes at the DBC at 7 p.m. There will be free snacks and drink specials. This event is for 18 and older only.

Saturday

▲ Take the Outdoor Rec shuttle to Pier 39 and Fisherman's Wharf for a fun day of shopping, eating and sight seeing in one of the most famous areas of San Francisco. Transportation is \$12 for adults and \$7 for children. Call 424-5659 for more information.

▲ Students 10 to 18 compete in five events in the local Fitness Authority competition from 1 to 5 p.m. at the Fitness Center. Call Larry Williams at 424-3131 for more information.

Tuesday

▲ Preschool story time at the Mitchell Memorial Library is from 9:30 to 10:15 a.m. While there, check out the tribute to Black History Month.

Wednesday

▲ The Youth Center's Fundamentals of Art class begins today and will continue every Wednesday from 3 to 4 p.m. Children in first through sixth grade are invited to register, however, the class is limited to 12 students, so sign up early. The cost is \$30 per month. Call 424-5392 for more information.

▲ Youth, ages 8 to 12, are invited to audition for the Youth Center's choral program from 3 to 6 p.m. The choir will meet every Wednesday from 3:30 to 5 p.m. The cost is \$30 per month. Call 424-5392 for more information.

Thursday

▲ The Sierra Inn serves its airman appreciation meal from 4:30 to 6:30 p.m.

▲ All applications for the Air Force Teen Aviation Camp are due to the Youth Center today. Youth must be sophomores or juniors this year to qualify. Call 424-5392 for details.

▲ It's the last day to sign up for Outdoor Rec's family trip to the Sacramento Zoo and Fairy Tale Town on March 8. Bring a picnic and Information. Tickets and Travel will provide the transportation for \$12 for adults and \$7 for children. Call 424-5659 for details.

Family Support

Monday

▲ The salary and benefits negotiation workshop is at the Family Support Center from 8:30 to 11:30 a.m. Call 424-2486.

▲ The spouse employment orientation briefing is from 9 to 10 a.m. for newly arrived spouses. Topics include employment and career development programs at the FSC. Call 424-2486.

Tuesday

▲ The FSC Readiness NCO will be conducting deployment briefings at 8 a.m. and 2 p.m. at the FSC for personnel tasked for deployment or TDY. Call 424-2486 for reservations. Those unable to make sched-

Mother and child reunion



Archive photo

Courtney Agamedí gets a train ride with help from her mom Stephanie, at one of the three Travis Child Development centers.

uled briefings, can call to arrange a one-on-one briefing.

▲ Ultimate Job Search is at the FSC from 8 a.m. to noon. Topics of this half-day job search workshop include skills and self-assessments, job search techniques and more. Call 424-2486.

Wednesday

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

Thursday

▲ The Professional Growth and Development class for airmen (E-3 and below) is from 7:30 a.m. to 4 p.m. at the FSC. Call 424-2486.

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

▲ The budgeting and credit class from 9 to 11 a.m. at the FSC. Call 424-2486.

▲ The skills and self assessment class is from 9 a.m. to noon for job seekers. Explore different career paths based on personality type, skills, abilities and

interests. Call 424-2486.

▲ The FSC Readiness NCO will be conducting deployment briefings at 8 a.m. and 2 p.m. at the FSC for 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.

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 McDonald's 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 who bring 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.

NEWS NOTES

TRAVIS AIR FORCE BASE

NCO induction ceremony

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

AFAS campaign drive

The Air Force Aid Society's campaign drive is scheduled to run from March 3 to March 7. The Wing's representatives are:

Capt. Karie Pahia, director of staff

Staff Sgt. Mistie Morgan, 60th Operations Group

Senior Master Sgt. Richard Colson, 60th Maintenance Group

Master Sgt. Bob Griffin, 60th Mission Support Group

1st Lt. Tim Christinson, 60th Medical Group

Rebecca O'Hara, 615th Air Mobility Operations Group

Deployed family dinner

The base Top 3 is sponsoring a deployed family dinner and movie March 7 starting at 6 p.m. at the David Grant Medical Center dining facility. R.S.V.P. by March 4 to Master Sgt. Sylvia Crowder at 424-8115.

Chief's induction

The Travis Chief's Group is scheduled to hold the 2003 Chief's Induction Ceremony March 14 at 6 p.m. at the Delta Breeze Club. Dress for the evening is mess dress or semi-formal for military people and formal for civilians. People interested in attending the event should R.S.V.P. to Chief Master Sgt. Steve Kingrey by March 5 at 424.2113. Costs for the event are \$30 for club members and \$32 for non-members.

New telephone numbers

The Military Personnel Flight Customer Service office has new phone numbers.

For ID cards, call:

Customer Service Representative No. 1: 424-8483

Customer Service Representative No. 2: 424-8480

Customer Service Representative No. 3: 424-8481

Customer Service Representative No. 4: 424-8468

For the Records Section, call 424-5523, 424-2253, 424-7118, 424-3903 or 424-8347.

Mandatory briefing

Active-duty members within six months of date of separation need to schedule the 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 Air Force Reserve in-service recruiters questions about the Reserves. 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.

Finance operations

The day before, the day of, and the day after payday are the busiest days at the Travis Finance Office are. Finance officials ask that customers use the other business days to process allotments, Thrift Savings Plan forms, direct deposits, Federal and State Tax forms, and so forth.

Savings Bonds

Did you know that U.S. Savings Bonds information is available on the Internet?

The address is www.publicdebt.treas.gov Find out about maturity periods, tax benefits and the values of your Savings Bonds.

Seatbelts are hugs from your car!



On your mark, get set, get fit ...



Courtesy photo

The 2003 Fitness Authority competition is about to begin. Students age ten to 18 may sign up to compete in the local Pentathlon from 1 to 5 p.m. on March 1 at the Fitness Center. Youth with the highest scores in five events-standing long jump, lateral hops, push-ups, sit-ups and jump rope-will go on to compete in the Regional Heptathlon. Call Larry Williams at 424-3131 for more information or to register.

FITNESS CENTER CLASSES

TRAVIS AIR FORCE BASE

Mondays

- » Core cycling from 5:30 to 6:30 a.m.
- » Cardio/sculpting from 9:30 to 10:30 a.m.
- » Core step aerobics from 11:30 a.m. to 12:30 p.m.
- » Introduction to Piyo in the martial arts dojo from noon to 1:30 p.m.
- » Phat Fitness for 12 and older from 4 to 5 p.m.
- » Core step aerobics from 5 to 6 p.m.
- » Butts-n-guts kickboxing aerobics from 6 to 7 p.m.
- » Kung Fu San Soo in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.
- » Kickboxing with Dan Stell from 7 to 9 p.m.

Tuesdays

- » Core step aerobics from 5:30 to 6:30 a.m.
- » Piyo in the martial arts dojo from 6 to 7 a.m.
- » Senior Fitness from 9 to 10 a.m.
- » Core cycling from 11:30 a.m. to 12:30 p.m.
- » Piyo in the martial arts dojo from 12:30 to 1:30 p.m.
- » 15th AF squadron cycle from 3 to 4 p.m.
- » MDG squadron cycle from 4 to 5 p.m.
- » Core step aerobics from

5 to 6 p.m.

- » Kickboxing with Dan Stell from 5 to 7 p.m.
- » Core Power Blast from 6 to 7 p.m.
- » Wing Chun in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.

Wednesdays

- » Core cycling from 5:30 to 6:30 a.m.
- » Yoga from 9:30 to 10:30 a.m.
- » Gym in a Bag in the martial arts dojo from 11 a.m. to 12:30 p.m.
- » Core step aerobics from 11:30 a.m. to 12:30 p.m.
- » Introduction to cycling from 12:30 to 1:30 p.m.
- » Phat Fitness for 12 and older from 4 to 5 p.m.
- » Core step aerobics from 5 to 6 p.m.
- » Kajukembo in the martial arts dojo from 5 to 6:30 p.m.
- » Kung Fu San Soo in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.
- » Kickboxing with Dan Stell from 7 to 9 p.m.

Thursdays

- » Core step aerobics from 5:30 to 6:30 a.m.

- » Piyo in the martial arts dojo from 6 to 7 a.m.
- » Senior Fitness from 9 to 10 a.m.
- » Core cycling from 11:30 a.m. to 12:30 p.m.
- » Yoga in the martial arts dojo from 12:30 to 1:30 p.m.
- » 15th AF squadron cycle from 3 to 4 p.m.
- » MDG squadron cycle from 4 to 5 p.m.
- » Core cycling from 5 to 6 p.m.
- » Power Blast from 6 to 7 p.m.
- » Wing Chun in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.
- » Kickboxing with Dan Stell from 5 to 7 p.m.

Fridays

- » Piyo in the martial arts dojo from 8:30 to 9:30 a.m.
- » Core step aerobics from 11:30 a.m. to 12:30 p.m.
- » Kajukembo in the martial arts dojo from 4:30 to 8 p.m.
- » Core kickboxing aerobics from 5 to 6 p.m.
- » Yoga from 6 to 7 p.m.

Saturdays

- » Cycling from 8 to 9 a.m.
- » Total Fitness from 9 to 10 a.m.

Check with the Fitness Center for updated seasonal changes for all fitness programs. Core classes are free for active-duty military, who must present a valid military ID in order to attend. All other classes are available to both active-duty and dependents, however, a pass purchased through the Fitness Center is required. For details, call 424-2008.

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.

Airman's The Book 2003

Available online!



www.af.mil/news/airman

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

Do you have sports news?
Call 424-2011.