



TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, MARCH 14, 2003

VOLUME 28, NUMBER 10

TUITION ASSIST

Air Force makes it easier to attain higher education.



3



HELPING HAND

Travis American Red Cross volunteers give their time and talents to ensure the needs of our communities are met.

7



HEROES WITHIN

The Travis Family Support Center has OPERATION HERO up and running.

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Battle ready
— Page 16

Air Force works to smooth out rough spots in AEF

By Cynthia Bauer
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. - The Air Force continues its quest to smooth out the rough spots in the Air and Space Expeditionary Force process as the Defense Department positions forces for a possible conflict with Iraq.

Air Mobility Command Vice Commander Lt. Gen. John R. Baker, who serves as a member of the Air Force Vice Chief of Staff's AEF Forum, said the surge in deployments has interrupted the normal AEF battle rhythm of three-month rotations. There is now the equivalent of three or more AEFs supporting ongoing operations, as well as possible future contingencies, from more than 30 expeditionary operating bases. Those deployed include active duty and mobilized reserve component airmen.

In an update on the work of the AEF Forum, Baker said right now, AEF pairs seven and eight slated for redeployment at the end of February are frozen in place, and pairs 9 and 10 have deployed early. Air Force officials have said those deployed should anticipate remaining in place until further notice.

"We're also tapping into additional AEFs to fill some of the shortages we face. The Air Force is also mobilizing Guard and Reserve forces. This avoids deploying those who have not spent sufficient time back home for reconstitution," said Baker. AEFs one and two were scheduled to deploy in June, and AEFs 3 and 4 in September. AEFs 5 and 6 returned from deployment at the end of November.

"We have always advertised that the three-month battle rhythm would need to be suspended to support this level of effort," he said. "The warfighters want the team

they already have in place, the team that has established relationships. War is 24-7 and requires people. The commanders are not in a position to train an entirely new group. They need to expand their capabilities in Southwest Asia."

Baker said he feels the command's airmen and their families understand the need for extended deployments, and he's ensuring that AMC commanders and their staffs take care of families on the home front.

"We've put together a video-conference for commanders and family support center folks to sit down and review considerations and help families prepare for war. Every family should be confident that there is help available for anything they need from childcare to bill-paying. Commanders are responsible for making this happen. It's

■ SEE ROUGH ON PAGE 6

Commander's Corner

Wing commander visits deployed airmen



Courtesy photo

Brig. Gen. Brad Baker, 60th AMW commander, recently visited hundreds of deployed Travis airmen in Southwest Asia. While there, he STEP promoted Tech. Sgt. John Aadland, of the 9th Aerial Refueling Squadron, March 5.

By Brig. Gen. Brad Baker
60th AMW Commander

Travis continues to provide airlift and refueling in support of the ongoing build up overseas ... in addition to having many deployed as part of Air Expeditionary Forces seven and eight. For those who would like to be serving as part of an expeditionary unit, please be patient because your turn will come.

If you're fortunate enough to be serving in this effort as part of an expeditionary wing, don't hesitate to let the folks back at your home units know how you're doing. Whether at home or abroad, you're fulfilling a critical requirement and important mission, and maintaining a high level of excellence and focus has been key to success. Some of our professionals who've set the high standard were recently recognized at Air Mobility Command and I'd like to acknowledge them here.

Air Mobility Command's best: 60th Logistics Readiness Squadron

Hearty congratulations to the 60th Logistics Readiness Squadron, for earning Air Mobility Command's Outstanding Logistics Plans Unit award for 2002. This is an exceptional unit achievement, particularly since this squadron has only been in existence since Septem-

ber 2002! Special recognition is also due to several key members for their individual contributions to the team, to include Junior Supply Manager, 2nd Lt. Corey Strong; Junior Supply Technician, Airman 1st Class Sean Smith; Fuels Officer, Capt. Heather Cook and Fuels Civilian Technician, Victor Montoya.

The 60th Medical Group

Several members of our 60th Medical Group also swept AMC awards for outstanding performance in 2002 ... key among those recognized were Travis' Dental Junior Officer, Maj. Renee Carlson; Dental Non-commissioned officer, Tech. Sgt. Christopher Campbell; Nursing Services Noncommissioned Officer, Tech. Sgt. Robin Martin; Health Physicist, 1st Lt. Kelli Silverstrim; Diet Therapy Senior Noncommissioned Officer, Master Sgt. Stacy Mattern; Company Grade Occupational Therapist, Capt. Amie Daryanani; Occupational Therapy Apprentice, Staff Sgt. Maryann Lacap; Field Grade Optometrist, Lt. Col. Steven Stanek; Field Grade Pharmacist, Maj. Arshad Qureshi; Senior Non-commissioned Officer Pharmacy Technician, Master Sgt. Charles Pope Jr.; Outstanding Diagnostic Imaging Technologist, Airman 1st Class Jared Muasau and Orthotic Labora-

tory Noncommissioned Officer, Staff Sgt. Roderick Roby.

60th Maintenance Group

We also have several top performers in the 60th Maintenance Group recognized by 15th Air Force as Outstanding Professionals of the Year, with Senior Master Sgt. Joseph Viens earning Outstanding Aircraft Maintenance Senior Noncommissioned Officer; David Ready earning Outstanding Aircraft Maintenance Civilian Technician and Master Sgt. Yolanda Martinez earning Maintenance Scheduler Senior Noncommissioned Officer.

Communication and Info Management

Information managers at Travis also took top honors with Master Sgt. Jerry Dollente and Staff Sgt. Steven Croteau earning 15th Air Force awards for senior and junior Noncommissioned Officer categories respectively while Master Sgt. Shirley Harmon and Staff Sgt. Michelle Almarode, won those awards at the 60th Air Mobility Wing. Also recognized as best in the Air Mobility Command, was our Manpower Office Noncommissioned Officer of the Year, Tech. Sgt. Sylvia Calvillo. Well done, one and all!

Community support and services

Our superstars do great, in part because the Travis community is a very strong support structure. The positive support further enables us to sustain day to day operations and gives us the sense that what we do is appreciated by our fellow citizens. Inside and outside the fence line, we greatly appreciate the efforts of groups such as the Travis Regional Armed Forces Committee, the Air Force Association, in addition to the Chiefs and First Sergeants networks, Top Three and Company Grade Officers Council, among others. All of these organizations make life a bit more comfort-

able, building bridges between groups and enhancing our overall quality of life.

There are also base services designed solely to support you and your family. To ensure the best quality of those services, the 2003 Community Assessment Survey will begin in April 2003. Feel free to express your opinions openly and anonymously if you wish — regarding issues that affect your daily life. AFPC has done a random selection and I hope those selected will do everything they can to respond to the survey as quickly as possible. If you have any questions regarding the survey, please contact the Health and Wellness Center at 424-4292.

Also in April, we look forward to the 61st reunion of the Doolittle Raiders and our Air Tattoo on the 19th. I've said it before, and I'll say it again, we wouldn't be here today without the sacrifices and contributions of those World War II warriors, and we need to keep their memory alive. You — the men and women of Travis are the living legacy of those who've gone before, and in this new era of anti terrorism and homeland defense, we can certainly appreciate what it took to protect Americans and those hard won freedoms.

Thank you for all your hard work and dedication ... you are the BEST!

Meeting the troops downrange

Finally, I recently had an opportunity to visit some of our folks deployed to Southwest Asia and I can tell you that Lt. Col. Mike Mendonca, Maj. Steve Hart, Chief Master Sgt. David Rosa and a few hundred of our 60th Air Mobility Wing patriots are doing a spectacular job of turning a relatively small operation into a huge one. Their list of accomplishments in austere conditions is too lengthy to print here, but rest assured each and every one of our people have pulled together an awesome team to make things happen. Whatever may happen our folks are ready.

God bless the Travis team and Gold bless America!

TAILWIND

Travis AFB, Calif.
60th Air Mobility Wing

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60th Air Mobility Wing commander

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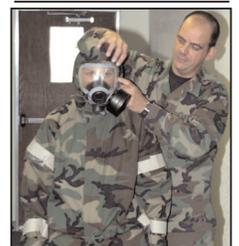
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On the Cover



Senior Airman Nicholas Olson / 60th AMW Public Affairs

Tech. Sgt. Pete Cameron, 60th CES, checks for a proper seal.

See Page 16.

SPORTS SHORTS

TRAVIS AIR FORCE BASE

Hit-a-thon

To earn money for uniforms, equipment and ball field maintenance, the Travis Little League players are seeking sponsors for a hit-a-thon to be held March 22 following the season's opening ceremonies. The children will not be going door-to-door, but will be asking friends and family members to sponsor them for each foot they hit the ball. People who would like to help the youth baseball program may also leave a donation to the hit-a-thon at the Youth Center. Call 424-5392 for more information.

Women's basketball

There is a women's varsity basketball scrimmage March 15 and 16 at 1 p.m. at the Fitness Center. Call 424-2085.

Soccer

The deadline for entry into the intramural soccer program is March 18 at 4 p.m.

Men's basketball

There is a men's varsity basketball tournament March 21 to 23 at the Fitness Center.

Volleyball

Intramural volleyball sea-

son regular play begins March 24 at 5:30 p.m.

Looking for Sports Info.

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

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.

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.

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 youth basketball all-stars announced

By Linda Mann-Iames
60th Services Squadron

The Travis Youth Center's basketball games are not just a bunch of kids shooting hoops — the program is headed by trained coaches in affiliation with the Boys and Girls Club of America and the Jr. NBA/Jr. WNBA programs. This season's Regional All-Stars have been invited to watch the Sacramento Kings play the Golden State Warriors and participate in the half-time exhibition at the ARCO Arena on March 18.

Travis is sending two All-Stars to the Kings' game — Rio Ruiz and Brittini Fuller. Both 12-year-olds attend seventh grade at Golden West Middle School and would like to play professional basketball someday.

"It is a great opportunity for the kids to see an NBA game and to play at the ARCO," said youth sports director William Crockett.

Fuller, forward for the Travis Magic, has a great record with an average of 8 points scored per game and 10 rebounds per game. She is seen as the best rebounder in the Travis Jr. WNBA.

"I think it's an instinct. I just see the angle of where the ball is going and jump for it," said Fuller.

"Brittini is a strong passer and a fantastic rebounder. She also encourages sportsmanship and teamwork from all of her team-

mates," said Crockett. "This is her second season as a Travis All-Star, and I think she has a great future."

Fuller had a great time at the ARCO Arena last year and is excited to be able to go again.

"Last year we [the Regional All-Stars] all sat together to watch the Kings' game and then we went on the floor at half time. We were divided into teams and played for a few minutes," said Fuller. "The court is really big...bigger than I thought looking down at it."

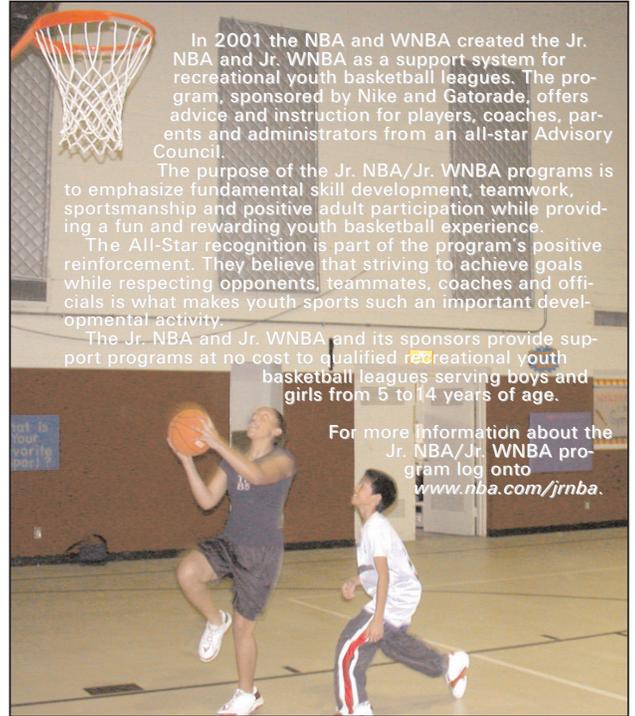
Ruiz plays guard on the Travis Wizards and has an amazing scoring record for the league.

"Rio scores about 16 points every game and assists on another 10. His passing and ball handling ability is excellent," said Crockett.

Ruiz has been playing basketball for about six years and practices almost every day. Although he saw a Monarchs game last season, this will be his first Kings' game and he is very excited.

"I am taking my dad to the game with me — he's our coach too," said Ruiz.

The Travis Youth Center is always in need of volunteers to help coach, set up and organize fundraisers for the youth. For more information about youth sports call William Crockett at 424-5392.



This season's Travis Jr. NBA All-Stars, Rio Ruiz and Brittini Fuller, play a little one-on-one in the Youth Center gym. They have been invited to watch the Kings play the Warriors and participate in the half-time exhibition at the ARCO Arena with the other Regional All-Stars on March 18. Both Ruiz and Fuller are in 7th grade at Golden West Middle School.

In 2001 the NBA and WNBA created the Jr. NBA and Jr. WNBA as a support system for recreational youth basketball leagues. The program, sponsored by Nike and Gatorade, offers advice and instruction for players, coaches, parents and administrators from an all-star Advisory Council.

The purpose of the Jr. NBA/Jr. WNBA programs is to emphasize fundamental skill development, teamwork, sportsmanship and positive adult participation while providing a fun and rewarding youth basketball experience.

The All-Star recognition is part of the program's positive reinforcement. They believe that striving to achieve goals while respecting opponents, teammates, coaches and officials is what makes youth sports such an important developmental activity.

The Jr. NBA and Jr. WNBA and its sponsors provide support programs at no cost to qualified recreational youth basketball leagues serving boys and girls from 5 to 14 years of age.

For more information about the Jr. NBA/Jr. WNBA program log onto www.nba.com/jrnba.



Courtesy photo

Bicycles compete in last year's Solano Bicycle Classic. The 2003 competition will be March 27 through 30.

Solano Bicycle Classic spins back into town

Tailwind staff

The United States Cycling Federation's season opener, the Solano Bicycle Classic, returns to the area for its fourth year March 27 through March 30. For professional riders, there will be one race, or "stage" for both the men and the women each day.

Stages of the event include the Solano Garbage Company Hill-climb on March 27; the Jelly Belly Road Race on March 28; the Genisoy Criterium on Saturday and, the Daily Republic Circuit Race on Sunday.

To ride a bike or trike in the public races, adults and children must be young or young at heart - the minimum age is three, and there is no maximum. For more information about participation in the community races, call 425-1250. Applications forms are available at City Hall at the Mall or on line at www.solanobicycleclassic.org. Application forms are also available at the City Hall, the Community Center and public libraries in both Fairfield and Suisun City.

Race organizers are also looking for volunteers. Individuals who are at least 16-years old can volunteer to serve as race marshals. To be successful, the Solano Bicycle Classic needs more than 300 volunteers, particularly for the 87-mile road race on March 27, and on March 30 for the circuit race in Fairfield's Rancho Solano and adjacent neighborhoods. Volunteers may choose their shifts, and opt to serve as few or as many days as they would like.

A one-hour special marshal training session will be held for volunteers on Travis from 6 to 7 p.m., Monday. The location is Building 181, Room 219 at 585 Hickam Ave., across from the Education Center and next to Golden Hills Chow Hall. For more information, contact Staff Sgt. Raymar Bowen or Senior Airman Sandy Fedorick at 424-2195.

Reservists support air bridge

By 2nd Lt. Lance Patterson
Air Force Reserve Command Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFP) — More than half of Air Force Reserve Command's 10,000 mobilized reservists are helping to move troops, equipment and cargo to the Middle East as America prepares for possible war with Iraq.

But every aspect of the Reserves is being used to support Operation Enduring Freedom, according to Lt. Col. John Metz, chief of the war and mobilizations plans branch at the command's headquarters here.

"Air Force Reserve Command provides mission-capable assets and personnel to meet warfighter mission objectives by supporting gaining major commands," Metz said. "Orders for reservists are cut for a year; however, there is an option for the secretary of defense to extend those orders an additional year.

"Everyone from personnelists, services, maintenance, security forces, medical, special forces, cargo and civil engineering units are being utilized," he said. "No Air Force specialty code is out of reach to be called to active duty and mobilized at this point."

Reservists from every major AFRC unit have been activated to support the war on terrorism. Seventy percent of Air Force reservists are sent to work under Air Mobility Command, and AMC officials oversee the staging points for receiving cargo and people.

A long-anticipated message from AMC officials came in early February announcing a surge of aircraft to land at Westover Air Reserve Base, Mass. During the Gulf War, the base was also a



Senior Airman Jorge Rodriguez/ AFPN
A C-141 Starlifter from the 452nd Air Mobility Wing at March Air Reserve Base, Calif., leaves the base as Marines march to board a C-5 Galaxy plane from Travis Air Force Base, Calif., bound for an undisclosed location supporting Operation Enduring Freedom.

beehive of activity with aerial porters loading C-5 Galaxies with equipment and troops in desert camouflage filling the passenger terminal.

"An air bridge is a tremendous job for everyone involved," said Brig. Gen. Martin M. Mazick, commander of Westover's 439th Airlift Wing. "To be a success, everyone has to pitch in together. That's what is happening here. People know that what they are doing is important. Everyone is coming together."

AMC planners at Scott Air Force Base, Ill., are channeling aircraft through Westover. Typically, planes

arrive at Westover and are on the ground for four hours for maintenance inspections and refueling.

Besides Westover, 10 Reserve units have hundreds of reservists mobilized to support the air bridge. These include C-5 crews from the 512th AW at Dover AFB, Del.; 433rd AW at Lackland AFB, Texas; and 349th Air Mobility Wing at Travis AFB, Calif. It also includes C-17 Globemaster III crews from the 315th AW at Charleston AFB, S.C., and 446th AW at McChord AFB, Wash.

Reserve units with C-141 Starlifters are also flying long-range missions sup-

porting the efforts. The 445th AW from Wright-Patterson AFB, Ohio, is the current staging point for Reserve C-141 missions supporting Operation Enduring Freedom and the global war on terrorism. The operation involves more than 20 aircraft and dozens of crews from Wright-Patterson, the 459th AW at Andrews AFB, Md., and the 452nd AMW from March Air Reserve Base, Calif.

"Westover acts as an air bridge," Metz said. "After aircraft leave the base, the air bridge continues basically as a group of tankers or 'flying gas stations' in the Atlantic. We're using the KC-10 (Extenders) and KC-135 (Stratotankers) for refueling purposes."

KC-135 crews from the 434th Air Refueling Wing at Grissom ARB, Ind., and March's 452nd AMW; and KC-10 crews from the 514th AMW at McGuire AFB, N.J., and Travis' 349th AMW have been mobilized.

Two units that have been called upon before to support Operation Enduring Freedom are the 920th Rescue Group from Patrick AFB, Fla., and the 917th Wing from Barksdale AFB, La. The 920th RQG flies combat search and rescue missions on HC-130 refueling aircraft and HH-60 Pave Hawk helicopters, and the 917th Wing is equipped with B-52 Stratofortress bombers and A-10 Thunderbolt II close air support aircraft. Both units recently had 100 more reservists activated to support the war on terror.

"We have prepared for this challenge," said Col. Timothy Tarchick, 920th RQG commander. "Once again, our troops are ready to answer the call of duty — to go wherever we are needed and do whatever is necessary to get our mission done."

Tuition assistance increases to 100 percent

By Senior Airman Nicholas Olson
60th AMW Public Affairs

The road to a college degree has become easier due to an increase in tuition assistance offered to all members of the Air Force.

Airmen wanting to obtain a higher education degree are now eligible to receive 100 percent tuition assistance through the Base Education Center. Beginning Oct. 1, 2002, service members on active duty and Air Force Reserve and National Guard members on active duty status for more than 179 days qualify to receive tuition assistance at any college or university accredited by the Department of Education.

"Previously the student was limited to 75 percent tuition coverage, and we were only allowed to pay certain course-related fees," said Earl Strang, education services officer for the Base Education Center. "With the new program we can pay

for 100 percent of their courses and more types of fees. This new initiative has really broadened what we can pay for the student."

Previously, the student's fees were limited to only the cost of semester hours and certain fees such as lab access for the course. With the new program, the tuition assistance now covers all fees related to the class.

"The Air Force has recognized that education is a high priority as far as quality of life is concerned," said Strang. "Any time that we can improve a person's quality of life or broaden the individual's skills it benefits the Air Force and the individuals."

Students can receive up to \$4,500 per year toward their tuition with a cap of \$250 per semester hour and \$166 per quarter hour, said Strang.

"I like the idea that I no longer have to worry about paying for 25 percent of my tuition and now only have to pay for the books," said

Senior Airman Richard Moss, Information Manager 60th Mission Support Group.

The new tuition assistance benefit could also encourage airmen to pursue a degree and could be used as a recruiting incentive.

Tuition assistance includes semester hour costs and fees related to the courses taken. Students can take classes in person at the Base Education Center after duty hours, on weekends or through online sites at many universities around the country.

"A lot of our students take courses online and some can even take them during a deployment," said Strang.

Service members wanting to learn more about classes can contact the Base Education Center at 424-3444 or 3445. Service members are encouraged to make an appointment with a counselor to get more information on the programs offered.



Senior Airman Nicholas Olson / 60th AMW Public Affairs
Katherine Weir, a guidance counselor for the Travis education center, advises a student about his benefits.

Healthy eating while deployed is crucial to mission



Archive photo

Meals Ready to Eat give people the most nutrition in the smallest package while deployed in the field.

David Grant Medical Center

Healthy airmen are valuable assets to the Air Force especially during deployment missions. The Air Force's goal is to improve and protect the health of troops during deployments, because a healthy airman will do his best when he feels his best. Healthy eating during deployment is crucial and is the airmen's responsibility. In addition, it enhances mental alertness and physical stamina.

Airmen not eating the right amount and kinds of food can cause barriers to performance such as, fatigue, dehydration, constipation, diarrhea, emotional instability and muscle loss during deployment; however, know-

ing the importance of nutrition in the field can help an airman overcome these barriers. Good nutrition in the field means eating a regular high carbohydrate, low fat diet with adequate protein, vitamins and minerals at least three times a day.

Energy needs

Energy needs sometimes increase while in the field environment due to higher physical demands. The opposite is true for some airmen. The climate can also affect energy requirements, for example, working in cold weather can increase energy needs by 10 to -25 percent and operations in high — altitude areas can increase energy needs by 50 percent or more. The potential for weight gain is also a threat to performance, health and career. Weight loss during deployment should be limited to 1 to 3 pounds a week. A quick weight loss during deployment can be detrimental to people's health and performance by leading to fatigue and loss of strength. People must fuel their body with a combination of nutrients by eating at least some of each item in the field ration.

Food safety in the field

Do not consume unapproved food sources such as food, water, or ice and or food items that have been improperly stored. Purify any water, ice or snow used for drinking. Protect food and beverages from insects, rodents, dust and humidity. Consumption of unapproved food sources, improperly stored food, and unpurified water sources can lead to life threatening disease or illness.

Operational rations

Operational rations or combat rations meet the nutritional needs of the airman when in extremely intense and highly mobile combat situations and other contingency operations.

Different types of operational rations are used in the field: general-purpose rations, special purpose subsistence and survival rations. The most popular operational rations are Meals Ready to Eat, Individual, Unitized Group rations and the Unitized B rations. The MRE gives you the most nutrition in the smallest package. They are made with real food. Each MRE has 35 percent calories from fat, 1200 to 1300 calories and the 6 essential nutrients. People are still getting a well-balanced diet.

Dining facility in the field

Dining facilities offer more vegetables and fruits, which can help maintain a health weight. Remember to choose baked items, calorie free beverages and skip dessert to control your waistline. Last, avoid second helpings of entrees and starches.

Readiness nutrition

Paying attention to nutrition is important, because everything people eat will contribute to their failure or success as an airman. One of the most important things people can do for their health is to eat a balanced diet of carbohydrates, low in fat, and having a balance of other nutrients, including protein and vitamins and minerals. For more information, log onto <http://chppm-www.apgea.army.mil/dhpw/Wellness.aspx>.

75 Travis airman graduate from Airman Leadership School

Preparing to soar into their future

Class 03-C graduated Feb. 27

9th Air Refueling Squadron

Fields, Jacob

22nd Airlift Squadron

Yeckl, John

60th Aerial Port Squadron

Akowicz, Allen

Brooks, Eric

Brown, Sommer

Hoffman, Mark

Oquinn, Wade

Scruton, Daniel (Distinguished Graduate)

60th Air Mobility Wing

Gardner, Trisha

Ornelas, Elena

60th Aircraft Maintenance Squadron

Abreu, Frank

Barrow, Tonya (Distinguished Graduate)

Boss, Arthur

Lopez-Rivera, Juan

Lyons, Timothy

Rogers, Kevin

Schunke, Joshua

Seidler, Eric

60th Civil Engineering Squadron

Attaran, Farid

Balolong, Jason

Curia, Stephen

Schell, Marc

60th Communications Squadron

Armstrong, Sheldon

Finery, Tara

Lowe, Jason

60th Component Maintenance Squadron

Hundredth, Stephen

Robinson, Nicholas

Suave, Ernest

60th Dental Squadron

Vega, Marisol

60th Diagnostic and Therapeutics Squadron

Franek, Aundre

60th Equipment Maintenance Squadron

Combs, Robert

Doherty, Robert

Elwood, Christopher

(Distinguished Graduate)

Friend, Andrew

Jones, Marvin

McQueen, Andrew

Nelson, Justin

Newman, James

Parr, Kyle (Distinguished Graduate and Academic Achievement winner)

Snell, Kenneth

60th Logistics Readiness Squadron

Green, Sarah

60th Maintenance Operations Squadron

Arguelles, William

Hall, Jennifer

Horton, Aaron

Nelson, Amber (Distinguished Graduate)

60th Medical Operations Squadron

Hermon, Michael

Tate, Jamie

60th Mission Support Squadron

Hernandez, Eileen

60th Operations Support Squadron

Lindlief, John

Mickelson, Jeffery

Taylor, Lena

60th Security

Ponomarford, Robyn

312th Airlift Squadron

Collette, Ryan

349th Medical Squadron

Martzen, Isaiah

349th Mission Support Squadron

Simmons, Durell

349th Aircraft Maintenance Squadron

Woodward, Matthew

615th Air Mobility Operations Squadron

Lawrence, Dustin

615th Air Mobility Squadron

Gillies, James (John L. Levitow Winner)

660th Aircraft Maintenance Squadron

Brooks, Jonathan

Brown, Scott

Davis, Kevin

Desanjourge, Robert

Gutierrez, Dominik

Huston, Joel

Rey, Michael

Vannoy, Rory

749th Aircraft Maintenance Squadron

Neild, Brian (Distinguished Graduate)

815th Air Mobility Squadron

Bivins, Christina

AFELM COMM TEC CE EL

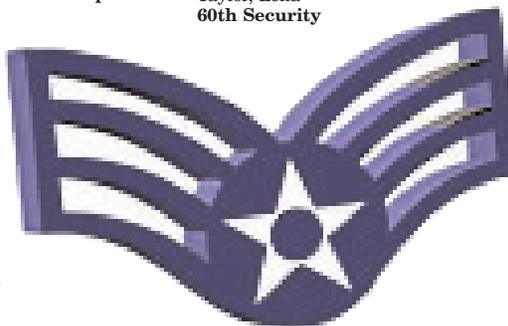
Faria, James (Distinguished Graduate and Leadership Award winner)

Det. 218

Morse, Robert

Det. 331

Scott, James



Forces Squadron

Dennis, Jerry

Garcia, Luis

Soileau, Dawn

Viray, Mary Grace

60th Surgical Operations Squadron

Rough / From Page 1

part of taking care of our people," he said.

Baker said the forum continues to address other issues, including filling the AEF libraries, or pool of deployable airmen, with individuals who are properly coded for deployment and as well as improving the system.

He said the forum has spurred the increase in the number of individuals identified for deployment.

"A couple of years ago, we had about 80,000 airmen coded as deployable," said Baker. "We now have more than 260,000. This is important because it helps us avoid tapping the same people over again for deployment."

In addition to filling the library, the AEF Forum has also concentrated on identifying and relieving stressed career fields.

"We now have a new way of measuring how stressed our various career fields are in meeting our deployment commitments. We developed a new formula that's easier to understand," said Baker. He said the new measurement provides assessments consistent with those in the past, but now provides information on the extent to which a career field is stressed.

The new formula looks at home-station demand, deployment requirements and the total number of active duty assigned to a par-

ticular Air Force Specialty Code. Home-station demand is the people and specialties needed to keep a base open.

"That gives us a better picture than the old formula of deployment requirements versus numbers assigned," said Baker.

The relative level of stress is important in determining what can be done to relieve that stress.

"We are looking at various solutions from higher accession rates of airmen into stressed career fields, cross-training and contracting out, as well as actually adjusting our force content, among others," he said. "But as I've said before, the fix won't happen overnight, but it will happen."

Total force at home



Maj. Robert Couse Baker

OPERATION NOBLE EAGLE — An F-16 Fighting Falcon from the California Air National Guard prepares to receive fuel from an Air Force Reserve Command KC-135E Stratotanker during an Operation Noble Eagle combat air patrol over San Francisco's Golden Gate Bridge. The KC-135E and its crew are assigned the 940th Air Refueling Wing at Beale Air Force Base, Calif. The F-16 and its pilot are from the 144th Fighter Wing at Fresno Air National Guard Base, Calif.

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.

American Red Cross Honors DGMC Volunteers

By Sue Harmon
American Red Cross Station Manager

For more than 100 years the American Red Cross, Armed Forces Emergency Services has served side by side with our military forces. The Red Cross began on the battlefields in Northern Italy in 1859 from the experiences of Henry Dunant. Today, the International Committee of the Red Cross, headquartered in Geneva, Switzerland, has granted 179 countries around the world that have signed the Geneva Convention a charter to provide Red Cross services in their countries.

To date, the United States is the only country in the world that additionally provides emergency communications to our armed service members.

Who are the people of the Red Cross? Volunteers — currently there are more than 1.5 million volunteers around the country who work disaster response, teach health and safety courses, give swimming instruction, train lifeguards, and work in military hospitals and on the installations.

It is the volunteers who are the Red Cross. They give of their time and talents to ensure the needs of our communities are met. You will find these volunteers always with a smile on their face and a warm greeting. We are indeed very fortunate to have Red Cross volunteers of

this high caliber at David Grant Medical Center and on Travis.

According to recent figures, during the past year, the DGMC Red Cross volunteers gave over 12,355 hours of their time to ensure the needs of our military community were met.

To honor the contributions of these volunteers and the important work that's being done at Travis and at the DGMC on a daily basis, the Red Cross holds an annual awards function. Tuesday, a special luncheon for the honorees was held at the Delta Breeze Club that included the Posting of the Colors, National Anthem and the Pledge of Allegiance.

Eva Poole and Robbie Weir were recognized for serving the organization the longest for thirty-five years, while Agatha Bishop was singled out for her forty-three years of dedicated service.

Red Cross station manager Sue Harmon and station chairman Lee Woods presented the Travis Red Cross Dedicated Service Award to Rita McKinnon and Miyoko Drumm, who have given outstanding service beyond the Red Cross humanitarian mission.

Col. Leonard Patrick, 60th Air Mobility Wing mission support group commander, presented the Citation for Exceptional Volunteer Service Award to

Joseph Soy and Mary Beatty, who have demonstrated exceptional performance and extensive personal commitment by improving and expanding the American Red Cross services to the community.

General Brad Baker, the 60th AMW commander, assisted the Red Cross by presenting Mrs. Billie Evans the Red Cross Volunteer of the Year Award. The volunteer of the year is a particularly special award recognizing the individual who has gone "above and beyond" their normal volunteer duties within their units. Mrs. Evans has given freely of her time and talent ensuring the mission of the unit is fulfilled.

Receiving special recognition from National Headquarters of the American Red Cross was Chaplain (Lt Col) Art Homer for his dedicated service to the volunteers and staff at DGMC. Additionally, General Baker was presented a Certificate of Appreciation to Travis for the outstanding support of the Red Cross at Travis during times of peace and times of war.

"I had recently signed a proclamation decreeing March as American Red Cross month at Travis," Baker said. "These award winners underscore the importance of this organization within our Travis community, and the premium I place on our volunteers who serve in its ranks."



Sue Harmon / ARC

Carl Clauson and Lee Woods, Travis American Red Cross station office volunteers, work on compiling volunteer hours for their annual recognition. Travis volunteers gave more than 12,355 hours of their time. Travis Red Cross volunteers were honored Tuesday during a luncheon at the Delta Breeze Club.

CRIME STOPPER

TRAVIS SECURITY FORCES ACTIVITY

March 3

- » Civilian incarceration of a military member off base for DUI
- » AWOL member apprehended at Main Gate
- » Minor vehicle accident reported, parking area of Bldg. 434
- » Patrol dispatched for juvenile assault on Bond Street
- » Vehicle towed for expired registration from dormitory area
- » Vehicle towed for expired registration from dormitory area
- » Civil dispute reported from Roberts Drive
- » Animal control issue reported on Maine Street

March 4

- » Vehicle towed for expired registration from dormitory area
- » Minor vehicle accident reported, parking area of Bldg. 652
- » Minor vehicle accident reported, parking area of Bldg. P-1
- » Vehicle towed for expired registration from dormitory area
- » Vehicle towed for expired registration from dormitory area
- » Vehicle towed for expired registration from dormitory area
- » Vehicle towed for expired registration from dormitory area
- » Verbal altercation reported on Ryan Court

March 5

- » Civil incarceration of a military member off base for DUI
- » Fire emergency reported on the Mass Parking Area
- » Minor vehicle accident reported from Ryan Court
- » Major vehicle accident reported on Travis Avenue
- » Damage to private property reported at Bldg. 381
- » Individual apprehended for shoplifting at the Base Exchange
- » Juvenile mischief reported on Norton Street
- » Minor vehicle accident reported on Burgan Boulevard

March 6

- » Civilian incarceration of a military member off base for DUI
- » Individual apprehended for AWOL at the Hospital Gate
- » Individual detained for unauthorized flightline photography
- » Damage to private property in the BX parking area
- » Juvenile mischief reported at Bldg. 241
- » Medical emergency reported from the Fitness Center
- » Misuse of a fire alarm in the dormitory area

March 7

- » Domestic disturbance reported from Travis Avenue
- » Minor vehicle accident reported from Bldg 205
- » Theft of private property reported from Bldg 205
- » Officer assistance at Bldg 205 for possible Amber Alert
- » Minor vehicle accident reported at Bldg 239
- » Fraud reported from billeting office
- » Loud noise complaint reported from the dormitory area
- » Malicious mischief reported from Chennault Street

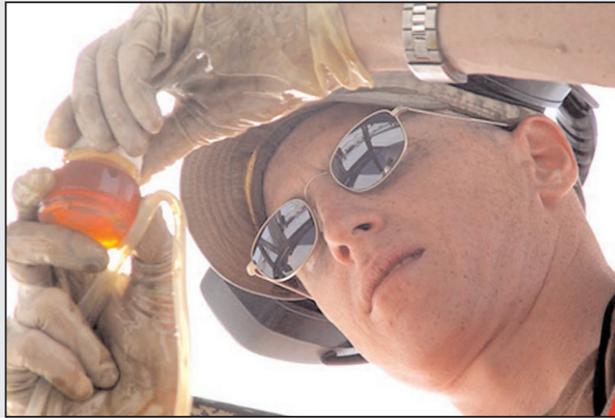
March 8

- » Fire emergency reported from the Mass Parking Area
- » Damage to private property reported, parking area, Bldg 446
- » Theft of private property reported from Cannon Drive
- » Apprehended deserter at the Visitor Control Center
- » Individual detained for unauthorized flightline photography

March 9

- » Civil incarceration of military member for public intoxication
- » Civil incarceration of a military member off base for AWOL
- » Civil incarceration of a military member off base for DUI

Analyze this ...



2nd Lt. Nancy Kuck / AFPN

OPERATION ENDURING FREEDOM — Senior Airman Joshua Fink takes an engine Spectrometric Oil Analysis Program sample. SOAP samples are an inspection tool for detecting and preventing internal engine component failure. Fink is a crew chief assigned to the 908th Expeditionary Air Refueling Squadron.

Crime Tip:

Vehicles without current registration are subject to tow pursuant with the California Vehicle Code and TAFBI 31 - 103. Ensure to make arrangements for your vehicle to be registered if you are going to be deployed in case you do not return in time to register it yourself.

Looking closer to home for safety

Wing safety office offers safety tips for around the house

60th AMW Safety Office

Americans often feel safest in their own home. But according to a current study released by the Home Safety Council and the University of North Carolina's Injury Prevention Research Center, the opposite is true.

According to the State of Home Safety in America report, there are more than 20 million medical visits due to unintentional home injuries each year. Additionally, they report that after motor vehicles, the home is the most common location of unintentional fatal injuries.

The report found falls to be the most common fatal home injury followed by poisonings, fires, inhalations, suffocation and drowning. Resulting in nearly 20,000 fatalities annually, these injuries represent a total cost to society of nearly \$380 billion each year.

In the entire year of 2002 the Travis community suffered over 18 falls in the home.

Below are some simple home safety tips to follow help reduce the possibilities of mishaps in the home:

Home Safety Practices

Ensure all walkways are clear before traveling through them.

Keep floors clean and dry. If they are wet do not allow them to be used as a walkway.

Periodically check that all smoke alarms are operating properly.

Have fire extinguishers tested annually.

Know how to shut off electrical, water, and gas sources to your house.

If you own a furnace, have it serviced annually.

If you have a wood stove or fireplace, have it checked, and the flue cleaned annually.

Ensure that all circuits are properly labeled on main electrical panel.

Make sure no circuit is overloaded with appliances or fixtures.

Unplug all small appliances when not in use.

Additional Child Safety Tips

Keep matches stored well away from children.

Childproof all cabinets and drawers.

Childproof all electrical outlets and electrical cords.

Use only Mylar balloons instead of latex rubber balloons

Install permanent gates at the top and bottom of all stairs.

» Bathroom

Clean out medicine chest regularly.

Throw away outdated med-

ications.

Ensure all medicine bottles have childproof tops.

» Bedroom

Do not leave medicines in/on dressers or nightstands.

Keep all perfumes, cosmetics, and powders out of reach of children.

» Laundry area

Remove all bleaches, soaps, detergents, fabric softeners, dyeing agents, cleaners and sprays from children's reach.

Also, keep all the above in their original containers.

» Garage/basement

Keep pesticides, gasoline, car products, paints and paint products under lock and key and ensure they remain in their labeled and original containers.

» General household

Keep alcoholic beverages, loaded ashtrays, plants, paints, household cleaning and personal products out of the reach of children.

Home poisonings should never happen. The best prevention method is a locked storage space. If locked storage is impractical, keep poisons out of the reach of children. Many products are now sold in "childproof" packages as a result of the Poison Prevention Packaging Act. Ask for and use childproof packaging.

Military Personnel and Immediate Family

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



If all the world's a stage ...

View Point

2nd Lt. Anna Siegel

Air combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. — Reality programming has taken over our televisions.

On any given channel on any given day, there seems to be a set of strangers or celebrities competing for money, fame or each other. Millions of viewers are privy to whichever intimate details about these "players" the producers of the shows decide to reveal.

This morning, as I laced up my boots, made sure my hair was in regulation and used extra-heavy starch to make my uniform look sharp, I thought about what an Air Force reality show would be like.

What would the military look like to the eyes of America? What would they think of us saluting each other as we

walked by, driving so slowly on perfectly clean roads, always making sure our hats are on or off when they're supposed to be, and that we get in a few "Ma'ams" and "Sirs" with every conversation.

What would they think if we were sloppy, overweight or, God forbid, rude?

Would they be appalled by any inappropriate relationships the producers would choose to focus on? Would they be disappointed when airmen were arrested for behaving as if they didn't have any standards to guide them?

Would they be inspired by our camaraderie, built-in mentoring and morale-building programs? Would they be awed by the way we accomplish impossible missions time after time?

I hope the truth is dawning on you as it did on me.

There may not be camera crews following us around 24/7, and we may never have the opportunity to vent to our viewing public in a private moment. But the

media or a curious citizen just might approach us for a comment, and to them we speak for the Air Force.

We may not be competing for a spouse, a record label or a million dollars, but our fight is of vital importance. We do what we do for America.

Our lives can't be captured in a TV show, a season or even a long-running series. We leave a legacy that has impact far beyond what we will ever see.

At the end of a show we can change the channel or turn the TV off and just as easily forget what it was that we saw. But we can't be members of the world's finest Air Force only during our working hours and then go home and turn it off.

Our audience lives in our homes, across the street and across the globe. Their eyes are not an invasion of our privacy, they are a test of our integrity.

So remember, my fellow airmen, America and the world are watching us. Your life tells the real Air Force story.

Construction, upgrades, repairs continue on Travis

Travis Boulevard repairs

Project repairs Travis Blvd from the western boundary outside the front gate Airlift Drive. The repair work will replace the existing road surface with a new asphalt surface. Included in the work is new curb and gutter in some places as well as street lighting and new traffic controls at the intersections with First St, Broadway, Skymaster and Ragsdale. The funded cost is \$3,300,000. The project is broken up into 7 phases. Phase one started Oct. 24 and ended 13 December, and repaired the in-bound lanes from the western property boundary to Ragsdale Avenue including work on the Front Gate incorporating force protection measures. Phase two will complete the repairs Travis Blvd in this area, focusing on the out-bound lanes. Work is scheduled to resume in late February or early March depending on the weather.

Base parking lot repairs

Three projects totaling \$2,146,000 are in progress to the repair parking lots at the following buildings: 381, 383, 380, 146, 176, 205, 406-410, 440, 549, 175,

Youth Center, Chapel, 406, 50, 51, 3, Tower, 863 and 570. The repairs will replace the existing asphalt with new asphalt. The work includes improving drainage and installing new parking lights where needed. The parking areas at Building 50 & 51 and the Youth Center are complete. Work will resume in late February or early March depending on the weather.

Replacement of 118 military family housing units

Project will replace the existing MFH units along Texas, Ohio, New York, Delaware and Kentucky streets for \$19,000,000. The design of these units will be similar to the Castle Terrace homes. The project includes 70 three-bedroom homes and 48 four-bedroom homes. The houses will be two story duplex units with the exception of eight single story handicap units. The project includes all new utilities and roads as well as fenced back yards and a community picnic shelter and playground. Five new cul-de-sac streets are included. The contractor is scheduled to complete the project in March 2004. Site demolition is

currently underway, all the old houses have already been removed.

Water looping projects

These projects totaling \$1,250,000, will tie dead end lines in the base water distribution system together by "looping" them and allowing the water to circulate providing fresher, better quality water. Presently the system has numerous dead ends which allows the water to sit and stagnate. These projects were mandated by the California Department of Health Services. The projects started with the installation of the "loop" from Travis Elementary to David Grant Medical Center in November and will continue in March.

Gas valve repair project

This project totaling \$250,000, will replace old useable gas valves and piping throughout the main base. The present valves are frozen and cannot be operated to isolate sections of the natural gas system to make repairs. The project started with by locating the valves and exposing them for replacement. Replacement of the valves will start in April, with the first valve

replacement scheduled for April 3.

Replacement of 110 military family housing units

Project is programmed to replace 110 existing MFH units along Cannon and Fitzgerald Drives including units on Cullen, Glenn, Clark, and No Name Lane for \$21,800,000. The design will be similar to the Castle Terrace homes but will include brick accents and different elevations for a distinctive neighborhood look. The project is projected to include 103 two-story duplex three bedroom units, five single-story three bedroom handicap units and two single story command chief four bedroom units. The project will include all new utilities and roads including two new cul-de-sac streets. Other amenities will include tot lots, picnic areas, basketball and volleyball courts and neighborhood pathways that connect to the base-jogging trail. All units will have two car garages and fenced back yards. The project is currently out for bid and award is expected within 30 days.

■ SEE CONSTRUCTION ON PAGE 14

Construction / from Page 13

Band of the Golden West building

Construction for a new, state of the art, Air Force band center started on Oct. 14, 2002. The contract was awarded for \$5.4 million to R.A. Burch Construction Co., Inc. of San Diego, which recently completed Travis' Fitness Center and Control Tower.

The project is scheduled for completion late this year. The new facility is located at the corner of Burgan Blvd. and Waldron St., and when completed, will consist of a one-story 25,000 square foot, band building. Features include a large main practice studio, in addition to three smaller practice

studios, a music library, instrument storage and administration areas. The building is the first to be constructed from the ground up, with military construction funds, exclusively as a band center.

It will be equipped with special features and acoustic treatments required to support a professional music staff. Finally, the deserving and talented members of our Air Force Band will have a world-class facility to practice in.

New lodging facility

Construction will soon begin for a new, 170,590 square foot lodging facility. The completed project will consist of 350 guest rooms, in addition to a modern

reception and office area, coffee shop, retail sales, multipurpose space, laundry, lounge, restrooms, closets, storage rooms, elevators, parking, paving, walkway, curbs/gutters, landscaping and utilities. Estimated completion time is two years.

Hangar 809

A 2,400-square-foot addition to Hangar 809 is being constructed, to serve as a Consolidated Tool Kit storage facility. It will function as a central storage and distribution point for all tool kits required for the ISO-dock. The project was awarded to Western Geo-Constructors, Inc for approximately \$480,000 and is scheduled to be completed in September 2003.



Important Notice

In the interest of base beautification, base housing residents are asked to refrain from putting up signs to advertise on-base yard sales. Posting yard sale signs on utility poles is a violation of 60 AMWI 90-3 and the California Utilities Commission's Code of Regulations. DO NOT post yard sale signs on utility poles around the base.

Yard Sales

Friday, 726 Ryan Ct.
Saturday, 7:30 a.m. to 2 p.m., 152 Collins Dr.
Saturday, 8 a.m. to noon, 138 & 139 Offutt St.
Saturday, 8 a.m. to 3 p.m., multi-fam, 400 Roberts Dr.
Saturday, 9 a.m., 2253 Nottingham Dr., Fairfield

Furniture

Entertainment center, black, \$75. 439-9397
Coffee table set, 3pc, \$25. 864-2595
Computer table, \$25. 864-2595
Armoire, \$20. 864-2595
Dining table, 4 chairs, lt blue/wood grain, \$150; matching hutch, \$100; \$200/both. 437-4783
Sofa, dk green/brown trim, \$100. 449-1985
Bunk bed, captain drawers, dresser, mattress, \$850 obo. 421-1279
Krause sofa w/hide-a-bed/recliner, blue, sectional, \$500 obo. 426-4868
Computer desk, \$45. 439-0787
Loft bunk bed, chair, desk, bookshelf. 437-1483

Appliances

2002 Kenmore Elite refrigerator, 26.9 cu ft, side-by-side, \$1,400. 454-0511
Gas dryer, \$100 obo. 437-4783
Refrigerator/freezer, \$350. 439-0798

Household/Misc. Items

Wedding dress, never worn or altered, sz. 12, ivory shantung, long sleeve, v-neck, long train, peplum waist, 2 yds. extra fabric, \$650 obo. 399-7001
Graco double glider stroller, stadium seating, matching dual carrier car seat, \$90. 439-9397
Diaper genie, boppy, bingo musical walker, musical car seat attachment w/remote, \$10/ea. 439-9397
Graco jumper seat, \$12. 439-9397
Yard fertilizer/seed spreader, \$10. 451-9679
Basset baby bed, oak colored, \$50 obo. 437-3115
King mattress, box spring, frame, \$250. 454-0511
Lawn furniture, \$50. 864-2595
Christmas tree, 7.5', \$25. 864-2595
Crib, mattress, \$20. 864-2595
Lawnmower, \$40. 425-5056
Wedding ring set, 3pc, gold w/diamonds, lady's size 6.5, men's size 9, \$500 obo. 437-4636
Medela Pump In Style, \$100. 437-8569
Washington Wizards/Golden State Warriors tickets (2), March 23 in Oakland, center court, \$250. 530-406-1025
Wedding dress, sz 10-12, \$150. 422-9340

Sports/Athletic Equipment

Evenflo exersaucer, \$25. 437-2604
Titeliste 990 irons, S-300, \$300. 437-2492
Momentum swing trainer, video, \$40. 437-2492
Calloway Steelhead, 4+, S-300, \$50. 437-2492
Abdo-er-it exercise machine, \$29. 422-9340
Weight bench, \$45 obo. 421-1279

Electronic/Computer Items

Ultimate competition 8" woofer/tweeter combos (2), gray carpeted boxes, \$50. 451-9679
Compaq Presario IJ900 printer, \$20. 437-3115

Computer monitor, 15", \$35. 439-0787
DCM Speakers, 10" woofers, \$100. 437-2604
Rockford Fosgate amp, \$225. 437-2492
HP Deskjet 883c printer, \$75. 437-8441

Vehicle

2002 Yamaha R-1, black/silver, 42k mi, helmet, cover, stand, \$8,500. 447-5961
2001 Dodge Grand Caravan EX, v6, pwr sliding doors & tailgate, tv/vcr, rear air, captain seats, 19k mi, \$23,900. 437-1266
2000 Honda Accord EX, sunroof, 41.3k, spoiler, \$15,500. 439-0787
1998 Dodge Neon R/T, black/silver, 5sp, 53k mi, warranty, \$6,000. 453-0221
1996 Nissan Maxima GXE, 6cyl, 5sp, ac, pw, pl, cc, sunroof, \$7,800 obo. 451-0930
1995 Honda Civic, 73k mi, at, \$5,000. 422-6244
1993 BMW 740i, \$11,000. 695-6643
1991 Jeep Cherokee Laredo lmt, 4x4, v6, leather, tint, roof rack, fog lights, tow pkg, digital compass, cd, remote, \$5,150. 530-406-1025
1988 Pontiac Grand Am, 155.35k mi, \$1,500. 437-4614
1986 Jeep Cherokee, v6, pw, pd, at, \$1,800 obo. 451-4009

Vehicle Accessories

Ford Mustang GT Bullitt wheels/tires, \$800 or trade. 437-4921
Eclipse chrome rims w/Pirelli tires, 16", \$399 obo. 437-6572
1997-99 Eclipse S.P. Greddy exhaust, turbo, rear section, stainless steel, hangers, \$150. 437-6572
Auto tow dolly for minivan, 3,500lbs capacity, \$750 obo. 448-4583

Pets/Pet Accessories

Corn snake, aquarium, supplies, \$50. 437-1483
Fish aquarium, 10gal, florescent light, \$20. 437-8441

Guinea pig, male, black/white, 2 cages, food, bedding, free. 437-3018

House/Room for Sale/Rent

House for rent in Dixon, 3br/2ba, 2-car garage, landscaped, wood floors, alarm, pets negotiable, \$1,550/mo + \$1,000/dep. 693-0714
Room for rent in Lawler Ranch, furnished, phone jack, \$500/mo + dep. 426-5670

Lost

Tabby cat, female, 3yr old, black/gray/orange, front declawed, spayed, last seen near family TLF. 437-4459

Wanted

RC items: airplanes, cars, boats, spare parts; dual axle trailer. 425-5056

SWAP AD TIPS

Swap Ads are a free service designed to give the base community a way to buy, sell or trade items. The following tips should make using the Swap Ads easier.

◆ Describe the product with the **facts only**, save the sales pitch for later. Phrases like "Brand New," "Must See," "Runs Good," and other subjective descriptions will not be printed. What is "brand new" to one person may not be to another person. The *Tailwind* reserves the right to alter any add for clarification, continuity or brevity.

◆ **Write legibly.** If it can't be read, it will not be run. The *Tailwind* staff does not have time to call and clarify ads that are not legible.

◆ Always include a home phone number. **Duty phone numbers will not be printed.** Only one phone number will be printed per ad.

◆ **Yard sales must contain date, time and location.** It is not the responsibility of the *Tailwind* staff to track down this information. Individual items will not be printed for yard sales.

◆ Ads should be dropped off in Bldg. 51 at the Public Affairs office. **We do not accept ads by fax, phone call or e-mail.**

◆ The **deadline for the free Swap Ad service is Monday at noon.** Ads are printed on a space-available basis and will be edited for size.

◆ Swap ads are not automatically run each week after the first appearance. **Ads must be re-submitted each week.**

If you miss the deadline or request that an ad be printed exactly as written, it might be worth calling the Daily Republic for a paid classified ad. Their number is 425-4646.

If you have questions, please **CALL 424-2011.**

Tailwind Free Swap Ad

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

Name: _____ Home Phone Number: _____

Serving your country makes a tremendous career

View Point

Col. A.J. Stewart
71st Flying Training Wing

VANCE AIR FORCE BASE, Okla. — I read the news everyday and it occurs to me I have been fairly disconnected from the current financial cloudy days. For 22 years, I've never wondered about my paycheck. I've never actually seen one since they have been direct-deposited to the exact same account number since I was a cadet.

I've never worried about affording health care for my family. Most of the time, health care was free. My kids were all born in military hospitals and received the very best of care.

Truthfully, I've always made enough money to live comfortably, and today very comfortably. Every year I've earned 30 days of paid vacation and lived in "gated" communities among my very good friends and colleagues.

The opportunities for education, experience and career advancement have been nearly boundless. I have received, free of charge, training in an array of courses from small arms, unarmed combat, survival, CPR, chemical warfare defense, navigation, leadership and too many more to begin to name.

Help for anything I needed was never more than a phone call away to a first sergeant or commander at worst, and at best right next door.

Commissary, base exchange, my very own club, a world-class fitness center, a bowling center, golf course, child care facility, library, auto skills center, wood hobby shop, youth center, swimming pools — I can use them all for nominal fees or for free.

My retirement system is outstanding. Don't believe me? Ask some of your civilian friends or family members with company-funded retirement funds based in the stock market. The news is not good. Some folks who planned to retire, can't.

Best of all, I get the immeasurable satisfaction that comes from honorably and proudly serving our country. I have the respect of the American public. Check the polling data and you'll find uniformed military men and women are at the top of the list of respected professions.

So, what has this great life cost me? Family separations, early mornings and late nights, hard work, and missed holidays and birthdays, among others. But that list applies to most professions today.

I left out the fact I might be put in harm's way or even die for my service to the country. So did thousands on Sept. 11, 2001, at the World Trade Center.

What's my point? Serving the country in the Air Force is a tremendous career when you take into account all the tangible and intangible benefits. Knowing what I know now, I'd start over and do it all again.

Free falling



Staff Sgt. Jeremy Lock / AFPN

OPERATION ENDURING FREEDOM — Air Force paratroopers perform a 12,999-foot high-altitude, low-opening free fall drop from a C-130 Hercules during a training mission at an Operation Enduring Freedom forward-deployed location. The paratroopers are from the 38th Rescue Squadron at Moody Air Force Base, Ga., and the 58th Rescue Squadron at Nellis Air Force Base, Nev.



Links to loved ones

By **Cynthia Bauer**
Air Mobility Command Public Affairs

Scott Air Force Base, Ill. — With airmen deployed away from home, the opportunity to communicate with loved ones takes on greater importance. "To provide a link back home, Air Force Crossroads, the Air Force's official community Web site, offers a secure and reliable e-mail program through Global Internet Mail to help families keep in touch," said Capt. Greg Whitaker of the Air Mobility Command Network Operations and Security Center here.

"Although there are other nonprofit and commercial e-mail and Internet services available, military members need to understand GI Mail is sponsored and maintained by the Air

Force. We can't verify the operational capability or security of other such services," he said.

Registration for GI Mail is free for those eligible through the Air Force Crossroads Web site at www.afcrossroads.com. Airmen can log in to the Web-based system from any computer with Internet access. Eligible users include active duty, Reserve, National Guard, retired or civil service employees and their authorized family members.

Whitaker said there are three great reasons to use GI Mail: security, bandwidth and availability.

"You've probably heard about the various break-ins and hacker attacks at free commercial e-mail providers," he said. "GI Mail is a Department of Defense system,

employing the same great security you've grown accustomed to in AMC," he said.

Concerning bandwidth, there is no advertising or "spamming" from junk mail distributors on GI Mail, unlike commercial providers. "Not only will the service remain speedy even in the most remote or forward locations, users will not spend time sifting through mountains of junk mail," Whitaker said. "And GI Mail is a DOD product provided for morale. Unlike civilian services, the system will get the attention and maintenance that our deployed personnel deserve."

Besides GI Mail, the Air Force Crossroads Web site also offers forums and online chat rooms, and has online videoconferencing tools under development.

Access the Web site and click on "Communications Center" for additional information.

According to CeCe Medford, chief of AMC's Family Matters Branch, families who do not have computers or Internet access can rely on family support centers for help.

"Our family support centers have gone the extra mile to ensure families can stay in touch, even without a home computer," she said. "The FSCs have computers with connections to Internet service providers available for families to use."

Medford said that family readiness non-commissioned officers can explain videoconferencing, how to borrow digital and video cameras, how to sign up for morale calls, and special family activities.

Who goes there?



Master Sgt. Terry Blevins / AFPN

OPERATION ENDURING FREEDOM — Airmen 1st Class Michael Pendleton and Sarah Harwood scan outside the base during a patrol of the perimeter on March 7. Both airmen are assigned to 379th Expeditionary Security Forces Squadron at a deployed location in Southwest Asia.

To submit a story,
e-mail the Tailwind at
tailwind@travis.af.mil
or call 424-2355.

Pioneering women in the future

By Christine Jackson
Travis Women's History Month committee

March commemorates National Women's History Month. This year's theme is "Pioneering Women in the Future." In honor of Women's History Month, Travis will be hosting a symposium for everyone in the Travis community including their dependents. The event is not just for women.

The symposium is from 9 a.m. to 3 p.m. March 21 at the Travis Conference Center Ballroom.

As modern woman with busy schedules, we owe it to ourselves to learn more about these important issues! The symposium is a forum that offers a lot of great topics for the Travis community to attend at their leisure. There will be a diversity of seminars beginning at 10 a.m. with Julie Amburgey, exercise physiologist, discussing "Women and Exercise" and "Learn to Burn."

At noon, Staff Sgt. Claude Lawson, who has 26 years of martial arts experience, teaching "Women's Self Defense" and

Glenn Lewis, a representative of First Command Educational Foundation from the Ft. Worth, Texas, is speaking on "Basic Financial Planning and Education" at 2 p.m.

There will be booths displaying many featured topics to include the Women in Military Service for America Memorial where Travis civil service and military women can register their names on the memorial displayed at the gates of Arlington National Cemetery. In addition, many representatives from the Travis Community will have display booths.

Also, the David Grant Medical Center will hold a blood drive.

The symposium will have a lot of information for today's women. Sign ups are being taken for anyone wanting to ensure a place at one or all of the seminars or to participate in the blood drive. Base agencies interested in hosting a booth should contact the committee. For more information, contact Christine Jackson at 424-5147.



Open up, say aah



Tech. Sgt. Lisa Zurzanyika / AFPN

LANGLEY AIR FORCE BASE, Va. — Airmen and soldiers team up to push one of two Army CH-47 Chinook helicopters onto an Air Force C-5 Galaxy aircraft March 7. The soldiers are deploying to an undisclosed location supporting Operation Enduring Freedom. Since Sept. 11, 2001, air mobility support has included moving more than 445,578 tons of cargo and more than 447,407 passengers throughout the U.S. Central Command area of operations. C-5s have flown almost 25 percent of Southwest Asia airlift missions.

DRINKING &

The end results can kill

DRIVING

innocent people and
a military career!

DON'T MIX

SHINING STAR

AIR MOBILITY COMMAND

FROM THE BEST OF TRAVIS AIR FORCE BASE



Dental Health for your child

The Travis Dental Clinic reminds parents that they can help their child's smile last a lifetime. A balanced diet, limited snacks, daily brushing and flossing and regular dental checkups are the keys to a lifetime of healthy teeth and gums.



Courtesy photo

Senior Airman Robert May checks a part for serviceability. May worked with Toys for Tots helping to collect and deliver more than 12,000 toys to needy organizations

First to volunteer

The 60th Logistics Readiness Squadron is proud to recognize Senior Airman Robert May as one of its "Shining Stars." May is from Colorado Springs, Colo. and entered active duty on March 23, 2001. He's been assigned to Travis and the 60th Logistics Readiness Squadron since Aug. 6, 2001. As a repair cycle support technician he ensures aircraft parts are correctly documented before being sent to maintenance and he tracks essential assets.



AIR MOBILITY
COMMAND

In addition to performing his assigned duties, May is an avid participant within the squadron and local community. Of particular note was his work with the Toys for Tots program this past holiday season. The toy drive was a resounding success. More than 12,000 toys were collected and delivered to 39 needy organizations. Additionally, May helped raise about \$4,300 and helped bring 250 toys to deserving children at Travis.

May is also active with the squadron Booster Club and is currently taking courses through the Art Institute of Colorado towards a bachelor's of arts degree in graphic design. May is the first military student who has ever taken online courses through the school. He has designed graphics for booster club handouts and squadron functions.

When there is a task that needs to be completed, May is often one of the first to volunteer. His initiative and drive serve as an example to us all. Congratulations to Senior Airman May for a job well done.

When there is a task that needs to be completed, May is often one of the first to volunteer. His initiative and drive serve as an example to us all. Congratulations to Senior Airman May for a job well done.

Travis supports from down range



Courtesy photo

Travis personnel stand proudly in front of a KC-10 on the flightline of a forward operating location. Folks from Travis are deployed around the world in support of Operation Enduring Freedom.

American Legion to host boys state

American Legion Post 165 in Vacaville will host their annual Corned Beef and Cabbage Fundraiser Dinner on Saturday at 6:00 PM in the Veterans' Memorial Hall.

The annual dinner is used to raise funds needed to send three young men to Boys State, a nationally recognized leadership program. As a program of The American Legion, Boys State developed from the concept that youth should be offered a better perspective of the practical operation of government; that the individual is an integral part and commensurately responsible for the character and success of his government.

As such, it is an activity of high educational value, born out of a need for youth training in practical citizenship. Boys State helps develop civic leadership and pride in American citizenship, arouse a keen interest in the detailed study of our government, develop an understanding of American traditions and belief in the United States of America, and arouse in the young citizens a determination to maintain our form of government.

The cost of the dinner is \$10.00 per person. For more information or tickets, call 447-6354 or visit the Veterans Memorial Hall at 549 Merchant Street, in Vacaville.



Stressed out?

Take time everyday to wind down. If you feel your stress level has progressed to an unmanageable level, call the Behavioral Health Clinic Monday through Friday from 7:30 a.m. to 4:30 p.m. at 423-5174.

Egg art displays at Travis next month

60th Services Squadron

Travis families, squadrons and youth groups have the chance to participate in a fun group art project and try to win prizes in the Eggs on Display contest next month. Individuals are also invited to participate, but all contestants must register at the Frame Shop by Tuesday.

"The eggs can be decorated with paint or markers. It can be a 3-D collage or photographs-whatever the contestant wants," said contest organizer Steve Scouten. "There is no

one theme. Some squadrons might chose to paint their patch on the egg or a family might want to have each child draw a spring picture on a different section."

There are a variety of categories including family, military group, youth group, child and adult. Submissions will be judged on use of color, impact of design, originality, craftsmanship and overall esthetics.

The entry fee is \$20 per egg and there will be over \$400 in prizes awarded to the winners.

The approximately 3-foot by 4-foot plywood eggs will be available for pick up at The Frame Shop on April 8. All decorated eggs will be brought to the Easter Eggstravaganza at the Little League baseball fields at 9 a.m. on April 18 for judging. The eggs will then be displayed at various base locations until the end of April.

Sign up at the Frame Shop on Tuesday from noon to 8 p.m., Wednesday through Friday from noon to 5 p.m. or Saturday from 9 a.m. to 5 p.m. Call The Frame Shop at 424-4391 for more information.

NEWS NOTES

TRAVIS AIR FORCE BASE

Construction schedule for Travis Blvd

Base officials request patience as more construction on Travis Blvd. begins Monday. The curb and gutter work necessitates the closure of the westbound outside lane 7 a.m. to 4 p.m. weekdays until project completion. No intersections will be blocked and no detours will be implemented.

In addition, starting Mar 24 - pipe bank and new drainage will also be installed on Travis Blvd, at the intersection of Cannon and Ragsdale Streets.

This work schedule is subject to change due to weather conditions. The Tailwind will continue to provide information as it is made available regarding on going construction on Travis Boulevard.

Parking lot closure

"The Passenger Terminal parking lot will be temporarily closed from on or about March 15 to 15 April due to construction and repaving."

Band performance

The Air Force Band of the Golden West will perform at the Vacaville Performing Arts Center on March 22 at 7 p.m. This performance will feature guest artist Steve Smith, a former drummer from the rock band Journey. Tickets are free and are available at the Vacaville Performing Arts Theatre box office. For more

information, call 449-6217.

HAWC change

The Health and Wellness Center will be changing its hours of operations from 7:00 a.m. to 5:00 p.m. to 7:00 a.m. to 4:30 p.m. The HAWC will still be closed on weekends, holidays and down days.

Facility Managers training

On March 26, at 10:00 a.m. at the Travis Conference Center (Bldg. 480), the 60th Civil Engineer Squadron will hold its quarterly Facility Managers training.

The training is mandatory and an annual requirement for all current and new facility managers (attendance will be taken). For questions, call Airman 1st Class Tammy Elam at 4-2576.

Recognition

Travis has been named a Tree City USA by The National Arbor Day Foundation. It's the eighth year Travis has received this national recognition.

Carwash

The 60th Aircraft Maintenance Squadron Booster Club is having a car wash today from 8:30 a.m. to 4 p.m. at the Family Support Center parking lot.

The **SWAP ADS** deadline is noon Monday for that Friday's *TAILWIND*. Ads can be dropped off in Bldg. 51. Submissions do not guarantee publication.

Westover bridges airlift effort to Southwest Asia

By Master Sgt. Tom Allocco
439th Airlift Wing Public Affairs

WESTOVER AIR RESERVE BASE, Mass. — Westover's Air Force Reserve Command assets again stand at the critical junction of an air bridge across the Atlantic.

The base has become a hive of troops in desert camouflage, C-5 Galaxys filled with equipment and "controlled chaos" in the aerial port and passenger terminal operations hub.

A long anticipated message from Air Mobility Command officials came recently that announced the surge of aircraft was starting. Within hours, the first C-5s landed here, and Westover began moving troops and equipment to the Persian Gulf. They were followed by C-130 Hercules within the first week.

Twenty-four hour operations to accommodate troops and service aircraft started with teams of volunteers from the 42nd Aerial Port Squadron, augmented by 58th APS aerial porters. Westover's maintainers worked around the clock in 12-hour shifts with the help of 433rd Airlift Wing volunteers from Lackland Air Force Base, Texas. Services volunteers were on duty at all hours to feed passengers and prepare flight meals.

"An air bridge operation is a tremendous job for everyone involved," said Brig. Gen. Martin M. Mazick, 439th Airlift Wing commander. "To be a suc-

cess, everyone has to pitch in together. That's what is happening here. People know that what they are doing is important. Everyone is coming together."

AMC planners at Scott Air Force Base, Ill., are channeling the armada of aircraft through Westover. Ideally, planes arrive at Westover spaced out at intervals and are on the ground for four hours for a "gas and go," including maintenance inspection and refueling.

The schedule can go awry for any number of reasons. Bad weather here or at the destination, missing a tanker over the Atlantic, a delay in diplomatic clearance for an overflight or a maintenance delay can stack up planes at Westover.

"If there is a weather or traffic problem over the Atlantic or their destination (has the maximum aircraft allowed on the ground), C-5s can be diverted here, causing more havoc with the schedule," said Lt. Col. James P. Carey, 42nd APS commander. "They can be 150 miles over the Atlantic and return here within 30 minutes of the time we get the 'divert' message."

Aerial porters are everywhere from the air terminal operations center to augmenting transportation as volunteer bus drivers.

"It never ceases to amaze me how people volunteer," Carey said. "Our people continually step up to the plate and do whatever is necessary to get the

job done."

Another example of "stepping up" came from the 439th Services Squadron.

In the hangar are tents, cots, tables and a lounge with televisions, video tapes, video games and telephones. Services workers, with the help of reservists from other bases, offer midnight meals and boxed flight meals.

The 439th Communications Squadron donated computers to e-mail messages home. The family support center donated modems and paid for Internet services plus donated books, magazines, audio books and writing materials.

"We try to treat every individual as a welcomed guest," said Roy Green, family support center director.

Civilian employees across base pitched in to help. Base exchange officials set up a mini-exchange in which desert camouflage pillows unexpectedly became a fad item among troops who scooped them off the shelves.

Protestant Chaplain (Capt.) William Wiecher walked among servicemembers offering another kind of support. For those who feel a need to talk in private, the chaplain has set aside a quiet area.

"They've gone through preparing for deployment and the stresses of leaving," Wiecher said. "Waiting here, they may start thinking of things a little more. You can train for this, but when you actually do it, it's different."



Courtesy photo

Marines wait to check in their weapons at a temporary armory at Westover Air Reserve Base, Mass. The base is a critical junction of an air bridge across the Atlantic for deploying troops and equipment.

COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

Announcements

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 to sign up for the next ski, snow hike, sea kayaking or backpacking trip.

Bravo lunch

While the base is under Force Protection Bravo, the Delta Breeze Club will add Monday service to its weekday line up of lunch buffets. The menu on Monday and Tuesday is chef's choice, Wednesday is Chinese buffet, Thursday is Mexican buffet and Friday is seafood fare. The buffet is open from 11 a.m. to 1 p.m. The price is \$8.75, but club members pay the Members First price of \$7.

Another lunch option is Gatsby's Grill, located at Cypress Lakes Golf Course. It is considered a Travis facility, so military members are allowed to eat there in uniform. Check out their menu at www.60thServices.com.

Services

Today

▲ It's the last day to win Kirkwood lift tickets in the Eat Here, Get a Lift promotion at Services restaurants. Winners will be drawn at 2 p.m. from all entries at the Strike Zone at Travis Bowl, the Delta Breeze Club, Smoothie Island at the Fitness Center and Gatsby's Grill at Cypress Lakes Golf Course. Write your name and phone number on the back of your receipt from any food purchase at participating facilities and drop it in the entry box.

▲ There is a Members Only Irish Super Social at the DBC from 4:30 to 6:30 p.m. Corned beef and cabbage and special Irish and green beverages are available.

Saturday

▲ Stop by The Frame Shop from 9 a.m. to 5 p.m. to enter the giant Easter egg decorating contest. The entry fee is \$20,

which includes a giant plywood egg. Prizes will be awarded at the Easter Eggstravaganza April 18. Call 424-4391 for details.

Monday

▲ It's the last day to sign up for the Wades Lake backpack overnighter from March 21 to 23 with the Outdoor Adventure Program. The pre-trip meeting is at 6 p.m. at Outdoor Recreation. Call 424-5659 for details.

Tuesday

▲ Preschool story time is at the Mitchell Memorial Library from 9:30 to 10:15 a.m.

Wednesday

▲ Bowl from 3 to 5 p.m. at Travis Bowl for \$5 per person. Shoe rental is included in the fee and bumper bowling is available. Call 437-4737 for details.

Thursday

▲ It's the last day to sign up for Outdoor Recreation's ski shuttle to Squaw Valley on March 22. Discount lift tickets and rental ski and snowboard equipment are available at Outdoor Rec. Call 424-5659 for more information.

Family Support

Monday

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

Tuesday

▲ On Tuesdays at 8 a.m. and 2 p.m. and Thursdays at 2 p.m. the FSC Readiness NCO conducts deployment briefings for personnel tasked for deployment or TDY. Call 424-2486 for reservations. Those unable to make scheduled briefings can arrange for a one-on-one briefing.

▲ The Resume Writing Skills class is from 8 a.m. to noon. Fundamentals include effective formats, cover letters and marketing plans. Individual resume review sessions are available by appointment.

Wednesday

▲ WIC representatives are

Lane changing



Linda Mann-Iames / 60th Services Squadron

Suzanne Oliver works on the keypad for the new scoring system at Travis Bowl Monday. The bowling center will have all new scoring keypads, monitors and lanes installed in the next few weeks.

at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

Thursday

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

▲ Sponsorship training is from 9 to 9:30 a.m. at the FSC. Call 424-2486.

▲ The mutual funds seminar is at the FSC from 9 to 11 a.m. Call 424-2486.

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 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.

Chapel news

New service

The chapel is offering a new Protestant worship service beginning April 6 to meet the needs of those with Liturgical backgrounds. The service will take place at 9 a.m. in the fellowship hall of Chapel One. Call 424-3943 for more information.

Ushers needed

Catholic ushers are needed at all masses. Call Carol Lee at 424-5780 to volunteer.

Lent Schedule

▲ Protestant Lenten lunch, April 16, noon, Chapel One.

▲ Protestant Maundy Thursday, April 17, 7 p.m., Chapel Center

▲ Catholic Holy Thursday, April 17, 7 p.m., Chapel One

▲ Protestant Good Friday Tenebrae service, April 18, 8 p.m., Chapel Center

▲ Catholic Good Friday, April 18, noon, Chapel Center, (Stations of the Cross), 3 p.m., Chapel One (Passion of Christ)

Chapel Services

Catholic

▲ 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

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

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

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

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

Contemporary

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

Wicca

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

Media. military

The good, the bad, the ugly

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON — The U.S. military is the best-trained, best-led and best-equipped force in the world, a senior defense official said today, and the American taxpayers deserve to see "just how professional that force is."

Bryan Whitman, deputy assistant secretary of defense for public affairs, said in a C-SPAN interview this morning that he believes reporters should be allowed extensive access to military operations because they'll cover what he likes to call "the good, the bad and the ugly."

"They'll see the goodness with which our troops carry out their missions. Our troops are human though, too, and they'll make mistakes, and I believe that reporters will cover the bad as it occurs," Whitman said. "And I think reporters will also cover the ugly because war is ugly, and the world should see that war is ugly (and know) we don't make these decisions to go to war lightly."

Defense Department officials estimate hundreds, perhaps thousands, of journalists will cover various aspects of any conflict in Iraq. More than 500 of those reporters will accompany U.S. military units in a process the Defense Department calls "embedding."

Reporters are given the opportunity to embed in specific military units before conflict begins. They'll then travel with

those units, maneuver with them, accompany them during operations and be under their protection.

In return for such access, cooperation and protection, the news organizations agree to follow certain "ground rules." Whitman said those rules are designed to facilitate cooperation between the media representatives and the military commander on the ground. The ground rules cover such things as coverage of injuries and deaths, electronic submissions on the battlefield and other issues that could compromise security and endanger lives.

"We have to ensure that our embedded reporters know and understand what is sensitive or sensitive at the time it is being report-

ed," Whitman explained.

He noted journalists are by and large professional and said he's not concerned that their presence in units will violate security or endanger the military forces.

"I have not met a journalist that has willingly wanted to compromise a mission. Furthermore, I find it kind of inconceivable that a journalist wanted to compromise a mission that he or she was part of," Whitman said. "I just don't see that they are going to do something like that that would endanger themselves as well as the unit they're with."

Eighty percent of the journalists embedded with U.S. military units are from American news outlets, but Whitman added, the remaining 20 percent are from Arab, Asian and European outlets.

Whitman said the Defense Department has made facilitating the media such a priority because, "truth should matter if there's a conflict."

"We know that our potential adversary Saddam Hussein is a practiced liar," he added. "He uses disinformation all the time. What better way for us to counter some of that disinformation than to have objective reporters out there in the field reporting what's going on in near-real time so that Saddam Hussein cannot lie about what's actually occurring."

Whitman, a former soldier himself, was full of praise for reporters in general. He said he believes it's a courageous decision to put oneself in harm's way to report what is happening. He noted many news organizations have sent their potential war correspondents through training, some with the Defense Department, to try to prepare them for the hazards associated with military operations.

He said he's particularly concerned about reporters who aren't embedded with military units but still want to cover battles from "between the lines," or between Iraqi forces and coalition forces.

"It's even more dangerous ... if you're out there working independently, heading to the sounds of the guns and perhaps traveling with your own personal protection or security that can often be misconstrued as potential enemy contact out there," he explained.

Whitman also recommended a way for the public to stay abreast of news from and about the U.S. military.

www.DefendAmerica.mil is an official Defense Department site that features ways in which individuals can communicate with troops, stay abreast of operations, read about life in military units in stories written by military journalists, and "get a lot of information that is synthesized from various sources around the world and within our own government on one site," Whitman said.

"So if you only have one place to visit each day ... and you want to get some news about what's going on in the world quickly, DefendAmerica.mil will do that for you," he added.

Classified Ads work. Call 425-4646.

Support from home



Master Sgt. Darrell Lewis / AFPN

SOUTHWEST ASIA—Senior Airman Melissa Mekeel selects free personal-care items inside an American Red Cross station. The donated items were sent as a show of support for the U.S. military. Mekeel is an intelligence analyst deployed to a forward location from 8th Air Force at Barksdale Air Force Base, La.

To submit a story,
e-mail the Tailwind at
tailwind@travis.af.mil

TRICARE Mail Order Pharmacy change

By Jim Spellman
60 MOG Public Affairs

More than 400,000 military pharmacy mail order customers were switched to the new TRICARE Mail Order Pharmacy on March 1. Express Scripts, Inc. of Maryland Heights, Mo., will provide TMOP services. This change does not change the pharmacy benefits you or your family members receive as TRICARE beneficiaries.

Beneficiaries who have prescription refills remaining on March 1 under the current National Mail Order Pharmacy, will have their prescriptions transferred to Express Scripts except for narcotic, controlled substance, or compounded prescriptions (prescriptions physically prepared by the pharmacy). New prescriptions for these exceptions need to be written by your provider and sent to Express Scripts.

TRICARE beneficiaries living and working overseas can also use the mail order pharmacy if they have an APO, FPO, or a U.S. Embassy address; however, the prescription must be written by a provider licensed to practice in the United States.

Current mail order pharmacy users should have received a postcard in early January announcing the new services. This will be followed by a mailing that will include a registra-

tion form, a description of benefits and a brochure covering the TMOP benefits.

Beneficiaries eligible to use the current mail order pharmacy program or the retail pharmacy benefit are eligible to use the new TRICARE mail order pharmacy program.

Beneficiaries may register using the provided registration form, online, or by calling the Express.scripts call center. Once TMOP is in operation, beneficiaries can refill prescriptions over the phone, via mail, or on the Internet.

Under the TRICARE Mail Order Pharmacy program, the copay for up to a 90-day supply for most medications is \$9 for brand medications or \$3 for generics. Exceptions include controlled substances, and active duty service members pay no copays.

Please note: If you have other health insurance that covers prescription medications, you will not be able to use the TMOP benefit.

For more information, call the Express Scripts Call Center at 866-DOD-TMOP (866-363-8667), visit the Express Scripts website at www.express-scripts.com, or the TRICARE website at www.tricare.osd.mil.

Additionally, you can contact the Beneficiaries Counselor Assistant Coordinator (BCAC) at David Grant Medical Center by calling 423-7921.

Right — Tech. Sgt. Pete Cameron, 60th CES NCOIC Readiness Logistics, demonstrates how to close the hood of the JSLIST. The hood on the suit replaces the current hood of the protective mask.

Below — Airman 1st Class Heather Leonnig, 60th CES Readiness Logistics, demonstrates the proper wear of the JSLIST. The suit incorporates the chemical detection bands and a new sling that goes between the legs to replace the 3-snap closure in the rear.



Suiting up for protection



Story and photos by Senior Airmen Nicholas Olson
60th AMW Public Affairs

The need to protect Air Force people in any climate has led to an evolution in nuclear, biological and chemical protective gear. A lighter, cooler, more breathable suit is being brought online to make things more comfortable for people when suiting up.

The Joint Service Lightweight Integrated Suit Technology, or JSLIST, is the next generation of NBC gear designed by the Department of Defense and is currently being implemented by the Air Force. The JSLIST incorporates the existing MCU-2AP protective mask as part of the ensemble.

"The JSLIST was designed to replace the current battle dress overgarment which has been in use for more than 20 years," said Tech. Sgt. Pete Cameron, NCOIC Readiness Logistics, 60th Civil Engineering Squadron Readiness Logistics Section.

The new suit uses a micro-encapsulated carbon sphere technology, replacing the charcoal of the original chemical suit. This makes the suit lighter and more flexible than its predecessor. It also uses an integrated hood that will eventually replace the hood of the protective mask worn by Air Force members when in Mission Oriented Protective Posture gear.

"The advantage of the new suit is that it is less bulky and there is less heat stress for the troops having to wear the suit," Cameron said. "It has a removable liner instead of a charcoal liner which was not only messy but could cause respiratory difficulties to the person wearing it."

Another advantage is the ability to launder the suit and to re-issue it with a durability of 45 days. The suit can be worn for up to 24 hours in a contaminated environment, Cameron said.

"The new suit can be washed up to six times and used again," said Senior Airman Bryan Judd, readiness journeyman, 349th CES. "The liner can be removed and replaced unlike the previous model that would disintegrate when washed."

The JSLIST also comes in seven different sizes as compared to the three sizes of the previous model.

The JSLIST has been issued for training in places like Osan Air Base and Kunsan Air Base, Korea. Service members deploying to Southwest Asia and Turkey are being issued the JSLIST upon deployment, said Master Sgt. Bryan Nicholas, 60th Supply Squadron, Superintendent War Readiness. The first phase of distribution began in February with each person being deployed receiving two sets.

"The only suits we have currently are for sizing purposes," Nicholas said. "If they do not get one here they will be issued one when they get into their theater of operation."

The new suit will not be issued right away for training until there is overage in stock or some are found to be unserviceable, Cameron said.

"It'll be 5 to 10 years before the new suit is utilized in training," according to Cameron.

The JSLIST was designed in conjunction with the 311th Human Systems Program at Brooks City-Base, Texas. For more information on the JSLIST, log on to www.brooks.af.mil/HSC/YA/YAC/YACN/jslist.htm.



Master Sgt. Bryan Nicholas demonstrates to Staff Sgt. Michael Lacasse what he will be issued prior to deployment. The new chemical gear is vacuum-sealed to allow for easier storage in the rucksack.

Operation HERO

Tailwind staff

The Travis Family Support Center is seeking children, 1st through 6th grades, who could benefit from a free, 10-week program that meets two and a half hours, twice a week at Scandia Elementary School. The mentoring and tutoring program here is called Operation HERO.

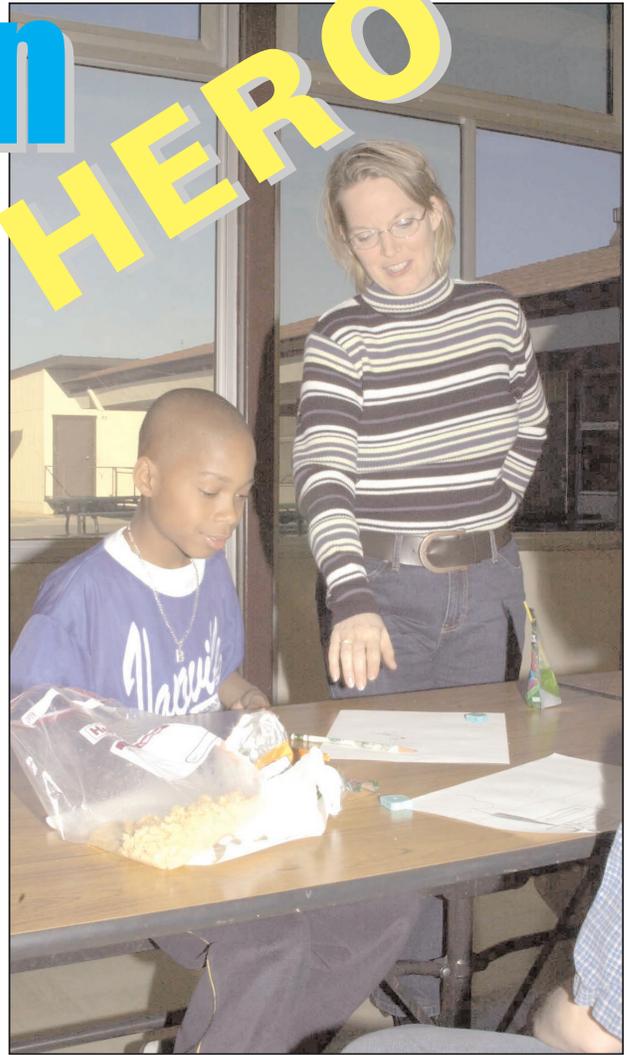
The program is designed to enhance the social and academic skills of children experiencing changes or stress due to the military lifestyle such as moving, having a deployed parent, a new addition to the family, or family separations.

The program is a partnership between the

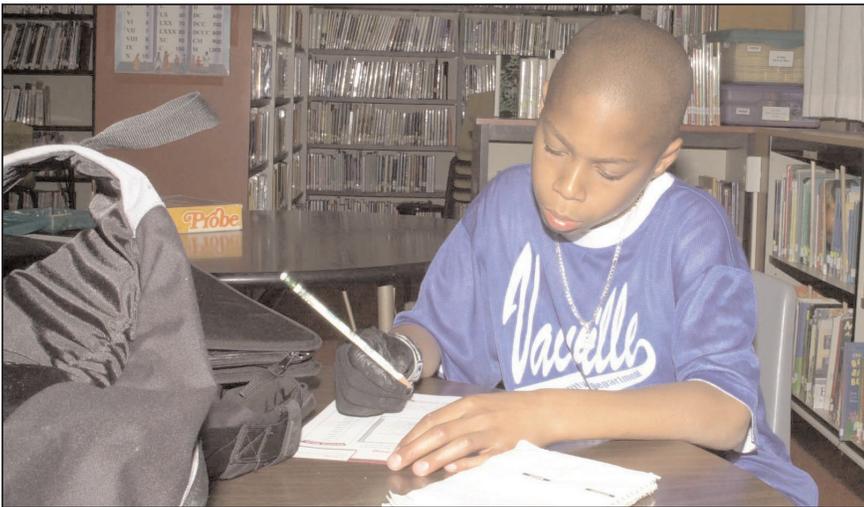
Armed Services YMCA, the FSC and the Travis Unified School District. ASYMCA funds the program to pay for the director of the program, facilitators and materials. The schools provide classroom space to run the after school program and the Travis FSC Career Focus Program recruits military spouses to interview for the jobs, thereby increasing job opportunities for spouses.

Children may be referred through the Travis FSC, their teacher or school counselor.

For more information, contact program directors Kimberly Vann at 330-8242 and Doreen Stapleton at 437-2350 or Scandia Elementary at 437-4691.



Senior Airman Nicholas Olson / 60th AMW Public Affairs



Above — Stacy Stanley, a program director with the Armed Services YMCA, talks about having good habits with Blake Tucker, grade 6. The children spend time drawing pictures of their good habits to show to the others in the group.

Top left — Stanley supervises a word guessing game with Derrick Scott, left, and Robert Ratzler. The students must write a word and have the others guess at letters to reveal clues to their word.

Left — Blake Tucker spends time working on his schoolwork. Operation Hero incorporates one hour of the session to working on homework.