



# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, JAN. 30, 2004

VOLUME 29, NUMBER 4



### C-5 REVIVED

The Travis "Galaxy" that sustained damage in Iraq receives repairs.

**3**



### MARROW DRIVE

Senior Airman Leroy Williams III needs bone marrow to fight leukemia.

**4**

### Weekend forecast

*Travis AFB*

#### Today

Hi 56  
Low 39



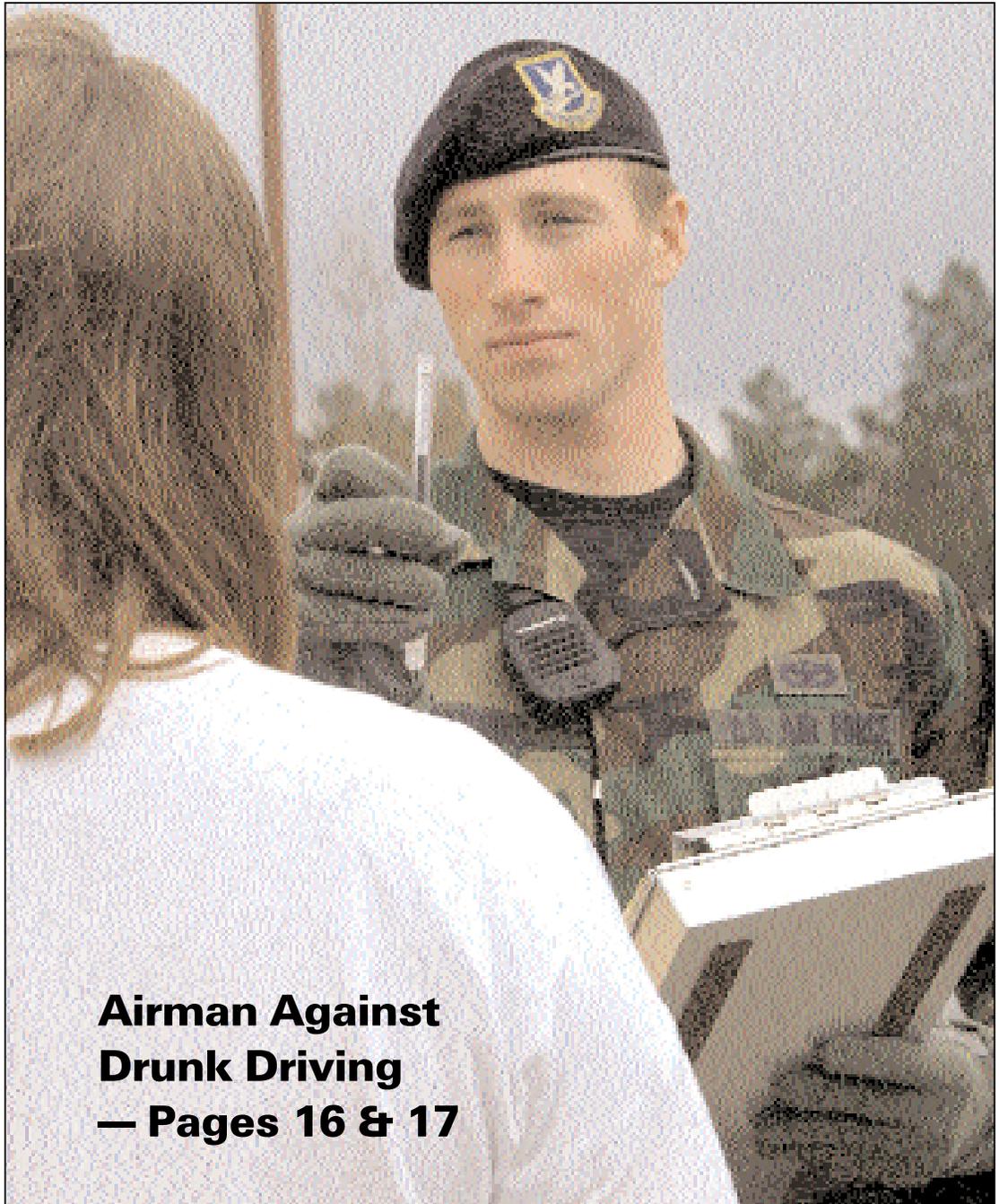
#### Tomorrow

Hi 56  
Low 40



#### Sunday

Hi 56  
Low 41



**Airman Against  
Drunk Driving  
— Pages 16 & 17**

# Commander's Corner

By Col. Mike Sevier  
60th Air Mobility Wing commander

It is my honor to announce **Brig. Gen. Brad Baker** has recently been selected to become Vice Commander, Fifth Air Force, Pacific Air Forces, at Yokota Air Base, Japan. Over the last few months, General Baker has been deployed as the



Director of Mobility Forces in Southwest Asia. As part of the 5th Air Force, General Baker will help lead a very diverse and capable organization, which is able to conduct the three major aspects of Air Operations — Air-to-Air, Air-to-Ground

and Mobility. The 5th Air Force is a major deterrent that enhances regional peace and security. General Baker's presence here will be sorely missed, but clearly, his leadership will still be felt from even across the Pacific Ocean.

**Col. Lyn Sherlock**, 62nd Operations Group commander, McChord Air Force Base, Wash., will become the 60th Air Mobility Wing commander in the spring of 2004. Colonel Sherlock is a command pilot with more than 3,500 hours in the T-37, T-38, C-141B and C-17. As commander of the 82nd Operations Group, she

leads 1,170 authorized personnel and 34 C-17 "Globemaster III" aircraft to provide safe and effective airlift for global combat and humanitarian contingencies. She brings an enormous wealth of diverse experience to Travis.

The exact date of the command change has not yet been determined, but I am confident that many Travis organizations and people will work diligently together to make it a memorable and dignified event.

## Safety first

This week, Headquarters Air Mobility Command conducted an Air Force Safety and Occupational Health Program Evaluation of all 60th AMW units, facilities and organizations. The team of safety, bioenvironmental engineering, occupational health and public health specialists evaluated the safety and health of organizations with special emphasis on our flight, ground, and weapons safety programs, bioenvironmental and occupational health program management, operational risk management and compliance to safety standards and process as it relates to the wing's mission. The evaluation underscores the importance of Operational Risk Management. For more information about the Six-Step ORM process, please visit the 60th AMW Safety

Office Web site at <http://w3.travis.af.mil/safety/SixStepProcess.htm>. My hearty thanks go out to everyone who helped the inspection team and enhanced the evaluation process.

## African American Heritage Month

The African American Heritage Extravaganza is Tuesday, Feb. 3 from 11:30 a.m. to 1 p.m. at the Delta Breeze Club. The guest speaker is Gwendolyn Lawton from the Fairfield-Suisun Unified School District and Vida Blue, a former San Francisco Giants and Oakland As baseball player is a distinguished guest. The Travis African American Heritage Month committee has organized several, diverse events throughout the month of February. Please come out and join the celebration.

## Congratulations

Tonight is the Annual Awards banquet at the DBC starting at 6 p.m. I look forward to seeing the best of Team Travis recognized for their tireless efforts and outstanding achievements. Congratulations to all of the award recipients for a job well-done!

On that note, I want to thank everyone at Travis for your continuing commitment, strength and spirit ... God bless the Travis Team and God bless America!

## TAILWIND

Travis AFB, Calif.  
60th Air Mobility Wing  
Brig. Gen. Brad Baker  
60th Air Mobility Wing commander

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

Correspondence may be sent to: 60th AMW / PA: 400 Brennan Circle; Travis AFB, CA 94535-5005, faxed to 424-5936 or emailed to [tailwind@travis.af.mil](mailto:tailwind@travis.af.mil). Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap Ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. E-mailed or faxed Swap Ads will not be accepted.

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## Colonel Lyn D. Sherlock named incoming 60th AMW commander

### Tailwind Staff

Colonel Lyn Sherlock is currently the commander of the 62nd Operations Group, McChord AFB, Wash.



Colonel

The colonel graduated from Columbiana High School, Columbiana, Ohio, in 1978. She is a 1982 United States Air Force Academy graduate

Colonel Sherlock was commissioned as a second lieutenant in 1982, and is a command pilot with over 3,500 hours in the T-37, T-38, C-141B, and C-17. She also earned a master of aeronautical science degree from Embry-Riddle Aeronautical University in 1993.

### Major awards and decorations

Defense Superior Service Medal  
Meritorious Service Medal with two oak leaf clusters  
Air Force Commendation Medal  
Air Force Achievement Medal

### Effective dates of promotion

Second Lieutenant: June 2, 1982  
First Lieutenant: June 2, 1984  
Captain: June 2, 1986  
Major: May 1, 1993  
Lieutenant Colonel: January 1, 1997  
Colonel April 1, 2001



### Rendering proper customs and courtesies:



All military personnel should salute the wing commander's white top, blue staff car (pictured left), or any government vehicle that has colonel or general officer rank displayed on the bumper or dashboard. Salute as soon as the vehicle is recognized and hold it until the vehicle passes or the salute is returned. Do not salute an empty staff vehicle.



Photo by Kristine Cilia / Visual Information  
Staff Sgt. Sean Carroll, 60th Security Forces Squadron, demonstrates how to perform a DUI sobriety check.



Photo by Staff Sgt. Suzanne Jenkins / AFPN

Airmen with the 8th Expeditionary Maintenance Squadron remove the No. 4 engine from a C-5 Galaxy damaged by hostile fire over Iraq earlier this month. The C-5 was deployed from Travis in support of Operation Iraqi Freedom.

## Maintainers revive C-5 for flight

By Master Sgt. Jeff Bohn  
U.S. Central Air Forces-Forward Public Affairs

**COMBINED AIR OPERATIONS CENTER, Qatar** — When the largest aircraft in its inventory was recently damaged during a hostile attack, the Air Force called on some unique specialists for the repair job — the C-5 Aircraft Battle Damage Repair team out of the Warner-Robins Air Logistics Center, Robins Air Force Base, Ga.

The Georgia-based 653rd Combat Logistics Support Squadron is the only C-5 ABDR team in the world. The Air Force hustled these specialists to Baghdad International Airport in the wake of a Jan. 8 terrorist attack on a C-5 Galaxy.

The No. 4 engine on the Travis-based airlifter was hit by hostile fire shortly after take off. While a board of investigators immediately began investigating the attack, plans were made to ferry the aircraft to an in-theater repair location.

After an initial assessment by 447th Expeditionary Aircraft Maintenance Squadron personnel at Baghdad International Airport, the Air Force quickly decided it needed to send the ABDR team forward into the theater.

"We were sent to Baghdad to repair the C-5 that was struck," said Capt. Mark Ford, 653rd CLS squadron director of operations and mission chief. "Our job was to fix the plane up to the point it could be ferried to another location in theater where more permanent repairs would be completed," he added.

But getting the team on the ground to work in a concert of whirling tools and symphonic rhythm is the job of the squadron's team chief.

"When we land, I get my team together. Then we go ahead and assess what we need to assess. I get my guys working and we knock it out," said Master Sgt. John Manna, 653rd CLSS C-5 aircraft battle damage repair crew chief. "[Our instructions] said they needed this aircraft moved as soon as possible."

Sergeant Manna went on to say his team felt good about what it accomplished in Baghdad but knew that was

only the beginning. Everyone on the team knew additional repairs would be needed before the cargo aircraft could be flown back to Robins AFB where it would be permanently repaired.

Ultimately, the ferry flight turned out to be uneventful. From its three-engine take off to landing, everything went as planned. Once the plane arrived at its new location, Captain Ford and his maintenance experts did some additional work preparing the big jet for its subsequent flight to Georgia.

Several days and a lot of work, knowledge, ability and sweat go into repairing an aircraft in the field, but the results are worth the effort, she said.

"It makes me feel wonderful," said Tech. Sgt. Joseph Alexander, 653rd CLSS avionics guidance and control technician. "I enjoy working with the team we have and the opportunities it gives me to travel the world. We go through rigorous training every year for this — especially in wartime situations. To be able to go into places to recover aircraft makes me feel really unique."

"My primary job is the electronics, the electrical work on the aircraft," Sergeant Alexander said. "But there are few tasks he can't do."

"I perform everything from sheet metal patches to engine replacement," is how he puts it.

While the 15-member team came from Georgia, their mission was a joint effort with the maintainers at the deployed base.

"The support was fantastic," Captain Ford said. In particular, he cited "The Mighty 8th" [a deployed expeditionary air mobility squadron], his unit back home, and the maintainers at the repair location as being extremely helpful.

"Everyone gave us a hand," Sergeant Manna added.

Part of the deployed location support came from four civil engineers who used a crane to assist in the removal and installation of engines and airframe components weighing up to four tons while requiring precision measured in millimeters.

"It was awesome, without a doubt a career high," Tech. Sgt. Trevor Shattuck,

a 315th Civil Engineer Squadron Reservist deployed from Charleston AFB, S.C., said of his first C-5 engine replacement as a heavy equipment operator.

The four-person crane crew eagerly volunteered to assist in the operation, according to Master Sgt. Wayne Schulz, a deployed Reservist from the 926th CES at Naval Air Station, New Orleans. Sergeant Schultz said the crew had been spending a lot of time relocating latrines and the shift to removing and installing a multi-million dollar engine was a welcome break from the more mundane duties they had been performing.

Taking part of the mammoth repair effort has been the highlight of his tour, he said.

Other much needed assistance came from coalition C-130 and KC-135 maintainers who worked side by side and through the night with the Georgia specialists as well as unloading the aircraft, supplying tools and moving the equipment around for the team.

Master Sgt. William "Bull" Demers, who is the deployed location's production superintendent for flight line operations, said the experience was invaluable to many of the younger troops and highly supported by all involved.

Sergeant Demers ensured all of the Georgia team's personal and equipment needs were met and provided manpower for the many different maintenance operations the team performed.

"After the team came in and went to bed down, our maintainers spent six hours through the first day getting the aircraft prepared for the engine drop," Sergeant Demers said. "The team was surprised when they got out to the aircraft. It really helped the operation go quicker."

The overall focus of this operation may have been to get a damaged aircraft back into service as rapidly as possible, but there were many side benefits.

For the many maintainers involved in fixing the plane first at Baghdad and then at the second repair site, it was a feeling of doing something unique and truly challenging.

## 60th APS opens new cargo ramp

Tailwind Staff

The 60th Aerial Port Squadron recently received a new Cargo Deployment Facility to help keep the operation of deploying equipment and gear out of Travis a smooth process. Having been in the works for nearly ten years, approval was finally given to begin work on the new 2,500 square foot, \$508,000 state-of-the-art cargo deployment function facility in June of 2002.

With the completion of construction, Bldg. 989 was officially turned over to the wing, and was put to its first deployment test during exercise "Crisis Look" last October.

"The previous CDF building, an 850-square foot trailer, was deteriorating and didn't meet the minimum building standards of the 60th Air Mobility Wing," said Capt. Randy Resch, 60th APS Air Freight flight commander. "The new CDF boasts expanded workspace for critical deployment processes such as quality control, cargo tracking, intransit visibility and load planning."

The building utilizes LCD projection technology to display up-to-the-second cargo status, replacing the dry erase boards of the old building. Additionally, the CDF houses a training and conference room that did not exist earlier. It also features an all-new dedicated work center for visiting unit deployment managers and deploying unit cargo representatives who may require computers and LAN support while accompanying their cargo.

With a 300 percent increase in workspace, the wing now possesses an expanded, cutting-edge capability to ensure the right material gets the right place at the right time, while showcasing its first-class deployment capability. It leads the way for the mobility mission of the 60th AMW, where it will continue to provide the command, the Air Force and the nation with the ability to achieve rapid global mobility.

Building 987, the Ramp Services Facility, was the direct result of a visit by the Assistant Secretary of the Air Force for Installations in 2000, who made funding possible for an all-new facility.

Like the CDF, the new building replaced a trailer that was originally set up in 1987 as a temporary facility until a new building could be funded.

"The ramp services building houses a workforce of 80 military and civilian employees, and serves as an intransit facility for aircrew members," Captain Resch said. "With a forty percent increase in office space, this \$800,000 facility expands our flight line cargo loading and offloading capability, as well as aircrew static load training support, with a vastly refreshed and modernized work center environment."

## Bone marrow donors sought for Travis airman



Courtesy photo

Senior Airman Leroy Williams III was in the hospital being treated for leukemia when he was promoted to Senior Airman Nov. 17.

By Jennifer Brugman  
60th AMW Public Affairs

A bone marrow donor registration clinic and blood drive is being held Feb. 5-6 to help a Travis Senior Airman survive leukemia.

Senior Airman Leroy Williams III, a non-destructive inspector with the 60th Equipment Maintenance Squadron is 24 and was diagnosed with Acute Lymphocytic Leukemia Nov. 6, 2003. Acute Lymphocytic Leukemia rapidly progresses and usually strikes young children. Abnormal blood cells that don't function replace healthy red and white blood cells, causing increased susceptibility to infection, flu-like fever and chills, anemia and loss of appetite.

Potential donors can go to the 60th Mission Support Group Atrium in Bldg. 31 from 7 a.m. to 3 p.m. They will learn about the volunteer donor process, register as a potential donor, sign a consent form and have a vial of blood taken, said Tech. Sgt. Irish Hester, a 60th EMS shop chief, is organizing the donation center.

Marrow type is entered into the DoD and National Marrow Donor Program

Registry. People who have been stationed overseas can become marrow donors. Sergeant Hester has known Senior Airman Williams since May.

"Bright — he's got a personality that doesn't stop," Sergeant Hester said. "He's always smiling. The reason we're putting this on is that he's one of ours — he's part of our family."

Senior Airman Williams was a quarterback for the 60th EMS team, plays basketball and is a big of the Phoenix Suns fan.

A bone marrow transplant requires that patients receive radiation treatment destroying their own leukemia producing cells. Then the donor cells are implanted and the patient must stay in the hospital until the new bone marrow starts producing white blood cells.

Typically, a donor will undergo a simple surgical procedure, stay overnight in the hospital, and can resume normal activities a few days later.

The blood drive will take place Feb. 5 from 9 a.m. to 2 p.m. Call 424-3011 to make an appointment. Walk-ins are also welcome.

## Giving Travis Props

Story and photo  
by Daniel Amara  
60th Services Squadron

There is only one place on base where you can sit down and order your meal in a fun family atmosphere — Props.

The Delta Breeze Club created the 1940s themed restaurant to fill a void in the night dining options on Travis. The restaurant is adorned with pictures of old aircraft about the room, while pictures of Rosie The Riveter and other period art fill the menu.

The Props dining room is located on the officers' side of the club, in an area known as the Redwood Room. DBC patrons can also order off the Props menu from the Officers' and Enlisted lounges. Props is open Tuesday through Saturday from 5 to 9 p.m.

"One of the things I am most proud of is our menu," said Mark Larios, DBC general manager. "Chef Fred has really done a fabulous job creating new entrees while making the classic ones better."



Chef Fred Smith regularly comes out of the kitchen to visit customers such as Ken and Hildegarde Berg.

To match the aviation theme, each of the menu sections has special names ranging from Lift Offs (appetizers) to Special Packages (desserts).

The soups and salads section

is named Engine Run Ups. A Props signature soup is a Chef Fred Smith's own creation - a rich onion soup deglazed with brandy and sherry, served in a crock with melted Swiss cheese

over a French bread crouton.

Sandwiches come under the heading of Taxiway. The Props signature sandwich is its hamburger. This burger starts with a grilled 1/3-pound whole beef

patty on a sesame seed bun with crisp lettuce, tomato, pickle spear and a thinly sliced Bermuda onion. The meal is complete with your choice of Extra Cargo, a mini-menu of 10 sides ranging from seasoned fries to coleslaw.

Main entrees include the Pasta Payloads (Italian pastas), Overseas Mission (seafood), Special Cargo (steaks) and Mission Essential (American regional classics). Topping the list of Props signature entrees is its BBQ Ribs. They serve a full or half side of ribs with all the trimmings: coleslaw, baked beans and garlic bread.

"The idea was to make a place that was fun for the whole family, with great food and reasonable prices," Mr. Larios said, citing that most of the entrees are under \$10 for DBC members. All the offerings on the children's menu, dubbed the Cadet Menu, are \$3.25 or less.

To make Valentine's Day special, Chef Fred will create a unique dessert for the occasion. As of press time, the dessert was still a secret, but Chef Fred assured that the red and white treat would go well with the steaks, pan-seared salmon or prime rib dinners offered. Reservations are recommended for the evening, so call 437-3711.

Props will extend its hours on Valentine's Day for one hour, staying open from 5 to 10 p.m.

# Travis announces quarterly award winners



◀ Senior Company Grade Officer  
Capt. Jason Torgerson,  
21st Afligt



NCO  
Tech. Sgt. Jerry Miller,  
60th Aerial Port Squadron ▶



◀ Civilian Employee  
Charles Barnard,  
60th Equipment Maintenance



Honor Guard  
Staff Sgt. Miguel Palagalarza,  
60th Equipment Maintenance Squadron ▶



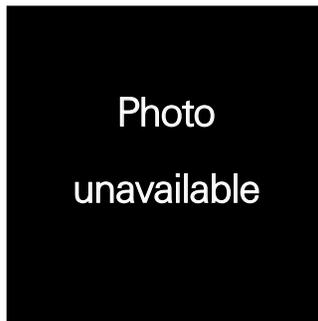
◀ Junior Company Grade Officer  
1st Lt. Jerry Franklin, Jr.,  
660th Aircraft Maintenance



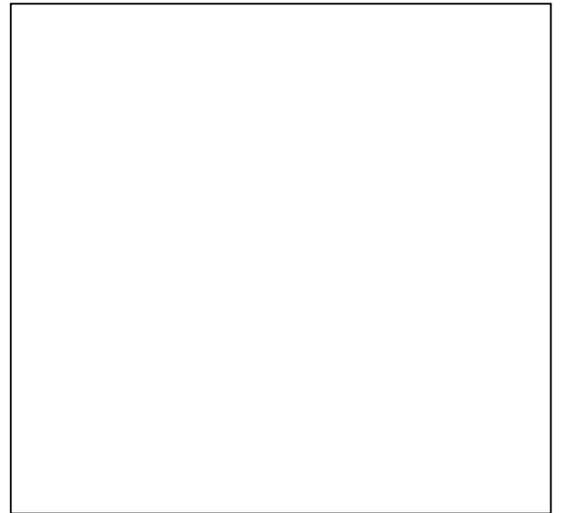
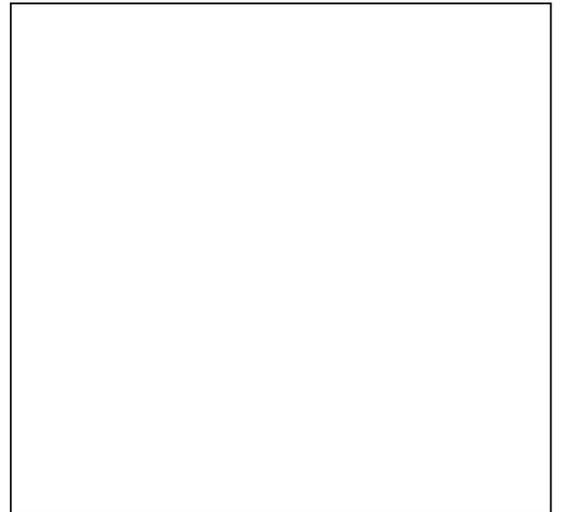
Civilian Manager  
Elwood Wilkerson,  
60th Equipment Maintenance ▶



◀ Senior NCO  
Master Sgt. Charles Pope, Jr.,  
60th Medical Diagnostic and Therapeutic Squadron



Airman  
Airman 1st Class Emie Yi,  
60th Equipment Maintenance Squadron ▶





Check out Air Force  
online news at

## DEAD BATTER- IES CAN'T

Change the batteries in your smoke detector before the old ones run out. That way, your smoke detector can warn you and your family in the event of a fire.



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

# CRIME STOPPER

## TRAVIS SECURITY FORCES ACTIVITY

### Jan. 19

Civil arrest in Fairfield  
Minor vehicle accident on the Mass Parking Area  
Loud noise complaint on Echols Street

### Jan. 20

Vehicle accident in the parking lot adjacent to the VA clinic  
Vehicle accident on Burgan Boulevard  
Verbal altercation on Georgia Street

### Jan. 21

Vehicle accident in the parking lot adjacent to the library  
Animal control on Forbes Street  
Animal control on Oregon Street  
Animal control on Vermont Street  
Harassing telephone calls on Kelly Street

### Jan. 22

Vehicle accident on Travis Avenue  
Shoplifting at the Base Exchange  
Shoplifting and unauthorized manufacture of an ID card at the BX  
Vehicle towed at Bldg. 1348  
Vehicle towed at Bldg. 1306  
Vehicle towed at Bldg. 1310  
Vehicle towed at Bldg. 1307  
DUI in Davis  
Vehicle accident and damage to government property at the base car wash

### Jan. 23

Major vehicle accident on Burgan Avenue  
Vehicle towed on Collins Drive  
Vehicle accident on Broadway Street  
Vehicle accident in the parking lot of the BX  
Vehicle accident in the parking lot of the BX  
DUI on Windward Avenue

### Jan. 24

Civil arrest for Grand theft, and Possession of substance and Identity Fraud and Embezzlement at the North Gate  
Assault in Vacaville  
Domestic disturbance on Norton Street  
Civil incarceration at Solano County Jail

### Jan. 25

Vandalism on Main Street  
Verbal altercation on Bond Street  
Theft of unsecured private property on Diablo Drive  
Vehicle accident on perimeter Road

### Crime Tip:

There have been numerous vehicle accidents in parking lots lately. As a reminder, the speed limit in parking lots is 10 mph. Obeying the speed limit should eliminate accidents in any parking lot.

**Are  
you  
ready?**

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

# National Nurse Anesthetists Week recognizes CRNA's contributions at home, on deployment

## 60th Medical Group Public Affairs

Of the millions of patients who will undergo surgery or deliver a baby this year, most will receive their anesthesia care directly from a Certified Registered Nurse Anesthetist. During the fifth annual National Nurse Anesthetists Week, Jan. 25 to 31, CRNAs at the David Grant USAF Medical Center are celebrating their long history of providing safe anesthesia care with the message "It's All About Being There" for their patients.

"CRNAs stay with and watch over their patients from the beginning to the end of surgery, so it really is 'all about being there,'" said Tom McKibban, CRNA, MS, president of the 30,000-member American Association of Nurse Anesthetists.

"Much of the public is unaware that nurse anesthetists practice in every part of the country, deliver every type of anesthetic, work in every setting in which anesthesia care is delivered, work closely with all types of physicians, and have been doing so for more than 100 years with the patient's safety and comfort as their primary consideration at all times.

Because much of what we do takes place primarily while our patients are asleep, the public hasn't gotten to know us like other, more visible healthcare professionals, Mr. McKibban said."

Not only are CRNAs a main provider of anesthetics for the civilian population in the United States, they are the main provider of anesthesia

care to American servicemen and women stationed around the world.

"At DGMC, CRNAs practice in hospital operating and delivery rooms; ambulatory surgical centers; the offices of dentists, podiatrists, ophthalmologists, and plastic surgeons; and U.S. Military, Public Health Services, and Department of Veterans Affairs medical facilities," explained Capt. Annie Hall, project officer for National Nurse Anesthetists Week at DGMC.

According to the AANA, CRNAs have been on the front lines supporting U.S. troops since World War I. Presently, more than 165 nurse anesthetists are on duty in Iraq, comprising nearly 80 percent of the anesthesia providers serving in this ongoing conflict.

"Anesthesia care has never been safer," Mr. McKibban said. "Since the early 1980s, patient deaths related to anesthesia mishaps have declined from approximately two for every 10,000 anesthetics given to approximately one for every 240,000 anesthetics given."

Keys to this dramatic improvement have been advances in monitoring technology, anesthetic drugs, provider education and practice standards, and the involvement of CRNAs in much of the anesthesia care provided in the United States each year.

"National Nurse Anesthetists Week is a time for CRNAs across the country to promote patient safety and to educate patients and their

families about their anesthesia options and nurse anesthesia providers," Mr. McKibban said. "CRNAs are patient guardians in the truest sense of the word."

Founded in 1931 and located in Park Ridge, Ill., the AANA is the professional organization for more than 30,000 CRNAs.

As advanced practice nurses, CRNAs administer approximately 65 percent of the 26 million anesthetics delivered in the United States each year. CRNAs practice in every setting where anesthesia is available and are the sole anesthesia providers in more than two-thirds of all rural hospitals.

### 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.



Photo by Jim Spellman / DGMC Public Affairs

Tech. Sgt. Jeffery Alagao, nuclear medicine technician, reviews career information for being a certified registered nurse anesthetist at the David Grant USAF Medical Center.

**By 1st Lt. Tina Nelson**  
60th Medical Operations Squadron

Sexual assault is a real problem and it is an issue in the civilian sector as well as in the military.

In the United States alone, 1.3 women are sexually assaulted every minute and one in six women in their lifetime will be sexually assaulted. However, women are not the only victims of sexual assault.

In 1998, the National Institute of Justice Center for Disease Control and Prevention reported that one of every 33 men in the United States are sexually assaulted.

In 1995, a Department of Defense survey reported that four percent of all female soldiers were victims of a completed or attempted rape or sexual assault during their military service. Sixty to 80 percent of victims report that they knew their attacker, which is defined as date/acquaintance rape. Unfortunately, only 16 percent of all rapes are reported to law enforcement.

Reports further state that 90 percent of all reported sexual assaults

have alcohol involved, whether it is the alleged perpetrator, victim or both individuals.

Alcohol immediately impairs judgment. It provides a false perception that he or she is actually functioning better when in reality he or she is not.

The individual drinking may become over confident, place themselves at risk, have an altered perception of others' actions, and may do or say something that they later regret.

Alcohol also impairs a person's ability to provide consent. If a person is intoxicated they might not be able to provide consent to a sexual act, which, therefore, becomes sexual assault. Consent must be verbal and explicit.

Sexual assault impacts the victim and also the victim's family, friends, as well as the Air Force mission. We are all impacted when someone we know is a victim of a crime.

However, everyone can make a difference; look out for fellow airmen and protect yourself. Pay attention to your instincts, if an individual has an uneasy feeling about a person or situation, he or she should listen to it and



go. Victims often report that they had noticed warning signs and that their "gut" was telling them to get out of the situation but had dismissed those thoughts as being "paranoid."

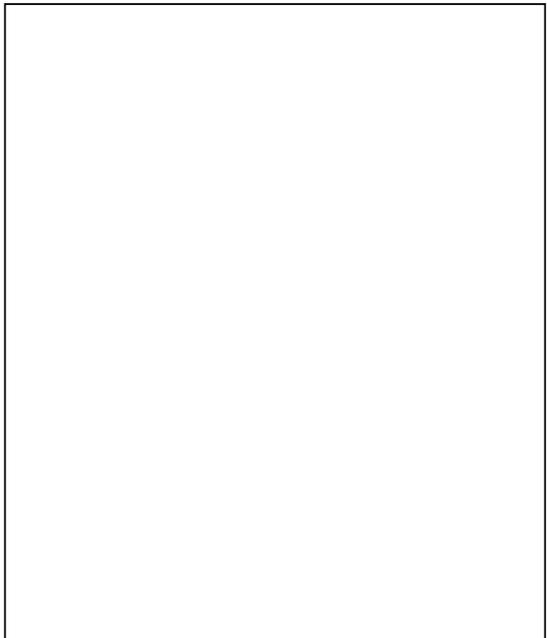
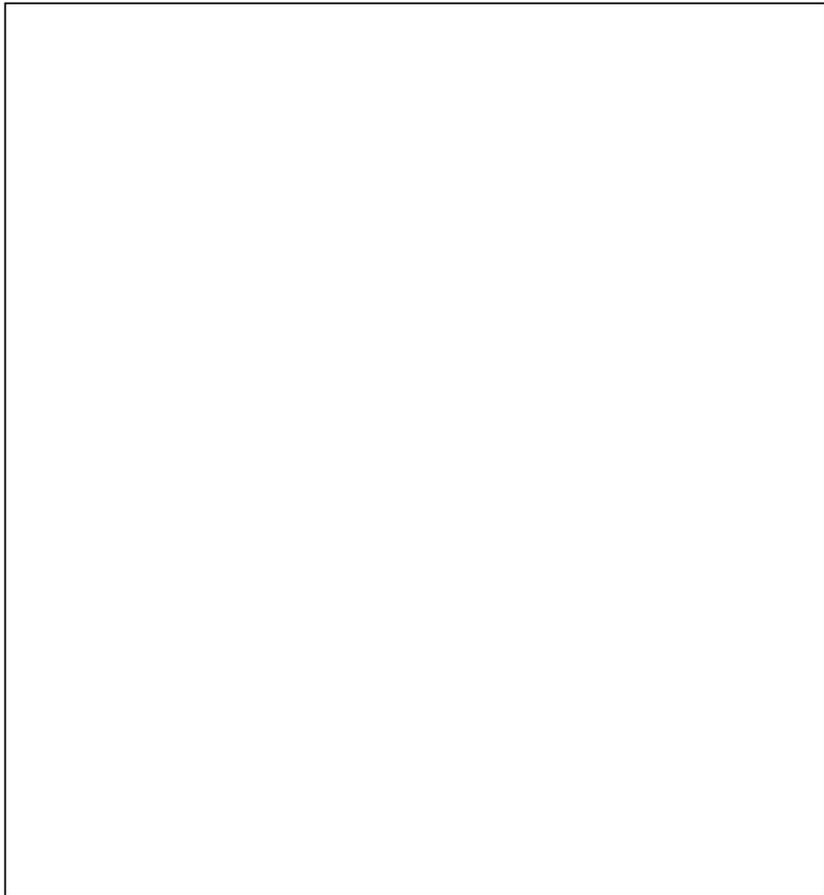
Individuals who have been sexually assaulted need to remember it is not their fault. Nothing they could have done justifies someone having sexual relations with them without their consent.

If anyone is or someone they know is a victim of sexual assault there are services available to assist in coping with the trauma at the David Grant USAF Medical Center.

The Life Skills Support Center at DGMC provides individual mental health counseling. They accept walk-ins for crisis intervention, or individuals can schedule an appointment by calling 423-5174.

Safesquest of Solano County also provides a wide range of services including a 24-hour hotline to talk to a sexual assault advocate, information regarding Rape Trauma Syndrome and one-on-one counseling.

They also provide assistance through the legal process if the incident occurred off base, as well as additional services to meet individual needs. For more information, call 422-7273, or toll free at 1-866-4UR-SAFE.



# Wills are crucial for deployable people

By Capt. Todd Shugart

60th AMW Legal Office

Military people who are married, have children, own land or a house should ensure their Last Will and Testament is in order.

A will guarantees that their family or loved ones get their property when the military member dies.

The time to draw up a will should be now, rather than when the military person is about to be deployed. While the decision to have a will is a personal choice only individuals can make, the failure to prepare a will may have a severe impact on loved ones left behind.

Dying without a will is called "intestacy." The person who receives property under the intestacy laws may not be the person the military member would have wanted to receive their property.

In fact, if the military person has no living relatives, the state may get their property. The law of their state of legal residence will determine who receives their valuables, money and property. Legal residence is the state with which a person has the most contact (voter registration, driver's license, vehicle registration, property ownership, where the person intends to live when they leave military service) or where they own real estate.

While all states have laws that determine who will

receive property when a person dies without a will, these laws can vary greatly from state to state.

For example, a single person with children, whose home state is California, will have their property divided equally among their children. A married person with no children will have their property go to their spouse.

If only one parent is living, that parent will receive all of a person's property. What if you have no children or living parents? Property will then be divided equally among the living brothers and sisters. These are just a few possibilities under California law. Many other possibilities exist depending on the state of residency.

For people who have children, a will becomes even more important. In a will, a guardian should be appointed for children. In a will, people must name the legal guardian for children, and in some states, must also name a conservator. A guardian has the legal right to care for the physical well-being of minor children, while a conservator has the legal right to take care of their financial well-being. People may appoint the same person to be both guardian and conservator for minor children.

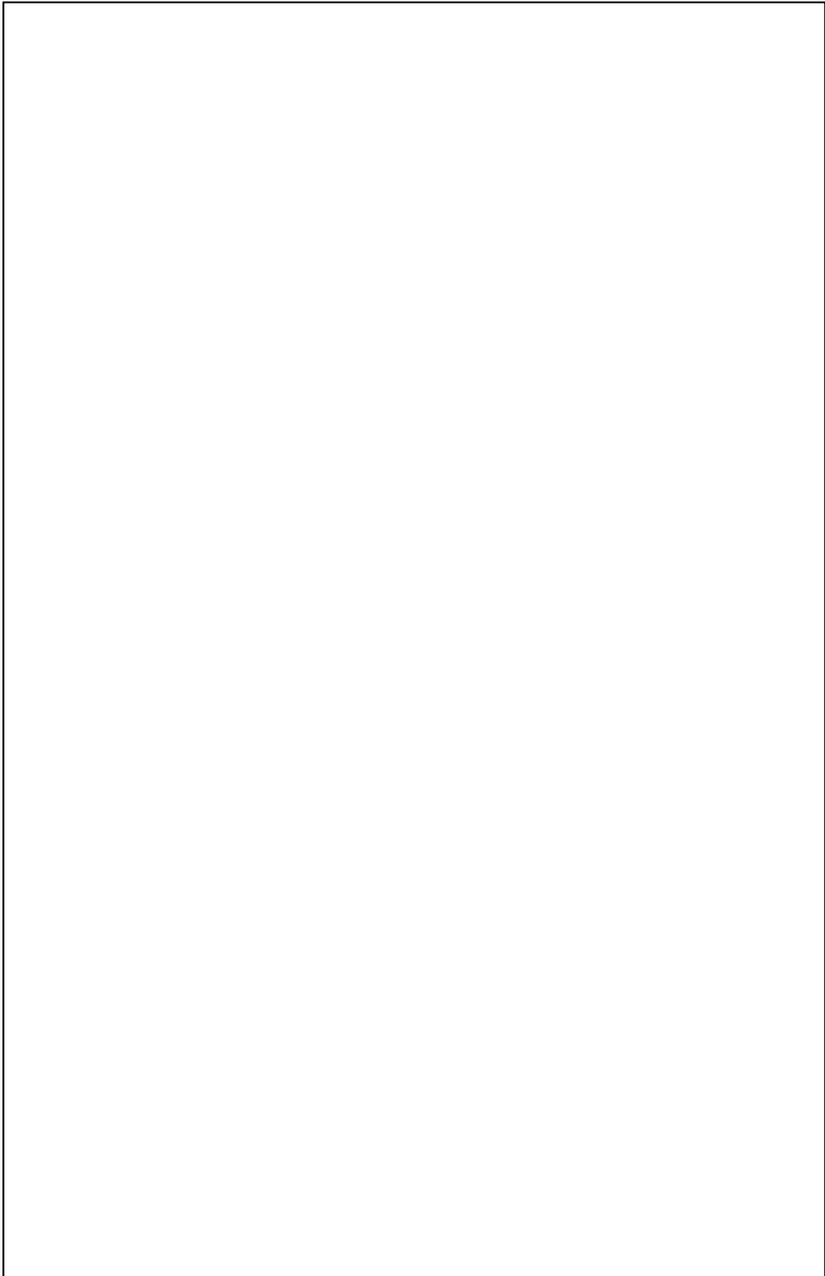
It is also a good idea to name alternates for the guardian and conservator. For those without a will, the state will appoint a guardian

or conservator for children. Often, this may not be the person they would want to care for their children.

Sound confusing? It is. It becomes more confusing and troublesome for to die without a will.

By taking the time to prepare a Last Will and

Testament now, people will avoid later confusion and problems for those loved ones who survive. Will appointments are available at the base legal office on Tuesdays from 7:30 a.m to 10:30 a.m. For more information, call 424-3251 today for an appointment.



## WELLNESS TIP

### Fad drug dangers

The Drug Enforcement Administration regards Salvia Divinorum and DXM as 'drugs of concern'

#### Salvia Divinorum

- An herb that contains hallucinogen Salvinorin A
- Intense effects similar to LSD
- Can cause depression and schizophrenia

#### Dextromethorphan (DXM)

- A cough suppressant used in cough and cold medications
- Effects similar to PCP, including hallucinations
- Can cause nausea, abdominal pain, brain damage and death

The Department of Justice has more information at:  
[www.usdoj.gov/ndic/topics/drgrpts.htm](http://www.usdoj.gov/ndic/topics/drgrpts.htm)



# NEWS NOTES

## TRAVIS AIR FORCE BASE

### Retirement ceremony

Chief Master Sgt. Manuel Sarmiento, 615th Air Mobility Operations Group, will be retiring after more than 30 years of service in the Air Force. A

retirement dinner will be held at Bldg, P-1 Feb. 11 at 6 p.m. Dress is Hawaiian casual and tickets can be purchased from Leonarda Luna at 424-4714. The official retirement ceremony will be held Feb. 12 at 2

p.m., also at Bldg, P-1. Dress is uniform of the day for military and casual for all civilians. For more information, contact Mrs. Luna at 424-4714.

### Be aware of camera cell phones

Travis personnel should keep a watch out for people standing near them at retail stores, restaurants, grocery stores or any public area that have a cell phone in hand. With the new camera cell phones, they can take a picture of individual's credit cards, which then gives

them people's names, numbers and expiration dates. Identification theft is one of the fastest growing scams today, and this is just another example of the means that are being used. So, be on the look out for this type of behavior.

### African-American Heritage Month Kick-off Extravaganza

There will be an African American Heritage Month kick-off extravaganza Feb. 3 at the Delta Breeze Club from 11:30

a.m. to 1:30 p.m. There will be a variety of vendors on hand and a lunch of sliced beef, baked chicken or pasta primavera available with ticket purchase. The cost is \$7 for club members and \$9 for non-members. The guest speaker for the event will be Gwendolyn Lawton from the Fairfield-Suisun Unified School District. For tickets, contact 2nd Lt. Tora King at 424-3334, 1st Lt. Damelsa White at 424-7457, Master Sgt. Carl Collins at 424-1414 or Tech. Sgt. Ricky Griswold at 424-5293.



## Pet therapy back at

### 60th Medical Group Public Affairs

When is a dog a CAT? When that dog happens to be a Canine Assisted Therapy dog. CAT has once again been approved for the David Grant USAF Medical Center.

Canine assisted therapy and activities are utilized to improve the quality of life and treatment for individuals. Historically, animal assisted activities has referred to the 'meet and greet' programs in which animals visit patients in hospitals, or nursing homes, providing patients with an opportunity to pet and socialize with a friendly animal and handler.

Paws for Healing, Inc is a non profit organization that evaluates dogs for CAT and trains their human

guardians in the various protocols that are required prior to visiting various medical facilities throughout Solano, Napa, Sonoma and Marin Counties. PFH will be providing the necessary evaluation and training to new teams desiring to participate in this rewarding experience.

Training sessions are held at the Community Education Center, 1360 Menlo Avenue in Napa. There is a \$50 fee to cover the cost of training materials and liability insurance for both the team and the patients. Applications for scholarships are available for military personnel or dependents that require financial assistance.



Non military personnel that wish volunteer at DGMC will be required to show proof of auto insurance, current vehicle registration and a current drivers license in order to gain access to the base. Additionally, all dog owners will be required to purchase PFH uniforms to identify their canine companions to the DGMC staff.

Individuals interested in being a part of this extremely rewarding activity may contact PFH at (707) 258-3486 or visit their Web site at [www.pawsforhealing.org](http://www.pawsforhealing.org) to obtain an application packet. For additional information, contact Tracey Wingerter at 707-423-7709.



# Airman Against Drunk Driving

Travis enlisted organize campaign to decrease DUIs, keep each other safe behind the wheel

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

In an effort to decrease the number of drunk driving cases here, airmen of the 60th Air Mobility Wing have come together for the Airmen Against Drunk Driving program.

Sponsored by the Rising Six, AADD is a base-wide program that has volunteers on telephone standby for any airman who feels he or she has had too much to drink and needs a ride home, said Staff Sgt. Steven Melling, 60th Security Forces Squadron member and AADD president.

"This program was enacted in hopes that lower-ranking airmen will feel more comfortable contacting their peers instead of their first sergeant or commander. You can't go wrong by calling us because the program is managed by a non-threatening group of young airmen. It's free and anonymous," Sergeant Melling said.

Sergeant Melling also said all military members assigned to the base are eligible for the service for a free ride home either on or off base. However, AADD will not provide rides to individuals who want a lift to another drinking establishment or a party.

The program is strictly a volunteer program made up of airmen E-1 through E-5 who do everything from driving to managing schedules.

"I used to volunteer for an AADD program at my last duty station. I saw positive changes. I think it is a great opportunity to pull together as one community to solve an Air Force-wide problem," said Senior Airman Sandy Norman, 60th Communications Squadron member and

AADD vice-president.

The AADD program here first kicked off in November. Since then, the program has saved more than 50 people from driving under the influence and possibly harming themselves or someone else, Sergeant Melling said.

The sergeant also said there have already been a number of airmen who have already volunteered for the program. Anyone interested in volunteering should send an e-mail to [AADD@travis.af.mil](mailto:AADD@travis.af.mil).

"The program has a long way to go, but its well

on its way and has already accomplished great things. Without volunteers, this program would not be what it already is today," Airman Norman said.

Rides are being offered Friday and Saturday during the hours of 10 p.m. to 3 a.m..

The only information required is your first name, location and a description of clothing you're wearing in order to assist the driver in finding the person that requested the ride.

Anyone who believes they have had too much to drink and need a ride home should call 424-6565.



Top row, from left: AADD president, Staff Sgt. Steven Melling, Senior Airman Monica Timbresa and Senior Airman Sandy Norman. Bottom row, from left: Senior Airman Kyle Stewart, Senior Airman Chantee Wamer, Senior Airman Patricia Rivera and Senior Airman Lenora East.

Above: Travis Airman who of the A



above and below: Senior Airman Monica Timbresa is a volunteer with the Airman Against Drunk Driving program. The program allows airmen who have been drinking the ability to call a number and members of the AADD will pick them up free of charge on the weekends.



Photos by Kristina Cilia / Visual Information



Photo by Kristina Cilia / Visual Information

Drinking and driving is a serious offense with serious consequences. If an individual is convicted of a DUI, then he or she will lose all driving privileges for one year and face numerous fines and court fees as well as lose rank and pay.

## The consequences of drinking and driving

### Tailwind Staff

*Just about everyone knows someone who's been convicted of a DUI offense. Still, with all the programs available, the messages sent out by commanders warning airmen not to drink and drive and a national campaign telling individuals to have a designated driver, people are still getting behind the wheel intoxicated.*

*Sure, no one thinks it can happen to them, but it can and will. As the following story shows, it takes one moment to have a career ruined.*

*The story was written by Airman 1st Class Johnny Thompson, an airman stationed at Aviano Air Base, Italy, in his own words, to relate his experience of drinking and driving and the following DUI charge.*

"Recently, I got a DUI, or driving under the influence, charge.

I started my evening by drinking with some people in the dorms for a going away party. Later, I went to a local club off base for an hour or so and left about 2:30 a.m. It was raining hard and I was halfway home when I ran through a water puddle and my car veered to the right. I overcorrected to the left and my car flipped over three times and ended up on the other side of the road in a field upside down.

All I could think about was my wife and kids. I was trapped inside my car, the power was off, and for a minute I thought my windows were rolled up. I realized the back window on the passenger side was down and I was able to crawl out.

Thanks to God I didn't have a scratch on me. I remember talking to someone who has a friend, who had an accident similar to mine, but he wasn't so lucky. Since I was under the influence of alcohol my reflexes were slow, and I just went with the flow. My blood alcohol content was .20, which was more than two times the legal limit.

After the accident I started really thinking. Not just about my career, but how my actions affected my family and could have affected the families of others. I couldn't stop asking myself, "Why was I so irresponsible? What if I had died? What if I had hit someone

else and what if they had kids in the car? How would my wife explain to my kids what happened and how selfish their father was?"

Right now I'm just trying to get my life back together and be the father, husband and the kind of airman that I should be.

I will say that drinking and driving is very serious. Before you drink and drive, try to think, I mean really think, about yourself, your family, friends and about others you could have endangered by your actions. Think about the affect it would have on them. I was lucky, I am still alive and able to be with my family, and tell my story; someone else might not be so lucky.

That one night changed my life. My mistake hurt my career and my family. I received an Article 15 and my commander punished me by taking a stripe. I was a senior airman with six years in the military. I now am an airman first class. I also was given 30 days extra duty and a reprimand.

It will take me 18 months to put senior airman back on and the loss in pay of \$283.80 a month over the next 18 months will be approximately \$5,108.40. In addition, I lost my driving privileges for a year. I am lucky, however, because I still have my life, my wife has a husband, and my children still have their father.

It will be a long hard process to keep my career and family in a positive shape, but I will do everything I can to get back on my feet. It took an incident like this for me to really think about my life, my family, and the lives of others on the road.

As a member of the Air Force I hear the briefings, I see the Armed Forces Network spots, I read the articles about not drinking and driving, but it took an experience like this to realize that it is simply not worth the risk of driving a vehicle or even getting into a vehicle when the driver has had just one drink.

In my situation, I simply quit drinking. Be responsible, use common sense, and listen and learn from my experience. Hopefully, my story can save your career, and, most important of all, save someone else's life and yours."

# Changes in law environ-

By Staff Sgt. Todd Lopez  
Air Force Print News

WASHINGTON — Portions of the National Defense Authorization Act for Fiscal 2004 make it easier for the Air Force to execute its mission while protecting the environment at the same time.

The act includes language allowing the National Fish and Wildlife Service to legally consider measures that may already be in place at an Air Force installation when making a decision about how best to protect endangered species, Maureen Koetz, deputy assistant secretary of environment, safety and occupational health.

"This enables us to manage species effectively through our Integrated Natural Resources Management Plans without having to be concerned about critical habitat zoning coming in and removing larger tracts of land from our ability to use them," Ms. Koetz said.

The Air Force has INRMPs in place at its installations, she said. When developing an INRMP, plan authors take into account the needs of endangered species and the needs of the Air Force. With an INRMP in place, endangered species are able to thrive while at the same time, the Air Force carries out its readiness mission.

"An INRMP allows us to preplan and pre-position how we are going to utilize our resources," Ms. Koetz said.

An INRMP also takes into account such things as archeological sites, biodiversity, bio-habitats and wetlands, she said.

"We look at the whole site picture and identify the parts we will use for military activity and areas we will maintain for conservation status, and we will make those things work together," Ms. Koetz said.

Before the act, recognizing the effectiveness of an

INRMP was not an official option for the Fish and Wildlife Service, though officials did consider the plans as part of their own internal policy.

Federal environmental laws directed the service to use methods such as zoning the portions of a military installation where endangered species are present as critical habitat.

A critical habitat designation puts restrictions and limitations on how Air Force land can be used, she said. The result is that the Air Force may be denied access to its resources.

"A critical habitat designation or another requirement that compels us to set our land aside for something other than a military readiness use essentially ... acts as a limitation," Ms. Koetz said. "It's no different than if somebody came along and declared your backyard to be [a] playground for the entire neighborhood. Then it is zoned differently. Then you have to reorganize how you use your backyard because society has come along and changed how it is to be used."

That denial of resources, she said, leads to operational risks, reduction of available space and limitations on training and readiness activities.

To compensate, the Air Force must pay for relocation of activities, and must rent or purchase equipment that can be used in smaller places.

More than just readiness activities can be affected by critical habitat.

Simple day-to-day maintenance activities can also be affected, said Lt. Col. Alan Holck, Air Force conservation program manager.

In California, the presence of vernal pools could have had large portions of two installations declared as critical habitat, he said.

Vernal pools are areas that fill with water on a seasonal

basis, Colonel Holck said. During the time the pools have water in them, unique flowers and invertebrates such as the fairy shrimp spring to life.

"At Travis Air Force Base in California, FWS proposed that nearly all of the installation — short of the runways — be marked as critical habitat to protect the vernal pools," Colonel Holck said. "Included in that was base housing. To do things like yard and grounds maintenance you would have had to get permission from FWS."

At California's Beale AFB, only 25 percent of the installation would have fallen under critical habitat.

"We convinced FWS and the local wildlife agencies that we could manage and protect the pools ourselves and still carry out the mission," Colonel Holck said. "We didn't need the restrictions that critical habitat would place on us to successfully manage these species."

With the changes under NDAA '04, the FWS can now consider Air Force INRMPs an effective method for managing endangered species. This change allows the Air Force and other Department of Defense activities to continue acting as investors in the environment.

"Most people, including many environmental organizations, don't understand the valuable environmental equity that has been created by the way DOD manages its lands," Ms. Koetz said. "We are investors in our environment — equity developers. It is precisely because the Air Force or the Army or the Navy put a fence around a certain area and maintain it as a military installation that there are extraordinarily valuable biodiversity, wetland, groundwater recharge, and coastal ecosystem resources that continue to exist and be available."

## People make Air Force life so great

### View Point

By Lt. Col. Jeff Kubiak  
86th Flying Training

Like many of us, I have spent my entire adult life in an Air Force uniform.

At several points throughout my career, I've made the decision to stay in the military when offered an opportunity to leave. I have to admit there were occasions when I made the decision to stay without really knowing why.

With a few more years behind me, however, I think I more clearly understand. When weighing the demands of the military lifestyle against the rewards, the rewards won.

The demands placed on individuals and families by the military lifestyle are predominantly external, relatively constant, and easily understood by even those not in the military: hazardous duty, deployments, frequent moves, and long hours.

The rewards of a military lifestyle change over time. Entering the Air Force with the promise of valuable training and a secure paycheck may be enough to offset the demands of a young career. The long-term rewards, those that keep people re-enlisting tour after tour, are somewhat more subliminal and personal.

The ongoing sense of service to the community and nation is a very powerful reward. However, I think the greatest reward of a military career is the opportunity to cross paths with a tremendous number of

really high-quality people. These high-quality people show up in hundreds of different places.

They include an amazingly human immunization technician who touched so many lives that when he died, there was not a dry eye in the packed chapel during his memorial service.

They are doctors who make house calls to tend to your sick child in the middle of the night.

They are neighbors who come to your house when you are up to your eyes in boxes to offer a loaf of homemade bread or to watch your children while you continue packing or unpacking your life. They are people who are there to console you when tragedy strikes and there to help you celebrate life's most special occasions.

At each stop in my Air Force career, my family and I have had our lives vastly improved by people willing to give us the shirts off their backs. In more than 19 years and seven assignments, we have accumulated several lifetimes worth of good friends and good times.

Moving every couple of years is still painful. However, in addition to sincerely missing the friends we have made and are forced to leave, we also have learned to look forward to meeting the great people who will make our next location a home.

I can't imagine what our lives would be like, or who we would be, without the supportive, caring, quality humans we share our lives with.

It's all about the people.

## OPSEC Tip of the Week

### Protecting Critical Information

CI is not usually secret, but it deals with specific facts about our intentions, capabilities, and operations. CI is "for official use only." It's not for casual conversation.

# COMMUNITY BRIEFS

## TRAVIS AIR FORCE BASE

### Announcements

#### Youth of the Year

Nominations are now being accepted at the Youth Center for the Travis Youth of the Year. Youth between the ages of 14 and 18 may be nominated by their parents, teachers, neighbors, friends and mentors. Nomination forms can be picked up at the Youth Center from 7 a.m. to 6 p.m. on weekdays and must be turned in by Feb. 15. For more information, call the Teen Zone at 424-3131 or the Youth Center at 424-5392.

#### Fit for scholarships

Travis youth ages 10 to 18 can compete in five fitness events for a chance at the regional and national Fitness Authority competitions. National winners receive scholarships. For more information or to register, call the Youth Center at 424-5392.

#### Snow trips

The Outdoor Adventure Program has a variety of snow trips planned this winter for adventurers of all ages. OAP provides information, guides and transportation on all trips and offers meals and supplies on some adventures. For more information, call 424-5659 or log onto [www.60thServices.com](http://www.60thServices.com).

### Weekly Events

#### Today

▲ The Officers' lounge will be closed today for the Annual Awards Dinner. The BrewHaus will be open to officers only from 5 to 9 p.m. The Enlisted Lounge will be open to all ranks.

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

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

#### Saturday

▲ Give Parents a Break program offers childcare from 1 to 5 p.m. one Saturday each month to parents who need some time to themselves. Parents must be referred by their first sergeant, commander or CDC director. For more information, call 437-0553.

▲ Ski Heavenly with the Outdoor Adventure Program. Transportation is

\$12 per person and rental skis, snowboards and snow gear are available at Outdoor Recreation. For more information, call 424-5659.

#### Sunday

▲ Sit back and enjoy the big game today at the Delta Breeze Club, at 1 p.m. During half time the DBC will be giving away more than \$2,000 in prizes; including \$500 cash, Kirkwood and NorthStar passes, and tickets to the Wine Country Classic at the Infineon Raceway. Unfortunately, the Raiderettes are unavailable and will not be attending the Super Bowl party. The party is free to club members and \$5 for non-members.

▲ The Travis Marina is putting some spice into their Super Bowl festivities. The fun begins at 2:30 p.m. today, and the cost is just \$5 per person. People who enter their favorite chili dish will receive a free drink coupon. Categories include healthiest, hottest, and best overall.

▲ Enjoy elegant dining at the DBC's Champagne Sunday Brunch from 10 a.m. to 1:30 p.m. Adult club members pay only \$14.95, children 6 to 12 are only \$5.95, and kids under 5 eat for free.

#### 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. For more information, call 424-2486.

#### Tuesday

▲ The Mitchell Memorial Library entertains preschoolers with storytelling and crafts every Tuesday from 9 to 10 a.m. For more information or to become a volunteer, call 424-3279.

▲ Bundles 'n' books for babies class is from 10 to 11:30 a.m. at the Family Support Center. For more information, call 424-2486.

▲ The FSC Readiness NCO will conduct Personal Preparedness Briefings at 8 a.m. and 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

▲ Skills and Self Assessment class is from 8 a.m. to noon for all job seekers. Explore different career paths based on personality type, skills, abilities, interests. For more information, call 424-2486.

▲ Sign up for the new teen basketball program called Operation Night Hoops. Teens ages 13 to 16 are invited to sign up at the Youth Center. Registration is \$40 and includes jerseys, workshops and games. For more information, call Charles Rodgers at 424-0723.

▲ Win a minimum of \$200 at the DBC Club Card Drawing every Tuesday from 5 to 6 p.m. Each week a club member's name will be selected at random, if that person is in attendance they win the whole pot. A total of six names are drawn, after which the pot is rolled over till next week and increase by \$50.



Photo by Christy Mann-Iames / 60th Services Squadron

Personal trainer, Nikki Peterson, (right) explains the benefits of personal training to Fitness Center customers Monday. For more information on personal training, fitness assessments and massage, call the Fitness Center at 424-2008.

#### Wednesday

▲ Women, Infants and Children representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

▲ Travis Bowl is offering unlimited bowling including shoe rental from 3 to 5 p.m. for only \$5.

▲ Be just like American Idol or just dance all night at the DBC's Karaoke Night from 9 p.m. to midnight, in the enlisted lounge. Club members get in free, \$3 cover for non-members.

▲ Ski Sierra at Tahoe with the Outdoor Adventure Program. Transportation is \$12 per person and rental skis, snowboards and snow gear are available at Outdoor Recreation. For more information, call 424-5659.

#### Thursday

▲ The FSC Readiness NCO will conduct Personal Preparedness Briefings at 8 a.m. and 2 p.m. for those tasked with TDYs or contingencies. For more information or reservations, call 424-2486.

▲ Women, Infants and Children representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. For more information, call 435-2200.

▲ Ultimate Job Search is at the Family Support Center from 8 a.m. to noon. Attend this intensive half-day job search workshop which includes skills and self-assessments, job search techniques and more. For more information, call 424-2486.

#### Weekly

▲ Planning a road trip within the U.S. can be accomplished quickly and efficiently with the help of Tripmaker and Street Finder computer programs available at the Family Support Center. FSC Relocation staff will help find the quickest, shortest, and alternative routes to any destination as well as printed directions and maps to take along with you. For more information, call 424-2486.

▲ The Family Support Center can certify typing speed. Don't go downtown and pay to have it done — the center staff will test speed and certify it for free. For more information, call 424-2486.

### Chapel Ser-

#### Catholic

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

▲ Wednesday, noon, Catholic Mass, DGMC Chapel.

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

▲ Saturday Mass, 5 p.m., Chapel One.

▲ Sunday Mass, 9 a.m., Chapel One.

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

#### Protestant

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

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

▲ Sunday, 10:30 a.m., traditional Protestant service, Chapel Center.

▲ Sunday, 5 p.m., Inside Out Contemporary service, Chapel Center. Children's program provided. For more information, contact Chaplain (Capt.) Abner Valenzuela at 423-3651.

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

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

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

# TRICARE Standard allows civilian care

## Air Force Print News

WASHINGTON — People covered by the TRICARE Standard military health care plan no longer need approval from their military treatment facility to seek inpatient care at civilian hospitals.

The need to get a nonavailability statement before seeking civilian inpatient care expired Dec. 28 under a provision of the 2002 National Defense Authorization Act. A nonavailability statement indicates that care is not available from the military facility and authorizes care at a civilian facility.

An exception in the law continues the requirement for TRICARE Standard beneficiaries to get a nonavailability statement before seeking nonemergency inpatient mental health care services. However, officials said, this applies only to beneficiaries who use TRICARE Standard or Extra, who are not Medicare eligible, and who have no other health insurance that is primary to TRICARE. Department of Defense officials do not require preauthorization for TRICARE beneficiary inpatient mental health care when Medicare is the primary payer.

"With this change in policy, beneficiaries now have the free-

dom to choose a military treatment facility or a civilian facility, without any extra paperwork," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "However, I urge TRICARE beneficiaries to still look to the military health system as their first choice for health care because I believe the services we offer are second to none."

A military treatment facility may request a departmental waiver of the new policy in certain specific, but limited, circumstances. But those requests do not apply to maternity services, unless the affected beneficiary began her first prenatal visit before Dec. 28, officials said.

Any military treatment facility granted a waiver must publish a notice in the Federal Register that a nonavailability statement is required for a certain procedure. Officials at the treatment facility, the services and the TRICARE Management Activity will notify the affected beneficiaries if this occurs, officials said. Maternity patients should check with their local military treatment facility to compare maternity services there with those available in civilian facilities, said Military

Health System officials.

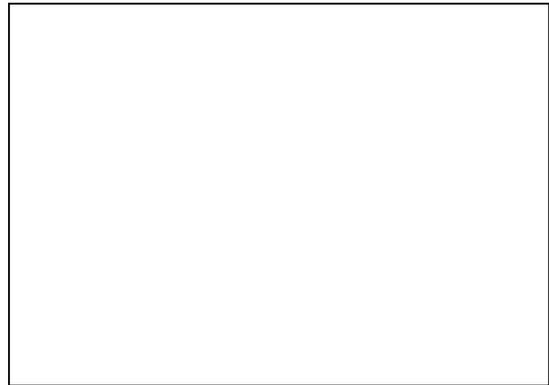
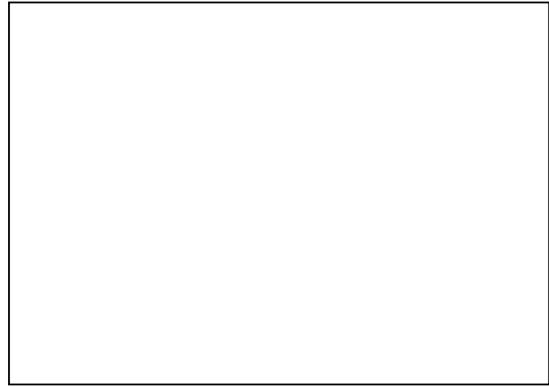
A recently implemented "Family-Centered Care" program offers enhanced services and recognizes the unique needs of military families in today's climate of increasing deployments and high operations tempo, officials said. Beneficiaries can review the enhanced military treatment facility maternity services online and with their military medical care provider.

Beneficiaries can check the TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil) if they are seeking an inpatient service and want to know if their nearby military treatment facility applied for a nonavailability statement waiver. They also may contact the beneficiary counseling and assistance coordinator or health benefits adviser at their nearest treatment facility, officials said.

Before seeking care at a civilian facility, military health system officials urge beneficiaries to check with their nearby military treatment facility to compare services and ask questions. Even if the facility could not provide the needed services in the past, the facility's staffing levels or capabilities may have changed, and they might now be available, officials said.

### On the road again?

Take charge of your move with free



### Let it snow, let it snow, let



Photo by Lt. Col. Jon Anderson / AFPN

Five inches of snow recently fell on the East Coast covering the flightline and aircraft at Dover Air Force Base, Del. People from the 436th Aircraft Maintenance Squadron and 436th Civil Engineer Squadron worked Jan. 26 to keep the runway and flightline operational.

## Important Notice

In the interest of base beautification, base housing residents are asked to refrain from putting up signs to advertise on-base yard sales. Posting yard sale signs on utility poles is a violation of 60 AMWI 90-3 and the California Utilities Commission's Code of Regulations. Do not post yard sale signs on utility poles around the base. Notices can be posted at the shoppette or announced in the TAILWIND. **Saturday, 8 a.m. to noon, multi-family, 110 Nebraska St.**

**Saturday, Feb. 7, 7 a.m. - 11 a.m., 133 Arizona Street. Call 439-0975.**

**Multifamily yard sale, Saturday, 129 Esterbrook Ave, 8 a.m. - 1 p.m.**

**PCS sale, telephones, answering machine, children's clothes, house hold goods, 126 Forbes Street, Saturday.**

## Vehicles

1994 Ford F-150 lighting pick up, white, all options, \$10,500 obo. Call 707-448-4920.

2001 F250, 3/4 ton with tow pkg and coolers, 38K miles, 3,000 below blue book, plus still has three years, 62K miles extended warranty left, \$15,750. Call 326-8873.

1999 Monte Carlo, 3.1 V6 auto all

power Nov. license, no maintenance required, \$8,000 obo. Call 422-3856.

1966 Ford F-100 pick-up, red, one owner, \$3,950 obo. Call 707-448-4920.

1995 Plymouth Grand Voyager SE, quad seat, \$2900. Call 707-447-5052.

1992 Ford Escort GT, ragtop, couch-lights, rims, tires, alpine 6-CD changer, 2 maps with cross over two tens speaker box and car alarm, \$3,900. Call 707-437-0401.

1995 Chevy G20 Custom van, new battery tv and shocks, \$5,800 obo. Call 437-8511.

2002 Kawasaki KLR650 touring dirt bike, must sell soon, \$3,500. Call 707-592-0338.

2001 Mazda Tribute ES, v6, 4wd, 22k, multi-CD, privacy glass, remote entry, sunroof, tow package, w/hitchroof rack, \$14,900 obo. Call 249-6991.

2002 Jetta GL, take over payments, \$300/month, 25 payments left. Call 437-3623.

1999 Honda Passport, 62K miles, leather, 4-wd, moonroof, CD, \$11,000 obo. Call 437-1494.

2002 Honda CRV, green, running boards, 6CD changer, sun roof, fitted bra, 40K miles, \$16,500. Call 693-9769.

## Vehicle Accessories

Car top carrier, 18 cu. ft., white/gray, hardshell, complete with owner's manual, \$75 ono. Call 437-6769.

Remote clicker for Buick LeSabre, G</Lear 25695954, FCC ID koblear-ixt, Canada: 35211021718, \$18.95. Call 429-3941.

Chevy Silverado wheels, \$30. Call 437-3248.

## RVs/Boats/Trailers

1991 Dodge custom camper, 360 v8 auto, al power extras, completely self-contained, not maint req., \$8000. Call 422-3856.

8'x30' trailer at Lake Berryessa Marina Resort, includes two passes with launch privileges, one guest pass, make offer. Call 707-452-9525.

2001 Yamaha LS 2000 jet boat, 270 hp, seven seats, am/fm multi-CD, Bimini top, vests, tubes, battery charger included, \$14,500 obo. Call 249-6991.

## Miscellaneous

Kohler engine "Magnum" 16 hp, side shaft, new, never used, \$800 obo. Call 4376769.

Panasonic TV/VCR combo, Panasonic DVD player, Panasonic VCR, stereo system, home interior and gifts, toys, clothes, VHS movies, Tupperware, Samsonite suitcase w/carry-on and more. Call 439-0975.

Barrels, cardboard with locking tops, each \$7, Vacaville. Call 326-8873.

Golf cart, \$1700 with rain protector, including new tune up and delivery. Call 447-6024.

Motorized single medical bed with rails, no mattress, \$100 obo. Call 447-6024.

Playpen and baby gate, \$20 both. Call 447-6024.

Crib mattress. Call 449-3557.

Emerson 1100W microwave, \$40, microwave kitchen cart with wheels, white with stainless steel top, \$60;

both for \$90. Call 707-448-4292.

Wedding dress and accessories, make an offer. Call 707-761-3366. HP printer, model 952c, with ink cartridges, \$45; HP scanner model 5300c, \$40; both for \$75. Call 707-448-4292.

Maternity clothes, shirts \$3-5; pants \$5, dresses and two-piece outfits, \$5-8, sizes m-xl. Call 437-3115.

Cradle, \$40; changing table, \$40; Americana crib bedding and quilt \$80; rocking chair, \$30; quilt rack, \$25. Call 437-3248.

Ladies XL, Marc Jacobs, leather jacket, \$60 obo. Call 437-3115.

8'x10' shed with concrete block floor, comes with 2'x4' foundation frame, making it portable, \$100; lawn mower and adult tricycle, make offer. Call 437-3667.

Collection of 3,735 stamps from 125 countries, \$70. Call 425-632.

PW TV stand fits 29" tv, vcr has a large drawer; CW finish dining room hutch, \$100 and coffee table, \$25. Call 707-631-3140.

## Furniture

Twin Captains bed with four drawers and storage area built in, \$150 obo. Call 707-434-9532.

Twin bed mattress, box springs and frame, \$40. Call 449-3557.

Five piece queen bedroom set, light wood-colored, \$250. Call 449-3557.

Queen bedroom set, white/gold, bed frame only, two night tables, two dressers, no mattress, asking \$3500 obo. Call 437-2560.

Drapes, fully-lined, new satin gold, five-pr, 80x84", 80x94", 80x40", \$280 obo. Call 429-3941.

New four-poster, queen bed mattress set, \$590. Call 290-1748.

Camel back striped couch, gree/blue/red, \$100; two recliners, \$75 each; three piece entertainment center, includes nine drawers and two seven shelf book units, \$300. Call 707-439-9744.

Cherry Queen Anne hall table, \$25; Cherry Queen Anne half round table, \$25; Cherry Queen Anne two end tables, \$25 each. Call 707-439-9744.

## Wanted

Responsible and reliable person to do lawn care, must provide own lawn mower. Call 439-0975.

Babysitter in Vacaville home for three-year-old boy. Call 449-3557.

One ton Chevy pick-up or old Jeep. Call 592-0338.

## Pets

Four male kittens, (5mos.) all black and white, two female kittens, (1year old). Call 439-9527.

## Technology

Custom P-4, 1.7ghz, 256 mb ram, 32 mb video, sb live, 30 gig, 12x burner, 17" monitor, mouse, keyboard, \$500 obo. Call 707-446-9551.

## Roommate wanted

Lawler Ranch, Suisun, 2bd, 2ba, 2-car garage, w/d, full kitchen, furnished, freeway access, close to Travis, female preferred, mature attitude, \$800/month, 1/2 utilities, 1 am

not around much. Call 707-718-3838.

Share home with two CGOs in W. FF, bedroom with own bath, garage parking, \$600/month. Call 422-4245.

## Lost

Dark gray and white four year old male tabby, all white fluffy belly and long tail, lost Jan. 16 in vicinity of Norton towards duck pond. Call 439-9004.

## Athletic Equipment

Pro-form 600 elliptical crosstrainer, digital controls, offers eight smart work out programs, heart rate, measured with built in pulse sensor, \$175. Call 437-0501.

Burton snow board, 164cm, with size 12 boots if needed, \$125 obo. Call 344-2561.

Exercise cycle, Tunturi brand, with versatile meter panel, timer, resistance knob, rev counter, cal/min table, speedometer, \$75 obo. Call 447-1530.

## For rent

In Dixon, 3bd, 2ba, 2-car garage, wood floors, fireplace, vaulted ceilings, fully landscaped yard, new, all-major appliances included, pool, pets neg., avail. now, \$1595/month. Close to schools, shopping, interstate. Military landlord. Call 707-693-0714 or 707-689-6290.

Suisun, four br, 2ba, f/r, f/p, 1792 sq. ft. near Travis, \$1500/month, \$1500 deposit, avail. now. Call 619-934-0807.

In Citrus Heights, 3bd 2ba, 2car garage, master suite, formal living and dining room, family room, vaulted ceilings, all appliances, \$1,295/month. Call 916-726-4556.

## House for sale

Condo, 2-bed, 2-bath, 2 levels, gated, 1.5 miles from TAFB, for sale by owner, \$225,000. Call 422-2220

## Room for rent

Female only, \$350 plus utilities. Call 707-365-5490.

To share furnished, 3bd, 2.5 ba, pool, spa, gym, non-smoker, no pets, \$600/month w/\$400 deposit, utilities included, Cambridge Estate next to Travis. Call 290-5986.

Female preferred, share three bedroom, 2ba house in Suisun, \$500/month, half utilities. Call 427-2915.

## Appliances

Washer and dryer, used less than one year. Call 447-8772.

## HOMETOWN NEWS RELEASES

Fill out Department of Defense Form 2266 and bring it in to the Public Affairs Office in Bldg. 5L, Room 232.

## Delta Breeze club offers fun, prizes on Superbowl Sunday

By Stephen Pierce

60th Services Squadron

The real excitement over who will win the big game is not the challenge between the New England Patriots and Carolina Panthers, but who will win the over \$2,000 in prizes at the Delta Breeze Club Super Bowl Party.

At 1 p.m. Super Bowl Sunday, the doors open for the pre-game show and the all-ranks event designed for the entire family.

Teens and adults can enjoy the game on the giant 15-foot screen in the Enlisted Lounge. Families can watch the game together in the Oakview Room on a giant screen television.

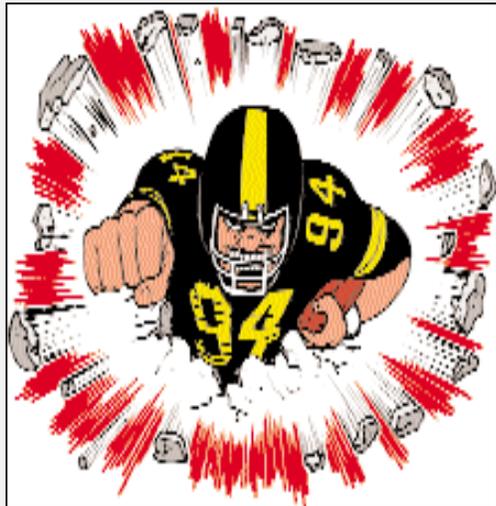
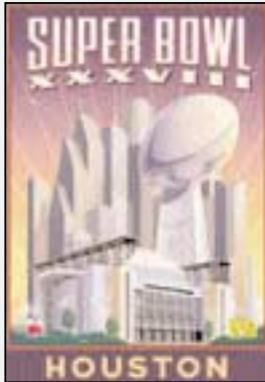
Fans can get into the spirit of the game with free face painting provided by Lake Studios.

Football fans can wear the jerseys of their favorite teams, especially jerseys of those teams who are also just watching the game this year.

Throughout the regular season, Monday Night Football fans came to the Delta Breeze Club to enjoy the game with friends and coworkers. Each week someone won \$50 in Services gift certificates. One of those MNF regulars will receive \$500 cash at the Super Bowl Party. Sponsors Sprint and First Command are making that prize possible.

Other prizes include lift tickets to Kirkwood and NorthStar ski resorts, tickets to the Wine Country Classic at Infineon Raceway, \$25 e-Money prize, Sprint calling cards and \$100 in gift certificates to Lake Studios.

No football event would be worth it's salt if there weren't hot dogs, chili, sub sandwiches and chips to munch on. The smorgasbord of snacks is free to Delta Breeze Club members, all others must pay \$5. Of course, there will be plenty of the fans' favorite beverages too.



Courtesy Photo

Travis teen Gordon Ford was selected to attend the Air Force Teen Aviation Camp in Colorado in 2002. The Youth Center is currently accepting applications for the camp.

## Teens fly with the Air Force

60th Services Squadron

Youth who would like to follow in his or her parent's footsteps and join the Air Force have a unique opportunity to get a taste of life in the Air Force Academy with the Teen Aviation Camp this summer.

Children of active duty Air Force personnel, who will be sophomores or juniors in high school in the 2004-2005 school year, are eligible to apply for the aviation camp.

The 5th Annual Air Force Teen Aviation Camp will be held at Colorado Springs, Colo. from June 5 to 11.

Approximately 40 youth will be chosen from bases worldwide to participate in the program. Teens will be selected on the basis of a variety of activities and achievements including: student leadership, extracurricular activities, youth club membership, community service, honors won and high

school grades.

Those selected will spend a week at the academy learning about aerodynamics through classroom instruction, using a flight simulator and actually piloting an aircraft.

Interested teens must submit a completed application and all documents to the Youth Center and set up an interview with the Youth Center director by March 5.

For more information, call the Youth Center at 424-5392.

SPORTS SHORTS

TRAVIS AIR FORCE BASE

Press your luck

Compete for Commander's Trophy points and press your luck at the Bench Press Competition on Feb. 27 at 2 p.m. To be involved in the unit fitness challenge, contact the unit sports representative before Feb. 23. For more information, call 424-2008.

Teen Basketball

Beginning Monday, the Youth Center will register youth ages 13 to 18 for their

new Operation Night Hoops Basketball League. Games will be played every Friday night between 7 and 10 p.m. from March 5 to April 30. Features of the league include a variety of teen-oriented events, games and life-skills workshops for players and friends on game nights. The \$20 registration fee includes jerseys, workshops and games. For more information or to volunteer as a coach, call Charles Rodgers at 424-0723.

Varsity soccer

Varsity Soccer Try-outs begin Feb. 8-20. Interested players can call Arlene McGinnis at 424-2085 to sign up.

Racquetball league

Intramural Racquetball league begins

Tuesday. Games will be held at 11:30 a.m. and 12:30 p.m. Members whose squadrons do not form a team can request to be put on the Player's Pool list and will be assigned to a team by the Sports staff.

Over 30 basketball

All Intramural/Over 30 Basketball and Intramural Racquetball games will be postponed the week of Feb. 9-13, due to the base exercise. All games will resume as scheduled after the exercise. For more information, call Staff Sgt. Barrientos at 424-6446 or Arlene McGinnis at 424-2085.

Fitness challenge

Squadrons should be getting their team together for the upcoming Unit

Fitness Challenge. The first event will be the Bench Press competition to be held at 2 p.m. Feb. 27. The deadline to enter a team is Feb. 23.

Getting fit SMART

The SMART card program at the Fitness Center rewards patrons for attending fitness classes such as cycling, aerobics and yoga from now through April 14. Each participant chooses a fitness goal to achieve in the time allowed and keeps track of classes attended on their SMART card. Each participant receives entries in the grand prize drawing for achieving their goals and trying new classes. Sign up for a fitness class and start earning points today. Call 424-2008 for details.

Aerobics Schedule

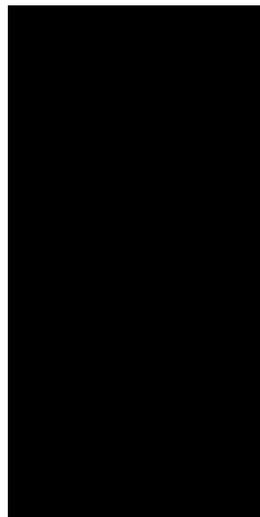
Monday	Tuesday	Wednesday	Thursday	Friday
5:30 - 6:30 a.m. <b>Core cycling</b>	5:30 - 6:30 a.m. <b>Core step aerobics</b>	5:30 - 6:30 a.m. <b>Core cycling.</b>	5:30 - 6:30 a.m. <b>Core step aerobics</b>	5:30 - 6:30 a.m. <b>Cycling</b>
11:30 - 12:30 p.m. <b>Core step aerobics</b>	8:30 - 9:30 a.m. <b>EZ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



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**Tonight**  
7 p.m. Mona Lisa Smile (PG-13)

**Tomorrow**  
3 p.m. Miracle (Pg-13)\*\*  
7 p.m. Something's Gotta Give (PG-13)

**Sunday**  
7 p.m. Paycheck (PG-13)

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

\*\* Free showing