

TAILWIND

TRAVIS AFB, CALIF.

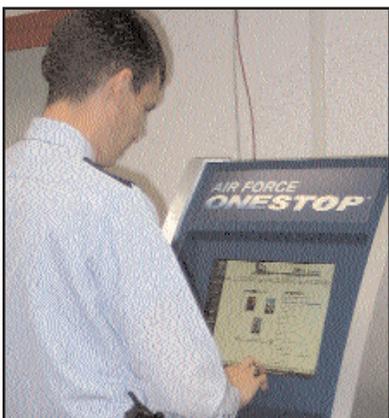
FRIDAY, AUG. 13, 2004



UCI NEXT WEEK

Travis units prepare for compliance inspection, which will include a Full Spectrum Threat Response Exercise.

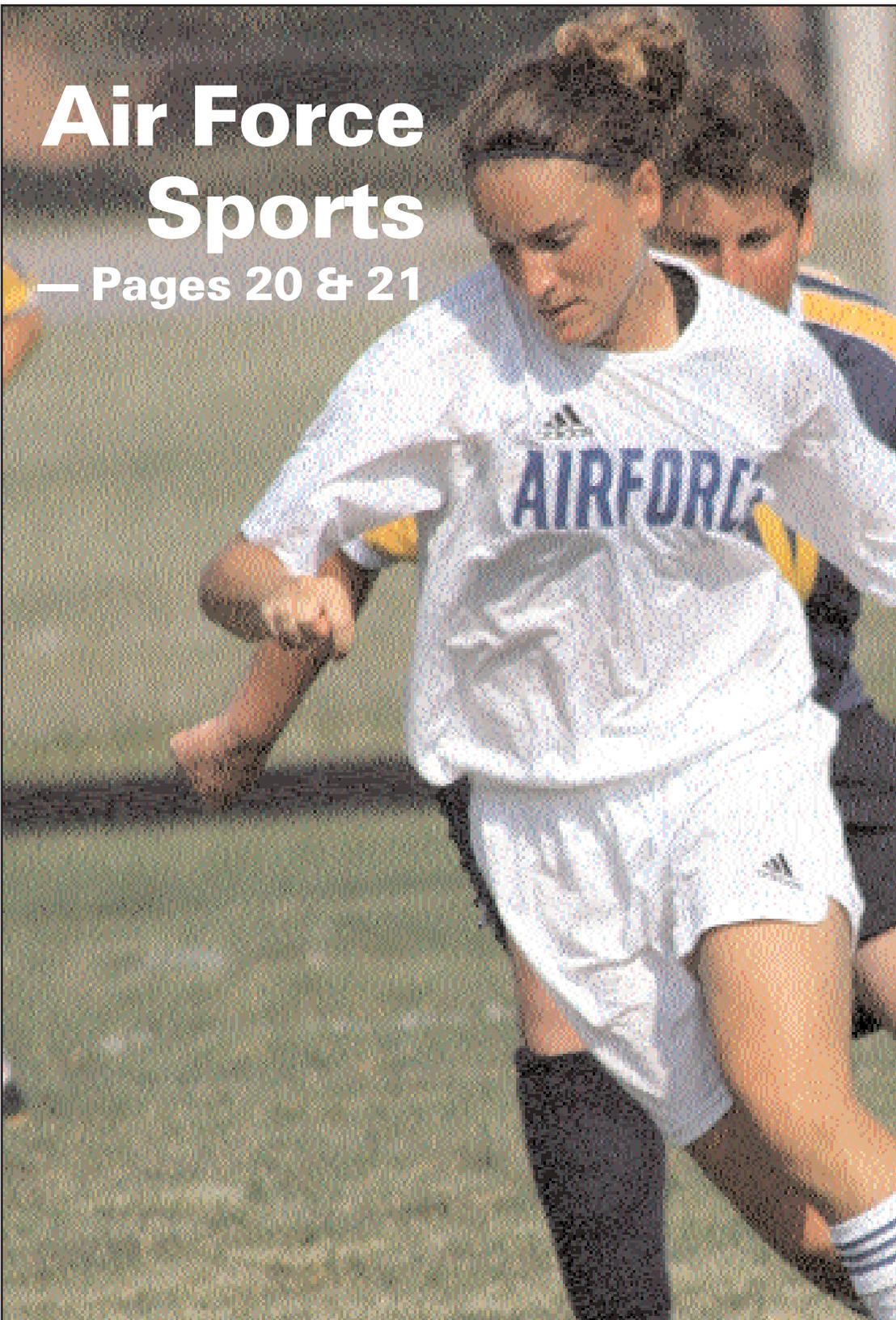
2



LES AUTOMATED

Starting Oct. 1, military leave and pay information is fully automated via the myPay website.

4



Air Force Sports

— Pages 20 & 21

Commander's Corner

Welcome AMC inspectors

By Col. Lyn Sherlock

60th Air Mobility Wing commander

This weekend we'll welcome the Air Mobility Command inspectors for our **Unit Compliance Inspection** which begins Monday. This is a great opportunity to show our excellence, professionalism and esprit de corps, which are characteristics that have enabled us to deliver forces and resources worldwide as "America's First Choice" for strategic airlift and refueling.

During the inspection we'll demonstrate compliance with procedures and instructions, in addition to how we respond during a **Full Spectrum Threat Response Exercise**. In this era we need to be prepared for any crisis and contingency. Many kudos are due to the **60th Air Mobility Wing Plans Office** which did an extraordinary job developing and implementing complex scenarios to thoroughly test our response capabilities.

Throughout the inspection process, I

certainly encourage everyone to take this opportunity to highlight our benchmark efficiencies, while welcoming any feedback and observations from inspectors. Let's maintain a sense of urgency, stress OPSEC and ensure situational awareness at all times. Most importantly, SAFETY remains paramount in everything we do during the inspection and in support of real world requirements.

On that note, we are sustaining a healthy operations tempo with hundreds deployed in support of global Air Expeditionary Force deployments. In order to ensure maximum readiness it's important to train the way we fight, and fight the way we train, which we recently demonstrated in the Inspector General Exercise held at Alpena, MI.

IG Exercise

In a show de' force by the Travis Team, led by **Col. Tracy Hardwick** and **Lt. Col. Anthony Zucco**, our folks did an absolutely magnificent job. More than 250 Travis members deployed,

along with hundreds from wings Air Force wide, as a team lived in field conditions. We demonstrated readiness beyond compare. Great job!

STEP promotion

I had the honor and privilege of promoting **Tech. Sgt. Phillip Hernandez** to **Master Sergeant** in the **60th Aircraft Maintenance Squadron**, during my command earlier this week. Our Air Command Commander, **Col. Handy**, selected **Master Sergeant Hernandez** for a STEP promotion last week. Well done! Well done!

Well, that's a wrap for this week. Let's keep the focus and momentum going at mach speed, with safety of everything we do. Thank you for Travis and our Air

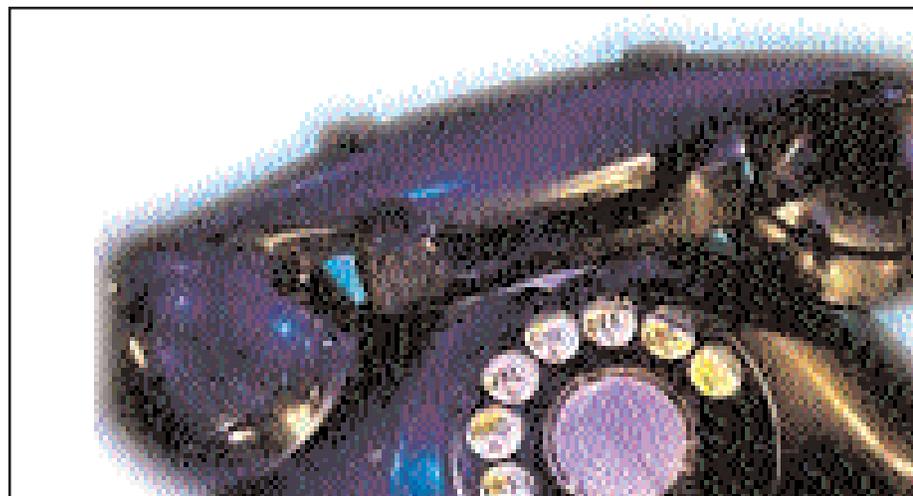
ACTION LINE

TRAVIS AIR FORCE BASE

Call 424 -3333

Q I have a complaint. I've just tried to make a morale call to my wife, who is deployed to Southwest Asia. The operator on duty did not cooperate whatsoever with me as I tried to complete this call. She interrupted me several times trying to give me instructions on the numbers I'm supposed to use. I appreciate your help.

A We apologize for what happened and measures will be taken to hold the individual accountable. The Chief



Bush signs \$417 billion appropriations

By Jim Garamone
American Forces Press Service

WASHINGTON – President Bush signed the Defense Appropriations Bill into law during a White House ceremony. The money will fund the global war on terror, personnel initiatives and further the transformation of the American military.

The \$417 billion bill funds the military for fiscal 2005. Congress must pass a second bill, the National Defense Authorization Act, before the department can spend the money.

Bush said the United States is taking the fight to the terrorists. He said in the last three years, America has made great strides in Afghanistan, Iraq and around the world to confront the enemies of freedom. “These great achievements have come at a cost of human life and grief,” he said. “America is grateful for the families of those who mourn a loved one. We will honor their memory by completing the mission and making the world a more peaceful place.”

Bush reiterated his commitment to military personnel. “We will support them,” he said. “We’ll provide them fair pay and good treatment. We will continue to ensure they have the tools they need to defeat the enemies of today. We will develop the weapons and systems to meet the threats of tomorrow.”

On the personnel side, the bill provides a 3.5 percent across-the-board pay raise for service members, eliminates out-of-pocket housing expenses and fully funds the Defense Health Program. The president said the raise brings the total pay raise over the last four years to nearly 21 percent. “This money is well earned, well deserved, and well spent,” he said.

Bush called the elimination of out-of-pocket expenses “a real boost” for military families. “The excellence and professionalism of an all-volunteer force has never been higher,” he said. “America must do all we can to encourage these special Americans to stay in uniform, and that starts with taking care of their families.”

The bill funds the on-going war on terror with \$25 billion in emergency appropriations to support current operations in Afghanistan and Iraq. “This money will buy more armored Humvees, more ammunition, more fuel, more spare parts,” he said. “It will upgrade our helicopters with the latest equipment, allowing them to fly more safely in the dangerous theaters.”

The bill also funds acquisition programs including



President George W. Bush recently signed a \$417 billion appropriations bill to fund personnel initiatives and further the transformation of America's military. The bill also funds the National Defense Authorization Act, before the Department of Defense.

the F/A-22 Raptor aircraft, more F/A-18E/F Hornets, guided-missile destroyers and C-17 airlifters. The bill also provides \$10 billion for ballistic missile defense programs. “Later this year, the first components of America’s missile defense system will become operational,” Bush said. “America and our allies face a deadly threat from ballistic missiles armed with the world’s most dangerous weapons, and we will deploy the technologies necessary to protect our people.”

The bill also funds the military of the future. “Our enemies are innovative and resourceful, and so are we,” the president said. Just as terrorists never stop thinking about new ways to harm the United States people, U.S. leaders never stop thinking about how to protect the nation and its people, he added.

Bush said recent breakthroughs have made war-

fare more p... ties. “This... technologie... in order to... Army’s Fut... Combat Sh... Corps Join... a number o... change the...

Bush th... their help... time of com... our militar... people in u... by preparin... help make...

U S O dis -
tributes
over

American Forces Press Service

WASHINGTON – United Service

by the Defense Department.

The packages include items specifically requested by military personnel serving in Enduring Freedom and Iraqi Freedom, such as prepaid international calling cards, disposable cameras, toiletries, snacks and playing cards.

“The tremendous success of Operation USO Care Package is a true testament to the support USO volunteers and the American people provide for our men and women deployed in



Until Every One Comes Home.®

LESs now fully

By 2nd Lt. Katherine Kebisek

Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — Starting Oct. 1, the Defense Finance and Accounting Service will no longer issue printed copies of military leave and earning statements. Secretary of the Air Force James G. Roche and Chief of Staff of the Air Force Gen. John P. Jumper are urging all Airmen to register with myPay by that date.

MyPay is an automated Web-based system that allows members to conduct pay transactions, even when deployed, in a secure electronic environment 24 hours a day, seven days a week.

To ensure everyone has access to their personal financial information after Oct. 1, Air Mobility Command has kicked off a campaign to get all of its Airmen signed up for myPay.

“The use of myPay empowers military members and translates into increased capability for the Air Force,” said Gen. John W. Handy, commander, U.S. Transportation Command and AMC in a recent memorandum. “Please encourage your troops to get on board and sign up for myPay as soon as possible.”

Personal identification numbers are used to control access to personal accounts and ensure privacy for all users. Right now, only 82 percent of AMC’s Airmen have a PIN.

Airmen can get access to myPay through desktop computers at work, home, the base library and orderly rooms. In addition, to make myPay more convenient to Airmen, especially those who don’t have computer access, the AMC Comptroller has begun to set up customer service kiosks at several bases.

Through a kiosk, a person can easily access pay accounts and can print leave and earnings statements, forms that after Oct. 1 will only be available online.

The kiosks also provide access to other customer services such as the Virtual Military Personnel

Flight, Services information and even local weather forecasts. The kiosks are located in high-traffic areas such as the base exchange, pharmacy base hospital and dining hall. Kiosks are now in place at Charleston AFB, S.C.; Fairchild AFB, Wash. ; Pope AFB, N.C.; and Scott AFB.

Col. Tony Levy, chief of AMC Financial Services Division, said his goal is to have at least three kiosks set up at every AMC base through the upcoming year.

Colonel Levy said myPay gives Airmen the flexibility to manage their pay and make personal adjustments to their finances at their convenience, rather than only when the finance office is open. In fact, tests results from kiosks have shown about 75 to 80 percent of use is after duty hours.

“Feedback is good,” Colonel Levy said of the kiosks. “The newer Airmen want to be able to manage their pay like they can manage their bank accounts and their investments, all online.”

Senior Master Sgt. Mary Taitano, AMC Financial Services Division, added that myPay is a user-friendly system, and that all bases will provide unit training.

MyPay enhancements this fall will allow Airmen to make allotments to financial institutions online and issue “informational” PINs to family members. The informational PINs allow family members to view and print pay statements when the military member is on temporary duty or deployed.

Although myPay will be mandatory only for military members, officials encourage civilians to also use the system. Live support will still be available through base finance offices to answer questions or provide customer service and pay transactions when necessary.

For more information, contact 2nd Lt. Geary Graham at 424-1994 or through the Travis Finance Office’s e-mail, finance@travis.af.mil. Individuals can typically expect a response within 24-hours.

Medical officials clarify policy on co

By G.W. Pomeroy

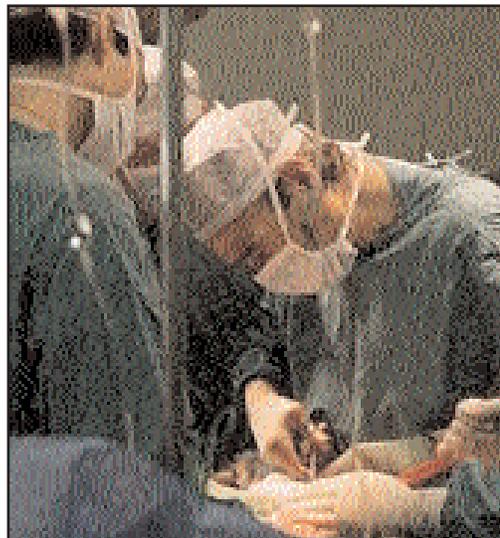
Air Force Surgeon General Public Affairs

WASHINGTON — Air Force doctors perform cosmetic and reconstructive surgeries as part of essential training, but elective cosmetic procedures such as breast augmentations are not routinely available as perks to servicemembers and their families, according to Air Force Medical Service officials.

Recent published reports in civilian media suggested that elective procedures are prevalent in the military health-care system.

Some reports also indicated that free cosmetic surgery is common among servicemembers and their families.

Air Force doctors, and their counter-



surgery related to trauma, burn treatment, and weight reduction. “Solely elective surgery for an active-duty Air Force member requires no payment unless cosmetic implants are part of the procedure. Cosmetic implants are paid for by the Air Force prior to surgery.”

No surgery is done on active-duty members for weight reduction, Legan said.

“For other beneficiaries, solely elective surgery is chargeable based on the procedure and whether it is performed on an inpatient or ambulatory basis,” Doctor Legan said.

Payment arrangements are made before patients are placed on the surgery schedule.

Doctor Legan also said that

"Candy Bomber" visits Travis as Air Tattoo's

Retired Berlin Airlift pilot selected as man of the hour for bases celebration of Air Force's 57th

By 1st Lt. Tawny Dotson

Band of the Golden West Public Affairs

Retired Col. Gail S. Halvorsen has been selected as the guest of honor for Travis' Air Tattoo that will take place Sept. 18.

The event is taking place on the 57th birthday of the Air Force and is dedicated to the men and women at Travis who continue to ensure the Air Force mission is accomplished both here and at deployed locations.

The U.S. Air Force Band of the Golden West will perform gathering music at 5:20 p.m. and the Tattoo will begin at 6 p.m. It is recommended that people arrive around 5:30 p.m. so they have enough time to find parking and seating.

The show will last approximately two hours.

Colonel Halvorsen is best known for his role as the "Candy Bomber" in Operation Little Vittles during the Berlin Airlift.

During his volunteer assignment in the Berlin Airlift (Operation Vittles), he instituted Operation Little Vittles by dropping small parachutes laden

with candy to the children of Berlin, including those in East Berlin.

This self-initiated act of kindness became the humanitarian heart that kept the aircrews going, fueled the hope of all Berliners, and set the mold for all future humanitarian airlift. It also provided a catalyst for widespread support throughout the United States for what airlifters were trying to achieve — keep Berlin free from the Soviet yoke.

The fame and recognition that followed would open doors for him to serve as a positive "diplomat" to Germany for years to come.

Following his service in the Berlin Airlift, Colonel Halvorsen went on to serve in various duties.

He returned to the United States and attended the University of Florida as part of an Air Force Institute of Technology program.

In 1951 he earned a Bachelor of Science degree in Aeronautical Engineering, and in 1952 a Masters Degree in Engineering.

After his AFIT schooling, he was assigned to the Wright Air Development Center at Dayton, Ohio, as a research and development project officer for cargo aircraft, and eventually was reassigned to similar activities at Hill AFB, Utah.

From 1957 to 1969 he was involved in various aspects of our growing space program to include the Titan

III/Dyna-Soar program, advanced manned reusable spacecraft, and the Manned Orbital Laboratory Project.

He was also the Commander of the 7350th Support Group in Berlin, and the commander of Tempelhof Air Base, Germany, 1970-1974, where one of his roles was to insure the free movement from the Berlin air corridors and plan airlift contingencies in case the Soviets would attempt another blockade.

He was also the USAF Representative in Berlin.

He retired in September of 1974 with over 8,000 hours flying time in 15 different aircraft and with over 31 years of service.

Colonel Halvorsen was the 1949 winner of the prestigious Cheney Award for his actions during the Berlin Airlift and was awarded the Air Force Association Ira Eaker Fellowship Award and the Air Force Sergeant's Association 1998 Americanism Award.

He was also named to the Airlift/Tanker Association Hall of Fame in 1999 and into the Utah Aviation Hall of Fame in 2000.

A school at Rhein-Main Air Base, a dining hall at McGuire AFB, and a new FMC 25,000 pound aircraft Loader, used world wide, all carry his name.

His book, "The Berlin Candy Bomber" and a children's book,

Drowsiness dangerous while driving

60th Security Forces Safety Office

When behind the wheel of a car, drowsiness can be very dangerous. Just as with drugs and alcohol, driving drowsy slows reaction time, impairs judgment and can contribute to a fatal collision.

At least 100,000 police reported crashes and more than 1,500 deaths occur annually due to driving while tired, according to the U.S. National Highway Traffic Safety Administration.

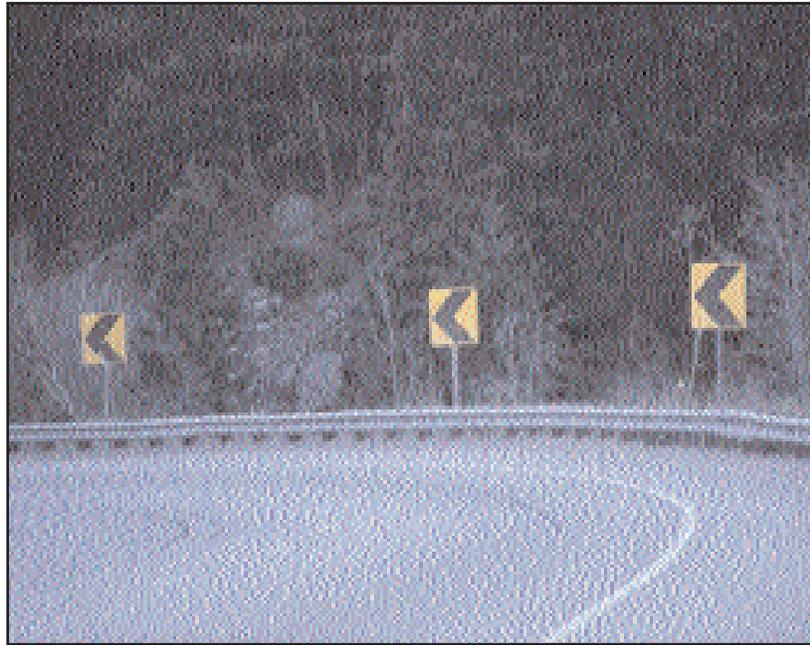
These statistics show that daily human alertness patterns dip in mid-afternoon and are at their lowest in the overnight hours between 2 and 6 a. m. When alertness is at its lowest point, there are a higher amount of accidents during those times.

One common type of fatigue is called Highway Hypnosis. This condition develops when drivers become too complacent at a particular speed and feel that they are motionless.

It is most common at night as the lights from oncoming traffic tend to mesmerize drivers.

The following are some of the many signs of H.H.:

- ▶▶ Finding it hard to focus, blinking often or closing eyes for a few seconds
- ▶▶ Starting to develop a narrow field of vision
- ▶▶ Feeling motionless



Courtesy photo

Curves such as this one can become a hazard when individuals drive while drowsy. Last year alone, more than 1,500 deaths occurred because individuals got behind the wheel of a vehicle while drowsy.

▶▶ Not being able to remember the last few miles of driving

▶▶ Slower reaction time
Individuals can fight fatigue by doing some of the following tips:

▶▶ Take frequent breaks, and drink a mildly caffeinated beverage

▶▶ Keep vehicle temperature cool. If the temperature is too warm, the chance for drowsiness increases.

▶▶ Keep windows ajar to allow fresh air to flow in the vehicle

▶▶ Listen to loud, annoying music

▶▶ Don't drink alcohol, take prescription drugs, or over the counter medication prior to driving

▶▶ Pull off the road and find a safe place to take a power nap before continuing

The best defense against fatigue and drowsiness is to recognize its symptoms and to get adequate sleep prior to driving.

For more driving safety tips, log onto www.nhtsa.dot.gov.



Air Force Television News, available in closed captioning, is a biweekly production of Air Force News Service. Access the program at www.af.mil or www.broadcastairforce.com

Access is Power!

Beneficiaries assigned to the 60th Medical Group's Primary Care, Family Practice, Pediatrics, Internal Medicine, Flight Medicine and the McClellan Satellite Clinic can now make appointments online!

Log-on to www.tricare-online.com and schedule your next appointment via the World Wide Web.

Tricare Online offers 18 million pages of health and wellness information.

For more information, call Tricare at (707) 423-7534.



Everyone

Tailwind staff

Operations Security heightened attention to personnel while handling information.

The revised 60th Air Mobility Wing Critical Information List is in final coordination and approval. Wing program managers will complete the release of the CIL this week.

In the meantime, all units and groups should be posting and educating members on their specific Critical Information Items while emphasizing proper procedures for protecting, transmitting and destroying critical information.

Any questions concerning unit or group CILs should be addressed to the OPSI managers.

With the UCI approval, a lot of offices are using inspection checklists and items to prepare. Personnel should handle these items as critical information be-



Step promotion



Photo by Arielle Kohn / Visual Information

Master Sgt. Phillip Hernandez, 60th Aircraft Maintenance Squadron, is STEP promoted to the rank of master sergeant by Chief Master Sgt. Dale Patterson (left), 60th AMXS superintendent, and Chief Master Sgt. Kirk Whitman, 60th Air Mobility Wing command chief, at the 60th AMW Commander's Call Aug. 9

Air Force officials asking more than 1,000 NCOs to retrain

By Tech. Sgt. David Jablonski

Air Force Print News

WASHINGTON — Air Force officials want more than 1,000 noncommissioned officers to pick a new job during the voluntary phase of the fiscal 2005 NCO retraining program that began Aug. 3.

Eligible NCOs have until Sept. 30 to apply. If the Air Force does not meet its goal of placing 1,098 Airmen from overage career fields into shortage career fields, a nonvoluntary second phase may be imple-

mented.

Rosters showing those identified in Phase 1 as susceptible to involuntary retraining, sorted by Air Force specialty code and in order of vulnerability, are posted on a secure Web page accessible at: www.afpc.randolph.af.mil/enlskills/retraining/retraining.htm.

The complete list of retraining-in opportunities is available on the retraining advisory at local military personnel flights.

If necessary, the involuntary Phase 2 will begin for any Air Force specialty that did not

meet voluntary retraining-out program objectives. In that case, Air Force Personnel Center officials will issue further instructions and implementation guidance.

Selection is determined across all eligible year groups, mirroring assignment eligibility ranked by the date an Airman arrived on station.

Retraining is limited primarily to staff and technical sergeants with 16 years or less, or master sergeants with 18 years or less. Some second-term senior airmen may volunteer for staff sergeant quotas. There are also limited retraining opportunities for senior master sergeants.

According to personnel officials, this multipurpose program is designed to rebalance the enlisted force from career fields with overages to those skills experiencing shortages; provide NCO's a voice in their career development; and return disqualified airman to a productive status.

"Historically, we have retrained NCOs from career fields with overages to career fields with shortages," said Reese Lang, chief of trained personnel requirements at the

Pentagon.

"As in the past, the 2005 program's goal is to advance the enlisted force," Lang said.

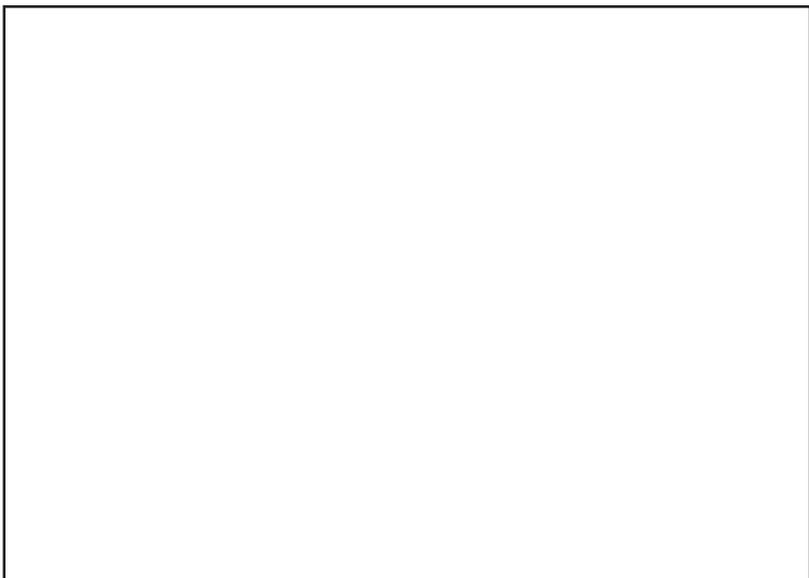
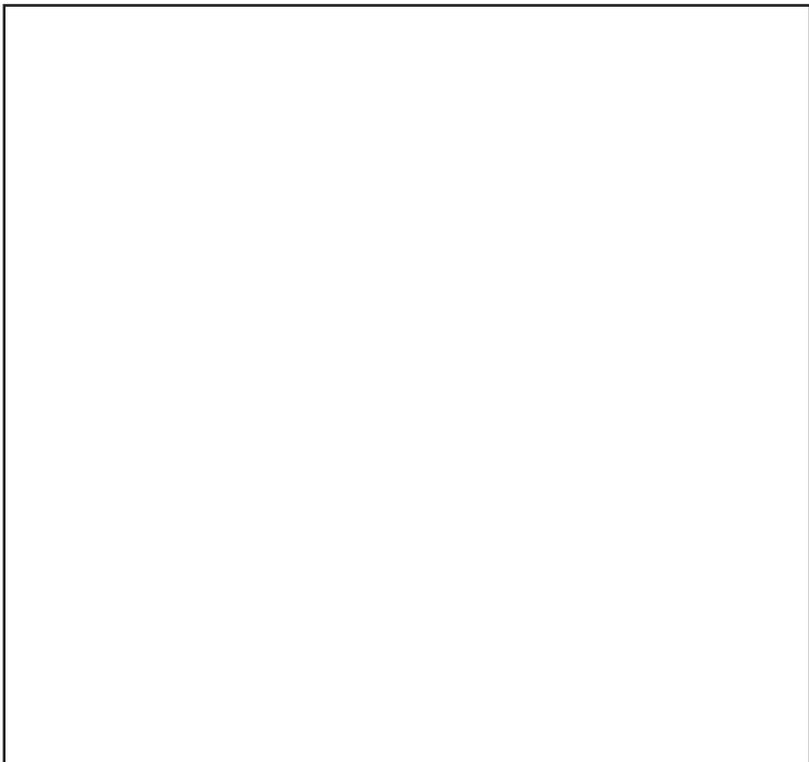
Personnel center officials have already identified those who are susceptible for voluntary retraining and will notify these NCOs through official channels.

"We highly encourage you to apply for retraining in shortage skills that are in demand in MILPDS, or to any special-duty identification," Mr. Lang said.

"Besides those identified as vulnerable, anyone in an over or grade identified as a shortage, may apply for available quotas providing they meet eligibility requirements,"

Specialty codes have the highest number of eligible retrainees includes supply management (2S0X1), communications (3P071), communications and computer systems (3C2X1), and aerospace services (4N0X1).

Airmen who wish to retrain should follow their current standing and follow the links from the retraining Web page to the AFPC secure page and use their Virtual ME



Eagle Eyes: Neighborhood watch

By Staff Sgt. Jennifer Arredondo
437th Air Wing Public Affairs

CHARLESTON AIR FORCE BASE, S.C. — What would you do if you saw someone who seemed out of place on-base? You are not sure what they are doing, but your gut instinct is telling you, “It just doesn’t feel right.” Where would you go to report the suspicious activity?

The Air Force Eagle Eyes program offers Airmen a place to go to report this type of activity.

“The basis of the program is to educate military personnel, dependents and the surrounding community to identify and report suspicious activity,” said Staff Sgt. Roger Jackson, joint anti-terrorism team member for the Office of Special Investigations, who manages the Eagle Eyes Program. “The program is basically a neighborhood watch for terrorist activities.”

Sergeant Jackson is responsible for giving briefings on the program at commander’s calls, squadron briefings, and to local citizens and businesses.

After 9/11, the Air Force wanted to educate people on what types of things to look for before a terrorist could attack, said Sergeant Jackson. With this information, people could stop an attack before it happens.

“By learning what to look for, people can serve as the eyes and ears for the program,” Sergeant Jackson said.

“If they see anything suspicious, they should report it.”

According to Sergeant Jackson, an indicator of possible terrorist activity is Airmen being asked questions about military operations, activities of military personnel or someone trying to get on base illegally.

People should also watch for individuals who look out of place or who are taking pictures or videotaping the installation gates and/or flightline.

This was the case when Capt. Chris Hageman, 437th Mission Support Group executive officer, noticed three individuals while waiting to come on base.

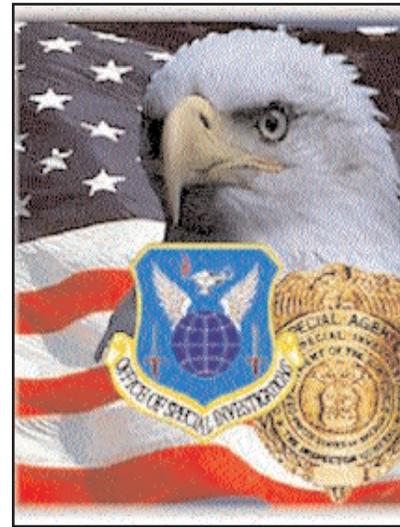
Captain Hageman noticed the individuals stopped at a light in front of the commissary gates seemed to be paying very close attention to the entry control point.

The three focused on the gate the entire time they were stopped at the light.

“What struck my curiosity was the front and backseat passengers were both staring at the traffic, and it seemed they were either counting the cars entering (the base) or the number of security forces officers at the gate,” Captain Hageman said.

“As I was watching them they were watching the traffic, and that is what made me write down their tag number.”

“Most grown adults would not be amazed by traffic. If it were a child I could understand, but with such a



The Air Force has created a program named Eagle Eyes, which gives people a place to report suspicious activities and possible terrorist activity at or near installations.

dramatic change with the commissary gate opening, it struck me as suspicious,” Captain Hageman said.

He debated over whether or not he should report what he saw.

“At first I was very hesitant because I didn’t want to file a false report. I had never had to have been turning in a fellow Airmen. I talked it over with others in my office and they encouraged me to go to my office to reaffirm what I saw and what it did sound kind of strange. That’s when I called OSI and security,”

**DEAD
BATTERIES
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.



Road closure

A portion of Perimeter Road will be closed through the morning for repairs. The section of road that will be closed extends from the Firing Range to the CON Center. Due to heavy construction during this time, POVs will be restricted from this area. Runners will be prohibited from this area until the completion of the project.

Retirement ceremony

The 349th Air Mobility Wing will be holding a retirement ceremony for Chief Master Sergeant Anthony Maddux August 15, 2011, in Bldg. P-31 at 3 p.m. He is retiring after 32 years of service in the Air Force.

Commissary closure

The Commissary will be closed from 10 a.m. to 12 p.m. on August 15, 2011.

CRIME STOPPER

TRAVIS SECURITY FORCES ACTIVITY

Aug. 2

- » Minor vehicle accident at the Bldg. 1304 parking lot
- » 911 medical emergency on Wyoming Street
- » Article 134 for receiving, buying or concealing stolen property

Aug. 3

- » Found property in the Bldg. 380A parking lot
- » Missing government property in Bldg. 977
- » Violating a driving restriction at the North Gate

Aug. 4

- » Minor vehicle accident in the duck pond parking lot
- » Minor vehicle accident on Wisconsin Street
- » Damage to government property on Carlton Court
- » Damage to private property at the Base Exchange
- » Article 128 for assault and an Article 92 for failure to obey in the housing area
- » Suspicious individual at Beale Court

Aug. 5

- » Damage to private property in the parking lot across from Bldg. 139
- » Damage to private property at the Base Gym parking lot
- » Civilian DUI at the Main Gate
- » Animal control at the Fitness Center

Aug. 6

- » Animal control for a deceased feline at Ecker Street
- » Damage to government property at Bldg. 250
- » Minor vehicle accident on the north side of the parking lot at the David Grant USAF Medical Center
- » Suspicious package at Bldg. 241
- » Damage to government property at Bldg. 1354

Aug. 7

- » Military member in civil incarceration in Vacaville
- » Minor vehicle accident on Valley View Way
- » 911 response Article 128 for assault on Illinois Street
- » Article 108 for damage to government property, Article 134 for disorderly conduct, drunkenness, Article 92 failure to obey in the dormitories

HOMETOWN NEWS RELEASES

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

Contact Center keeps Airmen connected

AFPC Public Affairs

RANDOLPH AIR FORCE BASE, Texas — “This is the best program for answering questions. I always find out exactly what I need, and the 24-hour access is great since I’m stationed in Japan.”

Comments such as this submitted by an Airman during a customer satisfaction survey

point to the favorable response for the Air Force Personnel Contact Center here.

Staffed 24 hours a day, seven days a week (except for Independence Day, Thanksgiving, Christmas and New Year’s Day), the Contact Center staff answers questions from hundreds of people a day from around the world. They respond via the telephone, e-mail or interactive Web-based chat sessions to meet the varied communications requirements of their customers.

“Customers, especially those overseas, enjoy the interactive chat function as an alternative to inconvenient international

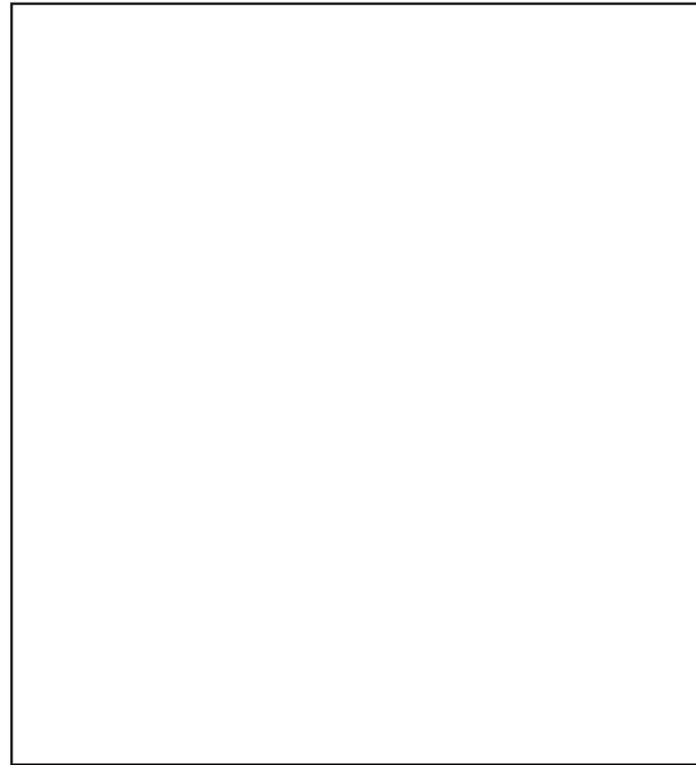
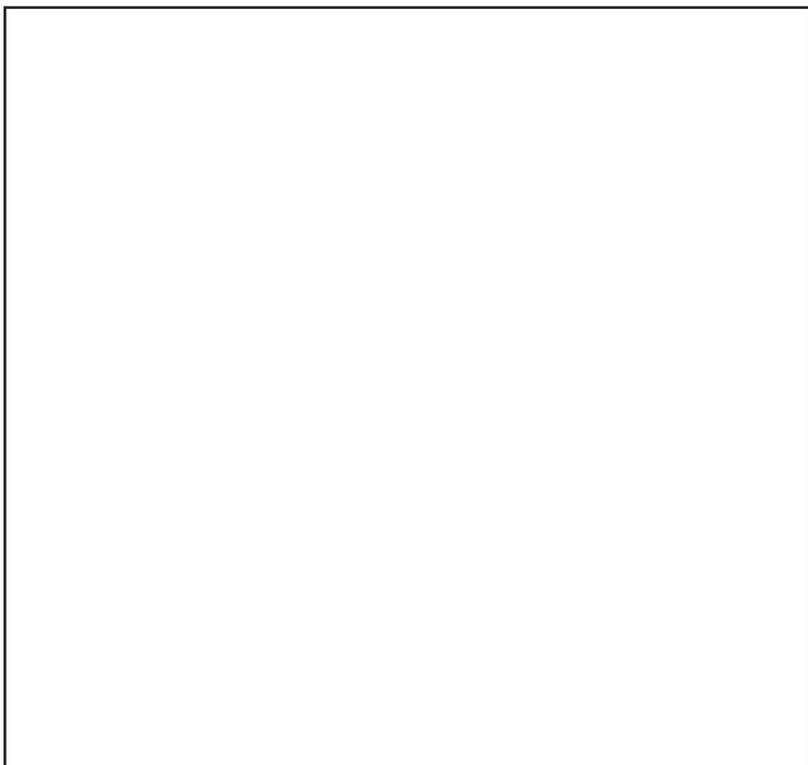
calls,” said Ms. Jackie Holland, Contact Center task manager. “We also receive favorable responses from shift workers who appreciate getting answers to their questions at a time convenient to them instead of their local military personnel flights.”

Air Force Personnel Center officials see the positive customer feedback as a good indicator that using a Web-based, self-service format for personnel questions should continue to benefit customers.

“The Air Force prides itself on taking care of its own, and the Contact Center is proof of that. We work hard to ensure we have the right people with

the proper skills and necessary to take care of customers, whether they are based or deployed personnel, retirees or otherwise.” Col. Jacqueline Harry, Contact Center branch chief.

Currently, the Contact Center handles about 2,500 inquiries a week. With a staff of 120 working during peak hours, four people for non-peak hours, the quantity has not diminished quality. Although the Contact Center has seen significant growth in customer requests, particularly after adding Virtual MPF applications, it continues to maintain a 95-percent closure rate,



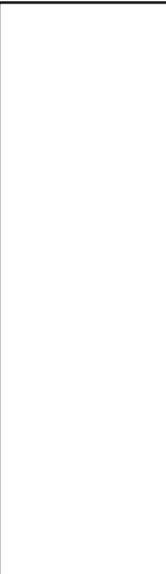
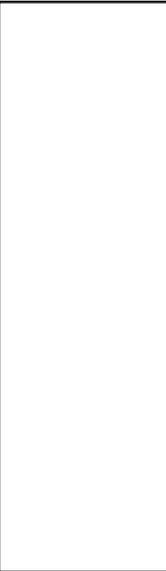
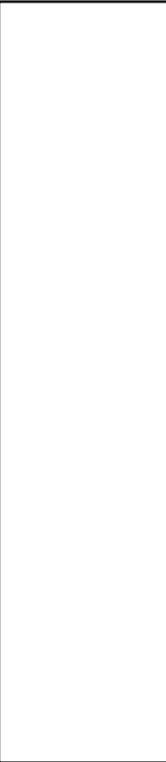
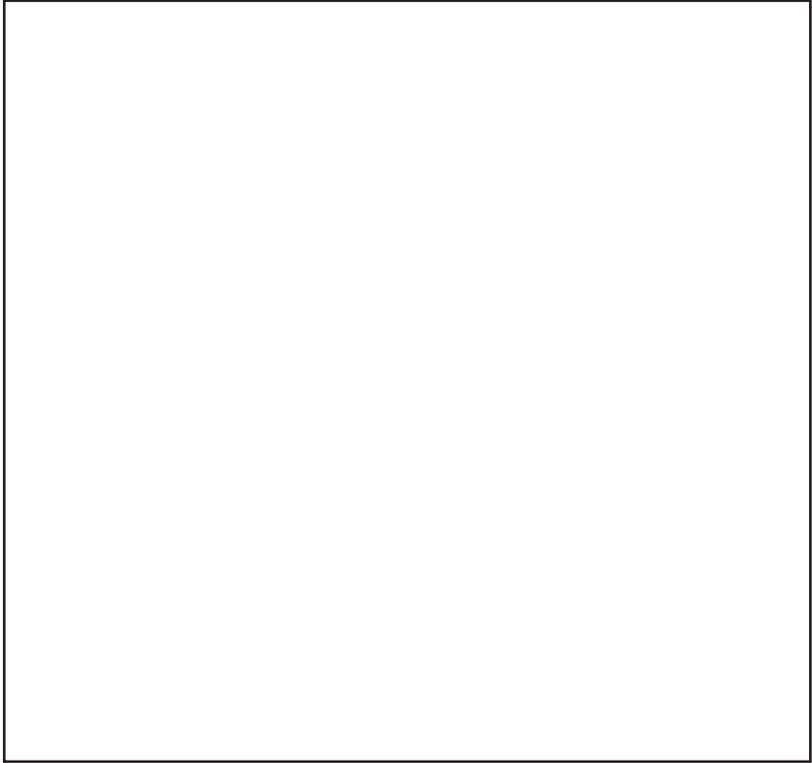
People Retire

But smoke alarms need
to keep working



United States Fire Administration
Federal Emergency Management Agency
<http://www.usfa.fema.gov>

Classified Ads work. Call 425-





Air Force Sports

Air Force Sports offers char

By Jennifer Brugman

60th AMW Public Affairs

Service in the Air Force often means going the extra mile faster than anyone else — sometimes literally.

The Air Force Sports program offers active duty people a chance to continue varsity-level athletics beyond college and local leagues.

"It's an outstanding opportunity to not only continue participating in athletic competition, but to travel to new places and meet other military athletes from nearly every country," said 1st Lt. Danielle Kirk, 60th Logistics Readiness Squadron section commander who took part in the International Military Sports Council World games in Catania, Italy last December for race walking. "Everyone set the world's issues aside and competed under the motto 'friendship through sport.'"

Lieutenant Kirk began race walking in

to be an officer first. The athletics became secondary and I am proud to have made that decision."

Lieutenant Kirk took time off from walking competition to earn her commission and complete her first two years of military service before deciding to return to competition late last year. After joining the Air Force, she competed in local races in order to get back into the sport and become eligible for Air Force level competition.

Her 5k race walk time dropped by 10 minutes in twelve weeks and she placed seventh at the World Games with a time of 24:56. Lieutenant Kirk is currently training for the 5k National Race Walking Championships in Nashville in October.

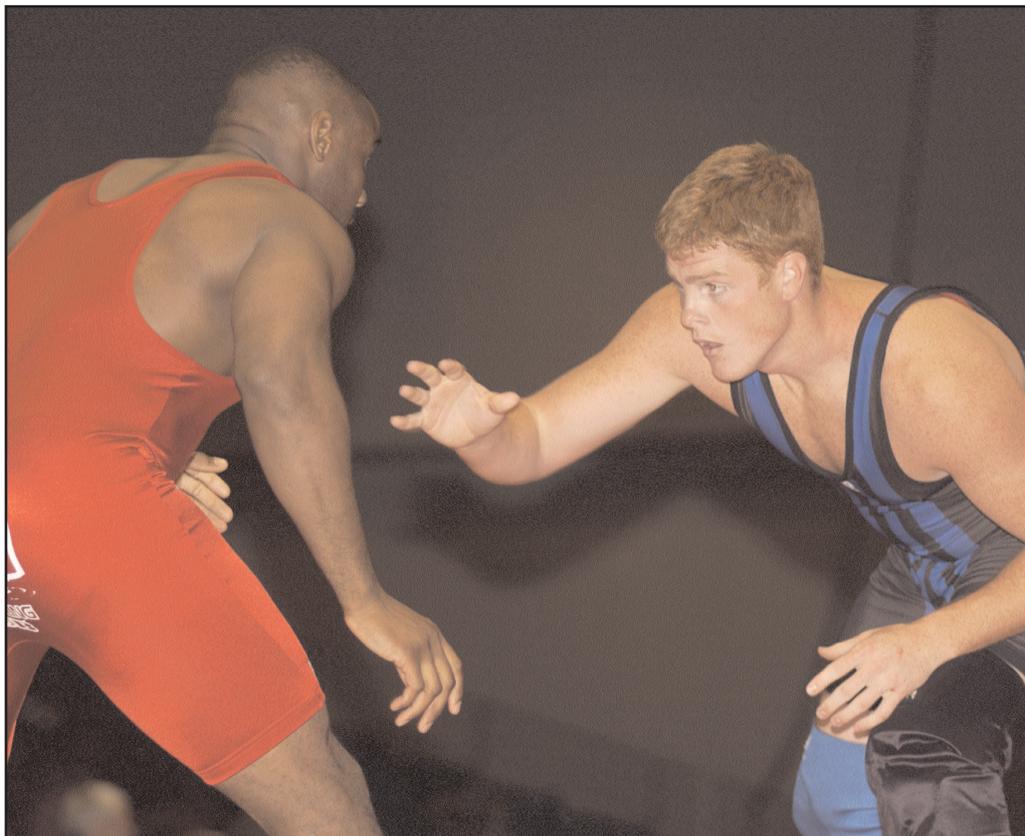
Staff Sgt. Melissa Lewis is a health technician with Life Skills at David Grant USAF Medical Center and she applied for the Air Force level women's basketball where all the U.S. military services compete against each other. Prior to applying



Courtesy photos

... Danielle Kirk, (above) 60th Logistics Readiness Squadron, competed in the Pan American Race Walk in Toluca, Mexico. She placed eighth.

Air Force Sports allows active duty service members to compete against other services nationally and internationally in such sports as bike racing (far left) and wrestling (below).



etics, service

... need to be submitted in order to be eligible. Form 303s can be obtained at the base or on line at www.usafsports.com.

... people who are applying for the Air Force Sports program need to get permission from their commander to take part in the sports program.

... "The mission does come first," Mrs. McGinnis said. "If they don't make it past the Air Force Trial and Training Camp, they go back. When someone is accepted, they go on to compete in the Armed Forces level, then go on to the National Championships. [The camp and competition usually last, depending on the sport, up to a month.]"

... she says applicants should feel that they will compete at a higher-than-varsity level. Mrs. McGinnis recommends people go out and take part in local leagues and competitions before applying to the program in order to show that they are actively compet-



... People who are interested in competing in Air Force Sports need to show a current commitment to their chosen sport, such as volleyball (above) or wrestling (below).



... Participants complete an application and get into the program for the next camp where they are judged to compete at the national level.

COMMUNITY BRIEFS

TRAVIS AIR FORCE BASE

Announcements

Teen Sailing Trip

Teens who would like to spend the day ocean fishing off the deck of the Huli Cat have until Aug. 11 to sign up at the Youth Center. The trip is planned for Aug. 16 and is limited to 18 teens. The bus leaves at 3:30 a.m. to set sail at 6 a.m. on the 53-foot fishing vessel berthed at Half Moon Bay. The cost is \$20. Each participant receives a T-shirt and a medallion. For more information, call 424-4392.

Flying Lessons

Learn to fly at the Travis Aero Club. Ground School begins Sept. 7. For more information, call 437-3470.

Lock in

All authorized Teen Zone users are invited to the Travis Bowl Lock in Aug. 20. Teens can stay up all night and bowl from midnight to 7 a.m.

Volunteers needed

The Solano County Library Literacy Services is looking for and provides training and materials to volunteers who would like to help illiterate adults learn to read. To register, call 432-1995.

Weekly Events

Today

▲ It's the last day to sign up as a Varsity Rugby coach. For more information, call the Fitness Center at 424-2008.

Saturday

▲ Stay up late and party all night at the DBC Late Niter featuring the best of Hip-hop, R&B and Old School. The party starts at 10 p.m. and will end at 3 a.m.

▲ Watch members of the Travis Equestrian Center compete starting at 7:30 a.m.

Monday

Library Storytime at 9 a.m. Afterwards the children will make Papercup Cows. To volunteer to read at Storytime call 424-3279.

▲ The Family Support Center 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.

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.

Thursday

▲ Club Members are invited to all you can eat pasta at the Delta Breeze Club's Family Pasta Feed from 5 to 9 p.m. Adults are \$5, children 6 to 12 are \$2 and children 5 and under eat for free.

▲ The Family Support Center Readiness NCO will conduct Personal Preparedness Briefings at 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.

▲ Sponsorship training is from 9 to 9:30 a.m. at the Family Support Center. For more information, call 424-2486.

▲ Seven Habits of Highly Effective Teens class for ages 12-14 is at the Family Support Center, from 8 a.m. to 3 p.m. For more information, call 424-2486.

Monday

▲ Seven Habits of Highly Effective Teens class for ages 15-18 is at the Family Support

▲ The Family Support Center will help with individual or family relocation needs. In addition to helping map out a plan, the specialist will make appropriate recommendations or referrals. For more information, call 424-2486.

▲ Registration is ongoing for the 2004-2005 "formal" year of formation. Returning individuals and newcomers are encouraged to call Ms. Mary Ellen Rosenberg at 424-4795. Programs are available for kindergarten through Confirmation, Youth Group, and Adult Formation. St. Michael's also has an RCIA program for those wanting to become a member of the Catholic Church.



Maj. John Odgen Jr., 60th, signs an agreement with JA Child Start Inc. extending community.

Protestant: Sunday

- ▲ Community Praise Service, 8 a.m., Chapel Center
- ▲ Liturgical Worship Service, 8 a.m., Chapel One
- ▲ Sunday School, 9:15-10:20 a.m., RE Bldg next to Chapel Center
- ▲ Traditional Protestant Service, 10:30 a.m., Chapel Center
- ▲ Gospel Worship Service, 11:15 a.m., Chapel One

Catholic:

- ▲ Daily Mass, Monday and Wednesday,

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Tonight

- 6:30 p.m. Sleepover (PG)
- 9 p.m. Spider-Man (PG-13)

Saturday

- 6:30 p.m. Spider-Man (PG-13)
- 9 p.m. Sleepover (PG)

Sunday

- 4 p.m. Freaky Friday (PG) All seats \$1

Tuesday

- 11 a.m. Holes

Exercise right to vote in upcoming election

Courtesy of the Voting Assistant Counselor's Office

The November 2004 elections are just around the corner. As Americans, we will once again have the ability to choose who will represent us in the White House, Senate, House of Representatives and in the state government.

The deadline is fast approaching to register for absentee ballots so act now if you haven't already. Each state has a different process and it can take up to six weeks to receive a ballot after registering, so early voter registration is very important.

Team Travis Voting Assistance Counselors are found in all active duty units and are available to help military members and their families register to vote and request absentee ballots if they are out-of-state residents.

As long as you complete and mail a Federal Post Card Application to the state in which you are eligible to vote by their posted deadline, your vote will be counted. Don't miss the opportunity to exercise your right to vote.

Unit VACs have registration information and are trained to assist personnel in filling out the forms. Those unsure of who their Voting Officers are, should contact their orderly room or Group Representative.

The Team Travis Group Voting Assistance Counselors are:

▶▶ 60th Air Mobility Wing, Capt. Lisa Moreno, 424-3497

▶▶ 60th Operations Group, Capt. Tony Marshall, 424-7609

▶▶ 60th Maintenance Group, Master Sgt. Douglas Cockerham, 424-5641

▶▶ 60th Medical Group, Capt. Vicky Pratt, 423-3493

▶▶ 60th Mission Support Group, Master Sgt. Matthew Chastain, 424-4509

▶▶ 60th Air Mobility Operations Group, Capt. David Abel, 424-1411

▶▶ 349th Air Mobility Group, 1st Lt. Catherine Bonilla, 424-4783

▶▶ Band of the Golden West, Master Sgt. David Parker, 424-8782

▶▶ 3rd Brigade, Capt. Ronald Smith, 424-8651

▶▶ Det 14, 373rd Training Squadron, Master Sgt. Richard Goree, 424-4389

A list of all unit voting assistance counselors can be found on the Travis intranet by clicking on the "Vote" icon. Voting information is also available on the Voting Assistance Message Line at 424-8888 or at the Federal Voting Assistance Program Website, <http://www.fvap.gov>.

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Housing

Weed maintenance

Weeds are out of control in flowerbeds. As a standard rule, the PRIDE ground contractor will not trim closer than 50 feet from a unit. Maintenance of flowerbeds within this range is the occupants' responsibility. If an occupant believes that the task of weeding these flowerbeds on a regular basis is too laborious, they may convert the area to grass.

Hillside maintenance is also an occupant's responsibility. Occupants must trim vegetation on any hillside within 50 feet of their unit to no more than six inches in height.

This should be accomplished with a weed-eater and not a lawn-mower.

Warning tickets

Warning tickets that are issued during an yard inspection are re-inspectable in approximately two weeks. When the inspector returns in two weeks, the item that was on the warning ticket will be re-inspected for compliance.

If the discrepancy was not corrected, the inspector will

issue the occupant a failure ticket. This failure ticket counts toward the three ticket limit.

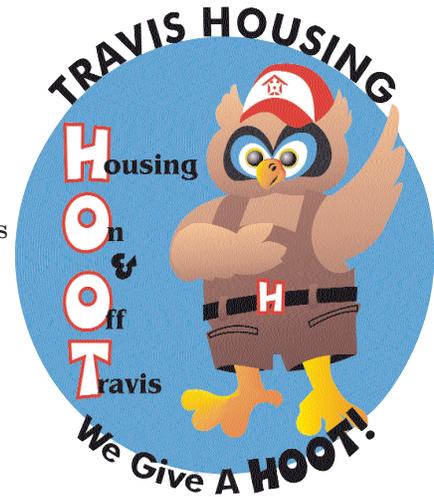
Be advised that if the yard has additional discrepancies beyond the items listed on the old warning ticket, the inspector will generate a new ticket and rate accordingly.

Reporting errors

All the Senior Non-Commissioned Officer inspectors are briefed prior to inspecting the yards. Despite this fact, we are all human and some mistakes occur. If you disagree with a ticket or find a mistake, please contact your first sergeant. Please do not call the housing office.

Trimming bushes

Bushes have to present a neat, trimmed appearance. They can be no higher than five feet. If they are in front of a window, they must be cut six inches below the window. Bushes in front of mechanical room doors must be trimmed to allow full swing of the doors. Bushes that have grown out-of-control must be trimmed.



There are no maintenance contracts in place to cut these over-grown bushes. Occupants are required to contact the housing office to set up the trimming plan.

This plan will also give us a record of when these large bushes should be reaching the established standard.

Once the plan is documented into their records, we can easily modify any future tickets received by inspectors. We will not remove a ticket if you come in to the office to make a plan after a ticket is issued.

Inspection results

Warnings: 94
 First Time Failures: 75
 Second Time Failures: 9
 Third Time Failures: 2

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*.

Multi-family garage sale, Saturday, 8 a.m. - 1 p.m., 108 Idaho St., desk, entertainment center, clothes, toys, etc.

Multi-family yard sale, 110 Idaho Street, 8 a.m. - 1 p.m. furniture, toys, kids clothes, baby items and other household goods.

Moving sale, Saturday, 14-2 Travis Ave., 8 a.m. - non, boys' clothes and toys, women's clothes, household items, misc.

Yard sale, Saturday, 117 Colorado St., 8 a.m. - 3 p.m.

Yard sale, 306 Hackett Ave, home interior and housewares, Saturday, 8 a.m. - noon.

Multi-family yard sale, 123 Arizona St., Saturday and Sunday.

Yard sale, 123 Illinois St., Saturday, 7:30 a.m. - 1 p.m., table with four chairs, Proform performance treadmill, men's, women's, children's clothes, misc.

Yard sale, Saturday, 8 a.m., 250 Carlton Ct.

Rummage sale, everything must go, family support center parking lot, Saturday, 8 a.m. - noon.

Vehicles

1989 Jeep Cherokee 4.0, 5-speed, 4x4, 172k miles, a/c, \$2,000 obo. Call 439-0933.

1986 Mitsubishi pick-up truck, 122k miles, a/t, needs work, \$500 obo. Call 707-446-4941.

1966 Ford F-100 pick-up, new engine, \$2,950 obo. Call 448-4920 in the evenings.

1997 Chevy Blazer 150k miles, 4x4, a/c, \$6,900. Call 592-1600.

2001 Toyota Prius hybrid, all records available, fully loaded, 22k miles, extended warranty, light aqua exterior, \$15,000. Call 446-2885.

1990 Honda CRX-SI, a/c, alarm, am/fm/cd, two amps, subwoofer, new tire, 190k miles, \$4,300 obo. Call 707-815-5799.

1986 325 BMW auto, blue, \$1,500; 1987 Ford Crown Victoria, Ltd., station wagon, auto, \$750. Call 437-3189.

1985 Subaru GL wagon, 4wd, 196k miles, three owners, \$2,650 obo. Call 707-344-3561.

1985 Cadillac Seville classic, silver, gray, leather, spoked-chrome wheels, 130k miles, \$4,998. Call 446-4200.

1997 Chevy Cheyenne 1500 extended cab, bedliner, \$9,100 obo. Call 439-0656 leave message.

1987 Ford Aerostar van, \$995. Call 426-4266.

Covered dog pen, 10by 6 by 6, \$90 obo. Call 437-1221.

Sleeper sofa, \$400 obo; boy's mountain bike, \$40 obo; charcoal round Webber, \$25 obo. Call 437-8459.

Corner desk, \$60; entertainment center \$100; two air conditioners, \$75 each or both for \$140; lawnmower \$30. Call 439-0843 and leave a message.

Boats/trailers/mobile home

3x5 utility trailer with enclosed box, box is removable for flatbed, \$150 obo. Call 437-1335.

1989 Bayliner Capri 2.3l 17ft, open bow, \$5,000 obo. Call 437-0440 or 410-6664.

1973 Shuster Tahiti ski boat, new engine, new interior, skis, vests, two-person tube included w/trailer,

\$4,500 obo. Call 592-8891.

1995 17 ft., Maxum boat with accessories, \$7,500 obo. Call 4211279.

Vehicle accessories

Set of four original equipment Ford 17" by 8" chrome truck rims with new tires and center caps, \$400. Call 448-4920 in the evenings.

Miscellaneous

Alfred Angelo wedding dress, sleeveless, veil, buglebeads accenting straps, scoop neckline, A-line waist, shoes, email pics, \$125. Call 446-7461.

Proform Performance Treadmill monitors distance, heartrate, calories burned, etc; honey-colored table, w/four chairs, asking \$100. Call 437-0417 will deliver on base only.

Studio piano, \$800. Call 439-9888.

Baulk bend saw blades, 13 rolls of 100 ft, router craftsman, 1.5 hp, \$40l Sander random orbit, \$30; heavy stock of hard woods, maple, walnut, hash, red oak. Call 557-6588.

Coffee table and end tables, \$165; sofa, with three cushions, \$650; Sears trash compactor, \$225 obo; white wicker chairs, \$120, 25" Magnavox tv console, swivel, \$165. Call 557-6588.

Adjustable, multiple position, 12-foot extension ladder, \$40; 30" by 6' folding metal frame table with wooden top, \$20. Call 422-9567.

Covered dog pen, 10 by 6 by 6, \$90 obo. Call 437-1221.

Sleeper sofa, \$400 obo; boy's mountain bike, \$40 obo; charcoal round Webber, \$25 obo. Call 437-8459.

Corner desk, \$60; entertainment center, \$100; two air conditioners, \$75 or \$140 for both; lawnmower, \$30. Call 439-0843 and leave a message.

Lawnmower rear bagger \$125 obo; lawn mower, \$50 obo; Whirlpool washer/dryer, \$150. Call 446-4941.

Nordic Track exercise machine, \$50 obo; Pioneer 400 watt punch, \$25 obo. Call 446-4941.

Computer desk with hutch, \$20; Sony DVD player, \$40; Playstation1 w/3 games, \$30; Nintendo w/5 games, \$10; Nintendo Gameboys, \$10. Call 437-4435.

Collection of 9,200 worldwide classic

stamps in three antiqu \$500. Call 425-9632.

Graco duoglider double s two booster/feeding chairs \$5 each. Call 707-437-29

Barbie Jeep with charger Tykes playhouse, \$75. 1279.

Two youth loft beds with mattress \$150 each; 15 c freezer, GE \$150. Call 43

Custom made .32 cara ring, trilliant cut with plain band, and v-shape sary band with diamonds \$2,000. Call 446-4615 aft

Swimming pool, 12' by accessories, \$45. Call 43

Youth bed, \$30; three-i white, \$50. Call 422-9340

Graco travel bed, \$20; kne black, \$20. Call 437-8681

Washer/dryer, \$40, dr minor repair; white meta obo. Call 439-9464.

Furniture

Couch, beige, \$30; boxspring, frame, head obo. Call 448-1739.

Dining table with six chairs, \$150 obo. Call 434-

Twin-size canopy bed with \$150 obo. Call 707-434-9

California king water bec board and mattress insert Call 434-9532.

Oak and hunter green v table w/four matching ch Call 454-0542.

Solid white washed pine ment center with beveled can email picture. Call 59

Large entertainment cent coffee table with two ma tables, \$30. Call 439-951

Couch, sectional, large recliners, sleeper, cup h storage drawer, must s \$800. Call 437-1144.

Wanted

Babysitter for Friday an night or various times, in also possibly during so computer monitor. Call 38

Appliances

Crosley fridge/freezer, 16 years old, stored three dishwasher, undercou years, both white, \$225 f deliver to N/E Bay for \$3 1851 or 655-0699.

Maytag large capacity wa \$300/pair obo. Call 530-8

Kenmore extra capacity v dyer, \$600 for set; top-m ft. fridge with ice maker a ter, \$500. Call 432-0546.

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

Facts and statistics surrounding the V

By Capt. Robert G. Martin

60th Aerospace Medicine Squadron

It seems that on any given day, there is something in the news about the West Nile Virus. New statistics are being released weekly. In some instances, conflicting information may circulate and cause undue alarm in the community. It's important to understand the basic facts surrounding WNV.

The following information was obtained from the Centers for Disease Control and will provide the simple facts about this virus.

What is the West Nile Virus?

West Nile virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall.

What are the symptoms of WNV?

WNV affects the central nervous system.

Symptoms vary:

▶ **Serious symptoms in a few people** — About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.

▶ **Milder symptoms in some people** — Up to 20 percent of the people who become infected will display symptoms which can include fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have been sick for several weeks.

▶ **No symptoms in most people** — Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

How does WNV spread?

▶ **Infected Mosquitoes.** Most often, WNV is spread by the bite of an infected mosquito. Mosquitoes are WNV carriers that become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.

▶ **Not through touching.** WNV is not spread through casual contact such as touching or kissing a person with the virus.

How Soon Do Infected People Get Sick?

People typically develop symptoms between three and 14 days after they are bitten by the infected mosquito.

What's the risk of getting WNV?

People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.

What should I do if I think I have it?

Milder WNV illness will improve on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately.

Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

Being outside means you're at risk. The more time you're outdoors, the more time you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend a lot of time outside, either working or playing.

Risk through medical procedures is very low. All donated blood is checked for WNV before being used. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not

Nutrition 101 classes

By Capt. Julie Best

60th Diagnostics & Therapeutics Squadron

The Health and Wellness Center is now offering "Nutrition 101" classes, which teach participants strategies to monitor portion sizes, how to count calories and how to maximize nutrient density without feeling hungry.

The classes are held every other Monday at 10:30 a.m. in the Health and Wellness Center classroom.

According to the University of California Wellness Letter, the average American gains about two pounds per year. A simple reduction

cereal instead of two;

▶ Use tomato slices, lettuce leaves and pepper strips on a sandwich instead of mayo;

▶ Drink two cups of skim milk per day instead of two cups of whole milk;

▶ Eat a cup of low-fat, sugar-free yogurt, instead of a doughnut, and;

▶ Drink a cup of water flavored with a lemon instead of a regular soft drink.

In addition to making these small changes in food choices, increase your physical activity by walking fifteen minutes per day, or climb the

Olympic dre



SPORTS SHORTS

TRAVIS AIR FORCE BASE

Bowling Leagues

Sign up sheets for league bowling are now at the Travis Bowl. There is a league for everyone: Sunday Night mixed, Travis Seniors, Monday Night Mixed, Military Wives, Tuesday Night Mixed, Travis Classic, DGMC League, Wednesday Night Mixed, Little 2 1/2 League, Travis Intramural, Guys & Dolls, Youth Bowling.

Travis Jets tryouts

Tryouts for the base varsity ice hockey team will take place Aug. 27 and 28 from 8:30 - 10 p.m at the Vacaville Skating Center located behind Brendan Theaters and Outback Steakhouse on the Davis Street exit. Participants must have a helmet and pads. Skates are available to rent for \$7, otherwise there is no charge. Active duty, reserve personnel, DoD civilians, dependents and retirees are eligible but must be 18 years of age. For more information, call Staff. Sgt. Rei Martinez at 424-1877 or 707-290-9687.

Eating breakfast contributes

New study shows that people who eat in the morning are 50 percent more likely to not struggle with obesity or overweight issues

By Capt. Julie Best

60th Diagnostics and Therapeutics Squadron

New research indicates that eating breakfast may help you stay slim.

According to a study from Harvard Medical School, adults who eat breakfast are nearly 50 percent less likely to be obese compared to those who skip the first meal of the day.

Researchers studied about 2,800 people between the ages of 25 and 37 and followed them for eight years. Using self-reports on breakfast eating and monitoring for other risk factors like physical activity, smoking and age, the researchers found that breakfast eaters had lower weight.

This study is another great reason why you should make time for a



nutritious breakfast everyday.

Even if you are pressed for time to get out the door in the morning, you can prepare breakfast the night before or choose easy meal options, such as one of the following:

- ▶▶ Whole-grain cereal with fruit and milk
- ▶▶ Whole-grain cereal with a cup of yogurt
- ▶▶ Frozen waffles (toasted first, of course!) topped with peanut butter
- ▶▶ Instant oatmeal with milk and

The Fitness Center is now open from 5:30 a.m. to 12:30 a.m. weekdays and 7a .m.

Air Force Academy	Sept. 4	California
	Sept. 11	East Washington
	Sept. 18	UNLV
	Sept. 25	Utah
	Sept. 30	Navy
2004-2005	Oct. 9	New Mexico
	Oct. 23	BYU
	Oct. 30	Wyoming
Football schedule	Nov. 6	Army
	Nov. 13	San Diego State
	Nov. 20	Colorado State

Time	Monday	Tuesday	Wednesday	Thursday
6:30 a.m.	Squadron Cycle	Squadron cycle (7 - 8 a.m.)	Squadron cycle	Squadron cycle
7:30 a.m.				
8:30 a.m.		EZ Strength		EZ Strength
9:30 a.m.	FIP	FIP	Yoga	FIP
10:30 a.m.				
11:30 a.m.	Core step aerobics	Core cycle	Core step aerobics	Core cycle
noon				
12:30 p.m.			Intro to Pilates-HAWC (noon - 1 p.m.)	Squadron cycle (12:30 - 1:30 p.m.)
1				