



# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, AUGUST 27, 2004

VOLUME 29, NUMBER 34



### DORM UPGRADES

Airmen in dormitories 1305 and 1334 remodel their home.

**18 & 19**



### SCHOOL SAFETY

Wing safety office discusses ways to keep children safe during the school year.

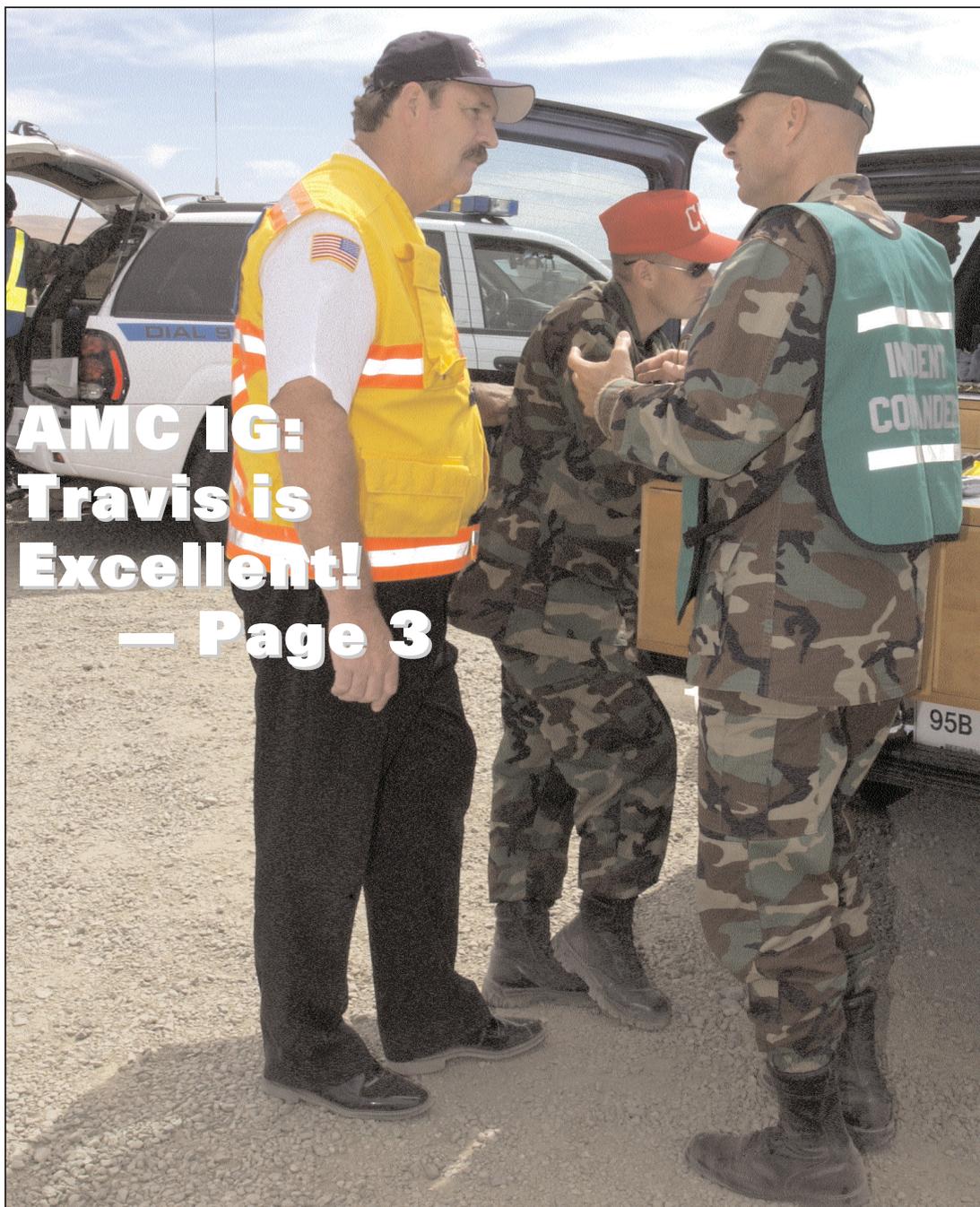
**5**



### OLYMPIC MEDAL

An army Major wins Silver in Athens.

**34**



**AMC IG:  
Travis is  
Excellent!  
— Page 3**

# Commander's Corner

## The power of your vote

By Gen. John P. Jumper  
Air Force Chief of Staff

Around the world, the Airmen of our United States Air Force make a difference. From the collapse of the Soviet Union and Desert Storm more than a decade ago to our global planning and execution of air and space power today, Airmen have done more than their part for our nation. In the coming months, we need to make a difference in another way. We all need to exercise the privilege only enjoyed by free nations — the privilege of voting.

Most of you have been deployed in an Air Expeditionary Force since you have been in the Air Force. You have seen our way of life compared to others in troubled parts of the world.

While we as Americans are not without our problems and issues, if all the borders of all the nations of the world were open to all people, where do you think most would choose to reside? There is little doubt that it would be in the Land of the Free.

There have been many books written in recent years about our founding fathers - the men who wrote the powerful words that forged a new nation. In our Declaration of Independence, Thomas Jefferson penned a phrase that is the cornerstone of our democratic institutions and makes us unique among nations. He wrote, "...Governments are instituted among Men, deriving their just power from the consent of the governed."

It is this idea of the "Consent of the

Governed" that empowers each of us in the form of our vote.

Many of us have experienced some obstacles to voting while serving in the armed forces. The absentee voting system has traditionally been fraught with challenges, but we have been working hard to minimize the red tape. With Airmen and their families serving around the globe, many suffer from delays in mail service — another obstacle to registering and voting.

Our leadership in the Department of Defense has worked with the U.S. Postal Service to give priority to voting materials in the mail system. To facilitate the voting process, we have also created a user-friendly voting link called "Airmen Votes" on our Air Force Link website for you and your families to use. The "Airmen Votes" icon on the Air Force Link website, www.af.mil, will guide you to all the information you need to register to vote, file an absentee ballot request, and send in an absentee ballot.

In most cases, all you need to do is fill out a postcard and mail it in. Guidance is available for all states and territories and for those Airmen living overseas. Your family members who are eligible to vote can use this web link as well, including children away from home while attending school. If you still have questions, contact your Voting Assistance Officers — they are available to address your voting questions or concerns. We want to make voting as easy as possible.

The Secretary of the Air Force, Dr. Jim



General Jumper

Roche, and I are dedicated to ensuring every eligible Airman has the opportunity to vote. As Airmen we have all taken an oath to support and defend the Constitution that guarantees our right to vote. As a nation we accept divergence of opinion and candidates with different views.

I encourage you to avail yourself of the right to vote for candidates and on the issues of your choice. No other single act is so fundamental to our form of Government. Please register. Please vote.

## ACTION LINE

TRAVIS AIR FORCE BASE  
Call 424-3333

**Q** I have a concern about people who drive motorcycles on sidewalks in between the townhouses. My children are taught to look both ways before crossing the street, but not generally to look both ways before they walk out the front door. I was wondering if something could be posted in the *Tailwind* reminding people of the rules and the laws associated with motorcycles and sidewalks.

**A** Thank you for expressing your concern because you are absolutely correct. It is against the law for anyone to drive a motorcycle or other motor vehicle on a sidewalk. Per California Vehicle Code 21663 referencing code sections 21100.4 and 21114.5, no one shall operate or move a motor vehicle upon a sidewalk except as necessary to enter or leave an adjacent property. If you witness violations in any of these areas, file a traffic complaint with the Security Forces Control Center by calling 424-2800. Please provide a description of the incident, to include a license plate number at a minimum so adequate action may be taken.



**TAILWIND**  
Travis AFB, Calif.  
60th Air Mobility Wing  
**Col. Lyn Sherlock**  
60th Air Mobility Wing commander  
**60th AMW Editorial Staff**  
**Capt. Michele Tasista**  
Chief, Public Affairs  
**Master Sgt. Tom Mullican**  
Superintendent  
**1st. Lt. Lindsay Logsdon**  
Chief of Internal  
**Senior Airman Alice Moore**  
Editor  
**Daily Republic staff**  
**Jennifer Brugman**  
Military liaison

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### On the Cover



Arielle Kohn / Visual Information

Members of the 60th Air Mobility Wing earned an "excellent" rating on the Unit Compliance Inspection.

The Travis Team earned an overall "Excellent" rating by Air Mobility Command inspectors following the Unit Compliance Inspection and the Logistics Standardization and Evaluation Program Inspection Aug. 16-23. Base personnel went through months of hard work to show they are ...

# 'Excellent in all they do'

## Tailwind staff

Months of hard work and preparation by the Travis Team came to fruition with the team earning the superior "Excellent" rating by Air Mobility Command inspectors following the Unit Compliance Inspection and the Logistics Standardization and Evaluation Program Inspection Aug. 16-23.

Inspectors validated the base's "impeccable" compliance with Department of Defense and Air Force directives, while fulfilling its legacy as "America's First Choice" for rapid global mobility.

Hundreds of members from the 60th Air Mobility Wing, 349th Air Mobility Wing and the 615th Air Mobility Operations Group filled the base theater Monday as more than 19 mission critical areas and by — law areas were reviewed. Silence erupted into thunderous applause when the inspectors announced the base's final score of "Excellent."

"You've worked extremely hard from the top down," said Col. Lyn Sherlock, 60th Air Mobility Wing commander during a follow up commander's call. "Your hard work has definitely paid off."

The wing received an "Excellent" rating for exceptional work and dedication demonstrated at all levels, in all areas.

The preparation for the inspections included numerous exercises and work group meetings involving every functional area responsible for unit compliance checklists.

The inspection included review of unit compliance and self-inspection checklists to ensure the base's adherence to Air Force law and policy in mission critical and special interest areas.

The teamwork demonstrated among the host and tenant units ensured such success, according to Colonel Sherlock. "We're one team with one fight," said Colonel Sherlock. The 349th Air Mobility Wing, along with the 615th Air Mobility Operations Group, were partners every step of the way.

Several individuals and teams were recognized for their outstanding performance within the wing. (See right)

## DFAS announces new myPay options

### Courtesy article

The Defense Finance and Accounting Service and the Air Force have announced that beginning Wednesday, there will soon be new options available on the myPay web site.

New options will allow new actions regarding allotments and bonds and allow members to establish an informational Personal Identification Number, providing read-only access to their myPay account. MyPay is also increasing the number of Leave and Earning Statements available on-line for active-duty members to 12 months.

MyPay will provide members the option of starting, stopping or changing allotments to financial institutions. Airmen can direct funds to specific accounts, within a bank, credit union or other financial institution. They can also start

U.S. Treasury bonds, change bond addresses and adjust the amount invested in bonds as financial needs change. These conveniences will allow members to manage military pay without making a special trip to the Financial Services Office.

Another new feature is the ability to establish an informational PIN, allowing a designated family member or friend access to the member's myPay account.

If the member wants to take advantage of this service, myPay suggests the Airman change his or her PIN when establishing the informational PIN to ensure no codes are compromised.

For more information, contact the Travis Finance Customer Service at 424-3925 or visit the myPay website at <https://myPay.dfas.af.mil>.

## UCI recognitions

The following individuals and teams were recognized for their outstanding performance during the Unit Compliance Inspection:

### Individual outstanding performance

**Tech. Sgt. Donald Lucy**  
60th Civil Engineer Squadron

**Tech. Sgt. Bambi McPhersonBreur**  
60th Component Maintenance Squadron

**Staff Sgt. Carmella Aquino**  
60th Mission Support Squadron

**Staff Sgt. Kristine Maligaya**  
60th Mission Support Squadron

**Staff Sgt. Danielle Maxey**  
60th Operational Support Squadron

**Staff Sgt. John Modica**  
60th Logistics Readiness Squadron

**Staff Sgt. Michael Rey**  
60th Aircraft Maintenance Squadron

**Senior Airman Ana Velasco**  
21st Airlift Squadron

### AMC IG coin recipients

**Master Sgt. Tim McKinney**  
60th Civil Engineer Squadron

**Tech. Sgt. Davern Bridgeforth**  
60th Security Forces Squadron

**Staff Sgt. Esmeralda Aharon**  
60th Air Mobility Wing

**Staff Sgt. Heather Devine**  
9th Air Refueling Squadron

**Staff Sgt. Liam Egan**  
60th Aircraft Maintenance Squadron

**Staff Sgt. Joey Powell**  
60th Logistics Readiness Squadron

**Staff Sgt. Doug Ropel**  
60th Civil Engineer Squadron

**Airman Jason Gabrick**  
60th Logistics Readiness Squadron

**Mr. Robert Andrews**  
60th Comptroller Squadron

**Mr. Kevin Lenert**  
60th Logistics Readiness Squadron

### Outstanding teams

**Aircrew Life Support Chemical Warfare Section**  
60th Operational Support Squadron

**60 CS Self-Inspection Team**  
60th Communications Squadron

**C-5 HAZMAT Collection Point Team**  
60th Aircraft Maintenance Squadron

**Family Assistance Center Team**  
60th Mission Support Squadron

**Fuels Laboratory Team**  
60th Logistics Readiness Squadron

**Fuels Management Accounting Team**  
60th Logistics Readiness Squadron

**Fuels Operations Spill Response Team**  
60th Logistics Readiness Squadron

**GPC Program Management Team**  
60th Contracting Squadron

**MILCON Project Management Team**  
60th Communications Squadron

**MWD Program Management Team**  
60th Security Forces Squadron

**Munitions Maintenance Team**  
60th Equipment Maintenance Squadron

**Personnel Systems Management Team**  
60th Mission Support Squadron

### Travis recognition

**Maj. Brian Sennett**  
UCI Team Chief, 22nd Airlift Squadron

**Capt. Bob Basom**  
6th Air Refueling Squadron

**1st Lt. Katherine King**  
60th Medical Group

**1st Lt. Jason Munro**  
60th Director of Staff

**1st Lt. Gibb Little**  
60th Civil Engineer Squadron

**Senior Master Sgt. Angie McElroy**  
60th Aircraft Maintenance Squadron

**Tech. Sgt. Tammy Shumate**  
60th Air Mobility Wing Plans Office

**Staff Sgt. Mark Pernsteiner**  
60th Mission Support Group

**Staff Sgt. Robert Steiner**  
60th Aerial Port Squadron

**Mr. Charles Reid**  
60th Logistics Readiness Squadron

**Mr. Dan Johnson**  
60th Air Mobility Wing Plans Office

# History

## Travis Team prepares to celebrate with second annual Air Tattoo

By 1st Lt. Tawny Dotson  
Band of the Golden West Public Affairs

Travis will celebrate its history and the history of the U.S. Air Force when it features the Second Annual Travis Air Tattoo on its flight line.

The military tattoo ceremony is said to have come from the 1600's when English soldiers were serving in a war in the Netherlands. Drummers would march through the streets of the Dutch towns signaling to the local inns and pubs to turn off the taps, stop serving alcohol, and for the soldiers to come home.

In Dutch the drummers would say "doe den tap toe" which meant turn off the taps. "Tap toe" became tattoo and the military tattoo was born. Since that time the tattoo has transformed into major productions in the U.S. and overseas.

The Edinburgh Military Tattoo is held in Edinburgh, Scotland each year where attendance reaches over 200,000 people. This tattoo is held at Edinburgh Castle and features the talents of bands from over 30 countries. In its 54-year existence it is estimated that over 11 million people have seen the tattoo. The event has grown from a program of eight items to a 22 — day series of programs.

The tradition of the tattoo began with English soldiers in the Netherlands being brought home by the drummers and continues in England with the Royal International Tattoo. This air tattoo is a three day event that attracted over 100,000 visitors a day, to see 350 aircraft from 15 nations and 30 different service branches this year.

The Travis Air Tattoo began last year when, on April 19, 2003, Travis presented the "America's First Choice" tattoo. The tradition will continue when Col. Lyn Sherlock hosts the second presentation of Travis' Air Tattoo on Sept. 18 at 6 p.m.

This year's tattoo will feature flyovers from vintage aircraft such as the P-51 Mustang. The P-51 will represent the Air Force's transformation from balloons to fighter and bomber aircraft and beyond to unmanned flight. It represents the transition from ground-only wars to America's future focus on air supremacy during war.

The C-53 Skytrooper will flyby to commemorate World War II and the Berlin Airlift. The C-53 was used mainly for transport during WWII and will flyby to commemorate Travis' increasing role as the center of mobility for the Air Force.

The T-28 Trojan will help to highlight Travis' place as the hub for Vietnam era activities. The Vietnam

era aircraft will flyover as the accomplishments of Travis and their operations are touted.

Travis' own C-5 Galaxy, KC-10 Extender and the future Team Travis C-17 Globemaster will all take part in the show as well showing Travis' journey through Operations Iraqi and Enduring Freedom and moving now into the future of air mobility.

Retired Col. Gail Halvorsen will end the ceremony by receiving the flag from the retreat performed at the end of the production. Colonel Halvorsen, best known as the Candy Bomber, was a pilot during the Berlin Airlift. His dropping of small parachuted candy and gum to local children when going in and out of Germany became an entire U.S. supported effort for the children who were being affected by the war.

His presence and his selection as Travis' guest of honor for the evening help to celebrate the accomplishments that the U.S. military makes not only in the heat of battle but also in the name of humanity.

Throughout the evening attendees can expect to hear great music and singers, see great dancers and performance teams and finally it will be an evening to remember where The U.S. Air Force and Travis has traveled and where we are headed in the future.

## Premiere entertainment

### Tops In Blue bring "Musicology" to Vacaville Creekwalk

Courtesy article

Tops In Blue, the premiere entertainment showcase of the United States Air Force will perform at Andrews Park, Vacaville Wednesday at 8:00 p.m. in the Creekwalk Plaza. The highly acclaimed 2004 edition of Tops In Blue entitled "Musicology" is an intricate mixture of the musical sounds of America.

Airmen who reside in the dorms wishing to see the Tops In Blue performance should meet at the Sierra Inn at 5:30 p.m. for a bus ride to the event.

Through the creative use of today's technology, Tops In Blue will present a fun-filled, action-packed performance showcasing hits with their own special spin.

The 2004 Tops In Blue team is entertaining worldwide audiences with music and fun for the entire family.

In this year's show, Tops In Blue creates their very own musical formula. They take the swing of "The Brian Selzer Orchestra" and the groove of "Peaches & Herb" the harmonies of the "Tavares" and energy of "Madonna," adding the country of "Martina McBride," the emotion of "Whitney," and a pinch of "Hammer-time," shake well, then



pour it into a stage setting of incredible, lighting, and choreography and then savor through all your senses to get a small taste of this year's Tops In Blue extravaganza. The world-renowned Air Force's Expeditionary Entertainers will satisfy all musical tastes with a musical mixture that's sure to entertain.

After celebrating their 50th Anniversary in 2003, Tops In Blue '04 keeps up its whirlwind tour schedule by visiting all the bases throughout the United States and Overseas to more than 23 overseas locations.

This aggressive tour schedule will include more than 130 locations and 150 shows in addition to entertaining forward-deployed troops in various locations.

This year's Tops In Blue team is indeed a reflection of the "Best of the Best." Like never before, this group of talented, and dynamic Air Force members displays the pride, patriotism and dedication felt by all Air Force personnel around the world. The show is guaranteed to touch the hearts of everyone and will remind each of us of what we stand for.

For more information, contact your base Services squadron or visit [www.topsinblue.com](http://www.topsinblue.com).

## FEGLI open season begins Wednesday

By Master Sgt. Ron Tull  
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Federal employees will be able to enroll or make changes to their group life insurance as part of a special open season Wednesday to Sept. 30. The event marks the 50th anniversary of the insurance program.

"We estimate 127,000 Air Force employees will be eligible to enroll or increase their life insurance," said Maria Molly, Air Force Personnel Center benefits and entitlements chief here.

"The last time federal employees were allowed to make these kinds of changes was five years ago," Ms. Molly said. "Normally it would take a 'qualifying life

event' or the employee getting a physical at their expense. This open season doesn't require a physical or answering any questions about one's health."

The Federal Employees' Group Life Insurance program consists of basic life insurance coverage and three options including coverage for up to five times an employee's base salary plus coverage for family members. In most cases, a new employee is automatically covered by basic life insurance. The types and amounts of coverages available are not changing.

Newly elected coverage will take effect after Sept. 1, 2005. The reason for the delay is to prevent employees increasing coverage only when they know they need it, resulting in a high number of immediate claims, said

officials at the personnel management office here. Such claims increase the program's costs.

Information about the FEGLI program and the open season is online at [www.afpc.randolph.af.mil/dpc/best/menu.htm](http://www.afpc.randolph.af.mil/dpc/best/menu.htm).

There is a calculator available to help compute premium cost at [www.opm.gov/calculator/worksheet.asp](http://www.opm.gov/calculator/worksheet.asp).

Air Force-serviced civilian employees can make open season elections electronically via the Benefits and Entitlements Service Team automated Web or phone system. The Web-based system is located at [www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm). Employees in the United States can reach the automated phone system at (800) 616-3775.

**HAPPY  
BIRTHDAY!**



If this is your birthday month, and you are Active Duty Air Force, please remember to schedule your annual Preventive Health Assessment (PHA) with your clinic:

Family Practice: 423-7295

Flight Medicine: 423-3211

Internal Medicine: 423-5724

Primary Care: 423-5445

## Safety office provides tips to keep children safe during school year

Courtesy of the 60th AMW safety office

Travis children will begin school Tuesday. The following are tips on the things people should consider to ensure child safety.

People should use caution when driving on base because younger children are exposed to traffic threats that exceed their cognitive, developmental, behavioral, physical, and sensory abilities. Children are impulsive and have difficulty judging speed, spatial relations, distance, and velocity.

While supplying child's needs for the school year, use caution to keep children safe from unintentional injury by teaching them safe ways to travel to and from school.

### Walking to School

» Choose the safest route and walk it with children.

Look for the most direct route with the fewest street crossings. Choose routes where school safety patrols are present.

» Teach children to obey all traffic signals and markings. Children should be taught the meaning of all traffic markers (i.e., flashing "walk" sign is not an automatic "go" signal.)

» Teach children not to enter the street from between parked vehicles or from behind bushes or shrubs. Make sure children look to the left, then to the right and back to the left for moving vehicles before crossing the street.

» Because drivers have a more difficult time seeing pedestrians, warn children to be extra alert in bad weather and brightly colored outer garments.

» Be a good role model. Children imitate parents and model behavior. Children need

parents to not only tell but also teach them how to be safe pedestrians.

### Riding the Bus

A child's behavior at the bus stop is an important aspect of school safety. While waiting for the bus, children should stay out of the road. After getting off the bus, children should, cross at least 10 feet in front of the bus. While on the bus, children should remain seated at all times, keep the aisles clear, refrain from throwing objects, avoid shouting and distracting the driver, and keep head and arms inside the bus at all times.

### Vehicle Operators

Vehicle operators, should take time to re-adjust driving to accommodate children heading to and from school. SLOW DOWN while driving

around children. Look before backing up. More than half of the toddler pedestrian injuries occur when a vehicle is backing up. Slow down and prepare to stop when a school bus has its lights flashing.

### Transporting Kids

» Never place an infant in a rear-facing car seat in the front seat of a car that has a passenger side air bag. Infants must remain in rear-facing seats in the back until they are at least one year.

» Move children to the back seat! The safest place for children 12 and under is the back.

» Ensure that children wear seat belts on every trip.

» Never buckle two or more children — or adults — into the same belt.

» Set a good example! Always wear a seat belt.

# HOUSING CORNER

## Surplus units require some families to relocate

Courtesy of the 60th Civil Engineer Squadron Housing Office

Anyone traveling through the housing area west of Cannon, Hamilton Court and Mather Manor recently may have noticed the large number of vacated units.

Due to guidance given in September 2003 in the Housing Requirement and Market Analysis, Travis is required to vacate 1,548 of its 2,727 housing units. Travis is accomplishing this by primarily vacating families out of the older units on base.

Although this has inconvenienced some families, leadership had to determine the best way to vacate the units while minimally impacting base residents. It was not feasible to relocate all the families in the surplus units because local communities could not support such a massive transition.

Instead, the surplus units on Hamilton Court, Mather Manor and Onizuka Flats were identified as "do not re-occupy" areas, bringing the total number of vacated homes to approximately 995. The remainder of the 1,548 units, located near the Duck pond, will continue to be re-occupied until a later date.

The base is vacating these housing units through attrition and government-forced moves. Attrition is simply not re-occupying a unit once a family moves out for normal permanent change of station actions.

The second option, government-forced moves, occurs when a family is forced to vacate for a variety of reasons including maintenance issues and scheduled unit closures. During a government-forced move, the family is authorized a paid move and receive a partial dislocation allowance of \$544.96.

Please be aware that unlike a normal move,



occupants will not be offered a selection of units to choose from. A new housing application is requested and families are assigned a unit according to the information on the application.

Houses are assigned according to Table 5.2 of Air Force Instruction 32-6001 which informs families of their entitlements.

Please contact Senior Master Sgt. Patrick Hoppaugh with any questions or further information at 424-1325.

### Outstanding Yard winners

▶▶ Master Sgt. James Hunt,  
106 Travis Street

▶▶ Staff Sgt. Jason Beckler,  
105 Michigan street

Seatbelts are hugs from your car!

# Travis announces SNCOA graduates

*The following individuals graduated from the SNCO academy Aug. 17.*

## 60th Air Mobility Wing

Master Sgt. Gerald Hoenicke

## 60th Logistics Readiness Squadron

Master Sgt. Donald Armstrong

## 60th Maintenance Operations Squadron

Master Sgt. Paul Van Rossum

## 60th Medical Group

Master Sgt. Tommy Williams (distinguished graduate)

## 615th Air Mobility Operations Group

Master Sgt. Geneive Eidson

## 715th Air Mobility Squadron

Master Sgt. Roy Perry

To submit a story, e-mail the Tailwind at [tailwind@travis.af.mil](mailto:tailwind@travis.af.mil) or call 424-2355.

## Savings Bonds

Did you know that U.S. Savings Bonds information is available on the Internet? The address is [www.publicdebt.treas.gov](http://www.publicdebt.treas.gov) Find out about maturity periods, tax benefits and the values of

## DEAD BATTERIES CAN'T SAVE LIVES

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.



# CRIME STOPPER

## TRAVIS SECURITY FORCES ACTIVITY

### Aug. 16

» Theft of private property and Damage to Gov't property at Bldg. 1351

### Aug. 17

» Suspicious activity at Airbase Pkwy adjacent to Visitor Center parking lot  
» Theft of private property at Bldg. 1353

» Minor vehicle accident on Travis Avenue and Broadway

» Damage to private property at Bldg. 777 parking lot

» Damage to Government property at the Duck Pond

» Theft of private property at the Fitness Center

### Aug. 18

» Domestic disturbance on Offutt Street  
» Domestic disturbance and assault on Nevada Street

### Aug. 19

» Minor vehicle accident at the main gate

» Assault at the Dormitories

» Verbal altercation on Carlton Court

### Aug. 20

» Minor vehicle accident to Burgan Boulevard and Travis Avenue

» Minor vehicle accident at the visitor center parking lot

» Damage to private property at Bldg. 557

» Damage to private property on Maine Street

» Major vehicle accident on Hickam Avenue and Bodin Circle

» Patrol dispatched on Maine Street

» Unlawful entry at the Base Theater

» Suicide attempt at Bldg. 1304

» Suspicious individual found in base housing area

» Military incarceration off base

### Aug. 21

» Loud noise complaint on Vermont Street

### Aug. 22

» Damage to private property at Bldg. 1351

» Damage to private property on Vermont Street

» Damage to private property at the Base Exchange parking lot

# NEWS NOTES

## TRAVIS AIR FORCE BASE

### Inauguration volunteers needed

The Air Force is seeking high-caliber individuals to support the 55th Presidential Inauguration from Jan. 15-24, 2005.

Those selected will perform temporary duty in Washington D.C. for the Armed Forces Inaugural Committee. Please note this is a unit—funded TDY. The sending unit will pay for all TDY expenses. Additionally, ANG/AFRES volunteers must secure their own funding and MANDAYS.

For more information call, 202-404-1026. Application packages should be faxed to the Air Force Inaugural Liaison Office, DSN 754-1026 or 202 404-1026, no later than Sept. 8.

### Jogging trail update

The jogging trail in the housing area between Bradley Boulevard and Cannon Drive (by the church) will be closed until the end of

February 2005. For more information call, Jorjanne Reed at 424-0952.

### Road closure

A portion of Perimeter Road will be closed through Dec. 15 for repairs. The section of road that will be closed extends from the Firing Range to the RAP-CON Center. Due to heavy construction during this time period, POVs will be restricted from this area. Runners will also be prohibited from this area until completion of the project.

### Change of Command

The 60th Communications Squadron change of command will be Tuesday at 10 a.m. at Bldg. 243 in the Breezeway area located at 581 Waldron St. Lt. Col. Anthony Zucco will relinquish command to Maj. Ignacio Alvarez. Dress is uniform of the day. For more information call 1st Lt. Pauline Nguyen at 424-5593.

## Services offers part-day preschool

By Allison McQueen

60th Services Squadron

The 60th Services Squadron announces the re-implementation of a Part-Day Preschool Program for Travis children beginning in October.

This innovative program, developed for four-year-old children, combines the use of the creative curriculum along with Air Force and NAEYC developmental standards to provide opportunities that enhance the social, physical, emotional, and social development in preparation for kindergarten.

Registration begins Sept. 13 at Child Development Center one for children who are four years of age by Dec. 2.

Two Part-Day Preschool classes will be offered during the public school year; one from 8 to 11 a.m., the other from noon to 3 p.m. Both sessions will be held four days per week.

Children enrolled in the program must be fully potty-trained and attending kindergarten during the 2005-6 school year.

"This is a fantastic opportunity for children not enrolled in our normal developmental programs to be introduced to a structured environment with

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*"This is a fantastic opportunity for children not enrolled in our normal developmental programs to be introduced to a structured environment with learning opportunities that will prepare them for kindergarten,"*

**— Alan Tornay, family members program flight chief.**

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learning opportunities that will prepare them for kindergarten," said Alan Tornay, family members program flight chief.

Registration is open until all spaces are filled. Interested parents must bring the child's up-to-date shot record and current Leave and Earnings Statement or verification of income.

Registration is on a first-come first-served basis. Fees vary from \$91 to \$191 per month based on income.

For more information call 424-0341.

## Travis youth to pass, punt & kick

60th Services Squadron

Travis youth ages eight to 15 have an opportunity to participate in the National Football League's Youth Football network known as Pass, Punt & Kick.

The program, run through the Travis Youth Center, lets youth enjoy football fun while learning the value of sportsmanship and team concepts. Participants will compete in passing, punting and place-kicking a football.

Participants can sign up now through Sept. 17 at the Youth Center. The competition will be held on Sept. 18 from 1 to 5 p.m. at the Travis Football Field (near the base car wash).

The top scorers in each division will advance to the sectional competition and then to the Team Championship at an NFL stadium in November. Winners from the Team Championship will have the opportunity to travel to the finals at an NFL football game.

To sign up for this fun football event, please contact the Youth Center at 424-5392.

# Pet shipping

## Planning ahead is key to success

### Courtesy article

The Air Mobility Command Space-Available Pet Program allows Department of Defense travelers in Permanent Change of Station status to move up to two pets, however space is limited.

Under the program, only dogs and cats are accepted and reservations are booked on a first-come, first-served basis.

However, space is sometimes dependent on where the member is relocating. For example, on AMC flights to the United Kingdom no pets are accepted. Travelers should contact their outbound assignment counselor at least two months prior to their departure to begin processing their pet application.

Pet kennels must be approved for air shipment and are available at most Base Exchanges, retail stores and commercial airports.

The kennel must provide adequate ventilation and be large enough for the pet to stand up, turn around and lie down with normal posture and body movements.

Pets will not be accepted if the kennel is too small. Additionally, for the safety of the pet, soft-sided or collapsible kennels will not be accepted.

Several layers of newspaper, shredded paper or absorbent material should be placed in the bottom of the kennel. Do not use straw, hay, grass, sawdust, sand or soil.

Normally, pets are individually kenneled; however, there are some exceptions. Two small animals of the same species and comparable size that weigh no more than 20 pounds each may be shipped in the same kennel. However, the pets must be used to cohabitating and be able to stand up, turn around, and comfortably lie down.

If your pet will be traveling in-cabin, the kennel cannot exceed 20 inches in length, 16 inches in width and eight inches in height to

ensure it will fit under the seat.

Pet kennels must be undamaged and fit for travel. Questionable kennels need to be cleared through the Duty Officer.

AMC currently charges 90 dollars for each pet shipment and is charged on a per-kennel basis. If the combined pets' and kennels' weight is more than 70 pounds the traveler may be subject to additional charges.

Pets and kennels with a combined weight in excess of 150 pounds will not be accepted for shipment under any circumstance.

If pet space is denied on any AMC flights, it does not justify taking a commercial flight instead. In such cases, travelers will still be booked via AMC.

All commercial arrangements and shipping costs pertaining to the movement of the pet will be the traveler's responsibility.

When traveling overseas, ensure all pet documentation meets the host country's entry requirements before departing from home station.

You must have up-to-date Rabies Vaccination Records and Veterinary Health Certificates. Documentation problems often result in pets being placed in quarantine until the problem is resolved. All costs associated with quarantine are the traveler's responsibility.

With proper planning, you will be able to enjoy your pet on your next overseas tour. For more information on shipping pets, please visit [afmove.hq.af.mil](mailto:afmove.hq.af.mil), or contact the Passenger Movement Section at 424-2383.

For more information on shipping pets, please visit [afmove.hq.af.mil](mailto:afmove.hq.af.mil), or contact the Passenger Movement Section at 424-2383.

## Military Personnel and Immediate Family

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



## How I threw it all away

### **View Point**

By Scott Willeke  
Former USAF member

April 20, 1994, was my wife's 25th birthday, but it passed without a celebration. It's not that I don't love my wife; I killed her by driving drunk.

I'm writing this story from my jail cell. Besides the devastation of losing my wife, I was court-martialed. I received a bad-conduct discharge, one year of confinement, forfeiture of \$550 a month for 12 months, and a reduction in grade to airman basic.

Like many couples, we had a promising future. We had a beautiful marriage and satisfying jobs at Misawa Air Base, Japan. I had been selected for promotion to staff sergeant and was scheduled to participate in the annual Gunsmoke competition.

Though we had been married slightly more than a year, we had traveled to places others only dream about. We looked forward to a life in the Air Force and all the benefits that accompany it. However, Nov. 7, 1993, I threw it all away.

I decided to drive my wife home after a night of drinking and dancing. "I'm not drunk" I thought, as I reveled in the bottle of wine, a couple of beers, and a soju-based mixed drink I had

consumed in the previous four hours. In reality, though, I was drunk-I had exceeded my limit.

On the way home, I foolishly tried to keep up with a friend who was speeding in another car. I lost control in a curve I knew like the back of my hand. My vehicle slammed into a concrete utility pole, completely demolishing the passenger side and ripping my wife from the front seat. She was thrown headfirst into the concrete pole.

If there's a lesson to be learned from this tragedy, it's this: Driving requires your best judgment and reflexes, so don't drink and drive because you'll eventually get caught. If you're lucky, you'll only have to pay a fine or have your driving privileges revoked. However, there's a good possibility you may end up like me-a convicted felon with an uncertain future.

My wife is dead and so is my career. It virtually will be impossible for me to find meaningful employment and obtain credit after my release from jail. On the balance, my sentence is a small price to pay for the lives I destroyed.

Unfortunately, my wife never had a say in what happened, and she paid the ultimate price for my crime.

*Reprinted courtesy of the April 2002 issue of The Combat Edge, published by Air Combat Command, HQ ACC/SEM, Langley AFB, Va.*

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

## New manual gives mobility crews 'go-to-war'

By Master Sgt. Paul Fazzini  
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — For years, Air Force fighter and bomber crews have been guided into combat by a manual on tactics, techniques and procedures. Now, mobility aircrews will have similar guidance on how to go to war.

Because Air Mobility Command aircrews and weapons systems were pushing closer to the threat envelope, Lt. Gen. John R. Baker, AMC vice commander, said the command needed to take the next step to document tactics, techniques and procedures for its wartime missions.

"The adoption of ... our combat-fundamentals manual is an appropriate reaction to successfully accomplishing future airlift and tanker combat missions," General Baker said. "We need to forge an environment in which we train how we fight. We've taken the necessary first steps in this arena; however, it's just the beginning."

The general said AMC officials are continuing to look for ways to inject realism into its day-to-day training.

"We need to push our aircrews to use the tools we've given them and effectively use all crew positions to exploit the capabilities of our technology," he said.

The manual, with separate volumes addressing specifics for each of AMC's cargo and tanker aircraft, will do just that. It is currently in an elec-

tronic format on a compact disc, and each volume has 350 to 500 pages describing aircraft performance, defensive systems and mission planning cell operations. The CD also includes graphics, videos, tables and charts.

While the mobility community did not have a "technical bible" to guide them before, they were not just flying into a combat environment unprepared.

"We've used other instructions to guide our previous combat missions," said Maj. Pat Curtis, a command tactician, C-130 Hercules pilot and weapons officer for the U.S. Air Force Mobility Weapons School. "Some airframes have had good guidance from years of experience. Others, who haven't flown into a combat zone, lacked a comprehensive manual on tactical employment. Instead, they relied on knowledge passed along with headquarters guidance, locally-produced pamphlets, word of mouth and the like. The new manual puts all that knowledge in one place."

The manual explains the skills aircrews need to fly within the global-mobility role and into a combat role, said Lt. Col. James Fryer, the weapon school's tactics division chief. It is basic enough for the newest crewmember, yet comprehensive enough for the most experienced instructor.

"This is the manual we'll hand to new aircrew members that tells them how to fly their airplane in combat," he said. "It gives us a multitude of means of combat employment."

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





Travis Airmen remodel, redecorate and refurbish their dormitories to improve living spaces, quality of life for residents

# ~~Dorm~~ Home improvements

Story and photos by Senior Airman Matthew Bates

60th AMW Public Affairs

If home is where you make it, then the Airmen assigned to live in Dormitories 1305 and 1334 are there.

Taking it upon themselves to improve both the appearance of their buildings and the quality of their own lives, these Airmen remodeled, refurbished and reorganized their way to award-winning dormitories.

Using a self-help program, the dorm residents purchased their own supplies - including paint, wallpaper, ceiling tiles and furniture. The money used to make the purchases was earned through the base's dormitory recycling program and its quarterly dormitory recognition program, where dorms named the best of each quarter receive extra funding to go along with the title.

"These Airmen have put a lot of their own time and effort into making their dorms a nice place to live," said Master Sgt. Timothy McKinney, Unaccompanied Housing manager. "It's great to see these young people taking the initiative to improve their lifestyle."

## Pool anyone?

Home to Airmen assigned to the 60th Component Maintenance Squadron, Dormitory 1305 recently transformed one of its third floor common areas into a pool room. Complete with dim lighting, a new pool table, pop art hanging on the walls and several bar-style tables and chairs, the room is now a hot spot of activity for the buildings residents.

"We wanted to create an atmosphere where residents could hang out, have fun and get to know each other," said Airman 1st Class Karlie Donald, who helped design the new rooms. "We didn't want



Dormitory 1305 added new name placards on the outside of each room.

one of those dorms where everyone hangs out in their own room and don't even know who their neighbors are."

The project took a year to complete - it was started in July of 2003 and was finished in July of this year - and used approximately \$1,000 in supplies.

The work was performed by the residents themselves, who volunteered hundreds of hours after work and on weekends or their days off.

"I'm honored to work with this group of folks," said Tech. Sgt. Ron Kimpel, Dormitory 1305 manager. "This was all their deal, from the planning to the actual labor they did it all. They take real pride in their building and it shows."

The residents of 1305 have also redecorated the common kitchen area, upgraded the television/movie room and bought new placards for the doorways to each room.

Future projects include the installation of a picnic area beside the building and the creation of a new "scholastic room," where residents will have access to a quiet, study atmosphere complete with a computer and resource materials.

"We're just trying to class up the joint," said Airman 1st Class Matthew Swinford, another volunteer for the projects.

## Meditation station

Dormitory 1334 has also been busy. Belonging to the 60th Logistics Readiness Squadron, this building is undergoing a transformation as well.

As with Dormitory 1305, a third-floor common area here has also been remodeled, but that's as far as the similarities extend. Instead of a hip hangout spot like a poolroom, the residents of 1335 opted instead for a "meditation" room, complete with mirrors, flowers and warm colors.

"It's what we call our reflections room," said Airman 1st Class Kweshi Raymond, a lead volunteer for the projects. "The

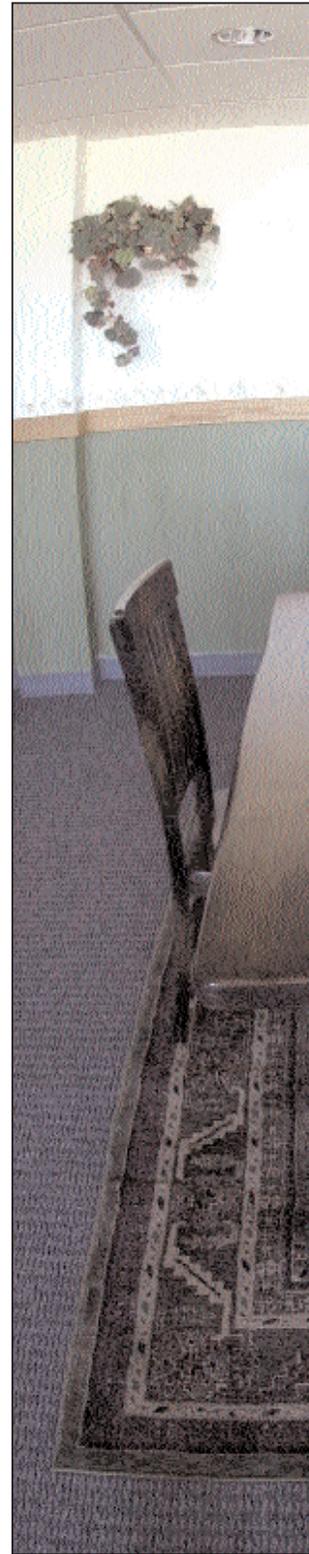
"reflections room" project cost a total of \$700, which included purchasing new lights, furniture and carpeting for the space, and took approximately three months to complete.

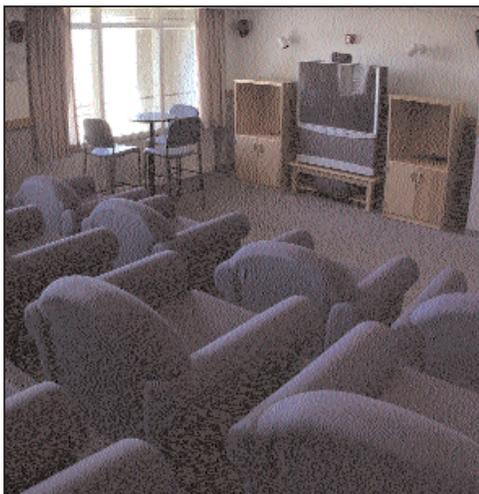
Other projects completed in the dorm included the creation of a "movie theater" in the third floor television room. Here, the residents installed theater-style seating by placing new chairs on a staggered platform they built themselves which they then strung lights around to further simulate the theater experience.

"Since we've begun upgrading the common areas, morale has really been better on every level," said Airman 1st Class Valiea Alford, Dormitory 1334's Dorm Council president. "Even the squadron's commander and supervisors are impressed by what we've accomplished."

The Unaccompanied Housing Office is also impressed.

"On the main, the Airmen living in dorms on Travis take pride in and care of their homes," Sergeant McKinney said. "The Airmen in these two dorms, however, have shown what can happen with initiative, drive and camaraderie. It's a great thing."





*The residents of Dormitory 1334 transformed one of their common areas into a "meditation area (far left)," and another into a theater-style television room (left), while those of Dormitory 1305 chose to turn one of their common areas into a pool room (above).*

**COMMUNITY BRIEFS**

**TRAVIS AIR FORCE BASE**

**Announcements**

**Membership drive**

The Delta Breeze Club's Annual membership drive starts Wednesday. To learn more about Club Membership and benefits, stop by the club for a brochure or log on to [www.60thservices.com](http://www.60thservices.com).

**Flying lessons**

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

**Poetry Club**

Attention poetry lovers, the Mitchell Memorial Library's Poetry Club has returned. The first meeting will be Wednesday at 5:30 p.m. For more information, call 424-3279.

**Paper airplane contest**

Make a paper airplane, color it, and throw it — the great paper airplane contest is open to all children through age 13 at the Mitchell Memorial Library. The contest begins 3 p.m. Sept. 8. There will be prizes for each age category. For more information, call 424-3279.

**Weekly Events**

**Today**

▲ Come enjoy free food and entertainment at the biggest picnic of the year - the ATWIND Family Fun Day Picnic. The picnic runs 10 a.m. to 3 p.m., and food will be served from 11 a.m. to 2 p.m.

**Saturday**

▲ All youth who participated in the Mitchell Memorial Library Summer Reading program are invited to the library's Skate Party. There will be free hot dogs, soft drinks and prizes from 11:30 a.m. to 1:30 p.m. at the Travis Skating Rink. For more information call 424-3279.

▲ Get freaky to the best of Hip-hop, R&B and Old School at the DBC's Late Niter. The party starts at 10 p.m. and wont stop till 3 a.m. Cover is just \$2 for members, \$6 for non-members.

**Monday**

▲ Spouse Employment Orientation is from 9 to 10 a.m. for newly arrived spouses. Topics include employment and

career development programs at the Family Support Center. Call 424-2486.

**Tuesday**

▲ At the Mitchell Memorial Library's Storytime this week, a guest speaker will read "Curious George Flies A Kite." Afterwards the children will make a kite. To volunteer to read at Storytime call 424-3279.

▲ Personal Preparedness Briefing: for those tasked with TDY's or contingencies, 8 a.m. and 2 p.m. Call Family Support at 424-2486 for reservations.

**Wednesday**

▲ The Delta Breeze Club's annual Membership Drive starts today. To learn what the Club does for its members, stop by the cashiers cage and pickup a brochure.

▲ Attention poetry lovers, the Mitchell Memorial Library's Poetry Club has returned. The first meeting will be today at 5:30 p.m. To find out more call 424-3279.

▲ Rope up a spare at the Travis Bowl with Bowling Bonanza - unlimited bowling every Wednesday from 3 to 5 p.m. for \$6, shoe rental included.

▲ Women, Infants and Children (WIC) representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

**Thursday**

▲ Texas Hold'em is all the rage and the DBC has got it every Thursday night from 6 to 9 p.m. All entry fees are returned to the winners during the weekly and championship play. Sign ups start at 5 p.m.

▲ Personal Preparedness Briefing: for those tasked with TDY's or contingencies at 2 p.m. Call Family Support at 424-2486 for reservations.

▲ Women, Infants and Children (WIC) representatives will be at the Family Support Center from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ Professional Growth and Development class for airmen (E-3 and below) who want to succeed in the Air Force is from 7:30 a.m. to 4 p.m. at the Family Support Center. Call 424-2486.

**Weekly**

▲ Respite care program. Acquire the "Gift of Time" if

you need time away from caring for a family member with special needs. The Air Force Aid Society and Family Advocacy work together to help families who are eligible for respite care. Following an assessment to determine eligibility, funds are made available to families so they may hire someone for short periods of time to look after those in their care. For more information, contact the Family Advocacy Office at David Grant Medical Center, 423-5168.

▲ Job search assistance, career development help, employment resources, and job related classes are available for spouses of military, family members, retirees, and DoD civilian employees at the Family Support Center. Obtain the tools you need to conduct an effective job search. Stop by, or call 424-2486 for an appointment.

**Chapel Services**

**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 (Sept. - May)

▲ Traditional Protestant Service, 10:30 a.m., Chapel Center

▲ Gospel Worship Service, 11:15 a.m., Chapel One

**Catholic:**

▲ Daily Mass, Monday and Wednesday, noon, David Grant USAF Medical Center Chapel; Tuesday, Thursday and Friday, 11:30 a.m., Chapel One (Catholic section)

▲ Saturday Mass, 5 p.m., Chapel One

▲ Sunday Mass, 9:30 a.m., Chapel One

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

▲ Faith Formation classes are offered for K-8th grade, RE Bldg. (Sept. - May)

**Jewish:**

▲ Friday Night Shabbat Service will be held today at the Chapel Center at 7 p.m. For Jewish information please call 1st Lt. Daniel Minkow at 424-0513.

For more information on these or other programs, please call Chapel Center at 424-3217.



**Tonight**

6:30 p.m. *A Cinderella Story* — (PG)

9 p.m. *Cat Woman* — (PG-13)

**Saturday**

6:30 p.m. *Cat Woman* — (PG-13)

9 p.m. *Dodge Ball* — (PG-13)

**Sunday**

4 p.m. *A Cinderella Story* — (PG)

Travis movie schedules are subject to change after publication. For up-to-the-minute information, call 437-3855 or visit [www.aafes.com/ems](http://www.aafes.com/ems). Admission to the movie is free for ages 5 and below, \$1 for ages 6-12 and \$2 for

To submit a story, e-mail the Tailwind at [tailwind@travis.af.mil](mailto:tailwind@travis.af.mil) or call 424-2355.



**Conquer the world of words.**

Read a book at the base library.

**Exercise your right to vote in 2004!!!**

**HAVE YOU REGISTERED TO VOTE YET?**

If not, contact your unit voting representative, call the Travis Voter Information Line at 424-8888 or visit [www.fvap.gov](http://www.fvap.gov)

# 'Tongue and Quill'

## Revised version now available online

By Carl Bergquist  
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — What started as a research paper here nearly 30 years ago has become the Air Force's leading reference on writing and speaking.

In 1975, then-Air Command and Staff College student Maj. Hank Staley submitted as his research paper the first version of what is now "The Tongue and Quill."

The latest revision of the handbook is now available online, said Sharon McBride, an ACSC writer and editor who headed the revision effort. A hardcopy version will not be published.

"School officials liked the work so well they continued using the paper as a course study project," she said. "Within a couple of years, the Air Force decided the 'T and Q' was valuable as an all-encompassing guide for the Department of Defense, and because it was born here, it stayed here."

For the most part, the 2004 edition retains most of the writing and speaking tips of past editions.

Revisions include improved organization of the information, a rearranged layout, updated quotes, art and word lists, and new information on writing and speaking such as persuasive communications, meetings, briefings and electronic communications.

Many changes came from reader feedback and from talking with people who do a lot of writing and public speaking, Ms. McBride said.

"I often get e-mails and feedback sheets from people saying, 'Sharon, we aren't doing it that way anymore,'" she said. "I encourage customers to use the feedback sheet found in the book to make suggestions that will help us produce a better product in the future."

Ms. McBride and a team of researchers in the department of communications studies at ACSC started work on the revision in 2000. The last version of "The Tongue and Quill," known formally as Air Force Handbook 33-337, was published in 1997 with 100,000 printed copies. The next revision is scheduled for 2007.

The current edition is available online at the Air Force Publications Web site at [www.e-publishing.af.mil](http://www.e-publishing.af.mil).



## Program helps returning combatants, families

By Rudi Williams  
 American Forces Press Service

BETHESDA, Md. — A team of experts in military medicine and health communication at the Uniformed Services University of the Health Sciences here launched a new health education campaign Tuesday — “Courage to Care.”

In particular, Courage to Care is aimed at helping combatants reintegrate back into their families after surviving the battlefields of Iraq and Afghanistan. In general, the campaign is geared toward the entire Defense Department community — active-duty, National Guard and Reserve servicemembers and their families, as well as the health and community providers who serve them.

Courage to Care consists of ready-to-use fact sheets written for physician providers, as well as servicemembers, on topics about military life and health. The fact sheets are in the public domain, intended for distribution to provider networks and can be customized with a site’s local contact information and resources.

The first of two fact sheets is titled “Reintegration Roadmap — Shared Sense of Purpose,” and is for the health- and social-service provider. Its companion sheet, “Becoming a Couple Again, Creating a Shared Sense of Purpose,” is for military couples experiencing the transition.

Nancy Vineburgh, assistant professor of psychiatry, coined the campaign’s name to convey the courage to care from military doctors, psychiatrists and counselors. It also conveys the courage to care that military families and communities must assume in caring for their own health.

Ms. Vineburgh, who has worked on national public education, health education and health promotion campaigns, said she designed the fact sheets to be concise, contemporary and attractive. Army Col. Charles Serio, the university’s brigade commander, sent a copy of the fact sheet to a relative who just returned from the battlefield, Ms. Vineburgh said.

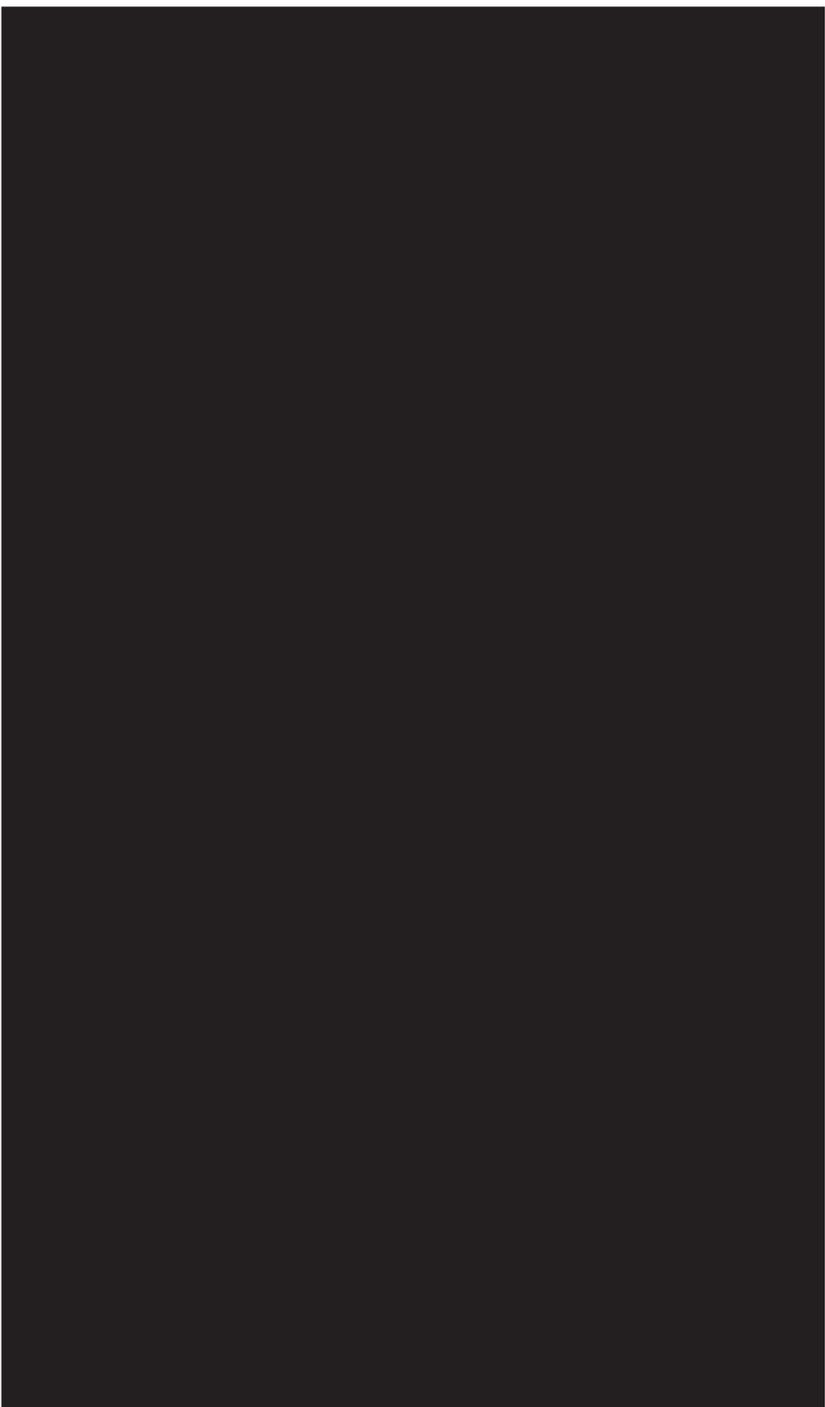
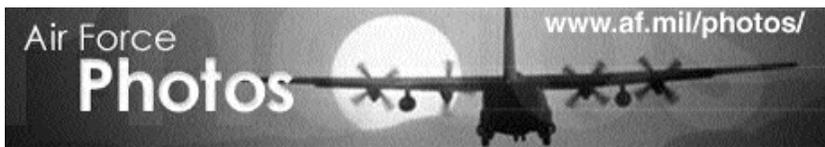
“His wife said it was attractive enough to put on their refrigerator to remind them in the months ahead of the ‘relationship makers and relationship breakers’ outlined in the fact sheet,” she said.

The university-based program is the brainchild of retired Col. (Dr.) Robert Ursano, professor and chairman of the Department of Psychiatry and director of the university’s Center for the Study of Traumatic Stress.

Dr. Ursano was prompted to establish the program after receiving an e-mail message from a young woman whose brother, a Soldier of the 101st Airborne Division at Fort Campbell, Ky., was returning home for two weeks of rest and recuperation, said Col. (Dr.) Molly Hall, an associate professor of psychiatry.

Courage to Care speaks to the family’s need and recognizes their energy, effort and caring, Dr. Ursano said.

“Whether it’s taking care of a Soldier who’s lost his legs or whether it’s taking care of a child with chronic diabetes, we forget what it means and how much energy families (give) to those activities,” he said. “It requires their courage to face it every day in order to manage those types of health problems.”



## Program aims to help military spouses interested in teaching

By Samantha Quigley  
American Forces Press Service

WASHINGTON — Spouses to Teachers, the Defense Department's latest endeavor to help military spouses interested in teaching, is serving a similar purpose as the popular Troops to Teachers program, an official said.

DOD officials established Troops to Teachers in 1994, and responsibility for the program was recently transferred to the U.S. Department of Education. Troops to Teachers was created to help recruit quality teachers for schools that serve low-income families throughout America, according to the Troops to Teachers Web site.

Troops to Teachers laid the groundwork for Spouses to Teachers in providing individual state information, said Michael Melo, director of a Spouses to Teachers pilot program in Virginia, and director of Virginia's Troops to Teachers program.

Spouses to Teachers is currently a pilot program in six states: California, Colorado, Florida, Georgia, Texas and Virginia. The program was prompted by military spouses who were already teachers or interested in teaching, but were facing difficulties finding certification

requirements and job information when they moved, said Gary Woods, acting director of DOD educational opportunities.

The program would offer information, counseling and guidance to eligible, interested individuals, they said. Initially, eligibility is limited to those with a bachelor's degree who are spouses of active-duty service members and members of the Selected Reserve or Individual Ready Reserve on extended duty.

It will also offer limited financial assistance to help defray the costs of meeting state certification requirements in the pilot states.

On the future Spouses to Teachers Web site and in offices that will be handling the program, the goal is to provide information on teacher-certification requirements within a state. They will also have information on what kinds of jobs are available and share that between the system they are currently teaching in and systems they may be transferring into, Mr. Woods said.

These sources also aim to make spouses aware of additional course requirements for certification or credentialing within the new state and make sure

spouses know where they can turn for potential financial assistance to pursue those courses.

Because of that established network, the Virginia Spouses to Teachers office is able to help transferring spouses become aware of how they may need to augment their certification, as certifications are not always accepted in a different school system, Mr. Melo said.

"Because of the network we have from Troops to Teachers with the Department of Education, with the school districts, with the colleges, we're able to provide that information that the spouses need on what they need to do to be certified in a particular state," Mr. Melo said.

Even before the Web site has been posted, the response has been positive, Mr. Melo said.

Four spouses are in the Virginia pilot program, and one has entered an academic program that will lead to a license.

While the program serves spouses interested in teaching, it also helps ease the burden of a national teacher shortage.

Military families can come out ahead, too. This provides an opportunity for a spouse to pursue a degree and a career that will provide the family a better income over time, Mr. Woods

**Classified Ads work. Call 425-4646.**



# SWAP ADS

## 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, 8a.m. - 1 p.m. 476 Diablo Drive.**  
**Saturday 8 a.m. - 12 p.m. 2953 Cascade Cir.**  
**Saturday and Sunday 8 a.m. to 1 p.m., 106 Indiana circle.**  
**Saturday 9 a.m. - 3p.m. 3263 Arendio del Lago.**  
**Saturday, 8 a.m.-noon, 544 twin peaks drive.**  
**Saturday 8 a.m.-noon, 101 New York.**

### Vehicles

1998 Toyota Tacoma 4 cyl, 5 spd, white tonneau cover, 90,000miles, \$7800 call 916-797-3644.  
 1974 AIFA Romeo Spider Veloce, \$6400 obo., call 916-797-3644.  
 1988 Ford 250 White, \$1200, 1996 Blue convertible BMW coupe \$1400 both for \$2500, call 424-5879.  
 1966 Ford F-100 Long bed pick-up, blue, white, \$2,950, call 448-4920.  
 '66 mustang, \$4800, obo. call 592-8077.  
 '96 Caravan, V6 engine tinted windows, \$7300 obo., call 592-8077.  
 1990, Chevy Caprice, 117K, \$4000 Obo, call 437-2779.  
 '87 Ford Aerostar, smogged, \$995, call 426-4266.  
 1992 camaro, v8, \$5,900 call 678-4743.  
 '97 Acura 2.2 cc 5-spd,pw,pl,cd, 104K, \$6500 obo., call 437-2725.  
 1986 Mitsubishi, pick-up 122,000 mi, \$500 obo., call 446-4941.

'88 Nissan Pathfinder, silver/maroon, \$5300, call 437-1110.  
 1980 Datsun Longbed pick-up, 5 speed, 81,500 mi, \$850, call 446-0437.  
 1991 Honda Accord, automatic, a/c, tint, 132,000 miles, \$2650, call 446-0437.

### Vehicle accessories

17" chrome rims. Hardly used, in good condition. \$250 OBO. Call 208-4556.  
 Alpine car amplifier \$50, call 439-9606.  
 2004 Ford rims and tires 17x8 chrome rims with general 255 70R/17 tires for truck. \$400, call 448-4920.  
 Over cab lumber rack and snug top shell for short bed truck \$300 each, call 448-6960.  
 17" rims chrome \$1200 obo rims and tires included, call 592-8077.  
 Mitsubishi Eclipse '00 rims \$150, call 422-5888.  
 S-10/GMC Rims 5 spoke aluminum \$75, call 469-8874.

### Miscellaneous

Honey color crib/toddler bed. \$100 Obo. Call 437-2669.  
 Covered dog kennel 10'x6'x6' with new tarp. Heavy duty chain-link fence with gate. \$90 obo, call 437-1221.  
 Little tykes playset, call 428-4497.  
 Turkish wine rack with marble shelf, call 428-4497.  
 Swinger 400 organ, call 428-4497.  
 12 foot Jump King trampoline w/enclosure, 1 yr. old. \$200, call 437-2725.  
 2003 double job stroller w/accessories, \$250, Chicco Mamma high chair \$50, diaper backpack, \$30, longaberger baskets, call 437-1297.  
 4 piece luggage set \$15, pack n play, \$10, call 439-9397.  
 50 Gal. fish tank, stand, hood lights, pumps, \$400, call 437-5266.  
 Scooter \$4,500, call 425-5679.  
 Rebound individual trampoline with book and video \$75, call 447-6024.

Smoker and Grill, \$25, call 422-5688.  
 Nordac Track NTCX990 Elliptical trainer \$500 obo, call 422-2732.  
 6x10 carpet \$30 obo, call 439-9606.  
 medium size enclosed dog house \$25 obo, call 439-9606.  
 Weight set 300 lbs \$200, call 592-8077.  
 Collection of 9250 stamps from 1840-1929 in three antique albums \$500 call 425-9632.  
 Utility trailer \$400, call 448-6960.  
 Infant bath tub \$5, evenflo stroller, \$25, portable high-chair, white, \$5, call 437-8681.  
 Proform treadmill \$300, job stroller, \$50, call 439-0798.

### Furniture

Palliser 3 piece bedroom set in oak finish. Includes 9'6" lighted headboard, dresser/mirror, armoire with full size mattress. \$1200 obo, call 437-1221.  
 Business office desk \$25 obo call 439-9606.  
 Ladies dresser with mirror \$75, call 446-2885.  
 Kitchen table set \$100, 446-2885.  
 Oak computer desk \$100, call 446-2885.  
 Coffee table \$60, call 446-2885.  
 Antique dress w/5 drawers \$300, call 446-2885.  
 Dinette set with four newly upholstered chairs, \$50, call 437-2186.  
 Corner desk \$60, call 439-0843  
 Entertainment center \$100, call 439-0843.  
 5 pc. White wicker B/R set, call 428-4497.  
 Pine bedroom set, night stand, dresser w/mirror, bureau headboard w/adjustable bed frame, \$150, call 439-9397.  
 Entertainment center, \$10, night stand, \$5, Call 422-5688.

### Appliances

Whirlpool washer/dryer \$150 obo, call 446-4941.  
 Roper washer \$100, call 446-4941.  
 Lawnmower rear bagger \$125,

obo, call 446-4941.  
 Lawnmower side mulcher \$65 obo, call 446-4941.  
 Chest freezer \$150 obo, call 446-4941.  
 13" TV/VCR combo \$35 obo, call 446-4941.  
 Whirlpool washer/dryer set. One-year old, white, \$400 Obo. Call 437-2778.  
 Large capacity washer \$100. Electric Dryer \$100, exercise bike \$50. Call 447-3938.  
 Kenmore Elite Calypso washer/dryer. \$1000 obo. Call 422-2732.  
 Frigidaire built-in dishwasher, white, 1 year-old, call 447-6024.  
 Hotpoint refrigerator \$120, call 446-2885.  
 Air conditioner \$75 obo, call 439-0843.  
 Whirlpool freezer, \$50, call 439-0798.

### For Rent

Large furnished room in Vacaville, non-smoker, \$495, utilities and deposit, 451-0151.  
 3/2.5, 2 car garage, \$1650 mo./1500 dep. Call 434-0917.  
 Room in Vacaville, male only, pool, \$450 and 1/2 utilities, 449-0776.  
 4/2/2.5, 2157 sf, Vacaville, \$2000 mo. call 447-5539.  
 Bedroom for rent in Fairfield \$495 mo. call 425-9716.  
 3br/2ba/3car garage house for rent in Winters. \$1700 mo./dept. call 530-795-0770.  
 House for rent in Suisun city, 4 bdr. 2 b, 1779 sf \$1500 mo./dep. call 426-3497.

## Tailwind Free Swap Ad

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

Name: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

\_\_\_\_\_  
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After entering the final round in seventh place, army Maj. Michael Anti won a silver medal Aug. 22 in men's 50-meter three-position rifle shooting in Athens. The Fort Benning Ga., soldier worked his way to being the military's 2004 first ...

# Olympic medalist

By Tim Higgs

Special to American Forces Press Service

ATHENS, Greece — Army Maj. Michael Anti won a silver medal Aug. 22 in men's 50-meter three-position rifle shooting in the 2004 Summer Olympic Games.

"I wish I had the gold, but I'm just excited to have a medal," said Anti, 40, of Winterville, N.C., who is assigned to the Army Marksmanship Unit at Fort Benning, Ga. "We have such a great unit and such a great Army for them to allow me to do this. There are people overseas risking their life to allow me to compete here, so it's a big deal."

China's Zhanbo Jia won the gold medal with 1,264.5 points. Anti, a marksman in the Army World Class Athlete Program, took the silver medal with 1,263.1 points. Austria's Christian Planer claimed the bronze medal with a 1,262.8 total.

Anti entered the final round in seventh place. After shooting marks of 10.4, 8.8, 9.3 and 10.6, he moved into fourth place with a 10.8 on his fifth of 10 shots in the finale. An 8.5 on his ensuing shot, however, cost him dearly. He quickly rebounded with marks of 10.4 and 10.8 to move into third place. Then an 8.1 dropped him back to fourth. He capped the performance with a 10.4.

"For me, it was kind of up and down," Anti said of his final round. "I'd shoot a good 10 and then I'd shoot an 8, then shoot a good 10 and shoot an 8. None of the shots were really bad shots; I just was late on the trigger," he said. "If I caught it a millisecond before, it could've been a 10. I'm just thrilled to death that I won the silver with my final."



U.S. Army photo

U.S. silver medalist Army Maj. Michael Anti, (left), poses with China gold medalist Zhanbo Jia, (center), and Austrian bronze medalist Christian Planer Aug. 22. The three were winners in the Summer Olympic games men's 50-meter three-position rifle shooting.

# Nutrition 101

## DGMCC offers advice on choosing a diet plan

### The Food Guide Pyramid



The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. Eat a variety of foods; get the nutrients you need. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

By Capt. Julie Best

60th Diagnostics & Therapeutics Squadron

Diet books routinely top the Best-seller lists, and new plans come out seemingly every day. People may have a hard time deciding which plan works for them.

People should ask the following before choosing a diet plan.

- » Promise a quick fix?;
- » Encourage or require you to stop eating certain foods, food groups or products?
- » Rely on a single study as the basis for its recommendations?;
- » Contradict recommendations of reputable health organizations?;
- » Identify "good" and "bad" foods?, or;
- » Just sound too good to be true?

If "yes" is the answer to any of these questions, keep looking — for a plan that is backed by solid science. Ensure the plan allows the eating of favorite foods and allows flexibility.

Keep this in Mind: The best source for help in making healthful changes to a diet is a dietetics professional with the training and expertise to help you develop an eating plan that is right.

For more information on weight loss or healthy eating, contact the Health and Wellness Center at 424-4292 and sign up for "Nutrition 101," the exciting new fitness program that started up this month.

**WELLNESS TIP**

- More than 15 percent of U.S. children, ages 6-19, suffer from obesity
- The Department of Health and Human Services recently changed the Medicare coverage policy for obesity — it's now considered an illness
- Modifiable risk factors for obese children:
  - Lack of regular exercise — too much TV, computers, video games
  - Over consumption of high-calorie/poor nutrient food
- Recommended activities that modify risk factors
  - Make time for family physical activities/limit sedentary behavior
  - Implement a healthy diet for the whole family
- For more on childhood obesity, consult the Health and Wellness Center

**CHILDHOOD OBESITY**



SOURCE: AMC Command Surgeon Office InfoGraphic by Tech. Sgt. Mark Diamond

Travis men's intramural softball playoff schedule

The base men's intramural softball playoffs will be Monday and Tuesday at Johnson field and National field.

**Large units (Johnson field)**

60th EMS vs. 21st AS, Monday at 5:30 p.m.  
615th AMOG vs. 60th CES, Monday at 6:40 p.m.

*The winner from both games will play Tuesday at 5:30 p.m.*

**Small units (National field)**

60th OSS vs. VQ3 at 5:30 p.m.  
60th MSS vs. 60th MDTS

*The winners of both games will play Tuesday at 5:30 p.m.*

*The winners of the large and small unit playoffs will play for the base championship Tuesday at 6:50 p.m. at Johnson field.*



**SPORTS SHORTS**

**TRAVIS AIR FORCE BASE**

**Monday Night Football**

The Delta Breeze Club will be opening its doors to all ranks for the start of Monday Night Football. Watch the game on one of the big screen televisions and join in the fun and maybe win a prize in any one of the DBC's great bar games.

**Adults, juniors tournament**

It's the last Adults Juniors Tournament of the season out at Cypress Lakes Golf Course today. To sign up call 424-5797.

**Travis Jets try-outs**

Tryouts for the base varsity ice hockey team will take place today and tomorrow from 8:30 - 10 p.m. at the Vacaville Skating Center 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.

**Travis little league**

The Travis little league board is seeking nominations for board members for the 2004-2005 season. People interested in nominations for a board position, contact Scott Warnberg, TLL secretary at 437-0507 or e-mail him at Warnberg@comcast.net. Include good contact information.

The positions available are president, vice president, secretary, treasurer, player agent, safety officer, equipment manager and scheduler. Nominations will be accepted until Sept. 9. The names of the nominees will be published and an election meeting will be scheduled.

| Aerobics Schedule |                            |                             |                                       |                                    |                         |  |
|-------------------|----------------------------|-----------------------------|---------------------------------------|------------------------------------|-------------------------|--|
| Time              | Monday                     | Tuesday                     | Wednesday                             | Thursday                           | Friday                  |  |
| 6:30 a.m.         | Squadron Cycle             |                             | Squadron cycle                        | Squadron cycle                     |                         |  |
| 7:30 a.m.         |                            | Squadron cycle (7 - 8 a.m.) |                                       |                                    |                         | Squadron cycle   |
| 8:30 a.m.         |                            | EZ Strength                 | FIP to Walk (8 - 9 a.m.)              |                                    | EZ Strength             | EZ Does It Strength  |
| 9:30 a.m.         | FIP                        | FIP                         | Pregnancy class                       | Yoga                               | FIP                     | Pregnancy class  |
| 10:30 a.m.        |                            |                             |                                       |                                    |                         |  |
| 11:30 a.m.        | Core step aerobics         | Core cycle                  | Pilates                               | Core step aerobics                 | Core cycle              | Intro to Fitball (11 a.m. - noon)<br>Core step aerobics (11:30 a.m. -12:30 p.m.) |
| noon              |                            |                             |                                       | Intro to Yoga (11 a.m. - noon)     |                         |  |
| 12:30 p.m.        |                            |                             | Intro to Pilates-HAWC (noon - 1 p.m.) | Squadron cycle (12:30 - 1:30 p.m.) |                         |  |
| 1 p.m.            |                            | Solano College              |                                       |                                    |                         |  |
| 2 p.m.            |                            |                             |                                       |                                    |                         |  |
| 3 p.m.            | Squadron cycle             |                             | Squadron cycle                        | Squadron cycle                     |                         |  |
| 4 p.m.            | Pregnancy/Postpartum class | Core strength               | Squadron step                         | Pregnancy class                    | Squadron cycle          |  |
| 5 p.m.            | Core step                  | Aikido                      | Core Step                             | Yoga Stretch                       | Core Cycle              | Aikido   |
| 6 p.m.            | Turbo Kick                 |                             | Core PIYo                             | Power kick                         |                         |  |
| 7 p.m.            | Total Body                 | Kickboxing (7 - 8:30 p.m.)  | Cycling                               | Cycling                            | Kung Fu (7 - 8:30 p.m.) | Total Body Tone  |
| 8 p.m.            |                            |                             |                                       |                                    |                         |  |