

Briefly

Thanks Team Holloman!

The Alamogordo community will host their annual "Thanks Team Holloman" celebration from 6 to 10 p.m., Sept. 5 across from the Officers' Club. All Holloman military members and their families may attend for the free picnic and festivities. There will be kids activities and door prizes during the event.

Case lot sale

The Holloman Commissary will have its third annual Case Lot Sale Sept. 2 to 5. The Commissary will open at 7 a.m., Tuesday and will continue until regular closing time Sept. 5. The sale includes paper products, detergents, school snacks, drinks, water, vegetables and other items at case lot prices. The sale items will be located primarily in the warehouse.

According to Mike Pina, store manager here, the Commissary will have extra store personnel available to help assist customers.

Labor Day hours

Army and Air Force Exchange Service hours for Monday are:

- Main store: 11 a.m. to 5 p.m.
- Mini mall: 10 a.m. to 8 p.m.
- Car rental: 11 a.m. to 5 p.m., phone only
- McDonalds: 5:30 a.m. to 10 p.m.

The furniture store, clothing sales, Olive Branch, GNC, Popeye's, theater, AAFES food court, beauty shop, barber shop, dry cleaners, alterations, flower shop and optical shop will be closed Monday.

New 12 AF/CC visits Holloman

By Tech. Sgt. Paul Coupaud
49th Fighter Wing Public Affairs

The new commander of Twelfth Air Force visited here Sept. 21 to tour the base and get a first-hand look at how Team Holloman meets the mission.

During his visit, Lt. Gen. Mark Schmidt met with base leadership, toured the base, viewed the F-117A Night Hawk and visited the BEAR Base compound.

"The equipment and environment here are first class," he said. "I was very impressed with the people. They're trained, motivated and well cared for."

Pointing to Team Holloman's experiences with Operation Enduring Freedom and Operation Iraqi Freedom, he said Holloman members can

see **SCHMIDT**, Page 2

HAFB members save NCO's life

by Laura Pellegrino
Sunburst staff writer

A Team Holloman member told a friend he didn't feel up to running on the fitness center's track the morning of Aug. 22. After walking only a few laps, he collapsed at 7:30 a.m.

Staff Sgt. Ezra Thomas, Senior Airman Trisha Holverson and Senior Air-

see **RUNNER**, Page 2



Photo by 2nd Lt. Nora Eyle

Jason Nuss, a contractor with White Sands construction, installs brackets on the base theater wall before hanging surround sound speakers.

Theater work almost done

by Airman Stephen Collier
49th Fighter Wing Public Affairs

Renovations to the Army and Air Force Exchange Service theater here are scheduled to be complete by this weekend.

The renovations to the base theater should be completed today and includes a refurbished concession area, new seating, surround sound, a brand new paint job throughout the building, acoustic paneling for better sound quality and

a new roof. This was a big job to complete, said Janet Payton, the AAFES service manager at Holloman AFB, but she said it was a labor of love.

"We did a survey and had technicians come in and do an estimate to tell us what we needed for the sound. We had 'mono' sound for a long time, so we upgraded to surround sound," said Payton.

The original sound system of the

see **THEATER**, Page 3





Photo by Airman Jessica Thornton

Lieutenant Gen. Mark Schmidt, Twelfth Air Force commander, said Team Holloman members have an outstanding mission attitude.

SCHMIDT *from Page 1*

now add even more contingency experience to their résumé.

“They’ve been on the front line and have picked up ideas, innovation and creativity along the way,” the general said. “This opens up for new improvements in the way we conduct our missions.”

One Holloman unit with a continual pace of deployment is the 49th Materiel Maintenance Group.

“Lieutenant Gen. Schmidt’s visit to the 49th MMG was very opportune because he got to see the home station part of our mis-

RUNNER *from Page 1*

man Dacia Chener, trainers at the Physiological Training Center, were on the track when they noticed a crowd gathering around a man on the ground.

“We saw about six people standing around,” Holverson said. “We thought he hurt his leg.”

The three women made their way through the crowd and noticed the man was struggling to breathe. With the help of another Team Holloman member, Holverson began CPR.

Chener, who was overseeing the team’s response, waited to take over for Holverson, in case she needed a break.

“If CPR continues for a long period of time, you may need to rotate,” Holverson said. “But my adrenaline was flowing.”

Thomas immediately ran back to the physiological training cen-

sion: reconstitution of assets used for Operation Iraqi Freedom as well as the activities associated with prepping a complete Harvest Eagle Set for deployment,” said Col. Hal Tinsley, 49th MMG commander.

He added that the general seemed impressed with the fact that MMG personnel are in eight countries helping build 14 bare base sites to accommodate 31,000 coalition forces in direct support of Operation Iraqi Freedom.

“Holloman people are first class,” Schmidt said.

“They’re sharp and have an outstanding mission attitude. The NCOs and officers I’ve talked with here are extra knowledgeable and in tune with the mission of Air Combat Command and the Twelfth Air Force. They’re focused on their people’s safety and quality of life – they have the right sight picture.”

As he departed Holloman, the general said his bottom line message to the people of team Holloman was one of thanks.

“Thank you for all you’ve done and for all the sacrifices you’ve made during OEF and OIF. You’ve risen to every challenge – Team Holloman has done it all with great style.”

ter where she knew there was a portable defibrillator. In order for the machine to be effective, it must be used within the first few minutes, Holverson said. Thomas’ quick thinking ensured that mark was met.

“The Physiological Training Center just ordered the defibrillator a few months ago,” Thomas said. “We thought we were never going to use it.”

Diane Allen, 49th Services Squadron Fitness Program director, hooked up the defibrillator and the machine’s computer screen said “shock.”

The team did two or three rotations of shock and CPR before the ambulance arrived, Thomas said. By 7:37 a.m., the individual had a pulse and was breathing on his own.

“It felt so good when we heard he was responding,” Holverson said. “Everyone worked together very well.”

THEATER

from Page 1

theater had only two speakers, but now there will be 13 in place, including a large one behind the stage. Nearly \$40,000 is being spent on the sound system alone. But, none of it would be possible if it weren't for one particular movie-goer on base.

"The way we really got this up and going was with a visit from Brig. Gen. Jim Hunt. The general went to a movie and was disappointed with the sound," said Payton.

AAFES here was low on funds at the time, but after the general's visit, they were given the funds to make improvements.

"If he wouldn't have gotten involved, I don't think this would have been done as fast," said Payton.

Along with the new sound system, the theater will also feature a new projector and a wider screen, said Payton.

Concession area upgrades include a new countertop, a new popcorn machine and a updated paint job.

The cost of the total project is \$82,500 which has been provided by AAFES. White Sands Construction, a local Alamogordo company, has been sub-contracted to complete the task of painting and covering the walls.

Payton believes that the new upgrades will make for a better movie-going experience.

"We're hoping customers will come to the movies here more often. We think we are going to keep more of our military population on base to see our movies more than what we did before," said Payton.

Along with the re-opening of the base theater, Payton says there are a certain number of bases and Army posts that will offer free movies throughout the year, courtesy of AAFES



Photo by Airman Stephen Collier

Marco Mendoza, a contractor working in the base theater, cuts the cloth to cover the acoustic tiles that will be hung on the walls of the theater.

Motion Pictures headquarters. She wants the free movie to coincide with the first movie to be shown after the construction is complete.

"They (the motion picture headquarters) get together and decide what base/post can get free movies. We don't have to pay for the rental or anything. In the past, we have had more than 600 people attend the free movies. So, this is a plus for Holloman if we can get put on the list for free movies," said Payton.

If the theater work is completed today, tonight's movie will be "Terminator 3: Rise of the Machines" at 7 p.m. If the work isn't completed until Saturday, the movie will be "Bad Boys 2" at 7 p.m. and 10 p.m.

Payton says with all the work being done to the theater, she is anxious to get it up and running.

"I'm real happy that it's happening. It's been a long time coming," said Payton.

"We're just happy to provide better service to our customers."

For more information on the base theater, contact AAFES personnel at 479-6164.



Photo by Airman 1st Class Erik Somppi

Lending a helping hand

Second Lt. Gina Sortor, Combined Federal Campaign chair, watches as Brig. Gen. Jim Hunt, 49th Fighter Wing commander, fills out his CFC form. The base CFC drive begins Sept. 2 and runs through Oct. 10. CFC key workers hope to have contacted everyone on base by Sept. 11 and hope to raise \$100,000 in donations. Contact your unit CFC key worker for information.



Photo by Tech. Sgt. Paul Coupaud

Exercise evaluation

Maj. Dawn Zoldi (right), an exercise evaluation team member, talks with Lt. Col. Gary Spencer (far left), 49th Fighter Wing Judge Advocate General, and Lt. Col. Chris Thelen, deputy commander of the 49th Mission Support Group, about the response of personnel in the 49th Fighter Wing headquarters building after an exercise bomb threat during Holloman's anti-terrorism and weapons of mass destruction exercise Monday and Tuesday.

Holloman skate park opens

by **Laura Pellegrino**
Sunburst staff
writer

Holloman's skateboarders, BMX bikers and inline skaters are now allowed to ride on picnic tables, benches and stair rails on base.

These objects are part of the newly constructed urban series skate park. The park, built by Exerplay, gives riders a chance to ride and practice their skills without damaging base property.

"The park is made of all the things they shouldn't be riding on," said Dan Gardiner, Exerplay skate park specialist. "There's an old advertisement that says, 'If your city doesn't have a skate park ... it is one.'"

The park also includes traditional skate park designs like spines, quarter pipes, grind boxes, ledges and banks, Gardiner said. All of the ramps are two or three feet high.

The park improves the quality of life on base, said Will Fongemie, 49th Services community support chief.

"This will keep people out of the parking lots," Fongemie

said.

"Now parents will know where their kids are skateboarding."

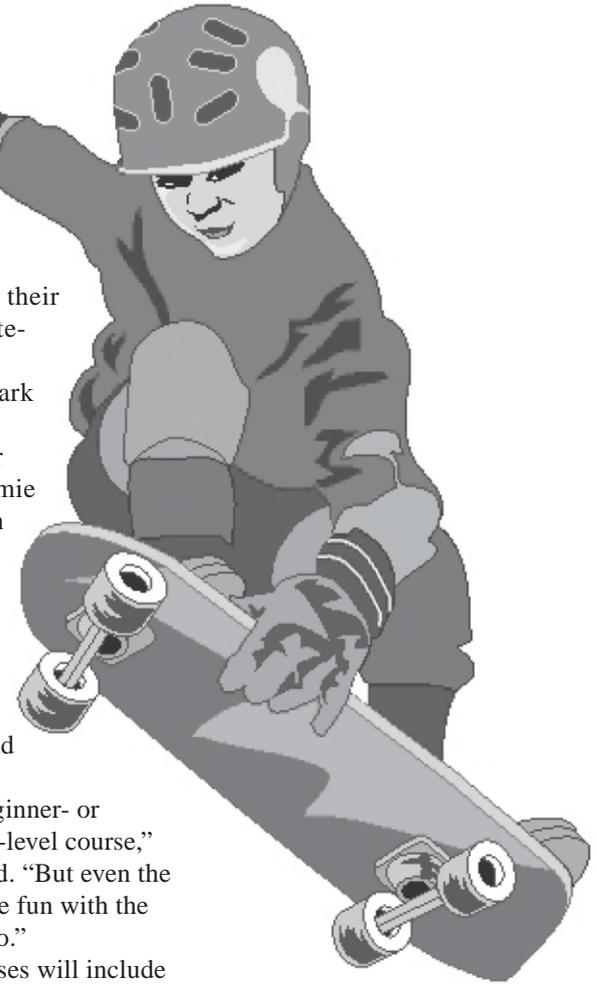
But the park is not only designed for kids, Fongemie said. It's run by Outdoor Recreation, not the Youth Center, in order to reach a broad audience.

"It's a beginner- or intermediate-level course," Gardiner said. "But even the pros can have fun with the obstacles, too."

Later phases will include more advanced courses, he said.

When using the park, safety measures must always be taken, Fongemie said.

"It's very important to



always wear a helmet," he said. "Other rules will be posted at the skate park entrance and will be strictly enforced."

HOLLOMAN AIR FORCE BASE POLICY FOR SAFETY AND WELFARE OF CHILDREN

AGE OF THE CHILD	MINIMUM LEVEL OF SUPERVISION					
	Can be left unsupervised at home?	Can be left unsupervised overnight?	Can be left unsupervised at a playground?	Can be left unsupervised in a car?	Can baby-sit a sibling or other child?	Can baby-sit a sibling or other child overnight?
Newborn - 5 Years	NO	NO	NO	NO	NO	NO
6 - 9 Years Old	NO	NO	NO (See Note 1)	NO	NO	NO
10 - 11 Years Old	YES (See Note 2)	NO	YES (See Note 2)	YES (See Note 2)	NO	NO
12 - 14 Years Old	YES (See Note 2)	NO	YES (See Note 2)	YES (See Note 2)	YES (See Note 4)	NO
15 Years Old	YES	YES (See Note 2)	YES	YES	YES (See Note 4)	NO
16 - 17 Years Old	YES	YES (See Note 2)	YES	YES	YES (See Note 4)	YES (See Note 4)

IMPORTANT--NOTES

Note 1: Can travel unsupervised to / from locations where the parent knows their child will have responsible adult supervision (school, a friend's home, youth activities etc.)

Note 2: Must have access to a responsible adult in case an emergency arises.

Note 3: Must have keys removed and access to a responsible adult in case an emergency arises.

Note 4: Must have access to a responsible adult in case an emergency arises, and Red Cross Baby-sitter Certification is strongly recommended

—CLIP 'N' SAVE—

Do you know where your children are?

Holloman Air Force Base's minimum supervision standards (above) ensure children have adequate supervision to provide for their safety and welfare, and ensure parents know the standards that base agencies will enforce. Contact the base family advocacy officer at 572-7061 with any questions about the policy.

Force protection is everyone's business

by **General Lance Lord**
*Commander, Air Force
Space Command*

The attacks on our homeland Sept. 11, 2001, brought home to Americans that the United States is not an island free from attack.

Terrorism can be brought home in a very big way. As service members, we know the risks around the world. Khobar Towers and the USS Cole will forever be burned in our memories.

We must continue to take aggressive steps to protect our people and their family members, operations and facilities around the globe.

The force protection mission is accomplished through the integrated application of counter/anti-terrorism, operations security, physical

security, personal protective services and information security, supported by superior intelligence and counterintelligence programs.

It is designed to protect Air Force people, information, facilities, property and equipment to enable air and space capabilities, maintain good order and discipline, and sustain quality of life.

Force protection is achieved using our Total Force security forces team — active duty, Air National Guard and Air Force Reserve — working side-by-side to protect our people and resources. But all members of the chain of command — specifically, YOU — are responsible for force protection.

“Every person is a sensor,” and we need you to report any and all suspicious activity to the proper authorities.

Challenge unknown personnel in your work areas and look at their badges. Protect unauthorized access to your computer. Close safes and properly dispose of printed information, and ensure your areas are secure at the end of your shift or duty day.

There are times when force protection will cause delays and frustration. I appreciate your patience and understanding as we continue to balance protection with mission accomplishment.

With your help and continued diligence, we will remain the best air and space force on the planet. Our people and our mission will be safe and secure — there is no higher priority.

Remember, we are all part of the force protection team!

Honor guard service changes your life

Tech. Sgt. Paul Houghton
Holloman Honor Guard

Why should I submit an application to join the Holloman Honor Guard?

I'm sure many young men and women on base ask themselves that question since the team's recent effort to attract new members.

As a member of the Holloman Air Force Base Honor Guard for a little more than 13 months, it really hit me that most people probably don't know what it all means. If every Air Force member here truly knew the difference they could make as a member of the base honor guard, the need to recruit would not exist.

The most powerful and meaningful moments in my 16-year Air Force career have come during the funerals of

active duty, retiree, and veteran personnel. Being a part of the team that makes sure a person receives their full military honors is something that stays with you. You see that person's family and friends and know that your being there means a lot to them.

I believe this event changes all of us as members

of the base honor guard in a way that is so overwhelming that it's hard to put into words. I honestly

believe I'm a better person and Air Force member as a result of being with the Holloman Honor Guard.

So maybe you're out there as an airman or junior NCO and you've heard about the great things about being an honor guard member. It's a prestigious organization here. And being a member of the team can help you earn senior airman below the zone or airman of the quarter. That bullet also looks good on a performance report.

It's good to have goals, dreams and ambitions, and it's only normal to want to do well in your Air Force career. Becoming a member of the honor guard can provide an emotional and patriotic

internal reward that's more powerful and profound than you can imagine. It's an experience you will never forget.

For information on how to join the Holloman Honor Guard, contact Staff Sgt. Travis Jalaliddin at 572-2077.



Photo by Laura Pellegrino

Senior Airman Arturo Castro-Vasquez assists members of the base honor guard during a training session.

COMACC emphasizes safety

by **Gen. Hal Hornburg**
*Commander,
Air Combat
Command*



Gen. Hornburg

I want to thank each of you for your hard work and dedication in providing support to the Global War on Terrorism during the past months. Long duty hours and deployments require the best from all of us, and our people have proven they are up to the task. As the end of summer nears, Labor Day weekend offers an opportunity to spend some well-deserved time with our families. We want everyone to enjoy the time off, but it's important to remind ourselves of the statistical risks associated with Labor Day.

Historically, Labor Day weekend has been one of the most dangerous holidays for Air

Force people. It is a time when many families will take to the highways to get in one last summer activity. Have a good plan, ensure you have adequate rest, wear your seatbelt, and don't drink and drive!

Our goal this holiday weekend is zero mishaps.

Our nation is counting on us to help win the Global War on Terrorism – we cannot afford to lose anyone. We must all remember, as airmen, our standards of conduct apply 24/7. Operational Risk Management and Personal Risk Management should be a part of all our activities. Every ACC member is important, and we need to do everything we can to ensure we return safely after the holiday, refreshed and ready to continue the fight!



Citations

Security forces issued 24 citations from Aug. 19 through Tuesday: three for speeding one to nine mph over the limit, four for speeding 10 to 20 mph over the limit, two for no insurance, two for no registration, three for failure to stop, two for no license, one for illegal parking, three for inattentive backing, one for careless driving, one for failure to yield, and one for breaking traction and one for exhibition of power.

Property theft, loss or damage

Aug. 19: An NCO reported a fire in his stove.

Aug. 19: A family member reported damage to her privately owned vehicle

Aug. 20: An NCO reported damage to his privately

owned vehicle.

Aug. 20: An NCO damaged a POV when he lost control of an electric fork lift.

Aug. 21: An airman reported damage to his privately owned vehicle.

Aug. 22: An airman was cited for backing inattentive backing with a government owned vehicle into a privately owned vehicle.

Patrol response

Aug. 20: An airman was cited for inattentive driving after backing into another airman's vehicle.

Aug. 21: A family member was cited for inattentive backing into another vehicle

Aug. 22: An airman reported phone calls were made from a room in lodging that was supposed to be unoccupied.

Aug. 23: An airman reported hearing possible gun shots in the dormitories.

Civil arrest

Aug. 23: An officer was arrested by the Alamogordo Department of Public Safety for battery on a household member and interference with communications.

DWI Update

Days since
last DWI
DWIs year
to date
DWIs this time
last year

10
17
18

Last six DWIs:
• 49 MMSS Aug. 16
• 49 CES July 7
• 49 MXS June 26
• 49 LRS June 12
• 49 MMS June 7
• 49 MXS* May 31

572-RIDE works!

*Calls MADE are
lives SAVED.*

Calls:

**Year to date: 368
Past two weeks: 27**

*(The DWI update and 572-RIDE reflect FY 2003. The * denotes family member or civilian employee.)*

Holloman Chapel Services

Weekday Masses – 11:30 a.m.,
Monday, Wednesday, Thursday and
Friday.

Sunday – Catholic Mass, 9:30
a.m. and 5 p.m.

• Sacrament of Penance, 4 p.m.

• General Protestant Worship Service,
11 a.m.

• Protestant Contemporary Worship
Service, 6:30 p.m.

• Protestant and Catholic Religious
Education resumes Sept. 14

Call 572-7214 for more information.

49th Fighter Wing Commander's Access Channel

The commander's access channel, cable channel 3, offers up-to-date information about current security conditions, closures on base, hours of various programs on base and community information about what programs and events are available at Holloman and in the local area. The commander's access channel also features the following videos today through Thursday:

- Air Force Television News: 6 a.m., 9 a.m., 11 a.m., 2 p.m., 5 p.m. and 7 p.m.
- Air Force Family Child Care Program: 7 a.m., 12 p.m., 3 p.m. and 6 p.m.



Holloman AFB Editorial Staff

Brig. Gen. Jim Hunt **Commander, 49th Fighter Wing**
Maj. John Bryan **Director, Public Affairs**
1st Lt. Heather Newcomb **Deputy Director, Public Affairs**
Tech. Sgt. Paul Coupaud **Chief, Internal Information**
Tech. Sgt. Paul Coupaud **Editor**
Airman 1st Class Vanessa LaBoy **Staff Writer**
Airman Stephen Collier **Staff Writer**
Laura Pellegrino **Staff Writer**

The SUNBURST is published by Alamogordo Daily News, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Holloman Air Force Base, N.M. This civilian enterprise Air Force newspaper is an authorized publication for members of the United States military services. Contents of the SUNBURST are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, Department of the Air Force or Alamogordo Daily News, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliations or any other nonmerit fact of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Holloman Public Affairs Office. All photos used are U.S. Air Force photos unless otherwise indicated. For editorial information call (505) 572-3515.

Articles must be typed and double-spaced. Stories should be submitted directly to the Public Affairs Office via e-mail to 49fw.pa.sunburst@holloman.af.mil or mailed to **49 FW/PA, 490 First Street, Suite 2800, Holloman Air Force Base, N.M., 88330-8287**. All material is edited for accuracy, brevity, clarity, and conformity to regulations. The delivery of the SUNBURST to Holloman on-base family housing sections is provided by Alamogordo Daily News. The deadline for submitting articles to the SUNBURST is 4 p.m. Thursday the week before publication. For advertising information, call (505) 437-7120.

Holloman Hotline

572-7500



The Hotline is your direct link to the 49th Fighter Wing commander. If you've tried to solve the problem yourself and haven't been able to get results, call 572-7500 or e-mail cc.hotline@holloman.af.mil. Leave your name and phone number so the office of primary concern can contact you. Before submitting a Hotline, please give the appropriate agencies a chance to work out the problem. If you want to pass on praise for a job well done, please contact the supervisor or commander directly who can provide the appropriate recognition to the individual or group. The unit commanders and agency chiefs want to help. Let them try first.

Housing Office
572-3981

Base Exchange
479-6164

Medical Clinic
572-5991

Finance
572-5107

Services
572-3528

Commissary
572-5127

Housing Maintenance
572-7901

Fraud, Waste and Abuse
572-3713

Hot about the A/C

Q: I live on Valencia Loop and am wondering why I have to live in a hot house in the summer? My swamp cooler never works and they have come out four times already to fix it, but it's still broken. I'm seven months pregnant and my entire family is miserable because of the heat. Why don't we have central air? I don't understand why some people do and some people don't?

A: We don't have central air in all of our homes because it would cost roughly \$4 million to make the total conversion. Unfortunately, Holloman and Air Combat Command don't have the Military Family Housing funds to make such a conversion. As we replace homes with new construction or refurbishment, we are installing central air conditioning.

In the low-humidity of the desert, evaporative coolers work well most of the time. Our housing maintenance team has found nothing wrong with your system, so I ask you to help us help you. In order to get the kind of air circulation required to make evaporative cooling effective, open several windows throughout the house at least 12 inches or so. While it may seem that you're actually letting cool air out of the house, this venting is critical to the efficiency of an evaporative cooling system. Additionally, it reduces the chances of mold and mildew, since cool air from an evaporative cooler, if not vented properly, raises the humidity in your home. Our housing team will call you in a few days to see if opening the windows helped. Thanks for your call.

Pick up and delivery

Q: I'm disturbed to hear outgoing mail will not be picked up at our houses on base unless there's also mail being delivered. I know the best solution is to drop mail at the mailboxes in housing, but it's often difficult to get to it during the day as I run an in-home daycare. With six children ranging from 4 months and 10 years old, in addition to my own children, it's nearly impossible for me to leave during the day. I know I can put things in the box at night, but sometimes things come up during the day that I need to mail right away. I have a five-passenger car and there's no way to get that many kids in a car and obey the law. It seems that half the purpose of a residential mail box is gone if outgoing mail isn't picked up. Also, we never know what time to expect our mail.

A: We discussed your concerns with the U.S. Postal Service's Holloman Postmaster, since mail delivery in family housing is not an Air Force activity. The duties of postal carriers are governed by the "Domestic Mail Manual" and applies to mail service on and off base. According to the manual, mail carriers are required to pick up mail while delivering mail to a given home, but they aren't required to make special trips to a residence just to collect outgoing mail. Some carriers will pick up mail as they pass each house, but that's strictly voluntary. Mail carriers usually follow a set route throughout the base. However, they can not guarantee a set time for delivery to a particular house. I recommend that you talk personally with your mail carrier; he or she may be willing to voluntarily visit your house each day if you explain your situation.

Preschool story time

The base library offers story time at 10 a.m. every Monday starting Sept. 15, and 6 p.m. every third Thursday of each month starting Sept. 18. Registration is not required.

Heritage month

Native American and Indian heritage month is in November. If anyone is interested in serving on this year's committee, contact the Military Equal Opportunity office at 572-3032.

White Sands schedule

The White Sands National Monument Visitor Center is open from 8 a.m. to 6 p.m. in September. The Dunes Drive may be entered daily from 7 a.m. to sunset, except during missile test closures. All visitors must exit the park no later than one hour after sunset. The park entrance fee is \$3 per adult (17 and over), free for children, and is good for seven days.

For more information, call 479-6124 or 679-2599, ext. 232, or visit the park website at www.nps.gov/whsa.

Spencer Theater

Series tickets (a purchase of tickets to four or more shows) for Spencer Theater's winter season are on sale Sept. 2. Single tickets are on sale Sept. 10. The theater features six Broadway musicals, two Broadway comedies, Celtic song and dance, and new world flamenco and folk guitarists.

For more information on shows, prices and times, call (505) 336-4800.

Red Cross training

Upcoming Red Cross classes are:

Basic first aid: 9 a.m. to noon, Wednesday in Alamogordo.

First aid, CPR, Automated Electronic Defibrillator: 9 a.m. to 5 p.m., Sept. 6 in Alamogordo.

Adult CPR: 1 to 3 p.m., Sept. 11 in Alamogordo.

For more information, call the Holloman Red Cross at 572-7066.

Free Z-Trans

Z-Trans is offering free rides all day today. Z-Trans is public transportation for the Alamogordo - Holloman area, serving the general public. For more information and bus schedules, call the Z-Trans office at 439-4972.

Federal employees

Chapter 182 of the National Association of Retired Federal Employees has a buffet luncheon meeting at 11:30 a.m., Sept. 13 in the Ballroom of the Holiday Inn de Las Cruces, 201 East University Avenue in Las Cruces.



Photo by Laura Pellegrino

Strike!

Senior Airman Mike Somamong, 49th Communications Squadron, bowls a lunchtime game at the base bowling lanes. Mens', ladies' and mixed bowling leagues are starting soon. Go to the bowling center or call 572-7378 to sign up with a league.

Current and retired employees of the Federal Government may attend. Call 521-3583 for reservations by Sept. 9.

Cottonwood Festival

The 13th Annual Cottonwood Festival is from 10 a.m. to 6 p.m., Saturday and Sunday; and 10 a.m. to 4 p.m., Monday in Alameda Park. An ambassador's cook-to-order breakfast is at 7 a.m., Saturday and Sunday and is \$5 per person.

Oktoberfest

The German Air Force Flying Training Center has its annual Oktoberfest from 4 to 11:30 p.m., Sept. 27 in and around maintenance hangar 286.

Admission for people 16 and older is \$8. Admission is free for youth under 16. Tickets can be purchased at all Otero Federal Credit Union branches, J&J Mini Markets, the Alamogordo Chamber of Commerce, Officers' Club, Outdoor Recreation, and GAF Headquarters building 45, Room 2295.

Call 572-2928 for more information.

NMSU graduates

Seven Holloman family members recently earned their degree at New Mexico State University:

- Irene Bazan, Associate of Business Office Technology
- Cesia Delarosa, Associate of Arts
- Summer Haro, Master of Arts
- Barbara Moody, Associate of Arts
- Rebecca Operhall, Master of Public Health
- Nikollas Ordway, Associate of Arts
- Jason Stauffer, Bachelor of Science in Civil Engineering (with high honors).

Correction

Last week's *Sunburst* erred in listing Dining Hall priviledges. Family members of an E-1 to E-4 sponsor can eat at the dining facility with their sponsor at any time; family members with an E-5 to E-9 sponsor can only eat at the dining facility with their sponsor at Thanksgiving, Christmas and the Air Force's birthday. Also, Department of Defense personnel and their fam-

ily members are not authorized to eat at the dining facility unless they are also military family members. Call the dining facility at 572-5859 for more information.

Sailplane lessons

The White Sands Soaring Association offers a military special of three instructional flights for \$99 on the weekend of Oct. 11 to 13. The special includes a flight instructor and pilot's log book. Call 479-4023 to make a reservation before Oct. 8 or for more information.

Motorcycle meeting

Dirt bikers, motorcrossers and all-terrain vehicle riders unite! The first meeting of the "Desert Bulls" riders group is at 6:30 a.m., Wednesday at the Community Center. The group will discuss the new on-base, off-road riding area. People interested in joining at the ground level of this new group, or who just want to ride are invited to attend. Call the wing safety office at 572-3793 for information.

AFMC welcomes new commander

by Tech. Sgt. Carl Norman
Air Force Materiel Command
Public Affairs

Air Force Materiel Command's new leader officially accepted command Aug. 22 during a ceremony at the Air Force Museum.

Gen. Gregory S. Martin assumed command from Gen. Lester L. Lyles who held the position since April 2000. Following the change of command, Lyles retired after 35 years of service.

Martin served more than three years as the commander of U.S. Air Forces in Europe at Ramstein Air Base, Germany. He also commanded Allied Air Forces Northern Europe and the U.S. European Command Air Force component.

During the ceremony, Gen. John P. Jumper, Air Force chief of staff, cited many of Lyles' accomplishments and the fact that he's been honored formally many times.

"What's great is not the formal awards, but how he invests himself personally," Jumper said. "Les has been a champion from the very beginning."

Jumper welcomed Martin to the command and said he looks forward to great work continuing at AFMC.

"Wherever he goes, he brings energy and leadership," Jumper said of Martin. "He brings a great depth of operational experience and experience in the acquisition community."

After receiving the command flag, Martin said he accepted the responsibility with pride, honor and humility.

"There's pride in joining one of America's greatest teams, honor in guiding this command into the next level of innovation and humility in following in the footsteps of an Air Force giant," Martin said.

In a pre-ceremony interview, Martin said he intends to be just as enthusiastic a supplier as he was a customer.

"I recently was the beneficiary of the work this command does, and there wasn't a day that went by I didn't appreciate that," he said. "I hope to add enthusiasm from a satisfied customer's perspective, but more importantly, from a guy who has a deep and abiding trust and belief in the people who are doing something

behind the scenes that is so incredibly valuable to our Air Force.

"In the last four years we have fought in three major wars and have been absolutely dominant on the battlefield because of capabilities produced by the people in this command and the acquisition community," Martin said. "I think the changes that have been announced recently (to the acquisition structure) are the kinds of changes that reflect a maturity and willingness to do even better."

An emotional Lyles thanked many people for their inspiration, faithfulness, mentorship and other influences on his life and career. "I'll never have the opportunity to do this again while wearing an active duty uniform," he said. "I'd like to salute the men and women of the United States Air Force, particularly from Air Force Materiel Command, for your outstanding service."

With that, the former commander put his right hand to his brow and accepted returned salutes from all military members attending.

Civilian benefits and entitlements Web site reaches 260k users

Continuing a trend toward online self service, Air Force civilian employees used the Web about 260,000 times last year to manage their career benefits.

Another 63,000 civilian employees called and talked with a benefits counselor using telephone support in conjunction with the web, officials said.

When the Benefits and Entitlements Service Team, or BEST, went live in 1996, it provided services to 3,500 civilian employees at nine bases, said Janet Thomas, human resources specialist. "Today, we provide full servicing to more than 78,000 civilian employees at 83 bases and limited servicing to more than 57,000 employees at 13 bases from the time they come to work for the Air Force until they leave."

BEST provides benefits and entitlements enrollment and advisory services to fully-serviced civilian employees in the areas of Federal Employees Health Benefits, Federal Employees Group Life Insurance, Thrift Savings Plan, retirement counseling and processing, and death-in-service survivor assistance. The same services are provided to limited service employees with the exception of retirement counseling and processing and death-in-service. These benefits are provided by the local civilian personnel flight.

Employees can determine if they receive full or limited servicing by going to the BEST home page at www.afpc.randolph.af.mil/dpc/best/menu.htm and clicking on "Full versus Limited Servicing" or by contacting their local civilian personnel office to see if their records are maintained there.

Benefits and entitlement services provided by BEST:

- The BEST home page provides Web pages specifically related to new, rehired, transferred, retiring, separating employees, employees entering a leave without pay status and employees entering military active duty. The "What's New" area offers information on legislative updates and program changes.

- The BEST newsletter provides timely reminders of FEHB and TSP open seasons and other pertinent benefits-related information. The newsletter is published electronically and e-mailed about six times a year to employees who have subscribed to receive it. New subscribers can go to the BEST home page and click on "Newsletter Subscription Service" to enroll.

- BEST provides an automated system which all Air Force-serviced civilian employees use to conduct insurance and TSP enrollments and changes. The Employee Benefits Information System is a web-based application, more commonly known as EBIS, and the BEST phone automated system is where the employee can transact business through a series of prompts or speak with a counselor. Instructions on how to access EBIS and the BEST phone automated system are located on the BEST home page under "How to Access the BEST Automated Systems and Reach a Counselor."

More information on civilian programs can be found on the Air Force Personnel Center home page at <http://www.afpc.randolph.af.mil>, then click on the "Civilian Personnel Online" link. (AFPC News)

AF reaches annual enlisted recruiting goal

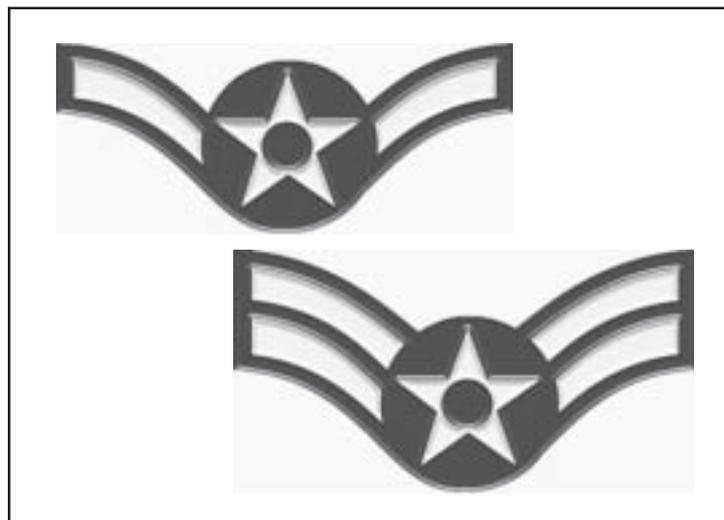
The Air Force reached its enlisted-contract goal Aug. 22 with the signing of its 37,000th enlistment contract.

More than 32,000 people entered basic military training since Sept. 30. The Air Force now has enough contracts to meet its goal for the fiscal year and has for the past four years, according to officials.

"I salute our recruiters who are working hard to recruit the country's best and brightest," said Brig. Gen. Edward A. Rice Jr., Air Force Recruiting Service commander. "We are committed to recruiting a diverse, high-quality volunteer force that is representative of the country it serves."

The Air Force is not only doing well enlisting airmen, the service is also doing well commissioning officers into critical career fields, according to officials.

"The Air Force is having a banner year recruiting engineers, scientists and weather officers," said Col. Gary Kirk, recruiting service's operations division chief. "The last year that compares with this year's suc-



cess was 1991, and we are already postured for another strong year next year."

Although the Air Force is having a great recruiting year, it is still hiring, Kirk said. It needs hundreds of doctors, nurses, pharmacists and aircraft mechanics, as well as people qualified for special operations, such as

pararescue and combat control.

According to Kirk, the Air Force also maintained its standard of 99 percent of recruits being high school graduates.

Enlisted airmen earn 12 to 72 accredited hours through their Air Force training, putting them on track to earn an associates degree in one of more than 60 fields of study from the Community College of the Air Force.

"It's no wonder that ... one of the top reasons people join the Air Force is for the opportunity to further their education," Rice said. (AFPN)

Be ready for the fit test: Start now

2nd Lt. Nora Eyle
49th Fighter Wing
Public Affairs

Come January, Team Holloman members are going to have to prove they are fit — fit enough to meet the new Air Force standards.

While that may seem easy for some people, it may be quite intimidating for others. People often put off working out because they don't know where or how to begin.

It's entirely possible to get in shape in eight weeks, according to Denise Allen, Program Director of Holloman's Fitness Center. If a person hasn't been active in a year, it may take longer but it's still possible for them to be in good shape by January.

The Fitness Center and the Health and Wellness Center offer fitness assessments for Team Holloman members. They determine an individual's current health status and recommend a workout program and diet an individual can begin and maintain.

There are many benefits to having a fitness assessment and a specifically designed workout program. First, the assessment identifies if an individual might have health problems such as high blood pressure. This assessment could prevent serious health problems such as a stroke.

"Working out without a fitness assessment for some of our members is like playing Russian roulette," said Allen. "It is important for people to know their health status before they begin exercising."

Second, a fitness assessment provides a goal to strive for, such as a five percent reduction in body fat. Nutrition and a balanced diet are critical to getting your body in shape.

"Try bringing in a health snack from home instead of getting something at the squadron snack bar," said Staff Sgt Michelle Goss, from



Photo by 2nd Lt. Nora Eyle

Staff Sgt. Bjorn Zipprich, German air force, does bicep curls in the weight room during one of his four weekly workouts at the Holloman Sports and Fitness Center.

the Health and Wellness Center. "Fast food is convenient because people are busy, but if you prepare healthy food at home it will be much better for you in the long run."

Finally, a specifically designed workout program can give the quickest and best results for a person's time. People often workout incorrectly by using a machine the wrong way or they hurt themselves by lifting too much weight too soon.

The Fitness Center's weight training is one-on-one between the trainer and the weight training student. The instructors teach people how to work out for their body type with their personal end results in mind. They teach muscle memorization, which involves performing the exercise correctly and keeping tension on the muscles.

Losing a little weight can come down to small changes that make all the difference. For example, take the stairs instead of the elevator. Walk to lunch instead of driving or try replacing ice cream with fat free yogurt. Something that worked for Allen was when she decided to replace her Vanilla Cokes with a bottle of water containing

vanilla extract. Eventually, she didn't need the vanilla extract and said she feels great since she gave up soda.

Another important aspect to working out is keeping your workouts fresh. "Variety is important while working out because it prevents people from being bored," Allen said. "If you are tired one day and don't feel like running, go for a swim. The Holloman pool is a great way to exercise because the water is kind to your joints but still gives you a great cardio workout."

The Fitness Center runs many programs and classes for the base. They offer yoga aerobics and step classes. They also teach Fitness Fundamentals in September and run a program called Fitness for Life.

The big mistake people make is making too many changes all at once. Getting in shape doesn't mean denying your body all the food it likes and having pulled muscles at the end of the day. The Fitness Center wants people to recognize that getting fit is a lifestyle, one that has many rewards. For more information on the programs and classes available call the Fitness Center at 572-3229.

Soccer playoffs

The base intramural soccer championship continues this week with playoff games 5:30 and 6:30 p.m., Tuesday and at 5:30 p.m., Wednesday. The championship game will be at 6:30 p.m., Wednesday.

Sports and fitness

The Holloman Sports and Fitness Center will host two events this week:

- Fun run and walk at 11 a.m., Sept. 11
- Leg press competition at 5 p.m., Sept. 15

Contact Master Sgt. Joseph Shaw at 572-2392 for information.

Basketball tryouts

Tryouts for the Holloman Air Force Base men's varsity basketball team begin next week.

Tryouts are from 5 to 7 p.m., Thursday and Friday, and from 10:30 a.m. to noon Sept. 6

Contact the team coach, Jeffrey Perry, at 572-3750

Softball tournament

The Company Grade Officers' Council is hosting an "End of Summer" softball tournament. The one-day, double-elimination event takes place Sept. 13 and is open to off-base teams. For information or to sign-up, contact 1st Lt. William Ball at 572-7316 or 479-9967



Photo by Airman Stephen Collier

Kickin' it!

Olaf Klassen, an assistant instructor for the Shotokan martial arts class at the fitness center here, conducts warm-up exercises with his class. Klassen took second place for his division in the sparring event and third place in the forms event at the Sixth Taekwondo Gold Medal Championship in Las Cruces, N.M., Saturday. Other members of the class who won in their division include Jonathon Harndon, third place in sparring and forms; Michael Travis, third place in sparring and second in forms; Koti Hawkins, first place in sparring and forms; and Marco Daehn, second place in forms and third in sparring. Classes are 6 to 8:30 p.m., Mondays and Wednesdays at the fitness center and are open to active duty servicemembers, their dependents, retirees, and Department of Defense civilians. For more information, contact Marco Daehn at 437-8651.

Intramurals

Final soccer standings

Monday/Wednesday

UNIT	W	L	D	Pct
GAF Supply	9	0	2	.909
GAF Electr Sq.	9	2	1	.792
49th LRS	6	3	1	.650
49th CES	5	5	2	.500
49th MMG	4	5	3	.458
49th MXS	1	8	2	.182
49th SFS	0	10	1	.045

Tuesday/Thursday

UNIT	W	L	D	Pct
GAF HQ	9	1	1	.864
49th MDG	8	3	0	.727
GAF 2nd Ln MX	6	3	1	.650
GAF 1st Ln MX	5	4	1	.550
4th SPCS	1	10	0	.090
20th FS/7th CTS	(forfeit out)			.000



Final volleyball standings

Large Unit

UNIT	W	L	Pct
49th LRS	11	1	.917
GAF A	9	2	.818
49th CES	5	6	.454
49th MMG	5	6	.454
49th MXS	4	8	.333
49th MDG	1	10	.091

Small Unit

UNIT	W	L	Pct
GAF B	11	2	.846
46th TG	10	3	.769
4th SPCS	8	3	.750
49th CS A	8	5	.615
49th FW/MSS	5	7	.416
49th MOS	5	8	.384
49th CS B	2	9	.181
49th SVS	1	12	.076



Photo by Airman Stephen Collier

Mixing it up

James Featherston (left), with the 49th Logistics Readiness Squadron, fights to get the ball over the net against 49th Materiel Maintenance Group defenders Troy Bizzack (center) and Matt Benhart (right). The MMG team won the game with 25-22 and 26-16 scores and moves on to the playoffs.