

Briefly

Watch out!

Defense Finance officials caution military and civilian users of the myPay Web site to ensure they only use the official Web site when accessing pay account information.

Look-alike sites have recently frustrated myPay customers who accidentally found their way to a commercial site in no way affiliated with DFAS or the Department of Defense.

MyPay is a secure, DFAS-operated Web site at <https://mypay.dfas.mil/>.

Sunburst survey

The *Sunburst* readership survey continues through the end of October. Log onto <http://www.holloman.af.mil/sunburst/index.htm> to take the survey.

AFA golf scramble

The Air Force Association hosts a golf tourney Oct. 17 at the base golf course. Sign in is at 10:30 a.m. and tee off is at noon. Cost is \$20 for members, \$25 all others. Lots of prizes will be given away.

Call Capt. Amanda Redash at 572-1366 to register.

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Nighthawk demo team dedicated to education

Master Sgt. Tom Sooter
49th Aircraft Maintenance Squadron

The F-117A Nighthawk has a new tool in its arsenal to educate the public about the aircraft's capabilities.

The newly formed stealth demo team was assembled this year to represent the 49th Fighter Wing at air shows across the nation. Initial plans were to form the air show demo team at the start of the air show season; however, due to the wing's involvement in Operation Iraqi Freedom the team wasn't formed until July.

Each aircraft maintenance unit

see DEMO TEAM, Page 7

Housing teams turn on the heat

by 2nd Lt. Stacey Nimmo
49th Civil Engineer Squadron

As seasons change and cooler temperatures set in, housing maintainers will begin shutting down evaporative coolers and turning on the heat in base housing units.

The conversion process begins Oct. 15. Since the heaters cannot work with the coolers still in operation, the housing maintenance staff will turn off the

see HEAT, Page 4



Photo by Master Sgt. Tom Sooter

Staff Sgt. Victor Gutierrez, a member of the F-117A Nighthawk demo team, connects a tow bar to an F-117A stealth fighter. The mission of the demo team is to be ambassadors of the 49th Fighter Wing and give the American public a behind-the-scenes look at one of the Air Force's premier weapon systems.

CAC improves TV programming

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

Holloman's commander's access channel is enhancing its information base and attracting new viewers.

The commander's access channel is available on channel three to Holloman residents with cable TV service. The CAC posts important information affecting base resources and people, including severe weather warnings, force protection and exercise status, and information deemed necessary by the installation commander.

The typical programming in the past has included informational slides advertising base events. The

channel also runs weekly Air Force-produced news videos as well as periodic safety, security and history videos.

"The CAC can be a great way to get information out to people," said Tom Fuller, the 49th Fighter Wing Public Affairs member in charge of CAC programming. "We're trying to find creative ways to make the information more interesting and attract more viewers."

One way the PA staff is trying to attract viewers is by working with the base visual information staff to create local programming.

"There is a lot that happens here

see CAC, Page 4



DUI Update

Days since
last DUI: **31**
DUIs year
to date: **0**
DUIs this
time last year: **1**

Last six DUIs:

- 49 SFS Sept. 6
- 49 OSS Aug. 29
- 49 SFS Aug. 28
- 49 CES July 7
- 49 MXS June 26
- 49 LRS June 12

Brig. Gen. James Hunt

Commander, 49th Fighter Wing

The close of another fiscal year marks a milestone for Holloman Air Force Base in many ways.

Most noticeably, this marks the completion of another successful flying year. From the maintainers to the pilots and from the contractors to the comptrollers, this success couldn't have been achieved without the outstanding contributions of each and every member of Team Holloman.

But one of our most important achievements this year is the significant reduction in the "driving under the influence" violations here. This has saved countless lives and injuries.

We closed fiscal year 2003 with 19 DUIs. Although there is still room for improvement, this rate dropped from 27 DUIs in FY 2002. Of the 19 DUIs received, 14 were active duty Air Force members, one was a German air force member, one was a civilian employee, one was an Army member and one was a dependent who received two DUIs.

These statistics are only part of the story though. They only show the numbers, not the impact. They don't show how each person's life changed or the number of people hurt — physically, emotionally, or financially — by each DUI.

Sacrifice — who has the hard part?

by Master Sgt. Jeff Wepner

506th Expeditionary Communications Squadron
Kirkuk Air Base, Iraq

Sacrifice is a word I often hear bandied about during discussions of serving in the military, and rightly so.

Each of us makes individual sacrifices to serve in the greatest Air Force in the world; many heroes have made the ultimate sacrifice serving our nation. However, my deployment as part of the AEF Blue rotation has reinforced my perspective on sacrifice.

If I had to list all the "sacrifices" I am making due to this deployment, I would come up empty. In fact, I would put forth to you that I have the easy part, working with outstanding professionals focused on accomplishing a critical mission. That commonality forges a strong bond here and helps us focus on the tasks at hand. It also provides us a great avenue for self-satisfaction and sense of accomplishment as we move forward together. Those tangible and intangible aspects of my deployment make it "easy." So if I have the easy part, who has the hard part? Let me give you a couple quick examples.

Imagine a wonderful, supportive wife who did not have her husband by her side for her birthday, and may not have him by her side for

COMMENTARY

Great job in FY03, Team Holloman

These statistics also fail to reveal the avoidable and tragic deaths of two young airman who consumed alcohol one evening last year, climbed into the same vehicle in the early hours of the morning and lost their lives when the driver lost control of the vehicle just outside the Holloman main gate.

We must strive to do better. We must strive not to allow even one person to drive under the influence of alcohol. We must strive to remind everyone that other options exist.

No one needs to get behind the wheel of a vehicle after drinking. Call a cab, call a friend, call your supervisor or call 572-RIDE. The tireless volunteers at 572-RIDE won't ask questions — they don't care about how much you drank, your age or why you need a ride. All they care about is getting you home safely, without having you endanger your life or the lives of other people on the road.

To each of you who took care of yourself and each other by not drinking and driving, I thank you. I now challenge you to take your efforts one step further this year and make a greater effort to prevent anyone from drinking and driving. Friend or stranger, officer or enlisted, active duty or civilian — we are all a part of Team Holloman and we all need to take care of each other.

their 20th wedding anniversary. That wife, also the mother of three beautiful teenage daughters, now single-handedly bears the daunting task of maintaining a sense of normalcy in an increasingly chaotic world.

Those daughters also keep a mental scorecard: two missed birthdays and one missed high school graduation due to another TDY already scheduled for next year. Mother and daughters alike already have their fingers crossed for Thanksgiving and Christmas this year.

Are my examples unique? Hardly. As Air Force members, we all share similar experiences with the burdens we place on our families. What makes them unique is that they are my family and I can never repay them for the unwavering support and motivation they provide on a daily basis.

The examples I listed above are only the proverbial tip of the iceberg; for the past 18 years my family members have proudly played a key role in all my Air Force successes and continue to stand tall and do their part to help freedom flourish.

To all my fellow military comrades and their families: a big thank you for the sacrifices you make and the crucial support you provide, upholding the principles we cherish and fostering hope and the promise of freedom around the world.

572-RIDE works!
Calls **MADE** are lives **SAVED.**

Calls:
Year to date: **18**
Last week: **18**

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

Holloman Chapel Services — 572-7214

- Weekday Masses – 11:30 a.m., Monday, Wednesday, Thursday and Friday.
- Sunday – Catholic Mass, 9 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.

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, 9 and 11 a.m.; 2, 5 and 7 p.m.
- Safety: Airmen Helping Airmen: 7 a.m. and 12, 3 and 6 p.m.



Holloman AFB Editorial Staff

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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.

CAC

from Page 1

that has a deeper story than what the *Sunburst* can convey," said Fuller. "It's one thing, for example, to list in the newspaper the names of people who have made a special achievement or earned recognition. But that list of names can't tell the whole story of why a person was recognized or what they achieved. We're going to work with the base VI staff to try and tell those kinds of stories on the CAC. Additionally, there will be things we feature on the CAC that people may not even see in the newspaper."

In addition to the local programming, the CAC also runs the latest edition of Air Force Television News each week.

"Air Force TV news is a dynamic show," said Fuller. "The Air Force News folks are talking directly to the Air Force newsmakers. We run the CAC schedule each week in the *Sun-*

burst, but we're going to better emphasize what stories are showing each week on the news. If people know what stories are being covered, I think they'll be more likely to tune in for the valuable information the program contains."

Base agencies that want to have slides or videos broadcast on the commander's access channel should send the information in writing to the PA office by e-mail, fax or hand delivery. Requests should include the submitter's name, phone number, requested run dates and the text of the message. Submitters should have the information to the PA office at least three days prior to the run date.

People can e-mail submissions to tommy.fuller@holloman.af.mil, fax them to 572-5908 or deliver them to the public affairs office in building 29, Room 2800.

For more information, call the PA office at 572-5406.



Photo by Tech. Sgt. Paul Coupaud

Tom Fuller updates slides for broadcast on the commander's access channel.

AFTV News

Stories on Air Force Television News starting today through Oct. 17 include:

- Air Force bases survive Hurricane Isabel
- East Coast bases clean up after storm
- AFA convention honors Centennial of Flight and Air Force heroes

HEAT

from Page 1

coolers, do routine maintenance on the heaters and start the heat systems for the winter season.

To eliminate the inconvenience of having work crews on and off your roof and into your furnace room multiple times, once the heat is turned on for the winter season it will remain on until the next conversion period in April. If there are warm days before the next conversion, housing officials ask residents to turn the thermostat to off and open the windows.

Someone over the age of 18 will have to be home during this conversion. If no one is at home the day a housing unit is scheduled for the conversion, the resident will have to call and reschedule on a first come, first served basis after Oct. 24. Housing officials said residents with newborn children or medical conditions who would like their heat turned on sooner can call the housing maintenance service call desk at 572-7901. Residents can also call that number with any questions about the conversion process or schedule.

Heat conversion schedule

DATE

Oct. 15
16-Oct. 16
17-Oct. 17
20-Oct. 20
21-Oct. 21
22-Oct. 22
23-Oct. 23
Oct. 24 and Oct. 27 to 31

QUARTERS NUMBER

2210A-2227D and 2400-2415B
2228A-2249B and 2416A-2441
2250A-2269A and 2442-2486B
2269B-2299B and 2487-2489B
2300A-2308A and 2501A-2540
2308B-2354A and 2541A-2589
2354B-2393B and 2585A-2599
Rescheduled appointments



The 49th Security Forces Squadron handled the following incidents Oct. 1 to Tuesday:

Tickets

Members of the 49th Security Forces issued 32 tickets from Oct. 1 through Tuesday: seven for speeding one to 10 miles above the posted limit, seven for speeding 11 to 20 miles over the posted limit, one for expired vehicle registration and insurance, six for failure to stop, one for failure to use a safety belt, two for loud music emitting from a vehicle, three for parking violations, one for assault, one for a vehicle emissions violation, one for an open container violation, one for careless driving resulting in an accident and one for inattentive backing resulting in an accident.

Property loss, damage or theft

- Oct. 1 – An airman in housing reported several scratches to the trunk of her privately owned vehicle.
- Oct. 2 – An NCO reported damage to her POV.
- Oct. 5 – An NCO reported hitting another POV in the base commissary parking lot.
- Oct. 6 – A civilian reported a minor vehicle accident in housing.
- Oct. 7 – An NCO reported his motorcycle had been knocked over and damaged at building 868.
- Oct. 7 – A base housing resident reported someone had broken into his tool shed and taken tools.

Patrol response

- Oct. 2 – A security forces patrol responded to a report of a spouse in housing throwing personal items at contract movers at quarters in base housing.
- Oct. 2 – A patrol responded to base housing when a family member reported her spouse had taken the couple's children to an unknown location.
- Oct. 4 – A retiree reported smoke coming from an adjacent trailer at the base recreational vehicle park. The fire department responded and extinguished the fire in the unoccupied trailer.
- Oct. 7 – A security forces patrol responded to a verbal dispute in base housing.
- Oct. 7 – Security forces patrols responded to a report of a POV striking a government-owned vehicle, causing minor damage.
- Oct. 7 – An NCO reported a loose dog in base housing.

B On the **IG SCREEN**

Open Range (R)

7 p.m., tonight and Sunday

Seabiscuit (PG-13)

7 and 10 p.m., Saturday

The Medallion (PG-13)

7 p.m., Thursday



Kiddie ID cards available this weekend

by Airman 1st Class
Vanessa LaBoy
49th Fighter Wing
Public Affairs

“Kiddie” identification cards are available from 7 a.m. to 6 p.m., Saturday and Sunday at the visitors center for Team Holloman children ages 9 and under.

The cards are not mandatory, however, the 49th Security Forces Squadron encourages Team Holloman members to get them for their children.

“Security forces is developing programs to better their relationship with the community,” said Staff Sgt. Samuel Rashe, 49th Security Forces NCOIC pass and registration. “By issuing out the ID card, parents will have their child’s fingerprint and picture on record to assist authorities if anything unfortunate happens.”

The ID card should teach children responsibility and serve as a morale booster.

“The children will be able to show off their IDs to the



Photo by Airman 1st Class Vanessa LaBoy

Sianna Rashe, 8, presses her thumb print on her Kiddie ID.

gate guards and to their friends,” Rashe said. “The card is not an official document, but they can use it everyday.”

To attain a “Kiddie” ID card, active duty and Department of Defense employees can bring their children to the visitors center and request the ID For more information, call Staff Sgt. Samuel Rashe at 572-7171.

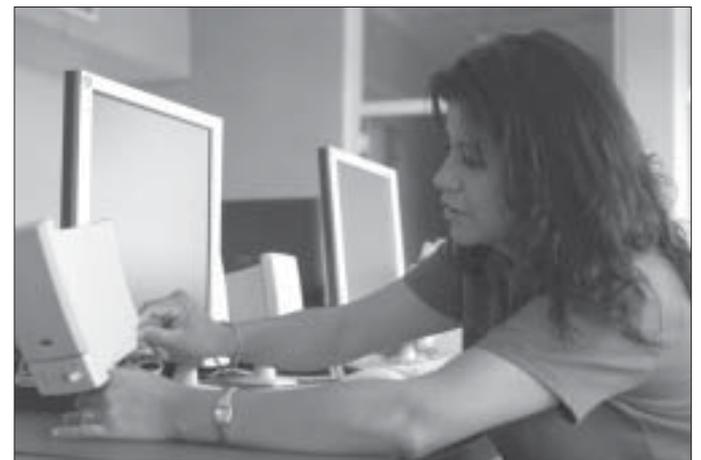


Photo by Laura Pellegrino

Game on

Maura Solis, Community Center recreation specialist, installs a speaker in the Airman Gaming Zone. The zone is open to enlisted members from 8 a.m. to 10 p.m., Monday through Thursday; 8 a.m. to midnight, Friday; and noon to midnight Saturday starting Oct. 17. They will hold a computer gaming tournament that day. Sign up by Oct. 15. For more information, call the community center at 572-7476.

from the 49th Aircraft Maintenance Squadron contributed personnel consisting of: Senior Master Sgt. Robert Bates, lead production superintendent, Master Sgt. Tom Sooter, production superintendent, Staff Sgt. Jason Barr, crew chief, Staff Sgt. Victor Gutierrez, crew chief, Senior Airman Johnathan Chandler, crew chief, Senior Airman Jody Daniels, electric and environmental specialist, Senior Airman Frank Schreiber, avionics specialist, Airman 1st Class Michael Smith, avionics specialist. These professionals were interviewed and “hand picked” by respective squadron leaders.

“Not only was I thrilled to serve my country in time of war, but I am also proud to represent the 49th Fighter Wing by serving on the premier F-117A Nighthawk demo team,” Gutierrez said.

The stealth demo team has represented the wing at air shows from coast to coast including Ha-

waii. Even though the team has had a late start on the air show season, usually starting in March and ending in December, the team has conducted an air show each week-end from July to present.

“To some the air show may sound like an awesome special duty,” Bates said. “Though it can be fun at times, it is also very demanding.”

The Demo Team is responsible for everything from coordinating the participation of the F-117 in the air show to aircraft maintenance.

“A usual flying day in the wing consists of three shifts but on the team all three shifts are rolled into one, consisting of servicing, launching and recovering, basic post flight inspections, radar absorbent material repairs and any kind of maintenance that may arise on many systems of the F-117A,” Bates said.

An air show usually takes place on Saturdays and Sundays, but the setting up, performing and packing up for the performers,

takes place Thursday through Monday.

“Being on the demo team, I have had the opportunity to hone my technical skills as an E&E Specialist that I will be able to use when I return to the flight line,” Daniels said.

The average day at the show consists of prepping one jet for flight while prepping another to be put on static display for questions and pictures by the public. Once the air show is over, the job doesn’t end there. The Demo Team begins repairs on any discrepancies that may have been discovered during the flight or during the post flight inspection.

“The mission of the stealth demo team is two-fold,” Bates said. “One is to be ambassadors representing the 49th FW, to encourage recruitment of tomorrow’s Air Force. Lastly, to demonstrate what stealth technology is, giving the American public a behind the scenes look at how the United States Air Force maintains air superiority.”

Pharmacy counting on new machine

by **Laura Pellegrino**
Sunburst staff writer

Members of the 49th Medical Group’s pharmacy count a lot of pills during their careers — enough to fill between 12,000 and 13,000 prescriptions every month. Now they have an automatic pill counter to help them with the process.

The new machine is being implemented in pharmacies across the Air Force, said Maj. Antoinette Mula, 49th Medical Group Pharmacy Element chief.

When a customer brings in a new prescription, it is scanned into the computer. An actual picture of the written prescription appears on the computer’s monitor. At the same time, a label is printed with a barcode and patient information on it.

The new machine holds up to 100 medications, and if the scanned prescription calls for one of them, it automatically begins counting the dosage. The computer indicates when it is counted and ready for the customer.

“This new equipment allows us to do other things while medication is being counted,” Mula said. “It will streamline the filling process.”



Photo by Airman Stephen Collier

Airman 1st Class Orlando Villarreal demonstrates the new pill counter for Brig. Gen. Jim Hunt, 49th Fighter Wing commander.

If the prescription calls for a medication that can’t be counted by the machine and is stored on the shelves, the new system can still assist the pharmacist with accuracy. The pharmacist scans the printed barcode and a bottle of medication, and the computer will say whether or not it’s a match.

“We’ve never made many errors,” Mula said. “But our goal is zero. The new machine will cut the chances of an error occurring.”

Pharmacy technicians spent last weekend training on the new machine, said Airman 1st Class Christopher Hopkins, 49th MDG phar-

macy technician. Some members used the machine in their initial training, he said.

While the pharmacy team is getting used to the new equipment, things may move a little slower than usual, Mula said. Once they learn the ropes, everything will go back to normal. In the next few days, a second pill counting machine will be installed in the refill prescription area.

“With improvements like this, we can do an even better job of keeping our patients healthy; for all of our beneficiaries,” Mula said.

Med Group raises breast cancer awareness in October

by Maj. Wendy Murray
49th Medical Group

The National Breast Cancer Awareness Month campaign has educated people for 17 years during the month of October.

Breast cancer remains second only to skin cancer as the most common cancer afflicting women.

Over 200,000 new cases are expected to occur among women in the United States during 2002. More than 48,000 of these new cases will likely result in death.

Less commonly, men are also victims of breast cancer, accounting for one percent of all cases. Therefore, it's crucial for everyone to know the importance of early detection and screening for breast cancer.

Despite millions of research dollars and national attention, the exact cause of breast cancer remains unknown. Many advances in technology await Food and Drug Administration approval. Currently the best detection methods are self-exami-

nation, clinical exams and mammography. Women are recommended to begin breast-self examination at age 20.

They should examine their breasts on a monthly basis to be able to detect and report any changes to a health care provider.

Although rare, men should also immediately notify their health care provider of any suspicious changes in breast tissue. Additionally, women should receive clinical breast exams, from a health care provider, during their annual gynecological examinations. Suspicious or abnormal changes should be referred for mammography or ultrasound.

Mammography has been well documented in research to decrease breast cancer mortality.

Although a subject of recent debate, the American Cancer Society and National Cancer Institute recommend annual screening mammograms starting at age 40.

Women with family history of breast cancer in the first-de-

gree relative are encouraged to begin mammograms 10 years prior to their relative's age of diagnosis.

All mammograms and ultrasounds are done by referral only at Gerald Champion Regional Medical Center or William Beaumont Army Medical Center.

Referrals and examinations can be obtained through a primary care manager or Women's Health provider by appointment.

Before going to GCRM or WBAMC, it's important to first check out all prior mammography films from the radiology department at the 49th Medical Group. The films will be used for comparison to detect changes.

The Health and Wellness Center also provides additional educational materials like pens, ribbons and posters about breast cancer.

For more information about breast cancer examinations or to request a mammogram referral, call the appointment line at 572-2778.



Photo by Airman Stephen Collier

The way of the future

Phil Vollmueller, an F-117A Nighthawk logistical liaison officer with the Aeronautical Systems Center at Wright-Patterson Air Force Base, Ohio, tests out a Touchpad at the Holloman Technology Expo, Oct. 7 at the Oasis Enlisted Club.

Influenza vaccine has arrived

by Staff. Sgt
Pearl Alvarezswartz
49th Medical Group

The flu vaccine is now available at the Holloman Immunization Clinic.

The immunization clinic started providing vaccination for active duty members Oct. 1.

According to Air Force Instruction 48-110, *Immunizations and Chemoprophylaxis*, flu shots are mandatory for active duty members.

“The flu can lead to high fever that lasts a couple of days, headache, general aches and pains, fatigue, and weakness that can last two to three weeks,” said Capt. Janet West 49th Aero-medical-Dental Squadron Public Health chief. “Influenza may also cause bronchitis, pneumonia and even death. In the United States alone, there are 114,000 people hospitalized and 36,000 people die each year from the influenza virus.”

Units with 50 or more personnel assigned have the opportunity to schedule a unit shot line through the immunization clinic. The 49th Medical Group will come to airmen on the scheduled dates set by their unit. If a unit has less than 50 personnel assigned or if someone cannot make their unit’s schedule date, they may still get the flu shot by going to a nearby unit, the community center, Oasis Enlisted Club, or immunization clinic to receive shots.

“Every year, the immunization technicians repeatedly hear the phrase, ‘Oh, I don’t want the flu shot. It gives me the flu.’” West said. “The flu vaccine is made of a dead virus. The influenza vaccine can not give anyone the flu.”

Common reactions are a sore arm at the injection site, slight fever and mild muscle aches. These reactions usually last a day or two.

“Also, because the flu shot is given during cold and flu season, some individuals may develop a cold or flu within days of receiving the shot simply because of the time of year,” West said. “The flu vaccine only protects against the influenza virus

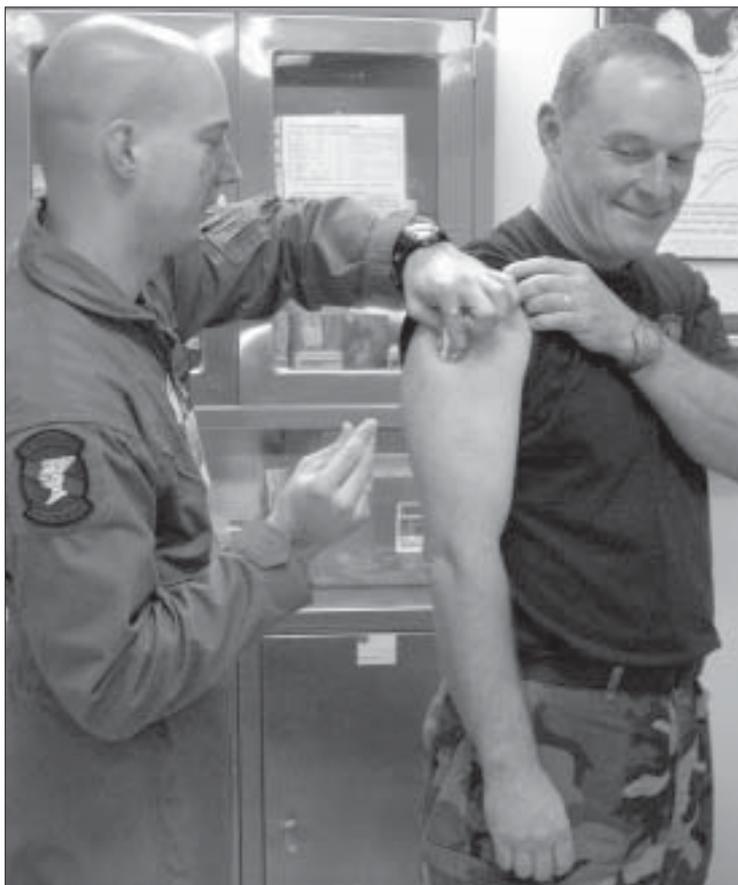


Photo by Airman Stephen Collier

Tech. Sgt. Bryan Cole, 49th ADOS, gives Brig. Gen. Jim Hunt, 49th Fighter Wing commander, his flu vaccination shot Wednesday morning at the base clinic.

and not against the common cold virus. Someone may still get sick from another virus with similar symptoms to the flu. Because it takes a few days for the body to build up its defenses to the flu after the flu shot, a person may still get the flu if they are exposed to the influenza virus a few days before or a few days after receiving the vaccination.”

Schedules for units are sent through the first sergeants. The 49th Medical Group will be available 7:30 a.m. to 4 p.m., Oct. 20 at the Oasis Enlisted Club and 8:30 a.m. to 3:30 p.m., Oct. 21 at the Community Center to provide flu shots to active duty members and federal civil service employees.

The influenza vaccine is available for all military-identification card holders. The immunization clinic provides vaccinations from 7:30 a.m. to 4 p.m., Monday through Friday.

For more information about the influenza vaccination or the influenza virus, log into the CDC

website, <http://www.cdc.gov/nip/Flu>. For any questions about the influenza vaccination, contact the public health office at 572-3306 or the immunization clinic at 572-7188.

Inside the story

The Center for Disease Control and Prevention recommends that the following individuals receive the vaccine:

- Health-care workers
- People 65 years old or older
- If you have or live with anyone who has the following: asthma, diabetes, heart disease, or kidney disease.
- Healthy children 6 to 23 months
- Daycare providers
- Anyone who wishes to reduce their chance of catching the flu this year
- Pregnant women who are past their first Trimester (only done by prescription)

FSC

The Family Support Center offers the following classes and events at the FSC, building 40:

Financial management: 8 to 11 a.m., Tuesday.

Sponsor training: 9 to 10:30 a.m., Wednesday.

For more information, contact the FSC at 572-7754 or visit the website at www.mil.holloman.af.mil/sptg/mss/fsc.

ALS graduation

ALS Class 03-H has their graduation banquet with cocktails beginning at 6 p.m., Oct. 28 in the ballroom of the Oasis Enlisted Club. Commanders, first sergeants, supervisors, family, and friends are invited to join the graduates. Ample seating is available. See an ALS student for a ticket. The menu will feature Roast Pork Loin, which is \$14 for club members and \$16 for non-club members, or Vegetable Lasagna which is \$11 for club members, \$13 for non-club members. Make reservations with a student no later than Oct. 17. There will be no refunds for cancellations after Oct. 17.

For more information, call 572-5860.

Honor Guard

The Honor Guard seeks new recruits. For more information, call or stop a cadre member, go to building 273, or call 572-2077.

Red Cross

The Red Cross schedule of events is as follows:

- First aid/cardio pulmonary resuscitation: 9 a.m. to 5 p.m., Saturday in Alamogordo.
- Basic first aid: 1 to 4 p.m., Thursday in Alamogordo.
- Child/infant cardio pulmonary resuscitation: 1 to 4 p.m., Oct. 22 in the community center.

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

Christmas parade

Volunteers are needed for traffic and crowd control during the Christmas parade 6 p.m., Dec 6. To volunteer, email lisa.gallegos@holloman.af.mil or john.graves@holloman.af.mil

For more information, contact the Chamber of Commerce at 437-6120.

CSAF Climate Survey

The Air Force Chief of Staff Climate Survey continues through Nov. 23. Team Holloman members can log onto the survey Web site at <http://afclimatesurvey.af.mil/>.

For more informaton, call 2nd. Lt. Carl Cook or 2nd Lt. Alonzo Chapman at 572-7004



Photo by Airman 1st Class Vanessa Laboy

Safety first...

McGruff, Christopher Bell, Tai Jasmine Cole, Macie Perrin, Candace Perri and Sparky (background) walk across the crosswalk as part of Fire Prevention week. Fire Prevention week is Sunday through today. The 49th Civil Engineer Squadron fire department sponsored events including fire drills and school visits, to get out this year's fire prevention week message "When fire strikes... Get out! Stay out!"

Enlisted club change

The pizza bar and Wright Brothers operation at the Enlisted Club have been discontinued. A new lunch line will open Nov. 1 and will include items from the pizza line and Wright Brothers menu as specials.

Graduation

The graduation ceremony for students receiving degrees from the Community College of the Air Force, Central Texas College, Embry Riddle Aeronautical University, Park University, Troy State University and University of Phoenix is scheduled for 2 p.m., Thursday at the Oasis Enlisted Club.

For more information, contact the base education center at 572-3971.

Columbus Day closures

Base exchange: 11 a.m. to 5 p.m.
Furniture store: Closed
MCSS: Closed
Mini Mall: 10 a.m. to 8 p.m.
Anthony's Pizza: Closed
Frank's Franks: Closed
Robin Hood: Closed
Popeye's Chicken: Closed
Theater: Closed

Beauty shop: Closed
Barber shop: Closed
Dry cleaners: Closed
Alterations: Closed
Optical shop: Closed
Flower shop: Closed
Rental Car: 11 a.m. to 5 p.m. (phone only)
Olive Branch: Closed
GNC: Closed
McDonalds: 5:30 a.m. to 10 p.m.

Airmen of Note

Airmen of Note, the premier jazz ensemble of the Air Force, will play at 3 p.m., Oct. 19 at the Tays Special Events Center. Admission is free. For more information, call the Chamber of Commerce at 437-6120.

CE family day

The "Desert Bulls" invite 49th Civil Engineer family members to a family day 3 p.m., Oct. 17 at Madden Park next to building 55. Children will learn to escape from a smoky room in a smoke maze. There is an opportunity to take photos with Sparky the fire dog, a bomb suit competition, croquet and plenty of hot dogs and "fire dogs."

HOSC and HESO function

All Holloman Officers' Spouses Committee and Holloman Enlisted Spouses Organization members are invited to attend the October function, "Heroes at Home," 6:30 p.m., Tuesday at the Holloman Officers' Club. The guest speaker is Ellie Kay. Reservations must be made by Monday.

People with last names beginning with A-M, call Christine Juedeman at 479-2222. People with last names beginning with N-Z, call Pat Hendrix at 434-5291.

Wells Fargo lunch

Wells Fargo Bank is having a free lunch 11 a.m. to 2 p.m., today at the 731 W. New Mexico Ave. location. Attendees can register for free prizes.

Road closures

The Mesquite Road access to First Street will be closed from Tuesday through mid November. The purpose of the test is to identify significant trouble spots in the new traffic flow and use that information in base planning to solve problems.

For more information, call 572-5595.



Photo by Master Sgt. Val Gempis

First Lt. Jalaal Green (right) and Capt. Ibrahim Hisham Zairul discuss flightline security during the Langkawi International Maritime and Aerospace 2003 exhibition at Langkawi, Malaysia. Green is from the 613th Contingency Response Group at Andersen Air Force Base, Guam, and Zairul is with the Malaysian air force. LIMA is one of the premier defense trade shows in the world and this year featured defense-related technology from more than 800 companies in some 40 nations.

Airmen participate in Malaysian exhibition

by Master Sgt. Val Gempis
Air Force Print News

LANGKAWI, Malaysia — Rain did not dampen the spirits of Pacific Air Forces airmen showcasing their aircraft at the Langkawi International Maritime and Aerospace 2003 exhibition here Sept. 30 to Oct. 5.

LIMA is one of the biggest defense trade shows in the world and this year more than 800 companies from about 40 nations exhibited defense-related technology. Exhibits included security systems, radars, flight simulators, weapon systems, avionics, satellite communications, helicopters and modern fighter aircraft.

More than 100 aircraft and 80 vessels were on display during the six-day event. Aircraft included a KC-135 Stratotanker and an F-16 Fighting Falcon from PACAF. Also at the event were associated aircrew and ground-support people who took part in the aircraft static-display segments.

The group of U.S. airmen said they were very impressed with how the Malaysians opened their country and their hearts to them.

"I was amazed how easy it was to establish rapport with the local people and also with their military," said 1st Lt. Jalaal Green from the 613th Contingency Response Group at Andersen Air Force Base, Guam.

His team of 11 security forces, together with the Malaysian air force, worked hand-in-hand to provide aircraft protection 24-hours a day during the weeklong event. Even though they were soaked and dripping wet most of the time, they said it was a great experience to interact with forces from other nations.

"They are a very professional and astute force," Green said.

"Communication is the key," Green added. "Coordination with Malaysians was impressive. They gave us what we wanted and we gave them what they asked for."

Even with bad weather and heavy traffic, people steadily streamed to the airport to view aircraft lined up on the tarmac.

Capt. Donna Kohout, an F-16 pilot from the PACAF Demonstration Team at Misawa Air Base, Japan, spent most of her day smiling and having her picture taken with brightly dressed visitors from all over the country. Children were especially attracted to her sleek black flight suit and her plane in the background. Some shyly asked if she really is a pilot.

While Kohout enjoyed visiting with the sightseers, she said she will most cherish meeting her counterparts from other nations. During a visit inside the exhibit center, she met a Russian Sukhoi-MK 30 test pilot. There were more photos and handshakes as she encountered other pilots wearing various military uniforms.

"It's definitely the highlight of this trip," she said.

The international array of airplanes and crews was a sight to see, but the aerial stunts were the definite attraction of LIMA 03.

"They didn't pull back from the hardware and aircraft they brought here," said Staff Sgt. Matt Dellaluca, a KC-135 boom operator from the 909th Air Refueling Squadron at Kadena AB, Japan. "The air show was just incredible."

Dellaluca said watching a South African helicopter fly upside down while doing a loop was awesome. He also said it was nice to meet a Malaysian air refueler and learn how they do operations.

LIMA, which started in 1991, is held every two years here.

Software helps put bombs on target

Since March 19, warfighters have dropped 21,300 munitions in Operation Iraqi Freedom. Tens of thousands more have been dropped or launched during Operation Enduring Freedom and that many more stand ready if and when the call comes.

To account for all the munitions the Air Force owns, ammunition troops rely on software Standard Systems Group experts here developed.

The Combat Ammunition System allows airmen to make sure the right munitions are in the right place at the right time, according to Frank Ruff, CAS program manager. CAS tracks shipments and provides planning data for warfighting scenarios while assuring that replacement munitions, whether for the security forces guarding the airplanes or the bombs being loaded on them, are ordered and delivered before they are needed.

CAS not only benefits planners, but also the airmen strapping the bombs on their flying machines.

"The program is a good accountability tool, helping us keep track of requisitions, shipping and turn-ins," said Staff Sgt. Todd Davis, from the 2nd Munitions Squadron at Barksdale Air Force Base, La. "Using CAS makes our job easier and frees up time to do other jobs."

An upcoming improvement to the CAS program will soon make the users' jobs even easier, Ruff said. The upgrade moves the program onto the Web and will give worldwide visibility into the location and status of all munitions.

The first phase of the upgrade was completed Sept. 30, and all bases should be loaded by January, he said. (AFPN)

Airmen can review records online

The Air Force has started a new program allowing airmen to complete record reviews online through the virtual military personnel flight.

Airmen will soon begin receiving e-mail notifications around their birthday each year advising them to review their electronic personnel records maintained in the military personnel data system.

"After the customer logs on to vMPF and accomplishes his or her record review, a hard copy should be printed for the member's personal records," said Master Sgt. Don Taylor. He is the superintendent of customer support operations at the Air Force Personnel Center here. "If all of the information is correct, no further action is required until the next annual review."

In some areas where airmen may find errors, they can make the needed changes through the links provided. They should make the corrections as soon as they discover them, Taylor said.

Other errors not yet updateable online can be corrected by the airman's MPF or commander's support staff.

For more information, contact your unit orderly room or the base military personnel flight 572-5047. (AFPC News Service)

Holloman youth work toward new goal



Photo by Airman 1st Class Vanessa LaBoy

Stefano Franceschini (front), 4, and Cody Crider, 4, chase after a soccer ball during practice.

by Airman Stephen Collier
*49th Fighter Wing
Public Affairs*

Back and forth, back and forth, soccer balls pass swiftly from player to player during practice at one of Holloman's soccer fields. No, this isn't the German air force scrimmaging; it's Holloman's very own youth preparing for another season of soccer action.

Supervising the Holloman tweens (the term used for youth who are between the ages of 6 and 13) are the volunteer coaches led by Bradley George, the Youth Sports and Fitness Director at the Youth and Teen Center.

"We have excellent coaches working with the kids who range from 6-year-olds to middle-schoolers. The main focus we try to push for is sportsmanship on the field. After all, the kids are just trying to have fun," said George.

That sportsmanship is instilled into the youth by George and the volunteer coaching staff in five categories of youth soccer that range from the under 6 years of age category to the middle school bracket.

The under 6 and 8-year-old categories begin with instructional soccer that prepares the youth for soccer matches as they enter into older age brackets, said George. In this level of competition, the score is never kept and wins or losses are never tallied.

As tweens move into the under 10 and 12-year-old age brackets, they enter into a more competitive arena. Even though a competitive nature continues to be established within the young soccer players, there is no defined season or playoffs bracket for them, said the youth sports and fitness director.

"With age brackets ranging from under 6 to 12 years of age, there are a small number of modified rules for the field, including smaller goals, smaller goalie boxes and smaller center circles on the field. Other than that, the league sticks to traditional soccer rules," said George.

Once they become fully acclimated with soccer rules and playing styles, according to George, the adolescent players have the opportunity to try out for one of the two middle school teams: the Holloman white or Holloman blue team. Here, the youth have the opportunity to

compete against local middle school teams Wednesday nights at either the Tiger West soccer field in downtown Alamogordo, or at away games held in surrounding towns.

For all other age brackets, games are held between 8:30 a.m. and 10:00 a.m. Saturdays at the Reinerstone Soccer Complex adjacent to the 49th Communications Squadron on Creosote Avenue. Games also offer spectators a little extra with a soccer match, said George.

"We are very happy to announce the snack bar is now open to serve the spectators," said George. "We have also gotten positive feedback from the parents on the cleanliness of the restrooms there. There is a lot to offer people who come out and watch."

Soccer season for Holloman's youth will be ending soon as different age brackets end earlier than others. The middle school bracket ends with their final game on Oct. 18. Afterwards, the under 10 and 12-year-old brackets finish up on Nov. 1 while the under 6 and 8-year-old brackets end Nov. 22.

For more information on the youth soccer league, contact Bradley George at 572-5193.

New, veteran runners aim for proper heart rate

by Charlotte Engeman
49th Medical Group

Last week we discussed how to start a running program. This week I want to give you some ideas on how to make sure this new running program is something you can enjoy and stick with for the long term — not just a vehicle to pass your upcoming PT test.

I don't know how many people have told me they simply "don't like to run." It's just not fun, they say. Granted, there really are some people out there who just can't get into running, no matter what, but the majority of those supposed "non-runners" are making one simple training mistake: their entire run is done in one gear — too fast!

I remember the first running camp I went to where I was introduced to heart rate monitors. We all ended up walking numerous times throughout the workouts to keep our heart rates within

the aerobic (with oxygen) zone. This aerobic zone is 65 percent to 75 percent of the maximum heart rate. It was really tough to get used to, because I too used to view walking as the enemy. Eight weeks later, when I ran my best 10 kilometer, I was convinced that the fastest way to become a good runner is to slow down.

In the first few months of a running program, you really have no business ever running hard (over 75 percent of your max heart rate). Whenever you increase the intensity of a run, you also increase the risk for injury. Injury aside, it really is not fun to go out and "hammer" every single run ... it hurts!

For those of you who have a heart rate monitor, keeping track of your exercise intensity is a pretty easy task. You want to spend all your time in these initial months in the aerobic zone. At no point should any new runner be

training in an anaerobic zone (without oxygen). This anaerobic phase is reserved for months down the road when you are ready to work on speed, but before you can run fast, you have to build strength and endurance with aerobic runs.

For those of you without a heart rate monitor, no worries ... you too can easily determine the aerobic zone you need to be training in. There are lots of ways to do this, but I think the easiest method is the "talk test." If you can talk comfortably throughout your workout, without straining, you are in this aerobic zone.

If you are only able to talk in short, clipped sentences, you are going too hard and moving into that anaerobic zone where you are at higher risk of injury as well as probably not having much fun. When your sentence structure breaks down, walk for a short time until you recover and are able to return

to a normal conversation, and then resume your running.

For now, don't worry about the pace you're running, instead concentrate on maintaining that comfortable aerobic zone. Developing and strengthening muscles we use for running, as well as our cardiovascular systems takes time. You will make tremendous progress if you run in your aerobic zone over the next few months. You'll pass your PT test with flying colors, but more importantly, you will be laying the groundwork for an injury free and fun running career.

See you next week for some flexibility tips! Happy trails!

(Charlotte Engeman is a volunteer at the Health and Wellness Center. She is also a physician's assistant in the family practice clinic, has a Masters of Public Health degree in wellness and disease prevention and is an avid Ironman triathlete.)

Team Holloman hosts stealth triathlon

by Airman Stephen Collier
49th Fighter Wing
Public Affairs

The anticipation grew Sunday morning as 81 tri-athletes from as far away as Goodyear, Ariz., and as close as base housing, gathered in front of the base bowling alley to kick off the 13th Annual Stealth Triathlon.

The triathlon is broken down into three segments: a five-mile run, 25-mile bike race and an 800-meter swim. Competitors are tallied into different age brackets which span from 19 and under to 60. Coordinating the triathlon, which is open to servicemembers and the public alike, is Matthew Garcia, the outdoor adventure program coordinator at outdoor recreation.

“The triathlon is entered into the SouthWest Challenge Series. Here, triathlon participants have the points they earn submitted for nationally-recognized awards,” said Garcia.

The points participants earn are determined by their times after each event.

The five-mile run began at the aquatics center and continued to the Holloman Inn and towards the flight line where the runners made their way back to the starting line.

Sweating and tired, the runners passed over the finish line where they quickly mounted their speed bikes and hit the road for a 12.5-mile trek. The bikers followed the original path of the run and continued further, racing past the 49th Materiel Maintenance

Group, past the 46th Test Group’s test track area and on toward Tulie Peak, the turn-around point.

The fatigued riders pushed themselves back toward the flight line and pool house where they ditched their bikes to complete the last leg of the competition: the 800-meter swim. After jumping into the Olympic-sized pool, the swimmers completed eight-consecutive 100-meter laps.

Once the last swimmer completed the triathlon, an awards ceremony was conducted. Participants also received a ticket for lunch at the Oasis Enlisted Club.

Senior Airman John Sablotny, an F-117 crew chief with the 8th Aircraft Maintenance Squadron who participated in the triathlon, said he feels it’s impor-

tant to let civilians know the Air Force wants them involved.

“This triathlon is open to civilians, too and I think it’s important they come out as well,” Sablotny said.

Garcia said he knows volunteers are critical to the success of the triathlon.

“It’s a tradition for the stealth triathlon to bring the community together,” said Garcia. “Without the volunteers, the event wouldn’t take place. The base truly appre-



Photo by Airman Stephen Collier

Participants run toward the finish line during the first leg of the stealth triathlon.

ciates their dedication.”

Winners: Michael Schneider, 1:49:20.

Babriela Hnilkova-Jenks, 2:09:57.



Photo by Airman 1st Class Vanessa LaBoy

Double trouble

Left to right: Holloman Middle School linebackers Damon Gandy and Scott Streepy tackle Mescalero's running back during their 20 - 0 win. The Falcon's 4 - 0 record is the best in five years. Their next game is Oct. 18 against Gadsden Middle School.



Photo by Airman Stephen Collier

Can't catch me

Carter Boyce, 49th Security Forces Squadron, dodges 49th Operations Support Squadron defender Matthew Hallmark during SFS's 30-8 win Monday.

Touchdown Challenge

The Touchdown Challenge is a weekly competition between the 49th Fighter Wing, its groups and Holloman tenant units. A different person from each unit makes the picks each week. The winner each week gets a free meal from the Oasis Enlisted Club. Congratulations to last week's winner, Master Sgt. Carolyn Peeler, with seven correct picks.



This week's games:

NFL

- Giants at Patriots
- Dolphins at Jaguars
- Panthers at Colts
- Bucs at Redskins
- Chiefs at Packers
- Eagles at Cowboys

NCAA

- Florida at LSU
- Miami at Florida St.
- Penn. St. at Purdue
- Oklahoma at Texas
- Ohio St. at Wisconsin
- Georgia at Tenn.

FW



**Airman 1st Class
Richard Daugherty**

NFL: Giants, Dolphins, Colts, Bucs, Chiefs and Cowboys

NCAA: Florida, Miami, Purdue, Texas, Ohio and Georgia

OG



**Capt.
Heath Armstrong**

NFL: Patriots, Dolphins, Colts, Bucs, Chiefs and Cowboys

NCAA: LSU, Miami, Purdue, Texas, Ohio St. and Tenn.

MDG



**Master Sgt.
Marc Dowler**

NFL: Giants, Dolphins, Colts, Bucs, Chiefs and Cowboys

NCAA: LSU, Miami, Purdue, Texas, Ohio St. and Tenn.

MXG



**Staff Sgt.
Ron Denson**

NFL: Giants, Dolphins, Panthers, Bucs, Chiefs and Eagles

NCAA: Florida, Miami, Purdue, Okla., Wisconsin and Tenn.

MMG



**Lt. Col.
Masao Hendrix**

NFL: Giants, Dolphins, Colts, Bucs, Chiefs and Eagles

NCAA: Florida, Miami, Penn. St., Okla., Wisconsin and Tenn.

MSG



**2nd Lt.
James Hunt**

NFL: Giants, Dolphins, Colts, Bucs, Chiefs and Eagles

NCAA: Florida, Miami, Penn. St., Texas, Ohio St. and Tenn.

46th TG



**Airman 1st Class
Paul Mclaurin**

NFL: Patriots, Dolphins, Panthers, Bucs, Chiefs and Eagles

NCAA: Florida, Florida St., Purdue, Texas, Ohio St. and Tenn.