

Briefly

Sunburst survey

The *Sunburst* readership survey will be available through the end of October. Readers can access the survey at <http://www.holloman.af.mil/sunburst/index.htm>. The results of the survey will be published in November. For more information, call the *Sunburst* staff at 572-3515.

TRICARE move

The TRICARE Service Center will be located in the main clinic, building 15, beginning Oct. 24. The new office will be located across the hall from the laboratory. For more information, call Staff Sgt. Esther Crider at 572-7700.

Dorm of the quarter

First place, \$2,500: Dorm 517, 49th Logistics Readiness Squadron
 Second Place, \$1,500: Dorm 340, 49th Materiel Maintenance Squadron.
 Third Place, \$500: Dorm 337, 49th Aircraft Maintenance Squadron.
 All prize money is used toward enhancing quality of life for dorm residents.

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HAFB excels through IDEA program

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

Team Holloman savings and awards through the Innovative Development through Employee Awareness program far exceeded the Air Combat Command and Air Force averages during fiscal year 2003.

The IDEA program encourages Air Force military and Air Force federal civilian employees to help improve the Air Force by offering cash awards for ideas that save the Air Force money. Formerly known as the Suggestion program, the IDEA program is designed to help get the ideas and suggestions of people serving in the armed forces recognized and also help make improvements

During fiscal year 2003, Holloman saved \$3,274,612 because of the suggested improvements from Team Holloman members. The average of all ACC bases was \$525,921 and the overall Air Force average was \$230,739.

For cash awards, the Air Force paid Holloman members \$87,231 throughout the year for their ideas. ACC bases earned an averaged of \$15, 228 and the overall Air Force average was \$7,714.

According to David Marsh, IDEA

see IDEA, Page 6



Photo by Airman 1st Class Vanessa LaBoy

Members of the Holloman Emergency Services Team practice a stack formation at the urban combat range Oct. 10.

New tactical team beefs up SFS

by Airman Stephen Collier
 49th Fighter Wing Public Affairs

Their tactics are precise and their goal is simple: keep the peace. The members of Holloman's new tactical group employ specialized tactics and training to take on any situation

that may happen on base, no matter how big.

The Emergency Services Team is a rapid, reaction force that responds to emergency situations on base, according to Staff Sgt. Daniel

see EST, Page 5

CSS system helps base families

by 2nd Lt. Shantece Wade
 49th Fighter Wing Public Affairs

The Community Subscription Service, a service that allows military family members and retirees easier access to base programs, will be available starting Oct 20.

This service allows families who subscribe to receive information on family-oriented programs through e-mails sent directly to their personal accounts.

To access this service, families must be enrolled in the Defense Eli-

see CSS, Page 6



High: 81
 Low: 42
 TODAY



High: 81
 Low: 43
 SATURDAY



High: 82
 Low: 44
 SUNDAY



High: 83
 Low: 44
 MONDAY

DUI Update

Days since last DUI: 31
DUIs year to date: 0
DUIs this time last year: 4

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

572-RIDE works! Calls MADE are lives SAVED.	Calls: Year to date: 40 Last week: 22
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(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.



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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.

Remember contributions of Hispanics defending freedom

by Col. Jose Aragon
Pacific Air Forces Financial Analysis Division



Many Hispanic Americans have been drawn to military service for a myriad of reasons — to seek opportunities for education, growth, advancement, skills and professional success. Other factors include a sense of patriotism, love of country and hunger to serve. Hispanic Americans have contributed gallantly to the defense of our nation. We have 40 Medal of Honor recipients, more than any other demographic segment.

Indeed, the military and civilian contributions of Hispanic Americans reflect a deep commitment to the principles of freedom and democracy. From the American Revolution to our latest conflict, the global war on terrorism, Hispanic Americans have risked and sacrificed their lives to defend freedom.

Here are just a few achievements of some of those individuals:

The Civil War's most famous Hispanic was Adm. David Farragut. He served gallantly in the Civil War and was instrumental in capturing New Orleans and seizing control of the Mississippi River. He has been immortalized in history books for his war cry, "Damn the torpedoes, full speed ahead!" He was the first admiral in the Navy. Congress created the rank for him, specifically, in recognition of his contributions during the Civil War.

Loreta Velazquez was the first Hispanic female spy in U.S. history. She was a Cuban-born woman who disguised herself as a Confederate soldier and served as Lt. Harry Buford. Velazquez left her married, domestic life in San Antonio and fought in such battles as Bull Run, Ball's Bluff, Fort Donelson and Shiloh. Although never officially recognized militarily for her efforts, her life story is chronicled in the book, *The Woman in Battle*.

Marine Pfc Guy "Gabby" Gabaldon, a Los Angeles native, captured more than 1,000 Japanese in the South Pacific during World War II. After learning Japanese from his adopted Japanese family, he used it to obtain vital information on enemy positions that aided in that capture. He received a Silver Star for heroism.

In Silvis, a small town in northwestern Illinois, there is a street named Hero Street, formerly known as Second Street. It is just one and a half blocks long in a predominantly Hispanic neighborhood. Joe Gomez, Pete Macias, Johnny

Munoz, Tony Pompa, Frank Sandoval, Joe Sandoval, William Sandoval and Claro Soliz grew up together in this small street in a very close-knit community, working for the railroad, just as their fathers before them had done. They went to war in World War II without hesitation and never came back.

As it turns out, 84 men from the 22 families who resided on this street participated in WWII, Korea and Vietnam. This street has contributed more men to military service than any other place of comparable size in the United States. Hero Street, U.S.A., has a remarkable story of personal sacrifice and patriotism.

In 2001, America lost a Latino patriot who was diligent in the defense of his country and who protected American lives many times over. His code name, Tango – Mike – Mike, stood for "That Mean Mexican." This patriot, who was also a Medal of Honor recipient, was Army Master Sgt. Roy Benavidez. In his book "Medal of Honor: One Man's Journey from Poverty to Prejudice," He wrote these memorable words:

"I believe that there is no greater calling for a man or woman to serve in the military of a free nation. I believe that it is a calling that transcends all others because embedded deep within the soul of every free man or woman is the knowledge that every freedom we have was earned for us by our ancestors, who paid some price for that freedom. Each and every generation must relearn those lessons, and they are best learned by doing. The strength of every free nation depends on this transfer of knowledge. Only through the transfer of knowledge from generation to generation will free men survive."

Each day, we have an extraordinary opportunity, an opportunity to be better than we were yesterday. We must all strive to improve ourselves to be the best we can be. That's how we can honor the memory of those who have given their lives to fight and defeat terrorism and ensure their sacrifices are not in vain. When opportunity knocks, we must be ready to answer the door.

Winston Churchill once said, "To every man, there comes in his lifetime that special moment when he is tapped on the shoulder and offered the chance to do a very special thing, unique and fitted to his talents. What a tragedy if that moment finds him unprepared and unqualified for the work that would be his finest hour."

Opportunity, combined with education, is a key to success; and the military is a great place to seek it, find it and achieve success from it.

Team Holloman

salutes ...

... for earning their associates degree

Master Sgt. Maurice Washington
Master Sgt. John Dymond
Master Sgt. Clay Lincoln
Master Sgt. Maurice Washington
Master Sgt. Corey Faust
Master Sgt. David Urdahl
Master Sgt. Christopher Eaddy
Master Sgt. John Kokoski
Master Sgt. Jesus Mireles
Master Sgt. Rhonda Jacobs
Master Sgt. James Ordway
Master Sgt. Susan Hunter
Master Sgt. Jeffrey Brown
Master Sgt. Martin Lara
Master Sgt. Cynthia Ward
Master Sgt. Douglas Delashmit
Master Sgt. Evangeline Gonzalez
Tech. Sgt. Thomas Mosher
Tech. Sgt. Jesus Oca-Martinez
Tech. Sgt. James Segler
Tech. Sgt. Cachyrel Ainslie
Tech. Sgt. Arthur Belmore
Tech. Sgt. Daniel Duda
Tech. Sgt. Edward Ford
Tech. Sgt. Byron Ginn
Tech. Sgt. Dawn Vetter
Tech. Sgt. Paul Houghton
Tech. Sgt. Dale Huizenga
Tech. Sgt. Kerry Millen
Tech. Sgt. Anthony Wilson
Tech. Sgt. Renise Miles
Tech. Sgt. James Liessmann
Tech. Sgt. Marshall Starr
Staff Sgt. Tamica Harris
Staff Sgt. Lisa Walton
Staff Sgt. Reny Nunag
Staff Sgt. Jennifer Arredondo
Staff Sgt. Michael Cannon
Staff Sgt. Clifton Linde
Staff Sgt. David McAllister
Staff Sgt. Tesa Miller
Staff Sgt. Shawn Odom
Staff Sgt. Jared Tomlinson
Staff Sgt. Jeremy Hill
Staff Sgt. Kenji Nakano
Staff Sgt. Kenneth Doane
Staff Sgt. Ryan Atkinson
Staff Sgt. Nikki Boone
Staff Sgt. Mario Roque
Staff Sgt. Jennifer Kelly
Staff Sgt. Mark Thurn
Staff Sgt. Donna Newland
Staff Sgt. Timothy Ross
Staff Sgt. Pearl Alvarez-Swartz
Staff Sgt. Norman Padilla-Cruz
Staff Sgt. Angela Atkinson
Staff Sgt. Sherida Whyte
Staff Sgt. Robert Wellborn
Staff Sgt. Michael Leon
Staff Sgt. Eric Pina
Staff Sgt. Rhonda Eaddy
Staff Sgt. George Afful
Staff Sgt. Shavahn Erby
Staff Sgt. James Meredith
Staff Sgt. Pawel Nowacki
Staff Sgt. Richard Walker
Staff Sgt. Araceli Lackman

Staff Sgt. Robbie Kubiak-Cherkaski
Senior Airman Roy Cruz
Senior Airman John Jewett
Senior Airman Nathan Smoots
Senior Airman Allisa Powell
Senior Airman Chad Beames
Senior Airman Jermaine Quinton
Senior Airman Sergio Mendez
Senior Airman Keith Wooldridge
Senior Airman Latoya Williams
Airman 1st Class Joshua Tilley
Airman 1st Class Beth Hodgkinson
Airman 1st Class Eluid Pena
Richard Adler
Robert Moffitt
Stacy Nicholson

... for earning their bachelors degree

Senior Master Sgt. Cordell Butler
Senior Master Sgt. Louis Vecsey
Senior Master Sgt. Ronald Peeler
Master Sgt. F. Brian Lessing
Master Sgt. Patrick H. Claes
Master Sgt. Walter Zurek
Tech. Sgt. Heather Ransom
Tech. Sgt. William Caton
Staff Sgt. David Lees
Staff Sgt. Brian Myers
Staff Sgt. Ben Westermann
Victor Montez
Elesha Gentry
Ronald Brownell
Joann Fisk
Candice Frost
Diane Garcia-Mooney
Cynthia Hayes
Clifford Holloway
Lisa Materne
Trish Pascale-Woodhull
Richard Pifer
Warner Pinto
Guillermo Rivas

... for earning their masters degree

Maj. Bernhard Hofmeister
Maj. Patrick Karg
Capt. James McGlone
Capt. Todd Andre
Capt. Dale M. Nelson, II
Tech. Sgt. Gerald S. Limbourne
Tech. Sgt. Jay R. Lockwood
Lynda Suzanne Alfonso
Rachel Lynn Brocco
Terri Murphy Coleman
Gail H. Estell
Betsy Hughes-Johnson
Helen C. Klinekole
Victoria Lynn Lomelino-Tewa
Jeremy A. Patton
Rebekah Jill Stephens



The 49th Security Forces Squadron handled the following incidents Oct. 7 to Sunday:

Tickets

Members of the 49th Security Forces issued 32 tickets from Oct. 7 through Sunday: three for speeding 10 mph over the posted speed limit, four for speeding one to nine mph over the posted speed limit, five for failure to stop, one for failure to yield, one for inattentive driving, one for parking in a handicapped space, one for assault, two for no vehicle registration, one for no insurance and four for parking violations.

Property loss, damage or theft

- Oct. 7 -- A civilian was issued a citation for failure to yield, causing a privately owned vehicle to government owned vehicle accident.
- Oct. 7 -- An NCO reported theft from his tool shed in base housing.
- Oct. 10 -- An NCO reported damage to a GOV.
- Oct. 10 -- An civilian reported an airman's POV rolled and struck his POV. The airman failed to set his emergency brake.
- Oct. 12 -- An airman broke a dormitory window.

Patrol response

- Oct. 2 – An NCO reported a loose dog in base housing.
- Oct. 8 – A spouse accidentally locked her children in the car.
- Oct 8 – An NCO reported an assault by his spouse.
- Oct 8 – A civilian reported that she received an obscene call.
- Oct. 10 – An airman reported that two individuals were fighting at the soccer fields.
- Oct. 11 – A spouse reported a verbal altercation between two airmen in base housing.
- Oct. 11 – An airman received an Article 112 for being drunk on duty.

B On the **IG SCREEN**

Cabin Fever (R)

7 p.m., tonight and Sunday

Dickie Roberts: Former Child Star (PG-13)

7 and 10 p.m., Saturday

My Boss's Daughter (PG-13)

7 p.m., Thursday



EST

from Page 1

Lauseng, the non-commissioned officer in charge of EST.

“The situations we respond to are things that normal patrols won’t deal with, such as hostage situations, barricaded suspects and suicidal persons,” said Lauseng. “But primarily, we will be used in air show security details and VIP protection.”

The EST concept dates back to several domestic terrorist attacks in the 1960s and 1970s when the Air Force saw a need for tactical neutralization teams, or TNTs. These teams, later renamed ESTs, began receiving more attention with the increase in violent crimes on Air Force bases in the 1990s and the terrorist attacks on Sept. 11, 2001.

“The chances of something happening out here at Holloman are pretty low,” said Lauseng. “But because there is a chance, we are here.”

The Holloman EST incorporates 17 total members from the 49th Security Forces Squadron. These members, both officers and enlisted per-



Photo by Airman 1st Class Vanessa LaBoy

EST team members practice helicopter insertion and extraction at an urban combat range.

sonnel from Holloman and Army National Guardsmen, make up two teams.

Nicknamed the “10th Legion” after a famous Roman legion that never lost in a battle, the Holloman EST encompasses the spirit and teamwork of that famous legion, according to Staff Sgt. Kenneth Lustig, 49th SFS EST assistant NCOIC.

Team Holloman will benefit from the EST because it serves as a deterrent to possible violent crimes and any terrorist situations, said Lauseng.

“EST was established to respond to serious incidents on base,” said Senior Master Sgt. Jerry Gandy, operations supervisor for the 49th SFS. “According to Air Force regulations, an Air Force base

must provide an EST team if a local SWAT team is not available.”

Gandy said that the team provides the speed and flexibility to respond to an incident because they are located on base.

The EST has been conducting exercises in base housing for two weeks. This training includes hostage situations, drug raids and the handling of homicide suspects.

“We’re making these exercises as realistic as possible,” said Lauseng. “We want to create a variety of different scenarios for them. This will give them an idea of what it will be like if they ever have to make entry into a building.”

The team is looking toward the future to become a more prominent law enforcement organization.

“We are getting equipped to handle more and more situations,” said Lauseng. “We are looking into training with other formal schools throughout the United States, including LAPD and FBI tactical schools.”

Lauseng said even with the specialized tactics and training employed by EST, they all come down to one fact.

“Our number one mission with EST is to save lives,” said Lauseng. “We are life savers, not life takers.”



Photo by Staff Sgt. Kenneth Lustig

EST members perform log situps during morning physical fitness training.

IDEA *from Page 1*

program manager of the 49th Fighter Wing Manpower office, Holloman's numbers came from more than 113 submissions throughout the year – four of which earned the submitter the maximum award of \$10,000.

In years past, there were two methods by which a person could make an IDEA program submission. Today, people must make their ideas electronically through the IDEA Program Data System Web site at <https://ideas.randolph.af.mil/ipdswarn.html>. There are instructions on the Web site to walk users through the submission process.

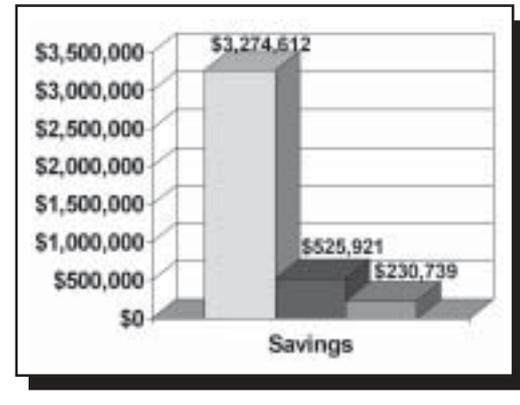
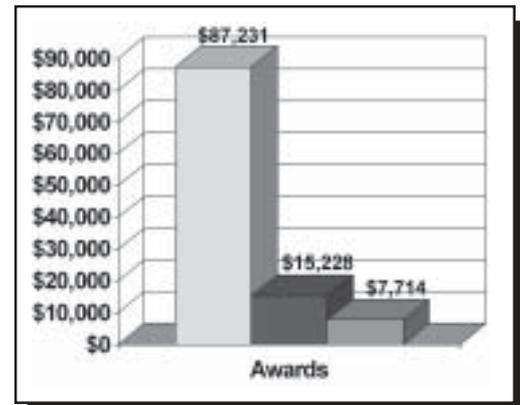
Part of the program's success here is the diligence of the program managers, said 1st Lt. Carl Cook, Innovation programs manager, also from the 49th Fighter Wing Manpower office.

"From the manpower office and the program managers in the units here, we all work very closely with submitters to ensure each package is completed in a timely manner," said Cook. "Neither the Air Force nor the submitter is benefiting from an IDEA program

submission that sits on someone's desk. Once a submission gets into the system, then it's in a place where it can do some good for the Air Force and earn an award for the submitter."

The program currently pays a \$200 maximum for intangible ideas, said Cook. Intangible ideas are those that don't necessarily save the Air Force money, but that do make life easier and safer. However, tangible ideas are the ones that save the Air Force a lot

of money, said Marsh. A person could get 15 percent of what the Air Force's estimated savings would be for the first year, up



to a total of \$10,000.

For more information, call the manpower office here at 572-CASH (2274).

CSS

from Page 1

gibility Enrollment Reporting System, or DEERS. Active duty members, retirees and dependents with proof of dependency are automatically enrolled in DEERS and need only to register for the service.

"The e-mail service makes it possible for families to learn about the base services available to them, including special events, without having to physically visit the base or rely on their spouse to bring the information home," said Brenda Liston, Chief of Air Combat Command Family Matters. The service also exists to help build the esprit de corps among the troops.

When using the service, families can access information about items such as base housing, employment, health services, base events, family support center, services, and more. The CSS offers families up-to-the-minute reminders on benefits and services actually provided for the Holloman community. According to Liston, this often extends to the local community, since some base agencies sponsor locally provided services.

"After 27 years of serving in the military, it seems like we were always challenged when it came to getting information out to the military families off-base," Tom Fuller, CSS base administrator, said. "This gives us another way to get



important base information out to Team Holloman members and their families."

Once the program begins, subscribers can go to the Holloman Web site and click on the CSS icon to sign up. The subscriber has only to type in their name and social security number to be validated and able to use the service. When subscribing to CSS, subscribers don't have to receive information on all base programs; they can choose to receive the type of information they want and change their choices at any time.

"I believe in the program because now I feel we will actually get the information out, and it is totally voluntary," Fuller said.

Crystal Bender, 49th Services Squadron Marketing Department publicist, said she believes the program will be a success, "because the families will finally be able to quickly obtain information on their interests."

For more information, contact Tom Fuller or Tech. Sgt. Paul Coupaud, assistant base administrator at (505) 572-5406.

In remembrance of ...

Airman 1st Class Lynette Johnson

Airman 1st Class Lynette Johnson, a 49th Communications Squadron messaging technician, died in a car accident Oct. 13.

She entered the Air Force in August 2001, and arrived at Holloman in March 2002.

A memorial service was held for her Thursday at the Holloman Air Force base chapel.

These remarks are from co-workers to tell us more about Airman 1st Class Lynette Johnson.

“Airman Johnson was a person you would want to work for you. She was polite, respectful and never complained. She was an all around beautiful person.”

~ Maj. Brent Hepner

“Airman Johnson was a beautiful person inside and out. She always lifted spirits with her beautiful smile and caring personality. She was a true blessing to all who crossed her path.”

~ Master Sgt.
Polly Chike

“Airman Johnson was sweet and caring. She was always happy and always laughing. If someone paid her to hate you, she would still be sweet to you. Once you met her, she impacted



Johnson

your life forever. She was a great person. She will be deeply missed.”

~ Senior Airman Eric Shaw

Holloman Salutes



These airmen reenlisted in September:

49th Maintenance Operations Squadron

Tech. Sgt. David Arnold
Staff Sgt. Erik Pelowitz

49th Maintenance Squadron

Master Sgt. Fiailoa Vaielua
Tech. Sgt. Stephen Cimino
Tech. Sgt. Raynard Gaines
Tech. Sgt. Cincarlton Grandy
Tech. Sgt. Rickie Gress
Tech. Sgt. Robert Hoover
Staff Sgt. Brett Baumann
Staff Sgt. James Fraser

49th Logistics Readiness Squadron

Master Sgt. Keith Bullard
Tech. Sgt. Keenan Johnson

46th Test Group

Master Sgt. William Bynum

49th Civil Engineer Squadron

Tech. Sgt. Jory Irons
Staff Sgt. Matthew Jones
Staff Sgt. Edward Kelly Cannon
Senior Airman Brandon Druessel

49th Aeromedical-Dental Squadron

Staff Sgt. Netha Manby
Senior Airman Dacia Chenier

49th Communications Squadron

Staff Sgt. Adam Considine
Staff Sgt. Jason Maine

49th Materiel Maintenance Squadron

Tech. Sgt. Jessie Cox Jr.
Staff Sgt. Chuckie Taylor

49th Maintenance Group

Master Sgt. David McMahan
Tech. Sgt. Robert Davis
Staff Sgt. Michael Debaar

49th Medical Operations Squadron

Tech. Sgt. Michele Hatch

Tech Sgt. Lee Richards

49th Aircraft Maintenance Squadron

Chief Master Sgt. Bobby Packard
Staff Sgt. Delano Hill
Staff Sgt. Donald Hoskins Jr.

Det 4., Air Force Weather Agency

Staff Sgt. John Jones

49th Contracting Squadron

Master Sgt. Joel Samuelson

49th Security Forces Squadron

Staff Sgt. Melissa Szczerbiak

49th Materiel Maintenance Support Squadron

Staff Sgt. Harold Padua
Senior Airman Fernando Samaniego

FSC

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

- Conflict resolution: 9 to 10:30 a.m., Monday.
- Spouse employment workshop: 12:30 p.m., Monday.
- Three-day transition assistance program: 8 a.m. to 4 p.m., Tuesday, Wednesday and Thursday.
- Disability transition assistance program: 8:30 a.m., Thursday.

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

ALS graduation

Airman Leadership School class 03-H has their graduation banquet with social hour 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 and \$13 for non-club members. RSVP with a student no later than today. There will be no refunds for cancellations after today.

For more information, call 572-5860.

Graduation retreat

Airman Leadership School class 03-H graduation retreat is 1:30 p.m., Oct. 27 in the dorm mall area behind building 339. Commanders, first sergeants, supervisors, family and friends are invited to join the graduates in this important event. Duty uniform is required.

For more information, call Staff Sgt. Stacey Horton at 572-5860.

Family fishing day

Family fishing day is from 9 a.m. to 1 p.m., Saturday at Grindstone Lake. Cost is \$5 per person. The pool will be stocked with black bass and carp. Bring your own fishing equipment and keep what you catch. Entry fee is \$1 for the fishing contest from 9 to 10 a.m. Sign up by today.

For more information, call Outdoor Recreation at 572-5369.

Middle-two

This month's Holloman middle-two meeting is at 1 p.m., Wednesday in the meeting room at the Oasis Enlisted Club. The guest speaker is Chief Master Sgt. Rodney Ellison, the new Air Combat Command chief.

For information concerning past meeting minutes, access the Web site at <https://wwwmil.holloman.af.mil/main/Middletwo/index.htm>.



Photo by Senior Airman Brandy Dupper-Macy

Shopping around

Lee Hurt shops for children's toys in the Thrift Store. The Thrift Store is open from 10 a.m. to 2 p.m., Tuesdays and Thursdays. Consignment hours are 10 a.m. to noon.

Harry Potter brunch

The Harry Potter brunch is 10:30 a.m. to 1 p.m., Nov. 2 at the Officers' Club. Cost is \$11.95 per person. Members receive a \$2 discount and children receive a Gringotts BankCard valued at \$6 for their wand, hat and cauldron.

CAC/public key orientation

Public Key Infrastructure and Common Access Card Awareness Orientation for all Holloman personnel that are eligible is at 8 a.m., 9:30 a.m., 11 a.m., 1:30 p.m. and 3 p.m., Oct. 28 through 30.

MOPS

Mothers of Preschoolers has a meeting from 9 to 11:30 a.m., Tuesday at First Assembly Worship Center. Guest speaker Ellie Kay is lecturing on "Simple Seeds that Grow Holiday Happiness." Ellie will be sharing some ideas for preparing for the upcoming holiday season. The craft will be soup

mix jars. The group is open to all mothers with children 5-years-old and younger.

For more information call 921-0939 or 437-2593.

Dynamics of family violence

Family advocacy is sponsoring a dynamics of family violence workshop 1:30 p.m. to 4 p.m. Tuesday at the community center.

For more information, call Howard Hill at 572-7061

Airmen of Note

Airmen of Note, the premier jazz ensemble of the Air Force, will play at 3 p.m., Sunday at the Tays Special Events Center. Admission is free, but tickets are required.

For more information and tickets, call or visit the Chamber of Commerce at 437-6120.

Red Cross

The Red Cross schedule of events is

as follows:

- Child/infant cardio pulmonary resuscitation: 1 to 4 p.m., Wednesday in the community center.
- Community first aid and safety: 9 a.m. to 5 p.m., Oct. 25 in the community center.
- Basic first aid: 1 to 4 p.m., Oct. 29 in the community center.

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

Christmas parade

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

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

Sunburst Correction

The pizza bar and Wright Brothers operation at the Enlisted Club will discontinue Oct. 31. A new lunch line will open Nov. 1 and will include items from the pizza line and Wright Brothers menu as specials.

CE family day

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

Red Cross

The Red Cross open house is 9 a.m. to noon, Oct. 29 at building 222, suite 225. They will be providing information on volunteer opportunities and other Red Cross services.

For more information, call Evelyn Martinez at 572-7066.

Free tutoring

The Company Grade Officer Council offers free tutoring from 4 to 6 p.m. every Tuesday in the Base library's group study rooms. The focus is on college level math, science and English in a small group setting, but the group will try to accommodate other subjects as well.

For more information, call 2nd Lt. Chris Wojtko at 572-5038.

Needs assesment survey

The education center is collecting a needs assessment survey to determine what type of graduate level programs Team Holloman members are interested in. For more information, call the education center at 572-3971.

LASIK now available for airmen

by Master Sgt.
Richard Searles

*Air Force Surgeon General Public
Affairs*

The Air Force's "warfighter" corneal refractive surgery program expanded its services to include laser-in-situ-keratomileusis, or LASIK, for qualified people at its centers.

Gen. T. Michael Moseley, Air Force vice chief of staff, approved a memorandum written by Lt. Gen. George "Peach" Taylor Jr., Air Force surgeon general, announcing the immediate start of the expanded program.

LASIK and photorefractive keratectomy, a similar surgery already being performed at the centers, are Food and Drug Administration-approved elective procedures designed to reduce the need for corrective lenses.

"(Because) glasses and contact lenses may be an operational disadvantage, PRK or LASIK may be performed to enhance performance and safety, and increase the readiness of warfighters by eliminating the need for glasses or contact lenses," said Col. David Rhodes, chief physical standards at the Air Force Medical Support Agency.

LASIK will be offered to airmen who are not considered aviation and special-duty personnel.

"Aviation and special-duty personnel will continue to be covered under a separate surgeon general

policy and are currently restricted from undergoing LASIK due to concerns regarding the stability of the corneal flap created during this procedure," said Rhodes. "Selected special-duty personnel whose duties are not performed while flying, however, will be eligible for LASIK.

"There are general concerns with corneal-flap-related complications of LASIK that go beyond routine clinical issues that are specific to the aviation and operational environment," said Rhodes. "There is no corneal flap created with PRK. For this reason, PRK remains the preferred procedure, and expectations are that it will continue to be performed in much greater numbers at the (Warfighter Refractive Surgery Center)."

Any person electing to have LASIK performed should be aware of the potential for complications associated with the corneal flap that are not associated with PRK. Rhodes said that although an individual is currently in a career field that is qualified for LASIK, having the procedure would make him or her ineligible to later train into most aviation fields under current policy.

Though either surgery may be operationally beneficial for some people, it is an elective procedure. There is no requirement for any airman to obtain either LASIK or PRK. Eligible people may undergo either procedure at any operational

refractive surgery center.

"Wilford Hall Medical Center and the U.S. Air Force Academy's center currently have the resources to do LASIK and PRK," said Rhodes. "The other centers currently perform PRK and will offer LASIK when resources permit."

Other centers are located at Travis Air Force Base, Calif.; Keesler AFB, Miss.; and Wright-Patterson AFB, Ohio.

Because of the expected high demand for this procedure, patients are assigned an operational priority based on mission requirement. They can have either LASIK or PRK depending on the center capability, the opinion of the surgeon, and patient eligibility based on Air Force specialty code.

"The individual's squadron commander must certify the prioritization category," he said.

Rhodes said the commander should consider mission impact when granting permissive temporary duty for these surgical procedures because the patient will not be allowed to deploy for a period of time resulting in temporary duty limitations."

The corneal refractive surgery program was initiated in late 2001 with PRK. Since the program began, more than 6,000 airmen have had the surgery.

Airmen seeking more information on the procedures should contact their installation eye-care professional.



Photo by Airman Christie Putz

Master Sgt. Stacy Maier dumps a box of "bird balls" into a drainage ditch along the flightline at Fairchild Air Force Base, Wash.

Innovative method prevents bird strikes

by Airman Christie Putz
*92nd Air Refueling Wing
Public Affairs*

Fairchild Air Force Base, Wash., is the first Air Force installation to use "bird balls" as part of a new program to prevent airfield bird strikes.

The new tool, part of the 92nd Air Refueling Wing bird-aircraft strike hazard program, uses small, environmentally safe, black balls to cover the surface of the water on the drainage ditches near the flightline.

The idea behind the balls is that they will block the ultraviolet rays and prevent growth of algae and weeds, making it a less desirable place for the birds to roost, said Master Sgt. Stacy Maier, of the wing's flight safety office.

The balls also prevent the birds from being able to sit on the water and pose a threat of flushing when aircraft fly overhead, he said.

"Bird-strike damage can range from something as simple as a small scratch or dent, to something as big as causing an airplane to crash, due to a complete system failure," Maier said.

Additional positive aspects include easy installation, lack of maintenance and ability of the balls to adjust to fluctuating water levels, he said.

"They are also relatively inexpensive to purchase," he said. "The 50-yard section that was filled as

a trial area used a total of 10,500 balls at a small cost of \$2,000."

Although Fairchild is the first base to experiment with this technology, it has been used before.

"San Francisco International Airport has used them with great success," said Lt. Col. Lesley Spraker, the wing's chief of safety. "Since they placed the bird balls in their open water, they have dramatically reduced bird activity in and around the previously open water areas."

No other Air Force bases use this technology, he said. When the idea was presented at the bird-aircraft strike hazard conference, several military bases and civilian organizations asked Fairchild to report the results so they could evaluate the technology.

Other solutions were considered but were either not cost-effective or would present other problems in the future, he said.

Fairchild has many other precautions to prevent bird strikes. Such precautions include covering nearby skimming ponds with netting, using several remotely controlled propane cannons and mounting one in the rear of a truck as a scare device.

"With the combined effort at Fairchild, we have seen our damaging bird-strike costs drop dramatically. The last damaging bird strike was in December of 2002 and resulted in a cost of \$728," Spraker said.

News Briefs

Request denied

The secretary of the Air Force has denied a cadet's request to resign in lieu of court-martial.

Cadet 3rd Class Douglas Meester submitted the request July 8 to Air Force Secretary Dr. James G. Roche, officials said.

Charges were preferred against Meester on May 13, for violations of the Uniformed Code of Military Justice. The charges included rape, forcible sodomy, inde-

cent assault and conduct unbecoming of an officer and gentleman for providing alcohol to minors.

Officials said the case may now proceed to court-martial. A court date has not yet been determined. If convicted, Meester faces a maximum punishment of confinement for life, forfeiture of all pay and allowances, and dismissal from the Air Force.

Thunderbirds

The U.S. Air Force's air demonstration team, the

Thunderbirds, will resume its schedule beginning with the Fort Smith Regional Air Show in Arkansas on Oct. 11 and 12.

The Thunderbirds halted official demonstrations following an aircraft accident at Mountain Home Air Force Base, Idaho, on Sept. 14.

Complete details surrounding the Sept. 14 crash are unknown and a safety investigation board has convened to investigate the incident, officials said.

Karl Malone guarantees POW/MIA recognition

by Tech. Sgt. Mark Munsey
15th Airlift Wing Public Affairs

It is said that passionate people wear their hearts on their sleeves. For Los Angeles Lakers' forward Karl Malone, he chooses to wear his on his shoe.

There are more than 88,000 Americans still unaccounted for in all conflicts. The Lakers could sell out every home game and be well into the sixth game of the season before the fans outnumber those prisoners of war or missing in action yet to be returned to U.S. soil.

Like many others, the idea of having unaccounted American military members greatly upsets the Lakers' most seasoned veteran.

"I've had so many friends and family, like my grandfather, who served in the military, and it always reminds me of the

American POW/MIAs," Malone said.

And it always brings him back to the same discomfoting thought, he said. "It seems like sometimes they are forgotten."

Unlike others troubled by this idea, Malone set a plan in motion to do something about it.

His new sneaker is emblazoned with the POW/MIA emblem.

Every time the Lakers play on television, especially this summer when the U.S. national basketball team makes another Olympic gold medal run, the emblem will be front and center, he said.

"I have the POW/MIA flag everywhere. I fly it on my trucks," said the 6-foot, 9-inch power forward. "When my new shoe deal was coming up, and they asked me about how I wanted it to look, I just thought having the flag on there was a



Photo courtesy of Douglas C. Pizac, Associated Press

Los Angeles Lakers power forward Karl Malone wears a new basketball shoe with the POW/MIA flag. Designed in the off-season, the shoe debuted in the Lakers' preseason game vs. the Golden State Warriors Oct. 7.

good idea."

It will not be a short-term design either, he said. The flag will

remain a part of his uniform for the duration of his career.

"It's just my way of saying

thanks, both to those serving now as well as our POW/MIAs,"

he said.

Holloman Hawks remain on top in NABA



Photo by Airman Stephen Collier

Hawks second baseman Scott Mitchell tags an Avalanche runner at second during the Hawks 11-3 win Oct. 12 at Griggs Sports Complex.

by Airman Stephen Collier
49th Fighter Wing Public Affairs

After defeating the Tornados in a 10-9 last-minute upset, the Holloman Hawks remained undefeated as they clobbered team Avalanche 11-3 in Sunday's second game of the Hawk's double hitter at Griggs Sports Complex in Alamogordo.

The game started slow with tough in-field games supported by Hawk pitcher William Young, with 32 strikeouts this season alone, and Avalanche first-baseman Mike Assmann, who dominated with single and double plays.

The action started to heat up on home plate as Hawk's catcher Richard Sutton blasted Avalanche pitcher Jerry Weaber's curve ball out of the park to put the Hawks on the board first.

In the top of the third, the Avalanche's Billy Manning answered back with a flyball out of the park to tie the game 1-1.

The game continued its momentum through the fourth inning with runs by the Avalanche's Cody Ekbal and Mike Peters, bringing the board to 6-3 in the Hawk's favor. The Hawk's new guy Karey Braseo opened the game wide open in the top of the fifth. He pulled back and jolted a high flier over the fence for another Hawk run.

With the score 8-3, Braseo stepped up to plate once again and pounded yet another hit out of the field, adding three more runs to the books and bringing the score to 11-3.

With the top of the seventh and everything riding on the instincts of Avalanche teammate Chad Smith, he ended the match up indefinitely with a popup in the infield, leaving the score at 11-3.

The Hawks will play at 1:30 p.m. Sunday against team Avalanche, who hosts a double hitter against the Tornados at 4:30 p.m.

For more details, contact Nathan Knox at 439-5669.

Stretching, an important part of a running routine

by Charlotte Engeman
49th Medical Group

I equate stretching with flossing your teeth. Flossing daily will prolong the life of healthy teeth and gums, but how many of us skip this important activity? The same goes for stretching. Flexibility will prolong your running career more than any other running related endeavor. Yet, when we're in a crunch for time, flexibility work is the first to go. I read a great article in a running magazine about stretching. They interviewed Scott Tinley, a two-time Ironman world champion. As a professional athlete he spends many hours each day swimming, cycling and running. When he was asked to name the single activity that helped his training more than all others he responded with "stretching!"

There has been some controversy recently surrounding the benefits of stretching and

improved flexibility. The verdict is still out on whether or not stretching improves running performance, but there is plenty of evidence that stretching is an important step toward injury prevention. Regular stretching increases the range of motion of muscles. Muscles that are longer are more efficient and able to exert more force than a muscle that is shorter and tighter. Longer, more efficient muscles are less likely to become injured. Regular flexibility work can, over time, help to increase the length of muscles.

Now let's get down to the nitty-gritty of flexibility. When is the best time and what is the best way to stretch? No doubt, the best time to stretch is after you have done some sport-specific warm-up, or better yet, af-

ter your running workout. Most running experts agree that the best way to warm-up is not necessarily with stretching, but instead with an easy run. Walk or jog at a very slow, easy pace until

you feel comfortable and loose. Then work into your aerobic zone. After you are done with your workout it helps to walk for five minutes to allow muscles to cool down. It is at this point where you

want to take a few minutes and stretch.

It is important to involve all the major muscle groups in your stretch: the chest, back, buttock, hamstrings (back of the thigh), quadriceps (front of the thigh) and the



calves. The other important tip to remember is that you never bounce when you stretch. This is a static activity, meaning "fixed in one place". Hold the stretch for 10-30 seconds. And don't forget, you never want to stretch to the point of pain.

Stop at the point that you feel discomfort and back off a bit. The Health and Wellness Center has some great handouts on specific stretches for running – stop by and pick up a copy.

Make stretching a regular component of your daily routine. Consider it a part of your running workout, not a separate event that you add in at the end of your run. Bottom line – if you don't have adequate time to do both, shorten your run to leave yourself the time it normally takes you to stretch. This simple practice will prolong your running career. Next week we'll talk about your main piece of protective gear for running...shoes!

(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.)

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, Staff Sgt. Ron Denson, with nine correct picks.



This week's games:

NFL

- Broncos at Vikings
- Patriots at Dolphins
- Packers at Rams
- Chiefs at Raiders
- Bucs at 49ers
- Titans at Panthers

NCAA

- Texas A&M at Nebraska
- Georgia at Vanderbilt
- Purdue at Wisconsin
- LSU at S. Carolina
- Florida St. at Virginia
- Florida at Arkansas

FW



Capt. Daniel Watson

NFL: Vikings, Dolphins, Packers, Chiefs, Bucs and Titans
NCAA: Nebraska, Georgia, Purdue, LSU, Florida St. and Arkansas

OG



Staff Sgt. Ryan Slattery

NFL: Broncos, Dolphins, Rams, Chiefs, Bucs and Titans
NCAA: Nebraska, Georgia, Wisconsin, LSU, Florida St. and Arkansas

MDG



Chief Master Sgt. Stephen Wright

NFL: Vikings, Dolphins, Packers, Raiders, 49ers and Titans
NCAA: Nebraska, Georgia, Purdue, LSU, Florida St. and Florida

MXG



Tech. Sgt. Jeffery Tomasek

NFL: Broncos, Dolphins, Packers, Chiefs, Bucs and Titans
NCAA: Nebraska, Georgia, Purdue, LSU, Florida St. and Arkansas

MMG



Staff Sgt. Greg Kaltenborn

NFL: Broncos, Dolphins, Packers, Chiefs, 49ers and Titans
NCAA: Nebraska, Georgia, Wisconsin, LSU, Florida St. and Florida

MSG



Senior Master Sgt. Jerry Gandy

NFL: Vikings, Dolphins, Packers, Chiefs, Bucs and Titans
NCAA: Nebraska, Georgia, Purdue, LSU, Florida St. and Arkansas

4th SPCS



Staff Sgt. Robert Wellborn

NFL: Vikings, Dolphins, Rams, Chiefs, Bucs and Titans
NCAA: Nebraska, Georgia, Wisconsin, LSU, Florida St. and Florida



Photo by Airman Stephen Collier

Feel the burn

Suzanne Buck leads a morning aerobics class thursday. Aerobics classes are now free except for body shaping and taekwando. For schedules contact the Fitness and Sports Center at 572-3229.

Inside Intramurals

Football

Standings

Large Unit Monday/Wednesday

Unit	W	L
49th MXS	5	0
49th AMXS	3	2
49th MMG	3	2
49th SFS	2	2
49th CES A	2	3
49th OSS	1	3
49th LRS	0	4

Small Unit Tuesday/Thursday

Unit	W	L
49th CS	6	0
49th SVS/46th TG	3	2
49th MDG	2	3
4th SPCS	1	3
49th CES B	0	4

Sports Briefs

Boxing Contest

Boxing Contest 7 p.m., Nov. 8 at the Fitness and Sports Center. Boxers must be active duty military and sign up deadline is Oct. 27. For more information, call 572-3229.

Walleyball tournament

Walleyball tournament, 5 p.m., Monday through Friday. For more information, call Airman Gould at 572-2528.

AFA golf scramble

The Air Force Association hosts a golf tourney today at the base golf course. Sign in is at 10:30 a.m. and tee off is a noon.