



# Sunburst

Vol. 46 No. 42

Serving the Holloman Air Force Base community

Friday, Oct. 24, 2003

## 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.

### Fall back

Sunday starts Standard time, so remember to set clocks back one hour.

### Estate claims

Anyone having claims against or indebtedness to the estate of Airman 1st Class Lynette Johnson should contact Maj. Brent Hepner, 49th Communications Squadron summary courts officer, at 572-3814.

### Tricare closure

Tricare service center will be closed today. They will reopen Monday across from the laboratory in the base clinic. If you have any questions please call 572-3585.

## Inside

Commentary .....	2
Base Beat .....	4
Fire arms training .....	10-11
AF News .....	12
Sports .....	14



Photo by Tech. Sgt. Paul Coupaud

### Wanna race?

Morgan Hirselj sits inside the Air Force sponsored NASCAR Wednesday at the base exchange. The racecar is used as an Air Force recruiting tool and increases Air Force awareness.

## Installation Excellence team inspects Holloman

by Senior Airman  
**Brandy Dupper-Macy**  
*49th Fighter Wing Public Affairs*

A five-member team inspected Holloman Air Force Base Monday for the 2003 Installation Excellence Award.

The award recognizes outstanding and innovative efforts of the people who operate and maintain U.S. military installations.

"The excellence evaluation board inspectors review seven aspects of base

operations including work environment, quality of life, productivity, customer service satisfaction, bottom-to-top communication, unit cohesiveness and environmental safety," said 2nd Lt. Ryan Zeitler, 49th Civil Engineer Squadron project engineer.

One base is selected from each Air Force major command. Then an Air Force-wide winner is selected out of the MAJCOM winners.

Holloman is currently competing on the Air Combat Command level against

Seymour-Johnson Air Force Base, N.C. and Beale Air Force Base, Calif. MAJCOM winners compete at the Air Force level and eventually a winner is selected from each branch of service.

"The ACC winner receives \$100,000 to invest in quality-of-life programs," Zeitler said. "The Air Force winner receives a congratulatory letter signed by the U.S. president, formally receives the award from the secretary of defense at a Pentagon ceremony, and receives \$1 million for quality of life programs."



High: 83  
Low: 47  
TODAY



High: 75  
Low: 42  
SATURDAY



High: 74  
Low: 40  
SUNDAY



High: 74  
Low: 41  
MONDAY

# DUI Update

**Days since last DUI:** 6  
**DUIs year to date:** 1  
**DUIs this time last year:** 5

## Last six DUIs:

- 49 OSS ..... Oct. 18
- 49 SFS ..... Sept. 6
- 49 OSS ..... Aug. 29
- 49 SFS ..... Aug. 28
- 49 CES ..... July 7
- 49 MXS ..... June 26

# Small trio adds up to big impact

by Maj. Todd Vician  
 376th Expeditionary  
 Services Squadron  
 Manas Air Base, Kyrgyz Republic

They say big things sometimes come in small packages. Look at the number three. It is a small number, but it can have a big impact. A triple play ends an inning. A triple crown is the stuff legends are made of. The trinity is monumental to Christians around the world. Three Air Force core values set the foundation for all decisions we make as we do our mission at home or while deployed.

Three words said to me on a vacation to the Badlands of South Dakota two summers ago had a profound impact on me. As we pulled up to the Crazy Horse Monument, I remembered that one of my non-commissioned officers had once told me military were admitted to the park free. I stopped at the ticket booth and asked if this was still true. As the attendant said, "yes," I tried to get my wallet out of my pocket to show my ID card. Then he said the three words that I still remember today, "I believe you."

He waved me through, and as I drove to the parking lot, I asked myself, why did he believe me?

Why didn't he ask for proof? After all, he didn't know me and had no reason to believe me.

Or did he? He obviously knew many people like me — people in the military. He may not have known we have core values, but he knew we who wear the uniform for the most part stand for what's right. We protect freedom and put integrity first. I was the beneficiary of his past experiences, probably positive ones, with the military.

I drove away encouraged that I was associated with the profession of arms. Sometimes, however, I wonder how long we will keep this good reputation. Occasional news stories about dishonest servicemembers tarnish our image, but the fact that they are in the news means they are still out of the ordinary.

So far, so good. But what about daily missteps or misdeeds? Do you do what is right even when no one is watching, or do you believe that "what goes TDY stays TDY?"

Many in the public we serve are fascinated by our talent and awed by our successes. But with that appreciation also comes attention. As I tell my sons, every action has a consequence. If nothing else, when you get home and look into a real

mirror, will you be happy with what you see? Can you look at that face and say you have no regrets from your time in the service?

If the answer is yes, I say thank you and I will continue to try to live up to your mark. If the answer is already "no," don't despair. Forgiveness is a wonderful thing for which I'm grateful. Start watching out for others and thinking of the consequences before you act or you let your wingman do something. Commitment to doing what is right on the job and in your personal life will ensure we get home safely and with our heads held high.

We are part of the greatest Air Force ever assembled, and that is because of our collective strengths. Airmen have made the right choices and the tough calls for decades to allow us to succeed while taking this fight to cowardly terrorists. Now it is our turn, and I am convinced we are succeeding every day as I watch airmen come together to accomplish the mission. Whether the task is large or small, we usually do it well.

Stand tall, walk proud, and do what is right. You will have no regrets and good stories to tell of hard work, great achievements, fun times and new friends.

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

**Calls:**  
 Year to date: 71  
 Last week: 44

(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.
- **Limited War, Korea:** 7 a.m. and 12, 3 and 6 p.m.



### Holloman AFB Editorial Staff

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

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

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

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

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

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

## Holloman Hotline

572-7500



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

### Please hold...

**Q:**

**I have been at Holloman for three and a half years and since I've been here I've made several calls to the appointment line. Every time I've called I've been on hold for at least half an hour. Today I called, and have been on hold for more than an hour. What can be done to make appointments more available to people who are sick?**

**A:**

Thank you for bringing this to my attention. I know you were contacted by medical personnel who explained that the clinic was actually closed Sept. 30 for a wing-wide Safety Day. Unfortunately the telephones were not set up correctly or in a timely fashion, and the Ambulance Response Element gave you the wrong information. I hope you were satisfied with the explanation and apology you were given. We've already begun planning for telephone enhancements to ensure our patients are well informed of clinic closures and service changes. We're also monitoring our appointment desk performance continually to ensure patients are not on hold for excessive times. I hope you are feeling better and thank you for your call.



The 49th Security Forces Squadron handled the following incidents Oct. 15 to Monday:

### **Tickets**

Members of the 49th Security Forces issued 28 tickets from Oct. 15 through Monday: nine for failure to stop, four for no insurance, two for no registration, two for no drivers license, two for expired registration, one for expired insurance, one for limitations on backing causing an accident, two for speeding one to nine mph over the posted speed limit, two for speeding 10 mph over the posted speed limit, one for a parking violation, one for failure to wear a seat belt and one for an expired license plate.

### **Property loss, damage or theft**

- Oct. 15 -- An NCO backed his privately owned vehicle into an airman's POV. The NCO was cited for inattentive backing.
- Oct. 16 – An NCO reported damage to a bathroom stall door latch in building 224.
- Oct. 17 — A spouse reported a lost charm bracelet in the Temporary Lodging Facility.
- Oct. 18 – An anonymous caller reported a minor vehicle accident between a government owned vehicle and a POV.

### **Patrol response**

- Oct. 15 – An airman reported a retired officer taking unauthorized photographs of aircraft taking off.
- Oct 15 – An officer reported items were stolen from a package he mailed from Germany.
- Oct. 15 – An airman received an Article 92 for failure to obey a lawful order during a traffic stop.
- Oct. 16 – An airman was apprehended for assaulting his spouse.
- Oct. 18 – Three airmen were apprehended after a fight in the dormitories. Two were charged with Article 134, obstruction of justice. The third airmen was charged with an Article 92 for under age drinking; Article 95, resistance, breach of arrest and escape; and Article 134, disorderly conduct and drunkenness.
- Oct. 19 – An airman was taken into custody by the Otero County Sheriff Department for poaching. Security forces assisted the department to recover the remainder of the dead animal for evidence.
- Oct. 19 – An NCO received an Article 111 for driving under the influence.

## **B** On the **IG** SCREEN

### ***Cold Creek Manor (R)***

7 p.m., tonight, Sunday and Thursday

### ***Matchstick Men (PG-13)***

7 and 10 p.m., Saturday



# Holloman celebrates history at AF ball

*Editors note: This poem was written by Margaret Kavel, a World War II Navy veteran.*

## **Independence Dependence**

Our G.I. Joes & Janes don't need a summons  
to rally to the call  
For God and Country they give their all  
Personal matters relegated to the shelf  
To this I can relate  
Yet, each true to self  
Never questioning one's fate  
They learn to take orders and to serve  
They are their brothers' keeper  
To protect and preserve  
Our Heroes, I laud them long and loud  
Of them, I am might proud!

One of them,  
Margaret Kavel



Photos by Staff Sgt. Alan Port

**Left to right: Margaret Kavel, a WWII Navy veteran, walks with Ester Jones, Marine Corps veteran Honor guard cordon at the AF ball.**



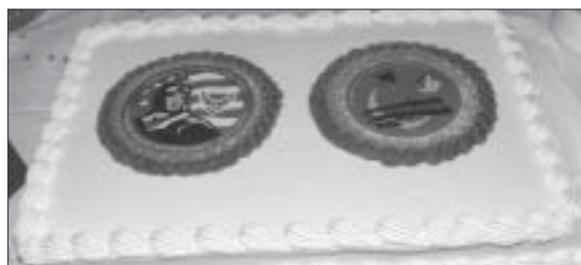
**The AF band, Airmen of Note, created in 1950, sport the Army Air Corps uniform while they entertain the crowd with classical and contemporary jazz.**



**Tech. Sgt. Paige Wroble, vocalist for the The AF Band, Airmen of Note, charms the crowd with the song *Wind Beneath my Wings*.**



**The oldest AF ball attendee, Brig. Gen. Jim Hunt, 49th Fighter Wing commander and the youngest, Airman Jessica Thornton, 49th Communications Squadron, make the first cut into the cake.**



**The cake is decorated with the same graphic as the AF ball coin, commemorating the Air Force's 56th birthday and 100 years of flight.**

# Holloman airmen log on at Digital Mania Zone

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

The Digital Mania Zone held its grand opening Oct. 16 at the Whispering Sands Community Center.

The DMZ is a gaming and entertainment area for all Team Holloman members 18 and over. The zone supplies gamers with six computers for Internet gaming, six Sony PlayStation 2 gaming consoles, three Microsoft Xbox gaming consoles, a big screen television, three pool tables and board games. A separate room is also available to listen to compact discs, cassettes and local radio stations.

Holloman members with their own personal computer can bring their equipment to the community center and plug into the DMZ network for internet game play.

"We want the airmen to get out of the dorms and get acquainted with others," said Mario Ceballos, community center assistant supervisor. "They can come over to a friendly environment where they can just enjoy themselves."

Directly following the ribbon cutting, the DMZ's held its first computer tournament. Airman 1st



Photo by Airman Stephen Collier

**Airman 1st Class Tyler Seeholzer, 49th Civil Engineer Squadron Readiness flight, competes in the Digital Mania Zone's first computer gaming tournament Oct. 16 at the community center.**

Class Tyler Seeholzer, 49th Civil Engineer Squadron Readiness flight, a participant in the tournament, said he hopes the DMZ will take off, but thinks it will take word of mouth.

"It's a good place to come after work and unwind," said Seeholzer. "Airmen can come over and play games over the internet with people back home."

According to Linda Aguirre, community center supervisor, the

DMZ will be planning monthly and quarterly PC tournaments in the future.

"The CAC greatly appreciates Team Holloman for all their help in making this happen," said Ceballos. "It's going to be a hit!"

Operating hours for the DMZ are 8 a.m. to 10 p.m., Monday through Thursday; 8 a.m. through midnight, Friday; and noon to midnight, Saturday. The community center is closed Sunday.

## Getting to the root of tooth decay

by Laura Pellegrino  
*Sunburst staff writer*

The number of Holloman's active-duty members with rampant tooth decay increased from 4.5 percent to 5.5 percent between March and August 2003. The 49th Aeromedical-Dental Squadron Dental Flight wants patients to know there are ways to avoid painful cavities and tooth decay.

"It is evident that a fair number of people drink soda throughout the day," said Lt. Col. Harry Holiday, 49th ADOS Dental Flight commander. "What many don't realize is that as soon as they eat something sweet, their oral bacteria instantly change the sugar into

acids that erode the surfaces of the teeth."

Soda is not the only cause of tooth decay, Holiday said. Any sweet food or drink consumed during the day will cause cavities.

Knowing when to eat sweets reduces the risk of tooth decay.

"The most critical factor in tooth decay is not the quantity of sweets eaten, but the time of exposure to the sweets," said Capt. Aries Ganir, 49th ADOS Dental Flight Preventive Dentistry Officer. "For instance, a 64-ounce mug of soda contains a lot of sugar, but drinking one of these during lunch is not nearly as harmful as sipping on sweetened coffee throughout the day."

Munching on sugary snacks

between meals can also destroy healthy teeth, Ganir said. During a meal, the build-up of saliva and movement of food helps offset the effects of sugar, but a constant exposure to small amounts of sugar between meals can cause cavities.

To further avoid cavities, it's good to substitute sweet snacks with sugar-free foods. Using sugar substitutes in coffee or tea will decrease the risk of tooth decay.

"Besides diet, it's imperative that a person disrupt the bacteria in their mouth daily with effective brushing and flossing," Ganir said. "It takes about three minutes of brushing to adequately remove the tenacious bacterial layer."

# Family Advocacy prevents domestic violence through education workshops

by **Laura Pellegrino**  
*Sunburst staff writer*

October is domestic violence month, and the 49th Medical Group's Family Advocacy office is reminding Team Holloman that help is available for those who need it.

"We encourage people who are having individual or relationship problems to seek help," said Howard Hill, 49th MDG Family Advocacy outreach manager. "Don't wait until it becomes a case of maltreatment."

To remind people about domestic violence month, Family Advocacy is promoting several workshops in October.

A leading factor in domestic violence is stress, Hill said. During stressful periods, people become violent because they become intolerant and impulsive in their actions.

"We live in some stressful times," he said. "People become overwhelmed."

Financial problems, deployments or work can all contribute to stress. Some of the workshops are aimed at teaching people how to cope with these difficulties before they become triggers for violence.

"As stressors decrease, people can get a handle on their problems," he said. "They learn how to communicate effectively and can get back to loving each other."

It's important for people to recognize the potential problem before it becomes domestic violence, Hill said.

"If someone has financial problems, they should get financial help," Hill said. "If couples have relationship problems, they should get help. Whether they go to Life Skills, a chaplain or someone in town, help is available."

Domestic violence should be a concern for all Team Holloman members.

"We must all be watchful for the signs of domestic violence and act to end this blight on our

community," said Gen. John Jumper, Air Force chief of staff, in a letter dated July 24, 2002. "All active duty and family members must be aware of local military and civilian resources for preventing family violence, procedures for responding to it and the support services available to those in need."

For more information about domestic violence or workshops, contact Family Advocacy at 572-7061 or COPE at 437-2673.

## On the side...

The Family Support Center and Family Advocacy are supporting domestic violence month through classes and workshops, including the following:

Yours, Mine and Ours: 2 p.m., Wednesday at the Family Support Center.

# Adopt-A-Park to keep Holloman clean

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

The 49th Civil Engineer Squadron is asking for Team Holloman members to adopt a park as a solution to many of their litter issues.

The program, Adopt-A-Park, which started Oct 8, encourages sponsors to help clean up most of the extra trash and debris at the parks on Holloman.

"The grounds maintenance contractor is responsible for picking up trash only once per week, which does not include emptying park trash cans," said Maj. Gregory McClure, Commander, Operations Flight and Deputy Base Civil Engineer.

According to McClure, the overall appearance of our parks and playgrounds could be better.

"In order for us to have quality parks and playgrounds for our community, we must come together and take care of these areas," said McClure.

There are about 15 parks on base, including all housing playgrounds, Steinhoff Park and Thrasher Park. For adopted parks, the 49th CES has purchased roll-away trash cans and will install Adopt-A-Park signs highlighting the sponsoring organization. In addition, squadrons have the responsibility of picking up trash and debris, checking the trash cans throughout the week and moving the cans to the roads for pick-up days.

Similar to Adopt-A-Highway, any squadron on base may adopt a park or playground on base and is responsible for the beautification of the area. "The program is just getting started and we are still looking for squadrons to adopt a playground or park," said Lt Col David DeMartino, 49th Civil Engineer Squadron commander.

"Sponsors will be encouraged to use their own creativity and unique resources to beautify and improve each of their areas," said McClure.

"It will benefit all by keeping the playgrounds clean and free of



Photo by 2nd Lt. Shantece Wade

**Tech. Sgt. Gerald Greenwood, 49th Maintenance Operations Squadron picks up trash at Curry Circle Park.**

trash without relying on housing funds, and it will establish team spirit and camaraderie as units care for their parks. It should be a good thing for all," DeMartino said.

If a squadron is interested in adopting a park, their commander or first sergeant can contact Maj. Gregory McClure at 572-3071. The parks are on a first-come,

## FSC

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

- Spouse employment workshop: 12:30 to 2 p.m., Monday.
- Thrift savings plan/ REDUX: 8 to 10 a.m., Tuesday.
- Yours, mine and ours: 2 to 3:30 p.m., Wednesday.
- Customer service training: 9 to 11 a.m., Thursday.

For more information, contact the FSC at 572-7754 or visit the website at [www.mil.holloman.af.mil/sptg/mss/fsc](http://www.mil.holloman.af.mil/sptg/mss/fsc).

## Graduation retreat

Airman Leadership School class 03-H graduation retreat is at 1:30 p.m., Monday 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.

## Harry Potter brunch

The Harry Potter brunch is 10:30 a.m. to 1 p.m., Nov. 2 at the Holloman 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 caldron.

## CAC/public key orientation

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

## Red Cross

The Red Cross schedule of events is as follows:

- Community first aid and safety: 9 a.m. to 5 p.m., Saturday in the community center.
- Basic first aid: 1 to 4 p.m., Wednesday in the community center.

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

## Red Cross open house

The Red Cross open house is 9 a.m. to noon, Wednesday 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.

## Christmas parade

Volunteers are needed for traffic and crowd control during the Alamogordo Christmas parade at 6 p.m., Dec 6. To



Photo by Laura Pellegrino

## Little pumpkin

**Natalie Martinez, 2, searches for the perfect pumpkin at the Holloman Pumpkin Patch. The patch is open from 3 to 9 p.m., Monday through Friday, and 10 a.m. to 9 p.m., Saturday and Sunday, until Oct. 31. It is located across the street from the youth center. For more information, call Tech. Sgt. Janelle Asuncion at 572-3143 or Chad Ohelo at 572-1717.**

volunteer, e-mail [lisa.gallegos@holloman.af.mil](mailto:lisa.gallegos@holloman.af.mil) or [john.graves@holloman.af.mil](mailto:john.graves@holloman.af.mil)

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

## Enchilada lunch

The 49th Comptroller Squadron has an enchilada lunch from 11 a.m. to 12:30 p.m., Oct. 31 in the chapel annex. Enchiladas come with beans, rice, lettuce and tomato and are \$4 a plate. To order, call Janice Huber, Adriane Felix or Sandra Ortiz at 572-3785 by today.

## Football Frenzy

The Oasis Enlisted Club has Football

Frenzy from 5 to 10 p.m., every Monday night.

For more information, call 572-7378.

## Thrift Store hours

The Thrift Store is open from 10 a.m. to 2 p.m., Tuesdays and Thursdays. The store is now selling Halloween costumes and winter clothing. Consignment hours are 10 a.m. to noon, Tuesdays and Thursdays.

## 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.

## Boxing contest

The Fitness and Sports Center has a boxing contest at 7 p.m., Nov. 8. This event is open to active duty military and all participants must have a pre-flight physical. Sign up by Monday. The gloves used for the matches are 16-ounce.

For more information, call 572-3229.

## Mesilla Valley Maze

The fifth annual Mesilla Valley Maze is open from 11 a.m. to dusk, Saturdays and Sundays through Oct. 31 at 3855 W. Picacho, Las Cruces.

For more information, call Anna Lyles at (505) 526-1919.

## Spelling bee

The fifth annual Alamogordo Adult Spelling Bee will be held 7 p.m., Nov. 13 at the Tays Special Events Center. Teams of three adults will compete for best speller of Otero County. Deadline for registration is Nov. 7. Study books and rules will be available.

For more information, call Adult Basic Education at 439-3812 or the Otero County Health Council at 443-8100.

## ABE classes

New Mexico State University Alamogordo's Adult Basic Education program offers free General Equivalency Diploma, English as a second language and citizenship classes. New GED classes are forming now. Morning and evening classes are offered, and all classes are free.

For more information, go to the Tays Special Events Center or call Adult Basic Education at 439-3812.

## Sunday brunch

The Holloman Officers' Club hosts a brunch from 10:30 a.m. to 1 p.m. every Sunday and is open to all ranks.

For more information call 572-3611.

## Space museum

The New Mexico Museum of Space History's Education Department has a "Moon Mission" program from 7 to 9 p.m., Nov. 13 and 20. There is a \$15 fee per family. Space is available on a first come, first serve basis.

For more information, call 437-2840.

# Air Force releases fitness standards

Air Force leaders released the fitness-scoring charts that will be used beginning Jan. 1.

“The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It’s time to change that,” said Air Force Chief of Staff Gen. John P. Jumper in a Sight Picture released in July, explaining the rationale behind the change.

Officials said the fitness score will include four components: crunches, push-ups, an abdominal circumference measurement and the 1.5-mile timed run. People who are not medically cleared to run will continue to take the bike test. The component scores are then added to get a composite fitness score and determine if the person falls into the excel-

lent, good, marginal or poor category. The charts are available online at [www.af.mil/news/USAF\\_Fitness\\_Charts.pdf](http://www.af.mil/news/USAF_Fitness_Charts.pdf).

Fitness categories will determine how often a person must retest. For instance, a composite score of 70 to 74.9 places the person in the marginally fit category. This designation requires retesting at six-month intervals. A score of less than 70 places a person in the poorly fit category. That score requires a retest every three months. People at the marginal and poor levels also will participate in educational programs.

Air Force leaders encourage commanders to recognize people who attain an excellent fitness level or make substantial improvement.

“The focus of the new fitness program is not the assessment. The program is about integrating fitness into our culture, and our members adopting fitness as a way of life,” said Maj. Lisa Schmidt, the Air Force Surgeon General chief of health promotion operations.

Officials are finalizing the instruction related to the program and plan to publish it by January. It will address unit physical training, testing procedures and programs to facilitate improvement, they said.

The Air Force has established an e-mail account for comments at [fitness.program@pentagon.af.mil](mailto:fitness.program@pentagon.af.mil). Officials emphasized that the Air Force fitness program will be reviewed annually for continuous improvement.



Photo by Senior Airman Spencer Lilac

**Airman Rachel Nicole Murphy and other airmen of the 43rd Civil Engineer Squadron at Pope Air Force Base, N.C., do push-ups for morning resistance training.**

## AF plans to fill empty first sergeant slots

by Staff Sgt. C. Todd Lopez  
*Air Force Print News*

Before the end of the year, Air Force officials will have taken the first step toward eliminating a 10-percent manning shortfall in first sergeant billets.

In November, as part of the new First Sergeant Selection Process, Air Force officials expect to release a list of master sergeants selected as candidates for first sergeant special duty, said Senior Master Sgt. Chris Anthony. He is the first sergeant special-duty manager at the Pentagon.

Those selected under the new process will account for nearly 33 percent of graduates from the First Sergeant Academy at Maxwell Air Force Base, Ala., Anthony said. They will begin attending the school in May.

The Air Force requirement for new first sergeants is reflected in the number of slots allocated in the First Sergeant Academy each year — a little more than 300. Anthony said declining numbers of first sergeant volunteers left more than 100 empty desks at the school last year.

Empty desks at the school translate to empty first sergeant billets

around the force. About 130, or 10 percent, of the nearly 1,300 units needing first sergeants are currently doing without. That is an unacceptable statistic, said the Air Force’s highest-ranking enlisted member.

“First sergeant manning and decreasing class enrollments at the First Sergeant Academy have become a concern,” said Chief Master Sgt. of the Air Force Gerald Murray. “Since the beginning of 2000, first sergeant manning has steadily decreased from 96 to 89 percent, while the rank structure has become significantly imbalanced. I believe anything less than 100-percent manning is unacceptable to properly lead and care for our enlisted force.”

“First sergeant is a special duty,” Anthony said. “But it is also a leadership position. We don’t have vacant squadron commander positions in the Air Force. If somebody doesn’t volunteer to go be a commander then the Air Force selects somebody. We do the same thing with command chiefs. Now we will do it with first sergeants.”

One reason for the declining number of volunteers for first sergeant duty is a fear that it will af-

fect a person’s promotion ability. Anthony said that fear is unfounded.

“There is a perception of reduced promotions,” Anthony said. “But we promote at the same level as other Air Force (specialties). The reality is that you have the same opportunity to get promoted as a first sergeant as you do anywhere else.”

“The competition is a little different,” Anthony said. “As a first sergeant, you are in a special duty where you are competing against other first sergeants, all with stellar records. We don’t bring in anything less than outstanding noncommissioned officers in this job. That tends to make the competition a little tougher.”

Simply having completed a tour as a first sergeant increases your chances of promotion when returning to your primary career field, he said.

Anthony said the list released in November will contain about 400 names. Of those 400, about 120 will eventually become first sergeants. Continuing at that rate, he said, the Air Force can expect to be 100-percent manned for first sergeants by about 2006.



Photo by Staff Sgt. Russell Wicke

## Entertaining the troops

**Airman 1st Class Brian Pop, 49th Aircraft Maintenance Squadron (left) and Senior Airman Jamie Coffey, Tops in Blue vocalists, perform a song and dance during their performance at Bagram Air Base, Afghanistan Oct. 11.**

# Maintainers edge by CES 16-14

by Airman Stephen Collier  
49 Fighter Wing Public Affairs

Intramural football action peaked Monday as 49th Civil Engineer Squadron's wide receiver Kendrell Jackson lost control of the game's final two-point conversion to give the 49th Maintenance Squadron a 16-14 victory.

The game started out with MXS quarterback Richard Pantoja connecting for three 10-yard passes. Pantoja connected with wide receiver Dennis Ludwig for the night's first score. Pantoja followed the touchdown play with a two-point conversion, bringing the score to 8-0.

CES pressed on with a huge catch by left wide receiver Jacob Garcia, but proved unsuccessful, causing a turnover just before halftime.

CE made big plays to tie the game, 8-8. Reshon Wilburn rushed into the end zone for the touchdown while Jackson earned the two-point conversion.

"We were patient and moved around to win Monday's game," said Fox, assis-

tant coach for the 49th MXS. "That's how maintenance plays football."

MXS's Pantoja pulled his maintainers together and threw a 15-yard bullet to Edwards and a 10-yard toss to center Martin Fox for a setup on CE's 17-yard line.

Pantoja snapped the ball, faked left, then right. He connected with Ludwig for the touchdown, raising the score to 16-8 after a successful two-point conversion by Fox.

The game came down to the final minute and MXS's defense had pushed the CE offensive line back. The game pushed on with a long bomb to CE's Garcia, putting his team in position for a touchdown.

Pantoja, under pressure, released the ball to Jackson, who lost control, dropping the ball, and turning it over to MXS.

49th CES coach John Sellers pointed out his team's faults of the night's game.

"We need to get into a set rhythm," said Sellers. "That's what's killing our game."

With less than a minute to play, MXS ran for short yardage running the clock out, winning Monday's match up 16-14.

"Every team in the large unit league is



Photo by Airman Stephen Collier

**Richard Pantoja, 49th CES quarterback, makes a first down during 49th MXS 16-14 win Monday.**

well maintained and ready to play," said Fox. "We need to step it up if we are going to win more this season."

# Tornadoes breeze past team Avalanche 18-4

by Airman Stephen Collier  
49 Fighter Wing Public Affairs

The Tornadoes took game two of the Avalanche's doubleheader Sunday at Griggs Sports Complex in Alamogordo as they put six runs on the board in the fourth inning, pulling ahead for a 18-4 victory.

The game moved steadily through the first two innings with a single score by both teams. Tornado's catcher Dan Gunn knocked a roller in the second, putting him out on first base, but sending pitcher Dustin Weeks home from third for a 2-1 score.

The Tornadoes scored with hits by both Tornado relief pitcher Billy Gibbons and outfielder Al Chavez. Weeks then batted a homerun, earning three runs to make the score 6-2.

The fourth inning started and the Tornadoes added six runs to the board. Tornado

runs by first baseman Josh Savitt and Gunn brought the score to 12-3.

"We played fundamental baseball," said Nathan Knox, coach of the Tornadoes. "Our guys concentrated and stayed in front of the ball."

With three innings left, the A's moved in for a strikeout, but hit Tornado's relief pitcher Brinn Jackson with the ball.

"We need to pull it together," said Avalanche coach Marcus Ruiz. "We haven't been hitting, we haven't been catching and we haven't been playing as a team."

Sunday's game ended with three consecutive outs, leaving the score at 18-4.

"We need to go back to the basics of baseball," said Ruiz. "No one is having fun. If we aren't having fun, we aren't going to win."

Knox offered his plan for his team's doubleheader this weekend.

"If we just play fundamental baseball, we



Photo by Airman Stephen Collier

**Avalanche pitcher Jerry Weaber snags a line drive during their 18-4 loss to the Tornadoes Sunday.**

will add two more wins to our record Sunday," said Knox.

The Tornadoes will host a doubleheader at 1:30 p.m. and 4:30 p.m, Sunday at Griggs Sports Complex.

For more details, contact Nathan Knox at 505-439-5669

## Inside Intramurals

### Football Standings

#### 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

#### 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

#### Monday

6: 30 p.m.: 49th CES A vs. 49th LRS  
7: 30 p.m.: 49th AMXS vs. 49th SFS  
8: 30 p.m.: 49th MMG vs. 49th OSS

#### Tuesday

6: 30 p.m.: 49th SVS/46th TG vs. 49th MDG  
7: 30 p.m.: 49th CES B vs. 49th CPTS  
8: 30 p.m.: 4th SPCS vs. 49th CS

#### Wednesday

6: 30 p.m.: 49th SFS vs. 49th OSS  
7: 30 p.m.: 49th LRS vs. 49th MXS  
8: 30 p.m.: 49th CES A vs. 49th MMG

#### Thursday

6: 30 p.m.: 49th CPTS vs. 49th CS  
7: 30 p.m.: 49th SVS/46th TG vs. 49th CES B  
8: 30 p.m.: 4th SPCS vs. 49th MDG

For more information about current or upcoming Intramural leagues, contact the sports director at the Fitness and Sports Center at 572-3256.

# 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. Shawn Wellborn, with nine correct picks.



## This week's games:

### NFL

- Lions at Bears
- Broncos at Ravens
- Cowboys at Bucs
- Jets at Eagles
- Browns at Patriots
- Titans at Jaguars

### NCAA

- Notre Dame at Boston Col.
- OSU at Texas A&M
- Purdue at Michigan
- Tenn. at Alabama
- Oregon St. at Wash. St.
- Auburn at LSU

### FW



**1st Lt.  
Carl Cook**

**NFL:** Bears, Broncos, Bucs, Jets, Patriots and Titans

**NCAA:** Notre Dame, OSU, Purdue, Alabama, Oregon St. and Auburn

### OG



**Airman 1st Class  
Anthony Howard**

**NFL:** Bears, Ravens, Bucs, Eagles, Patriots and Titans

**NCAA:** Boston Col., OSU, Mich., Alabama Oregon St. and LSU

### MDG



**Maj.  
James Lohaus**

**NFL:** Bears, Broncos, Cowboys, Jets, Browns and Titans

**NCAA:** Notre Dame, Tex. A&M, Mich., Tenn., Wash. St. and LSU

### MXG



**Staff Sgt.  
Joe Delacruz**

**NFL:** Bears, Broncos, Cowboys, Eagles, Patriots and Titans

**NCAA:** Boston Col., OSU, Mich., Alabama, Oregon St. and LSU

### MMG



**Tech. Sgt.  
Theresa Puterbaugh**

**NFL:** Lions, Ravens, Cowboys, Eagles, Patriots and Titans

**NCAA:** Notre Dame, OSU, Mich., Tenn., Wash. St. and Auburn

### MSG



**Airman 1st Class  
Justin Boyles**

**NFL:** Lions, Ravens, Bucs, Eagles, Patriots and Titans

**NCAA:** Notre Dame, OSU, Purdue, Tenn., Oregon St. and LSU

### 4th SPCS



**Staff Sgt.  
Douglas Pinard**

**NFL:** Bears, Broncos, Bucs, Eagles, Patriots and Titans

**NCAA:** Notre Dame, Tex. A&M, Mich., Alabama, Oregon St. and Auburn



Photo by Laura Pellegrino

### Can I play through?

Master Sgt. Douglas Delashmit, 49th Material Maintenance Support Squadron first sergeant, tees off at the Air Force Association golf tournament Friday at the Mesa Verde golf course. The first sergeants association received a check from the AFA to benefit the Holloman First Sergeants Food Locker, a program created to help Team Holloman members in need.

# Sports Briefs

## Golf schedule



### Thursday

Hole 1 49 MMG B VS. 49 MOS  
 Hole 2 49 LRS B vs.49 FW/MSS  
 Hole 4 49 CES B vs. 49 SVS  
 Hole 5 49 LRS A vs. 49 SFS  
 Hole 8 49 MDG vs. 49 MMG A  
 Hole 9 49 MXS vs. 49 OSS



### Nov. 6



Hole 1 49 SFS VS. 49 MMG A  
 Hole 2 49 LRS A vs.49 OSS  
 Hole 4 49 MDG vs. 49 CES A  
 Hole 5 49 MOS vs. 49 FW/MSS  
 Hole 8 49 MMG B vs. 49 SVS  
 Hole 9 49 LRS B vs. 49 CS

# Footwear impacts runner's performance

by **Charlotte Engeman**  
*49th Medical Group*

---

Today we're going to talk about my favorite running topic...your shoes.

There are four very important points I want you to keep in mind regarding your running shoe purchase:

1) You can't buy your shoes based on color.

2) You need new shoes after six months, or 300 miles of running, whichever comes first. By the time you start to see wearing on the bottom of the shoe, the midsole (the major cushioning portion of the shoe) is shot.

3) To get a decent pair of shoes you will need to spend between \$75 and \$95.

4) Once you buy your shoes, use them only for running. When they are over six months, use them for whatever you like, but up until six months they are running shoes.

Before you flip out about number three, let me ask you something. What does it cost to equip a football player with pads and a helmet, a baseball player with cleats and a bat, or a cyclist with a bike and a helmet? I have no idea on football and baseball costs but I know it's greater than \$95, and I know that \$95 doesn't even cover the cost of two pedals on a decent bike. So, when you think about it, the cost to equip a runner is pretty reasonable. You certainly can spend a lot more than \$95, but pay attention to the fit of the shoe, not air, pumps or other potentially costly additions that you can do great without.

What is the best way to find a shoe that fits? Anytime you can purchase your shoes from a running specialty store, where the employees are trained in gait analysis (how you walk or run), that's the best way to go. Unfortunately we don't have any running specialty stores in Alamogordo. Most people tell me they simply try on a shoe, wear it around for a few minutes and if it feels good they buy it. Although it makes sense that shoes that feel good when you initially run or walk in them would be a good shoe for you to train in,

it is not always the case. I'm amazed at the number of people who have had their gait analyzed, been put in a shoe that is right for them, and magically their nagging aches and pains go away.

The reason we like to watch people run before suggesting a shoe is because running shoes come in three different types for three different types of feet:

- Stability shoes are for runners who are mild pronators, meaning people that run on the inside portion of their feet. These shoes have good medial (inside part of your foot) arch support and good midsole cushioning.

- Motion control shoes are made for the runner who has very flat arches and tends to overpronate moderately or severely. These shoes are made with a device along the medial side of the shoe that resists excessive inward foot motion.

- Cushioned shoes are best for runners with moderate to high arches. A runner with a high arch typically does not pronate so these shoes have minimal medial arch support and good midsole cushioning.

If you know the type of foot you have you can go to the base exchange or most athletic stores, where shoes are now labeled as either stability, cushioned or motion control.

If you are one of those runners who has no idea of what foot type you have, come visit us at the Health and Wellness Center's upcoming Exercise Fair, Nov. 14 at the Fitness and Sports Center. We'll be doing gait analysis there to help place you in a shoe that is good for your foot type.

I can't stress enough the importance of good, proper fitting running shoes. A good pair of shoes, along with regular stretching makes all the difference in your ability to run comfortably and avoid those nagging injuries.

*(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.)*