

# Sunburst

Vol. 47 No. 36

Serving the Holloman Air Force Base community

Friday, Sept. 10, 2004



## Briefly

### Thanks Team Holloman

The 9th Annual Thanks Team Holloman Party, sponsored by the Alamogordo Chamber of Commerce, is from 6 to 10 p.m., today at the park across from the Officers' Club.

There will be a jumping house, jousting, free food and drinks, and more.

Parking is limited so carpool or walk if possible. Don't forget to bring a lawn chair.

### Happy birthday

Team Holloman celebrates the Air Force's 57th birthday Sept. 17. The schedule is as follows:

- Wing Run: 7 a.m., Fitness and Sports Center
- Cake ceremony: following the wing run at the gym.
- History presentation: 9:30 a.m., building 29 conference room.

### Vote

People can register to vote from 11 a.m. to 3 p.m., today at the Base Exchange.

For more information, contact a unit voting representative. A list can be found on the Holloman Intranet.

### Riders' course

To register for the next experienced riders' course, call the motorcycle training program manager, Tech. Sgt. Dianne Mula, at 572-3793.

### La Luz gate

The La Luz gate is open from 6 to 9 a.m., and 3 to 6 p.m.



Photo by Staff Sgt. Cohen Young

### Gas n' go

Senior Airman Jason Lovett, 732nd Expeditionary Logistics Readiness Squadron at Balad Air Base, Iraq, transfers AVGAS to a filling truck while a C-130 Hercules sits in the background. AVGAS is the fuel used by the Predator. Airman Lovett is deployed from the 49th LRS.

## New base housing to open

by Ms. Laura Hunt  
*Sunburst staff writer*

About 15 junior enlisted members will be moving into the new base housing starting Oct. 1.

An additional 15 to 20 houses will become available for new residents every 10 days, said Ms. Karen Felix, Housing project manager.

Applicants already on the waiting list will be given first priority to the new houses. Residents currently living in the 2200, 2300 and 2400 areas will be given second priority and can apply Oct. 1, said Ms. Carrol Helms, Functional Area chief.

"The houses in those areas are cinderblock and were built in the 1950s," Ms. Helms said. "Out of all the houses on base they are in the poorest condition."

Current residents may also apply

**see HOMES on Page 9**

## 101 Critical Days of Summer continues

by 2nd Lt. Melissa Stevens  
*49th Fighter Wing Public Affairs*

Even though Labor Day marked the official end to the 101 Critical Days of Summer Air Force wide, 49th Fighter Wing Ground Safety asked commanders and frontline supervisors to increase their interaction with their Airmen concerning safety.

"Team Holloman has a bad trend of losing one of our Airmen during September or October," said Mr. Jerry McDermott, 49th Fighter Wing ground safety manager. "We've asked commanders to not quit after the 101 days, to step up their level of involvement and interaction because we know the next 60 days are even more critical."

Tech. Sgt. Dianne Mula, ground safety superintendent, said commanders and supervisors have done a good job all summer, but now is not the time to stop.

"Because of the weather here, our summer is extended," Sergeant Mula said. "We can't be like other bases

**see Safety on Page 4**



Weather forecast provided by the 49th Operations Support Squadron Weather Flight

# Secretary, chief send Patriot Day message

The following is a Patriot Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

On the third anniversary of Sept. 11, 2001, the world will remember

those tragically lost (because of) the heinous actions of terrorists in New York, the Pentagon and Pennsylvania. These were attacks against freedom, democracy and humanity that carried a high human toll as citizens from the

United States and many other countries lost their lives.

This Patriot Day, we honor the memories of those lost, and we pay tribute to those answering freedom's call to combat terrorism around the world.

Your efforts over the last three years have been phenomenal. You continue to professionally safeguard the skies of America. You have dispersed al-Qaida and toppled the Taliban government in Afghanistan. And, you were instrumental in ending a cruel regime in Iraq and ensuring that a new, democratic government could take root.

Our superior total force of active duty, Guard, Reserve and civilian Airmen continue to brilliantly answer America's call to defend peace and freedom. Our country is confident in your capabilities and proud of your service.

Unfortunately, on this, the third Patriot Day, our mission is not complete.

Those who indiscriminately killed more than 3,000 people on Sept. 11, are still dedicated to terrorizing our nation and the world because we value life, believe in liberty and welcome democracy as the people's voice.

Let's remember those who are deployed in harm's way to defend the American way of life. And, let's ensure their families are taken care of while they're away from home.

As Airmen, our cause is just and noble. Our country depends on us to stay the course.

Thanks for all you do for America and our Air Force. May God bless you, and may God bless America.



Courtesy graphic



Courtesy graphic

## POW/MIA ceremony

The Prisoner of War/Missing in Action Remembrance Ceremony is at 8:30 a.m., Thursday at Heritage Park. (alternate location: gym)

## DUI Update

Days since last DUI **18**  
 DUIs this year **29**  
 This week last year **19**

### Last six DUIs

- 49 AMXS Aug. 23
- GAF Aug. 7
- 49 SFS July 25
- 746 TS July 18
- 49 AMXS July 2
- 49 SVS June 23

\* Dependent

## 572-RIDE works!

Calls made are lives saved

**710** Saves this year  
**24** Saves this week



### Editorial Staff

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 Maj. John Bryan ..... Public Affairs director  
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 Mrs. Laura Hunt ..... Staff writer

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Courtesy graphic

## SAFETY *Continued from Page One*

and stop. Our period is 101+ critical days.”

Statistics show that one of the main concerns during these critical days are vehicular accidents where speed, fatigue, inexperience or alcohol are the leading factors. However, using proper personal risk management by wearing seatbelts, having adequate rest, obeying all traffic laws and not drinking and driving can reduce those concerns.

During the 2003 Critical Days of Summer, the Air Force experienced 37 fatalities. Motor vehicle accidents accounted for 17 of those deaths and motorcycle accidents accounted for 15. Of those accidents, speeding, not using seatbelts or helmets and alcohol were factors. Currently for the 2004 Critical Days of Summer, the Air Force has lost 28 airmen. Of those fatalities, 11 were caused by accidents in motor vehicles

and 10 were caused by motorcycle accidents.

“We’re looking for ways to keep all of our airmen and their families alive during this critical time,” Mr. McDermott said. “We can’t afford in our command to let up even though the critical days of summer ended Monday. Our worst days are coming. Remain vigilant with what you are doing. Staying involved with your people will help ensure the safety of our airmen.”

### Motorcycle Safety Requirements



Requirements for operation on or off Air Force installations:

- Only operators may ride mopeds, no passengers
- Headlights must be on
- Vehicle must have rear-view mirrors

Required equipment:

- Protective helmet
- Impact-resistant goggles or full-face shield
- Sturdy footwear
- Long-sleeved shirt or jacket, long-legged trousers
- Full-fingered motorcycle gloves
- Brightly colored or contrasting vest or jacket as an outer upper garment will be worn during the day and a reflective garment during the night

Standards of Conduct:

- Obey the posted speed limit at all times, and drive according to road and weather conditions
- Accomplish all mandatory training
- Maintain proper bearing and behavior
- Never attempt to operate the motorcycle beyond your or its capabilities
- Never operate a motorcycle or any other vehicle while intoxicated
- Never let anyone ride your motorcycle who is not properly trained

## Be safe

by Senior Airman  
Martha Whipple  
49th Fighter Wing  
Public Affairs

Since Aug. 30, the 49th Security Forces Squadron has issued a few tickets to motorcycle riders for not wearing the proper protective gear.

Safety officials from the 49th Fighter Wing urge riders to put safety first and know the base regulations for motorcyclists.

The regulation is Air Force Instruction 31-204, Holloman Supplement 1, updated February 2003.

For more information, contact the wing safety office at 572-3793.

# Trash pickup times

by **Laura Pellegrino**  
Sunburst staff writer

An old couch that looks unsightly in the living room will also look bad in the front yard. However, some residents who are unaware of the rules of bulk trash pickup have been leaving large trash items outside for days at a time. The staff of the base housing office wants residents to know bulk trash should only be left outside on the specified pickup day.

Bulk trash is defined in the base housing guide as “large or heavy items such as appliances, furniture, old rugs, lumber products, cardboard (folded down) tree branches and shrubbery that do not fit in the refuse container.”

All bulk items should be placed curbside at 6 a.m., Wednesdays.

“The bulk items should not be brought outside before the specified pickup time,” said Sue Burge, Housing Functional Area Staff.

When bulk items are left outside for days, they’re a hazard to children, Burge said.

“Children like to rummage through trash cans and boxes,” said Lucio Vazquez, service contract manager. “You don’t know what people will put in the trash. Children can run into glass, sharp objects or even chemicals.”

The two-story areas on base have a unique situation when it comes to bulk pickup. In those areas, there are no driveways and cars must park in front of the curb. This causes a problem for pickup, because blocked items can’t be reached.

“The contractor must be able to get to the items,” Burge said. “If a car is there, residents need to bring the bulk trash to the tail end of the car so the hydraulic lift can reach the item. However, bulk items and trash are not to be placed on the medians or court islands.”

When disposing of tree branches, residents must cut them down to less than 6 feet in length, Vazquez said. If a 20-



Photo by Ms. Laura Hunt

## A base housing resident takes out her trash.

foot long branch falls into a yard, it’s that resident’s responsibility to cut it down to size, or call Housing Maintenance at 572-7901, who will report it to 49th Civil Engineer Squadron Customer Service,.

Some base residents have been placing their regular trash out with the bulk trash, Burge said. Contractors will not pick up bags of trash along with the bulk.

“The bulk trash areas are for bulky items only,” Burge said. “They’re not for bags of trash or metal boxes with trash in them.”

The housing office would also like to remind residents who move off base that bulk items, regular trash and recyclables should be disposed of before moving. All trash should be taken to any dumpster or recycling center, not left on the curb before the appropriate pickup date.

For more information about trash pickup, call the housing office at 572-3982

### *On the side*

Regular trash pickup is twice a week. Containers must be positioned at the curb by 6 a.m. The schedule is:

- Monday and Thursday  
2000, 2400, 2500, 2600
- Tuesday and Friday  
2100, 2200, 2300, 2700, 2800

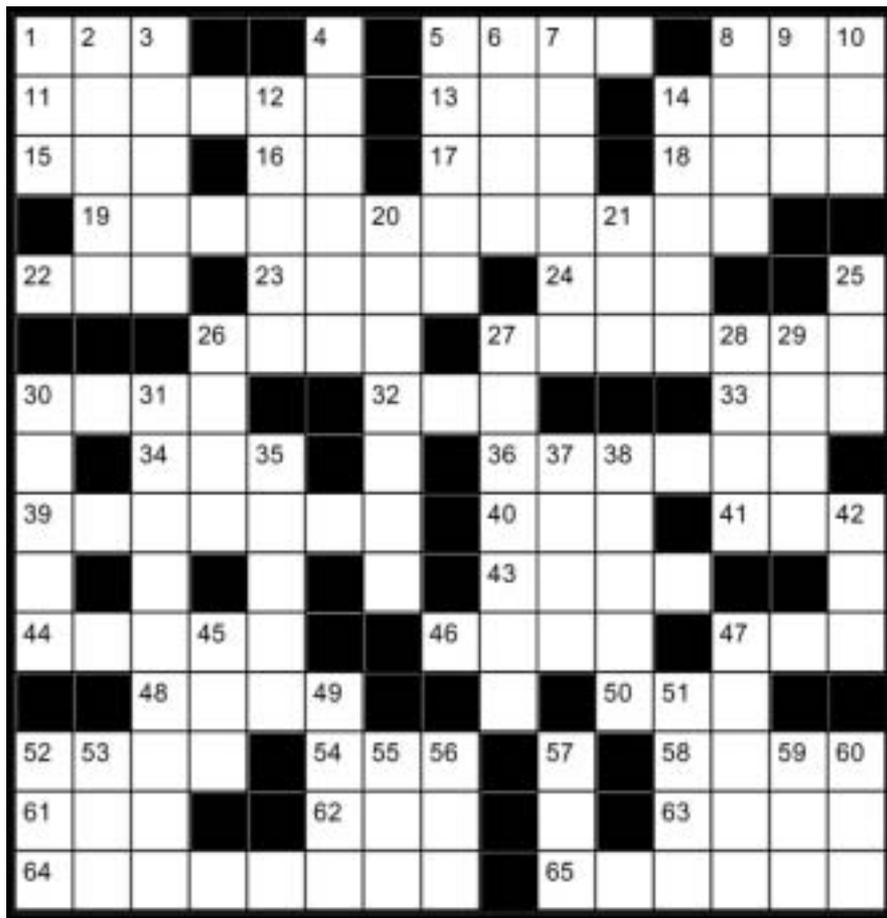
- Recycling bins should be placed on the curb by 6 a.m., Wednesday.

# Airmen Heroes—MOH recipients

ACROSS

- 1. Pub order
- 5. Machine shaft parts
- 8. Sheep sound
- 11. Emanate
- 13. Org. concerned with troop morale
- 14. Cubicle
- 15. Rip or cross-cut
- 16. Postal abbrev. for state home to Scott AFB
- 17. \_\_\_ Tin Tin
- 18. Joule
- 19. Airman Medal of Honor recipient A1C William H. \_\_\_ (Vietnam)
- 22. Mil. telephone system
- 23. Wallet fillers
- 24. Type of painting
- 26. Airman Medal of Honor recipient Col. Demas T. \_\_\_ (WWII)
- 27. Roman army units
- 30. Horse command!
- 32. Formerly
- 33. Sea between Arabia and Africa
- 34. One branch of DoD
- 36. Airman Medal of Honor recipient TSgt Forrest L. \_\_\_ (WWII)
- 39. Airman Medal of Honor recipient SSgt. Archibald \_\_\_ (WWII)
- 40. "\_\_\_ little teapot ..." (two words)
- 41. Grass
- 43. Skew
- 44. Airman Medal of Honor recipient Sgt. Maynard H. \_\_\_ (WWII)
- 46. Airman Medal of Honor recipient 1Lt. Donald J. \_\_\_ (WWII)
- 47. Bashful
- 48. Scottish Celt
- 50. SFS post reading material?
- 52. Leggo my \_\_\_\_
- 54. Grunt
- 58. Open
- 61. Neck accessory
- 62. Foreign auto maker

- 63. Airman Medal of Honor recipient Col. John R. \_\_\_ (WWII)
  - 64. Airman Medal of Honor recipient Maj. Horace S. \_\_\_ Jr. (WWII)
  - 65. Thin
- DOWN
- 1. Commercials
  - 2. Jumps
  - 3. Airman Medal of Honor recipient MSgt Henry \_\_\_ (WWII)
  - 4. Montana capital
  - 5. Tempers
  - 6. China continent
  - 7. 5th US President
  - 8. Bar drink
  - 9. Pie \_\_\_ mode (two words)
  - 10. Model Carol
  - 12. Screen
  - 14. Airman Medal of Honor recipient Maj. Ralph \_\_\_\_\_ (WWII)
  - 20. State of something recently purchased
  - 21. Singing engagement
  - 25. SECDEF's office symbol
  - 26. Currency
  - 27. Airman Medal of Honor recipient A1C John L. \_\_\_\_\_ (Vietnam)
  - 28. Mining goals
  - 29. Emperor who fiddled?
  - 30. Weaklings
  - 31. Catamaran
  - 35. Cubby hole
  - 37. Forget
  - 38. Epon and table
  - 42. Airman Medal of Honor recipient Col. George E. \_\_\_\_\_ (Vietnam)
  - 45. Chinese poet \_\_\_ Yuanming; wrote of simple life
  - 47. Airman Medal of Honor recipient Capt. Lance P. \_\_\_\_\_ (Vietnam)
  - 49. Airman Medal of Honor recipient 2Lt. Frank \_\_\_ Jr. (WWI)
  - 51. Japanese tea
  - 52. Together with further examples, briefly
  - 53. Angelina Jolie flick
  - 55. Actor Gerard of "Buck Rogers"
  - 56. "2001: A Space Odyssey" computer
  - 57. Asner and Harris
  - 59. Actress \_\_\_ Margaret
  - 60. Del \_\_\_ Oaks, CA



Answers on Page 18



The 49th Security Forces Squadron handled the following incidents from Aug. 30 to Monday.

### Tickets

Security forces issued 16 tickets: two for failure to wear proper protective equipment on a motorcycle, one for no license, one for loud music, three for no insurance, one for failure to stop, one for failure to signal, one for child abuse and neglect, one for expired registration, three for speeding one to 10 mph over the speed limit, one for speeding 11 to 15 mph over the speed limit and one for speeding 16 to 20 mph over the speed limit.

### Property loss, damage or theft

- Aug. 30 – A civilian reported two spare tires were stolen from the parking lot of building 841.

- Aug. 31 – A civilian reported damage to her privately owned vehicle.

- Sept. 1 – A civilian reported a delivery truck hit a cinder block wall surrounding a dumpster in the parking lot of building 787.

- Sept. 1 – A family member reported a skateboard was stolen from Eglin Avenue.

- Sept. 2 – An Airman reported his privately owned vehicle was damaged in the parking lot of building 929. There was an 11 by 6-inch dent and blue paint scratched on the fender. The Airman said that a blue car was parked in front of his car earlier that day.

- Sept. 2 – An NCO reported the Fitness and Sports Center's senior staff locker room door

was written on with a permanent marker.

- Sept. 3 – There was a gas and go at the shoppette.

- Sept. 6 – An Airman reported a damaged window in his dorm room.

### Patrol response

- Sept. 3 – An Airman reported a 6-year-old child was left alone in Billeting. The child's mother left the building to walk to the commissary.

- Sept. 3 – A civilian reported that her ex-husband was harassing her and a friend outside the Base Exchange.

- Sept. 3 – An Airman reported he was bitten by a stray dog while trying to catch it on Catron Loop.

- Sept. 4 – A family member reported her dog was attacked by two other dogs. The owner of the two dogs said she was walking her dogs on leashes and the other dog approached them. The dog got out of the house and wasn't on a leash.

- Sept. 4 – An NCO reported his family member was breaking items in the house because she wasn't getting enough attention.

- Sept. 5 – A civilian reported receiving a harassing phone call while at work.

- Sept. 6 – A family member reported her husband kicked her out of the house and wouldn't let her back in.

### Civil Arrest

- Sept. 2 – An NCO was arrested by the Alamogordo Department of Public Safety for resisting/obstructing an officer.

# Local Lions Clubs encourage eye care for seniors

by Mr. Chuck Galusha

*Alamogordo Breakfast Lions  
Sight first chairman*

In recognition of September as Lions Eye Care Awareness Month, The Alamogordo Breakfast Lions, local Lions Clubs and the Lions Eye Health Foundation have partnered with EyeCare America's seniors program for a "Take a Loved One to the Doctor Day," Sept. 21.

The nationwide campaign encourages seniors to get the medical eye care they need in order to maintain healthy vision and continue to lead active and productive lives.

In honor of "Take a Loved One to the Doctor Day," The Alamogordo Breakfast Lions and other Lions Clubs in the area encourage people to call the EyeCare America seniors program, which offers eye exams and care to seniors who are without a medical

eye doctor.

The seniors program provides a comprehensive eye exam and treatment for any disease detected in the initial visit for up to one year, at no out-of-pocket cost.

Volunteer physicians have agreed to accept Medicare or other insurances as payment in full, with no out-of-pocket cost to the patient. Individuals without insurance are seen at no charge. EyeCare America encourages all seniors to have their eyes examined annually.

In New Mexico, 2,562 people have been served through EyeCare America. Nationwide, EyeCare America has provided service to 384,000 and has treated more than 180,000 with eye disease.

For information on eligibility for EyeCare American EyeCare Programs, call (800) 222-3937 or visit the Web site [www.eyecareamerica.org](http://www.eyecareamerica.org).

## Changes to LES may reduce identity theft

Leave and earning statements for all servicemembers and Defense Department civilians, and paychecks for military retirees will soon have more identity theft protection.

Over the next several weeks, the Defense Finance and Accounting Service will drop the first five digits of a person's Social Security number from all pay statements and checks.

"The changes apply to everyone," said Patrick Shine, acting director of DFAS. The proposal "originated internally and will be phased in over the next couple of pay periods."

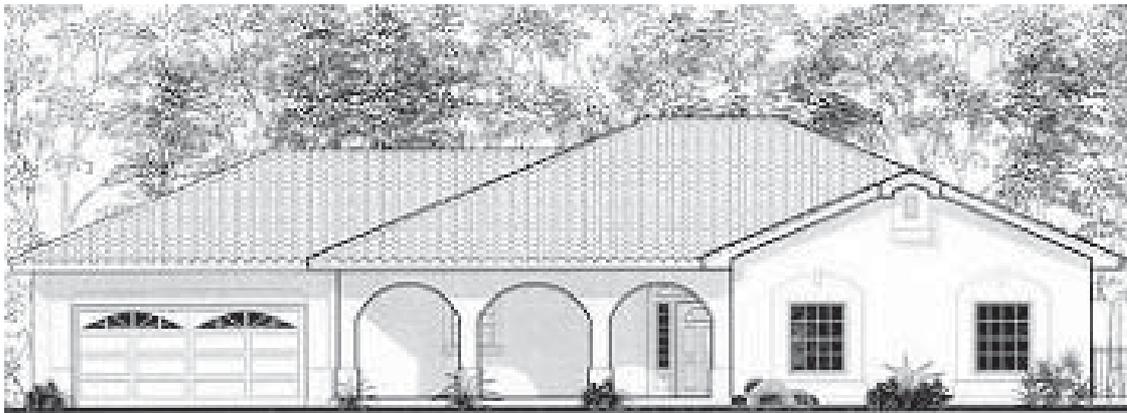
Reports of identity theft have substantially increased in

recent years, according to the Federal Trade Commission, which monitors the issue.

This doesn't apply to electronic copies of statements on myPay.

Five years ago, the number of identity theft complaints to the FTC was roughly 23,400. By 2001, the rate had more than tripled to about 86,200. Based on figures released in January, the number of complaints of identity theft nearly topped 215,000 for 2003.

The Social Security Administration also has taken the same step of eliminating the first five Social Security numbers on the millions of checks it issues. (AFPN)



Courtesy graphic

## HOMES *Continued from Page One*

for the new housing if they have a new child and need to move into a home with three or four bedrooms, Ms. Felix said.

According to Ms. Felix, applicants are only eligible for the new houses if they have at least six months left here and have no known permanent change of stations, separation or retirement dates. Applicants must have two children to qualify for a three-bedroom unit or three children to qualify for a four-bedroom unit.

Most people won't be able to move in until Oct. 15 because funds for government sup-

ported moves will not be available until the new fiscal year. Anyone who wants to move in at their own expense can do so after Oct. 1.

The \$19 million housing project consists of a 48-acre section south of Arnold Avenue and between First Street and Patterson Road.

The new 1,530 to 1,980 square foot homes will include: a two-car garage, tile and carpeted floors, ceiling fans in every room, walk-in closets in master bedrooms, kitchen islands, breakfast bars, fenced yards and vaulted ceilings.

"The cookie cutter standard for government housing is a way of the past," said John Morgan, design chief. "The new way is a modernized upscale neighborhood designed to fit the 21st century."

The houses have nine different floor plans and six designs of southwest, Mediterranean and mission-style homes. A jogging track encircling the neighborhood and a basketball court in a central location adds recreation outlets for families.

For more information about new housing, call the Housing Management office at 572-3984.

# Annual CFC kicks off

The Combined Federal Campaign will kick off with a hot dog lunch from 11:30 a.m. to 1:30 p.m., Wednesday at the Officers' Club.

The Southeast New Mexico CFC is administered by United Way of Otero County and serves the five-county area of Otero, Lincoln, Chaves, Eddy and Lea counties.

The CFC, which runs for six weeks, was established in 1961 and is the largest workplace charity campaign in the country.

This annual fall fundraising drive allows nearly four million federal employees and military personnel to contribute to thousands of local and na-



tional non-profit.

Last year, federal employees and military reached into their pockets to donate nearly \$250 million to the CFC. Contributions can be in cash, check or by payroll deduction.

On average, one in four Federal employees or their de-

pendents will benefit from the CFC charities this year alone, according to officials. Donors may designate which charity, or charities, receives their money by filling out a pledge card.

The CFC website is at [www.opm.gov/cfc](http://www.opm.gov/cfc). (AFP)

# Pentagon encourages 'green' procurement

The Defense Department has issued a new policy aimed at helping procurement offices make environmentally sound purchases, officials announced Wednesday.

The "green procurement" guidelines ask the department's acquisition officials to plan how they will identify opportunities to buy environmentally friendly "products and services in the normal course of business" and keep up-to-date lists of those opportunities. Such items include products made from recycled materials or non-ozone depleting substances, and those labeled as energy-efficient. Products or services that use alternative fuels also count as green.

Under the policy, Defense purchasing offices must also set reasonable goals for buying environmentally safe items, based on overall levels of acquisition

and the nature of goods and services needed.

In addition, the policy asks procurement offices to educate employees on ecological responsibilities and to train them on seeking out green products at a reasonable cost. Environmentally sound purchases must also be tracked so officials can determine if employees are meeting established goals and applicable laws.

Tracking systems should comply with already established rules on reporting compliance with applicable environmental laws, the guidelines note. As a final stage, the Pentagon's purchasing offices are to conduct regular self-assessments to determine if training programs and performance measures are effective. If the programs and measures aren't working, officials must improve them.

The new policy is meant to "affirm a goal of 100 percent compliance" with federal laws and executive orders concerning use of environmentally friendly products, Defense officials said. If properly implemented, the policy should "enhance and sustain mission-readiness through cost effective acquisition that not only meets regulatory requirements, but also reduces resource consumption and waste generation," said Deidre Lee, director of Defense procurement and acquisition policy.

To make the policy work, acquisition offices will have to form strong partnerships with the federal "environmental community," Lee noted. Officials from the Environmental Protection Agency praised the Pentagon for establishing a comprehensive policy on green procurement. (AFP)

## Tricare offers tips for contract transition

Some beneficiaries of the military's Tricare health-care system may experience long wait times when calling their new regional contractors.

But the transition to new contracts "will make a strong program better and ultimately result in higher patient satisfaction," Tricare officials said.

Officials suggest conducting business online whenever possible, calling during nonpeak hours and visiting Tricare service centers for face-to-face assistance as ways to beat phone congestion during the transition.

Each regional contractor has made conducting business online easy and fast, officials said. Beneficiaries may enroll or change enrollment information online, search for providers in their local area and find information on the health plan as well as links to other key sites for infor-

mation on claims processing and online appointments.

Beneficiaries still may call their regional contractor, officials said, but should understand they might experience longer wait times because of high call volume during the transition. Officials suggest that

since more



people call on Mondays than any other day, beneficiaries should try to call on other days if they can. Thursdays and Fridays have the least calls, officials said, making these days the best chance for gaining quick access.

The toll-free regional contrac-

tor telephone numbers are:

- Tricare North: (877) 874-2273.
- Tricare South: (800) 444-5445.
- Tricare West: (888) 874-9378.

Officials also stressed the importance of beneficiaries keeping their Defense Enrollment and Eligibility Reporting System information updated. Failure to keep information current may result in denials of care or pharmacy service, returned claims and undelivered updates about the transition, officials said.

To update personal information in DEERS, beneficiaries can visit their local military personnel flight or contact the defense manpower data center support office at (800) 538-9552. (AFP)



# Keep bags ready

## Base counts down to ORI

by Senior Airman  
Martha Whipple

*49th Fighter Wing Public Affairs*

Team Holloman is preparing for an upcoming Air Combat Command Operational Readiness Inspection.

The 30-day window for a surprise inspection is October to November.

To prepare, expect a mobility bag-dragging exercise.

The 49th Logistics Readiness Squadron maintains more than 6,000 general purpose (A), extreme cold weather (B) or chemical warfare defense (C) bags.

In the A bags, members will find sleeping bags and mess kits containing a fork, knife and dish. The B bags are designed for cold weather locations and include a parka, gloves and boots. The C bags contain chemical gear.

Military members are responsible for their personal bags. Packing a 30-to-60-day supply of items will ensure members are prepared. The following is a list of items that are recommended.

For more information about mobility bags, contact a unit deployment manager.

### *On the side*

#### Uniform items (Quantity)

- BDUs (3)
- BDU undershirts (3)
- Web belt (1)
- BDU cap (1)
- Boots (1 pair)
- Field Jacket (1)
- Undergarments (5)
- Black socks (5 pair)

#### Hygiene items

- Shaving cream
- Disposable razors
- Deodorant
- Soap
- Toothbrush and container
- Toothpaste
- Comb/brush
- Lip Balm
- Shampoo
- Dental floss
- Towels
- Lotion
- Sanitary napkins/tampons

#### Recommended items

- Civilian clothes (2 sets)
- Sleepwear
- Shoeshine/sewing kits
- Stationary
- Facial tissue
- Credit card
- Insect repellent
- Washcloths
- Coat hangers
- Zip-lock/laundry soap
- Gym clothes/shoes
- Sun block
- Shower shoes
- Nail clippers
- First-aid items
- Checkbook
- Flashlight with batteries
- Baby wipes
- Battery-operated radio
- Alarm clock
- Sunglasses

## CGOC seeks singers

by Ms. Laura Hunt  
Sunburst *staff writer*

Holloman's Company Grade Officer's Council is looking for volunteers to sing in a quartet or octet.

The musical group will sing the national anthem at graduations and other events, said 1st Lt. Nathan Pifer.

"From what I can tell, a lot of people enjoy singing and want to contribute something to the base," he said. "If we're asked to sing anywhere else we can expand this and have the opportunity."

According to Lieutenant Pifer, the idea for a CGO quartet or octet was conceived while he was at technical school.

"Once we sang at a few graduations, people kept asking us to sing again," Lieutenant Pifer said. "We did a civic luncheon where all the community members came in to hear us sing. It's much nicer than playing a recording and it makes it a little more professional."

For more information, e-mail Lieutenant Pifer at [nathan.pifer@holloman.af.mil](mailto:nathan.pifer@holloman.af.mil).

# Military Personnel Data System managed like a weapons system

by Master Sgt. Ron Tull

AFPC Public Affairs

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Three years ago the Air Force Personnel Center replaced its 30-year-old computer mainframes running on obsolete software with the Military Personnel Data System.

The new system wasn't just an upgrade, but an entirely new platform designed to use Web technology for instant access and feedback; a system that could take on new functions and grow. Planners expected significant improvements in service and capabilities, but the complexity of the personnel system yielded unanticipated problems.

Like the deployment of any new major weapon systems, MilPDS experienced operational challenges.

"When MilPDS was initially fielded, everything from assignments to pay and retirements frustrated Airmen. Untimely outages contributed to customers losing confidence in the system. The Air Force had to act to turn things around and we have," said Col. Greg Touhill, director of personnel data systems at AFPC here. "MilPDS is like a Phoenix rising from the ashes—its performance is getting better by the day.

"We've stabilized the system, fixed most major defects and virtually eliminated unscheduled outages. While we still have challenges to improve the system, we're on the right track."

Part of the MilPDS stabilization has been a new way of thinking behind the system's operation.

"We run the personnel data systems like a weapons system," he said. "We look at our system availability just like a wing looks at aircraft availability. Our technicians are trained and tested to maintain qualification standards. Preventive maintenance downtime is scheduled to accommodate customer needs, even taking into account Guard and Reserve drill weekends. We rigorously test all system changes in a test lab—just like flight testing—prior to going live on the systems. This helps us ensure the service we provide is secure, reliable and effective."

"Our primary objective is to put a quality product in the hands of our Airmen," said Col. Howard Borst, chief of the systems programs office responsible for acquiring software and hardware for Air Force personnel systems. "We've changed

our processes to ensure the integrity of the system and improve customer service. We've also worked to insert fixes that improve capability with immediate pay-off to the folks in the field."

A tangible example of that type of technology insertion is the addition of a system that gives personnelists in the field the capability to use their Web browser to access information. Preliminary tests at overseas bases are showing this capability could have a huge impact in the ability of airmen to get their jobs done, said Colonel Borst. For example, a query that used to take two to three hours now takes about minute, said Maj. Cynthia Gaare, 39th Mission Support Squadron commander at Incirlik Air Base, Turkey.

"We're happy with the improvement in performance [of MilPDS], it has definitely made making updates faster and pulling data less frustrating," she said. "The new capability is a huge morale booster to the MPF."

A critical part of any weapons system is training. Analysis showed that initial MilPDS training was deficient and contributed to our early MilPDS end user challenges; our airmen simply did not understand the initial limitations of the new system, said Chief Master Sgt. Kevin White, superintendent of AFPC Field Operations.

"I look at the military personnel flights as our flightline and it's our job to make sure that Airmen are trained and have the proper tools to get the job done," he said. "One of those tools is an up to date operator's manual and we're set to release an updated 'Dash-1' for MilPDS early next year."

Feedback from the field is showing that the efforts to stabilize and fix MilPDS are having a positive effect on Air Force operations, said Colonel Touhill.

"As a wing commander, my job is making sure people have the information and tools they need to take care of the mission-and accurate personnel data is a very high priority," said Col. Chris Miller, commander of the 509<sup>th</sup> Bomb Wing at Whiteman Air Force Base, Mo. "MilPDS data is light-years better than it was even two years ago. Beyond the clear improvement so far, I'm encouraged that the Air Force is pressing hard to make MilPDS data even easier for commanders, supervisors and all Airmen to use."

# Zia Therapy Center provides public transportation service at a low price

**by Ms. Becky Lane**  
*Z-Trans Marketing and Development director*

Zia Therapy Center's Z-Trans provides Public Transportation Service for the Alamogordo and Holloman communities. Warm, comfortable vehicles are driven by friendly, efficient and helpful drivers. The service is wheelchair accessible.

Z-Trans rides cost \$1 per one-way trip and transfers between routes are no extra charge. Rides can be paid for with exact change, tickets or passes.

Tickets and discount passes are available for purchase at the Z-Trans office. Half-price passes are available for those who qualify.

Z-Trans provides service Monday through Friday with two routes; the Cottonwood Route and the Stealth Route. Each route is run seven times per day and takes one hour to complete.

The Cottonwood Route begins at Wal-Mart at three minutes after the hour and finishes at Wal-Mart on the next hour. It runs in the mornings at 7, 8, 9 and 10 a.m. and in the afternoons at 3, 4 and 5 p.m.

The Stealth Route begins at three minutes after the hour at Wal-Mart and finishes up at Wal-Mart at three minutes after the next hour. It runs in the mornings at 6, 7, 8, 9 and 10 a.m. and in the afternoons at 3 and 4 p.m.

The Cottonwood Route and the Stealth Route meet up at Wal-Mart and riders from one route can transfer to the other route at

no additional cost.

This enables riders from Alamogordo to go to work on Holloman and riders from the base to go to work in town.

The new Z-Trans bus schedules are available at numerous places throughout the Alamogordo and Holloman communities.

To purchase tickets, passes or for more information and bus schedules, call the Z-Trans Public Transportation Service office at 439-4971 or stop by 900 First Street, Monday to Friday, 6:30 a.m. to 6 p.m.

Schedules are at the following locations: Alamogordo Chamber of Commerce Visitor Information Center, Alamogordo Public Library, Lowe's Pay and Save Grocery Store, Wal-Mart Super Center, Holloman Base Exchange, Holloman Inn, Holloman Library and Holloman Visitor's Center.

The service is made possible through a grant Zia received from the Public Transportation Programs Bureau of the

New Mexico State Highway and Transportation Department.

The City of Alamogordo is providing the required matching funds for the administrative and operational expenses.

Zia is providing the matching funds for capital expenses, which includes the bus.

For more information call the Zia Therapy at 439-4971 or visit the Web site at [www.alamogordo.com/ztrans.html](http://www.alamogordo.com/ztrans.html).



## **Cottonwood Route**

New stops on the Cottonwood Route include:

- First Street/Scenic
  - McKinley/Tenth Street
  - Jefferson/Tenth Street
  - Health Office/Ninth Street
  - Dept of Labor/Ninth Street
  - Florida Ave/Indian Wells
  - Grace Baptist/Indian Wells
  - New Mexico State University Alamogordo
  - Gerald Champion Regional Medical Center
  - Lawrence St/Desert Sun Motors
- Stops being removed from the Cottonwood Route include:
- Washington Park
  - Ninth Street/Oregon Ave
  - Otero Federal Credit Union/Tenth Street
  - Tenth Street/State Police Office
  - White Sands/Tenth Street
  - Florida Ave/Indian Wells Recycle Bins
  - White Sands/Bradley Road
  - White Sands/Cottonwood
  - Fairgrounds Road/Aero Loop

## **Stealth Route**

New stops on the Stealth Route are all on Holloman and include:

- First Street/Santa Fe
- First Street/Dental Clinic
- Delaware/Tabosa
- Communications Bldg/Second Street
- Idaho/Second Street
- Billeting Office
- Fairchild/Mesquite

**Stops being removed from the Stealth Route include:**

- Santa Fe/Catron Loop HAFB
- Fairchild/Luna Loop HAFB
- Mesquite Road/Andrews Drive HAFB
- Alamogordo Airport

# Holloman civilian recalls POW experiences

by Airman 1st Class Stephen Collier  
49th Fighter Wing Public Affairs

As Airmen remember those missing in action and prisoners of war, one Holloman civilian contractor recalls his experiences as a POW during the Vietnam War.

For Mr. Andrew Craddock, Vietnam was nothing new when he was captured by enemy forces during his third tour or duty in 1964. While performing a classified mission, the CIA-sponsored Marine warrant officer was captured along with two men from his unit.

“After being in country four months, we were captured while my squad was performing a secret mission,” he said. “Our training wouldn’t allow us to give up any information. We would take it with us before we ever gave it up.”

Mr. Craddock’s experience with the military didn’t begin until five years earlier with his enlistment into the Marine Corps. If it wasn’t for his former gym coach, a former Marine, he said he wouldn’t have joined the military.

“I was undecided about what I wanted to do after I graduated,” he said. “I talked to my coach a lot and he asked me if I had ever thought about the military. I told him no and he took me down to see the Marine recruiter. I signed up right then and enlisted three months before I graduated.”

With enough credits to graduate early from high school in the spring of 1959, Mr. Craddock was on his way to the Marine Corps Recruit Depot in San Diego for basic training.

He received orders in early 1960 to Point Arguello Naval Missile Facility near Lompoc, Calif. where as a military police officer, he secured launch sites and conducted law enforcement on the installation. It wasn’t until a year later when he arrived at Camp Pendleton, Calif., he found his true calling in the Marine Corps Special Forces Force Reconnaissance branch.

“At Pendleton, I was accepted for Force Reconnaissance training,” he said. “After graduation, I immediately received orders to go to Cuba during the missile crisis. We hit the beach at Guantanamo Bay, secured it for additional troops then left. After the situation died down, we returned to Pendleton.”

Once he returned to California in 1961, Mr. Craddock, along with five others, was selected to be a part of a joint Navy SEALs, Army Green Berets and Air Force Pararescue team sent to Saigon to instruct South Vietnamese soldiers in small arms and self-defense. During the nine-month training tour, Mr. Craddock said he never imagined Vietnam, a relatively-peaceful place in late 1961, would turn into an all-out war.

“I was young and it was an exciting time for me,” he said. “Here I was in the middle of a different culture and a different country. I didn’t stop to think how big it could get. We had no idea what it was going to turn into.”

He returned state-side 10 months later to his unit at Camp Pendleton. After being back in the U.S. for three months, he started to hear about the increased hostility and Viet Cong attacks in the South.

“I thought with the experience I’d gained being there, it would be beneficial for me to go back,” he recalled. “I was still single and not close to my family, so I volunteered six months later to go back.”



Photo by Airman 1st Class Stephen Collier

## Mr. Andrew Craddock recalls his experiences as a prisoner of war during the Vietnam War.

After landing in the jungle-draped country for a second time, the newly-appointed squad leader said his Marine company was never in one place.

“We were always moving around,” he remembered. “A lot of times, we would jump out of planes and be in the jungle for two months at a time before they would ship us out for rest and relaxation in Japan. Then we’d come back and do it all over again. Most of our missions were to search out and destroy our objectives. It was a war, but we weren’t given all the authority of a war. What we could do we pushed to the limit. It was hell.”

Mr. Craddock remembered times where life and death decisions had to be made.

“We ran into situations where pregnant women would surrender,” he said. “When you got close to them, a smaller woman would drop out behind her and open fire. You had a tendency to not want to take a chance. This was a dark war. It was definitely an experience that you never forget.”

After finishing the 12-month tour, Mr. Craddock recalled the friends he lost during the year of bitter fighting.

“Out of all the guys who left from Pendleton in my platoon, only four of us came back,” he said. “I lost a lot of good friends over there. We all figured the missions we were being assigned to would help to prevent a larger war from happening. That didn’t happen.”

It was 1963 and Mr. Craddock was back at Camp Pendleton, 10,000 miles away from the war raging in Southeast Asia. When he arrived, his commanding officer had paperwork ready to submit, recommending him

for warrant officer school at Marine Corp Base Quantico, Va. There he learned Russian to better identify weapons and more advanced training on assorted weaponry.

After graduation, he returned to Camp Pendleton to become a range master, training new recruits on the M-1 rifle. Mr. Craddock said he found the day job too cushy.

“After training recruits, I would go out on the town and enjoy myself,” he said. “It was too easy of a job for me.”

Six months later, he got his third chance to fight the growing communist intrusion erupting over Vietnam’s de-militarized zone.

“A gunnery sergeant asked me if I wanted to go back,” he remembered. “America was beginning to lose a lot of lives over there and we thought our knowledge would be beneficial. So, we went back. That’s when we were assigned to the CIA.”

Four months later the Marine warrant officer was captured along with two others. After spending two months as a prisoner of war, Mr. Craddock and his comrades found a chance to resist their captors.

One day while being transported, they overtook the two guards, stole their weapons and ran in to the jungle. As the soldiers fled, Mr. Craddock said enemy troops were in pursuit.

“We darted into the jungle, trying to find our way,” he recalled. “As we made our way back to friendly lines, we started taking heavy enemy fire.”

The three Marines were taking hits as they stumbled onto an Army fire base. Before running into soldiers, Mr. Craddock’s wrist was severed by a bullet, knocking him to the ground. That was the last thing he remembered before waking up in a San Diego Naval hospital four months later.

“I lost so much blood from the wound I blacked out,” he said. “The medic said if I lost another half of pint of blood, I would be gone. Thank God for the Army - you’ll never hear a Marine say that.”

He began the year and a half process of rehabilitation, regaining control over his arm and performing daily physical therapy. After being discharged with 30 percent disability, he said he began to suffer from more than just physical pain.

“You begin to have horrible nightmares and bad dreams, thinking you’re still in Vietnam,” he said. “You just want to forget. I even scared my wife a few times. Thank God it’s behind us now. Hopefully we’ll never have another war like that again.”

With Vietnam behind him, Mr. Craddock began his civil service with the Air Force after taking on a construction position in 1981 at Los Angeles Air Force Base, Calif. He transferred to Holloman in Dec. 2000, taking on the position of housing maintenance director.

As Operations Iraqi and Enduring Freedom continue, Mr. Craddock said he can see many parallels between the two wars.

“Reading about the war brings back hard feelings,” he said. “I want to go out there and do something but I can’t. I can relate to the troops out there.”

He’d be in Baghdad if he was given the chance.

“My wife told me she was thankful I was too old to be in the service,” he chuckled. “She knew that if I was healthy enough, I would probably go. I’ll always be patriotic.”





# What's going on in the Tularosa Basin and beyond...

## Star Party

Star Party VI is today and Saturday at White Sands National Monument. The event will also offer several daytime activities in the Alamogordo-White Sands area. Registration fees are \$40 per person, \$60 for a couple and \$12 for each child. The fee is \$3 per person. Children 16 and under are admitted to the park free.

For more information, call 437-2840 or (877) 333-6589. Registration forms may also be obtained at the star party Web site <http://www.zianet.com/wssp>.

## Apple Festival

The High Rolls-Mountain Park Lions Club's 2004 High Rolls Apple Festival is 9 a.m. to 5 p.m., Oct. 16 and 17 at the High Rolls Community Center. It will feature over 50 arts and crafts vendors, local apples and apple products, food, kids' stuff and entertainment. Admission, parking and ambiance are free.

For more information visit

[www.highrollsfestivals.com](http://www.highrollsfestivals.com) or call (505) 682-1151.

## Day of Caring

United Way of Otero County's annual Day of Caring is Sept. 23.

For more information, call 437-8400.

## Shooting match

The Otero Practical Shooting Association has an Action Shooting Match at 9 a.m., Sept. 18 at the Sydney Paul Gordon Shooting Range, 19 Rock Cliff Road, northeast of La Luz. Sign up is at 8:30 a.m. The match is open to the public. Match participants will need a centerfire handgun of 9mm/38 or larger, holster, spare magazines or speedloaders and a shotgun. Approximately 100 pistol rounds and 25 shotgun rounds will be required.

For more match information, call Mr. Butch Rials at 437-3663.

For information regarding the Shooting Range, call Range Master Jay Frost at 443-9006.



**FSC**

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

- Bundles for Babies: 1 to 3 p.m., Monday.
- Local job market orientation: 1 to 2:30 p.m., Monday.
- TSP/REDUX: 1 to 3 p.m., Tuesday.
- Key Spouse Training: 6 to 8 p.m., Wednesday.

For more information, call the FSC at 572-7754 or visit the Web site at [wwwmil.holloman.af.mil/sptg/mss/fsc](http://wwwmil.holloman.af.mil/sptg/mss/fsc).

**Munitions area closed**

The Munitions Storage Area will be closed Monday to Sept. 17 for inventory. Only bona fide emergency requests approved by the Maintenance Group commander will be honored during the inventory.

For more information, call munitions accountability at 572-1612 or 572-1613.

**Folklore show**

The Hispanic Heritage Month Folklore Show is 7:30 p.m., Sept. 17 at the Whispering Sands Community Center. The evening will end with light hors d'oeuvres followed by a dance at 9 p.m.

For more information, call the community center at 572-7476.

**Hispanic Heritage month**

There is a Catholic Mass to celebrate the start of National Hispanic Heritage Month at 9 a.m., Saturday at the base chapel. There will be refreshments, traditional Hispanic pastries, music and a performance of an ancient Mexican dance dedicated to Virgen de Guadalupe.

**ALS graduation**

The Airman Leadership School Class 04-G graduation retreat is 11:30 a.m., Sept. 22 in the dorm mall area behind the PME Center building 339. Commanders, first sergeants, supervisors, family and friends are invited to join the graduates. Dress is



Photo by Tech. Sgt. James Hart

**Welcome home**

**First Lt. Tony Austin greets his wife Alissa after returning from a six-month deployment to Camp Doha, Kuwait. While deployed Lieutenant Austin and more than 30 other 49th Security Forces Squadron members performed customs duties for the central command area of responsibility including inspecting vehicle, baggage, and equipment for contraband and clearing people to re-enter the U.S. The team cleared more than 130,000 people in a two-month period, the largest military rotation in American history.**

duty uniform.

For more information, call the Mayo PME Center at 572-5860.

**Retirement ceremony**

Chief Master Sgt. Phillip Aldrich's retirement ceremony is 2 p.m., Sept. 28 at the Officers' Club. Everyone is welcome to attend the ceremony.

**DTS training**

Defense Travel System training for September is as follows:

- Approving Official training: 8 to 10 a.m., today at the Learning Resource Center, room 232
- ODTA training: 8 to 11 a.m., Wednesday at the Learning Resource Center room 232
- Traveler training: 8 to 11 a.m., Sept. 22 at the Bong Theater
- Approving Official training: 8 to 10 a.m., Sept. 24 at the Learning Resource Center, room 232
- Traveler training: 8 to 11 a.m., Sept. 29 at the Bong Theater

**Claims office closed**

The claims office will be closed for end of year processing from Sept. 13 to 30. New claims will not be accepted during this time.

For more information, call 572-3625.

**HazMart giveaway**

Paints and other items are available for free issue at the HazMart. The program allows authorized users access to a variety of hazardous chemical items free of charge. To participate, your shop must be authorized for the item and the item must be in HazMart's free issue area.

For more information, call the HazMart at 572-7899, 572-3093 or 572-7608.

**Road closures**

*49er Road*

Due to the rerouting and widening of 49er Road, there will be a road closure on Arizona Avenue from First Street to Arnold Avenue until further notice.

For more information, call 2nd Lt. Stacy

Nimmo, 49th Civil Engineer Squadron, at 572-3066.

**Scuba lessons**

Scuba lessons offered through Outdoor Recreation are 6 to 9 p.m., Oct. 5, 7, 12, 19, 21, 26 and 28 in Alamogordo. There will be an open water dive in Balmorhea State Park in Texas on Oct. 29, 30 and 31. Participates must be 13 years or older and sign up by Sept. 28.

**Chapel Services**

**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 Sunday School is 9:30 a.m. and Catholic Religious Education is 10:30 a.m., Sunday at Holloman Intermediate School.

**B On the BIG SCREEN**



**Harold & Kumar Go to White Castle (R)**

6 and 9 p.m., today

**I, Robot (PG-13)**

6 and 9 p.m., Saturday and 6 p.m., Sunday

Tickets are 99 cents.

# Holiday greetings teams head for overseas bases

When professional broadcasters toting video cameras and bright lights soon invade overseas installations worldwide, they will not be seeking the next “American Idol,” but they will be looking to give service members stationed overseas a chance to say hello to their families in the United States.

Four teams of military broadcasters from the Army and Air Force Hometown News Service here will hit the hometown holiday greetings trail Sept. 11. They will visit about 70 overseas installations in 40 days with the goal of gathering more than 13,000 individual messages from servicemembers stationed abroad during the holidays, said Army Sgt. 1st Class Jamie Posten. He is the NCO in charge of broadcast operations for hometown news.

“Demand for the holiday greetings is at an all-time high with the public affairs offices overseas and also with (about) 1,000 television and 2,400 radio stations that subscribe to the service,” Sergeant Posten said. “To meet that demand, we’re sending out four teams for the first time, instead of the normal three teams we send out each year.”

The holiday greetings program began in 1984 and while the number of releases increases each year, the program’s goals remain the same. The first goal is to improve the morale of servicemembers stationed overseas and their family members.

Another goal is to show the American public the sacrifices that their military people make by serving without their families in places such as South Korea and Southwest Asia, Sergeant Posten said.

“Because they’re stationed or deployed overseas during the holiday periods, these servicemembers can’t be home for the holidays,” he said. “We



Photo by Master Sgt. Jack Braden

**Tech. Sgt. Brady McCarron tapes a mock holiday greeting during a training session at Randolph Air Force Base, Texas. Four teams from Army and Air Force Hometown News Service will soon travel to about 70 overseas installations in 40 days to tape Airmen, Soldiers, Sailors, Marines and Department of Defense civilians who want to send holiday messages.**

give them a chance to send a short message back home for their families to see on television or hear on the radio. Last year, I had a guy tell me he did one the previous year, and his mom and dad saw it and loved it. That’s the kind of feedback we like — it’s a hard (temporary duty) and hearing that the program works really helps to keep us going.”

Servicemembers and their families are not the only fans of the program. Stations start asking for the releases well before Thanksgiving, and feedback usually pours in from the stations that air the greetings between Thanksgiving and New Year’s Day, Sergeant Posten said.

“These are a huge hit in our community!” said a news director with a television station in Springfield, Mo. “We air them more times than I can calculate. We also provide a VHS copy to the first of kin.”

Military members of all ser-

vices, family members stationed overseas with the servicemembers and Department of Defense civilians are all welcome to take advantage of the program, said Tom Taylor, chief of broadcast news for hometown news.

“The teams are all made up of experienced broadcasters, and they make the process quick and easy,” Mr. Taylor said. “People just come to where we are located, fill out a quick form for us telling us where their family members are in the (United States), stand in front of the camera and say their message. When we get back to San Antonio, we will market each greeting to the TV stations in that person’s area, and we also turn the video into a release for the radio stations.”

People can contact their local public affairs office for more information on when the teams will visit their installation and where they will set up. (AFPN)

# Routine medical travel changes for overseas retirees

Effective Oct. 1, Pacific Air Forces officials will no longer purchase commercial tickets for retirees living or traveling outside of the United States for routine medical appointments as required by the Joint Federal Travel Regulation.

Overseas retirees and their families are still eligible for aeromedical airlift when in-flight medical care is required, said PACAF officials at Hickam Air Force Base, Hawaii.

The change is a result of the retirement of C-9 Nightingale aeromedical aircraft in 2003, which had operated within PACAF out of Yokota Air Base, Japan. Before the retirement, overseas retirees were able to fly on invitational travel orders to routine medical appointments.

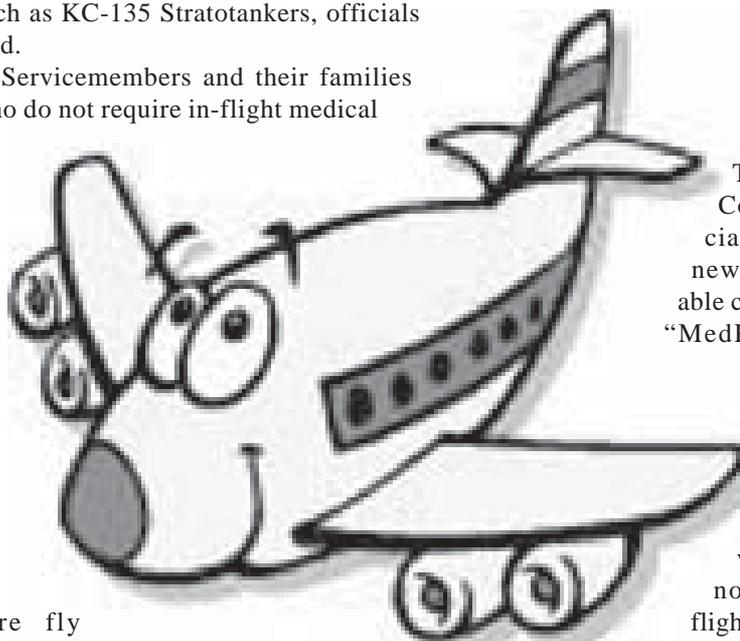
The Air Force aeromedical evacuation mission is now "requirements-based," meaning those patients needing urgent or priority care are flown via the Air Force's current fleet of mobility aircraft,

such as KC-135 Stratotankers, officials said.

Servicemembers and their families who do not require in-flight medical

care fly commercially for routine appointments with PACAF covering the cost, said Lt. Col. Stephen Clutter, PACAF spokesman.

Since the retirement of the C-9,



PACAF officials have been working with U.S. Transportation Command officials to create a new space-available category called "MedPAX," which would be for people traveling for routine medical services who do not require in-flight medical care.

If approved, the MedPAX category would give retirees and their families higher priority than they currently have when seeking space-A seats on military aircraft.

As a result of the changes, only patients requiring in-flight medical attention will be airlifted via the military aeromedical evacuation system. This applies to flights to the continental United States as well as missions within PACAF, Colonel Clutter said.

Retirees and family members who require in-flight medical care en route to a medical facility may be airlifted on Department of Defense aircraft with AE-qualified crews.

Military aircraft available for air evacuation include the C-130 Hercules, C-141B Starlifter, C-21A, C-17 Globemaster III and KC-135.

If in-flight medical attention is not required, retirees or their family members may use military air to travel to an appointment if space is available, or use commercial means at their own expense.

There is no charge for military space-A flights within PACAF and only a nominal customs fee for flights to the United States. (AFP)

# Posturing plan to produce more capable Air Force

by Master Sgt. Scott Elliott  
*Air Force Print News*

The major worldwide troop movement unveiled Aug. 16 by the president will result in a service that is better able to meet the needs of warfighting commanders, Air Force planning officials at the Pentagon said.

While most of the 70,000 servicemembers who return from overseas to the United States will be Soldiers, the Air Force has played a major role in the integrated global presence and basing strategy, said Lt. Col. Keith Cunningham, former deputy chief of the Air Force strategy and integration division.

"The Air Force fully supports the secretary of defense and combatant commanders' requirements," Colonel Cunningham said. "This basing strategy will strengthen the Air Force's ability to respond rapidly with agility, precision and lethality."

The key is improving capabilities, not preoccupation with troop strength, the colonel said.

"We used to measure capability in sheer numbers of troops," he said. "We (now) measure it in a lot of different ways. We're very capability-focused. We probably

have more capability in some areas of the world that we ever had, but we have less troops there."

Major Air Force installations in Germany would be untouched by the reduction plans, said Gen. Charles F. Wald, deputy commander of U.S. European Command.

The Air Force is not moving forces as dramatically as the Army is because it already has, Colonel Cunningham said. The Air Force's major transformation began in the early 1990s, shortly after Operation Desert Storm, when the service relocated thousands of Airmen and several weapon systems.

"The president said (the military) is more responsive (if based) at home," the colonel said. "To do that, we need to invest more in the ability to get our forces to where we want them — through the mobility system, to forward-operating sites and into cooperative security locations."

While the plan is specifically designed to increase capability and flexibility, Colonel Cunningham said individual servicemembers would see quality-of-life improvements as well.

"Military members can expect more time between deployments

and more notice of when they will deploy," he said. "That shift will give them better predictability and quality of life. That's how this will affect the Airman on the street."

The entire program may take more than 10 years to complete, Colonel Cunningham said.

"It's very complicated, in that there are moving parts all over the world," he said. "Some, with higher priority, will happen soon. Others will be phased over time."

Another complicating piece of the puzzle is where to put all of these homebound servicemembers.

There are base realignment and closure implications, Colonel Cunningham said.

"We have all these troops coming back to the United States, but where are they going to go?" he asked.

The colonel said BRAC and basing strategy "are two sides of a coin," as a senior defense official said in a press briefing after the president's announcement.

"This new plan is a good thing," Colonel Cunningham said. "We're supporting the combatant commanders and posturing our forces to better meet the challenges of the future."



Photo by Airman 1st Class Dee Ericksonmoen

**Vote for it**  
Senior Airman Timothy Lenze, 49th Maintenance Group, registers to vote with the help of Capt. Paul Durkes, base voting officer. There are only 21 more days to register to vote and 51 days until election day.

# Fit to fight includes healthy eating habits

## Healthy highlights

- Drink a glass of water a few minutes before you sit down to eat
- Eat slower to give your stomach time to tell you that you're full
- Slowly cut back the size of your portions
- Serve food on smaller plates
- Don't go back for seconds
- Choose low-calorie, low-fat foods
- Fill up on fruits and vegetables
- Limit alcohol and sugar intake
- Eat fewer breaded and fried foods
- Remove skin from poultry
- Trim excess fat from meat
- Beware of sauces and dressing

Choose foods that **CUT** **Calories**



### Instead of ...

### Choose

<b>Chocolate bar</b> 200 calories	<b>Apple</b> 80 calories
<b>Potato chips</b> 304 calories	<b>Pretzels</b> 216 calories
<b>3 chocolate chip cookies</b> 200 calories	<b>4 Graham crackers</b> 120 calories
<b>Cheeseburger</b> 608 calories	<b>Hamburger plain</b> 426 calories
<b>Sausage, egg and biscuit</b> 581 calories	<b>Bagel with cream cheese</b> 295 calories
<b>Soda 12 oz.</b> 152 calories	<b>Bottled water 12 oz.</b> 0 calories

People can lose an average of one pound per week by cutting 500 calories a day.

## Body mass index table

Your ideal body weight is a function of your age, gender, body build and the amount of body fat. The BMI has been developed as a simple guide that factors in all of these considerations. The higher your BMI score, the greater your risk for weight-related health problems. To determine your score, find your height at the left, then move across to your weight. Your BMI score is at the top of the column. If you BMI falls below normal or into the overweight obese range, your weight may put you at risk for health problems.

Height	Normal							Overweight					Obese
	BMI	19	20	21	22	23	24	25	26	27	28	29	30+
5'0"	97	102	107	112	118	123	128	133	138	143	148	153+	
5'1"	100	106	111	116	122	127	132	137	143	148	153	158+	
5'2"	104	109	115	120	126	131	136	142	147	153	158	164+	
5'3"	107	113	118	124	130	135	141	146	152	158	163	169+	
5'4"	110	116	122	128	134	140	145	151	157	163	169	174+	
5'5"	114	120	126	132	138	144	150	156	161	168	174	180+	
5'6"	118	124	130	136	142	148	155	161	167	173	179	186+	
5'7"	121	127	134	140	146	153	159	166	172	178	185	191+	
5'8"	125	131	138	144	151	158	164	171	177	184	190	197+	
5'9"	128	135	142	149	155	162	169	176	182	189	196	203+	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209+	
5'11"	136	143	150	157	165	172	179	186	193	200	208	215+	
6'0"	140	147	154	162	169	177	184	191	199	206	213	221+	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227+	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233+	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240+	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246+	



# HAFB Airmen ready to take on Marathon

by Airman 1st Class  
Stephen Collier

49th Fighter Wing Public Affairs

An Airman representing Holloman is ready to take on the Air Force Marathon Sept. 18 at Wright-Patterson Air Force Base, Ohio.

First Lt. Alonzo Chapman will travel east to compete against hundreds of other runners from throughout the Air Force and the United States in the 13.1 mile run. Lieutenant Chapman said he knew he had to represent Holloman after he found out the race's featured aircraft was the Nighthawk.

"As an avid runner," he said, "participating in the marathon has interested me for a couple of years. I like it because the marathon is one of many events out there that encourage people to get into shape and test their limits."

Lieutenant Chapman said running had been a pastime since running track at Raytown South High School in Raytown, Mo.

"I consider myself a sprinter

and started running cross country in school," he said. "I did this to prepare me for track season every year."

Preparing for the marathon came with its challenges. Lieutenant Chapman admitted that he sometimes lacked motivation to push himself during his training.

"Because of temporary duty assignments and leave, my training schedule would get of course from time to time," he said. "There were some days I just didn't consider running to be a top priority."

Lieutenant Chapman noted that the marathon compliments the Air Force Chief of Staff's Fit to Fight sight picture.

"I doubt anyone participating in the marathon will be out there without having put in a good amount of time for training," he said. "Some jobs in the Air Force aren't as physically demanding as other, but that shouldn't be an excuse to not exercise."

For those runners interested in the Air Force Marathon or

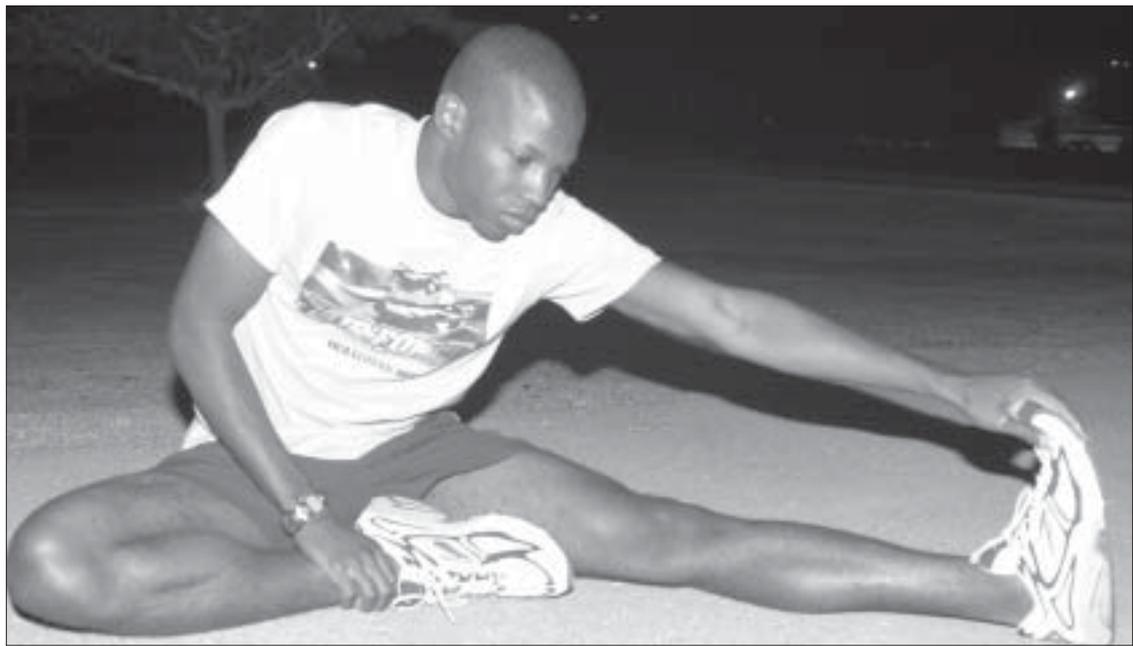


Photo by Airman 1st Class Stephen Collier

**First Lt. Alonzo Chapman will compete against hundreds of other runners from throughout the Air Force in a 13.1 mile marathon Sept. 18.**

others wanting to get into long-distance running, Lieutenant Chapman said the first goal was to get a good pair of running shoes.

"I encourage people to do their research instead of gravi-

tating towards a specific brand. Also, don't be too ambitious starting out. Start off running a couple of miles then increase your distance over time."

The 24-year-old lieutenant said after the 13.1 run, he plans

to take on the full brunt of the marathon next year.

"My goal is to compete in a full marathon by the time I turn 25," he said. "I will compete in the Air Force Marathon from here on out."

# Fit to Fight

## Groups work as one

by 2nd Lt. Melissa Stevens  
49th Fighter Wing Public Affairs

Since General John P. Jumper's announcement of the new Air Force fitness program, Team Holloman has put itself on the right track with many squadrons focusing on a group exercise regime to ensure its Airmen are keeping themselves "Fit to Fight."

The 49th Medical Group keeps its members in shape by having a group-wide physical conditioning session. Each squadron of MDG is responsible for having its own conditioning throughout the week, but every Wednesday morning at the fitness center

over 100 airmen from MDG gather to work out together.

Maj. Theresa Rodriguez, 49th Medical Operations Squadron Medical Flight commander, said MDG began the large group PT in August 2003 and it's been going strong ever since.

With a group pass rate of 86 percent, Major Rodriguez said she felt the group PT helped improve individual scores and the group's overall pass rate. She also said the group morale was positively affected.

"The morale is really good," she said. "Since the workout has been incorporated into their work day, they look forward to it. And I've seen improvements now that we're working as a group. They are trying harder

and are improving."

Second Lieutenant Robert Yates, 49th Contracting Squadron contracting management officer, leads his squadron's PT workout and said they also began their group PT last August and it's been working well for them.

"I think the whole workout is the norm now," Lieutenant Yates said. "It helps get everybody together, especially when we play



team sports, and it helps everybody get ready for the day."

Lieutenant Yates said the squadron runs 1.5 to 2 miles and does circuit training each Monday, focuses on aerobic training on Wednesdays, and they tend to play team sports on Fridays.

"Fridays are more of a morale-building day," he said. "We do fun stuff together, but we're still working out."

Lieutenant Yates said he's seen a dramatic change in the fitness level since they began the group workouts, and that the squadron's pass rate of 100 percent was proof of that.

"There's a good amount of people who are really in to it," he said, "and we're all doing really well."

