

# WINGS SPREAD

## 12th MDG welcomes new commander

By Jennifer Valentin  
Wingspread staff writer

Col. June Gavron assumed command of the 12th Medical Group from Col. Nancy Waite Aug. 5 during a ceremony at the officers' club.

More than 150 people gathered at the ceremony to say goodbye to their outgoing commander and welcome Colonel Gavron.

Col. John Hesterman, 12th Flying Training Wing commander, officiated at the ceremony.

During his opening remarks, he noted that commanding the 12th MDG is a tough but important job.

"I want to thank Colonel Waite for her superb leadership while commanding the 12th Medical Group," said Colonel Hesterman. "The group takes care of us – Randolph, as well as the Air Force."

"The new commander, Colonel Gavron, is ideally suited for taking over the reins," added the colonel. "She will surely have a great team behind her."

Before relinquishing command, Colonel Waite told the audience how much she appreciated their kindness during her tenure.

"This has been a great assignment, and my family and I have felt welcomed by the group and wing since the moment we arrived," said Colonel Waite. "Randolph definitely has the finest medics in the Air Force."

After Colonel Gavron took command, she spoke of the honor she felt having the opportunity to command the 12th MDG.

"This is a special medical group," she said. "After reflecting on what our country has been through, I know that the Air Force is stronger because of our Airmen. The 12th Medical Group is one example of that through support and dedication."

"We are one team," Colonel Gavron continued, "and we will continue the expert care and excellence that has stemmed from Colonel Waite's command."

Colonel Gavron received a bachelor of science degree in nursing from George Mason University in Fairfax, Va., and a master of science degree in nursing administration from the University of Texas.

She was commissioned as a captain in the U.S. Air Force Medical Service in 1981. Colonel Gavron's first assignment was Wilford Hall Medical Center at Lackland, where she began her career as a staff nurse and progressed to the



Col. John Hesterman, 12th Flying Training Wing commander, passes command of the 12th Medical Group to Col. June Gavron Aug. 5 at the officers' club. (Photo by Melissa Peterson)

assistant charge nurse of the intermediate intensive care unit.

Before coming to Randolph, Colonel Gavron's military career included being stationed at Royal Air Force Upper Heyford, England, as the staff development officer and the assistant chief nurse and also at Seymour Johnson AFB, N.C., as the chief nurse, deputy medical group commander and then commander at the 4th Medical Operations Squadron.

In July 1998, Colonel Gavron was selected for the nursing executive fellowship in the office of the director of medical readiness and nursing services at the Office of the Surgeon General at Bolling AFB, Washington, D.C.

Following her fellowship, she was selected to attend Air War College at Maxwell AFB, Ala., where she earned a master of strategic studies degree. After AWC, Colonel Gavron was commander of the 99th Medical Operations Squadron at Nellis AFB, Nev.

The colonel comes to Randolph from a two-year assignment as commander of the 49th Medical Group at Holloman AFB, N.M.

Colonel Gavron's military awards include the Air Force Legion of Merit, Air Force Meritorious Service Medal with one silver oak leaf cluster, Air Force Commendation Medal, Air Force Achievement Medal with one oak leaf cluster and National Defense Service Medal with one bronze star.

## Staff sergeant promotion list released



Seventy-two Randolph senior airmen received good news from their commanders Wednesday when they were told of their selection for promotion to staff sergeant. Those selected will be promoted from September to August 2005.

Air Force-wide, 13,625 out of 33,306 eligible airmen were selected, for a 40.91 percent selection rate. The average selectee had 1.77 years time in grade and 4.39 years in service.

The complete list of selectees will be posted on the Air Force Personnel Center's Web page, <http://www.afpc.randolph.af.mil/eprom>, by 6 p.m. tonight.

The Randolph selectees are:  
**12th Communications Squadron**  
Kedrick Evans  
Daniel Finkenstadt

Keith Williams  
**12th Flying Training Wing**  
Chase Yarbrough  
**12th Logistics Readiness Squadron**  
Coby Austin  
Georgia Brown  
Kirsten Coombs  
Victoria Diaz  
Jose Hernandez  
Keith Nash  
Mark Teem  
**12th Medical Group**  
Nicole Combs

See Promotions on page 4

### 12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday			Navigator, EWO training			Wing Sortie Scoreboard			
Pilot Instructor Training			562nd FTS      563rd FTS			Aircraft Required Flown Annual			
Squadron	Senior Class	Overall	Air Force	258 Undergraduate	45	T-1A	3,602	3,561	4,383
99th FTS	1.0	1.8	Navy	74 International	9	T-6A	7,889	8,242	9,103
558th FTS	-2.5	-1.6	International	4 EWC Course	0	T-37B	6,709	6,425	7,508
559th FTS	-2.0	-3.7	NIFT	38 Fundamentals	0	T-38C	2,082	2,082	3,612
560th FTS	-0.6	1.6				T-43A	1004	1,062	1,160

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

The required and flown numbers reflect sorties since Oct. 1, 2003. The annual numbers are the current fiscal year target.

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## AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 183 Team Randolph members are deployed in support of military operations around the globe.

### The Randolph WINGSPREAD

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to [wingspread@randolph.af.mil](mailto:wingspread@randolph.af.mil) or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

## Commander's Action Line

Call 652-5149 or e-mail  
[randolph.actionline@randolph.af.mil](mailto:randolph.actionline@randolph.af.mil)



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

**Col. John Hesterman**  
12th Flying Training Wing commander

### Agency contact numbers

Security Forces	652-5509
Services	652-5971
Civil Engineers	652-2401
Transportation	652-4314
Military Pay	652-1851
Civilian Pay	652-6480
Safety Office	652-2224
Housing Maintenance	652-1856
12th FTW IG	652-2727
Equal Opportunity	652-4376
FW&A Hotline	652-3665
EEO Complaints	652-3749
Randolph Clinic	652-2933
Base Exchange	674-8917
Commissary	652-5102
Straight Talk	652-7469

## Core values are essence of Air Force

By Lt. Col. James Garrett  
99th Flying Training Squadron  
commander

Integrity first, service before self and excellence in all we do – these are our core values. They may seem overused, a statement of the obvious. It is only when an outsider gives us a glimpse of their world that we realize just how fundamental our core values are to who we are.

Our core values are the essence of what makes us a team and impart the strength to reach our goals. When we don't see what life is like outside our Air Force, we tend to take our team for granted. I realized just how lucky we are to have a team founded on our essential Air Force values when I heard stories from my wife about her old job

with an international company.

When was the last time you felt that you had to check your teammates' work? When was the last time you had to "watch your back" in our Air Force? For my wife it seemed it was a daily occurrence. All I could do was shake my head and feel grateful that our Air Force team values integrity first and foremost.

I'm not usually at a loss for words, but occasionally she would tell me about something that had happened and I'd just stand there with my mouth open. I simply couldn't relate to her work environment.

For instance, on one of her emergency service calls, a customer was given assurances his equipment would be up and running to produce several critical items by the start of

business the following day. Her company dispatched a team to tackle the problem, but at 5 p.m. she was astonished to find herself working alone. Her teammates had simply left. The clock, not loyalty or duty, governed their time.

The next time you find yourself and your teammates working hard late into the night, remember that our dedication to service before self is what drives our team. I have no question that I can rely on my fellow Airmen, regardless of what time it is and I can't imagine it any other way.

On another occasion, my wife worked desperately to help get a customer's system running, only to find that critical pieces of the equipment had simply been left out during its

assembly. I can't imagine climbing into a jet without the absolute confidence that our team has worked for nothing less than perfection in preparing it to fly. Of all of our core values, we tend to take "excellence in all we do" for granted most. I've never questioned that my fellow Airmen were doing their best. From the weapons controller giving me the "picture," or the personnel clerk processing my records, I've never had to doubt they were giving 100 percent.

Every day Airmen trust their freedom, families and their very lives to each other. Our belief and faith in our core values and confidence in each other is the very thing that makes us the "A-Team" in the defense of our nation and its Constitution.

## Golf offers life lessons off fairway

By Maj. Benjamin Snow  
100th Maintenance Squadron

ROYAL AIR FORCE MILDENHALL, England – A couple of weeks ago, my 9-year-old son took golf lessons for the first time. As a result, a lot of our evening discussions and debates were centered on golf and the finer aspects of it. This included watching the British Open whenever it was on and setting up a putting green in the middle of our living room for most of the week.

I like golf as much as most people, but it is definitely not one of my obsessions. Nevertheless, it occurred to me a person can learn a lot of life's lessons from golf.

**Lesson number one:** You have to know where you want to go if you want to get there.

In golf, your goal is to get the little white ball down to the green. But, if you don't keep your eye on the flag and concentrate on the issue at hand, your ball will end up on the fairway beside you.

This is true in life, too. It is so easy to watch and see what others are doing you forget to keep your eyes on what you are doing and what your goals are. Your goal may be to be a chief master sergeant, a

colonel, or maybe a good parent or supervisor. If you don't keep your goals out there in front of you, you will get sidetracked and miss opportunities.

**Lesson number two:** Stay out of the sandtraps because it is really hard to get back out.

Have you ever really thought of what the impact of your actions will be to your career? That one moment of "fun" could have a dramatic effect on you. It may prevent you from being a below-the-zone candidate or from getting considered for a medal or special-duty assignment. It might result in the loss of rank, or even worse, end your career.

It is so much better to stay out of trouble than to try to dig yourself out of it. Have a plan when you go out for the night, and stick to it. Don't let your friends, your emotions or a bad decision put a mark on your career that will take years to overcome. Worse yet, don't put your career in the hands of someone else. Take charge, and shape the future you want.

**Lesson number three:** Life is going to throw you curves, or in golf, a slice.

Be ready. A slice happens to everyone at some point in time. It is how you react

to that slice and adjust your game accordingly that determine whether you win or lose. Play it safe, and get your life back on the smooth fairway. Don't compound the problem by making a risky shot and hit a tree or become lost in the woods.

**Lesson number four:** Follow through.

Establish your goals, set your plan of attack and stick to it.

There are 100 things that will get in your way: an unexpected temporary duty away from station, a relationship, a new job, a new boss, sports, hobbies, money – the list is endless. Everyone has issues that fight for attention. You have to figure out what is important to you, be willing to sacrifice in the short term to achieve long term-goals, and push everything else to the side and persevere.

**Lesson number five:** Never, ever leave the putting green in the middle of the living-room floor, or your new putter may just disappear. Of course, this may just be a life lesson for our house, but it is better to be safe than sorry.

You never know what opportunities will come or when they will come. You never know where life will take you, but if you

See Lessons on page 3

## Congratulations Retirees

### Today

**Lt. Col. Keith Heise**

Air Education and Training Command

**Master Sgt. Rodney Mack**

AETC

**Master Sgt. Gregory Watson**

AETC

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to [randolph.retiree.messages@randolph.af.mil](mailto:randolph.retiree.messages@randolph.af.mil) or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

## Lessons

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are prepared for those opportunities, you will be ready to seize them when they present themselves.

The U.S. Air Force gives you a golden opportunity to get your education for free or at very little cost. Take advantage of the educational opportunities you are provided to make the most of your Air Force career, and secure a bright future in the years beyond. Don't miss out.

Yes, life is a lot like golf. Some days you're Tiger Woods – all your shots run straight and true, and everyone knows your name. Other days you can't get the ball 40 feet down the fairway. Life, like golf, takes constant practice, anticipation and concentration. You have to get ready for the next big tournament. Opportunities will present themselves. Be ready.

If you set your goals, stick to them, and keep your standards high, you can stay out of the sand and keep your ball on the fairway. You may get off course from time to time, but your goals and what is important to you will bring you back on course.

Dream big dreams, set high standards and goals, and enjoy the game. Maybe one day you will be playing in your own British Open. (Courtesy of Air Force Print News)

# Wherever you are, your vote counts

By Gen. Robert Foglesong  
U.S. Air Forces in Europe commander

RAMSTEIN AIR BASE, Germany – The most important privilege our nation provides its citizens is freedom. Our nation was built on democratic principles and one of our cherished constitutional rights is the right of each American to vote.

Today our men and women are globally engaged to help bring freedom, including the right to vote, to people around the world. By registering and voting, you honor your fellow Airmen, Soldiers, Sailors and Marines who are sacrificing their personal freedoms to provide this staple of democracy.

You also reaffirm the sacred value of this privilege to many who have yet to achieve it.

It is the right to vote that allows you to elect officials who reflect your views and will speak for you in government. Why would people choose not to exercise this right?

By not voting, you abdicate that right and responsibility of citizenship that has cost so many so much to earn. You allow others, with whom you may not agree, to select our future leadership.

The laws and policies enacted today can, and often do, influence the long-term health of our nation. And it is our nation's future – ours and our children's – that should concern you today.

Take the time leading into the 2004 elections to register to vote and request your absentee ballot. The deadlines for completing and mailing a Federal Post Card Application or turning in a Federal Write-In Absentee Ballot are both fast approaching. The Air Force goal is for everyone to complete and mail his or her application before or during Armed Forces Voters Week, Sept. 3 to 11, to allow applications to meet all deadlines.

America is the greatest democracy in the world. We owe it to



ourselves and our great nation to get out and vote. I urge each and every one of you to make your voice heard.

I encourage you to take advantage of a privilege that people around the world continue to fight and die for – whether you are at a geographically separated unit, a one-deep special duty position or deployed in support of an Air Expeditionary Force rotation – no matter where you are, your vote counts!

For contact information for base voting officers, call Capt. Andrea Justice at 652-6170.

(Courtesy of Air Force Print News)

## News

# 2005 NCO retraining program underway

## More than 1,000 Airmen asked to cross into shortage career fields by Sept. 30

By Tech. Sgt. David Jablonski  
Air Force Print News

WASHINGTON – Air Force officials want more than 1,000 NCOs to pick a new job during the voluntary phase of the fiscal 2005 NCO retraining program that began Aug. 3.

Eligible NCOs have until Sept. 30 to apply. If the Air Force does not meet its goal of placing 1,098 Airmen from overage career fields into shortage career fields, a non-voluntary second phase may be implemented.

Rosters showing those identified in Phase 1 as susceptible to involuntary retraining, sorted by Air Force specialty code and in order of vulnerability, are posted on a secure Web page accessible at [www.afpc.randolph.af.mil/enlskills/retraining/retraining.htm](http://www.afpc.randolph.af.mil/enlskills/retraining/retraining.htm).

The complete list of retraining-in opportunities is available on the retraining advisory at the 12th Mission Support Squadron military personnel flight.

If necessary, the involuntary Phase 2 will begin for any Air Force specialty that did not meet voluntary retraining-out program objectives. In that case, Air Force Personnel Center

officials will issue further instructions and implementation guidance.

Selection is determined across all eligible year groups, mirroring assignment eligibility ranked by the date an Airman arrived on station. Retraining is limited primarily to staff and technical sergeants with 16 years or less, or master sergeants with 18 years or less. Some second-term senior airmen may volunteer for staff sergeant quotas. There are also limited retraining opportunities for senior master sergeants.

According to personnel officials, this multipurpose program is designed to rebalance the enlisted force from career fields with overages to those skills experiencing shortages; provide NCO's a voice in their career development; and return disqualified airman to a productive status.

"Historically, we have retrained NCOs from career fields with overages to career fields with shortages," said Reese Lang, chief of trained personnel requirements at the Pentagon.

"As in the past, the fiscal 2005 program's goal is to balance the enlisted force," Mr. Lang said.

Personnel center officials have already identified those who are susceptible for involuntary retraining and will notify these NCOs through official channels.

"We highly encourage them to apply for retraining into shortage skills that are identified in MILPDS, or to apply for any special-duty identifiers," Mr. Lang said.

"Besides those identified as vulnerable, anyone in an AFSC or grade identified as an overage, may apply for available quotas providing they meet eligibility requirements," he said.

Specialty codes having the highest number of eligible retrainees includes supply management (2S0X1), security forces (3P071), communications and computer systems (3C2X1), and aerospace medical services (4N0X1).

Airmen who wish to view their current standing should follow the links from the retraining Web page to the AFPC secure page and log in using their Virtual MPF password. A retraining link will take them to the listing of specialty codes and grades. By clicking on current grade, or projected grade, NCOs will be able to see their current ranking amongst those who are vulnerable. A list of frequently asked questions will be posted to the retraining Web page.

If Phase 2 is implemented, NCOs in those specialties not meeting the retraining-out program target will continue to be identified until the end of the phase. Those selected under Phase 2 will receive an approval notice for a specialty selected by AFPC officials.

Selection criteria has changed this year from selecting NCOs based solely upon their seniority, using their total active federal military service date, to selecting across all eligible year groups mirroring assignment eligibility. For example, once all ineligibles have been removed from consideration, everyone left will be sorted by the date they arrived at their current duty station and those with the most time on station will appear at the top of the list for involuntary retraining.

For more information, call Staff Sgt. Todd McGinnis at 652-3054.

(Courtesy of Air Force Print News)

## Battle of the Groups

The following is the status for the 12th Flying Training Wing's Battle of the Groups summer safety competition as of Tuesday:

The ultimate goal for each group is to get the least amount of points. Each group is penalized with 1,000 points per reportable mishap, 10,000 per DUI and 1,000 for each member caught not wearing a seatbelt on base. The group population and the numbers listed above are used in a formula to level the playing ground between the groups. Unit members can do various safety promotional events such as seatbelt checks to negate some of the points assessed against a group. The grading scale for reduction points is based on innovation and originality, the number of members involved and the amount of time put into the event. (Information provided by the 12th FTW safety office.)

12th Maintenance Directorate -37.6581  
12th Medical Group -60.1973

12th Mission Support Group -87.1585  
12th Operations Group -29.9036

# Navigators earn special honors

Two Air Force lieutenants and two Navy officers received special recognition during the Joint Specialized Undergraduate Training graduation ceremony Aug. 6.

Lieutenant j.g. Christine Felice earned the Air Education and Training Command Commander's Cup and Alden C. Markey Award. In addition, she tied with Ensign Samuel Cruz for the 562nd Academic Excellence Award.

Second Lt. Timothy Street received the Ira J. Husik Award.

Second Lt. Ryan Ott took home the Jack Donovan Award and the 563rd Electronic Warfare Officer Academic Excellence Award.

Members of the graduating class received navigator, naval flight officer and Electronic Warfare Officer training with the 562nd and 563rd Flying Training Squadrons.



**Lt. j.g. Christine Felice**  
AETC Commander's Cup  
Alden C. Markey Award  
562nd Academic Excellence Award



**Ensign Samuel Cruz**  
562nd Academic Excellence Award



**2nd Lt. Timothy Street**  
Ira J. Husik Award



**2nd Lt. Ryan Ott**  
Jack Donovan Award  
563rd Electronic Warfare Officer Academic Excellence Award

## Wing Squadron Officer Course helps new members transition

By 1st Lt. LaShonda Bush  
12th Flying Training Wing  
Public Affairs

Arriving at one's first duty station can be exciting and intimidating for a young officer. Randolph has a program designed to ease the transition from commissioning to active duty. The Wing Squadron Officers' Course is designed to help build confidence in leadership, management and networking.

Sponsored by the Randolph Company Grade Officer's Council, the five-day course helps young officers and civilians gain knowledge about the Air Force from subject matter experts, increasing their professional awareness and confidence, said course officials. It also emphasizes the importance of networking and mentorship across Randolph and the Air Force.

"The whole concept is that we can all learn from each other," said 1st Lt. John Vyhlidal, course instructor. "This course helps lieutenants bridge the gap between their commissioning programs and on-the-job training in a casual and fun learning environment," said the lieutenant.

The course covers a wide-range of topics providing information to help the students lead people and manage programs more effectively.

Officers participate in a variety of seminars and discussion panels such as: understanding the wing's mission, communication and networking, supervisor responsibilities, career development and leadership, said the lieutenant.



**First Lt. Darrin Hall, left, Air Force Occupational Measurement Squadron, talks to Randolph Wing Squadron Officer Course students about what to expect throughout the course. (Photo by Caitin Belue)**

First Lt. Cory Antosh, Air Education and Training Command innovation and technology flight commander, was an enlisted troop for 13 years before commissioning. He said he learned a lot from WSOC even with all of his prior Air Force experience.

"No doubt, the exposure to the variety of different issues this course gives to young officers, especially those who are on active duty for the first time, is very valuable," said Lieutenant Antosh. "It also helps them to build their networking opportunities because you get a chance to meet other people from the different functional areas."

As a prior enlisted member he felt the most valuable

seminar was the information received from the enlisted discussion panel.

"The best advance the senior enlisted gave us is to be willing to ask questions of your senior NCOs and look to them for mentorship," said Lieutenant Antosh.

Course officials noted that civilian employees GS-9 and above can also participate in the course.

Raj Singh, a test psychologist with the Air Force Occupational Measurement Squadron said he really enjoyed the course and benefited tremendously from the seminars and discussions.

"I work with a lot of enlisted members in my career field and after our briefing on enlisted history it gave me a better understanding of what enlisted have to go through in order to be promoted," said Mr. Singh. "I also train a lot of young lieutenants and the course gave me some great tools so that I can better relate to them as a civilian and all military members."

The WSOC is offered at other Air Force bases around the world, each location structuring its courses to fit that base and local area. For example, the July class here had the opportunity to tour the basic training area at Lackland Air Force Base and watch a basic military training graduation – an opportunity not afforded at other locations.

The course is offered every quarter, with the next one scheduled for October.

For more information about the WSOC, call Lieutenant Vyhlidal at 652-2348, extension 3099 or e-mail John.Vyhlidal@randolph.af.mil.

## Promotions

Continued from Page 1

Rebecca Dudley  
Christian Guerra  
Jason Haskins  
Sharon Henzen  
Latasha Jacobs  
Joan LaMayo  
Joshua Lewis  
Elizabeth Nava  
Jennifer Ogbourne  
Miriam Saiz  
George Wild  
Tricia Williams

### 12th Mission Support Group

William George  
Robert Naranjo  
Katherine Roberts  
12th Mission Support Squadron  
Nathaniel Bitting  
Francisco Cambron  
Adam Radford

### 12th Operations Support Squadron

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Gregory Lariosa  
Monica Pacheco  
Mack Ream  
Richard Rhodes

### 12th Security Forces Squadron

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Monica Gines-Rivera  
Heath Hamilton  
Mario Moreno  
Anthony Rodriguez

James Rybacki  
Tyrone Williams

### 19th Air Force

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Christopher Sanchez

Ernest Winston

Jessica Winston

### 332nd Airlift Flight

Ria Sonny

## Spotlight on Justice

Commanders at all levels have the duty to ensure the maintenance of good order and discipline within their unit, installation and the Air Force as a whole. Part of that duty is the responsibility to take the appropriate action under the Uniform Code of Military Justice when the facts indicate an offense under the Code has been committed. While the vast majority of Airmen consistently adhere to our high military standards, there are a small number who do not. Thus the need for a fair, impartial judicial system.

As the installation commander for Randolph Air Force Base, I believe it is vital for our community to be informed about the military justice process. The Spotlight on Justice notes actions taken at Randolph under the UCMJ. Many of our sister bases across the Air Force also have such a feature in their base newspapers.

I believe this information will show our military justice system to be an integral part of supporting and defending our core values. Please let me emphasize, the vast majority of our Airmen are above reproach when it comes to meeting and exceeding the standards of professionalism demanded by our service but for those who stray from the standards required of our profession, the military justice system will hold them accountable for their actions and provide a fair process for a just resolution. – Col. John Hesterman, 12th Flying Training Wing commander

The 12th Flying Training Wing legal office announces the following court-martial and Article 15 actions for the period of April 1 to June 30, 2004:

### Courts-martial:

- A junior enlisted member assigned to the 12th FTW was tried by special court-martial for violation of Uniform Code of Military Justice Article 112a, wrongful possession of marijuana on more than one occasion. The member was sentenced to reduction to airman basic, five months confinement, and forfeiture of \$700 pay per month for five months.

- A junior enlisted member assigned to Headquarters Air Education and Training Command was tried by special court-martial for violation of UCMJ Article 112a, wrongful use of cocaine. The member was acquitted.

### Articles 15:

- A junior enlisted member assigned to the 12th FTW violated UCMJ Articles 121, larceny, non-military, over \$500; and 107, signing a false official statement. The member received a one-stripe reduction, forfeiture of \$50 pay per month for two months and 45 days extra duty.

- A junior enlisted member assigned to the 12th FTW violated UCMJ Articles 128, assault and battery; and 134, underage possession of alcohol. The member received a two-stripe reduction and a reprimand.

- An NCO assigned to the 12th FTW violated UCMJ Articles 111, drunk driving; and 134, drunk, discredit to service. The member received a suspended one-stripe reduction and forfeiture of \$600 pay per month for two months.

- A junior enlisted member assigned to the 12th FTW violated UCMJ Article 86, failure to go. The member received a one-stripe reduction and 30 days extra duty.

- A junior enlisted member assigned to HQ AETC violated UCMJ Articles 92, dereliction of duty; and 107, making a false official statement. The member received a one-stripe reduction and a reprimand.

- An NCO assigned to HQ AETC violated UCMJ Article 123, writing bad checks. The member received a suspended forfeiture of \$635 pay, 14 days extra duty and a reprimand.

- A junior enlisted member assigned to the Air Force Occupational Measurement Squadron violated UCMJ Articles 134, unlawful entry; and 128, assault and battery. The member received a two-stripe reduction, 60 days restriction and a suspended forfeiture of \$596 pay per month for one month. The member was subsequently administratively discharged.

- A junior enlisted member assigned to AFOMS violated UCMJ Article 92, dereliction of duty. The member received a one-stripe reduction, 20 days restriction and a reprimand. The member was subsequently administratively discharged.

- A company grade officer assigned to an off-station Air Force training element violated UCMJ Article 111, drunk driving. The member received forfeitures of \$750 pay per month for two months and a general officer reprimand.

# Medical officials clarify policy on cosmetic surgery in military

By G.W. Pomeroy

Air Force Surgeon General Public Affairs

WASHINGTON – Air Force doctors perform cosmetic and reconstructive surgeries as part of essential training, but elective cosmetic procedures such as breast augmentations are not routinely available as perks to servicemembers and their families, according to Air Force Medical Service officials.

Recent published reports in civilian media suggested that elective procedures are prevalent in the military health-care system. Some reports also indicated that free cosmetic surgery is common among servicemembers and their families.

Air Force doctors and their counterparts across the Department of Defense perform elective cosmetic surgeries, but not to the extent people have been led to believe, according to Air Force Medical Service officials.

In fiscal 2003, Air Force doctors performed roughly 50,000 total procedures, of which 405 fell into the six categories of cosmetic surgery: abdominoplasty or “tummy tuck,” 25; blepharoplasty, (eyelids), 50; breast augmentation, 116; face lift, 31; liposuction, 151; and rhinoplasty, (nose), 32.

“The fact is all beneficiaries are eligible for these procedures but there are policies in place to govern this aspect of the military health-care system,” said Lt. Col. (Dr.) Joseph Legan, the Air Force Medical Service’s chief consultant for surgical services.

“There is no charge for reconstructive surgery related to trauma, burns or disease,” Doctor Legan said. “Solely cosmetic surgery for an active-duty Airman requires no payment unless cosmetic implants are part of the procedure; the implants are paid for by the Airman prior to surgery.”

No surgery is done on active-duty members for weight reduction, Doctor Legan said.

“For other beneficiaries, solely cosmetic surgery is chargeable based on the procedure and whether it is performed on an inpatient or ambulatory basis,” Doctor Legan said.

Payment arrangements are finalized before patients are placed on the surgery schedule.

Doctor Legan also said that solely cosmetic surgery is done only on a space-available basis, and may constitute no more than 10 percent of a plastic surgeon’s workload.

He emphasized that such skills are crucial for Air Force doctors to keep pace with their civilian counterparts.

“Air Force plastic surgeons, as with other specialists, require

*“Air Force plastic surgeons, as with other specialists, require hours of education, training and continuous practice to keep their skills within medical standards. Without cosmetic surgery as part of their scope of practice, they would be deprived of experience in a fundamental part of their field.”*

**Lt. Col. (Dr.) Joseph Legan**  
Air Force Medical Service  
surgical services chief consultant

hours of education, training and continuous practice to keep their skills within medical standards,” Doctor Legan said. “Without cosmetic surgery as part of their scope of practice, they would be deprived of experience in a fundamental part of their field.

“Additionally, military surgeons perform reconstructive surgery that often entails some degree of aesthetics,” he said. “Experience with cosmetic cases gives surgeons an ability to achieve the best possible results for reconstructive patients.

“The majority of our cosmetic cases are done in conjunction with training of surgical residents,” the doctor explained. “This not only teaches skills but is a necessary part of training well-rounded surgeons who are every bit as good as their civilian counterparts in all aspects of their respective surgical specialty.”

Within the Air Force, plastic surgery is currently available at Wilford Hall Medical Center in San Antonio; Wright-Patterson Air Force Base, Ohio; Keesler AFB, Miss.; Travis AFB, Calif.; and Andrews AFB, Md.

Medical service officials said cosmetic surgeries could also be performed by doctors other than plastic surgeons, specifically general surgeons, ophthalmologists, ear nose and throat surgeons and oral surgeons. The Air Force Academy has ophthalmologists and ENT surgeons who have done some cosmetic cases.

(Courtesy of Air Force Print News)

## NEWS BRIEFS

### Vehicle decal shortage

The Department of Defense is experiencing a shortage of year decals for placement next to the DD Form 2220, Vehicle Decal. Currently, only decals expiring in 2004 are available. The DoD is working with printing contractors but does not expect resolution until mid-2005.

The Randolph visitor reception center will continue to issue 2004 decals until replacements arrive. Installation entry controllers will not make drivers remove expired decals until after new decals have arrived and vehicle owners have been given time to acquire them.

For more information, call 652-3939.

### Help with Leaveweb and Fast programs

The 12th Comptroller Squadron has appointed unit representatives to help members with questions about Leaveweb and Fast (travel manager) programs. Squadron officials ask that members refer all future questions about these programs to their designated unit representatives.

For more information, call Maj. Jeffrey Dibiasi at 652-3790.

### WAPS study list now available

The most current Weighted Airman Promotion System Catalog, which lists the materials used by test writers to develop the 2005 promotion tests, is now available on the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil/testing>. The catalog lists study references for those testing for staff through chief master sergeant.

## HOMETOWN NEWS RELEASES

Let your family read or hear about your good news.

Fill out a Department of Defense Form 2266 and bring it in to the public affairs office in Building 100.

For more information, call Master Sgt. Lee Roberts at 652-4410.

# Confronting the unthinkable

## Air Force Counterproliferation Center helps fight terrorism

By Carl Bergquist  
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. — A well-trained terrorist looks for ways to exploit his target's vulnerabilities; however, through training and vigilance, the malicious deeds of America's enemies can be foiled.

That is the message people from the U.S. Air Force Counterproliferation Center want to spread.

With the motto, "We cannot afford to be the unready confronting the unthinkable," a staff of 12 civilians, active-duty Airmen, Guardsmen and reservists are helping counter the spread of weapons of mass destruction by using education and research.

"(The center) was set up to help future Air Force leaders better understand (the weapons of mass destruction) issue," said center director Dr. Barry Schneider. "The center's primary mandates are education and research concerning chemical, biological, radiological, nuclear and high-explosive devices and helping educate first-responders handling (these) situations."

Most recently, the center has branched into homeland

security and homeland-defense education and research, Dr. Schneider said.

One example of the center's research, he said, involved center workers researching chemical and biological weapons used against domestic political opponents in countries like Mozambique, Libya and Angola. They also investigated how and where the weapons were deployed.

"This was some fairly new stuff, and we financed some very good original research into this area," Dr. Schneider said.

Col. Michael Ritz said he tries to make his audience aware of what they might be up against when dealing with weapons of mass destruction and that, with proper training and by using active and passive defenses, a chemical, biological, radiological or nuclear event is not necessarily the "end of the world."

"The key is awareness and vigilance and an understanding that if something does happen, lives can be saved and the effects can be reduced," said Colonel Ritz who is an active-duty Air National Guard officer. He is the associate director of the center and the ANG adviser to the center director.

Colonel Ritz said active defenses would include missile systems that knock out cruise missiles aimed at the United

States. Passive defense encompasses protective masks and clothing, inoculation against anthrax, smallpox and other biological agents and X-ray machines at airports.

The center's educational involvement at Air War College is done through core and elective courses. Similar courses are also taught at Air Command and Staff College; College for Aerospace Doctrine, Research and Education; and other Air Force and ANG school and commands.

According to Dr. Schneider, the center will continue expanding its educational outreach to the Department of Defense over the next several months using cutting-edge electronic information technologies. These include enhanced digital video broadcasting and distribution of chemical, biological, radiological or nuclear event course modules on compact disc and DVD.

"Americans should guard against homeland security complacency as complacency can also become our enemy," Colonel Ritz said. "It is quite possible that it is impossible to create a perfect world. We must be ready for the bad guys."

(Courtesy of Air Education and Training Command News Service)

## 49 YEARS AGO

*in the Wingspread*

☆ Randolph's Air Force Aid Society annual fund drive was extended to include another payday in the cycle. The 3515th Training Squadron was reported to have 100 percent participation, including one "life membership" which at that time represented a \$50 contribution. About \$3,000 was collected base-wide at press time. The AFAS fund drive is the only fund raiser not included in the Randolph United Fund campaign.

☆ A special committee was formed by Headquarters Air Force to develop recommendations for streamlining the morning report system that affects every unit in the service. The reports are known to take two to eight hours of administrative work daily in each unit and serve not only to track personnel locations, but also to create unit histories.

☆ Military ID tags in the future would allow service people to identify specific religious denominations. In the past, single letters were used: "J" for Jewish, "C" for Catholic, "P" for Protestant, and "X" for all others.

## Legal officials advise homeowners on proper use of government e-mail

By Paul Blackwell Jr.  
12th Flying Training Wing legal office

Within the past few months, several Air Force members inbound to Randolph have received, on their government e-mail accounts, uninvited solicitations from military homeowners in the Randolph area offering their homes for sale.

Apparently, there are some military members leaving the San Antonio area who have gained lists of inbound personnel and have bombarded those persons with unsolicited offers to sell them a house. For the most part, these "mass marketing" efforts have been unwelcome, intrusive and unsuccessful, according to some of the victims. In any event, they are a prohibited use of the government e-mail system.

Air Force Instruction 33-119, Electronic Mail (E-Mail) Management and Use, states that members of the Air Force or civilian employees may use a government-provided e-mail communications system

only for official or authorized use.

Any other use is prohibited. Military members who fail to observe this prohibition may be subjected to disciplinary action under Uniform Code of Military Justice Article 92. Civilian employees who violate this prohibition may face administrative disciplinary actions. Paragraph 3.3.1.1.2 of the instruction specifically states that "Sending or receiving e-mail for commercial or personal financial gain" is not an official or authorized use of the government e-mail system.

Instead of sending unsolicited sales notices on the government e-mail system, home sellers should use the services of the base housing office, at 652-3334, to help advertise their home. Of course, sponsors of inbound members may always assist their new colleagues in finding suitable lodging, when asked, and may use the government e-mail system to communicate that requested information to the inbound members.

### LOWER SEGUIN ROAD CONSTRUCTION

The first phase of reconstruction of Lower Seguin Road is in progress. This phase includes the closing of Woman Hollering Creek Bridge with access from FM 1518 blocked. The South Gate remains accessible by way of Loop 1604. This phase of the project should be complete this fall.

### GATE HOURS DURING HARMON DRIVE CONSTRUCTION

#### MAIN GATE/HARMON DRIVE

- Monday through Friday two lanes inbound from 6 a.m. to 1 p.m.
- Monday through Friday two lanes outbound from 3 p.m. to 6 p.m.
- Closed all other times including weekends, holidays and family days

#### SOUTH GATE (Two-way traffic)

- Monday through Friday 6 a.m. to 6 p.m.
- Closed weekends and holidays

#### EAST GATE (Two-way traffic)

- Monday through Friday 6 a.m. to 10 p.m.
- Saturday 9 a.m. to 10 p.m.
- Sunday and holidays 9:30 a.m. to 10 p.m.

#### WEST GATE (Two-way traffic)

- 24-hour operations, seven days a week
- Commercial vehicle entrance

#### HIGH SCHOOL GATE

- Closed

## Randolph Re-enlistees

The following Randolph Airmen re-enlisted last month:

### 12th Communication Squadron

Master Sgt. Brady Burdge

### 12th Comptroller Squadron

Staff Sgt. Michael Lee

### 12th Mission Support Squadron

Senior Airman Joshua Fahlgren

Tech. Sgt. Connie Turner

### 12th Operations Support Squadron

Staff Sgt. Christine Collins

### 12th Security Forces Squadron

Senior Airman Jeremy Lopez

### 19th Air Force

Master Sgt. Sharon Hollaway

### Air Force Services Agency

Tech. Sgt. Pamela Cook

Master Sgt. David Fish

Staff Sgt. Emily Green

### Air Education and Training Command

Chief Master Sgt. Derrick Candler

Senior Airman Tia Harvey

Senior Master Sgt. Darren Obermeyer

Master Sgt. Douglas Mace

Tech. Sgt. Carla Townsend

### Air Force Personnel Center

Senior Airman Yesica

Figueroa Ortiz

Staff Sgt. Deborah Garcia

Master Sgt. Terrance

Dunkley

Staff Sgt. Penny Schlechty

Senior Airman Jared Jaime

Staff Sgt. Melinda Wilkins

### Air Force Recruiting Service

Staff Sgt. Robert Ashley

Master Sgt. Gil Cormier

Master Sgt. Mark Lucano

### Air Force Manpower Requirements Determination Squadron

Tech. Sgt. Michael Watts

### Air Force Personnel Operations Agency

Master Sgt. Bradley Stingley

### Electronic Systems Center

Senior Airman Amy Weber

### Joint Personal Property Shipping Office

Master Sgt. Mark Giovannelli

### Defense Medical Readiness

### Training Institute

Staff Sgt. Marguerite Lang

## Fruit for friends



Senior Airman James Savarese accepts some grapes from Iraqi girls while patrolling the perimeter at Balad Air Base, Iraq. Airman Savarese is a security forces journeyman assigned to the 332nd Air Expeditionary Security Forces Squadron. (Photo by Tech. Sgt. Steve Faulisi)

# Veteran recalls historic World War II bombings

By John Ingle

82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas – The beginning of the end of fighting in the Pacific during World War II began 59 years ago with a thunderous roar.

Some people thought there was another way to get Japan to the peace table. Others thought the drastic measures taken by the United States saved more lives despite the cost.

Whatever the rationale or thought, Aug. 6, 1945, the day the crew of the Enola Gay delivered their payload to Hiroshima, Japan, was a turning point in the war and began the future of airpower.

Bill English, a P-51 pilot in the Army Air Corps during the war, was resting after completing a mission the day before.

“We strafed one of the airfields near Tokyo (the day before),” he recalled. “We had missions (where) we’d go up and strafe the airfields and look for aircraft.”

At that time, the 23-year-old native from Abilene, Texas, was part of the first land-based fighter groups to complete bombing missions over the once-thought-unreachable Japan. He said they had spent weeks flying the missions without knowledge that something bigger was about to happen.

Col. Paul Tibbits, the Enola Gay’s pilot, had cancelled all flying missions to mainland Japan on Aug. 6. Mr. English said that did not appear too odd because the pilots usually did not fly consecutive days. What was different was a heavily guarded B-29 Superfortress sitting on the tarmac.

“The plan was if there was a malfunction

on the Enola Gay, the Enola Gay would land there and they would transfer the bomb to this other plane,” he said.

The spare plane did not leave the tarmac, said Mr. English, now a military historian.

The military men went about their business, unaware that soon a bomb would completely destroy thousands of homes and buildings in a town hundreds of miles away.

“We didn’t have CNN and FOX and all of those things,” Mr. English recalled about the slow travel of news. “We just didn’t know what was going on in other places.”

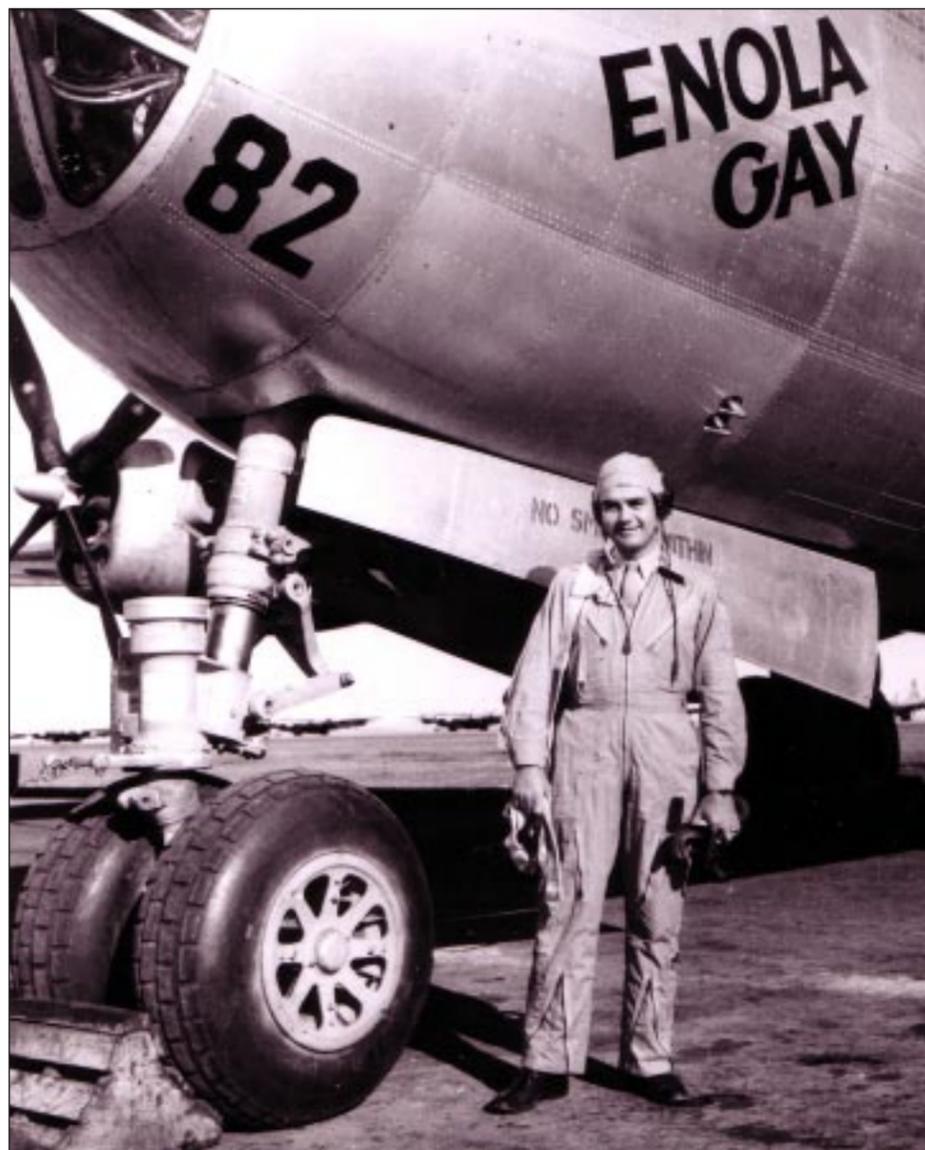
When news began to arrive that Hiroshima was bombed Aug. 6 and later Nagasaki, Japan, on Aug. 9, he said no one had heard of the term “atomic bomb.” Although the two bombed sites had been on the list for strategic bombing, they had never been hit.

Mr. English said he believes the two cities were not bombed together Aug. 6 because it would be more devastating, physically and emotionally, if they were bombed days apart.

Although much of the world looked at the act as barbaric and horrendous, Mr. English said the fighting men on the front lines were relieved. The fighting would surely end, and it did the following month.

“I have yet to encounter anyone who was in the military that was against the dropping of the bomb or thought we were doing the wrong thing,” he said. “That saved millions of lives – Americans, our Allies and many Japanese.”

If the bombs had not been dropped, he said there was a plan in place to invade Japan on Nov. 1, 1945. The loss of human



Col. Paul Tibbetts Jr., of Miami, Fla., poses in front of his B-29 Superfortress “The Enola Gay” (named for his mother). The Enola Gay is the same plane he piloted when his bombardier dropped the first atom bomb over Hiroshima, Japan, on Aug. 6, 1945. (U.S. Air Force photo)

life, Mr. English said, would have been far greater than the final total.

Mr. English said his mission to keep military history alive, particularly significant events such as using the atomic bombs, is so people do not forget the lives lost, not only as a result of the bombs, but also those lost

before the bombings.

“There’s just not much thought about it,” he said. “I want to do everything I can to keep it in the memory of the young people.”

(Courtesy of Air Education and Training Command News Service)

# Security forces face extended training

By Airman 1st Class Danielle Johnson  
37th Training Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas – The charter class of a longer, more intensive Security Forces Apprentice Course began at Lackland late last month.

Training now lasts 65 days instead of 51, and teaches security forces students about missile security, convoy actions, capture and recovery of nuclear weapons, law enforcement, directing traffic and nonlethal tactics such as using pepper spray and pressure points on a body.

Some of the standard training aspects remain, but the new course increases a student's proficiency level. It also eliminates the computer-based training students were required to take at their first duty station, allowing the students to get actual hands-on experience while here.

A new officer course lasting 78 days instead of 60 also starts Aug. 26.

"The course was lengthened post-9/11 to make sure the security forces had all the skill sets they needed to do the job they're doing," said Lt. Col. Mike Kelly, 343rd Training Squadron commander.

There are currently two classes attending the new course. Nine classes are still in session under the old curriculum. The charter class has 111 students and the second one currently has 130. The school's projected number of graduates for fiscal 2005 is 5,305.

"Within weeks of getting to their first base, (security forces Airmen) are put out to post (by) themselves," said Tech. Sgt. Steven Thompson, a 343rd TRS instructor. "We want to try to get them prepared, so they can go from here, do their initial in-processing, do some initial training specific to their base and send them to work."

The goal is to produce a "much more experienced, much more proficient Airman," said Colonel Kelly.

"(Air Force leaders) wanted to bring in more things such



as missile security, some more law enforcement aspects that we weren't currently teaching in our 51-day course," said Sergeant Thompson. "Then, in combination with 9/11 happening, this idea came up, funding came down and we were able to get a new 65-day course started with an end-goal of an 80-day course in two more years."

Sergeant Thompson said experiences in Iraq have also added a few training subjects not originally covered, such as communications equipment, patrolling, hand grenades and military operations in urban terrain.

Coincidentally, 37th Training Wing commander Col. Mary Kay Hertog also had a part in the development of this course.

"This was all a result of Colonel Hertog having gone to Iraq and (seeing) where there were training deficiencies, coming back when she was the Air Combat Command security forces director and telling us we (needed) to add this stuff to our course," said Colonel Kelly.

The 65-day course is currently in a validation period, during which the instructors fine-tune the course materials and test questions and training scenarios. The validation period is expected to end Nov. 8.

"We're kind of fleshing things out to make sure we've got everything in order the way it should be, with the right material teaching the right things," said Colonel Kelly.

Sergeant Thompson said the new classes will contain the same number of students as before, but instructors now teach 13 classes at once instead of 10. That means an increase from about 1,200 students in training at one time to more than 1,500.

To handle the increased demands of the course, the squadron added nearly 20 instructors and 37 vehicles. New training areas are currently being built.

Colonel Kelly said there are plans to build a new dorm to house the additional students. Despite the expected growing pains, he is optimistic about the new course.

"I think it's going to be great for the career field," he said. "I think commanders are going to be happy with the troops they get out of here."

(Courtesy of Air Education and Training Command News Service)

## Randolph clubs host Football Frenzy

By Jennifer Valentin  
Wingspread staff writer

Football Frenzy kicks off with a party Aug. 28 at 7 p.m. at both the enlisted and officers' clubs.

During Football Frenzy, club members can watch football games, enter contests and enjoy food and drink specials. Club members will have the opportunity to win a trip to a regular season NFL game, the Super Bowl and the Pro Bowl.

"This year's Football Frenzy expands club membership value by providing increased opportunities to win these incredible trips," said Mike Casey, 12th Services Division Business Flight Chief.

"We encourage all club members to come out during the week and on the weekends and watch the games."

Grand-prize winners receive a trip for two to see either the Atlanta Falcons play the Tampa Bay Buccaneers, the Super Bowl in Jacksonville, Fla., or the Pro Bowl in Honolulu, Hawaii.

Trips include round-trip airfare, hotel accommodations, local transportation and game tickets. Since the competition's start, the base enlisted club has had winners every year.

"This is the 10th anniversary of the

program and club members have an exclusive opportunity to win some great prizes," said Shelta Reese, 12th Services Division marketing director.

"This will be a great Frenzy season for Randolph club members so join some friends for football excitement at either club!"

Football Frenzy 2004 is sponsored by Miller Brewing Company, American Airlines and Double Tree Alana Waikiki. No Federal endorsement of sponsors is intended.

For more information, call 652-2052.



## Randolph Field Independent School District notice

Randolph Field Independent School District provides a free, appropriate education to all students consisting of regular and special education and related aides and services in career and technology education programs that are designed to meet individual educational needs of disabled persons as adequately as the needs of non-disabled persons are met and are based upon adherence to provisions set forth in 34 CFR 104.33-104.36; 34 CRF 104.31-104.40; (see also standards under V-C, V-D, V-E, V-F, V-G and V-H).

The RFISD does not discriminate on the basis of race, color, national origin, sex, handicap or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended and Section 504 of the Rehabilitation Act of 1973, as amended.

The RFISD also takes steps to assure that lack of English language skills will not be a barrier to admission and participation in all of its educational and vocational programs.

For more information about rights and grievance procedures, call the Title IX and Section 504 Coordinator, Dr. Barbara Maddox at 357-2300.

# Training the 'human factor'...

## Aerospace Physiology

**By Bob Hieronymus**  
Wingspread staff writer

He was pulling the T-38 up again through 15,000 feet and the altimeter was still winding up. Airspeed indicator showed 450 knots. Nothing but blue sky above. Great day for a solo flight to "slip the surly bonds of earth."

Then he noticed the sky seemed to be getting dark and he had to work at focusing on the instruments. He had to concentrate on the way his hand moved on the throttles. Through the gray mental haze, he remembered being in an altitude chamber and feeling the same way. He realized that his oxygen system must be malfunctioning! He pushed the stick forward and headed the bird down to lower altitude and safety.

This is not the start of a science fiction novel. It is a very real scenario for pilots of high performance aircraft and so is the training they receive.

More than 5,000 aviators and potential aviators passed through the doors of the 12th Medical Group's Aerospace Physiology Training Flight for specialized training in 2003.

"That's more students than at any other Air Force physiology training center, anywhere," said 1st Lt. Dorian Williams, crew resource manager at the Randolph training facility.

These students were not only flight crews stationed on the base, but Air Force Enlisted Aircrew Undergraduate Course students, foreign military aircrews and ROTC cadets. The program here is also certified by the Federal Aviation Administration to conduct training for civilian aviators. The flight is the only unit in the Air Force that provides training in Spanish for Latin American allies.

"Our job is to prepare aviators for the human factors involved with any military flight regime," the lieutenant said. "Our people and our equipment make us a true center of

excellence in aerospace physiology."

The 15 enlisted and five officers assigned to the flight are part of the 12th Aeromedical-Dental Squadron. They operate an array of sophisticated equipment, including an altitude chamber large enough to hold 16 students and three instructors.

Master Sgt. Elbert Lorenzi, training supervisor, said there are only 15 such chambers at stateside locations and one overseas, so the specialists who operate them have a limited set of assignments open to them.

"We really get to know our equipment," he said, "we're with it so long. Our altitude chamber was built in 1952 and it still works great, just the way it was designed to work then."

A powerful, 40-horsepower vacuum pump can lower the air pressure inside the chamber to that found at 110,000 feet above sea level, but according to the training syllabus, the usual procedure takes students only to the 35,000 foot pressure level. A normal hour and a half training session then progressively restores the air pressure as the students practice various tasks with and without their oxygen masks. At least three life support specialists closely monitor the equipment from outside the chamber during every session while another three instructors conduct the training with the students inside.

New students attending courses here receive 10 hours of classroom instruction before entering the chamber, while students receiving refresher training have a four-hour class.

"The purpose of the training is to help the students understand and recognize the effects of hypoxia, that's a reduction in the level of oxygen saturation in the body, before they lose the ability to realize what is happening and take action to overcome the situation," said Sergeant Lorenzi.

At high altitudes, loss of oxygen can cause a person to

lose consciousness in a matter of seconds, he added.

The sergeant listed the sequence of disabilities that mark the progression of hypoxia. The degradation of vision is always first, he said, and without training, is almost always unnoticed in its early stages. The first to go is peripheral vision, then color vision fades. Just before loss of consciousness, the field of vision narrows until only a collapsing tunnel of vision is left. Even with prolonged exposure to pressures found at 8,000 feet, the level of oxygen is low enough in the body that some people experience a 25 percent loss of night vision while other physical abilities seem normal.

Sudden decompression which can occur when an aircraft with a pressurized cabin loses pressure at high altitude, poses another set of physical dangers. The most immediate danger is still hypoxia, the sergeant said.

"One important thing for the students to realize," Sergeant Lorenzi said, "is that each individual responds differently to hypoxic conditions. That's why training in the chamber is so important. Each student can actually experience and learn to recognize the effects of hypoxia and the way his or her own body reacts."

Aircrews may also potentially suffer from "the bends" when pressure altitude changes, according to the sergeant. "That's similar to what happens when a deep sea diver ascends too rapidly and nitrogen bubbles out of solution in the blood," the sergeant said. "But that happens only in rare instances," he quickly added.

Spatial disorientation is another very dangerous condition that can catch untrained aviators by surprise. The training flight has two devices for teaching about spatial disorientation, one that represents the minimum of technology and cost and the other at the opposite end of the spectrum. Both devices, however, can leave the students wishing they hadn't eaten lunch before mounting the



(Above) Staff Sgt. Jennifer Kernan helps one of the altitude chamber students check his oxygen mask before starting the "ascent to high altitude." (Photos by Bob Hieronymus)

# ... no playground

spinning machines, the sergeant said.

In a separate room is a strange "aircraft" with an instrument panel similar to that in a T-6A Texan II. The machine looks like a high-wing, single engine light aircraft balancing on a teacup and desperately in need of steroids. Its chopped off wings and undersized tail feathers disguise its real utility as a training device because under its shiny white fiberglass belly are four computer-driven electric servos that can twist and turn the craft into a pretty good imitation of a rodeo bull ride.

This small spatial disorientation trainer with its computer control system costs only \$250,000, a fraction of what full-scale aircraft simulators cost. Students from the Air Force Advanced Instrument School and instructor pilots assigned to Randolph use this unit to practice ways to maintain control of an aircraft while undergoing spatial disorientation.

***"Our job is to prepare aviators for the human factors involved with any military flight regime. Our people and our equipment make us a true center of excellence in aerospace physiology."***

**1st Lt. Dorian Williams**  
Randolph training facility  
crew resource manager

The device helps pilots understand the physiological or sensory factors along with their psychological or self-imposed stress factors related to motion sickness. The bottom line is to prevent and overcome motion sickness in the flying environment under a variety of flight conditions that can stress an aviator's decision-making skills.

Little known outside of the local flying community, the building also houses a complete work out facility that is available to base aviators 24 hours a day. Sergeant Lorenzi explained that the physiological stresses in high performance airplanes requires that aviators maintain the highest standards of physical conditioning. This facility is designed to help the aircrews balance their busy flight training and physical exercise schedules.

Outside the building are elevated platforms and hoop-shaped devices hung on cables that look like old rides from a theme park. They are used for demonstrating parachute falls and evacuation slides from T-43 aircraft.

"Evacuation from crew-served aircraft is another of those things that so often gets little attention until the real emergency happens," said instructor Senior Airman Kelly Thomas. "This training is designed to familiarize the navigator trainees who will be flying in the T-43 with the special equipment on the plane and let them feel the thrill of trusting the evacuation slide to get them safely to the ground."

Summing it all up, Sergeant Lorenzi said, "Everything you see here is related to surviving crisis situations related to the flying environment. That's our mission."



(Top) Student navigators from the 562nd Flying Training Squadron practice an emergency evacuation from a simulated T-43 aircraft while wearing smoke hoods. (Right) Senior Airman Kelly Thomas, 12th Aerospace Physiology Training Center

instructor, coaches a student navigator through one phase of the water survival orientation. (Left) Student navigators from the 562nd FTS practice emergency over-the-wing evacuation procedures from a simulated T-43 aircraft.

## Check it out



A customer returns a six-person tent to Helen Saucer, base equipment checkout office recreation assistant. Base members can check out a variety of equipment from the office for a small fee, to include camping, sporting and gardening equipment, as well as various special event items, such as popcorn machines and bounce castles. (Photo by David Terry)

## Yards of the Month

The following base members earned Yard of the Month awards for June. Each winner receives a certificate, letter of congratulations, 12th Services Division coupon book worth \$200, a \$25 gift certificate to the base exchange and a sign for their yard. The runners-up receive a certificate, letter of congratulations and sign for their yard.

**Circle Housing**

**Winner:** Lt. Col. Craig and Lynn Thorson

**Runner-up:** Maj. Ken and Brenda Imperial

**Duplex**

**Winner:** Master Sgt. Ernest and Josefina Ragadio

**Runner-up:** Senior Master Sgt. Mark and Susan Georgeff

**Townhouse**

**Winner:** Senior Master Sgt. Ruben and Adalia Gonzalez

**Runner-up:** 1st Lt. Mark and Stacy Roman

**West Wherry**

**Winner:** Tech. Sgt. Troy and Laura Belyeu

**Runner-up:** Tech. Sgt. Jeffrey and  
Jaqueline Pring



## Sports and Fitness

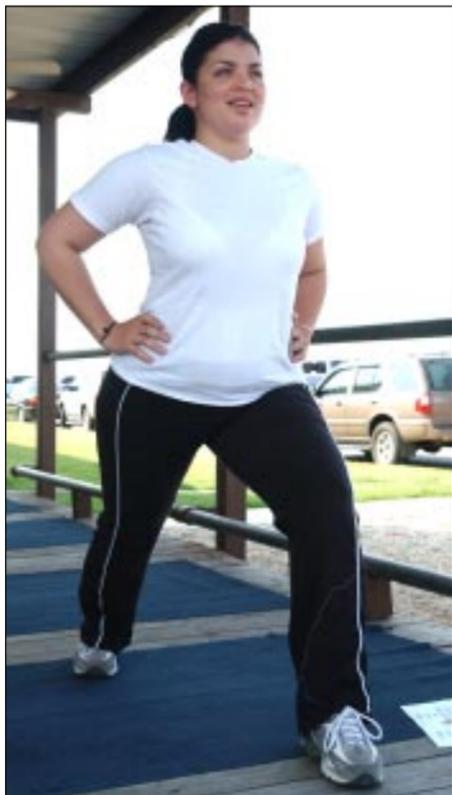
# Stretching begins, ends workout

## Flexibility increases overall physical fitness

By Caitlin Belue  
Wingspread Contributor

Stretching is an integral part of exercise, but one that is often overlooked. To help base members understand the importance of stretching before and after working out, the Randolph Physical Therapy Clinic offers the following tips and advice:

“The first thing people need to understand is why stretching is so



Staff Sgt. Johanna Benavides, 12th Operations Support Squadron, performs the lunge stretch after her run. This exercise is used to stretch the hip flexors and should be done on each leg at least three to four times for three to five seconds. (Photos by Tech. Sgt. Angeliq McDonald)

important,” said Staff Sgt. Tsering Ortiz, physical therapy technician. The bottom line is, stretching is great for the body.

“Flexibility, which is gained by stretching, increases your overall physical fitness, reduces the risk of injury, reduces muscle tension and soreness, and enhances your range of motion,” said the sergeant.

But in order for this to be achieved, people must be able to perform the stretches correctly, said the sergeant.

“There are three stretches for a maximum effect in a small amount of time” she said.

**The first is to stand with feet a hip’s width apart.** Contract the lower back muscles, which will lock the lumbar spine in its normal, slightly arched curve. Hold the spine rigid, and keeping legs straight, bend forward from the hips until there is a stretch in the hamstrings. Push the hips back as bending forward. Hold for 10 to 20 seconds, rise up and repeat three to four times.

**The second stretch is a squat:** stand with feet a hip’s width apart. Keep feet flat on the floor, the torso erect and lower back in its normal curvature. Slowly bend knees into a squat position. Moving into the squat, the hips should move slightly back and the torso should incline slightly forward. The back should remain in its normal curve. Stop just before the thigh is parallel to the ground. Rise up slowly, relax and repeat three to four times. Make sure the heels stay in contact with the ground, which will stretch the Achilles tendon.

**The third stretch is a lunge:** stand with feet a hip’s width apart. Take a long step forward and plant the foot. Keep toes facing forward. Slowly lower the body and keep the torso erect. The rear leg should be straight but relaxed. There will be a stretch in the hip flexors. Hold the down position for three to five seconds, then push off with the forward leg and rise back up. Repeat with the opposite leg. Do the stretch three to four times with each leg.

Along with these three high-impact stretches, there are several others that can be beneficial, according to the physical therapy clinic.

**To stretch the hips:** Sit on the floor with legs straight out in front. Keep the back straight and lean forward from the hips. Extend the arms and reach toward, but don’t actually touch, the toes. Do this stretch one to two times before running. Perform it two times after running.

**To stretch the buttock:** Lie on the back. Bend the left leg and pull it gently to the right shoulder. Hold left knee gently with the right hand, until there is a stretch. The right leg should stay straight and flat on the floor, with the toes pointing upward. Do this stretch one to two times both before and after running.

**To stretch the hamstrings:** With heel resting on platform, lean forward at hips. Repeat with the other leg. Perform one to two times both before and after running.

**To stretch the lower back:** Lay flat on the floor, bend both knees, grasp them with the hands and pull knees in toward the chest. While doing so, pull the head and torso up off the floor until head is approximately six inches from the knees. Gently rock back and forth in this position for 30-60 seconds. Do this stretch one to two times both before and after running.

**To stretch the calves:** Stand an arm’s length away from a wall or another sturdy object that will support the weight. The feet should be a shoulder-width apart. The right knee should be slightly bent. Slide the left foot back approximately 18 inches. Don’t bend the left knee. Keep both heels flat on the floor. Look straight ahead, bend the right knee a little more, and slowly move the pelvis forward until there is a stretch in the calf and Achilles tendon. Perform this stretch one to two times before and after running.

**To stretch the torso and shoulders:** Stand with the feet a shoulder-width apart and knees slightly bent. With the right hand hold on to the left shoulder and gently pull the left arm, bent at the elbow, across upper body until the left palm is approximately 6 inches from the right shoulder.

Hold and repeat with the other arm. Perform this stretch one to two times both



Master Sgt. Todd Hittinger, 19th Air Force, stretches his calves and Achilles tendons before his workout at the fitness center. This stretch should be performed one to two times before and after any running.

before and after running.

The sergeant pointed out that many runners perform the standing quadriceps stretch incorrectly by using the wrong hand to pull the foot up, or pulling the foot too high, placing stress on the kneecap.

Use the same hand to pull up the foot as the leg that is bending, said the sergeant. Pull the foot up near the buttock (it doesn’t have to touch) and stand straight: don’t twist the torso. The leg should be straight, not pulled out to the side.

“There are some stretches that should be avoided,” said Sergeant Ortiz, “like the straight leg standing floor or toe touch. This can stress the lower muscles in your back and cause knee problems. Also, the hurdler’s stretch can twist the kneecap and stretch the ligaments in the knees.”

“Stretching is important to every athlete, helping you to relax both physically and mentally before beginning an activity,” said Sergeant Ortiz. “So remember to stretch before and after every work out.”

For more information, call the physical therapy clinic at 652-3137.

# Three Air Force athletes competing in Olympics



Capt. Kevin Eastler, 400th Missile Squadron, F.E. Warren Air Force Base, Wyo., has been training to compete in the 2004 Summer Olympic Games in Athens, which start today. The captain will participate in the 20-kilometer race walk as part of the track and field portion. (Courtesy photo)

By Samantha Quigley  
American Forces Press Service

WASHINGTON – After years of hard work, three Air Force athletes are about to compete at the 2004 Summer Olympic Games in Athens.

Thousands of athletes have begun arriving and checking into the Olympic Village, with opening ceremonies starting today.

Second Lt. Seth Kelsey, 22, of Brush Prairie, Wash., will compete in the men's epee fencing event. He is a 2003 graduate of the U.S. Air Force Academy, where he earned a degree in behavioral science. The lieutenant has earned Senior "A" World Cup bronze medals in Tallin, Estonia, in 2002 and Havana in 2003.

Capt. Kevin Eastler, 26, of Farmington, Maine, will compete in the 20-kilometer race walk during the track and field portion off the games. He graduated from the U.S. Air Force Academy in 1999 with a degree in mechanical engineering. While he placed second in the 2000 Olympic trials, he was denied a spot in the games because he failed to earn an "A" qualifying time. At this year's trials he placed third with a time of 1:28:49.

First Lt. James Parker, 28, of Great Falls, Mont., is also competing during the track and field portion of the games. The lieutenant will compete in the hammer throw. He majored in exercise science at Utah State, where he was a state discus champion and two-time state shot put champ. Lieutenant Parker placed first in the 2004 Olympic trials and was the 2003 USA Outdoor champion.

(Courtesy of Air Force Print News)

## SPORTS SHORTS

### Varsity basketball tryouts

The men's varsity basketball tryouts are Monday through Thursday and Aug 23-25 from 6:30-8:30 p.m. at the fitness center, Hanger 70. The women's tryouts are Aug. 30 through Sept. 2 from 6:30-8:30 p.m.

Active duty, civilian and dependent ID cardholders 18 and over are eligible to participate.

For more information, call 652-5326.

### Fitness improvement program training class

The fitness center offers a fitness improvement program training class Tuesdays and Thursdays at 3 p.m. The next class begins Thursday. The program provides Air Force members with physical training tips to help them improve those areas in need of work to meet Air Force standards.

For more information call 652-5316.

### Bike race

The fitness center hosts a 10-mile bike race Aug. 28 starting at 8 a.m. at Eberle Park. Pre-registration begins Aug. 23 and on-site registration is available the day of the race. There is no entry fee and the race is open to all ages.

There are male and female categories and first and second place awards for each category. For safety reasons, helmets are required and all riders should bring water bottles.

For more information, call 652-5316.

### Female bowling league

The bowling center is looking for women interested in joining the Thursday morning ladies' bowling league. The league meets Thursdays at 9 a.m. at the bowling center.

For more information, call Lou Warden at 658-7534 or Julie Parr at 658-1455.

### Family Golf Special

The Randolph Oaks Golf Course offers a family special Monday through Friday after 6 p.m. Adults can golf for \$2 and children for \$1.

For more information, call 652-4653.

### Discounted golf

Now through Sept. 30, base golfers receive \$4 off the Randolph Oaks Golf Course regular rates and \$2 off its "twilite" rates. Also, those members who have annual fee cards that are good through this timeframe receive a two-month extension on the expiration date. (Dec. 31 through Feb. 28) at no extra charge.

The discounts are due to the inconveniences customers may experience during course renovations.

For more information, call 652-4653.

For the latest news on base sporting events, call 652-5316.

