

WINGS SPREAD

— And the nominees are... —



Col. Mark Graper, 12th Flying Training Wing commander, presents Senior Airman Michelle Serbin, Randolph Honor Guard, with a medallion to wear at the Team Randolph annual awards banquet Thursday. Hundreds of base members gathered at the theater to cheer on their respective unit's nominees as they received their medallions. Airman Serbin competed for the Team Randolph Honor Guard Airman of the Year. The complete story and list of winners will appear in next week's edition of the Wingspread. (Photo by Steve White)

67 Randolph captains selected for promotion

By Senior Airman Lindsey Maurice
12th Flying Training Wing Public Affairs

Sixty-seven Randolph captains were selected for promotion to major by the 2003B line of the Air Force, chaplain, nurse corps, medical service corps and biomedical service corps boards, which convened Dec. 8.

The major selects received the good news from their commanders Thursday. The entire list of selectees, which includes 2,540 Air Force-wide, should be posted on the Air Force Personnel Web site, at www.afpc.randolph.af.mil, by Saturday.

12th Flying Training Wing

Todd Shields
Paul Villagran

12th Medical Operations Squadron

Gordon Ross
Julie Storey

12th Medical Support Squadron

Bryan Woolley

99th Flying Training Squadron

Brian Sciantarelli

381st Training Squadron

James Cavanaugh

559th Flying Training Squadron

Julie Grundahl

Scott Grundahl

Michael Sanders

562nd Flying Training Squadron

Troy Belin

Christopher Buckley

Scott Johnson

Kurt Koenigsfeld

Mary Lowe

David McMartin

Samuel Price

Ronald Storey

Benjamin Tabor

Timothy Thurston II

563rd Flying Training Squadron

See Selectees on page 9

View From the Top:

Sexual assault prevention is a team effort

By Gen. Don Cook

Air Education and Training Command commander

Recent reports alleging a rash of sexual assaults at Sheppard Air Force Base, Texas, over the past year, gravely concern me.

These reports should gravely concern you as well because assault of any kind is not only criminal, it unconditionally violates the respect for human dignity that forms the foundation of our Air Force.

Simply put, the allegation of sexual assault will affect unit cohesion and morale.

Have no doubt, you, and all airmen, are personally responsible for preventing assaults of any kind. However, when our best efforts to deter these egregious crimes fail and violations occur, you have a moral obligation to report them to the appropriate authorities.

You also have a moral responsibility to seek immediate and compassionate aid for victims, and fully cooperate with all subsequent investigations so that perpetrators are punished when such behavior is reported or discovered, and corroborated by vigorous investigative procedures. We will not serve with known criminals in our midst!

As a result of these reports, I directed Col. K.C. McClain, Air Education and Training Command's deputy director of operations for technical training, to lead a fact-finding review team to examine the situation at Sheppard. Colonel McClain and her team arrived at Sheppard Feb. 16 and immediately went to work.

The group, comprised of officials representing the command's family support center, inspector general, military equal opportunity, personnel, security forces, staff judge advocate and surgeon general offices, was charged to assess the climate and examine the effectiveness of all plans, programs, policies and procedures in place at Sheppard to deter sexual assaults.

Additionally, the group evaluated the base's plans, programs, policies and procedures to ensure swift and appropriate actions are being taken when sexual assaults are reported or discovered. The group also examined previously reported assaults to confirm proper actions were taken in each case.

Colonel McClain and her team expeditiously and uncompromisingly conducted a thorough review of all plans, programs, policies and procedures at Sheppard, interviewed more than 1,000 people including commanders and randomly selected students, and administered a survey to more than 5,000 students.

The team determined through surveys that 95 percent of the students at Sheppard feel safe and secure; 90 percent stated wing leadership effectively handles sexual assault allegations when reported; and that reporting sexual assaults when they occur is encouraged by wing leadership.

The review also determined that the majority of students understand how to report sexual assaults, but unfortunately, many students are reluctant to report such assaults.

The predominant reasons students gave for their reluctance

"Have no doubt, you, and all airmen, are personally responsible for preventing assaults of any kind."



Gen. Don Cook

Air Education and Training Command commander

to report sexual assaults included concerns they would be delayed in training at Sheppard as an investigation moved forward; that they would be disciplined for misconduct collateral to the sexual assault (i.e. underage drinking); embarrassment; loss of confidentiality (only reports to the chaplain remain confidential); and peer pressure.

Though the review team's preliminary findings strongly suggest the environment at Sheppard is safe and robust programs exist to deter sexual assaults, swiftly respond to aid victims and punish perpetrators when sexual assaults occur, the review team also determined there are ways to improve upon existing programs.

See VIEW on page 13

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	233	Undergraduate	51	T-1A	1,747	1,703	4,040
99th FTS	-4.0	-4.0	Navy	76	International	0	T-6A	3,658	3,674	9,103
558th FTS	-8.3	-9.3	International	1	EWC Course	0	T-37B	3,248	2,969	7,171
559th FTS	-11.0	-6.0	NIFT	80	Fundamentals	0	T-38A	3,658	3,540	5,674
560th FTS	-7.2	-4.4					T-43A	464	482	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.

Index

Commentary	2
News	4
Feature	15
Community.....	16
Services.....	17
Sports & Fitness	21



**AIR AND SPACE
EXPEDITIONARY
FORCE**

As of Monday, 92 Team Randolph members are deployed in support of military operations around the globe.

**The Randolph
WINGSPREAD**

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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 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



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. Mark Graper

12th Flying Training Wing commander

Agency contact numbers

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

Base jogging path

Q I have submitted several questions about the conditions of the base jogging path to the Action Line and have received several phone calls from base officials about what they are doing or not doing to fix, repair or maintain the track.

However, even after asking for a response in the base paper, I have seen nothing published in it on what the base is planning to do. I feel this is information the base population needs updates on.

A You are absolutely right, the base jogging path is important to our base population and is

something they should be kept informed about.

There is a work request in the 12th Civil Engineer Squadron system to repair the jogging path. The project, which is estimated to cost about \$43,000, is currently in an unfunded category and will be considered for funding along with other priority requirements as the money becomes available.

The wing safety office has conducted an inspection of the jogging path and considers it to be safe for use, but it will require attention in the future.

I appreciate your patience while we work the funding issue and thank you for your concern.

Motorcycle Safety

Chief of staff asks riders to act responsibly, be mentors

By Gen. John Jumper
Chief of Staff of the Air Force

How many times have you heard a story like this one: A couple of friends at a party are drinking and one suggests they take his new motorcycle to get more alcohol. They hop on the bike, no helmets, and the operator decides to show how fast the bike can go. He's been signed up for training, but hasn't completed the course yet. Before long they're traveling at 120 mph in a 60 mph zone. The operator loses control and they crash. The passenger is killed, and the operator spends 30 days in the hospital.

Or one like this: A new motorcycle owner decides to get the biggest, baddest Harley he can. He doesn't wear a helmet because he doesn't think it's "cool." He had preliminary motorcycle training and a learner's permit. He decides he can pass a car on the right around a curve. He loses control and launches 100 feet into the air. He dies on impact.

These actual incidents are only two examples of many similar stories that pass across my desk, and illustrate why we need to change the way we think about and approach motorcycle safety.

Motorcycles can be a great form of transportation and entertainment, but they must be respected. Lately, our Air Force members have been involved in a high number of motorcycle accidents, many of which were fatal. In fiscal year 2003, we lost 24 airmen to motorcycle accidents, most of which involved unsafe operation of single vehicles and operators who practiced poor risk management or operated beyond their abilities, and lost their lives in the process.

"My vision is for a mentoring program that will provide motorcycle operators the opportunity to work together to maximize their skills, reduce their chances for mishaps, and have fun in the process.."



Gen. John Jumper
Chief of Staff of the Air Force

Every member of our Air Force is critical for mission success. On the job, we exercise good operational risk management in performing difficult and dangerous tasks. We take care to train new operators in the safest practice of our profession. We provide oversight and guidance for inexperienced airmen and young officers as they advance from apprentice to journeyman and craftsman. We pass on the benefits of our experience and correct mistakes to help our airmen succeed. We should also do so during our off-duty activities.

Our concern for our people should not end with the workday, and our safety consciousness should not end there either. Learning about a favorite activity can be enjoyable in itself. The proper training, safety instruction, and skill level make any activity more enjoyable.

Just as we ask experienced operators to mentor and train our less experienced ones, I am asking experienced motorcyclists to

mentor new riders and help them develop their skills and knowledge about riding. For that reason, I have asked the Air Force chief of safety, with the assistance of the vice chief of staff and the Air Force Operational Safety Council, to explore, develop, and field a motorcycle mentoring concept that could foster the education and skills development of our motorcycle riders. This Air Force-wide network of motorcycle clubs will enhance relationships between riders who have been riding in an area for years and those new to the area or new to riding. They can also create a supportive environment of responsible motorcycle riding and enjoyment while serving as a force multiplier for commanders' mishap prevention programs.

My vision is for a mentoring program that will provide motorcycle operators the opportunity to work together to maximize their skills, reduce their chances for mishaps, and have fun in the process. The formula is simple: fundamental knowledge in the form of street strategies and well-honed skills coupled with the most critical element – a responsible riding mindset.

I am also asking commanders to look out for their motorcycle riders. Make sure that the troops under your command who ride are trained to do so. A commander's responsibility for safety does not end with the duty day. Actively seek out those who have bikes or are interested in taking up motorcycle riding. Make sure they take the safety courses offered on our bases, even if they have no intention of riding on base, and

See Motorcycle on page 3

Congratulations Retirees

Today

Master Sgt. Keith McCaskill
Joint Personal Property Shipping Office

Tuesday

Chief Master Sgt. Zainal Sahukhan
Air Education and Training Command

Retirement announcements should be submitted to the Wingspread office by Thursday a week prior to the desired publication date. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Chief master sergeant shares 'four pillars' of career success

By Chief Master Sgt. Laten Williams
379th Expeditionary Services Squadron
superintendent

SOUTHWEST ASIA — When mentoring my troops, I always speak of four specific areas; I call them the four pillars.

The **first pillar is to do the absolute best you can within your capabilities, and have a positive attitude about doing whatever our Air Force has asked you to do.** It doesn't matter if you are a member of the security forces, services, medical group or civil engineers, there isn't any one job more or less important than any other. It takes everyone doing his or her part to make our Air Force what it is, the absolute best the world has ever known, and no one comes close!

The **second pillar is to always do something to improve as a professional.** Whether it is a developmental course, a professional military education course or a college course, just do something to keep improving.

The more knowledge you have, the better our Air Force gets, especially with today's technology.

For the **third pillar, get involved.** You can make a huge difference in people's lives by helping organizations like the unit booster club, or one of the NCO groups on base. Join the Air Force Sergeants Association or Noncommissioned Officers' Association, and get involved in your base community. We traditionally celebrate different heritages like African American, Asian Pacific and Native American; get involved.

Finally, the **fourth pillar is to take care of each other.** I find the best way to do this is to set an example as a role model and hold subordinates to the same high standards. Simple things like saying "Yes sir" or "Yes ma'am," standing up when someone senior in rank approaches, wearing the uniform correctly and proper telephone etiquette are little things we trust you to do all the time. If you fail to do these things, how can we trust you to take care of

greater responsibilities?

In today's military, the expectation is to go above and beyond the call of duty and do an awesome job. Remember, we have comrades in arms who are making the ultimate sacrifice every day. They, just like us, volunteered to serve our country.

Let's keep things in perspective. When airmen do well, recognize them. When corrective disciplinary actions are appropriate, take care of it. You don't have to try to be their friend first. What they need is leadership.

Our airmen have always been respected by society as professionals. We must at all times maintain that long-standing image and trust. We are a representation of America's best and a reflection of each other. We owe it to each other to always represent ourselves as such through our conduct and behavior. The best way I know is to live by our core values of integrity first, service before self and excellence in all we do.

(Courtesy of Air Force Print News)

Motorcycle

Continued from Page 2

encourage them to join these clubs. I ask commanders to encourage all their people to live life off-duty with the same regard for safety we practice on duty.

To those who ride motorcycles, I respect your right to choose a motorcycle as a form of transportation and/or recreation. But, I ask you to operate them safely, practice good risk management, and operate within your abilities. Above all, make sure you are wearing the proper safety equipment. Also, look out for those who aren't ready for more advanced challenges and prevent them from engaging in dangerous behavior.

I'm a new rider myself, and I will be taking an approved motorcycle training course to make sure I am qualified to ride before I take my bike on the road. I'm looking forward to riding, but only when I have the skills necessary to ensure I won't be a danger on the road. And I won't go anywhere without my helmet.

Only through your efforts will we reduce the mishap rate throughout our Air Force. We will provide the tools necessary — it is every rider's responsibility to put them to use.

For more information on the base motorcycle safety course, call 652-1842.

SFS members recognized with awards

By Jennifer Valentin
Wingspread staff writer

Two former members of the 12th Security Forces Squadron recently garnered several awards, including one at the Air Force level and two at the Air Education and Training Command level for their superior job performance.

Sgt. Christopher Turek, Army National Guardsman, was recognized with both the 2003 Air Force and AETC level Outstanding Security Forces Soldier of the Year award. Tech Sgt. Olga Maldonado, former 12th SFS NCO in charge of police services, was recognized with the 2003 AETC Julie Y. Cross award for Outstanding Female in Law Enforcement.

"Both Sergeant Turek and Sergeant Maldonado are great representatives of the outstanding talent in our squadron," said Maj. Stephen Spurlin, 12th SFS commander. "I'm extremely proud of them."

Sergeant Turek came to Randolph when his Guard unit was activated, to help support the base with security forces functions.

Since then, Sergeant Turek has done wonders for the unit, especially in the realm of computers, assisting security forces operations with several computer-related programs and projects, said Major Spurlin.

Among other efforts, the Guardsman was noted for his establishment of an "E-Cop" online reporting system for the 12th SFS, which resulted in 810 man hours saved per year, per patrolman. The estimated savings to the Air Force from the "E-Cop" system was figured to be about \$26,800 per year, per squadron.

Further utilizing his computer skills, Sergeant Turek also updated the 12th SFS reports and analysis security background check database by creating a user-friendly form for data entry, resulting in less time to enter new records, saving more than 500 working hours per year.

"His computer skills were vital in assisting security forces personnel and projects," said Major Spurlin.

As the NCO in charge of resource protection, the sergeant also participated in the force protection council meetings, helping develop the agenda for the 12th SFS operations leadership and also conducting briefings for senior leadership.

After the fatal crash of a T-38 on base last year, Sergeant Turek was one of the first to respond at the crash scene, successfully helping to secure the area and establish a entry control point. This led to the swift recovery of evidence.

Sergeant Turek also contributed to the 12th SFS by participating in exercises on and off base.



Tech. Sgt. Olga Maldonado



Sgt. Christopher Turek

He volunteered his off-duty time to portray an armed robber holding up the burger bar on base, testing the 12th SFS anti-robbery procedures and participated in an off-base aircraft crash exercise, working with the civilian law enforcement to allow for a fast route for responding emergency vehicles.

"Sergeant Turek is a role model for others, setting an example for peers and subordinates," said Major Spurlin. "He has determination and diligence, whether working on or off duty, and always shows his Team Randolph spirit."

Sergeant Turek was very humbled by his recognition and said he was simply proud to serve.

"Receiving these awards is a great honor," said Sergeant Turek. "What I find to be the greatest aspect of this is the fact that the Army and Air Force seemingly join together to fight a very important battle — the battle for force protection."

"As the individual recipient of this award, I am proud to represent the National Guard and the U.S. Army. One Team... One Fight!"

Sergeant Turek, who finished working at Randolph in December after his unit was deactivated, will be recognized during a ceremony in April as the Air Force Security Forces Soldier of the Year.

Sergeant Maldonado, who recently PCSed to Eglin Air Force Base, Fla., came to Randolph in 1998, certified as a

desk sergeant and shift sergeant.

Since then, she has been promoted several times, to include her most recent job under the unit -- NCO in charge of police services, which she was selected for in May 2002 over 26 other technical sergeants.

It is primarily for her work as the NCO in charge of police services that Sergeant Maldonado received the AETC award.

"During her time in this position, she proved to be a good leader," said Major Spurlin.

She managed and directed all of the police services events, including numerous Air Force Chief of Staff visits and the Air Force Ball, as well as reviewed police blotters and incident reports to ensure accountability and accuracy for security forces documents, said the major.

Also during her time as the NCO in charge of police services, Sergeant Maldonado led a 13-person team on a six-month deployment in support of Operations Enduring Freedom, Southern Watch and Iraqi Freedom.

"Her exceptional leadership during this time resulted in an impenetrable wall of security for more than \$5 billion dollars in U.S. and coalition war fighting resources," said Major Spurlin.

This also resulted in more than 3,500 combat sorties, the transfer of 28 million pounds of fuel and delivery of 3.2 million pounds of ordinance over key targets in Iraq, leading to the destruction of the tyrannical Iraqi regime, he added.

During a deployment in 1999, Sergeant Maldonado was team leader of a 10-person team to San Vito Air Base in Italy and played an important part in the base's closure, receiving an Air Force Commendation Medal for her work during the four-month tour.

In January 2000, Sergeant Maldonado became the NCO in charge of the security forces investigations.

"She quickly revamped the investigations section," said Major Spurlin. "During the AETC Operational Readiness Inspection in 2000, she received compliments from the inspectors on her flawless evidence room."

While appointed as the NCO in charge of information security, Sergeant Maldonado managed more than 36 wing and tenant agency information security accounts.

Sergeant Maldonado said that her good leadership skills came from working with the people in the unit.

"The reason I worked so hard to help make our security forces great is because of those around me," she said.

"I feel honored to have received this award, and I'm proud to have served with such fine men and women at Randolph."

Sergeant Maldonado will go on to compete in the Air Force-level competition.



2nd Lt. Kerry Baker
B-52
Barksdale AFB, La.



2nd Lt. Robert Belardo
AC-130 (EWO)
Hurlburt Field, Fla.



Lt. j.g. Bryan Bennett
E-6B
Tinker AFB, Okla.



2nd Lt. Ronnie Blount
EC-130
Davis Monthan AFB, Ariz.



2nd Lt. Mark Church
AC-130
Hurlburt Field, Fla.



Ensign John Cocca
P-3
NAS Jacksonville, Fla.



2nd Lt. Phillip Cowart
C-130
Dyess AFB, Texas



2nd Lt. Mareca Fischer
C-130
Selfridge ANGB, Mich.



2nd Lt. Anthony Gibson
KC-135
McConnell AFB, Kan.



Ensign Bradley Hay
P-3
NAS Brunswick, Maine



Ensign Lindsay Kaiser
P-3
NAS Jacksonville, Fla.



2nd Lt. Jonathan Keller
B-52
Barksdale AFB, La.



Lt. j.g. William Major
P-3
NAS Whidbey Island, Wash.



2nd Lt. Shane Muscato
MC-130
Hurlburt Field, Fla.



Ensign Deborah Neuhaus
P-3
MCB Kaneohe, Hawaii



2nd Lt. Justin Norton
MC-130 (EWO)
RAF Mildenhall, UK



Ensign Sean O'Sullivan
EP-3
NAS Whidbey Island, Wash.



Ensign Joseph Parsons
P-3
NAS Whidbey Island, Wash.



2nd Lt. Jeffrey Pittman
C-130
Yokota AB, Japan



Ensign Michael Plageman
P-3
NAS Brunswick, Maine



2nd Lt. Jerome Robinson
HC-130
Moody AFB, Ga.



2nd Lt. John Sarvis
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. Maurice Scales
E-3
Tinker AFB, Okla.



2nd Lt. Jason Seklejian
C-130
Little Rock AFB, Ark.



2nd Lt. James Speakes
C-130
Pope AFB, N.C.



Lt. j.g. Mark Szypula
EP-3
NAVSTA Rota, Spain



2nd Lt. Brian Tileston
B-52 (EWO)
Barksdale AFB, La.



Ensign Charles Weydert
P-3
MCB Kaneohe Bay, Hawaii

JSUNT graduation set for today

By Senior Airman Lindsey Maurice
12th Flying Training Wing Public Affairs

Seventeen Air Force and 11 Navy aviators receive their navigator and naval flight officer wings during a Joint Specialized Undergraduate Navigator Training graduation ceremony here today.

The ceremony is at 10 a.m. in the Randolph Officers' Club.

The guest speaker for today's graduation is former Air Education and Training Command

vice commander, retired Lt. Gen. David McIlvoy.

General McIlvoy earned his wings in July 1967 and experienced an aviation career that included more than 5,000 flying hours in the B-52, B-1, KC-135 and KC-10 aircraft. The general's combat experiences included flying B-52 missions over North Vietnam during the Hanoi and Haiphong raids in 1972.

Col. Mark Graper, 12th Flying Training Wing commander, is presenting the students with their respective service's silver wings or

gold wings, as well as presenting four special awards during the ceremony.

The awards being presented during the graduation are:

- Air Education and Training Command Commander's Cup Award: Presented to the most outstanding graduate based on demonstrated excellence in all phases of training while exhibiting strong qualities of professionalism and leadership.

- Alden C. Markey Award: Presented to the top Navy graduate based on performance

in all phases of training.

- Ira J. Husik Award: Presented to the navigator achieving the highest standard of excellence during the flying phase of training.

- Jack Donovan Award: Presented to the top electronic warfare officer graduate who has distinguished himself or herself from his or her peers by outstanding airmanship, academic performance and officership.

In addition, the top academic navigator and EWO graduate will be recognized with an award.

Still time left for those wanting to leave active duty early

Nearly 1,250 airmen have applied to leave the Air Force early under 'Force Shaping.'

As the March 12 application deadline draws near, officials looking to trim the force by more than 16,000 are encouraging airmen of all ranks to take a careful look at options to retire or separate earlier than they might otherwise have been allowed.

"It isn't for everyone. But we think this program offers some Air Force members what they may be looking for – a way to transition from active duty and move on with the next challenge in their life," said Col. Phil Odom, Air Force Personnel Center chief of Air Force separations and retirements.

The early-out program is off to a slower start than officials had hoped. Under the plan, the exit doors were opened to many officers and enlisted by waiving some active-duty service commitments and relaxing certain restrictions for transition to the Air National Guard or Air Force Reserve.

Some bonus payback requirements may also be waived.

"Leaving the active duty force is a big decision, so people may be taking time to research their options to make the right decision for themselves and their families," said Maj. Dawn Keasley, chief of retirement and separation policy at the Air Staff. "Should they choose to continue their service by transitioning to the Guard or Reserve (through the Palace Chase program), or depart the force by obtaining a service commitment waiver, the application window will be open until March 12."

So far, 289 applications have been approved for either early retirement or separation or the Palace Chase program, said Colonel Odom.

Of those, 120 enlisted and 7 officer applications have been accepted for early separation or retirement.

Rules for leaving active duty early will be easiest for anyone wanting to transfer to the Guard or Reserves, as all

career field specialties are eligible to apply for this option.

Not all career field specialties are eligible for the active duty service commitment waivers, however. The list of affected career fields can be located on the internet at <http://www.afpc.randolph.af.mil/retsep/shape.htm>.

For more information or for career counseling, call Senior Master Sgt. Barbara Dungan, Randolph career assistance advisor, at 652-4590. People may also call the AFPC retirements and separations division at (210) 565-2148 or 3769, DSN 665-2148 or 3769.

More information about the Guard can be found at www.ang.af.mil. Reserve information is online at www.afrc.af.mil. Those considering work with the U.S. government can browse career opportunities at the Office of Personnel Management's Website located on the internet at http://www.opm.gov/Career_Opportunities/index.asp.

(Courtesy of AFPC News Service)

A 'star' is born



Greg Den Herder, Air Force Personnel Center executive director, informs Col. Christopher Miller, AFPC director of assignments, of his selection for promotion to brigadier general Feb. 17. Colonel Miller was among 35 colonels nominated by the U.S. President to the Senate for appointment to the grade of brigadier general. As the director of assignments at AFPC, Colonel Miller is responsible for the assignment of more than 65,000 officers below the grade of colonel and 285,000 enlisted personnel below the grade of chief master sergeant. However, Colonel Miller will soon become the 509th Bomb Wing commander at Whiteman Air Force Base, Mo. (Photo by Staff Sgt. Matt Miller)

Policy changes affect civil service employees

The 2004 National Defense Authorization Act put into motion changes to civilian pay, overtime and leave.

The legislation also launched the National Security Personnel System, the biggest overhaul of the government's civilian personnel system in decades.

Defense Secretary Donald Rumsfeld called the changes "transformational." President George W. Bush agreed.

"This bill also advances the vital work of transforming the personnel system for civilian defense workers so we can put the right person in the right job to meet the challenges we face," Secretary Rumsfeld said.

Changes include:

- **National Security Personnel System:** The secretary of defense and the director of the Office of Personnel Management now have the authority to establish a new human resources management system. This includes a new labor relations system for Department of Defense employees.

The act also provides the secretary of defense with the authority to establish separation and retirement incentives and additional staffing flexibilities.

For more information on NSPS, go to www.cpms.osd.mil/nsps/index.html.

- **Modification of the overtime hourly pay cap:** The act modifies the hourly overtime pay cap for certain federal employees who are exempt from (not covered by) the overtime pay provisions of the Fair Labor Standards Act. For FLSA-exempt employees entitled to receive overtime pay, the hourly rate of overtime pay is either the greater of one and one-half times the minimum hourly rate of basic pay for

GS-10 or the employee's own hourly rate of basic pay. These include any applicable special salary rate, locality rate of pay, or special pay adjustment for law enforcement officers.

The OPM is amending its regulations to reflect this new provision in the near future. The changes became effective Nov. 24.

- **Military leave for mobilized federal civilian employees:** Employees who perform full-time military service, as a result of a call or order to active duty supporting a contingency operation, are now entitled to 22 days of military leave each calendar year. An employee is entitled to the greater of his or her civilian or military pay, not both; however, an employee may choose to take annual leave instead of military leave to retain both civilian and military pay. The amendment applies to military service performed on or after Nov. 24.

- **Senior Executive Service Pay:** The act establishes a new performance-based pay system for members of the Senior Executive Service, ends locality-based comparability payments for senior executives, and changes the threshold for imposing post-employment restrictions on certain senior executives.

A memorandum on the new SES pay system is available online at www.opm.gov/oca/compmemo/2003/2003-19.

For more information on entitlements, call the civilian personnel flight at 652-4403.

(Courtesy of Air Force Personnel Center News Service)

Changes to LES may help reduce identity theft

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

The Defense Finance and Accounting Service has started a process to drop off the first five digits of a person's Social Security number from all pay statements and checks to guard against identity theft.

"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 change is to be for all hard copy leave and earning statements. This does not apply to electronic copies of statements found on myPay, the online system for access and control of customers personal pay information.

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.

(Courtesy of Air Force Print News)

Wayland Baptist University announces base graduates

More than 50 Randolph members graduated from Wayland Baptist University during a ceremony on Feb. 1 at the Laurie Auditorium on Trinity University.

The graduates earned degrees in business administration, management, religion, occupational educational and applied science.

The graduates are:

- | | | |
|---------------------|----------------------|------------------|
| Bernardo Aleman | Robert Fox | Douglas Ray |
| Susan Allick | Salvador Garcia | Alan Reynolds |
| Edgar Alonso | Florence Garrity | Glenda Solomon |
| Kyle Augillard | Hermilo Guzman | Tabitha Symons |
| Cindi Barney | Gregory Hines | Randall Taylor |
| Brian Bastow | Michele Hughes | Heriberto Trejo |
| Bruce Bebow II | Julius Johnson | Juan Trevino |
| Mark Bennett | Michael Joseph | Roland Umipeg |
| Phyllis Billingsley | Bruce Kilgore | Kent Uphoff |
| Rumel Bohannon-Bey | Angela Lara | Daryl Wldrop |
| Jesus Caro, Jr | Earl Livernois, Jr | Ronnie Wallace |
| Juan Chavez | Timmy McCall | Rodney Watson |
| Perita Cook | Joffre Miller | Sandra Whiston |
| Linda Cortez | Michael Murray | Curtis Whorton |
| David Decker | Mona Osburn | Annete Winfield |
| Elisa Fleming | Roberto Padilla, Jr. | Teddy Woodland |
| Jennifer Forsythe | Helen Paredes | Jeffrey Woodward |
| William Forsythe | Mark Perfect | Raythell Wynn |

Celebrating women's heritage



Chief Master Sgt. Susan Allick, Air Force Personnel Center, speaks at the Women's Heritage Month luncheon Wednesday. Several events are scheduled on base for the month-long observance, to include a yoga class, financial management seminar, variety show and silent auction banquet. For more information on these events, call Dana Woods at 652-1201. (Photo by Steve White)

Enlisted dining-in coming soon

By Bob Hieronymus
Wingspread staff writer

Old traditions never die. New people just find them all over again.

On March 25, Randolph enlisted members can experience a time-honored military tradition as the Top Three of the Air Force Personnel Center and Air Force Personnel Operating Agency sponsor the annual Junior Enlisted Appreciation Dining-In.

Cocktail hour will begin at 6 p.m. at the Randolph Enlisted Club, with the mess called to order at 7 p.m.

Master Sgt. Wendy Vance, one of the main organizers for the event, said that this is a place where the older career professionals have the opportunity to express their support for the next generation of airmen.

This year's ceremony will follow a carefully crafted script that reflects traditions of ceremony and good fellowship designed to foster a

stronger sense of camaraderie among all enlisted airmen on the base.

A dining-in is a formal dinner for military members only. The present dining-in format had its beginnings during World War II when Gen. Hap Arnold held his famous windings. Since then the ceremonial proceedings have developed a set of rules, a copy of which will be at every table during the event.

Tickets are free for junior enlisted members and \$25 for senior enlisted members. However, senior members who bring a junior member with them will receive a \$5 refund.

For tickets, 12th Flying Training Wing members should call Chief Master Sgt. Glenda Solomon at 652-2727 and Air Education and Training Command members should call Senior Master Sgt. Felipe Campos at 652-7152. AFPC members and members assigned to other tenant units should call Master Sgt. Tammy Robel at 652-2038.

Selectees

Continued from Page 1

Adam Anderson
Dennis Blanchard
William Dayton
James Duecker
Todd Legrand
Walter Luther III
Eric Paulson
David Preisman
Ross Vincent

Air Education and Training Command

Troy Austin
Nick Avlonitis
Cori Barry
Elene Cole
William Crooks
Jay Cryderman
Christa D'Andrea
Avlonitis Eileen Garza
Robert Jacks Jr.



Billeye
Juarez
Catherine Kenneally
Timothy Kodama
Andre Moore
Scott Morris
Phong Nguyen
Lance Turner
Zun May Woo

Air Force Personnel Center

Eve Burke
Michael Donahue II
Debra Jackson
Robert Jensen
Frederick Mena
Karen Sanders
Timothy Thomas

Gregory Wolff

Air Force Recruiting Service
Jeffrey Owen

Air Force Institute of Technology

Gary Kinney Jr.
Susan Valentine

Air Force Element Joint Flying Training

Erik Halvorson
Richard Hauben
Richard Karn
Sonny Kim
Jason Mergl
Robert Risko
Anthony Strickland
Brian Waypa

Air Force ROTC Southwest Region

Michael Shannon

Air Force Services Agency

Richard Harrison

COMMANDER CONNECTION

This column is intended to unofficially introduce new unit commanders to the base community.



Lt. Col. Terry Ross 100th Flying Training Squadron commander

Key to success in the Air Force:

"Do the absolute best job in the current position that you are in."

Hometown:

Geary, Okla.

Vision for the unit:

Concentrate on building up people. Provide the best qualified and current instructors to the flying units.

Previous assignments:

Altus AFB, Okla.

Williams AFB, Ariz.

Barksdale AFB, La.

Most memorable Air Force experience:

Being selected to be a squadron commander.

Randolph members featured in Airman

Three airmen and one Department of Defense civilian with varied backgrounds and careers -- all from Randolph -- will be featured in the March issue of *Airman* magazine.

Airmen like Airman 1st Class Georgia Brown, assigned to the 12th Logistics Readiness Squadron, work around-the-clock supporting Operation Iraqi Freedom as part of the 380th Air Expeditionary Wing. Many who are deployed in Iraq have seen this small forward air base change, as quality of life improvements are made and troops settle in.

To find out more about Airman Brown and deployed life at this small desert base, people can check out the March issue of *Airman* magazine.

Also in the March issue, people can learn about 1st Lt. Laura McDonald, Air Force Occupational Measurement Squadron, who is

one of the top Rugby players in the country.

Readers can also meet Michael Redfern, 12th Civil Engineer Squadron, who dons a green, Superman-like outfit to become his

alter ego, "Michael Recycle," in the March issue. Find out how this government civilian is educating students throughout Texas about recycling and composting.

Finally, imagine a warehouse full of equipment -- tiny pieces used for war. Every base has it, and someone has to keep track of it all -- that someone is Randolph's Tech. Sgt. Allen Selfe, 12th LRS.

People can learn more about Sergeant Selfe in the new "Profile" department of the March issue of *Airman* magazine.

To obtain a unit subscription, have the unit orderly room send an e-mail to *Airman* at afnspub@afnews.af.mil.

(Courtesy of *Airman* Magazine)



Base to experience new phone trouble reporting procedures

By Bob Hieronymus
Wingspread staff writer

A new set of options for reporting base telephone and communications problems went into effect at 7:30 a.m. today.

Persons reporting problems with base telephones or communications equipment who normally call 652-2015 will hear a different set of options when the automated system answers, said Capt. Catherine McDaniel, Mission Systems flight commander.

Because of the Strategic Sourcing Initiative, the maintenance control section was eliminated, thus taking out the middleman and allowing outage reporting directly to the work center, the captain said.

In the past when a person called the trouble reporting line, an automated answering system offered three choices: Option 1 for reporting a telephone problem, option 2 for requesting communications equipment maintenance, and option 3 for reporting

computer problems.

The newly revamped automated answering system now offers the following options:

- Option 1 is for reporting telephone problems. If the problem is classified as a high priority (i.e., command post, control towers, general officers, etc.), a maintenance technician will immediately respond. If the call is received after duty hours and is not classified as a high priority, the caller will be asked to call again during the next duty day.

- Option 2 will connect directly to the communications radio work center.

- Option 3 is for reporting network and/or computer problems.

- Option 4 is for reporting problems with meteorological and navigation systems.

"These changes are being made in order to streamline processes as a result of the Strategic Sourcing Initiative," said Capt. McDaniel. "Keeping mission essential equipment operating is always our highest priority."

Clothing sales experiences shortage in BDU supply

DALLAS — Backorders from the military supply system are affecting the availability of battle dress uniforms in military clothing sales stores abroad. Both Army and Air Force clothing stores are out of stock on selected sizes of the enhanced hot weather and temperate BDU coats and trousers.

According to Randolph clothing sales officials, the base store is currently out of stock in small regular, medium short and medium regular hot weather BDU coats and

medium regular, medium long and large regular hot weather BDU trousers. However, the store does expect a new shipment of these items later this month.

Base officials went on to say that the store is currently out of almost all sizes in temperate BDU trousers and doesn't expect to be fully restocked until August, which is the "get-well date" for the temperate BDUs problem set forth by AAFES officials.

"AAFES continues to be in constant

communication with (the Defense Supply Center in Philadelphia)," said Dave Lumbley, military clothing divisional merchandise manager. "The information we received from DSCP indicates AAFES will be experiencing shortages on temperate BDUs through the end of summer 2004."

Representatives from DSCP said the current supply condition is because of the need to produce many more desert BDUs than the woodland style as a result of the war in Iraq.

"The temperate trousers are the item in the most critical position, and while DSCP does not expect (the situation to get better) until August, we will experience a significant increase in deliveries starting in April," said Jim Kane, product manager for battledress uniforms in DSCP's clothing and textile directorate. "We have recently released all backorders for enhanced hot weather coats and trousers. These assets should be reaching the stores soon, and DSCP expects to remain in sustained supply for the enhanced hot weather items."

DSCP and Defense Logistics Agency officials buy about \$10.4 billion worth of food, clothing, textiles, medicines, medical equipment, general and industrial supplies and services annually. They support America's warfighters worldwide, plus eligible family members and other non-Defense Department customers.

The military supply system provides routine support for AAFES requirements. Recruits and units plus other higher-priority requirements such as Operation Iraqi Freedom and recruit induction centers



"Sorry" signs rest in place of battle dress uniform coats and trousers that are currently out of stock at the base clothing sales store.



Jeanne Brookens, base clothing sales assistant manager, straightens up battle dress uniform coats at the store. (Photos by Senior Airman Lindsey Maurice)

receive first priority for required clothing.

Since DSCP is the only authorized BDU source as directed by the memorandums of agreement with the Department of the Army and the Department of the Air Force, AAFES officials have no other choice but to continue to monitor the situation. AAFES officials are continually requesting updates on the backorder status, said Mr. Lumbley.

For more information, call base clothing sales at 652-5643.

(Senior Airman Lindsey Maurice, 12th Flying Training Wing Public Affairs, contributed to this story. Courtesy of Air Force Print News.)

VIEW

Continued from Page 1

For example, student training should be expanded to include more emphasis on sexual assault awareness, deterrence and reporting, and that such training be presented in a more interactive setting. Likewise, the current training programs for commanders, first sergeants, military training leaders and instructors should be expanded to include additional training on sexual assault awareness, deterrence and reporting.

We are looking at ways to implement these recommendations. We are also expanding our review to look

at the plans, policies, programs and procedures to address sexual assault at all our bases to ensure we have no deficiencies in our objective to deter sexual assaults. We are also making sure that when our best efforts fail to deter these crimes, we swiftly and compassionately render aid to victims; thoroughly investigate the circumstances of these reports; and when the evidence dictates, we prosecute and punish perpetrators.

As airmen dedicated to protecting our country, we are all part of a very vital national defense team. Teammates must trust each other and care about each other. When one team member demonstrates disrespect for another teammate by criminal behavior such as sexual assault, trust is broken and the team is weakened.

Our important mission demands we hold ourselves to a

higher standard. Sexual assault has no place in my Air Force; it shouldn't have a place in yours either!

Over the coming weeks and months, you are going to be hearing and learning more about this important issue. Listen and pay attention to what your commanders, first sergeants, supervisors and peers are telling you regarding the unacceptable nature of sexual assault. Commit yourself to act in a manner that demonstrates daily the respect you have for your teammates and for yourself.

I am proud of the men and women who serve our country in the Air Force with integrity, service before self and excellence. Together we will continue to tackle the sexual assault problem and ensure we maintain an environment that promotes the dignity and well being of all our Air Force team members.

NEWS BRIEFS

Saturday flying schedule

People who are on base tomorrow might notice some rare weekend flight activity. Not only will T-38 training missions be flown on a Saturday, but they will be flying off the west runway, due to the east runway being closed for repair.

This is not a permanent change in the normal flight procedures, the T-38 is simply catching up on training sorties.

Wingspread correction

In the Team Randolph annual awards nominees story, featured on page 8 of the Feb. 27 edition of the *Wingspread*, Master Sgt. Richard Bailey's unit was misidentified. Sergeant Bailey, a nominee for the additional duty first sergeant category, is assigned to the 12th Operations Support Squadron.

Munitions Inventory

The Randolph munitions account will be closed for a complete inventory and a Munitions Accountable System Officer change inventory Monday through March 12. All munitions users, custody account commanders and custodians should coordinate with Fernando Cardenas on support issues before the inventory start date. Mr. Cardenas can be reached at 652-6780.

ID card facility temporary closing

The Randolph ID card facility will be closed Thursday and March 12 for a software upgrade to the Defense Enrollment Eligibility Reporting System operating system.

Emergency ID card or DEERS transactions can be conducted at the following installations: Fort Sam

Houston, phone at 221-0415, and Lackland at 671-4177.

The ID card facility will reopen for business on March 15 at 7:30 a.m.

History, Manpower, Plans offices move

The 12th Flying Training Wing History, Manpower and Plans offices have moved from Building 148 to Building 200. All phone numbers remain the same.

Special program managers needed

The Civilian Personnel Flight is seeking two people to take on the duties as special program managers for the Peoples with Disabilities and Federal Women's Programs. The managers positions would be a collateral duty for the federal employees and would require their supervisor's coordination.

For more information, call Pandora Lawson, 652-4403.

New Web site designed to make PCS moves easier

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON — Relocating an Air Force family can be challenging. To ease the strain, Air Force officials recently launched “AF Move,” a Web site designed to put as much moving-related information as possible only a mouse-click away.

“This is an absolutely outstanding Web site,” said Maj. Gen. Craig Rasmussen, Air Force director of logistics readiness. “It is the gold standard for our Air Force personnel to use before, during and after their personal property move has been completed.”

While many units have local sites to help Air Force families in the moving process, this site aims to give people Air Force-level guidance.

“We want this site to become institutional, so that anyone in the Air Force, military or civilian, can go there to search out information,” said Randy Teske, Air Force personal property and passenger policy traffic management specialist. “Let’s face it, we only move now every three or four years, so we become out of touch because processes and entitlements change.”

The site links users to everything from making permanent-change-of-station moving arrangements to tracking a personally owned vehicle shipment.

“You can go into the carrier industry and trace your shipments,” said Jim McAllister, personal property and passenger policy division chief. “You can even go in and see local laws on certain items that may be restricted.”

Fast facts:

Information offered on the Air Force Move Website includes:

- An installation directory
- Moving tips
- Inbound information (i.e. scheduling deliveries, unloading and unpacking at destination, temporary storage)
- Counseling
- Weight estimator and weight allowance table
- Claims information
- Personally procured transportation procedures
- Firearms restrictions
- Privately owned vehicle shipping, storing and processing procedures
- Retirement and separation information
- Online brochures and helpful links

Other links connect Air Force families to the claims offices at either end of their move.

“Sometimes our members transfer to an area that’s handled by another branch of military service,” said Sharon Goodson, traffic management specialist. “This

gives them not only the phone numbers, but keeps them in touch with Air Force policy, so if they have a question, they can go back to what the Air Force requirements are and get back on track.”

The site’s usefulness does not end there. When people use it early in the PCS process, they can plan the move intelligently, Mr. McAllister said.

“We’ve tried to make it one-stop shopping, the best we can,” he said. “It helps you ask the right questions. It may even satisfy all your questions, even before you go in and get personal counseling.”

It also serves as a great tool for remembering what items were briefed during that counseling, Mr. McAllister said.

“You might say to yourself, ‘What was that they were telling me?’ And then you can go to the site and there it is,” Mr. McAllister said.

The site also contains links to a toolbox full of technical information that Air Force personal property specialists can reference. This allows officials to quickly disseminate information to offices in the field and serves as an invaluable resource, Mr. McAllister said.

“We’re already starting to get rave reviews from the folks in the field,” he said.

The next time PCS orders drive Air Force members to pack up personal property and head for a new base, <http://afmove.hq.af.mil> can help keep the headaches and hassles to a minimum.

For information on relocation assistance programs offered on base, call the family support center at 652-3060.

Reserve system streamlines Air Force travel processing

By Jim Miller

Air Force Reserve Command Public Affairs

ROBINS AIR FORCE BASE, Ga. — Accurate and secure records, universal e-mail copies of vouchers and possibly faster payouts are what Air Force travelers have to look forward to starting this spring.

Financial management offices throughout the active-duty Air Force are set to begin using Air Force Reserve Command’s Reserve Travel System on March 31. Air National Guard offices are expected to go online in July.

“The Reserve Travel System is the only travel computation system that specifically addresses the varied needs and requirements for Reserve travel vouchers,

including multiple orders and changes in status,” said Penny Meredith-Pogue, AFRC headquarters financial systems branch chief. “RTS also computes travel vouchers for civilians and active-duty people, as well as civilian and military permanent-change-of-station vouchers.”

Sixteen Air Force Reserve travel offices have been using the Windows-based application since 1998, and eight active-duty sites adopted the system between 2000 and 2002. The active-duty sites began using the system because they process so many travel vouchers for reservists.

“The Reserve Travel System is a great example of the Air Force Reserve and active-duty force working together within Air Force financial management,” said Lt. Col. Patrick Coe, director of the Air Force

Accounting and Finance Office in Denver. “Air Force-wide use of the RTS will benefit us all in several ways. It has a wider range of functions than the alternatives, including making it easier for active-duty bases to process Reserve travel transactions.”

Travel offices will like the system because it accounts for funds better than other systems and it is easier to enter data, find data and generate reports, said Michael Punch, AFRC headquarters financial systems branch systems accountant. Other benefits include bringing in more data automatically and fewer manual steps in sending e-mail vouchers.

Travel office people type the travel voucher information into the RTS on a desktop computer, which sends file information to the local accounting and

disbursing offices, as well as Government Travel Card offices. All of the computers are tied to a main system. Active-duty offices will link to the Air Force leave Web server.

“The Reserve Travel System is very user friendly and self explanatory,” said Judy Matthews, a travel voucher examiner at McGuire AFB, N.J. “We got the system in November 2002, and I learned it from scratch. It makes sense to me.”

About 180 people from active-duty travel offices and another 180 from the Air National Guard will learn how “friendly” the Reserve Travel System is when they start attending a one-week training course at AFRC headquarters. Each class will have about 30 people.

(Courtesy of Air Force Print News)

RFISD kicks off Texas Public Schools Week

By Jennifer Valentin

Wingspread staff writer

Randolph schools are celebrating Texas Public Schools Week, observed Monday through March 12, with several events for both students and parents.

“We are joining with other school districts throughout Texas to celebrate 150 years of public education in Texas,” said Dr. Barbara Maddox, Randolph Field Independent School District superintendent. “We encourage parents and other members of our community to visit our schools during this special week to see firsthand the quality education that students are receiving.”

The theme for this year’s celebration is “Education with Heart.”

Randolph Elementary School kicks off the celebration Monday with its “Do Math and You Can Do Anything” program, featuring a complimentary dinner at 5 p.m., and special guest speaker Col. George Duda, 12th Flying Training Wing vice commander. The event also includes three math-oriented sessions running from 6 to 7:30 p.m.

Speakers during these sessions include a navigator, environmental engineer, credit union personnel and lab technicians. During the 30-minute sessions, speakers will talk about how math plays an important role in their careers. Students and parents can attend the sessions of their choice.

The school will also have an open house for parents of students in each grade throughout the week. For first and second grade, the open house is Monday from 2:30 to 3:15 p.m. On Tuesday, the open house for fourth grade parents is from 8 to 9 a.m., for content mastery parents is from 10 to 10:45 a.m., and for fifth grade parents is from 11:15 a.m. to 12:15 p.m. The open house for pre-kindergarten parents is Wednesday at 10 a.m. or 2 p.m., and at 12:30 p.m. for third grade parents. The open house for kindergarten parents is March 12 from 10:50 to 11:30 a.m.

Elementary school parents can also enjoy a “muffins for mom” breakfast Tuesday from 7:30 to 8 a.m., and a “donuts for dad” breakfast March 12 from 7:30 to 8 a.m. at the school, while children can enjoy a week-long book fair in the commons area of the school.

The Randolph Middle and High Schools are also participating in the week-long event by opening the campus to parents, so they may visit classrooms and talk with their children’s teachers.

“We hope that many parents can come to visit during the week,” said Secondary Schools Principal Bruce Cannon. “It should be a lot of fun.”

Secondary school parents are also invited to attend lunch with their children one day during the week. The lunchtime during which parents can visit is Monday from 10:50 to 11:20 a.m. for sixth graders; Tuesday from 11:20 to 11:50 a.m. for seventh graders; Thursday from 11:20 to 11:50 a.m. for eighth graders; Tuesday from 11:50 a.m. to 12:20 p.m. for freshmen; Wednesday from 11:50 a.m. to 12:20 p.m. for sophomores; Thursday from 12:20 to 12:50 p.m. for juniors; and March 12 from 12:20 to 12:50 p.m. for seniors.

For more information on the elementary school events, call 357-2345.

For more information on the secondary school events, call 357-2400.

Service before self

Five generations keep proud military tradition alive

By Master Sgt. Tanya Gregory
305th Air Mobility Wing Public Affairs

MCGUIRE AIR FORCE BASE, N.J. — His life was spent fighting for freedom; his own freedom and the freedom of a country not yet born.

Not only did he give his life in prelude to revolution from a tyrannical king, he left a legacy that continues to serve this country's continuous fight to preserve freedom at home and abroad. And one of his descendants supporting America's fight is in the U.S. Air Force.

On March 5, 1770, Crispus Attucks was the first American martyr to die during the Boston Massacre, a pre-Revolutionary War event.

Born the son of a native African and an American Indian of the Natick tribe in 1723, Crispus ran away from his slave owner and became a sailor and whaler in Massachusetts in 1750.

Shortly after reaching freedom, he learned to read and write and to understand the basic principles of different types of government. Crispus often attended meetings with other patriots to discuss taxes levied by Britain, and he wrote a letter of protest to the Tory governor of Massachusetts.

In the spring of 1770, tensions between the American colonists and the British were already running high. Late in the afternoon on March 5 a crowd of jeering Bostonians slinging snowballs gathered around a small group of British soldiers guarding the Boston Customs House. The soldiers became enraged after one of them was hit, and the group fired into the crowd, even



Master Sgt. Mark Attucks, above left, is a fifth generation descendent of Crispus Attucks, above right, who was the first American martyr to die during the Boston Massacre, a pre-Revolutionary War event. Sergeant Attucks is a financial analyst with the 305th Comptroller Squadron at McGuire Air Force Base, N.J. (Courtesy photo)

though they were under orders not to fire.

Crispus was the first to die in this skirmish that later became known as the Boston Massacre.

Soon, the massacre galvanized and helped unite the colonies against Britain. What started as a minor fight became a turning point in the American Revolution. The Boston Massacre helped spark the colonists' desire for American independence, while Crispus and the dead rioters became martyrs for liberty.

Crispus left behind a son, Clifton, who would continue the fight for freedom that his father started.

Today Crispus Attucks is remembered for his sacrifice for American freedom, but what the average person may not know is his descendants have kept his legacy of sacrifice and service alive.

From the American Revolution to today's war on terror, every male Attucks descendent has served in the military and fought in almost every war to preserve American freedom.

Master Sgt. Mark Attucks, NCO in charge of the 305th Comptroller Squadron's financial analysis flight at McGuire AFB, is the fifth generation of Attucks to serve this nation. He said that his father passed on his heritage and instilled service in him as a young boy growing up in Winston-Salem, N.C.

According to Jesse Attucks Jr., Sergeant Attucks' father, every Attucks was planted with this seed of service.

"Growing up, I was told of 'Crispus' bravery," said Jesse Jr., a former Marine drill sergeant. "Our parents and grandparents always instilled service in us, and I instilled it in my sons.

"Crispus Attucks stood for freedom and fought for it long before this was a country — and we follow the same tradition," he said.

Jesse Jr. joined the Marines in 1967; three months later his older brother, Richard, joined. Six months, almost to the day that Jesse Jr. joined the Marines, his little brother, Reginald, joined. At one point, Jesse Jr. and Reginald were serving in Vietnam simultaneously.

Most of the Attucks males have served in the Marines, but when Sergeant Attucks broke tradition and came into the Air Force, Jesse Jr. was nonetheless proud.

"It mattered not to me that he didn't follow the Marines tradition — just that he served," Jesse Jr. said.

Jesse Jr. said it was important for his boys

to know their legacy and keep it.

"We were told that (Crispus) died fighting for freedom; that he was a warrior," Sergeant Attucks said. "This has instilled military service in my bloodline; in every generation of Attucks, we've had someone in the military. All of his descendants have served."

Senior Airmen Reginald Attucks, a maintainer with the 4th Aircraft Maintenance Squadron at Seymour Johnson AFB, N.C., and Sergeant Attucks' cousin, said he is proud to have such an interesting background.

"When I was in the sixth grade my grandfather, Jesse Attucks Sr., passed away and my father, Jesse Jr., received the things that (his father) kept over the years," Sergeant Attucks said. An old Bible, a ceramic statue that had been presented to Sergeant Attucks' great, great grandfather, Preston Attucks, and other family artifacts that had been passed from generation to generation went to Jesse Jr.

Although every descendent of the Attucks family knew about Crispus through family stories and precious artifacts, other people did not come to know him until the airing of the motion-picture epic "Roots."

"After 'Roots,' people began to recognize the name and know who (Crispus) was," Sergeant Attucks said. "People also began to recognize us, too."

"It (is) great to share my heritage with (people)," Sergeant Attucks said. "I'm very proud of where I came from. I'm proud of all my ancestors. We turned all our hardships (slavery and death) around to be 'strong warriors,' as my father would say."

(Courtesy of Air Force Print News)

CONSTRUCTION

ORNER

Demolish East Wherry base housing. Should be complete in October.

Renovation of Building 260. Should be complete in September.

T-1 CASS System installation on East Apron. Should be complete in July.

Tennis court resurfacing. Should be complete in April.



Water main replacement for circle and duplex base housing. Should be complete by January 2006.

Parking lot reconstruction at Buildings 905 and 907 and renovation of Air Education and Training Command Buildings 902 and 905. Both projects should be complete by April 2005.

South pool renovation. Should be complete in April.

Building 862 under construction. Should be complete by the end of March.

Self Help, Building 875, replaced with Readiness Facility. Should be complete in August.

Replace Buildings 1024 and 1027. Should be complete by February 2006.

North Park Road repaving project -- south-bound lane ongoing. Should be complete by the end of March.

Air handling unit replacement in Air Force Personnel Center's A Wing, B Wing and C Wing. Should be complete in April.

Air handler installation in Building 491. Should be complete in May.

Military Family Housing: Exterior Painting/Roof Repair/Interior Repair/Foundation Repair in progress; notices will be sent to tenants. (Circle & Duplex) Work will continue through April 2004. Foundation repairs to continue through July 2004.

COMMUNITY BRIEFS

ANNOUNCEMENTS

Girl Scout flag retreat

The Randolph Service Unit of the Girl Scouts hosts its annual flag retreat at 5 p.m. Tuesday in front of the "Taj Mahal."

In the event of bad weather, the ceremony will be held in the base theater. Everyone is invited to attend, including San Antonio area Girl Scouts.

For more information, call Susan Pistone at 481-6393.

ASMC luncheon

The Alamo City Chapter of the American Society of Military Comptrollers invites all members and non-members to attend its luncheon from 11 a.m. to 1 p.m. March 25 at the Fort Sam Houston Golf Course.

Reservations are required before March 19.

For more information, call Marlene Quick at 221-7148.

AFA events

The Alamo Chapter of the Air Force Association hosts its annual Kellogg Blue Suit Awards Banquet March 25 at the San Antonio Airport Hilton Hotel. Cocktails begin at 6:30 p.m. followed by dinner at 7:15 p.m.

Gen. Don Cook, Air Education and Training Command commander, is the guest speaker and will recognize the 2003 Blue Suit award winners.

Tickets are \$15 for staff sergeants and GS-9 civilians and below, and \$22.50 for all others.

The Alamo Chapter of the AFA membership drive is currently underway through March 25. The organization is open to all active duty and retired military members, guard and reserve members and civilians.

For more information on the banquet or membership, call Lt. Col. John Blumentritt at 652-5844.

Randolph Hispanic council meeting

The next Randolph Hispanic Council meeting is at 11:30 a.m. Thursday at the enlisted club. Anyone is welcome to attend.

For more information, call Tech. Sgt. Adalberto Velez at 565-1137.

12th SFS spouses meeting

The 12th Security Forces Squadron spouses meeting is 7 p.m. Thursday at Ronda Spurlin's home.

Spouses can reserve a seat by calling 659-4327.

New kindergarten student information needed

Elementary school administrators need information from parents who plan to enroll their child in kindergarten at Randolph the Elementary School for the 2004-2005 school year.

Residents of the base who have a child who will be five years old on or before Sept. 1, and plan to enroll them in the school on base, need to call the school's office at 357-2345, before March 29.

The child's name and age are necessary to make projections for the upcoming school year.

The elementary school's annual Kindergarten Round Up is May 6 at 6 p.m.

Tuskegee Airmen meeting

The San Antonio Chapter of the Tuskegee Airmen holds its monthly meeting at 6:30 p.m. Thursday at the enlisted club. Everyone is welcome to attend.

For more information, call Doug Washington at 633-1021.

Local student qualifies for National Spelling Bee

Glen Waterman, son of Lt. Col. Larry and Luanne Waterman, placed third in the regional spelling bee in Dallas Feb. 21. Glen is an eighth grade student at First Baptist Academy in Universal City.

As the San Antonio District winner, he competed against 58 other district spelling bee winners from six states. After placing third, he now goes on to compete in the National Spelling Bee (Association of Christian Schools International) in Washington, D.C. in May.

Among the words Glen spelled correctly during the Dallas competition were paronomasia and loquacity.

Band wins regional honors

Sixteen Randolph Middle School students won Regional Honor Band recognition recently after auditioning with more than 20 middle schools.

Those honored were sixth grader Chris Tablieri; seventh graders Emily Allen, Hailey Bodiford, Adriel Green and Shandra Weinkauff; and eighth graders Kevin Beauchemin, Chris Browne, Nadia Cavazos, Lance Copeland, Traci Derlein, Theo Myrie, Brian Phagan, Andrea Shannon, Josh Weston, Courtney Williams and Chris Aamodt.

EDUCATION SERVICES

652-5964

Trinity College and University accreditation notice

Base education officials warn members that there is a false notice circulating about Trinity College and University being approved by the Association of Private Colleges and Universities, and being accredited by the Association for Online Academic Excellence.

There is no such accrediting body as the Association of Private Colleges and Universities and there is no accrediting body under the Council of Postsecondary Accreditation for the Association for Online Academic Excellence. The "university" is not nationally or regionally accredited.

Our Lady of the Lake University

An Our Lady of the Lake University representative will be at the education center from 11 a.m. to 3 p.m. March 17 to answer questions.

For more information, call 431-3983.

ERAU

Embry-Riddle Aeronautical University students can register for the Spring III term by appointment Monday through March 12 by calling 659-0801.

Walk-in registration, which runs from March 15-18, is on a first come, first serve basis. The Spring III term runs March 23 through May 23.

St. Phillip's College

The last day to register for on-base St. Phillip's College term II classes is Monday.

A wide selection of evening classes are being offered at Randolph and Judson High School, including accounting, economics, college algebra, federal government, U.S. history II and introduction to computers.

Spring term II begins Monday.

For more information, call 659-1096.

St. Mary's and New Horizons

St. Mary's University and New Horizons will be at the education center from 11

a.m. to 1 p.m. Thursday to provide information on the new Microsoft Certified Systems Administrator + Security 2003 certification as well as available degrees at St. Mary's University.

ASE

The Automotive Service Excellence application deadline for the May 2004 testing cycle is March 17.

The Defense Activity for Non-Traditional Education Support funds up to three ASE examinations for individuals in a related Air Force Specialty Code.

For applications and additional funding requirements, call 652-5964.

DISCOVER

The Internet version of the innovative program called DISCOVER is available for personnel and family members to explore career options and plan for their future.

Through DISCOVER, users can build personal portfolios that can be updated at any time to save inventory results, favorite selections and personalized career planning information. This career-planning program offers links to schools, occupations, job banks, resumes, financial aid and scholarship websites.

Users can log on at any time, from any computer with Internet access.

To begin using the network version of DISCOVER, members must stop by the education center to pick up a User I.D. token and log-in instructions.

FAMILY SUPPORT CENTER

652-5321

Retirement and separation briefing

The family support center hosts a retirement and separation briefing from 8:30 to 11:30 a.m. today. Spouses are encouraged to attend. Reservations are not required.

For more information, call Debbie Hall at 652-3633.

Driving safety courses

Driving safety courses are offered from 6 to 9 p.m. Tuesday and Thursday.

To make an appointment, call the South Texas Safety Council at 824-8180.

Participants must attend both classes to receive credit.

WIC

The women, infants and children satellite office opens from 9 a.m. to 3 p.m. Wednesday in the family support center ballroom.

For more information, call 652-5321.

Moms, pops and tots time change

The moms, pops and tots group has changed its time to 9 to 10:30 a.m. Thursdays in the chapel center.

The group is designed for children ages five and under to have the chance to interact with other children.

For more information, call 652-5321.

CHAPEL SERVICES

652-6121

Protestant

Friday - Choir retreat at T-Bar-M Ranch

Saturday - Choir retreat at T-Bar-M Ranch

Sunday - Worship I at 8:30 a.m. in chapel 1; Liturgical at 10 a.m. in chapel 1;

Worship II at 11:30 a.m. in chapel 1;

Gospel at 1 p.m. in chapel 1; Choir retreat at T-Bar-M Ranch Monday-

Male chorus at 7 p.m. in chapel 1

Tuesday - Men's Bible study at 11:30 a.m.

in the chapel center

Wednesday - Protestant Women of the Chapel Bible study at 12:15 p.m. in the chapel center; Liturgical choir at 5:30 p.m. in chapel 1; Gospel choir at 7 p.m. in chapel 1

Thursday - Combined Lenten luncheon at 11:30 a.m. in the chapel center; Children's choir at 5:15 p.m. in chapel 1; Precept Bible study at 6:30 p.m. in the chapel center;

Chancel choir at 7 p.m. in chapel 1; Easter Musical practice at 7:45 p.m. in chapel 1

Catholic

Friday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1; Stations of the Cross at 6 p.m. in chapel 1

Saturday - St Joseph's Men's Group at 9:30 a.m. in the chapel center; Confession at 4:30 p.m. in chapel 1; Mass at 5:30 p.m. in chapel 1

Sunday - Mass at 8:30 a.m. in chapel 2; Mass at 10:30 a.m. in chapel 2; Mass at 11:30 a.m. in chapel 2

Monday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1

Tuesday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1;

Contemporary Choir practice at 6:30 p.m. in chapel 2; Rite of Christian Initiation for adults at 7 p.m. in chapel 1

Wednesday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1

Thursday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1; Cantor practice at 6:30 p.m. in chapel 2;

Traditional choir practice at 7:30 p.m. in chapel 2

Ecumenical

Monday - Wedding briefing at 3 p.m. in the chapel center

Wednesday - Film luncheon at 11 a.m. and 12:15 p.m. in the chapel center; Christian Youth of the Chapel bible study at 7:30 p.m. in the chapel center

Thursday - Lenten Devotional luncheon at 11:30 a.m. in the chapel center

MOVIES

652-3278

Today

"Big Fish" (PG-13), 7 p.m. Starring Ewan McGregor - A teller of tall tales charms everyone he meets with his stories.

Saturday

"Cold Mountain" (R), 7 p.m. Starring Jude Law - The story of wounded a soldier on a journey to reunite with his sweet-heart.

Sunday

"My Baby's Daddy" (PG-13), 7 p.m. Starring Eddie Griffin - Three men are forced to take responsibility for getting their girlfriend's pregnant.

March 12

"The Butterfly Effect" (R), 7 p.m. Starring Ashton Kutcher - A man travels back in time to try to change his childhood memories, but ends up making things worse instead.

March 13

"The Perfect Score" (PG-13), 7 p.m. Starring Chris Evans - Six students make a plan to steal the SAT answers.

March 14

"The Big Bounce" (PG-13), 7 p.m. Starring Owen Wilson - A drifter goes to Hawaii and is tempted by love and a new con opportunity.

SERVICES

MISCELLANEOUS

Bargain warehouse sale

The bargain warehouse is open from 8 to 9 a.m. Wednesday for airmen basic through senior airmen and from 10 a.m. to 2 p.m. for all others in Building 1139.

Limits may apply and all items have to be taken when bought.

Cash, checks and credit cards are accepted.

Services entered the ICE Age

Customers of the 12th Services Division can now send comments, suggestions, complaints or compliments directly to the manager for action, thanks to the new interactive customer evaluation system located at <http://ice.dica.mil>.

Once on the website, base members should select "Air Force," "CONUS" and the "Randolph" to critique the division's products and services.

For more information, call 652-2052.

YOUTH CENTER 652-2088

Theater camp

Teenagers ages 14-18 can apply for the week-long Missoula Children's Theater Performing Arts Camp held July 26-30 at Seeley Lake, near Missoula, Mont.

During the camp, teenagers undergo classes in voice, dance, stage presence and acting; participate in arts and crafts and water-front activities and enjoy campfires.

The cost is free. Transportation to and from the camp, as well as all meals, lodging and activities are provided.

To apply, submit an application and an audition tape to: Randolph AFB Youth Center, 415 B Street East, Randolph AFB, TX. Audition tapes that were used for the Family and Teen Talent Contest may be used. Submissions are due Monday.

For more information, call the youth center at 652-2088.

Youth employment service program

Teenagers interested in earning money toward college through volunteer work can participate in the Air Force Youth Employment Service Program.

Through this program, dependents ages 14 to 18 of active duty members stationed at Randolph are given four years to complete 250 hours of community service. Participants who accomplish this are given \$1,000 to use toward college.

Applications are available at the youth center.

For more information, call 652-2088.

OFFICERS' CLUB 652-3056

Live music

"Lanette Pennell" performs from 6:30 to 10:30 p.m. today in the Sky Lounge.

ENLISTED CLUB 652-3056

Family karaoke night

The enlisted club is hosting family karaoke night Wednesday. The dining room will be open with a family style buffet from 5 to 7 p.m.

Bingo offered

Big Bucks Bingo is held every Sunday at 3 p.m. in the enlisted club.

ITT & EQUIPMENT CHECKOUT 652-5640

Sea World season passes

Sea World San Antonio kicks off its 2004 season Saturday with a lineup of shows, rides and animal attractions.

Daily passes to the park are available at the information, tickets and travel office for \$36 for adults and \$25 for children ages 3-9.

One-year season passes are also available for \$49.50 for people ages 3 and up and two-year season passes are available for \$78.50.

Six Flags season passes

Six Flags kicks off its 2004 season Saturday. New to the park this year is the "Tornado," a water tubing ride, which debuts this spring.

Daily passes are available at the information, tickets and travel office for \$25 for people ages three and up. Season passes are also available for \$53 and parking passes are available for \$20.

Schlitterbahn Water Park

Schlitterbahn Water Park's silver anniversary summer season kicks off April 24 with over three miles of tubing adventures, seven children's water playgrounds, 17 water slides, the world's first surfing machine and three uphill water coasters.

Daily admission passes are available at the information, tickets and travel office for \$28.50 for adults and \$23.50 for children ages 3 to 11. Season passes are available for \$110 for adults and \$72 for children ages 3 to 11.

Splashtown San Antonio Texas

Splashtown San Antonio opens April 9 for the 2004 season. The water park features more than 40 rides and attractions tailored toward families.

Base members can purchase discounted tickets to the park from the information, tickets and travel office for \$14 for people ages 3 and up.

Kinder Gambling Trip

The information, tickets and travel office hosts a Kinder Gambling Trip March 23-24.

The trip, which costs \$37 for double occupancy and \$72 for single occupancy, includes round-trip motor-coach transportation to the Grand Casino Coushatta in Kinder, La., hotel accommodations, a continental breakfast, dinner buffet and tour guide.

The trip departs at 8 a.m. March 23 and returns at 9:30 p.m. March 24.

Texas Treasure Casino

The Texas Treasure Casino trip departs Building 897 at 7 a.m. March 20 and returns around 10 p.m. The cost is \$25. The trip stops for meals to and from the casino, at the customers' expense.

Tours Unlimited

Customers can stop by the information, tickets and travel office, Building 897, to sign up for the following tours:

• Monterrey, Mexico trip

A trip is scheduled to the Sierra Mountains, 145 miles across the Texas border in Monterrey, March 12-14.

The trip includes two-night hotel accommodations, round trip motor coach transportation and a tour guide.

The tour departs at 8:30 a.m. March 12 and returns at 7 p.m. March 14.

The cost is \$178 per person for double occupancy or \$239 for single occupancy.

Best friend's checkup



Specialist Mike Tipler, veterinary student from Ft. Sam Houston, looks over his patient, Cookie, at the Randolph Vet Clinic. Hours are from 7:30 a.m. to 3:30 p.m. Monday through Thursday, and 7:30 a.m. to 2 p.m. Friday. The clinic is closed from noon to 12:30 p.m. for lunch on Tuesdays and Thursdays, and closed Saturday, Sunday, holidays and the last working day of the month. Call 652-3190 for an appointment. (Photo by Jennifer Valentin)

• Hill Country Flyer

People can enjoy a train ride through the countryside near Cedar Park, Leander and Burnet, Texas, March 27. The tour departs at 8 a.m. and returns at 7:30 p.m. Lunch and dinner are at the customers' expense.

People must sign up by March 12. The cost is \$58 a person.

• Painted Churches in Flatonia

On April 10, tour the painted churches of Flatonia built by 19th century immigrants. The motor coach departs from ITT at 8 a.m. and returns at approximately 8 p.m. The cost is \$63, and includes round trip transportation, a guide for the painted church tour and a buffet lunch.

• All tours require payment at the time of sign-up. The deadline to sign-up is one week prior to the tour date unless otherwise indicated.

ITT has tickets to the following shows:

• Disney On Ice Presents: "Monsters Inc." at the Alamodome, Thursday to March 14. Ticket prices range from \$18-\$44.

• The Producers at the Majestic Theater, today through Sunday. Tickets range from \$54-\$80.

Boating safety class

Outdoor recreation hosts a boating safety class from 6 to 8 p.m. March 17 in Building 1139.

To sign-up, call 652-3702.

CANYON LAKE 1-800-280-3466

Camping special for March

Equipment checkout customers are offered a "two nights for the price of one" special Monday through Thursday, excluding spring break, which is March 14-20. Cabins are available for \$65, shelters for \$35 and a tent site for \$10 for the two nights.

For more information, call 1-800-280-3466.

Boat storage

Customers can now store their boat at the Canyon Lake open dry and wet storage. Dry storage is secured with 24-

hour access and wet storage is available in both 8.5 feet and 10 feet widths.

Dry storage is \$40 per month and wet storage is \$75 and \$95 per month. The rental of any storage area also includes an annual park pass, which gives free access for vehicles and all occupants for a year.

For more information, call 1-800-280-3466.

Canyon Lake annual passes

People can now purchase an annual pass for entry into Canyon Lake for \$45. Entry into the park is \$5 per visit, per vehicle.

Annual passes include a vehicle pass and boat/trailer pass, and is valid for one year after the date of issue. Also, annual pass holders are not charged the boat launch fee.

For more information, call 1-800-280-3466.

Canyon Lake Boating Safety Course

A free boating safety course is held from 9 a.m. to 3 p.m. daily at the Canyon Lake welcome center.

For more information, call 1-800-280-3466.

SKILLS CRAFT CENTER 652-5142

March classes

The skills craft center offers the following classes in March:

• Black and white photography class

Students learn the basics of black and white photography. The cost is \$25, which includes supplies for the two-session course. The next classes are from 6 to 8 p.m. March 16 and 23.

• Stained glass classes

Students learn the basics of copper foil and how to cut and grind an 8x10 panel.

The cost is \$35 plus supplies for the four-session course. Classes are held on Mondays and Wednesdays from 6 to 8 p.m.

• Custom framing classes

Students learn color and material selection, measuring, mat and glass cutting, and frame assembly. Classes are held from 6 to 8 p.m. Tuesdays. The cost is \$45 and includes supplies.

Avoiding sports injuries

Medical officials offer physical conditioning tips

By Bob Hieronymus
Wingspread staff writer

With the renewed emphasis on physical fitness in the Air Force, more people are considering organized sports as a way to keep fit.

However, like most physical activities, sports carry with them the potential for injury.

Randolph Medical Clinic physical therapy officials offer the following tips to prevent sports injuries, as well as injuries that might result from physical fitness programs.

- **Select the right sport.** People should participate in sports they enjoy and ones that suit their health condition. For example, for people with bad knees, bicycling or swimming would be preferable over running.

- **Exercise correctly.** Any exercise can be unsafe if not executed with proper form.

- **Warm-up and cool-down.** Spend 5-10 minutes warming-up and stretching the muscles that will be used for exercising and allow muscles to cool-down 5-10 minutes after a workout by walking and stretching.

- **Pace yourself.** The most common reason for an injury is doing too much too soon. The body may not

be conditioned yet for too much stress. Begin exercising slowly and allow the body time to adjust to new challenges. Use common sense.

- **Ignore the "no pain, no gain" rule.** Stop if there is pain. Muscle soreness is common the day after activities. But if a person experiences pain during activities, that is the time to be concerned. Seek immediate medical care if there is chest or neck pain.

- **Wear the proper footwear.** Wearing old, worn shoes can lead to injuries of the hips, knees, ankles or feet. Ninety percent of all sports injuries occur in these areas.

- **Make exercise a habit.** Exercise at least three times a week for 30-60 minutes to gain aerobic benefits and decrease risk of injury. Exercise five to seven times a week for weight loss.

- **Take care of injuries.** Time is necessary for healing. Seek medical attention if the injury does not improve with home care. One rule of thumb for self-care is the acronym RICE: Rest, Ice, Compression and Elevation. Returning to a sport before an injury has fully healed may cause re-injury and require more time to heal.

For more information on base organized sports, call the fitness center at 652-5316.



Members of the Air Education and Training Command Directorate of Personnel and 562nd Flying Training Squadron intramural basketball teams face off at the base fitness center. Randolph Medical Clinic officials warn organized sports participants to take the necessary precautions before getting involved, to include warming-up, cooling-down, wearing the proper footwear and taking care of injuries. (Photo by Medora Arnaud)

Ro-hawks advance in playoffs

By Jack Burns
Ro-Hawk sports writer

Randolph's Brandon Erwin and Tony Leverett each scored 16 points as the Ro-Hawks surged by Three Rivers 60-42 Tuesday to advance to the Region IV Class 2A Semifinals.

Randolph, now 25-5, will face Johnson City at 6 p.m. tonight at St. Edward's University in Austin.

In earlier action, the Ro-Hawks defeated both Premont 59-44 and Brackettville 63-38.

Junior point guard Brandon Irvin led all scorers with 24 points in each game, while seniors Caleb Kuhl and Tony Leverett were strong on the boards.

"Our bench is really contributing in our playoff run," said Ro-Hawk Coach Tim Gendron after the Premont game.

The coach went on to say that he was especially pleased with how his team responded with a 17 to 2 run to finish off Premont in the fourth quarter of their match after the teams had been tied at 42.

For more information on future Ro-Hawk basketball games, call 357-2473.



Air Force senior guard Tim Keller spoils the shot of San Diego State forward Chris Walton, during the Falcons' 61-49 win over the Aztecs Monday. With the win, Air Force boosted its conference record to 11-2 and its overall record to 21-5, winning its first Mountain West Conference championship in men's basketball and taking a step toward an NCAA tournament bid. The Falcons close out regular season play Saturday at the University of Wyoming. (Photo by Danny Meyer)

AF Academy wins basketball conference title

U.S. AIR FORCE ACADEMY, Colo. — Academy basketball player Nick Welch scored 17 points and Air Force's stifling defense shut down San Diego State 61-49 Monday to complete the school's undefeated home season and clinch its first Mountain West Conference title.

The 21-5 Falcons (11-2 in the conference) never finished higher than sixth place when it was in the Western Athletic Conference.

The victory moves Air Force, which was picked to finish last in the MWC preseason poll, closer to its first postseason appearance since the 1962 NCAA Tournament.

The Falcons need to win at least one game at the MWC Tournament, held March 11 to 13 in Denver, to enter the door to "March Madness."

More than 5,800 fans attended the March 1 game which was the final home game for Air Force seniors Marcus Jenkins, Joel Gerlach and A.J. Kuhle. Gerlach scored 14 points and tied his season-high with four 3-pointers, while Kuhle scored two points and dished out a career-high 11 assists, five more than the entire San Diego team.

The nation's leading defense held San Diego's Brandon Heath scoreless and allowed Chris Walton just two points. Heath went into the game averaging 14.5 points, and Walton was averaging 8.8.

Air Force closes out the regular season March 6 in Laramie, Wyo., against the University of Wyoming Cowboys. The Falcons will attempt to post the best regular-season record in the five-year history of the Mountain West Conference. No league team has ever finished 12-2.

(Courtesy of Air Force Print News)

Intramural Bowling Standings

As of Feb. 23

Team	W	L
DFAS	106	54
RS	106	54
AFPC TOO	98	62
SFS	98	62
SVS #1	94	66
340 FTG	92	68
JPPSO	90	70
AFPC/ESC	90	70
AFPC #1	88	72
AFPOA	88	72
SVS TOO	84	76
AFSAT	84	76
AMO #2	78	82
AETC/LG	76	84
CS	73	87
AMO #1	73	87
CPTS	72	88
AFSVA	71	89
AETC/XPM	71	89
AETC/CSS	69	91
AETC/FM	67	93
AETC 900	66	94
MED GP	66	94
MSS	66	94
AFMA	62	98
LRS	48	112

TEAM SCRATCH SERIES

Team	Score
AFPC #1	3095
RS	2921
DFAS	2811

TEAM SCRATCH GAME

Team	Score
SVS #1	1049
SVS TOO	979
AETC/CSS	961
AFPC TOO	961

SPORTS SHORTS

Varsity men's softball tryouts/training camp

The base fitness center's tryouts/training camp for the Randolph men's varsity softball team runs until Thursday at Rambler Field. Sessions begin at 5:15 p.m. each day.

All active duty and retired military members, Department of Defense civilians and family members of active duty assigned to Randolph are eligible to play.

For more information, call Master Sgt. Steve Shortland at 565-2671 or Rob Collins at 652-2955.

Varsity women's softball sign-ups underway

Women interested in playing for the Randolph Lady Ramblers varsity softball team can now sign-up at the fitness center.

All active duty members, Department of Defense civilians and family members of active duty assigned to Randolph are eligible to play.

For more information, call 652-5316.

Varsity softball coaches needed

Anyone interested in coaching the Randolph men's or women's varsity softball teams should fill out an Air Force Form 303, "Specialized Sports Training," and submit it to the base fitness center staff.

For more information, call 652-5316.

Cardiovascular health workshop

The next cardiovascular health workshop is scheduled for 11 a.m. Monday at the health and wellness center.

During the course, participants are given nutrition and exercise information teaching them how to reduce their risk for heart disease as well as undergo a behavior modification session to help them exchange their old lifestyle for a healthier one.

Medical providers will also explain the effects of cholesterol and high blood pressure.

To enroll in the class, call 652-2300.

Youth golf classes offered

The base youth center and the local Boys and Girls Clubs are co-hosting a basic golf class Saturdays from 2 to 4 p.m. at Brackenridge Park. Free golf balls and

equipment are issued. This class is open to youth center members ages 10 to 18.

For more information, call 652-2088.

Youth center baseball registration underway

The youth center is holding baseball registration now through March 13 for children ages 5 to 16.

Registration runs from 10 a.m. to 5 p.m. Monday through Friday, and from 10 a.m. to 4 p.m. Saturday. Five and 6 year olds play co-ed.

The cost is \$35 per player, with a \$15 additional fee for those children whose annual fees are not current.

For more information, call 652-2088.

Bench press competition

The fitness center hosts the Greater Randolph Lunch Time Bench Press Competition from 11 a.m. to 2 p.m. March 12. Participation is free. Registration begins today at the fitness center.

For more information, call 652-5316.

Super-size exercise program

The fitness center hosts a 45-day super-size exercise program beginning March 17, which includes a series of seminars and workouts to facilitate healthy life-style changes.

To sign-up or for more information, call 652-5316.

St Patrick's Day run/walk

The fitness center St. Patrick's Day 1.5 mile fun run/walk begins at 10 a.m. March 17 at Eberle Park.

Anyone on base can participate in the event and all walkers and runners receive a free t-shirt. Participants can pre-register at the fitness center between Wednesday and March 16 or register on the day of the event.

To sign-up or for more information, call 652-5316.

Tobacco cessation workshop

The next tobacco cessation workshop begins at 10:30 a.m. and 5 p.m. March 23 at the health and wellness center.

To sign-up or for more information, call 652-2300.

Life skills workshop

The health and wellness center hosts a life skills workshop beginning at noon March 24. The workshop, which is divided into four sessions, is designed to teach people the necessary skills to interpret and deal with stressors.

To sign up or for more information, call 652-2300.

Golf tournament

The Randolph First Sergeants' Group is hosting a four-person scramble golf tournament April 8 at the Randolph Oaks Golf Course, with a shotgun start at 12:30 p.m.

The cost, which includes green fees, cart, food and drinks is \$35 for golf course members and \$25 for non-members.

Participants can select their own teams. The handicap system will be 10 percent of the total team handicap.

To reserve a spot, contact your unit first sergeant.

For more information, call Senior Master Sgt. Van Johnson at 289-4842 or Master Sgt. Prentiss Spivey at 652-6945.

Aerobic classes available

The fitness center offers a variety of aerobic classes Monday through Friday. Classes begin at 6 a.m., 9 a.m., 11 a.m., noon, 4:45 p.m. and 5:45 p.m. Classes include step/variety, basic step, power step, super step, cardio/sculpt, cardio/step combo, sports conditioning, power yoga and kick boxing.

The fitness center also offers a kick boxing class from 9 to 10 a.m. Saturdays.

For more information, call 652-5316.

Relay for Life

The 3rd Annual Greater Randolph Area Relay for Life runs from 7 p.m. May 14 to 7 a.m. May 15 at Pickrell Park in Schertz, Texas. The event is a 12-hour relay, which requires one team member to be on the track walking or running at all times during the event.

Military teams of 8-15 members can sign-up. Registration runs until the first day of the event.

For more information, call Staff Sgt. Amanda Harness at 652-2619 or Carrie Waterman at 595-0219.