

# WINGS SPREAD

READINESS ♦ STEWARDSHIP ♦ TRANSFORMATION

Randolph AFB, Texas ♦ 58th Year, No. 10 ♦ March 12, 2004

## Passing the guidon

### Colonel Newell to take command of 12th Operations Group

By Bob Hieronymus  
Wingspread staff writer

Col. John Newell assumes command of the 12th Operations Group today from Col. Margaret Woodward in a ceremony at 3 p.m. in Hanger 4.

Colonel Newell comes to the wing from a two-year assignment as the Air Force aide to the president of the United States.

His previous assignments, among others, include commander of the 39th Airlift Squadron, Dyess Air Force Base, Texas; instructor pilot and aircrew commander at the 8th Special Operations Squadron at Hurlburt Field, Fla.; and six years at Laughlin AFB, Texas, as a T-37 instructor pilot and flight commander.

Colonel Newell also served on the Quadrennial Defense Review Division of the Directorate of Plans and as a member of the Chief of Staff's Operations Group in the Pentagon.

He is a graduate of the ROTC program at the Georgia Institute of Technology, majoring in Aerospace Engineering,

*"I'm extremely proud to lead this outstanding group and am looking forward to working side by side with the Air Force's finest flight instructors."*



**Col. John Newell**  
In-coming 12th Operations Group commander

and has master's degrees in International Relations and Advanced Airpower and Space Studies.

Colonel Newell said he grew up in an Air Force family, so there was never a time in his life when blue suit thinking was not a part of it. He is a command pilot with more than 3,000 flight hours in the T-38, C-130E/H and MC-130E.

He is married to the former Renee Lajoie of Manchester, N. H., and they have one son, Jack.

Colonel Newell said he is especially interested in seeing that the wing continues its excellent record of flight instructor and navigator training.

"There's no operations group in the Air Force that has a more direct impact on our nation's next generation of instructor pilots and navigators than the 12th Operations Group," Colonel Newell said. "I'm extremely proud to lead this outstanding group and am looking forward to working side by side with the Air Force's finest flight instructors," he said.

Colonel Woodward closed out the flying responsibilities of her 20-month tour here with a fini flight in a T-37 Tuesday.

"I have had the opportunity to serve here because of the incredible people in this organization," Colonel Woodward said. "I want to thank everyone for the outstanding job they have done in carrying their share of this very important mission."

For more information about the ceremony, call 652-2923.

### Soaking wet!



Col. Margaret Woodward, 12th Operations Group commander, gets doused in champagne by Col. Mark Graper, 12th Flying Training Wing commander, and Col. Daniel Bryan, 12th OG deputy commander, after her T-37 fini flight Tuesday. Colonel Woodward leaves for her new assignment at the Pentagon later this month. (Photo by Steve White)

## Six Randolph lieutenants selected for promotion

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

Six Randolph first lieutenants were recently selected for promotion to captain in the CY03C captain board.

The captains received the good news from their unit commanders last week.

The selectees are:

**Jeremy Emmert**, 12th Flying Training Wing

**Christopher Wright**, 562nd Flying Training Squadron

**Erin Kingsley-Smith**, Air Education and Training Command

**David Williams**, Air Force Occupational Measurement Squadron

**Alicia Tribble-White**, Air Force Manpower Requirements Determinations Squadron

**Maria Bavaro**, Electronic Systems Center

The complete Air Force list, which includes 910 selectees, is available on the Air Force Personnel Web site at <http://www.afpc.randolph.af.mil/offpro/m/>.

## 12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday		
Pilot Instructor Training		
Squadron	Senior Class	Overall
99th FTS	-5.0	-4.0
558th FTS	-13.2	-5.7
559th FTS	-4.8	-3.4
560th FTS	-8.2	-5.0

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

Navigator, EWO training			
562nd FTS		563rd FTS	
Air Force	221	Undergraduate	43
Navy	65	International	0
International	1	EWC Course	0
NIFT	82	Fundamentals	14

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.

Wing Sortie Scoreboard			
Aircraft	Required	Flown	Annual
T-1A	1,895	1,810	4,040
T-6A	3,960	3,893	9,103
T-37B	3,467	3,137	7,171
T-38A	3,917	3,741	5,674
T-43A	501	507	1,160

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

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**AIR AND SPACE  
EXPEDITIONARY  
FORCE**

As of Monday, 123 Team Randolph members are deployed in support of military operations around the globe.

The Randolph  
**WINGSPREAD**

**12th Flying Training Wing  
Editorial Staff**

**Col. Mark Graper**  
Commander

**Col. George Duda**  
Vice Commander

**Capt. Paul Villagran**  
Chief of Public Affairs

**Tech. Sgt. Angelique McDonald**  
Chief of Internal Information

**Senior Airman Lindsey Maurice**  
Editor

**Prime Time Military Newspaper  
Contract Staff**

**Jennifer Valentin**  
Staff Writer

**Bob Hieronymus**  
Staff Writer

**Maggie Armstrong**  
Graphic Designer

**Wingspread office:**

1 Washington Circle, Suite 4  
Randolph AFB, Texas 78150  
Phone: (210) 652-5760  
Fax: (210) 652-5412

**Wingspread Advertisements:**

Prime Time Military Newspapers  
7137 Military Drive West  
San Antonio, Texas 78227  
Phone: (210) 675-4500  
Fax: (210) 675-4577

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



**Commander's  
Action Line**

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

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

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

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

**Col. Mark Graper**

12th Flying Training Wing commander

**Agency contact numbers**

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

**Sexual misconduct not tolerated in Air Force**

**Col. Mark Graper**  
12th Flying Training Wing commander

The bottom line of this article is understood and adhered to by the vast majority of Air Force people: sexual misconduct, whether it is sexual harassment or assault, is not acceptable behavior and will not be tolerated.

Recent evidence suggests that a few have not gotten the message. So let me say it again, sexual misconduct of any type is not compatible with our core values and will not be tolerated in the Air Force, Air Education and Training Command and the 12th Flying Training Wing.

Let's clarify the terms we are dealing with here. Sexual harassment is a form of sexual discrimination. It involves unwelcome sexual advances, requests for sexual favors or other verbal or physical conduct of a sexual nature the submission to which is made a (explicit or implicit) term of employment, basis for an employment decision or is intended to interfere with job performance.

Any person in a supervisory or command position who uses or condones implicit or explicit sexual behavior to control, influence, or affect the career, pay, or job of a military member or civilian employee is committing sexual harassment.

In addition, anyone who makes deliberate or repeated unwelcome verbal comments, gestures or physical contact of a sexual nature is also engaging in sexual harassment.

Sexual assault refers to any of several offenses of a sexual nature, committed without the lawful consent of the victim, that are punishable under the law.

Examples would be rape, attempted rape, forcible sodomy, and indecent assault. If it is discovered that sexual assault has occurred, an investigation will be conducted. If the allegations are substantiated, the person responsible for

the assault will be prosecuted and if found guilty, punished for their crime.

Recent reports of sexual assaults at Sheppard Air Force Base prompted the AETC commander, Gen. Don Cook, to direct a fact-finding review team to assess the climate of the installation in relation to the allegations and determine an appropriate course of action.

While an overwhelming majority of airmen surveyed by the team felt secure on the installation and believe wing leadership was doing the right thing to prevent sexual assaults, promote the reporting of sexual assaults and support victims of sexual assaults, there are still ways to improve upon existing programs. The key to improving these programs is education.

It is essential we educate everyone on exactly what sexual harassment and sexual assault are and how we can prevent them from occurring. In addition we must ensure leadership, at all levels, is trained on sexual assault awareness, deterrence and reporting.

As such, I have asked each commander to get out and talk to their respective units about this inappropriate and unacceptable behavior. And while it is important for leaders at all levels to reinforce the message that sexual harassment and sexual assault will not be a part of our culture, that is not enough.

It is incumbent upon everyone to understand we are all responsible for ensuring good order and discipline 24/7, thus safeguarding the rights and safety of our fellow Airmen.

Throughout this past week many of you had the opportunity to provide feedback to the AETC Sexual Assault Assessment Team. I thank you for participating. The AETC commander established the team at the direction of the Air Force chief of staff; a team is scheduled to visit every AETC base.

While we believe we have a good program in place to deter any inappropriate

sexual misconduct, I welcomed the opportunity to host the team as a means to examine programs we have here in the 12th Flying Training Wing. The feedback they provide will help us in our efforts to provide a safe and secure environment for the members of Team Randolph.

We will continue to improve the programs we have in place to educate the base community about their rights and responsibilities regarding any inappropriate sexual behavior. In addition to providing factual information at commander's calls, we are now distributing literature and counseling all incoming personnel at the weekly newcomer's orientation.

The end goal is simple. We must move toward eliminating any sexual harassment or sexual assault in the Air Force. Until we reach that end state, and if our best efforts at prevention fail, we must provide victims the means to get help and report the inappropriate behavior. I encourage anyone who has been a victim of sexual harassment or sexual assault to report it to the appropriate authorities.

The Department of Defense has established a sexual assault hotline anyone can use to report an assault. The number is (800) 497-6261. In addition, AETC has also established a hot line for victims of assault. The AETC number is 1-888-351-9477.

Any form of sexual harassment should be reported to your supervisor or the Military Equal Opportunity Office.

Good order and discipline, respect for our fellow Airmen, behavior above reproach on and off-duty—these time-honored concepts are foundational to our effectiveness as a fighting force. As Airmen at Randolph we will continue to hold ourselves to the highest standards, to include a commitment to eliminating sexual assault and harassment.

'See you on the high ground.

**Congratulations Retirees**

**Today**

**Tech Sgt. Brett Glover**

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](mailto:randolph.retiree.messages@randolph.af.mil) or fax them to 652-5412. For more information, call the *Wingspread* office at 652-5760.

**E-mail Wingspread submissions to [wingspread@randolph.af.mil](mailto:wingspread@randolph.af.mil) the Thursday prior to the desired publication date. For submission guidelines, call 652-5760.**

# Expert offers financial planning advice

By Charles Ringwood  
82nd Mission Support  
Squadron financial planner

SHEPPARD AIR FORCE BASE, Texas – A lot of people say setting up their budget is simple, but when it comes to living by it payday to payday, they admit to losing interest in a very short time.

Let's face it. The day-to-day drudgery of trying to figure out how to best spend money isn't the most interesting aspect of our lives. Let's see if this process can be made a little more appealing.

First, call it a spending plan instead of a budget. In preparation for setting up a spending plan, list on a sheet of paper all sources of monthly income including gifts, earned income credit, dividends, interest income and so on. Total up all these sources of monthly income.

On a separate column, list all monthly expenses. Expenses are separated into two categories: fixed and flexible.

A fixed expense is one that remains the same every month such as your mortgage or rent,

credit card and loan payments, insurance premiums, car payments and childcare.

Flexible expenses are those you have direct control over. These include household and grocery items, entertainment, meals away from home, clothing and out of pocket expenses. Total up the flexible expenses.

All expenses are totaled and then subtracted from the total income figure for the month. If the result is a negative number, the answer to why there is "never enough" is revealed.

Now that how much is "enough" has been defined, families can decide how to solve the shortage.

Look at ways to increase your income to cover the shortfall. But first, look at the total basic monthly expenses to see where less spending can occur.

For example:

- consider cheaper housing and transportation
- reduce phone expenses
- wait for an item to go on sale and always ask for a military discount

- plan menus to save food costs
- do not buy on impulse
- purchase used clothes, furniture and toys

- find cheaper ways to enjoy holidays or have fun by making homemade gifts

- swap babysitting nights with a friend or neighbor

For more help on working out spending plans, call the family support center at 652-5321, to talk to a financial planning counselor.

(Courtesy of Air Education and Training Command News Service)

## Warrior spirit taught through experience

By Chief Master Sgt. Doug Hodge  
65th Air Base Wing command chief

LAJES FIELD, Azores – As many of you study for promotion in the coming days, I should caution you. There is a chapter in the Promotion Fitness Examination that has been left out. It is called "experience."

We senior NCOs asked the book's makers to leave it out for a good reason. Here is why.

Recently, I had the privilege of being allowed to spend time with wounded soldiers at Landstuhl Regional Medical Center in Germany. Injuries to the patients there varied. Some would be returning to the fight. Others were fighting

a second war in intensive care to stay alive.

Many of these brave recovering soldiers are my son's age. As I listened to their stories and asked them questions about their service, I heard the same message repeatedly: "I want to get back to my unit." "I want to fight again." "I want to continue this important mission of freedom."

Sometimes we become numb to a fact we should never overlook. Those of us who wear the uniform swore to defend the Constitution of the United States against all enemies foreign and domestic. Lying in those hospital beds, those soldiers with missing arms and legs have more than fulfilled that oath.

However, at times, the fact we are sworn to give our lives for our country can escape us. The 8-to-5 routine, the gray cubicle walls, the comfortable vinyl seat of a GMC pick-up truck and the monotony of daily work can dull our edge.

What may help is keeping in mind the greater good, the big picture, how our mission fits in the overall effort. It is about knowing that your efforts contributed to helping an

F-16 Fighting Falcon put a bomb on target; or helped a combat controller guide an A-10 Thunderbolt II air strike on target. You need to tie it all together.

The experience of seeing those wounded warriors, feeling their spirit and sharing camaraderie could not be read in a book. Moreover, knowing that all of those soldiers wanted to continue supporting America's message of democracy and freedom is an emotion I cannot fully describe here. It is overwhelming and reinforces the message of duty, honor and country.

Their collective experiences cannot be written into any book, studied or shrunk into flashcards. It is something you can and should see for yourself.

While none of these experiences are something you will find in a book, we can all learn from the experience we get from sharing, working and promoting our mission of freedom and peace across the globe.

Continue to study hard.

(Courtesy of Air Force Print News)

## The legacy continues

### Randolph takes flight with Tuskegee Airmen's 'Red Tail' name

By Emily Reagan  
Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala — Two freshly painted Randolph "Red Tail" T-1's continue the legacy of the Tuskegee Airmen.

The Red Tails visited Maxwell March 2, flying cadets from Tuskegee University in the Alabama skies.

The orientation rides were part of a heritage project for the 99th Flying Training Squadron from Randolph honoring the Tuskegee Airmen. The Airmen were the first black aviators in the U.S. military and originators of the squadron.

"Any exposure you can give these cadets is good for us. We want to do everything we can to keep the Tuskegee heritage alive," said Maj. Jeff Swiney, pilot from the 99th FTS.

Along with the new paint scheme that mimics the World War II combat aircraft, the squadron is also creating a display to honor the Tuskegee Airmen for their service and sacrifice.

"We want to educate everyone about the Tuskegee Airmen's legacy and inspire young people to follow in their footsteps and view today's Air Force as an avenue to



Reserve Officer Training Corps cadets from Tuskegee University show their approval Tuesday of Randolph's decision to revive the legacy of the Tuskegee Airmen's 'Red Tail' squadron. (Photo by Airman 1st Class Jonathan Ortiz-Torres)

personal and professional success," said Lt. Col. Fred Girbert, 99th FTS project leader.

By the end of World War II, 992 men had graduated from pilot training at Tuskegee and half of them had served overseas in either the 99th Fighter Pursuit Squadron or the 332nd Fighter Group, with a respectable record in combat.

After the war, the black Airmen returned to stateside service often facing racism and

institutionalized segregation until a 1948 executive order directed the equality of treatment and opportunity in all of the U.S. Armed Forces.

On March 1, the 99th FTS pilots toured the Tuskegee campus, the Chappie James Museum and Moton Field, the historic airfield where the Tuskegee Airmen trained. Also, two of the original Tuskegee Airmen, retired Lt. Col. Clarence Holloway and

retired Maj. Carol Woods, met with the cadets and spoke of their experiences during World War II.

"There's nothing better than an eyewitness. They were living history spreading their own wisdom. They had a great impact on the cadets," said Capt. Jake Middleton, an education officer at Tuskegee's Reserve Officer Training Corps Detachment 15.

The cadets were inspired and motivated to participate in the historical experience.

"It's been enjoyable meeting with the pilots and original Tuskegee Airmen and getting their advice and insight," said ROTC Cadet Mario Tarver, a TU sophomore working toward his own private pilot license at Moton Field.

"I'm going to graduate and get a commission as an Air Force officer. I'm living the dream and passing on the legacy as a new-age Tuskegee Airman," he said.

The natural link between the 99th FTS, the Tuskegee Airmen and the detachment at Tuskegee University will be cultivated into a lasting bond.

"We hope to continue to build on this event and develop a relationship to maintain the direct lineage between the founders of the unit and our unit today," said Colonel Girbert.



Senior Airman  
Amy Humphreys



Tech. Sgt.  
Douglas Ray



Master Sgt.  
James Makransky



Capt. John Harris



Kathy Iapichino



D.W. Watts



Mary Eddy

## Base names Team Randolph Annual Award winners for 2003



Senior Airman  
Michelle Serbin



Tech Sgt.  
Tiffany Vazquez-  
Jaramillo



Senior Master Sgt.  
Roberta Wyrick



Master Sgt.  
Prentiss Spivey

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

Hundreds of Randolph men and women gathered at the enlisted club recently to cheer on the base's "best of the best" at the Team Randolph Annual Awards Banquet March 4.

More than 40 Team Randolph members vied for top honors in eleven categories, including junior enlisted member; NCO; senior NCO; company grade officer; junior, intermediate and senior civilian; honor guard junior enlisted member and NCO; first sergeant, and additional duty first sergeant.

"I want to congratulate you for being selected as Randolph's best," Col. Mark Graper, 12th Flying Training Wing commander, told the nominees. "We recognize your talents and accomplishments

tonight because you make a positive difference... you are a top performer.

"This recognition highlights your leadership skills, standards of excellence and potential for increased responsibility. You have surpassed your peers by a wide margin and will significantly contribute to the future leadership of our Air Force.

"You should be proud of your accomplishments and view this achievement as a foundation for greater service to the world's greatest Air Force."

Sponsors for this year's banquet were the Randolph Metrocom Chamber of Commerce Inc., New Braunfels Chamber of Commerce, Canyon Lake Chamber of Commerce, Seguin Area Chamber of Commerce, "Team Blackburn" of Keller Williams Realty, Military Service Organization, GEICO Insurance Company, E. G. & G. Management Services, USAA Insurance Company, KB Home, Eisenhower

National Bank, First Command Financial Planning, AT&T, Randolph Brooks Federal Credit Union, Army and Air Force Exchange Service, Air Force Sergeants Association Chapter 1075, Officers' Wives' Club, Enlisted Wives' Club, Randolph Chiefs' Group and Noncommissioned Officers' Association.

**The Team Randolph winners are:**

**Junior enlisted member**

Senior Airman Amy Humphreys, Air Education and Training Command

**NCO**

Tech. Sgt. Douglas Ray, AETC

**Senior NCO**

Master Sgt. James Makransky, 12th FTW

**Company grade officer**

Capt. John Harris, 12th FTW

**Junior civilian category**

Kathy Iapichino, AETC

**Intermediate civilian category**

D.W. Watts, Air Force Manpower Agency

**Senior civilian category**

Mary Eddy, 12th FTW

**Honor guard junior enlisted member**

Senior Airman Michelle Serbin, AETC

**Honor guard NCO**

Tech. Sgt. Tiffany Vazquez-Jaramillo, Air Force Personnel Center

**First sergeant**

Senior Master Sgt. Roberta Wyrick, 12th Medical Group

**Additional duty first sergeant**

Master Sgt. Prentiss Spivey, 12th Comptroller Squadron

## DOD adds additional sexual assault hot line

WASHINGTON – The Department of Defense announced March 4 that an additional toll-free telephone number has been established for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

The number, (800) 497-6261, is staffed from 9 a.m. to 9 p.m. EST, Monday through Friday.

Defense Secretary Donald Rumsfeld recently ordered a senior-level inquiry into the reported sexual assaults in Iraq and Kuwait, and how the armed services treat victims of sexual assault. Army and Air Force officials have opened similar investigations.

David S.C. Chu, undersecretary of defense for personnel and readiness, said that the findings of the 90-day review are due by April 30.

"Every servicemember deserves to be treated with the utmost respect and dignity," Mr. Chu said. "Sexual assault is criminal conduct and will not be tolerated in the Department of Defense."

Mr. Chu said he believes the information from the call center will help the task force and defense officials in developing policies and programs to improve assistance for victims of assaults and enhance efforts at prevention.

(Courtesy of Air Force Print News)

## Randolph AFAF kicks off soon

By Jennifer Valentin  
Wingspread staff writer

The Randolph Air Force Assistance Fund "Commitment to Caring" campaign kicks off at 11:30 a.m. March 24 with a cookout at the family support center with free hot dogs and hamburgers.

Throughout the campaign, which runs in conjunction with the Air Force-wide AFAF campaign, members can contribute to any of four Air Force related charities.

The charities benefit active duty, Reserve, Guard, retired Air Force members, surviving spouses and families. Each charity receives 100 percent of designated contributions.

The campaign ends May 5.

"With the kick off event and an additional week added for this year's campaign, Randolph should have no problem reaching its goal," said Capt. Joseph Jones, AFAF project officer.

Last year, Randolph exceeded their goal of \$89,333 by raising \$102,585.

This year's goal for Randolph is \$94,312.

The four charities which Randolph members can donate to are:

- **The Air Force Aid Society**, the official charitable organization of the Air Force, which provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs. The family support center has details on AFAS programs and eligibility requirements. Information is also available online at <http://www.afas.org>.

- **The Air Force Enlisted Villages** in Fort

Walton Beach, Fla., near Eglin Air Force Base, which provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available online at <http://www.afenlistedwidows.org>.

- **The Air Force Village Indigent Widow's Fund** in San Antonio, a life-care community for retired officers, spouses, widows or widowers and family members. The Air Force Village Web site is located at <http://www.airforcevillages.com>.

- **The General and Mrs. Curtis E. LeMay Foundation**, which provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is located at <http://www.lemayfoundation.org>.

"With contributions going straight to the AFAF, this is an excellent avenue for us to be able to provide for our own people and their dependents, regardless of rank," said Captain Jones. "We encourage everyone to do what they can to help these great charities."

People can contribute through cash, check, money order or payroll deduction. Contributions to the AFAF are tax deductible.

For more information on charitable contributions, visit <http://afassistancefund.org> or visit the Air Force Personnel Center's Voting and Fundraising Web site at <http://www.afpc.randolph.af.mil/votefund>.

For more information on Randolph's campaign, call Captain Jones at 652-1024 or Capt. Thomas Peralta at 652-9371.

## Navigators get special honors during graduation ceremony

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

Two Air Force and two Navy members received special recognition during the Joint Specialized Undergraduate Navigator Training graduation ceremony here March 5.

Second Lt. Justin Norton received the Air Education and Training Command Commander's Cup, Jack Donovan Award and 563rd

Electronic Warfare Officer Academic Excellence Award, while 2nd Lt. James Speakes received the Ira J. Husik Award. Lt. j.g. Bryan Bennett earned the Alden C. Markey Award and Ensign Michael Plageman received the 562nd Academic Excellence Award.

Members of the graduating class received navigator, naval flight officer and EWO training in the 562nd and 563rd Flying Training Squadrons.



**2nd Lt. Justin Norton**  
AETC Commander's Cup,  
Jack Donovan Award and  
563rd EWO Academic  
Excellence Award



**2nd Lt. James Speakes**  
Ira J. Husik Award



**Lt. j.g. Bryan Bennett**  
Alden C. Markey Award



**Ensign Michael Plageman**  
562nd Academic  
Excellence Award

## Randolph members honored in AFA banquet

The Alamo Chapter of the Air Force Association hosts its annual Joe Kellogg Blue Suit Award Banquet March 25 at the San Antonio Airport Hilton Hotel.

Guests attending the banquet, which will recognize 18 Randolph "super star" officers and enlisted men and women for their outstanding contributions in the San Antonio area, include hundreds of nominee supporters and Gen. Don Cook, Air Education and Training Command commander.

Commanders at Randolph and surrounding bases have submitted one designee for each applicable category based on activities that contributed significantly to the accomplishment of the organizational mission during the past calendar year. General Cook and other commanders at the banquet will recognize these award winners.

According to Lt. Col. John Blumentritt, Air Education and Training Command, the men and women selected "not only mastered their jobs, but demonstrated leadership qualities needed to solve Air Force problems."

Honored in the Headquarters AETC Company Grade Officer of the Year category is Capt. Christopher Chocolaad while the

winner of the Junior Enlisted category is Senior Airmen Amy Humphreys. Tech. Sgt. Douglas Ray earns AETC Headquarters NCO of the Year, and Master Sgt. John Maples earns Senior NCO honors. Finally, Master Sgt. Domingo Ortega Jr. receives the annual Individual Mobilization Augmentee award.

Gregory Den Herder, Air Force Personnel Center, took great pride in putting forward Capt. David Stanfield as the AFPC Company Grade Officer of the Year, as well as Senior Airman Adam Wyborny for the junior enlisted category, he said. Also, Master Sgt. Michael Young garners Senior NCO honors for AFPC, while Tech. Sgt. Trudy Bussey is recognized as NCO of the Year.

According to Mr. Herder, each of these nominees "has contributed significantly to the successful mission of the Air Force Personnel Center and the Air Force."

Master Sgt. Weldon Selders, Air Force Recruiting Service reported its award winners are Capt. Jodi Brown, AFRC Company Grade Officer of the Year, and Senior Airmen Jennifer Martinez, AFRC Junior Enlisted Member of the Year. In addition, Tech. Sgt. Kevin Bellamy captures NCO of the Year,

while Master Sgt. Tony Brown captures Senior NCO honors. As for Recruiter of the Year, Tech. Sgt. James Miller captures the distinction.

Finally, Master Sgt. Michael Russey, 12th Flying Training Wing AFA representative, said the wing chose Capt. John Harris as the 12 FTW Company Grade Officer of the Year, and Senior Airmen George Wild II as Junior Enlisted Member of the Year. Senior NCO honors go to Master Sgt. James Makransky, 12th Support Group, with NCO honors going to Tech. Sgt. Jose Sanchez Jr.

Colonel Blumentritt added that attending the Kellogg Banquet is an excellent way to support the Air Force team.

"These men and women deserve these awards, and I believe attending the banquet demonstrates our appreciation of their hard and dedicated work," he said.

Tickets to the banquet cost \$15 for staff sergeants and GS-9 civilians and below and \$22.50 for all others.

For tickets, contact an Alamo AFA membership drive key worker or Colonel Blumentritt at 652-5844.

(Courtesy of the Alamo Chapter of the Air Force Association)

## Visitor requirements for base entry

By Tech. Sgt. Richard Hayward  
12th Security Forces Squadron

With 100 percent ID checks on-going at Randolph, 12th Security Forces Squadron officials want to make sure members are familiar with the proper entry pass requirements and procedures.

All visitors entering Randolph are required to have a visitor pass, even if there is a military member present in the vehicle.

There are several types of visitor passes utilized on Randolph, depending on the length of the visit.

The common restriction to issuing all types of passes is dependents 17 years old and younger are not authorized to escort personnel on base. Additionally, visitors are checked against the Suspension, Revocation, and Barment Listing.

If an individual is identified as being barred, suspended or driving on revocation, they will be detained and processed accordingly.

Sponsors can quicken the process if they ensure visitors who are driving have a valid driver's license, current inspection and registration sticker, and valid proof of insurance with them, when arriving at the gate.

Drivers not in possession of these documents will be issued an Air Force Form 1408, Armed Forces Traffic Citation, or a Department of Defense Form 1805, Federal Magistrate Ticket. Drivers cited for having an expired

driver's license, no driver's license, expired insurance or no insurance are not allowed to drive on the installation.

For visitors that are not driving, a picture ID is required for entry to the base. This could be a driver's license or state issued identification card. Minors without a picture ID must have their identity verified by their parent, guardian or sponsor.

All visitor passes are issued at the visitor reception center, Building 1021, from 7 a.m. to 4 p.m. Monday through Friday. During non-duty hours, the main gate guard shack, Building 1020, will issue passes for up to 24 hours Sunday through Thursday and up to 96 hours Friday, Saturday and holidays. Passes are only issued for the term of the visit.

During lower Force Protection Conditions sponsors are authorized to telephone the main gate with visitor information, but must provide a call back number and be available to answer when the visitor arrives. This process may be suspended during higher FPCONs.

Recurring visit request letters are for visitors that require base access three or less days per week during normal duty hours. Examples of use would be for maid services, vendors, some contractors and in-home day care providers. The unit commander or first sergeant endorses requests from sponsors in the grade of E-6 or below and request letters will be re-accomplished every 90 days.

Long-term visit request letters are for periods exceeding 30 days for up to one year. The unit commander or first sergeant

endorses requests from sponsors in the grade of E-6 and below. Since this allows the visitor access to Randolph 24 hours a day, seven days a week, the installation commander, chief of security forces and 12th Support Group deputy commander address them on a case-by-case basis.

Special events visit request letters are for events such as weddings, retirements and birthday parties, where 10 or more people must be escorted on base. Visit letters will be hand delivered to Building 235, the security forces control center, a minimum of three duty days prior to the event. Visit letters must list guests alphabetically; specify the date, time and location of the function; the sponsor's name, rank and phone number; where the sponsor can be reached prior to the event; and the day of the event. Faxed or electronic information will not be accepted.

Examples of the recurring visit request letter or the long term visit request letter can be obtained from the pass and registration office.

The important thing to remember is the military members are responsible for the actions of their guests as well as the actions of their dependent's guests, regardless of whether they are together or not, 12th SFS officials said. It is also important to plan schedules to include traffic delays that may be experienced due to current or planned construction projects on Randolph or the surrounding area, officials added.

For more information, call 652-5700.

### NEWS BRIEFS

#### **MPF customer service section closed**

The 12th Mission Support Squadron Military Personnel Flight customer service section is closed today for scheduled computer upgrading.

For more information, call 652-1845.

#### **Washington Circle to be closed to traffic**

Washington Circle is closed to traffic March 19, starting at 5 a.m., in preparation for the 31st Annual POW/MIA Wreath Laying Ceremony at the Missing Man Monument.

Inbound traffic will be detoured toward the base exchange and behind the Randolph-Brooks Credit Union.

Normal traffic flow will resume at 2 p.m.

#### **JSUNT assignment night**

The Joint Specialized Undergraduate Navigator Training Classes 04-08, 04-09 and 04-12 invite officers' club members to join them to celebrate their assignment night at 3 p.m. today at the Auger Inn.

#### **Special program managers needed**

The Randolph Civilian Personnel Flight is looking for two people to take on duties as special program managers for the Peoples with Disabilities and Federal Women's

Programs. The managers positions are a collateral duty for the federal employees and require their supervisor's coordination.

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

#### **Army Warrant Officer slots available**

The United States Army is looking for people from other services to fill its warrant officer ranks. Positions are open in 45 specialties. Applicants with less than 12 years of active federal service are encouraged to apply.

For more information, visit the Web site at [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant), or call (502) 626-0484.

## New defense medal for service in Korea to be issued in July

A new defense medal will be issued to servicemembers who served in South Korea, or adjacent waters, after July 28, 1954. This includes those serving there today, and those serving up to a not-yet-determined future date.

The Korea Defense Service Medal will be awarded to those assigned, attached or mobilized to units operating or serving on all the land area of South Korea, and the continuous waters to 12 nautical miles from shore and all airspace above those areas. Recipients may include active duty, Reserve, Guard, veterans and retirees. This medal is not to be confused with the Republic of Korea War Service Medal.

Individuals will only be awarded one KDSM regardless of amount of time spent in Korea, said Air Force Personnel Center officials. The medal does not have any associated promotion points under the Weighted Airman Promotion System. It is directly above the Armed Forces Service Medal in precedence.

Procedure for receiving the KDSM varies.

The medal will be issued to Air Force active-duty, Reserve and Guard people by their servicing military personnel flights beginning in the fall. Questions should be addressed to the contact center at DSN 665-5000 or (800) 616-3775.

Veterans, retirees or their next of kin may claim entitlement by writing to: National Personnel Records Center, 9700 Page Avenue, St. Louis, MO 63132-5100. Requests should include documents clearly proving service and dates in Korea such as orders, performance reports, a Department of Defense Form 214, Certificate of Release or Discharge from Active Duty, flight records, a decoration citation or other official documents. Veterans and retirees should address questions to the NPRC customer-service center at (314) 801-0800.

Air Force Reserve and Guard veterans, retirees and next of kin may submit their request with supporting documentation to: Headquarters Air Reserve Personnel Center, 6760 Irvington Place 4000, Denver, CO 80280-4000. Reserve and Guard veterans and retirees younger than 60 should address questions to ARPC headquarters at (303) 679-6134.

Reserve and Guard veterans and retirees older than 60 and next-of-kin of deceased Reserve and Guard veterans and retirees must send requests to the NPRC with supporting documentation. Questions should be addressed to the NPRC customer-service center at (314) 801-0800.

(Courtesy of AFPC News Service)

## Navs get troops from here to there

By Staff Sgt. Chris Stagner  
407th Air Expeditionary Group  
Public Affairs

TALLIL AIR BASE, Iraq – With today's technology, navigators have become an endangered breed. One of a decreasing list of aircraft to use navigators is the C-130 Hercules, an aircraft that is playing an important role in moving people and supplies during Operation Iraqi Freedom. The role played by the navigator has transformed from a route planner to much, much more.

Maj. Keith Williams, a 328th Expeditionary Airlift Squadron navigator, plans the times, drops, altitudes, routes and manages the defensive systems for his C-130 aircrew.

"Pilots and navs work together in pre-mission planning," said Major Williams, who is with the Texas Air National Guard. "However, if it's a low-level flight we have a lot more to do. It's a lot more labor intensive (for the navigator). We have to plan our ingress and egress routings, drop points and we keep the flight on time and on target to deliver the supplies.

"For me personally, the thing that's different from flying at home is that I fly with (the same) crew over here," he said. "That lets us learn to operate as a very close unit. You get to the point where you know what one another is thinking."

One might think flying supplies and passengers from Point A to Point B is a relatively safe and routine job, but today's C-130s are transporting the U.S. military's supplies from Point A to Point B in a time of war.

To ensure the safety of the crew, the navigator plays a significant additional role.

"We run the air-defensive systems,"



Maj. Keith Williams plots the route his C-130 Hercules is taking during an airlift mission from Tallil Air Base, Iraq, to Kuwait. Major Williams is a navigator with the 328th Expeditionary Airlift Squadron. (Photo by Staff Sgt. Chris Stagner)

Major Williams said. "It's the way we combat the surface-to-air threat."

In the event a C-130 comes under attack, navigators are responsible for deploying the chaff and flares aircrews use to protect themselves.

"I am very glad to have the capability to protect us, and I'm ready to use it if necessary," Major Williams said. "We didn't always have this protection; it gives an added sense of comfort and confidence to know it's there for us."

The flares especially play an important part against the heat-seeking missiles, said Lt. Col. Scott Purtle, a 328th EAS pilot with the TANG.

As important as the chaff and flares are, training plays a more important

role for the success of the aircrews flying missions in today's conflicts.

"We train pretty hard at home for all possibilities," Major Williams said. "Aside from wearing all the survival gear, we're well prepared for whatever challenges might present themselves."

Every member of the aircrew plays in the success of the mission; however, the navigator wears a few different hats.

"I'd venture to say (navigators) have the highest workload here," said Maj. Darren Davis, 328th EAS pilot with the TANG. "The truth is, especially in this theater, most pilots would say there's no way they'd want to do this without a nav."

(Courtesy of Air Force Print News)

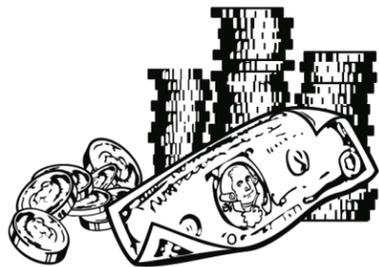
## DFAS to process retroactive civilian-pay increase soon

ARLINGTON, Va. – Defense Finance and Accounting Service officials will soon begin processing the 2.1-percent retroactive pay increase for the federal civilian employees they serve.

President George W. Bush signed an executive order March 3 identifying the new pay-increase percentages. The updates will be processed into the DFAS pay system as soon as they are received from personnel offices, officials said.

Because of the number of general-schedule employees involved, DFAS officials said they will process the retroactive portion of the increase for prior paydays during at least two pay periods. The increase is retroactive to Jan. 11 for general-schedule employees.

To maintain quality control in processing the hundreds of thousands of pay actions related to this retroactive increase, agencies and major commands will be designated to a specific pay period for processing. Because of the



relatively small size of some activity types, some processing will be completed during the first pay period. The large sizes of some agencies and major commands require their pay actions be processed during two pay periods. DFAS officials will publish a timetable for the payroll changes once processing is initiated.

For federal wage-system employees, DFAS said they anticipate completing all of the retroactive increases during the pay period in which the personnel action is received and processed by the pay system.

(Courtesy of Air Force Print News)

## Good Neighbor: Lawn fertilizer

(This "Good Neighbor" column is designed to help Team Randolph members be good stewards of our historic infrastructure. The column is planned to alternate with "Construction Corner" and will include helpful tips from our 12th Civil Engineer Squadron for facility managers and housing residents. I appreciate your continuing efforts to help maintain Randolph as the Showplace of the Air Force!

– Col. Greg Patterson, 12th Support Group commander)

Lawns need to be fertilized at least twice each year, once in the spring (March-May) and once in the fall (October-November).

Randolph soils are alkaline, which keeps many nutrients, such as iron and sulfur, from being absorbed by the plant. Therefore, when selecting a fertilizer, base residents should be sure it contains both sulfur and iron as specified on the label. Water is necessary within 24 hours after the fertilizer is applied to activate and release the plant nutrients contained within the fertilizer.

Base residents should fertilize with 4 pounds per acre per year. Three pounds should be applied in the spring and 1 pound should be applied in the fall. When fertilizing in the spring, a slow-release fertilizer with a 3-1-2 or 4-1-2 ratio, such as 19-5-9, should be applied to promote above ground growth (such as leaves).

When fertilizing in the fall, a fast release fertilizer with a 3-1-2 or 4-1-2 ratio, such as 18-6-12, which helps the plants develop more below ground growth (such as roots), is recommended. Please note the three-digit number (X-X-X) identifies the nitrogen, phosphorous and potassium content in the fertilizer and does not necessarily imply a high iron or sulfur content. The package label should contain the information of fertilizer content.

Housing residents can obtain a voucher for fertilizer from the Self Help Store in Hangar 62, then stop by the BXtra to pick up their fertilizer, free of charge.

In most cases, one bag is enough, depending on the size of the lawn. Do not store fertilizer past fertilizing season(s). Residents are asked to bring unused fertilizer to Building H37 for proper disposal. Also, members should assure proper disposal of fertilizer, before they PCS.

For more information, members should review the lawn maintenance brochure which is available at the Self Help Store, or at the Housing Web site at <http://www.randolph.af.mil/12ftw/12sg/12ces>.

For assistance in choosing or using a fertilizer, call the base natural resource manager at 652-7265.

For questions pertaining to the disposal of fertilizers, call the hazardous waste manager at 652-5666.

# Posthumous citizenships include family benefits

By Donna Miles

American Forces Press Service

WASHINGTON – The U.S. government historically has granted posthumous citizenship to non-U.S. citizen servicemembers killed in the line of duty during wartime.

Thanks to a close working relationship between officials at the Department of Defense and the Department of Homeland Security, this process is now on the fast track – with a goal of presenting an official certificate granting that citizenship at the servicemember's funeral.

And with new provisions in the fiscal 2004 National Defense Authorization Act, the citizenship is no longer simply honorary. It now includes tangible benefits to the deceased servicemember's spouse, children and parents who hope to gain U.S. citizenship.

Dan Ruiz from the Army's Casualty and Memorial Affairs Operations Center said the new law does not affect the procedures for granting posthumous citizenships for servicemembers first put in place during World War I. Posthumous citizenship is granted at the request of the immediate family.

Currently the deadline for applications for

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*"I deeply believe that their valor and patriotism toward this nation cannot be expressed in mere words. I see each posthumous citizenship request as another fallen comrade who made the ultimate sacrifice for this nation and left families behind that will grieve through this process."*

**Rick Torres**

*U.S. Citizenship and Immigration Services' California Service Center posthumous citizenship officer*

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posthumous citizenships is Nov. 2, but officials said they expect it to be extended.

This year's DOD authorization act waives the \$80 application fee families previously had to pay. And for the first time, immediate family members who do not have permanent U.S. resident status may now get it based on the deceased servicemember's newly granted citizenship.

So far, six Soldiers, 10 Marines and one Sailor killed in support of Operation Iraqi Freedom received posthumous citizenships,

said Rick Torres, a posthumous citizenship officer at the U.S. Citizenship and Immigration Services' California Service Center.

Among those granted posthumous citizenships was Army Pvt. Rey David Cuervo, a 24-year-old scout with the 1st Squadron, 2nd Armored Cavalry Regiment, killed in Baghdad on Dec. 28 when an improvised explosive device hit his vehicle.

A native of Tampico, Mexico, Private Cuervo had lived in Texas since he was 6 years old. Friends said he had planned to attain U.S. citizenship after returning from Iraq.

President Bush specifically named Private Cuervo and other non-U.S. citizens killed during the war on terror while visiting U.S. troops and their families at Fort Polk, La., Feb. 17.

"At my direction, each of them has been posthumously granted a title to what they have brought a great honor: citizen of the United States," President Bush told the group.

Mr. Torres, who retired from the Navy before joining U.S. Citizenship and Immigration Services, said he feels honored to play a role in helping the families of those who have died for the United States.

"I deeply believe that their valor and

patriotism toward this nation cannot be expressed in mere words," he said. "I see each posthumous citizenship request as another fallen comrade who made the ultimate sacrifice for this nation and left families behind that will grieve through this process."

Mr. Torres said he considers his role in the process a personal calling, to provide "the utmost honorable and compassionate sentiment" as he helps a fallen comrade's family members during the citizenship process. He said the support he supplies is "not only on behalf of the other men and women at the California Service Center dedicated to this process, but also on behalf of all service veterans."

Leslie Lord, the Army's liaison to U.S. Citizenship and Immigration Services, said posthumous citizenships for servicemembers killed while serving the United States – and the extension of those benefits to the families left behind – demonstrates the depth of the country's appreciation for their sacrifices.

"These people have proven that they are willing to die for the United States," he said. "They've made the ultimate sacrifice, so it's only right that the county grant them the citizenships they have earned and make sure that their families receive benefits as well."

(Courtesy of Air Force Print News)

## Air Force computer-based training available for all

By Tech. Sgt. Jim Verchio

Air Force Communications Agency Public Affairs

SCOTT AIR FORCE BASE, Ill. – For Air Force people wishing to further their education, the solution could be just a mouse click away. The U.S. Air Force computer-based training system, located at <http://usaf.smartforce.com>, allows people to supplement major blocks of formal education that may not be a part of an individual's current curriculum.

People do not receive certification for courses offered through the system, but the training prepares students for the certification exams, said Master Sgt. Wayne Repke, program manager for CBT.

"The majority of courses are geared toward the (communications) and (information) career fields, but

anyone affiliated with the Air Force can use the CBT," he said. "This is really a valuable tool that allows users not only a chance for professional development, (but) provides them the means to do a better job at work."

The complete system is available to all active-duty Airmen, Department of the Air Force civilians, Air National Guard members and Air Force reservists. Although nearly 700,000 Airmen and civilians have electronic access to CBT's desktop applications library called "Books 24x7," only 3,000 of the more than 400,000 registered employees have used this service.

Since the inception of CBT systems, officials at the Air Force Communications Agency training management office have worked to make sure the courses offered reflect the current needs of the Air Force. New information-technology and business-skill courses continually replace many of the older IT courses no longer used by the Air Force, Sergeant Repke said.

"Books 24x7" is an extensive reference library of commercial books and how-to guides for most software applications. It is accessible exclusively to Air Force

employees and offers a search function. Within a few seconds after typing in his or her question, an employee will see a list of books giving access to the applicable material.

"The Air Force is really pushing hard to promote professional development," Sergeant Repke said. "Take (Books 24X7) for example. Nobody can afford to have all these manuals. The Air Force is paying for the service so the student doesn't have to. It's another example of how the Air Force is empowering people to improve themselves and their work performance."

The CBT program offers more than 1,700 courses encompassing both information technology and business skills including: software development; server technologies; database systems; project management; operating systems; Internet and network technologies; desktop computer skills; and budgeting.

This list is extensive, but Sergeant Repke said it is not all inclusive. He explained that virtually anyone can find courses to suit his or her particular needs.

(Amy Hummert contributed to this article. Courtesy of Air Force Print News)

## Spotlight on Women's Heritage

# Lodging manager reflects on career

By Jennifer Valentin  
Wingspread staff writer

Walking down the halls of the Randolph Lodging Facility, her eyes retrace the steps she took more than 30 years ago. Back then, she was a housekeeper working for \$1.25 an hour, the usual minimum wage for that time.

Thirty four years later, Katie Hubbard has worked her way up in the workforce, landing a department manager position.

Ms. Hubbard, 12th Services Division lodging supply/purchase and linen exchange department manager, started her career with the Air Force in 1970 when she helped her mom who worked for Randolph Lodging as a housekeeper.

"I would drop my son off at the base school and then go help my mom clean rooms," said Ms. Hubbard. "The manager at the time, Mr. Stewart, asked me if I wanted a job since I was there all of the time anyway, so I took a job

as a housekeeper."

Ms. Hubbard worked as a housekeeper for three years, and eventually worked her way up through the services organization.

"I never felt that I struggled to move up to my current job position," she added. "I loved every one of my jobs and with that, my supervisors saw my enthusiasm."

She has been an integral part of services, working as a housekeeper supervisor, room inspector and supply clerk.

"I enjoy working in lodging because of the people I get to meet from all over the world," said Ms. Hubbard. "I also have the chance to learn more and more every day about the military and its organizational structure."

She added that she feels advancing at a job takes hard work, whether a person is a man or a woman.

"When you do the best you can at your job, you can advance, no matter what your gender," she said.

"I have always tried to do my best, whether I was a housekeeper or manager. I always gave my all."

Ms. Hubbard added that it was a great opportunity for her to become a supervisor.

"I was friends with some of the people I supervise, even before I became a supervisor," she said. "I let the people I work with know that during duty hours I am both their friend and supervisor, and after duty hours I am still their friend."

Ms. Hubbard feels very fortunate to have been able to work at Randolph lodging, especially for so many years.

"I have had wonderful mentors during my time at lodging," said Ms. Hubbard. "Having wonderful people around you, and having a 'can do' attitude will help you accomplish anything."



Katie Hubbard, 12th Services Division lodging supply/purchase and linen exchange department manager, started her 34-year career with the Air Force in 1970 when she used to help her mom who worked for Randolph Lodging. (Photo by Jennifer Valentin)

## Opportunity knocks

### Civilian job fair offers transitioning military members prospects

By Jennifer Valentin  
Wingspread staff writer

More than 75 public and privately owned businesses will represent their companies at the 20th semi-annual San Antonio Military Community Job Fair March 24 at the Live Oak Civic Center, located at 8101 Pat Booker Road.

The fair, which runs from 9:30 a.m. to 3 p.m., is sponsored by military installation transition assistance and career focus programs throughout the San Antonio area, to include those at Randolph.

"The job fair normally attracts a wide range of local and out of state companies and government agencies," said Charlotte Noll, Randolph Career Focus Program manager. "It is a good opportunity for those seeking employment to get some exposure. There should be something there to suit everyone's interests."

A complete list of participating companies and job vacancy categories is available at the employment resource room, located in the family support center.

The list can also be found at the event Web site located at: <http://www.taonline.com/careerpage/s/careerfairs.asp#SA>.

"The employers who participate in this popular fair are specifically looking for individuals with the kind of skills a military member offers," said Ms. Noll. "If a servicemember has six months or less left in the military, he or she should make every effort to attend."

Ms. Noll went on to add that this is a great opportunity for those who are new to the area, to see what local employers are offering.

The fair is open to all transitioning active duty military, family members, retirees, veterans and Department of Defense civilians. There is no cover charge or other entry requirement.

"Even if you are undecided about a career choice, attending the job fair provides a great way to research a career by simply listening to company representatives as they talk with candidates about their company and its products," said Ms. Noll.

For more information, call the family support center at 652-5321.

#### Job fair preparation tips:

##### Resume Tips:

- Have a clear job target or objective
- Present relevant skills, knowledge and experience
- Use action verbs such as supervised, managed and organized to describe accomplishments
- Avoid use of military acronyms
- Choose a format such as chronological, functional or a combination that reflects appropriate skills and experience in the best light
- Read and reread to check for spelling errors and grammatical sense

##### Before the fair:

- Check out the employers attending and the jobs for which they are recruiting
- Research the companies of most interest
- Prepare a resume, focusing on relevant skills and qualifications for the positions interested in (this may mean preparing more than one resume)

##### At the fair:

- Dress professionally
- Bring multiple copies of resume(s)
- Organize time at the job fair by reviewing the pamphlet handed out at the door
- Visit employers of interest first
- Time is limited; have a few direct questions ready for each recruiter
- Ask about all job opportunities the company is offering, not just the current recruiting list

##### After the fair:

- Call or e-mail the recruiter at the companies to see where they are in the decision-making process a week or two after the fair
- Follow up with an appropriate thank-you note

# COMMUNITY BRIEFS

## ANNOUNCEMENTS

### Thrift shop closure

The thrift shop is closed Monday through March 19 for Spring Break. It will re-open March 22.

For more information, call 658-5990.

### Toastmasters meeting

The next Randolph Toastmasters meeting is at noon Wednesday in Building 224, room 107. Don Brooks, a member of the toastmasters, will speak.

The event is free and open to everyone.

For more information, call 264-8919.

### Second Sunday breakfast

The Second Sunday breakfast is from 9 a.m. to noon Sunday at the American Legion Post 667 at 504 Bowie in Universal City. The cost is \$4.50 for adults and \$2 for children under 12.

For more information, call 658-3731.

### RFISD board meeting

The Randolph Field Independent School District's board of trustees meets at 4:15 p.m. March 25 at the high school, room 21.

An agenda of meeting items can be found at [www.randolph-field.k12.tx.us](http://www.randolph-field.k12.tx.us).

### School in need of information

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

Residents of the base who have a child who will be 5 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 at 6 p.m. May 6.

### RFISD 2004-2005 schedule

The Randolph Field Independent School District announces its summer break operating hours and scheduled down days for the 2004-2005 school year.

Summer operating hours are from 7 a.m. to 4:30 p.m. Monday through Thursday from June 7 to Aug. 6. Offices will be closed Fridays during this time, as well as July 5.

The 2004-2005 school year begins Aug. 16 for students and Aug. 11 for teachers. The school year ends May 27, 2005.

The student/faculty holidays include Labor Day, Sept. 6; Veterans' Day, Nov. 11; Thanksgiving, Nov. 22-26; winter break, Dec. 20-31; Martin Luther King Day, Jan. 17; Presidents' Day or weather make-up day, Feb. 21; spring break, March 14-18; Good Friday or weather make-up day, March 25; Battle of Flowers, April 22; and Memorial Day, May 30. Additional days of staff in-service and student holidays are Oct. 11 and Nov. 12. Teacher planning days are Jan. 14 and May 28, with the make up days for training May 31-June 3.

### 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 and must be received before March 19.

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

### WWII memorial dedication

The Alamo Chapter of the Air Force Association sponsors a trip for World War II veterans, from all branches of the armed forces, and their families to Washington, D.C., for the dedication of the WWII memorial coming in May.

The trip is scheduled from May 27-31 and includes transportation, lodging, some meals and admission to highlighted events. The deadline to sign up is Monday.

For more information, call Ed or Marilyn Garland at 684-7149 or 521-7904.

### MOAA luncheon

The San Antonio Chapter of the Military Officers' Association of America hosts a luncheon at the Fort Sam Houston Officers' Club March 24. Social hour starts at 11 a.m. with lunch served at noon. The cost is \$13.

For more information or reservations, call 228-9955 or 228-9956 between 9 a.m. and noon Monday through Friday.

### Decathlon Team wins medals

Members of the Randolph High School Academic Decathlon Team won four medals in the State Academic Decathlon competition held Feb. 28 at San Antonio College.

Keeya Bowman won bronze medals in varsity essay and varsity economics; Chris Cruzcosa won a bronze medal in honor science and Jessica Hopper won a silver medal in honors speech. Other team members include Allen Hallett, Ebony Martin, Nikita Cunningham and Jaclyn Phelps.

### Dance team wins honors

The thirteen member Randolph High School Cadette Team won "Grand Champion" honors during the San Antonio Spectacular dance team competition Feb. 28.

## EDUCATION SERVICES

652-5964

### Education center closure

The education center is closed today for in-house training. Universities and colleges located in the education center building are still open their usual hours.

### 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. Wednesday to answer questions.

For more information, call 431-3983.

### ERAU

Embry-Riddle Aeronautical University students can call 659-0801 for an appointment to register for the Spring III term today.

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

### ASE exam

The Automotive Service Excellence application deadline for the May testing cycle is Wednesday. Defense Activity for Non-Traditional Education Support will fund up to three ASE examinations for individuals in a related Air Force Specialty Code.

For more information, call 652-5964.

### GI bill benefits

Eligible participants electing to contribute a maximum of \$600 can increase Chapter 30 Montgomery GI Bill benefits by \$5,400.

The benefit is open only to active duty members who entered active duty on or after July 1, 1985 and elected to participate in the GI Bill. This benefit is not open to Vietnam era "Rollover" personnel or Veterans Educational Assistance Program "Converts."

Eligible participants who contribute \$600 while on active duty (contributions are not refundable) increase their monthly rate by \$150. The basic full time rate of \$985 with a \$600 contribution increases the monthly rate to \$1,135.

Eligible members who would like to enroll must fill out a DD Form 2366-1 at the education center and make contributions up to \$600 prior to separation.

Members who would like information on their Veterans Assistance benefits account or would like to speak with an education case manager about VA education benefits can call the Department of Veterans Affairs Regional Office at 1-888-442-4551 or visit the Web site at <http://www.va.gov>.

## FAMILY SUPPORT CENTER

652-5321

### Credit seminar

The family support center offers a "credit when credit is due" seminar from 5:30 to 8:30 p.m. Wednesdays March 24 through April 21.

During the seminar, participants learn how to make good financial decisions, build good credit history and mortgage loan processes.

Seminar tuition is \$50. The registration fee is \$10, which is refundable after completion of the class. Class registration must be complete before March 22.

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 change is due to Lenten luncheons scheduled at the same location.

The group is for children ages 5 and under to have the chance to interact with other children.

For more information, call 652-5321.

### Smooth Move briefing

The family support center hosts a Smooth Move briefing from 9 to 11 a.m. March 23 for members PCSing from Randolph. Discussion topics include TRICARE, finance issues and behavioral health. Spouses are encouraged to attend, and childcare is provided.

To register or for more information, call 652-3060.

## CHAPEL SERVICES

652-6121

### Protestant

**Saturday** - Protestant Advisory Council meeting at 8 a.m. in the chapel center

**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

**Monday** - Male chorus at 7 p.m. in chapel 1

**Tuesday** - Men's Bible Study at 11:30 a.m. in the chapel center; Protestant Women of

the Chapel Autumn Winds visit at 2 p.m. at the Autumn Winds Retirement Lodge

**Wednesday** - PWOC 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** - 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 the chapel center

**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

**Friday** - 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

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# SERVICES

## MISCELLANEOUS

### Deployed spouses and family meal

The airmen's dining facility hosts a deployed spouses and family meal from 5 to 6:30 p.m. Thursday.

For more information, contact your unit's first sergeant or the family support center at 652-5321.

## YOUTH CENTER 652-2088

### Instructional class openings

Daytime slots are now available for instructional classes for gymnastics and piano for home-schooled students.

For more information, call Karon Letcher 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, children 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.

## ITT & EQUIPMENT CHECKOUT 652-5640

### Sea World season passes

Sea World San Antonio is now open for its 2004 season, 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 is now open for its 2004 season. 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.

### Painted churches of Flatonia tour

The information, tickets and travel office sponsors a trip to tour the painted churches of Flatonia April 10. 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.

To sign-up or for more information, call 652-5640.

### ITT has tickets to the following shows:

- Disney On Ice Presents: "Monsters Inc." at the Alamodome, Friday to Sunday. Ticket prices range from \$18-\$44.

### Boating safety class

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

To sign-up, call 652-3702.

### 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 Sunday through March 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.

## ENLISTED CLUB 652-3056

### Base championship chess tournament

The enlisted club hosts the base championship chess tournament at 9 a.m. March 27. The tournament is open to all active duty members, retirees, family members, Department of Defense civilians and base civilian contractors.

There will be five categories, including

## Freshly brewed



**Vickie Fisher, Randolph Bookworm Coffeehouse Barista, makes coffee for a customer. The coffeehouse is open from 6:30 a.m. to 8 p.m. Monday through Thursday, 6:30 a.m. to 5 p.m. Friday, 10 a.m. to 4 p.m. Saturday and from noon to 5 p.m. Sunday. Their Spring Break hours are: closed Saturday and Sunday, open 9 a.m. to 5 p.m. Monday through March 19, and closed March 20-21. For more information, call 945-8093. (Photo by Jennifer Valentin)**

youth 6 to 8 years old; youth 9 to 12 years old; youth 13 to 18 years old; active duty; and DOD civilians, contractors, spouses and retirees.

Awards will be given to the first, second and third place winner of each category. The deadline to sign up for the tournament is noon March 26 at the youth center.

For more information, call Sharon Rector at 652-6508 or John Myers at 652-3298.

### Bingo offered

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

## OFFICERS' CLUB 652-3056

### Live music

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

## CANYON LAKE 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

Canyon Lake annual entry passes are

now available 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

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. Tuesday and March 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 from 6 to 8 p.m. Mondays and Wednesdays.

### • 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.

**E-mail Wingspread submissions to [wingspread@randolph.af.mil](mailto:wingspread@randolph.af.mil) the Thursday prior to the desired publication date. For submission guidelines, call 652-5760.**

# Health officials offer fitness, health advice

By Senior Airman Kara Philp  
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. — For some Air Force members, the road to better health and fitness is a bumpy one.

For people with disappointing waist measurements, health officials have information and advice to help.

When combined with the run and strength components of the fitness test, abdominal circumference is a good indicator of a person's overall fitness level.

"The new fitness assessment is based on three components that impact a person's health and fitness: cardiovascular health, strength and body composition," said Capt. Risa Riepma, 56th Medical Group health promotions manager.

Each portion of the assessment is important. The final score is a calculation of all three.

According to several research studies, abdominal circumference is an independent risk factor for disease.

"This means that your height and age is not a factor," Captain Riepma said. "If your waist exceeds 35 inches (females) or 40 inches (males), you are at greater risk for diseases such as diabetes, heart disease, stroke and some types of cancer."

According to Captain Riepma, this places more of the responsibility on the person to make physical fitness a daily concern.

"This is not a pass or fail program, but an assessment that always leaves room for improvement," she said. "We all should be continuously striving to improve our health and fitness and not become complacent or frustrated with our initial score."

Physical training is the backbone of fitness enhancement, Captain Riepma said. She has several recommendations for proper weight loss.

"Make sure you're engaging in cardiovascular activity for at least 30 minutes at a high enough intensity (so) you feel like your body is stressed (usually 70 to 85 percent of max heart rate) several times each week," she said.

Running, cycling, swimming continuously and aerobics are good examples of cardiovascular activity. Basketball and racquetball do not count as aerobic activity.

Strength training is also important for gaining muscle mass and increasing metabolic rate.

"(But,) I'd have to say if one is pressed for time, cardiovascular activity is more critical," she said.

Captain Riepma suggests keeping a food record to document everything consumed and to estimate portion sizes.

"People usually overestimate the amount of exercise they do and underestimate the amount of food they eat," she said. "This is a good tool to increase awareness of food choices and portions."

Weight doesn't come off overnight, she added.

"Most Americans like to see quick results, but if they want to lose it healthfully, it's a gradual process," she said.

Captain Riepma said don't gauge progress by the scale alone.

"Muscle may be replacing fat," she said. "Since muscle weighs more than fat, you would not see an improvement unless you tape or pay closer attention to how your clothes are fitting."

When people lose weight, it comes from all over your body.

"There is no way to 'spot reduce,' which means when you lose weight it will come from all over your body not just one location," Captain Riepma said.

Whether you have several inches to lose or a half inch, the recommendations are the same. Sit-ups will help tone abdominal muscles, but there needs to be a calorie deficit that comes from exercise and consuming fewer calories in order for fat to be lost.

"Body wraps and diet pills are costly, temporary and often unsafe. I don't recommend them," Captain Riepma said.

For people looking to go the extra mile, Captain Riepma suggests a personal trainer, fitness or weight-loss buddy.

(Courtesy of Air Education and Training Command News Service)

## High school powerlifters qualify for state contest

By Jeff Duffield

Randolph Field Independent School District Public Affairs

Three Randolph High School students participating in the Girls Regional Meet in Kingsville have qualified to advance to the State Powerlifting contest in Killeen, Texas, March 19.

At regionals, Jaymonyca Wilson won third place honors in the 148-pound class, earning herself a chance at a state title, along with Stephanie Kochart in the 165-pound class and Paige Carpenter in the 198-pound class.

During the past three years, 11 Randolph High School powerlifters have won the right to advance to the state competition.

## Ro-Hawks out of playoffs

By Jack Burns

Ro-Hawk sports writer

Hoping to make their first state tournament appearance since 1995, the Ro-Hawks fell just short, losing to defending regional champions Hitchcock, 63-54, in the Region IV Class 2A finals Saturday in Austin.

Randolph Coach Tim Gendron said Hitchcock's athleticism and defense were too much for the Ro-Hawks to overcome, behind by 15 at the half. But, led by point guard Brandon Ervin, the team showed a lot of heart late in the

game, getting within four-points, the coach said.

In earlier action, the Ro-Hawks defeated Van Vleck 66-51 to qualify for the championship game. Randolph's Tony Leverett finished with a game-high 20 points.

A senior at Randolph, Leverett said the team's goal was to go all the way, but when playing against the few remaining teams in the state, its competition at its very best.

"We are all proud of our accomplishments and Coach Gendron is a great teacher," Leverett said.

The Ro-hawks completed their season with a 26-6 record.

### Warrior pose



Randolph members participate in a Women's Heritage Month yoga class Tuesday at the base fitness center. Other base events scheduled in honor of the month-long observance include: a reading hour for children at 10 a.m. today in the base library; women's health forum from 9 a.m. to 2 p.m. Wednesday in the officers' club; financial management seminar at 9 a.m. March 23 at the family support center; fun run/walk from 8 to 10 a.m. March 26 at Eberle Park; and a variety show and silent auction banquet from 5:30 to 8:30 p.m. March 31 at the enlisted club. For more information on the events, call Dana Woods at 652-1201. (Photo by Steve White)

# AFPC #2 defeats 12th SFS in volleyball 25-15, 25-18

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

Air Force Personnel Center #2 took home their second intramural volleyball victory Monday night, defeating the 12th Security Forces Squadron 25-15 and 25-18. The game kicked off week two of the base season.

AFPC's Charlie Cole and Dave Nowiski lead their team in kills, scoring 11 and 10, 7 and 6 in the first match.

"I'm proud of my teammates, they did good tonight," said Cole, AFPC coach. "This is our first season playing together, so we're still new to one another. But we have great communication out on the court and we work together as a team - that's what it's all about."

Setting the tone early in match one, AFPC's Joe Helman served up two aces, followed by a powerful spike by Nowiski.

With only several big plays by 12th SFS members to follow, including two aces by Ernesto Cuellar, a spike by Gary Frederick and two digs by Jeffrey Adkins, the team's highlights were limited as they struggled to cover the court.

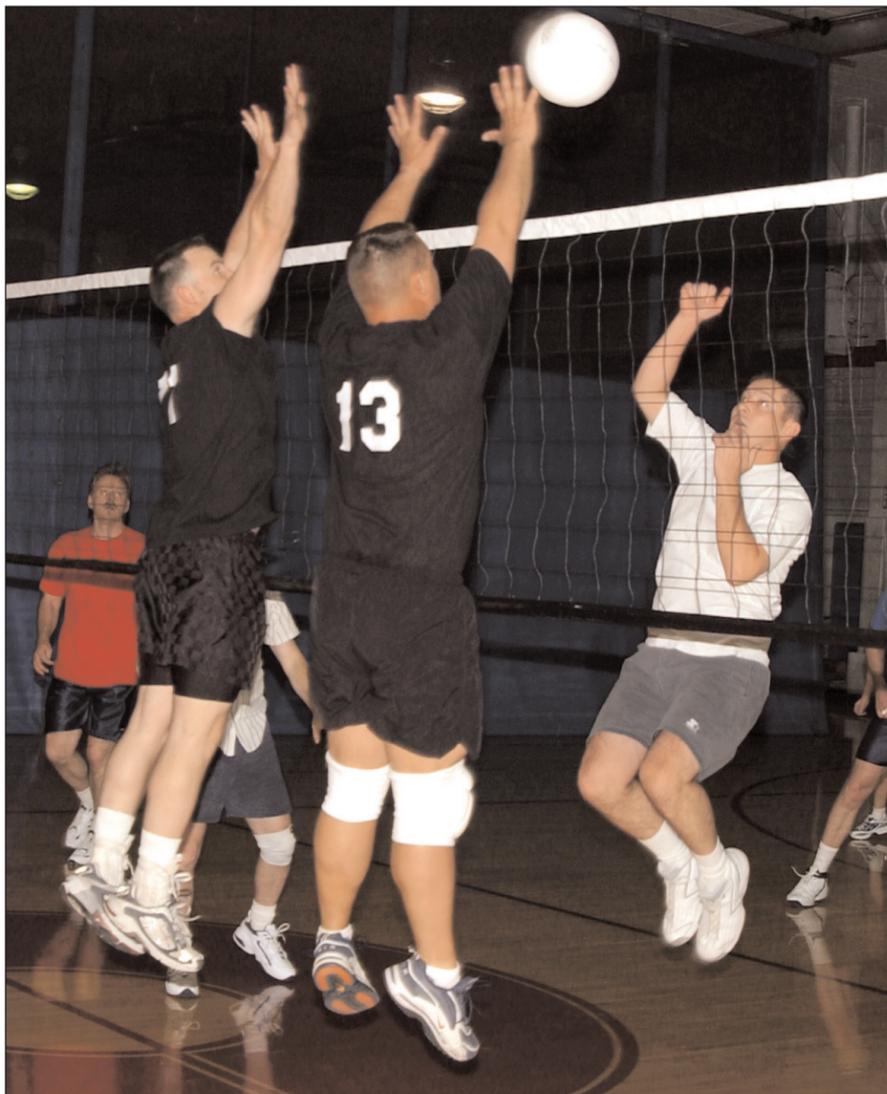
AFPC totaled 11 of their first match points through aces, including one by Rhonda Flores to close it out.

As the teams headed into the second match, it seemed as though it was going to be an AFPC blowout as the team took an early 6-1 lead.

But the 12th SFS was not to be underestimated, as it slowly retaliated, eventually tying the game off of a kill by Adkins followed by an ace from Monica Gines-Rivera for its first and only lead of the match.

AFPC quickly took the lead back as Helman served up two aces, but its SFS opponents kept the score close until late in the match.

AFPC ended the match with a 6-point-run, the biggest run of the game, which included two spikes by Nowiski and Cassius Washington and an ace by Charlie Cole to close it out.



Jeffrey Adkins and Gary Frederick, 12th Security Forces Squadron, double block a hit by Jack Potter, Air Force Personnel Center #2, during the teams' intramural volleyball match Monday night. AFPC #2 defeated the 12th SFS 25-15, 25-18. (Photo by Steve White)

Intramural  
Bowling  
Standings



As of March 1

Team	W	L
DFAS	114	54
RS	110	58
SFS	106	62
AFPC TOO	104	64
SVS #1	94	74
340 FTG	94	74
JPPSO	92	76
AFPOA	92	76
AFPC/ESC	92	76
SVS TOO	90	78
AFPC #1	90	78
AFSAT	88	80
AETC/LG	82	86
AMO #2	82	86
CS	81	87
CPTS	78	90
AETC/XPM	77	91
AETC/CSS	73	95
AFSVA	73	95
AETC/FM	73	95
AMO #1	73	95
AETC 900	72	96
MSS	70	98
MED GP	66	102
AFMA	64	104
LRS	48	120

## TEAM SCRATCH SERIES

Team	Score
SVS TOO	2921
AFPC #1	2892
AETC/CSS	2832

## TEAM SCRATCH GAME

Team	Score
RS	1020
AFSVA	984
DFAS	958

## SPORTS SHORTS

### 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.

### 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 last day for youth center baseball registration is Saturday for children ages 5 to 16.

Registration runs from 10 a.m. to 5 p.m. today 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. today. Participation is free and those interested can register 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 Wednesday, 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. Wednesday 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 now until Tuesday 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 class

The Randolph Oaks Golf Course is sponsoring a nine-week novice golfer class beginning April 3. Each class will run from 10:30 a.m. to noon. The last class will be on May 29.

Charlie Bishop, a Professional Golf Association teaching professional, instructs the course. During the course, students will learn the fundamentals

of the full swing and the shots of the short game. The cost is \$120 per player.

For more information, call 652-4653.

### 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 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.