

WINGS SPREAD

READINESS ♦ STEWARDSHIP ♦ TRANSFORMATION

Randolph AFB, Texas ♦ 58th Year, No. 6 ♦ February 13, 2004

Exercise, Exercise, Exercise



Randolph firefighters help coworkers Staff Sgt. Daniel Cobb, right, and Senior Airman Jason Chavana put on Level A Hazardous Material Suits to investigate a hazardous materials spill during a base major accident response exercise Wednesday. In the exercise scenario, base members had to respond to an overturned truck carrying uranium hexafluoride that had crashed on the west perimeter road. The exercise was designed to test the base's emergency response capabilities and plans to react to a crisis situation. (Photo by Steve White)

Test uniforms hit streets

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON — Airmen at two bases got a first-hand look at the proposed new utility uniform Monday when the tiger-striped blue-, green- and gray-patterned ensemble began its wear-test phase.

Officials delivered the distinctive uniforms to testers at Wright-Patterson Air Force Base, Ohio, and Langley AFB, Va. A uniform board official provided an update on the utility uniform and also



The Air Force logo is interspersed throughout the new Air Force test utility uniform. (Photos by Master Sgt. Jim Varhegyi)

released details about the fitness uniform.

This is the largest wear test the Air Force has done. Typically an item goes through a wear test at a maximum of three bases and 300 people. This test will be conducted at nine bases with 700 airmen participating.

"The Air Force is asking us what we need in a utility uniform and this is our opportunity to give our feedback," said Senior Master Sgt. Jacqueline Dean, chief of the Air Force Uniform Board office. "One thing people should understand is that this is simply a test, nothing about the uniform is set in concrete. And that is why we need to get that feedback from the participants and via the Web site."

The Web site is expected to be operational in April. The decision to launch the site in April was driven by a desire to allow testers time to wear the uniform. Officials also wanted others to see the testers wearing it and get the chance to ask them questions.

Sergeant Dean is asking people with constructive criticism, who have seen the actual uniform, to log on and answer the questions. Personnel officials will tally

the data based on career field.

"For example, as a personnelist, I don't wear my BDUs on a daily basis, whereas a maintainer or civil engineer would," Sergeant Dean said. "We need to make sure we're looking at the right data in the right context."

Sergeant Dean said the board will take into account valuable suggestions and opinions that are concrete and have basis.

"We need to make sure we're not being emotional," she said. "We need solutions."

Some solutions are already being addressed in the new design, Sergeant Dean said.

"The best features of the uniform are the permanent-press treatment and actual sizes," she said. "This uniform is distinctive, easy to maintain and fits better. Our current battle dress uniform comes in four sizes. The new uniform will come in actual men's and women's sizes. Men's pants will come in sizes 28 to 48 and the shirts will come in jacket sizes 34 to 52; women's uniforms will come in sizes 2 to 24. It's going to provide a much better fit."

See Uniform on page 8



Second Lt. Arcelia Miller, from Air Force's special security office, Andrews Air Force Base, Md., puts the Air Force test utility uniform through its paces at an entry control point.

12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday		
Pilot Instructor Training		
Squadron	Senior Class	Overall
99th FTS	-2.5	-2.0
558th FTS	-0.9	0.7
559th FTS	-2.7	5.7
560th FTS	-5.6	-1.5

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	266	Undergraduate	54
Navy	76	International	14
International	1	EWC Course	12
		Fundamentals	0

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.

As of Tuesday			
Wing Sortie Scoreboard			
Aircraft	Required	Flown	Annual
T-1A	1,459	1,491	4,040
T-6A	3,035	3,218	9,103
T-37B	2,772	2,710	7,171
T-38A	3,090	3,097	5,674
T-43A	390	403	1,160

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

Index

Commentary	2
News	3
Community	14
Services	17
Sports and Fitness	18



AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 79 Team Randolph members are deployed in support of military operations around the globe.

The Randolph WINGSPREAD

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

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

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

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



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

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

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

Col. Mark Graper

12th Flying Training Wing commander

Skills craft center not meeting customer's needs

Q I am a regular user of the base skills craft center and have always enjoyed the facility and services it offers for the most part.

However, having not been to the center in quite sometime, I must say I was appalled by its recent changes to include the engraving shop being moved into the space where the dark room used to be and new classrooms taking the place of old workstations.

Over the past fifteen months I have watched changes within the center occur, each one hindering, not improving, the center. The hours of operation change alone has eliminated a whole market of people who could be using the center at the end of the workday. Also, the elimination of the craft/supplies store lessened the users ability to work there, should they run short of supplies in the middle of a project, and the smaller workstations in the different craft areas, such as ceramics, have made it so less and less people can work there.

The change from what should be a morale, welfare and recreation facility to one that focuses on being a money-making entity is ruining this service. The active duty and retired members, their spouses and dependents are deserving of the services the skills craft center provides.

Although it may seem small in the

grand scheme of things, it is huge to those who use it. I am simply asking that you help turn the skills craft center back into what it was designed to do.

A Thank you for your concern about the skills craft center. The renovation projects you see are a direct result of customer usage.

The photo lab was moved to a smaller area because of the decreased usage of film photography due to the popularity of digital cameras; the engraving shop was moved in order to have larger work and storage areas; and the stained glass section was expanded in the old engraving area due to its popularity.

As for classrooms, we expect them to get dirty, all that we ask is that customers clean up after themselves when they are finished. Also, you are correct in that the hours of operation have changed. We are evaluating the possibility of expanding them later into the evening so that they are more convenient for all eligible customers.

As far as the crafts/supplies shop, we chose to eliminate it because so many items were classified as "slow movers," sitting on the shelves for months and in many cases, years at a time.

We hope you can better understand and accept the reasoning behind these changes and if there are any other suggestions you have, please don't hesitate to share. The customer is always our number one concern and we stand ready to help.

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

Abdominal circumference: Friend or foe?

By Col. Laura Torres-Reyes
380th Expeditionary Medical
Group commander

SOUTHWEST ASIA — Are you frustrated with the abdominal circumference score for the new fitness standard?

Have you pounded out hundreds of crunches, pumped oodles of push-ups, only to find your abdominal girth doesn't get you past a composite score of 80?

I must admit that I was at first perplexed and amazed that the numbers and scores didn't change based on height or age. How could that be?

The key to understanding why abdominal circumference takes a huge chunk of your fitness score is in understanding that our new fitness program is about maintaining the health of your whole body.

What really matters now to the Air Force is that you are maintaining a state of health that decreases your risk of preventable diseases. Research has shown conclusively that abdominal size reflects this



One of the new three-pronged fitness standards recently adopted by the Air Force is the waist measure. Taken with a tape wrapped around the abdomen, and placed midway between the bottom rib and top of the pelvic bone, the waist measure serves as a total-health gauge. (Photo by Master Sgt. Jim Varhegyi)

concept of whole health.

Besides the obvious risk factor of smoking tobacco, your amount of abdominal fat is a good predictor of your risk for heart disease, diabetes, stroke and some types of cancer. Isn't that amazing?

You don't need a palm reader or crystal ball. By just taking a simple tape

measurement, you can get a pretty good idea of your chances for enjoying a long, healthy life.

Of course, the hard part is deciding what to do if your abs just aren't measuring up.

Take heart! You don't have to look for a liposuction specialist or invest in expensive gadgets advertised

on TV to make an improvement. The only proven way to decrease your abdominal circumference is to decrease your body fat.

The fact is we all have those enviable six-packs of muscle hidden under our abdominal fat. As you lose the fat, the muscle definition becomes clear. If you increase your aerobic capacity and strengthen your shoulders and core muscle groups, your total body fat will decrease and your abdomen will firm up.

It is really a pretty good package deal; as you improve your scores for the 1.5 mile run, push-ups and sit-ups, you should see your abdominal girth decrease. Of course, you will also have to burn more calories than you eat, actually exercise aerobically by maintaining your training heart rate between 60 and 75 percent, and build more muscle to boost your metabolism.

Okay, so I never said it would be easy, but don't you feel better just knowing it makes sense?

(Courtesy of Air Force Print News)

Congratulations Retirees

Today

Col. Darrell Anderson
Air Education and Training Command

Tech. Sgt. Andrew Bartczak
12th Flying Training Wing

Thursday

Chief Master Sgt. Virginia Thompson
AETC

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

Continued service

Doors open for active duty members to join Air Force Reserve

ROBINS AIR FORCE BASE, Ga. – The Air Force is opening doors and modifying programs to give people leaving active duty an opportunity to continue their military careers in the Air Force Reserve.

As the active force tries to reduce manning by about 16,600, the Air Force Reserve is seeking to hire many of those experienced airmen and give them a more flexible way to have a career in the military.

“This is an excellent opportunity for prior-service people on active duty to join our Reserve programs,” said Col. Francis Mungavin, director of recruiting service at Air Force Reserve Command headquarters. “Our people are making every effort to ensure that all potential candidates are aware of their release options.”

Current Air Force manning numbers are beyond the authorized end-strength of 359,300 airmen on active duty. The new force-shaping program has scheduled active-duty numbers to drop by 3,900 officers and 12,700 enlisted airmen by Sept. 15.

“The force-shaping program initiative that will have the greatest impact on us will be the expanded application of the Palace Chase program,” said Lt. Col. Dirk Palmer at AFRC’s recruiting service. “We expect that airmen in all Air Force specialty codes will be eligible to apply for Palace Chase with a minimum of two years in service.”

Palace Chase is a program for airmen to transition off of active duty by trading their active-duty service commitments for Air Force Reserve service commitments.

“Palace Chase is not a new program,” said Chief Master Sgt. Susan Allick, chief of the Palace Chase Program at the Air Force Personnel Center at Randolph. “The program has just eased requirements for the force-shaping program.”

To qualify for this program, applicants must have a reenlistment code approved for continued military service and meet all the Palace Chase eligibility criteria under the force-shaping rules.



Applications under these new rules are being accepted until March 12. To be approved, applicants must separate from active duty between May 15 and Sept. 15. Though the normal application process is from seven to eight weeks, under the new rules, officials at AFPC expect to be able to notify applicants of their results within four to six weeks.

“We’ll be working on a first-come, first-served basis,” Chief Allick said. “With the restrictions loosened up on active-duty service commitments, we expect to process a lot of applications.”

Though people in all specialty codes are eligible to apply for the Palace Chase transfers to the Air Force Reserve, airmen must have graduated from their initial training, qualified as 3-levels and not be scheduled to be retrained. Some U.S. Air Force Academy graduates may be approved for the program. Air Force ROTC cadets may apply to be commissioned directly into Air Force Reserve jobs for six-year commitments, instead of the typical four-year tour of active duty.

“With individual mobilization augmentee end-strength sitting at 94.8 percent, this is a great opportunity to fill some of our current vacancies,” said Lt. Col. Nancy

Robinson, director of assignments at Air Reserve Personnel Center headquarters in Denver. “We’re trying to pull out the stops and make the transition from the active duty to the Reserve as smooth as possible.”

Individual mobilization augmentees are reservists assigned part time to active duty units, backfilling or deploying when required. Being an IMA is a flexible way to be in the Air Force, serving a minimum of 12 days throughout the year and two weeks of annual tour each year. Just like traditional unit reservists, IMAs may be mobilized by the president during wartime or contingency operations; however, IMAs are assigned directly to active-duty units instead of Reserve squadrons.

“We’re trying to be proactive and take the Air Force’s overages,” Colonel Palmer said. “If we have a qualified person, we’ll do everything we can to sign them up in the Air Force Reserve.”

Anyone interested in finding out more about the program should contact the Randolph in-service recruiter, Master Sgt. James Jeter at 652-5202. Meeting with Sergeant Jeter is a required stop when out-processing from active duty at Randolph.

The purpose of the appointment is to find out if joining the Air Force Reserve is a viable option for the separating airmen, enlisted or officer, Colonel Palmer said.

“We have found that when our recruiters help an applicant get exactly what he or she wants, things work out best for both the applicant and the Air Force Reserve,” Colonel Palmer said.

“It’s a win-win situation for us and the individuals leaving active duty,” Colonel Mungavin said. “They’ll get a more flexible way to serve their country, and we’ll retain their skills and experience to accomplish our Air Force mission.”

For more information about joining the Air Force Reserve, visit www.afreserve.com.



Senior Airman
George Wild II
12th Medical Group



Tech Sgt.
Jose Sanchez, Jr.
12th Operations Group



Master Sgt.
James Makransky
12th Support Group



Capt. John Harris
12th Logistics Group



David Perry
12th Support Group



Deborah Stone
12th Logistics Group



Mary Eddy
12th Support Group

Wing recognizes top performers of 2003

By Capt. Paul Villagran
12th Flying Training Wing Public Affairs

More than 200 wing members, their families and special guests gathered to recognize the 12th Flying Training Wing's brightest at the annual award banquet Feb. 5.

The evening, which was kicked off by a solemn tribute by the base honor guard to American POW/MIAs, erupted as the raucous crowd hooped and hollered as nominees were introduced.

Still wearing their medals around their necks from the medallion ceremony earlier in the day, nominees shined as they were called upon to represent their respective groups.

"Tonight we are here to recognize our best," said Col. George Duda, 12th FTW vice commander. "Every airman in the wing is outstanding but this group of nominees has shined just a little bit brighter this year."

Col. Duda challenged each award winner to continue

the hard work that led them to where they are, but to also share the award with the other members of their units, because none of them could have been as successful without the support of their teammates.

"Our core value of Service Before Self applies here tonight," said Colonel Duda. "Put your team ahead of yourself; please share this honor with your co-workers and your families because they make sacrifices every day to ensure each of you has the opportunity to succeed."

Winners were selected in the junior enlisted, NCO, senior NCO and company grade officer categories as well as the civilian junior, intermediate, and senior categories. The nominees for the first sergeant of the year were introduced, but a winner will not be named until the Team Randolph Award Banquet March 4.

The winners will now represent the wing as they compete against representatives from Headquarters Air

Education and Training Command, Air Force Recruiting Service and the Air Force Personnel Center for the Team Randolph Annual Award.

The 12th FTW annual award winners are:

Junior Enlisted

Senior Airman George Wild II, 12th Medical Group

NCO
Tech Sgt. Jose Sanchez, Jr., 12th Operations Group

Senior NCO
Master Sgt. James Makransky, 12th Support Group

Company Grade Officer
Capt. John Harris, 12th Logistics Group

Civilian Junior Category
David Perry, 12th SPTG

Civilian Intermediate Category
Deborah Stone, 12th LG

Civilian Senior Category
Mary Eddy, 12th SPTG



Senior Airman
Jennifer Martinez



Tech Sgt.
Kevin Bellamy



Master Sgt.
Tony Brown



Capt. Beverly Brown



Shelley Willoughby



Rosita
Navarrete-Flores



Dr. Paul DiTullio

Headquarters AFRS names best of 2003

By Staff Sgt. John Asselin
Air Force Recruiting Service
Public Affairs

Headquarters Air Force Recruiting Service recently announced the winners of its 2003 annual awards competition.

The winners are:

Junior Enlisted
Senior Airman Jennifer Martinez

NCO
Tech. Sgt. Kevin Bellamy

Senior NCO
Master Sgt. Tony Brown

Company Grade Officer

Capt. Beverly Brown

Civilian Category 1

Shelley Willoughby

Civilian Category 2

Rosita Navarrete-Flores

Civilian Category 3

Dr. Paul DiTullio

Each winner will go on to compete at both the base-level, during the Team Randolph annual awards competition, and at the AFRS-wide level during the recruiting service's annual awards competition later this year.

NEWS BRIEFS

Change of command

Brig. Gen. Robertus Remkes takes command of the Air Force Recruiting Service from Brig. Gen. Edward Rice, Jr. during a ceremony at 9 a.m. Tuesday at the Randolph Officers' Club.

General Remkes was previously the commander of the 3rd Wing, Elmendorf Air Force Base, Alaska.

For more information, call 652-5745.

Force shaping program briefings

The 12th Mission Support Squadron Military Personnel Flight is hosting briefings on the fiscal year 2004 force shaping program at 8 a.m. Wednesday and 8 a.m. Feb. 20 in the base theater.

Along with subject matter experts from the MPF, the base career assistance advisor and in service Reserve/Guard recruiters will be available during the briefings to answer any questions.

For more information, call 1st Lt. Daniel Rigsbee or Master Sgt. Victor Basal at 652-2808.

ALS ribbon cutting

The Randolph Airman Leadership School ribbon cutting ceremony is at 4 p.m. Thursday in front of Building 66.

Col. Mark Graper, 12th Flying Training Wing commander will host the ceremony and Lt. Gen. John Hopper, Air Education and Training Command vice commander will be the guest speaker. The ceremony will conclude with a tour of the building and light refreshments.

For more information, call Master Sgt. Lorrie Garrity at 652-5283.

Pat Booker Road construction

Phase I construction of the Pat Booker Road enhancement program begins Monday at 8 a.m.

The first phase, which will run from FM 78 to the Randolph Plaza, is scheduled to last about three months.

Randolph members should expect delays the weekend of Feb. 20, beginning at 6:30 p.m., when all traffic will be diverted to the southside of Pat Booker Road from FM 78 to Wright Boulevard. On the following weekend, all traffic

will be diverted to the northside of Pat Booker Road from FM 78 to National Boulevard.

Universal City officials ask that drivers please be patient and courteous during construction.

Some members authorized ribbon, device

All Air Force members deployed to Prince Sultan Air Base, Saudi Arabia, between June 2002 and May 2003 have been awarded the Air Force Outstanding Unit Award with valor device.

Members must provide proof of deployment such as deployment orders, a travel voucher, or evaluation report to the 12th Mission Support Squadron awards and decorations office in order to be updated into the personnel system as having achieved the award.

For more information, call Amanda Milburn at 652-3848.

Legal office closed

The base legal office will be closed Feb. 27 for an official function.

For emergencies, call 275-2435.

Next Aerospace Vehicle Test Course

The U.S. Air Force Test Pilot School is now accepting student applications for the Aerospace Vehicle Test Course that begins May 30.

There are only 15 slots available in the four-week course designed to educate engineers on how to plan, execute and report on tests of aerospace vehicles.

Applicants must have a bachelor or master of science degree in aeronautical, aerospace or astronautical engineering, or a strong background in one of those fields. Students must also be medically qualified to fly. The deadline for applying is March 16.

For more information call Captain Gregg Leisman at (661) 277-8902.

Correction to "force shaping" article

An article in last week's *Wingspread* about force shaping, on page 7, stated that fuels specialists are excluded from the list of career fields eligible for the PALACE CHASE program. This information is incorrect, fuels specialists are included in the list of eligible personnel.

Navigator graduates receive special recognition

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

One Navy and three Air Force members received special recognition during the Joint Specialized Undergraduate Navigator Training graduation ceremony here Feb. 13.

Ensign Stuart Marshall garnered three awards including the Air Education and Training Command Commander's Cup, Alden C. Markey

Award and the 562nd Academic Excellence Award.

Second Lt. John Hart received the Ira J. Husik Award, while Capt. Mark Llacuna received the Jack Donovan Award. Captain Llacuna also tied with 2nd Lt. Jeremy George for the 563rd Electronic Warfare Officer Academic Award.

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



Ensign Stuart Marshall
AETC Commander's Cup,
Alden C. Markey Award, 562nd
Academic Excellence Award



2nd Lt. John Hart
Ira J. Husik Award



Capt. Marc Llacuna
Jack Donovan Award,
563rd (EWO) Academic
Excellence Award



2nd Lt. Jeremy George
563rd (EWO) Academic
Excellence Award

Officials limit re-enlistment eligibility window to 3 months

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON — Air Force personnel officials are changing the re-enlistment eligibility window beginning March 5.

The new policy requires active-duty airmen to re-enlist within three months of their term of service expiring, a change from the 12-month window currently in effect.

“In our effort to shape the force, we continue to seek areas that will give us greater management oversight,” said Master Sgt. Maria Cornelia, the Air Force’s chief of retention and bonus programs at the Pentagon.

“We want our airmen to understand that we’re not discouraging re-enlistments,” Sergeant Cornelia said. “By reducing the eligibility window, Air Force officials will have a better picture of how many re-enlistments we can expect within a given period.”

Narrowing the window will also

assist officials with forecasting requirements for personnel programs such as selective re-enlistment bonuses, career job reservations and retraining, Sergeant Cornelia said.

This policy shift is not something new, but a return to the policy in place before 2001. The eligibility window was expanded from three to 12 months during a low-retention period.

“Getting a better picture of retention indicators will greatly enhance our ability to optimize personnel programs,” Sergeant Cornelia said.

Airmen will still be authorized to re-enlist earlier than three months from their term of service expiring because of service-related requirements, such as a reassignment and promotion.

For more information, call the 12th Mission Support Squadron re-enlistments office at 652-3118.

(Courtesy of Air Force Print News)

Personnel services now available on AF Portal

The days are nearing an end of Air Force members having to remember a notebook full of user IDs and passwords to get into basic online personnel services.

The solution is the Air Force Portal.

“The Portal is a powerful tool,” said Col. Gregory Touhill, Air Force Personnel Center director of personnel data systems. “We took the personnel applications our military and civilian employees use most often and made them accessible via the Portal.”

Among those accessible on the Portal are virtual out processing, retraining vulnerability lists, civilian employee career briefs and the Employment Benefits Information System.

“Now, an airman deployed anywhere in the world has access to his or her personnel records through the Portal,” he said. “Especially with so many high-demand applications available, it’s time everyone got an account.”

By logging on to the Air Force Portal, users will have “reduced sign-on” access to 14 of the most used personnel Web services, like the virtual Military Personnel Flight and civilian employment pages that enhance mission capability for today’s

war-fighter, said the colonel.

“Users won’t have to remember several passwords and input them every time they want to get into a particular application anymore,” said Colonel Touhill. “Instead, airmen can log into the Portal when they come to work and use the available applications all day long.”

Having reduced sign-on access from desktop computers to personnel information saves people from having to wait in line at their local personnel flight, said Colonel Touhill. Now for many of those services, users won’t have to remember separate passwords, he said.

“We love the idea of helping people get the information they need to do their jobs quickly, securely and without the hassle and risk of maintaining a long list of passwords,” said the colonel.

The Air Force chief of staff, Gen. John Jumper, has said he wants all Air Force people to establish a Portal account by April. The Air Force Portal is located at www.my.af.mil.

For more information, call the Air Force Contact Center at (800) 616-3775.

(Courtesy of AFPC News Service)

Uniform

Continued from Page 1

The test includes trying out two boots, one in suede and another that is a low-polish, low-shine black leather style. The suede boot will be tested in black, charcoal gray and tan. Sergeant Dean said high-operations tempo caused senior leaders to move away from the requirement to have a high-polish shine.

After the six-month test is complete, data is collected and evaluated to determine how the uniform stood up to conditions. Comments about style, color and a variety of issues will also be taken into consideration.

Other bases testing the utility uniform through July include Elmendorf AFB, Alaska; Hurlburt Field, Fla.; Luke AFB, Ariz.; McChord AFB, Wash.; Ramstein Air Base, Germany; Robins AFB, Ga.; and Vandenberg AFB, Calif.

Sergeant Dean also revealed details about the fitness uniform fit test and planned distribution.

“We have already developed the fitness uniform running

suit, shirt and shorts,” Sergeant Dean said. “We need to do a fit test to ensure the patterns and sizes are accurate and will accommodate Air Force needs.”

Air Force Chief of Staff Gen. John Jumper introduced a new fitness standard Jan. 1. Development of a new fitness uniform is the next step. Enlisted airmen will be issued two sets of shirts and shorts and one running suit. Basic training recruits will receive the shirts and shorts first and the running suit following warrior week. People scheduled for deployment will also get priority. Officers must buy their uniforms. Sergeant Dean estimates that the new uniforms will be widely available around October.

The chief of staff’s biggest emphasis in the development of the uniform was to ensure adequate reflectivity features were incorporated throughout the uniform to keep people safe when running in the early morning or late evening, Sergeant Dean said.

The running suit is the same used by cadets at the Air Force Academy. Air Force blue provides the background and all of the piping is reflective white. Some features of the running suit include zippers under the arms, ventilation in the back, and pants zippers to help remove the suit without removing shoes.

The gray t-shirt has a reflective emblem on front and back. Shorts will have two pockets, one on a front leg to accommodate an identification card, and one in the waistband for a key. The shorts also have a reflective “V” on both sides and the Air Force logo. Shoes will not be issued with the uniform.

“We tried to go with items already in the procurement system to reduce the time with research and development,” Sergeant Dean said.

The Air Force Clothing Office insisted on conducting a fit/wear test to validate pattern sizes and fit of the uniform, Sergeant Dean said.

“The shirt and shorts were patterned after the Army; however, the Army clothing experts have raised concerns regarding their sizing and requested to partner with us in this test,” Sergeant Dean said. “This uniform also brings us up to speed with other services, who already have a fitness uniform.”

The fitness gear will undergo a fit test next month at Wright-Patterson AFB and the wear test will begin in March at both Wright Patterson and Fairchild AFB, Wash.

(Courtesy of Air Force Print News)

COMMANDER CONNECTION

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

Lt. Col. Tom Goffus
558th Flying Training Squadron commander, the Phantom Knights

Key to success in the Air Force:

“Getting talented people and keeping talented people by taking care of them.”

Hometown:

Moon Township, Penn.

Your Vision for the unit:

Making the 558th FTS the “center of excellence” for the T-6 Texan II.

Best Air Force experience:

Leading an eight-ship flight of F-15Cs during an operational readiness inspection at Mountain Home



Lt. Col. Tom Goffus, new commander of the 558th Flying Training Squadron, receives congratulations from Carl Powers, 12th Aircraft Maintenance Organization, as the commander's name is revealed on the fuselage of a squadron T-6A Texan II. (Photo by Melissa Peterson)

Previous assignments:

- F-15C squadron operations officer, Mountain Home Air Force Base, Idaho

- Chief of Defensive Fighter Operations, Larissa Air Base, Greece
- F-22 operational test manager, Kirtland AFB, N.M.



Commander's Access Channel

On base TVs connected to cable

People who have televisions connected to cable on base have the capability of viewing the Commander's Access Channel, channel 21. The access channel provides real-time information about base events and other activities of interest to members of the Randolph community. The access channel is especially useful when people need to find out details about inclement weather reporting procedures, real-world or exercise activities, gate closures or other events that affect operations at Randolph. For more information about the access channel or to find out how to post information, call Senior Airman Lindsey Maurice at 652-5760.

HOMETOWN NEWS RELEASES

Let your family read or hear about your good news. Fill out a Department of Defense Form 2266 and bring it in to the public affairs office in Building 100. For more information, call Master Sgt. Lee Roberts at 652-4410.

Randolph observes National Prayer Breakfast

By Chaplain (Capt.) Brian Nieman
12th Flying Training Wing Staff Chaplain

Team Randolph's annual observance of the National Prayer Breakfast is 7 a.m. Feb. 25 at the enlisted club.

This year's keynote speaker, Chaplain (Col.) John Stefero, Headquarters Air Education and Training Command, command chaplain, is addressing the audience about "a model of greatness."

Tickets are available through first sergeants or through the chapel.

The first prayer breakfast groups were initiated in 1942 in the U.S. Senate and U.S. House of Representatives. Since then, those groups have continued their weekly meetings to discuss individual daily spiritual needs and the dependency of the country on God.

With roots in the congregational prayer breakfasts of the preceding decade, members of the U.S. Senate and House

prayer groups established the first Presidential Prayer Breakfast in 1953 with President Dwight D. Eisenhower.

The breakfast, normally attended by the President, Vice President, Cabinet, members of the U.S. Senate and House of Representatives, Supreme Court, Government officials, military leaders and others from across the country, has taken place each year since 1953.

In 1970, the name was changed to the National Prayer Breakfast to emphasize the purpose of the gathering rather than the individuals involved.

The prayer breakfast brings together national leaders to affirm the moral and spiritual values upon which the nation is founded. Each year, soon after Congress convenes, people in leadership positions meet for discussion and prayer on the occasion of the prayer breakfast.

Since 1972, military men and women have been holding their own observance as an extension of the National Prayer Breakfast in Washington, D.C.

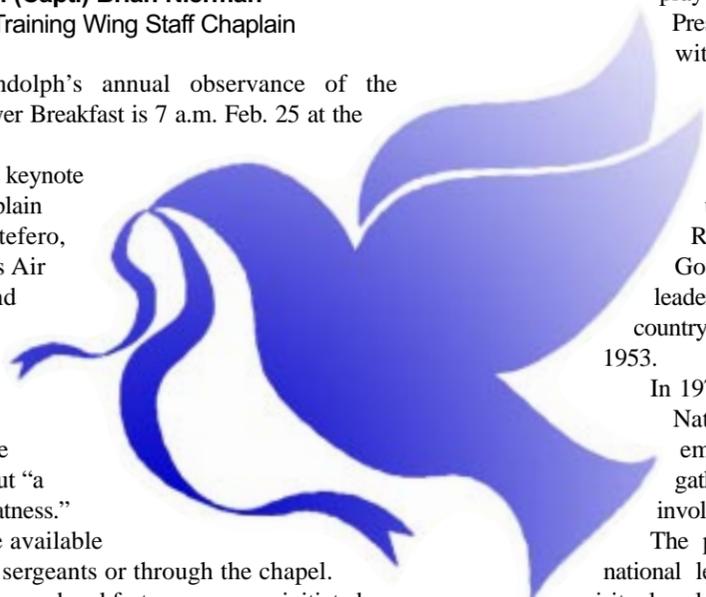
For more information, call the base chapel at 652-6121.

We are all Recruiters

Each member in the Air Force is an "ambassador in blue" in the local communities. Each person can make a difference in the decision for someone to join the Air Force. Here are some tips on how you can help the recruiting effort.

- Be a role model in your community.
- Talk to young people in grocery stores at the checkout line, dry cleaners or while shopping.
- Get involved with youth programs, whether in high schools or through church and community organizations.
- Volunteer as a recruiter for a week.
- Work with your local recruiting squadron and set up some time to visit classrooms to talk about your experience.
- Talk about what the Air Force has done for you and the successes you've had because you joined.
- Talk about why you are staying in the Air Force.
- Take advantage of the Recruiter Assistance Program. Each member of the Air Force is authorized a permissive TDY home for up to 12 days to perform recruiting duties with the local recruiter.
- Work with the public affairs office and support base tours for local recruiters. Get local high school guidance counselors and principals involved with base activities.
- Establish an "Adopt a High School Program," where local high schools are brought in for base tours and Air Force members in each unit can talk about their experiences in the service.
- Invite local school leaders and counselors for base orientations, certainly events like air shows.
- Remember to keep your public affairs office informed of these activities mentioned.

For more information, call the 12th Flying Training Wing Public Affairs office at 652-5760.



A healthy smile is always in style

By Capt. Kevin Black
12th Aeromedical Dental Squadron

In observance of National Children's Dental Health Month, the Randolph Dental Clinic offers the following tips for helping children combat tooth decay and maintain healthy smiles.

Tooth decay, a destruction of the tooth enamel, occurs when food containing carbohydrates, sugar and starches; such as milk, soda, raisins, cake or candy are frequently left on the teeth.

Bacteria that live in the mouth thrive on these foods, producing acids as a result. Over a period of time, these acids destroy tooth enamel, which may result in tooth decay.

Daily brushing and flossing are critical for combating tooth decay and maintaining healthy teeth and gums. Although children can generally brush their own teeth by age 4 or 5, flossing is a bit more difficult to master, and may take a few years longer to perfect.

For brushing, a pea-sized amount of fluoride toothpaste is all a child needs. Watching over children while they brush and floss will help assure that the job is done properly.

To prevent injury to the gums, provide children with a child-size toothbrush with soft, polished bristles. The toothbrush should be replaced as soon as it wears out, usually every three to four months. When shopping for a new



To mark Children's Dental Health Month, Staff Sgt. Lakeisha Thomas performs a simulated teeth cleaning to promote healthy oral hygiene. Sergeant Thomas is assigned to the 43rd Medical Operations Squadron, Pope Air Force Base, N.C. (Photo by Senior Airman Francis Lalic)

toothbrush, look for one that displays the American Dental Association seal of acceptance, which means it is safe and effective.

Fluoride is also an important part of dental health, because it strengthens teeth, making them more resistant to acid

attacks. According to the ADA, children who drink water containing fluoride from birth have up to 40 percent fewer cavities, and many of them remain cavity free through their teenage years.

As a direct result of water fluoridation and over the counter fluoride products, half of children entering the first grade today have never had a single cavity, compared with 36 percent in 1980 and 28 percent in the early 1970s, said ADA officials.

Ideally, it is best to take children to the dentist between 6 and 12 months of age. The earlier children begin visits, the better chance the dentist has to prevent problems.

Routine dental exams uncover problems that can be treated in the early stages, when tooth decay is less expensive and restorations may be small. X-rays may be taken to see whether the facial bones and teeth are developing properly and to find any hidden decay.

In addition to checking for decay and other problems, the dentist can teach parents how to properly clean their child's teeth, evaluate any adverse habits such as thumbsucking, and identify a child's fluoride needs.

By starting dental visits at an early age and making them regularly, children can build good dental habits, which will help them have strong, healthy teeth throughout life.

For more information on children's dental health, call the dental clinic at 652-1846.

E-mail Wingspread submissions to wingspread@randolph.af.mil the Thursday prior to the desired publication date.

Good Neighbor: Facility Key Control

(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)

The increased security to the nation has had a domino effect on many aspects of our lives. Accordingly, building security has become a hot issue for our base facility managers. One of the many tasks a facility manager undertakes is establishing building security procedures and maintaining an organized key control program. The 12th Civil Engineer Squadron is authorized to issue keys to facility managers only. In turn, each facility manager issues keys to occupants, as mission requires.

Key holders have a responsibility to maintain assigned keys in accordance with the facility manager's key control program. Lost keys and failure to turn in keys prior to moving can initiate a security breach. As a result, this could cost the government or key holder up to several thousand dollars to re-key an entire facility. Base security is important to all who live and work at Randolph, so report malfunctioning locks or security breaches to the facility manager right way.

For more information about a building's key control program, contact your building's facility manager.

COMMUNITY BRIEFS

ANNOUNCEMENTS

Conference for RFISD parents, others

The Randolph Field Independent School District is hosting a conference, focusing on children with special needs, from 8:30 a.m. to 3:30 p.m. Feb. 28 at the Education Service Center, located in the Region 20 offices, 1314 Hines Street, San Antonio.

RFISD parents and teachers wanting to attend will have the \$25 fee waived. Attendance includes lunch, a snack and materials.

The theme of the seminar is "A Framework for Partnerships: Ever-Changing Patterns," taught by Dr. David Welsh, a nationally recognized speaker and author.

For more information, call Nancy Hunter at 370-5402, or Beck Tarwarter at 804-7201, ext. 382.

Academic decathlon team qualifies for finals

Members of the Randolph High School Academic Decathlon team qualified to compete in the state finals decathlon competition Feb. 27-29, after winning eight scholastic medals at the regional contest held at Texas State University recently.

High scorers for Randolph were Keeya Bowman in the varsity division; Allen Hallett in the scholastic division; and Jessica Hopper in the honors division.

First place gold medal winners were won by Miss Bowman for varsity music; Chris Cruzcosa for honors essay, and Miss Hopper for honors interview and honors speech. A second place award was won by Jaclyn Phelps for varsity music.

Third place bronze medals were earned by Miss Bowman for varsity economics and varsity science, and by Nikita Cunningham for scholastic interview.

Thrift shop closure set

Starting today, the base thrift shop no longer accepts winter clothing donations.

Also, the thrift shop is closed Monday in honor of Presidents' Day and is having a Super Saturday Sale Feb. 28, with consignments taken from 9 a.m. to noon and sales from 9 a.m. to 1 p.m.

For more information, call 658-5990.

Scholarship available

The General Henry H. Arnold Education Grant Program provides \$1,500 grants to selected sons and daughters of active duty members, Title 10 Air Guard and Reservists, Title 32 Air Guard and Reservists working full-time active duty, retired military members, retired reserve and deceased Air Force members, stateside spouses of active duty members and Title 10 Air Guard and Reserve/reservists and surviving spouses of deceased personnel, for undergraduate studies.

Applications must be received before April 15.

For more information about qualifying, to request an application or for general information, visit www.afas.org, or call the family support center at 652-5321.

RFISD Board of Trustees meeting

The Randolph Field Independent School District Board of Trustees meets at 4:15 p.m. Thursday at the high school, room 21.

An agenda can be found at their web site; www.randolph-field.k12.tx.us.

EDUCATION SERVICES

652-5964

Limited services

Limited services are available at the education center from 11 a.m. to 1 p.m. Feb. 20 for an official office function.

For more information, call 652-5964.

AMU

The American Military University now has a field representative in San Antonio available to answer questions and provide educational information.

Retired Army Sergeant Major Willie Cruz is available at Randolph from 9 a.m. to 1 p.m. Feb. 20 in the education center.

For more information, call 789-5080.

ACSC

The Air Command and Staff College Version 4.0 distance learning program has been released.

This program provides a forum to complete the intermediate-level professional military education course. Majors, major

selects, GS-11s, and above, are eligible for enrollment.

Students can choose to complete the course work in either the seminar environment or through correspondence.

To enroll or for more information, call the education center at 652-5964.

OTS changes

The Officer Training School application cutoff for the 0404 board is now Feb. 26.

The previous requirement for non-technical applicants to have a 3.0 grade point average and a 150 Air Force Officer Qualifying Test composite score or higher has been revoked.

Now, all non-technical applicants must have a 3.0 GPA, with the only exception going to some applicants with a 150 AFOQT composite score.

The requirement for rated applicants to have both a 2.5 GPA and a 150 AFOQT composite score is also being revoked beginning with the 0405 board.

Starting with the 0405 board, all rated applicants must have a minimum 2.5 GPA, with the only exception going to some applicants with a 150 AFOQT composite score.

For more information on how to apply, call 652-5964.

St. Mary's University

Prospective students with a four-year degree are now able to earn a Texas Teacher's Certification while pursuing a Master of Arts in educational leadership degree at St. Mary's University.

A St. Mary's Graduate School representative is visiting the education center from 11 a.m. to 2 p.m. Feb. 25 to explain this program.

For more information or to schedule an appointment, call 226-3360.

FAMILY SUPPORT CENTER

652-5321

FSC closure

The family support center is closed Monday in observance of Presidents' Day.

Moms, Pops and Tots

The Moms, Pops and Tots group meets from 10 to 11:30 a.m. Thursday at the chapel center annex. This is an educational play group for children age 5 and under.

For more information, call 652-5321.

Airmen's Attic

The Airmen's Attic is open Thursday from 10 a.m. to 1 p.m. for senior airmen and below.

Individuals can drop off donations from 8 a.m. to 4 p.m. Monday through Thursday, and from 8 a.m. to noon Friday. Arrangements can be made for large item pick-up by calling 652-3060.

CHAPEL SERVICES

652-6121

Protestant

Friday - Sweethearts banquet at 6 p.m. at the officers' club

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 - Presidents' Day - chapel center closed

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 - 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

Protestant Men of the Chapel ministry announcement

"Promise Keepers" is coming to San Antonio Aug. 27-28 at the SBC Center. The registration fee is \$59, if paid before Sunday, which is a \$20 discount on the adult fee of \$79.

The event runs from 6:30 to 10 p.m. Aug. 27 and from 9 a.m. to 4 p.m. Aug. 28. A box lunch is provided.

To register, call 1-800-888-7595 or go to www.promisekeepers.org.

For more information, call Jack Coffey at 392-6907 or Dave Thomas at 945-0767.

Catholic

Friday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.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 - Presidents' Day - chapel center closed; No daily Mass

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

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

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

Thursday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1; Cantor practice at 6:30 p.m. in chapel 2; Traditional choir practice at 7:30 p.m. in chapel 2

Ecumenical

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

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

MOVIES

652-3278

Today

"Lord of the Rings: The Return of the King" (PG-13), 7 p.m. Starring Elijah Wood - The last part of the Lord of the Rings trilogy.

Free screenings / Saturday and Sunday

"50 First Dates" (PG-13), 7 p.m. Starring Adam Sandler - A veterinarian falls in love with a girl who has short term memory loss. Tickets to the free screenings are available on a first come, first served basis at the base exchange and Burger King.

Feb. 20

"House of Sand and Fog" (R), 7 p.m. Starring Jennifer Connelly - A man tries to take a house away from its rightful owner.

Feb. 21

"Disney's Teacher's Pet" (PG), 2 p.m. Animation - Spot, the family dog, sneaks into school with his master as a student.

"Chasing Liberty" (PG-13), 7 p.m. Starring Mandy Moore - The daughter of the president ditches the Secret Service to go on a romantic trip with her boyfriend.

Feb. 22

"Disney's Teacher's Pet" (PG), 2 p.m. Animation.

Donating the gift of life



Lackland Blood Donor Center technician Armando Hernandez draws blood from Chief Master Sgt. Jeff Sergent, 12th Flying Training Wing command chief, during the base blood drive Feb. 6 at the clinic. More than 40 Randolph men and women donated blood, which is used to help troops serving in Afghanistan and Iraq as well as patients at Wilford Hall Medical Center and Audie Murphy Veterans Home. For every unit of blood donated, up to three people are helped. (Photo by Steve White)

Tops in Blue soar into Randolph

By Jennifer Valentin
Wingspread staff writer

Randolph members and their families get a special treat Thursday evening as the famous U.S. Air Force entertainment group, Tops In Blue, soars into Hangar 4 at 7 p.m. to perform its newest production.

This year's free 90-minute show, "Soaring with Eagles," takes members on a musical journey celebrating 50 years of Air Force entertainment and 100 years of powered flight. Seating is based on a first come, first serve basis, and the doors open approximately 45 minutes before the show starts.

According to Tom Edwards, the 2003 show's producer and director, "this year is indeed a milestone in the history of the program and the history of the Air Force."

"We plan to celebrate with our fans by performing some of our all-time favorite songs," he said. "It's the music which reflects the true essence of Tops In Blue, and it's what we do best."

According to Tops In Blue officials, audience members get to revisit their favorite songs from the past five decades in this year's show.

"The '60s and '70s come alive with some oldies but goodies from the Supremes, Tina Turner's "Proud Mary," and the Village People's ever-popular "YMCA," officials said. "Favorite hits from Gloria Estafan, MC Hammer, Boyz II Men, Ricky Martin and Marky Mark energize audience

members with all the "Good Vibrations" Tops In Blue has to offer. The night's entertainment builds to the stirring medley that embraces the Soaring With Eagles theme."

"The audience is guaranteed to be captivated by this year's Tops In Blue performance," said Shelta Reese, 12th Services Division marketing director. "It is a must-see show."

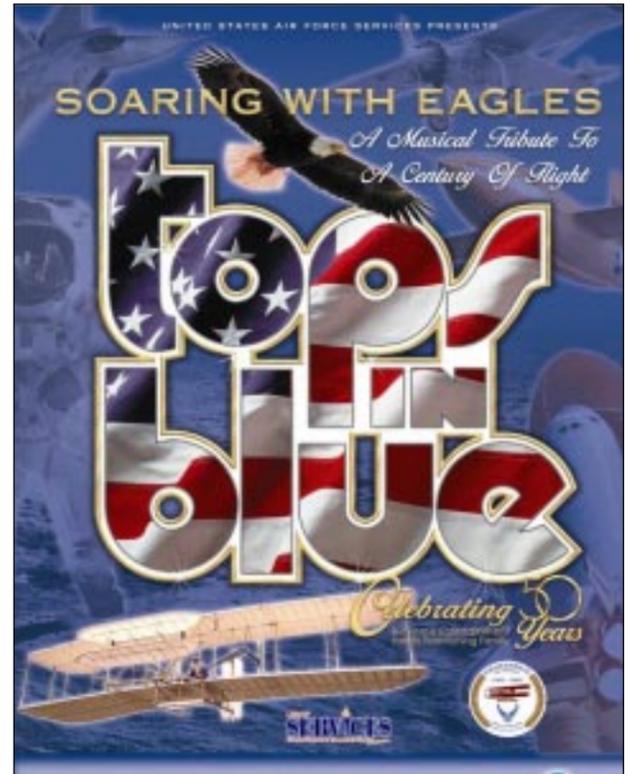
Known as the Air Force's Expeditionary Entertainers this year's team of 35 active duty military members will have traveled to 22 countries and performed over 150 shows by the end of its tour. They have already performed more than 30 shows since Dec. 6.

"They are indeed a reflection of the best of the best," said Mr. Edwards. "As this year's team continues the tradition of worldwide ambassadors, this group of talented young Air Force men and women displays the pride, patriotism, and dedication felt by all Air Force personnel around the world."

Tops In Blue is the U.S. Air Force's oldest and most widely traveled entertainment group of its kind.

Tops In Blue entertainment roots go back to 1953, when Maj. Al Reilly created the Air Force Worldwide Talent Contest to recognize talented airmen in various categories ranging from comedy to vocals and drama. His intent was to create a "family entertaining family."

Major Reilly selected the top talent from the contest and ended up producing a show called Tops In Blue. Since then, Tops In Blue has performed on film, produced albums, and appeared on national television with legends such as Bob



Hope and Ed Sullivan. It has performed in countries such as Taiwan and Iceland, as well as Canada and within all 50 U.S. states.

For more information on the show, call 652-2052.

SERVICES

YOUTH CENTER 652-2088

Theater Camp

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

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

The cost is free and transportation to and from Montana is provided, as well as all meals, lodging and activities.

To apply, submit an application and an audition tape to: Headquarters Air Force Services, 10100 Reunion Place, Suite 402, San Antonio, Texas, 78216.

Audition tapes that were used for the Family and Teen Talent Contest may be used. Submissions must be received no later than March 15.

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

Classical ballet lessons

The youth center is offering morning and afternoon ballet lessons Mondays and Tuesdays. The starting date has yet to be determined, but students may sign up now.

Class sizes are limited. The instructor is Valerie Marengo.

For more information, call 652-2088.

Youth center Valentine dances

The youth center is hosting a pre-teen Valentine dance from 7 to 10 p.m. tonight and a teen Valentine dance from 7 to 11 p.m. Saturday.

For more information, call 652-2088.

Youth employment service program

Teens interested in earning money toward college through volunteer work can do so through the Air Force Youth Employment Service Program.

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

Applications are available at the youth center.

For more information, call 652-2088.

OFFICERS' CLUB 652-4864

Sky Lounge performance

The band "Bop Kings" is performing in the Sky Lounge today from 6:30 to 10:30 p.m.

ENLISTED CLUB 652-3056

Family night with Candyman the Clown

The enlisted club hosts a family night special from 5 to 7 p.m. Feb. 25.

The evening includes an appearance by Candyman the Clown and a family style buffet.

CANYON LAKE 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 the Canyon Lake recreation office at 1-800-280-3466.

ITT & EQUIPMENT CHECKOUT 652-5640

Kinder Gambling Trip

The information, tickets and travel office is hosting a Kinder Gambling Trip Tuesday and Wednesday.

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. and returns at 9:30 p.m. the following day.

Texas Treasure Casino

The Texas Treasure Casino trip departs Building 897 at 7 a.m. Feb. 28 and returns around 9:30 p.m. The trip stops for meals on the way and back, at the customers' expense. The cost is \$25.

Laredo shopping tour set

The next Laredo shopping tour is March 6. The tour departs Randolph from Building 897 at 7:45 a.m. and returns at approximately 9 p.m.

The cost is \$25, and includes round-trip transportation and a tour guide.

Tours Unlimited

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

• Painted Churches in Flatonia

On April 10, tour the painted churches of Flatonia, built by 19th century immigrants. The motor coach departs from ITT at 8 a.m. and returns at approximately 8 p.m.

The cost is \$63, and includes round trip transportation, a guide for the painted church tour and a buffet lunch.

• Monterrey, Mexico trip

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

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

The tour returns at 7 p.m. March 14.

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

• Hill Country Flyer

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

People must sign up by March 12. The cost is \$45.50 a person.

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

ITT offers tickets to the following shows:

- Disney On Ice Presents: "Monster Inc." at the Alamodome, March 11-14. Ticket prices range from \$18-\$44.

- The Producers at the Majestic Theater, March 2-7. Tickets range from \$54-\$80.

Boating safety class

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

SKILLS CRAFT CENTER 652-5142

The skills craft center offers the following classes in February:

Pouring ceramics classes

Students learn how to pour ceramics, properly care for molds and attachments, draping and how to use stains and glazes.

The cost is \$35 plus supplies. Classes are held in four sessions on Saturdays from 11 a.m. to 2 p.m.

Stained glass classes

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

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

Custom framing classes

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

Pottery wheel classes

Students learn clay preparation and work on the potter's wheel.

The cost is \$35 plus supplies. Classes are held in four sessions at 6 p.m. Tuesdays and at 10 a.m. and 6 p.m. Wednesdays.

Youth Ceramics classes

Children age 6 and up learn ceramic cleaning and staining techniques. The cost is \$20 plus supplies. Classes are held in four sessions on Saturdays from 10 a.m. to noon.

E-mail Randolph marquee requests to randolph.marquee@randolph.af.mil

Fit for Life

Officials urge airmen to make lifestyle change

By Bob Hieronymus
Wingspread staff writer

Do you have the heart to be fit to fight?

With the Air Force's new way of measuring physical fitness, the idea of getting fit and staying fit has again taken center stage for many people, said Pat Aguon, director of Randolph's Health and Wellness Center.

"With February being American Heart Month, this is a good time to think about starting your own better heart health program," Ms. Aguon said. "By exercising and eating healthy, people can be fit and also possibly prevent heart disease."

According to the American Heart Association, blood pressure readings higher than 140/90 can be characterized as "high" and may require medical evaluation. Total cholesterol readings in the 200-239 range are considered borderline high, and over 240 are too high. The new Air Force waist size standard of 35 inches or less for women and 40 inches or less for men is another yardstick by which general health can be measured.

The HAWC holds a regular Cardiovascular

Workshop for people who need to understand more about how to gain, or regain and keep good heart health. The course, which meets once a month for three months, is open to all active duty and retired military personnel, their dependents, and Department of Defense employees.

The workshop includes lessons in nutrition, fitness and behavior modification.

"Without learning how to change our life styles, knowing all the facts about nutrition and exercise doesn't do any good," Ms. Aguon said. "Changing the way we eat and our style of physical activity are keys to better health. They are the basic ingredients in a program to make Air Force people ready to carry out their missions," she said. "Being fit for life is the real goal."

People signing up for the course should have a recent lipid profile from their provider. If they do not, the HAWC can order one for them through the base clinic. The workshop is designed to allow time for the participants to change their life styles and see results by the end of the course, Ms. Aguon said.

The next workshop is scheduled for March 8. To sign up, call 652-2300.



SPORTS SHORTS

Varsity women's softball sign-ups underway

Women interested in playing for the Lady Ramblers varsity softball team can now sign-up at the fitness center. All active duty, Department of Defense civilians and family members of active duty assigned to Randolph are eligible to play.

For more information, call 652-5316.

Youth center baseball registration underway

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

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

The cost is \$35 per player, with a \$15 additional fee for those children whose annual fees are not current. The maximum player fee is \$70 per family.

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

BCAA annual golf tournament

The Randolph Black Cultural Awareness Association's annual golf tournament is Feb. 27 at the Randolph Oaks Golf Course. Registration begins at noon, followed by a shotgun start at 1 p.m.

The cost, which includes food, cart and prizes, is \$22 for golf course members and \$30 for non-members. The format is four-person, best ball.

Participants must sign-up by close of business today.

To sign-up or for more information, call Master Sgt. Wanda Howze at 565-2247 or Tech. Sgt. Donald Young at 565-2103.

Aerobathon scheduled

The fitness center hosts a Heart Smart Body and Soul Aerobathon from 9 a.m. to 1 p.m. Feb. 28 in the fitness center annex. This event showcases several different types of fitness and cardiovascular demonstrations to include a cycle class, intro to pre/post pregnancy exercises, intro to basic weight training, yoga and several other variations of exercises and fitness.

For more information, call 652-5316.

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 \$25 for golf course members and \$35 for non-members. Participants can select their own teams. The handicap system is 10 percent of the total team handicap.

There are prizes awarded to the top placing teams, as well as longest drive and hole-in-one prizes on all par 3s.

To reserve a spot, contact your unit first sergeant.

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

Reserving court time for unit physical training

The fitness center only takes letters of memorandum from units wanting to reserve sections of the fitness center for unit physical training -- not phone reservations.

Unit physical training coordinators can submit their requests to the fitness and sports director or designated representative between 8:30 a.m. and 5 p.m. Monday through Friday.

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

Race for the Cure

The 7th Annual Susan B. Komen San Antonio Race for the Cure is March 27 at the Alamodome.

Military teams of 10 or more can register early. There is an award for the largest military team. The deadline for team registration is March 5.

For more information, log on to www.sako-men.org.

Base Champs!

AFPC defeats AFRS 53-46 to claim extramural basketball title

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

After breezing through the regular extramural basketball season, Air Force Personnel Center #1 faced a tough challenger Wednesday night in their championship game match-up against the Air Force Recruiting Service.

Despite some tough play by AFRS, the Personnelists were able to pull out a thrilling 53-46 overtime victory.

"At the start of the regular season, I said we would go undefeated and we did. We never even had a close game," said AFPC coach Terrance Dunkley. "But tonight we had our first close call - (the recruiters) came to play. Luckily, we were able to come together and pull out another win. I wouldn't have wanted our championship game to go any other way - it was a good game."

AFPC's Dunkley, Andre Baylor and Eric Furlow led their team with a combined 36 points and 20 rebounds.

From the tip off, it seemed to be anybody's game. As the teams exchanged the lead, neither team was able to pull ahead by more than 4 points.

While AFPC capitalized on their athletic ability - getting the close shots in the paint, the Recruiters concentrated on getting the ball to shooting guard Randy Knightner, who led the team with 26 of his team's total points - 18 in the first half.

It wasn't until midway through the first half, that the Recruiters took the reigns long enough to go on a 12-point run, taking the score to 27-16. But AFPC didn't let the opposition's run go unchallenged, as they went on an 8-point run of their own, cutting the deficit to 1, at 31-30.

Going into the second half, each team had their game plan down - the Personnelists deciding to play man to man.



Air Force Personnel Center's Andre Baylor goes up for a basket, as Air Force Recruiting Service's Cal Robinson tries to block the shot during the extramural basketball championship title game Monday night. The game ended in overtime with a 53-46 AFPC victory. AFPC managed to go undefeated the entire season. (Photos by Steve White)

"We needed to put pressure on make mistakes," said Coach guard their man and I'll guard (Knightner.) Just keep playing the ball up front and make them Dunkley. "Everyone needs to

like we have been - we've got this."

AFRS' coach had another plan in mind.

"All (AFPC) has is athletes, they haven't had to play defense all season," said AFRS coach Johnathan Gilliard. "We need to box them out, stick to our game and make them work for the ball."

Although AFRS had a good game plan, they didn't count on AFPC's strong defense, as the Personnelists held them to only 11 points in the second half. With AFPC paying close attention to AFRS' Knightner, he was only left open long enough to make three buckets in the half.

As the second half came to a close AFRS went on a late 6-point run to take the lead with 2:00 on the clock, but AFPC was able to hit the final basket and send the game into overtime.

With the game coming down to a matter of minutes, the pressure to win began to show, especially for the Personnelists' whose fans could be heard from as far as the parking lot.

But it was the AFRS team that began to feel the heat - missing open jumpers.

"We played well tonight but started to miss some easy shots in the end," said Knightner. "It was just AFPC's night to shine - they really pulled together in the end and played a good game. We congratulate them - they earned it."

AFPC was able hold the Recruiters to a mere two baskets in overtime, as they managed to capitalize off of their fans' energy and rack up 11 points.

Members of the AFPC squad include: Dunkley, Baylor, Furlow, Diego Brown, Lenwood Bradley, Keith Logeman, Jay Jones and Michael Hanratta.

Members of the AFRS squad include: Knightner, Antonio McClary, Cal Robinson, Gary Kirk, Shelton Smith, Damian Armijo, Rodrick Hector, Alando Respress, Joseph Johnson and Patrick Youngblood.



(Above) Lt. Col. William Muldoon, 12th Support Group deputy commander, presents the Air Force Personnel Center extramural basketball team with the base championship trophy after their victory over the Air Force Recruiting Service Wednesday night. The Personnelists beat the Recruiters 53-46. (Right) Air Force Recruiting Service's Randy Knightner, runs past Air Force Personnel Center's Terrance Dunkley during the teams' extramural basketball matchup Wednesday night.

