

WINGS SPREAD

Randolph kicks off July 4th celebration

By Jennifer Valentin
Wingspread staff writer

Randolph's annual Fourth of July celebration is Sunday from 3 to 10:30 p.m. on the South Ramp. The celebration includes more than 20 food booths, live music, games, crafts, a petting zoo, inflatable giant slide and caricature artists, various sports skills events and a fireworks display.

"The Randolph Fourth of July event is right around the corner," said Shelta Reese, 12th Services Division marketing director. "Come on out and celebrate with family and friends."

Visitors are reminded that coolers, picnic baskets, backpacks, weapons, personal fireworks or pets are not allowed onto the base during the event, but visitors are encouraged to bring blankets and portable chairs. There will be no shade available on the ramp area, so people are also encouraged to wear hats and use a strong sunscreen.

All visitors can enter the base through the west gate. The east gate will be used for vehicles displaying a base decal or sponsored visitors. Base residents are asked to enter the event by Hangar 40.

See page 4 for a schedule of events or for more information, call 652-2052.



Chief promotes professional image

By Gen. John Jumper
Air Force Chief of Staff

Our new Air Force fitness program has been in effect for nearly six months now and I am very pleased with what I see going on around our Air Force. Airmen are exercising more and fitness center usage is up.

I'm glad to see so many Airmen incorporating physical fitness into their routine – an active lifestyle can provide important benefits to personal physical and mental well-being. But as I've said before, there's a zero percent chance we got the program one hundred percent right the first time. I continue to receive feedback and we'll continue to make changes as needed.

In my first "Fit to Fight" Sight Picture, I spoke directly to commanders about their

"This fall, the Surgeon General will convene a panel of medical experts from inside and outside the Department of Defense to analyze our first year of fitness testing results and determine if our standards are where they need to be."



Gen. John Jumper
Air Force Chief of Staff

responsibilities – including their responsibility to ensure their people pass the commander's eyeball test. Feedback suggests this area requires more emphasis.

As I've said, commanders must

be out routinely exercising with their unit to evaluate their squadron's overall fitness and that of individual members.

Equally important, commanders must ensure Airmen

present a professional image while in uniform. They must lead by example – demonstrating an example of a professional image for their Airmen to follow and enforcing the standards they embody. There will be some individuals who can pass our fitness standards but do not present a professional military image.

In these instances, I expect commanders to provide direct feedback to those individuals and, if needed, mandate their participation in multiple fitness educational programs offered by our Health and Wellness Centers. An upcoming change to our fitness AFI will clarify commanders' discretion in referring Airmen for training.

Additionally, I continue to receive feedback regarding the components of the fitness test and

scoring methodology. This fall, the Surgeon General will convene a panel of medical experts from inside and outside the Department of Defense to analyze our first year of fitness testing results and determine if our standards are where they need to be. As these standards are reassessed, we will continue to examine how we document unit and individual fitness scores on performance reports.

This overall review will also include input from commanders to evaluate compliance, identify shortfalls and recommend course corrections to ensure we are on track with providing an environment that supports fitness and appearance standards.

Physical fitness and a professional image – two important aspects of being an Airman.

12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday			Navigator, EWO training			Wing Sortie Scoreboard			
Pilot Instructor Training			562nd FTS	563rd FTS		Aircraft	Required	Flown	Annual
Squadron	Senior Class	Overall	Air Force	284 Undergraduate	44	T-1A	3,205	3,145	4,383
99th FTS	0.2	0.4	Navy	78 International	0	T-6A	6,993	7,050	9,103
558th FTS	0.8	0.2	International	4 EWC Course	0	T-37B	5,820	5,467	7,508
559th FTS	-1.1	-2.2	NIFT	45 Fundamentals	0	T-38A	6,125	5,798	5,949
560th FTS	-0.1	-2.1				T-38C	1124	947	3,612
						T-43A	872	900	1,160

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

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

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

Index

Commentary.....	2
News.....	4
Community.....	NA
Services.....	NA
Sports & Fitness.....	8



AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 156 Team Randolph members are deployed in support of military operations around the globe.

The Randolph WINGSPREAD

12th Flying Training Wing
Editorial Staff

Col. John Hesterman
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

Wingspread online:

www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

This paper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Randolph AFB, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Prime Time Military Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

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

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

Articles may also be sent by e-mail to wingspread@randolph.af.mil 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. John Hesterman
12th Flying Training Wing commander

Agency contact numbers

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

Commissary renovation

Q Who decided we'd rather see "big changes" in our commissary instead of better service, better quality meat and produce, better prices, more choices in products carried, etc? Nobody asked me or I would have told them that just as with public education, big and better buildings don't solve the problems we have. What a waste of money! How do we stop

this fraud, waste and abuse at it's worst?

A The Randolph Commissary renovation is a much needed improvement for our Randolph patrons. The current sales volume exceeds \$40 million annually, necessitating more retail floor space and cash registers. The new décor will enhance customer shopping areas in all departments including bakery and deli, which will offer increased

level of services. More space and improved layout of the facility has been the number one comment and suggestion from customers in past years. Through non-appropriated funds, the completed renovation should accommodate the needs of our active duty, reservists and retirees. Thank you for the question on possible fraud, waste and abuse. It is everyone's responsibility to "ring the bell" when something does not seem right.

Celebrating America's birth

By Gen. Don Cook
Air Education and Training Command
commander

Sixty years ago, as more than 12,000 allied aircraft, about 5,000 naval vessels and 150,000 soldiers were heading toward Normandy Beach, President Eisenhower assured America victory in war and restoration of liberty.

President Ronald Reagan reminded America on the 40th anniversary of D-Day that "From a terrible war we learned that unity made us invincible; now, in peace, that same unity makes us secure."

That unity served as the foundation of our nation when 228 years ago, 56

individuals from the 13 original colonies signed the Declaration of Independence. Absolved from any allegiance to Great Britain, the American colonies declared themselves free and independent.

That unity and expeditionary mindset is also the foundation for our Air Force.

Since the Air Force's beginning, U.S. Air Force members have played a significant role in keeping America's declared independence. From its creation in 1947 to today, our Airmen continue to serve with selflessness and unwavering dedication to preserve our country's freedom just as our founding fathers did in 1776.

As you prepare to celebrate this special

day with your families and friends, I ask that you take a few minutes to remember the sacrifices so many U.S. patriots throughout history have made to ensure our inalienable rights of life, liberty, equality and the pursuit of happiness.

Remember, too, those military men and women serving overseas today who won't be celebrating America's birth on her shores.

On July 4th, pause to remember our heritage and to celebrate the birth of the United States of America, showing pride for the men and women who have made our country what it is today – the land of the free and the home of the brave. Have a happy and safe Independence Day!

Airmen sustain fight for independence of others

By Col. John Hesterman
12th Flying Training Wing
commander

For 75 years the men and women of Randolph Air Force Base have courageously contributed to the price of freedom. From the early days of the Army cadet corps to our current mission of producing the world's finest aviators and supporting worldwide contingences, the Airmen of team Randolph have answered the call to support and defend our nation's liberties.

This 4th of July provides a time for each of us to come together to celebrate the freedom for which we have dedicated our lives. As we gather with our families and friends to celebrate, let us not forget those who paid the ultimate price in service to our

country. We should also pause to remember our fellow service members who are currently away from home defending our nation and supporting the independence of others in Operations Iraqi and Enduring

Freedom and their families who remain behind.

The extended Fourth of July weekend offers the opportunity for a variety of summertime activities. As we embark on this extended weekend, I encourage

you to keep safety in mind first and foremost. As always, I expect you to take good care of yourselves, your families and each other.

I hope that each of you will be able to enjoy our annual Fourth of July celebration here on Sunday at the South Ramp. We have planned a fun family event with activities, food and entertainment capped off by our traditional fireworks show. This is a wonderful opportunity for all our Randolph families and the members of our local community to celebrate our nation's independence.

Finally, thank you all – service members, spouses and extended family – for your service and support of our great nation and for defending the principles upon which it was founded.

Have a happy and safe 4th of July!



Col. John Hesterman
12th Flying Training Wing commander

"As we gather with our families and friends to celebrate, let us not forget those who paid the ultimate price in service to our country."

Congratulations Retirees

July 1
Col. Dennis Stuckey
Air Education and Training Command

July 1
Maj. Bonita Green
Air Force Personnel Center

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.

Walking in your boss' shoes...

By Lt. Col. Debra Doty

12th Medical Operations Squadron commander

Have you ever stopped to think about what it would be like to walk in the shoes of your boss, work out of their office space, and make the "big" decisions? Well, perhaps you should.

When your boss comes to you and says, "You're in charge, I'm off to the races..." you need to be prepared.

The "ABC's" of successful leaders will assist you in meeting these new challenges and future responsibilities.

"A" stands for ATTITUDE. Having a positive attitude in your daily life will reflect in your work as you assume new roles and responsibilities. Your attitude needs to demonstrate sincerity and caring for your troops. You may not be able to fix the problem immediately or alone, but communicating your plan of action to your team will go a long way. Everyone wants to work in a positive

environment. This is linked directly with your leadership style. Remember, it is not power that you are seeking...it is gaining the wisdom of assuming a new role. Never have a chip on your shoulder. Others may view you differently because of your temporary position...be humble and keep a positive attitude.

"B" is always BELIEVE in yourself. At the onset, it is incredibly challenging when you walk in your boss's shoes, often overwhelming. Remember, each time you are given this opportunity, you begin to build on your leadership experiences and your self-belief will grow with the knowledge you gain from the experience. Seek the guidance of your peers and senior leaders, ask a lot of questions, and prioritize your tasks for the team so you maintain the momentum of the challenge. Remember, it is a marathon race that you're running...pace yourself and your team.

Lastly, "C" represents CONSIDER all the facts before

making a difficult decision. Generally, a solo decision is easily eclipsed by the team approach. You, however, may have to make the final decision. Remember, it is not always a democracy; that is why you were given the job. If you are unsure, ask the next level in the chain of command for advice. They have been there before and should be great mentors to you. Be prepared to do extra homework because you are in a new environment. The learning curve can be very steep!

"Don't be afraid to walk in your boss's shoes," is easier said, than done. When your turn comes, grab the opportunity and accept the challenge and responsibility your boss has given you. Your boss has mentored you and knows when you are ready to spread your wings.

When the anxiety level escalates...remember your ABC's. Maintain a positive attitude, believe in yourself, and consider all the facts before making a final decision and you may even surprise yourself!

Unauthorized commitments can lead to trouble

By Kirk Wadsack

12th Contracting Squadron

Unauthorized commitments can have dire consequences. Do you know what an unauthorized commitment is, and how to avoid one?

Unauthorized commitments are purchases of items or services by a government representative who lacks authority to buy them. Only a duly appointed Contracting Officer or authorized Government Purchase Card (GPC) cardholder has the authority to obligate government funds and contractually bind the government.

An individual who has made an unauthorized commitment may be subject to legal, disciplinary and even personal financial liability. Military members can be issued a letter of reprimand or an Article 15. Civilian employees may also be given letters of reprimand or counseling. Unauthorized commitments are a serious matter.

Recently we have seen an increase in the frequency of unauthorized commitments. Each one could have been avoided. The individuals involved may have had good intentions, but the unauthorized commitments still occurred. Here is an example:

An important piece of equipment broke, and it was determined to be beyond the ability of the government to repair it. When senior management inquired as to the status of the problem, a military member interpreted the inquiry as an order to expedite the repair. Without contacting the Contracting Office, he arranged for an outside contractor to repair the equipment. When the facts came to light, an internal review and ratification process had to be accomplished for the contractor to be paid.

The ratification process is unpleasant for all involved. The individual who has precipitated the unauthorized commitment

must prepare a statement of facts with supporting documents. This statement must be reviewed by a senior officer in the chain of command. The senior officer decides whether to recommend ratification, and also drafts a transmittal memorandum which must address the issue of disciplinary action. If the unauthorized commitment is not approved for ratification, the individual member may be liable for the financial obligation incurred.

Here's another example. An office had need of outside banquet facilities and related services. A military member was given instructions to acquire the services. He ordered the services, but he didn't have contractual authority to do so. A GPC cardholder who worked in the office could have assisted in acquiring the services, but he was not informed of the need. When the bill came in, it was given to the cardholder to "handle." But it was too late: the order did not qualify as a GPC purchase. Ratification procedures were initiated.

Lesson learned: never assume a purchase can be "covered" by a GPC card. Only trained GPC cardholders have authority to place orders on their GPC card.

In another case, a government employee with GPC authority placed the order but failed to consider all elements of the purchase. The cardholder had ordered some specialized office supplies. The cost of the supplies was under the cardholder's \$2500 ordering limit. However, the cardholder failed to consider the cost of shipping. The order arrived and the unit began using the supplies. But when the final bill arrived, the additional shipping expense put the total cost at over \$2500 – thus exceeding the cardholder's purchasing authority. Since the cardholder had initiated a purchase which ultimately exceeded his limit, an unauthorized commitment had been made.

The cardholder was required to submit to ratification procedures, and his ordering

limit was lowered to \$1 for the duration of the ratification process. Refresher training was required before his purchasing authority was restored.

Lesson learned: cardholders need to scrutinize each order to ensure they are in compliance with GPC policy and regulations.

Take care to protect yourself from making an unauthorized commitment. Remember, only a duly appointed contracting/ordering officer or GPC cardholder has authority to order supplies, equipment or services from a contractor.

Here are some typical situations to avoid:

- Advising a vendor that the government will be procuring certain supplies or equipment as soon as the contracting squadron "gets the paperwork."
- Accepting supplies or equipment from a vendor on a trial basis. (Contact the contracting squadron to obtain written approval for all vendor demonstrations.)
- Placing a GPC order when you are not the cardholder.
- Arranging for the repair of office machines or other equipment not covered by a contract, by either delivering the equipment directly to a contractor, or by placing a call to have the contractor perform on-site repairs.
- Violating equipment rental contracts by failing to return equipment upon expiration of the rental period.
- Permitting a contractor to continue performance of a service on an expired contract and telling the contractor that the "paperwork" will be forwarded to the contracting squadron to cover the work.
- Purchasing supplies or services with personal funds, and expecting government reimbursement.
- Making a verbal agreement with a service or a construction contractor that either changes or contradicts the terms and

conditions of the written contract.

Some other tips:

- Always allow sufficient lead-time in the acquisition process. Plan ahead! Emergencies do happen; however, they are usually the exception and not the rule. In an emergency situation, contact the customer service liaison at 652-5182 for guidance on processing an emergency purchase request.
- Once the purchase request is received in contracting, don't assume that "no news is good news." Keep apprised of your acquisition status. Follow up to ensure that the contracting officer has signed a contract before you have the contractor start performance. We encourage a close working relationship with all customers.
- Once a contract is signed by the contracting officer, make sure you obtain a copy for your own files. This will leave no doubt as to what you actually contracted for, with whom, and at what cost.
- Before allowing a contractor to begin work, ask him if he has been contacted by someone from the contracting office. If he hasn't, contact us for award confirmation. It will be too late if you let the contractor proceed with delivery or performance, when there is no contract.
- Unauthorized commitments are a serious matter. All effort should be made to prevent them. Good intentions are not a valid reason to make decisions without authority. As government representatives, we all have an obligation to safeguard the government's interest and exercise due diligence in our day-to-day dealings with contractors.
- The 12th Contracting Squadron will assist you in becoming familiar with identification of unauthorized commitments and how to avoid them. We have information pamphlets for your use, and will visit units to provide a 20 to 30 minute presentation on this subject. Call 652-5460, for more information.

NEWS BRIEFS

LES change

Effective July 31, the Defense Finance and Accounting Service will stop sending hard copy leave and earning statements to Air Education and Training Command military members. The LES for Aug. 1 will not be printed and distributed.

Members can log onto myPay at <https://myPay.dfas.mil> and receive a personal identification number to use when accessing their LES to change or review current information, pay statements and W-2 forms. This service is available 24 hours a day, worldwide.

Members may use the One Stop Kiosk located in the lobby of Building 399 or contact the finance office for more information at 652-1858.

E-Cop soon underway

The 12th Security Forces Squadron implements E-Cop, a new program that allows base members to file certain accident and theft reports by computer.

E-Cop is designed for people involved in minor vehicle accidents on base with no injuries, where the vehicles are moveable, and the total damage is estimated to be less than \$10,000. It may also be used by people on base who have had property stolen, when no suspects are yet identified.

When called to the scene, security forces members will decide if those involved need to immediately file a report or if they can use E-Cop. If E-Cop is chosen, the parties involved receive an E-Cop card that has all the information they need.

E-Cop is available online from any base computer or from a computer in the 12th SFS lobby, Building 235. Users can log on through the Randolph Intranet Web site, click on the 12th SFS link and then click on the E-Cop link.

E-Cop reports should be made within 72 hours of the accident. The 12th SFS reviews all reports and determines what further actions are necessary.

For more information, call 652-5509.

Change in Civilian Pay Section hours

The 12th Comptroller Squadron civilian pay section announces a change in the hours of walk-in service.

Effective today, the new walk-in hours are 8 to 10 a.m. and 1 to 3 p.m.

AFPC undergoes major changes

By Master Sgt. Ron Tull
Air Force Personnel Center Public Affairs

AIR FORCE PERSONNEL CENTER – On Thursday, some offices will have new faces as people change desks in one of the largest reorganizations the personnel center has ever seen.

Like a science experiment where cells are taken from one organism and combined with others to form a superior hybrid, AFPC's Directorate of Operations will split and become part of three other directorates.

A new organization, the Directorate of Force Operations, will combine the current responsibilities of the Directorate of Personnel Accountability with DPS' military and civilian field activities divisions, and the Air Force Contact Center.

DPS' plans, analysis and information delivery division will be assumed by the Directorate of Assignments, a move aimed at putting the analysts where they're needed most – in the force development support area.

"This move makes sense," said Col. Roger Corbin, director of personnel accountability. "We're putting the customer service functions in the same place so we can better serve the home station and field commander's requirements."

Major changes are also taking place on the civilian side of the center. The directorates of Civilian Personnel Operations and Civilian Career Management will be realigned to implement Air Force Civilian Career Field Management – all in an effort to more closely align military and civilian career fields and develop future leaders under Force Development.

This realignment will provide a systematic approach to career field management, development and sustainment by identifying cross-functional paths, and will result in filling civilian job vacancies under a career field rather than base-wide servicing construct.

Additionally, the Air Force Standard Core Personnel Document Library personnel will be aligned to directly support the functional teams responsible for civilian force development.



Col. John Hesterman, 12th Flying Training Wing commander, passes the unit guidon to Col. Joseph Schwarz, the new 12th Mission Support Group commander in a formal ceremony Monday. (Photo by Dave Terry)

Col. Schwarz assumes command

By Bob Hieronymus
Wingspread staff writer

Col. Joseph Schwarz assumed command of the 12th Mission Support Group Monday from Col. Greg Patterson. Col. John Hesterman, 12th Flying Training Wing commander, officiated at the ceremony.

With rain water from continuing downpours running curb-deep on the streets, the ceremony was moved from Hangar 4 to the officers club where a crowd of more than 200 assembled.

Colonel Hesterman began the festivities citing Colonel Patterson's style of leadership as effective because of his "humor and panache" and the work of the 12th MSG under his leadership the past two years as having "an element of class seldom equaled."

Colonel Patterson described his tour of duty here as "an absolutely awesome two-year ride." He gave special thanks to the Lord for blessings received and to the wing's group and squadron commanders who were faithful in working together for their common goals. With work already done to Randolph's 75 year-old infrastructure, together with that now planned, he said, "the base will be ready for its next 75 years." He was then awarded the Legion of Merit.

Colonel Hesterman introduced the new 12th MSG commander as "a friend for more than 20 years" and a leader with "an incredible record of accomplishments."

In his introductory remarks, Colonel Schwarz said that he is impressed with the high level of confidence headquarters has in the 12th MSG in its continuing role of managing Randolph, the "Showplace of the Air Force."

Colonel Schwarz graduated from the Air Force Academy in 1983 as a distinguished graduate and outstanding civil engineering graduate. He went on immediately to Columbia University on a Guggenheim Fellowship to earn a Master of Science degree in Civil Engineering. Four years later he was back at the Academy as assistant professor of civil engineering. He was selected as the Outstanding Military Educator at the AFA in 1991.

His assignments have consistently been in the area of civil engineering, first at Patrick Air Force Base, Fla., and later in Saudi Arabia, Tyndall AFB, Fla., and Ramstein Air Base, Germany. He was commander of the 319th Civil Engineering Squadron at Grand Forks, N. D. In his most recent assignment he was Chief of the Engineering and Global Consequence Assessment Branch of the Combat Support Directorate at the U.S. Strategic Command, Offutt AFB, Neb.

Colonel Schwarz is a graduate of Squadron Officer School, Air Command and Staff College, Air War College, and the Industrial College of the Armed Forces. Colonel Schwarz, a native of Colby, Kan., is married to the former Holly Anne Gross. They have four children, Alex, Daniel, Thomas and Sasha.

July 4th schedule of events

- 3 p.m.
Gates open
- 3 to 8:30 p.m.
Children's Area (crafts, games, bubbles)
- 3 to 7:30 p.m.
Fitness and Sports Skills Area
- 3 to 8 p.m.
Petting zoo, giant slide, bungee run
- 4 to 5 p.m.
Ball in Spoon Race
- 5 to 6 p.m.
Children's Bowling Competition
- 6 to 7 p.m.
Hula Hoop Race
- 6 to 8 p.m.
"Wilbert Beasley" and "Body & Soul"
- 8 to 10 p.m.
"Two Tons of Steel"
- 10 p.m.
Fireworks
- 10:30 p.m.
Event ends

Navigators earn special honors

By Tech. Sgt.
Angelique McDonald
12th Flying Training Wing
Public Affairs

Four Air Force lieutenants and one Navy ensign received special recognition during the Joint Specialized Undergraduate Training graduation ceremony June 25.

Second Lt. Chris Zaworski received the Air Education and Training Command Commander's Cup and Jack Donovan Award. Second Lt. Christopher Weir earned the Ira J. Husk Award.

Ensign Gregory Mark earned the Alden C. Markey Award while 1st Lt. Robert Hamilton and 2nd Lt. Daniel Kananen received Academic Excellence Awards. Members of the graduating class received navigator, naval flight officer and Electronic Warfare Officer training with the 562nd and 563rd Flying Training Squadrons.



1st Lt. Robert Hamilton
Academic Excellence Award



2nd Lt. Daniel Kananen
Academic Excellence Award



Ensign Gregory Mark
Alden C. Markey Award



2nd Lt. Christopher Weir
Ira J. Husik Award



2nd Lt. Chris Zaworski, Jr.
AETC Commander's Cup
Jack Donovan Award

Equal opportunity: a way of life

'A promise the Air Force has made'



Master Sgt. Paul Dulin, 12th Flying Training Wing military equal opportunity office superintendent, reviews a case file in preparation for an MEO conference. (Photo by Bob Hieronymus)

By Bob Hieronymus
Wingspread staff writer

"Equal opportunity and treatment for everyone is a promise the Air Force has made," said Tech. Sgt. Aaron Jackson, 12th Flying Training Wing military equal opportunity office, "And it's our job to help make that promise a reality."

Located in Building 220, the people of the MEO office are ready to assist all Randolph active duty and retired military and dependents in matters related to Air Force equal opportunity and treatment programs.

"One of the primary ways we help commanders is through the Unit Climate Assessments," said Sergeant Jackson.

UCAs, the sergeant explained, are conducted in all units with 50 or more military personnel six months after a change of command, upon a commander's request, or at least every two years. The assessment involves completion of anonymous voluntary surveys, together with randomly selected interviews, soliciting people's observations about the equal opportunity and treatment events and atmosphere in the unit. Results of the assessment are provided to the unit commander as a snapshot of the human relations climate within the unit.

The MEO office also responds to all allegations of unlawful discrimination based on race, color, religion, gender, national origin and sexual harassment.

Both informal and formal complaint processes are used to resolve the allegations, Sergeant Jackson said.

The informal processes are focused on resolving the issues at the lowest possible level. They may include counseling, informal letters between the aggrieved parties, and intervention by co-workers.

The next level of informal resolution involves trained mediators, who attempt to resolve the issues before formal complaint processes become necessary. The MEO office has two trained mediators on staff ready to step into the process of resolution when the parties are willing to use those services.



Second Lt. Angela Jimdar, 12th Mission Support Group, and Tech. Sgt. Diana Ytuarte, military equal opportunity office, discuss the status of a unit climate assessment. (Photo by Bob Hieronymus)

The formal side of the MEO process may be invoked when the informal processes have failed to resolve the issue and the complaint must be addressed under the authority of Air Force Instruction 36-2706. The complainant however may choose to immediately initiate the formal process rather than work through the informal steps.

The formal processes are where the rules of "preponderance of evidence" come into play. The MEO is charged with responsibility to gather facts in the case, Sergeant Jackson explained.

"The formal process is the reactive side of our work," the sergeant continued, "but we would rather put the emphasis on the proactive things we can do to prevent small issues from becoming big problems. That's why we make presentations at base newcomers' briefings and at base professional development schools."

"We're here to help the entire base military population," Sergeant Jackson said. "That includes active duty and reserve people, and even retired members and their families."

For more information, call the MEO office at 652-4376.

Reservists, guardsmen may be eligible for FICA refund

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

WASHINGTON – An interpretation of a government rule may mean that mobilized National Guardsmen, reservists and their employers may get a refund on some taxes paid to the federal government.

While researching tax rules for deployed National Guardsmen and reservists, retired Army Reserve Lt. Col. Frank Scattene, a certified public accountant, stumbled upon an interesting fact.

A tax law cited on an Internal Revenue Service Web site states Guard and Reserve servicemembers are exempt from paying taxes on "supplemental income" used by employers. The taxes are used to pay into programs such as Medicare and Social Security under the Federal Insurance Contribution Act and Federal Unemployment Tax Act.

The IRS does not consider the supplemental wages as taxable income because they are not paid for services rendered to the civilian employer, Colonel Scattene said.

Colonel Scattene, who is associated with the Lehigh Valley Military Affairs Council, a nonprofit, tax-exempt

Pennsylvania corporation that assists National Guardsmen and reservists, soon learned of several cases of servicemembers who had employers taking out the tax erroneously.

"The reservists didn't know the rule; neither did the employers," he said.

Although supplemental wages are not subject to FICA taxes, the payments still are income to the guardsmen and reservists and are subject to income tax, he said.

Guardsmen and reservists who had FICA taxes erroneously withheld while on extended active duty should request reimbursement from their employer, said Wayne Spruell. He is the principal director for manpower and personnel for the assistant secretary of defense for reserve affairs.

"Individuals who had an employer erroneously withhold the FICA tax cannot receive it back by amending (his or her) tax return," he said.

Employers may file an amended tax return, using Form 941 to seek proper adjustment, Mr. Spruell said.

Under this procedure, the employer would receive not only the employee's share of the erroneously paid FICA tax, but also the employer's share, he said.

"Employers should want to do this, since they would get their half of the FICA tax back as well," he said.

However, Mr. Spruell said if the employer declines to reimburse the FICA, the guardsman or reservist may file a refund claim using IRS Form 843.

"They will still need to contact the employer and get a statement that the employer is not seeking reimbursement of the FICA taxes," he said.

If the employer is unable or unwilling to file the tax forms, guardsmen and reservists can obtain forms from the IRS, Mr. Spruell said. He advised that it would also be helpful to consult a tax expert.

"If I had not been researching this ... I probably would not have thought about it," Colonel Scattene said. Refunds could range from a few hundred dollars to several thousand, depending on income, he said.

"This appears to be fairly widespread," he said. "There are probably a lot of people who are not getting this money in their pockets."

Since Sept. 11, 2001, about 360,000 guardsmen and reservists have been mobilized to support the war on terrorism, including operations in Afghanistan and Iraq.

LOWER SEGUIN ROAD CONSTRUCTION

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

GATE HOURS DURING HARMON DRIVE CONSTRUCTION

MAIN GATE/HARMON DRIVE

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

SOUTH GATE (Two way traffic)

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

EAST GATE (Two way traffic)

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

WEST GATE (Two way traffic)

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

HIGH SCHOOL GATE

- Closed

Motorcycle safety coaches needed

By Jennifer Valentin
Wingspread staff writer

Enjoy riding motorcycles? Thinking of teaching others how to safely prepare to ride motorcycles?

The 12th Flying Training Wing safety office is now accepting applications for Motorcycle Safety RiderCoach candidates.

"The course is a great opportunity for people who want to teach motorcycle safety to others," said Staff Sgt. Dave Roller, RiderCoach.

Candidates interested in attending the safety course should have two years retainability, and meet Air Education and Training Command and Motorcycle Safety Foundation requirements.

Any motorcyclist with a desire to teach motorcycle safety can apply for RiderCoach training.

The requirements are as follows:

- Be a high school graduate or possess a valid General Education Development Certificate;
- Possess a current, valid motorcycle drivers license;
- Be physically competent to conduct classroom and hands-on instruction, including performing technically correct riding demonstrations;
- Be an experienced motorcyclist who currently owns and operates a motorcycle on a frequent, routine basis.

Anyone meeting the above requirements should contact the base safety office for an application or download an instructor application from the AETC Web site at <https://www.aetc.af.mil/se2/safety/ground/index.htm>.

Applicants for RiderCoach training must have completed the Experienced Rider Course. Ideally, applicants should complete the Basic Riders Course as well. This allows applicants to see the training from the student's point of view.

Applicants must have completed the ERC within one year prior to entering the RCP. If more than one year has passed, it may be required that the applicants' attend the ERC again. It is the applicant's responsibility to arrange attendance in a course before beginning a RCP within the time limit.

After completing the course, RiderCoaches are required to teach at least one course per quarter, according to the safety office.

"By teaching the course once a quarter, the RiderCoach will gain and keep the experience needed to be a successful

teacher," said Sergeant Roller.

Applicants must also work for a training site as a range aide. This is volunteer work necessary to gain insight into the course. A range aide is responsible for range exercises, helping maintain course equipment, and helping to clean up the classroom and range areas before and after courses.

Range aides cannot ride exercise demonstrations, evaluate or coach students, neither can they teach in the classroom or on the range, said Sergeant Roller.

The range aide work allows applicants to view training from the RiderCoach's perspective.

"Being a range aide allows applicants to determine if they really want to be motorcycle RiderCoaches. It also shows us they are willing to commit the time and energy required as motorcycle RiderCoaches," said the sergeant.

The more range aide work applicants do, the better prepared they will be for RiderCoach training. It is suggested that applicants range aide in three or four courses before attending an RCP.

After completion of the applicant's range aide duties, the lead RiderCoach must submit an evaluation of performance and recommendation for RiderCoach training. The ground safety manager may fulfill this requirement in the absence of a RiderCoach. The ground safety manager must approve all RiderCoach applications, according to the safety office.

RiderCoach Preparation Course completion requirements include:

- Complete all written course assignments
- Attend all classroom and range sessions
- Pass a riding skill evaluation
- Achieve a score of 80 percent or higher on the RCP knowledge test
- Receive a satisfactory evaluation on classroom and range teaching assignments in an actual basic motorcycle operator training course conducted during the final weekend of the RCP
- Sign and abide by the professional responsibilities and standards for RiderCoach conduct

The RiderCoach must meet rules of professional conduct including:

- Conduct Rider Courses that meet the standards of the MSF curricula
- Correctly demonstrate all range exercises
- Correctly evaluate and coach student-riding skills



Staff Sgt. Dave Roller, 12th Flying Training Wing safety office, motorcycle safety ridercoach, instructs motorcycle safety course members on different riding patterns and signals. (Photo by Jennifer Valentin)

- Maintain student safety to the highest degree possible
- Demonstrate safe riding habits by always wearing protective gear when riding to, from, and during rider training activities
- Currently operate a motorcycle on a frequent, routine basis
- Ride free of alcohol and other drugs
- Keep a good riding and driving record
- Complete RiderCoach refresher courses when available
- Keep MSF informed of any personal address changes; return MSF RiderCoach surveys promptly
- Seek prior MSF approval before using the credibility of MSF certification as a RiderCoach to take public position on legislative issues or when addressing a public policy forum.

AETC requirements for becoming a RiderCoach are:

- Maintain a professional demeanor when interfacing with students, being especially sensitive to avoid any conduct that might seem inappropriate
- Conduct themselves in a professional manner on and off the riding range
- Keep up to date on current motorcycle safety instruction and information
- Maintain RiderCoach status by conducting the minimum level of required MSF instructional activity 24 hours (three courses) per year

For more information on becoming a RiderCoach, and upcoming course dates, call the safety office at 652-1824.

49 YEARS AGO in the Wingspread

☆ Memorial services were held for five Randolph Airmen killed in two aircraft crashes the previous week. One died in the crash of a B-57 assigned to the 3516th Student Squadron, and four died in the crash of a B-29 assigned to the 3513th Training Squadron.

☆ Capt. Albert Beringsmith, an instructor pilot in the 3511th Training Squadron here, was awarded the Distinguished Flying Cross for a mission in which he was the lead bombardier in a flight of four B-29s on May 3, 1951. The aircraft sustained extensive damage from heavy anti-aircraft fire but the captain was able to successfully place all bombs on target on the railroad marshalling yards at Pyongyang, North Korea.

☆ Formal ceremonies were held to "cap" 13 Red Cross Gray Ladies at the Randolph base hospital. The new volunteers completed a ten-hour orientation course in preparation for their service. It was reported that 24 Gray Ladies contributed 193 volunteer hours at the hospital and library during the month of May.

☆ The local board of Civil Service Examiners announced that 1,000 jobs were available at military bases in the San Antonio area. Pay scales ranged from \$1.53 per hour to \$10,800 annually.

Good eatin'



Pauline Berocher, dining facility employee, makes cole slaw for the lunch hour rush. The dining facility is open from Monday through Friday for breakfast from 5:45 to 7:45 a.m., for lunch from 10:30 a.m. to 1 p.m., for dinner from 4:30 to 6:30 p.m. and for grab n' go from 7 to 8 p.m. They are open weekends and holidays for brunch from 8 a.m. to 1 p.m. and for dinner from 4 to 6 p.m. (Photo by Jennifer Valentin)

Safe BBQing

Outdoor grilling safety vital for family, property

By Daniel Vandergriff

Randolph Fire and Emergency Services

As barbecue season continues, Randolph Fire and Emergency Services reminds everyone of the importance of conscientious outdoor cooking. All grills, gas and charcoal, can be extremely dangerous if not cared for and used properly.

House fires and serious burns have been the result of carelessness with a barbecue grill.

Following simple grilling safety tips reduces those dangers.

- ❑ Don't wear loose clothing while cooking.
- ❑ Be vigilant with small children around. Lighter fluid, propane tanks and hot surfaces are manageable in the hands of adults but dangerous in the hands of children.

- ❑ All grills in use should be at least 10 feet from the house, car, trees and party decorations.

- ❑ Do not use the grill in a garage, breezeway, carport, porch, party tent, covered patio, fire escape or under a



John Davenport, base exchange store associate, checks a barbecue grill before a customer buys it. (Photo by Jennifer Valentin)

surface that can catch fire.

- ❑ Be aware of the regulations if barbecuing in a condo, townhouse or apartment complex. A hot grill too close to the siding of a balcony or patio can melt or burn it.

- ❑ Keep a fire extinguisher accessible near the grilling area.

- ❑ Never leave propane on for more than 30 seconds without a flame. If unable to light it after 30 seconds, turn off the cylinder and

wait five minutes before starting again.

- ❑ A gas grill should be checked for leaks every time the cylinder is replaced.

- ❑ Check the tubes that lead into the burner for any blockage from insects, spiders or food grease.

- ❑ Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.

- ❑ Check grill hoses for cracking, brittleness, holes and leaks.

- ❑ Make sure there are no sharp bends in the hose or tubing.

- ❑ Replace scratched or nicked connectors, which can eventually leak gas.

- ❑ Never use any flammable liquid other than starter fluid, and then only use the recommended amount.

- ❑ Once the fire has started, don't add more starter fluid to ignite the flame. This could result in a flash fire. Use dry kindling or more charcoal instead.

- ❑ Make sure to soak the coals in water before placing them in the trash.

- ❑ Store the grill away from the house until completely cool.

For more information on grilling safety, call 652-6915.

Preparing for back to school expenses

By Steve Mayfield

Family Support Center

Before parents know it, it will be time for the children to go back to school. While the beginning of a new school year brings promise, especially for those parents who are searching endlessly for meaningful activities to get their children involved in, it also represents a potentially "budget-busting" financial situation.

Financial preparations should begin now. The Institute of Consumer Financial Education estimates that parents spend an average of \$600 on school items.

The following tips can be helpful in assisting parents with back-to-school expenses:

- Take an inventory of items that are already on-hand. Look for calculators, pens, pencils, crayons, paper, scissors, etc., along with clothes and other "needs" that children already have and that are still in good condition. To avoid duplication and save money, compile a list of what is found and compare it to the school's supply list.

- After the inventory, figure out exactly what the children need in the way of supplies, clothes and backpacks. This action helps form a shopping list that can be taken when shopping. Differentiate between shopping and buying. When shopping, compare prices, ask merchants about upcoming sales, review advertisements looking for the best price available. Make a note of the best prices on a shopping list. Go shopping before buying!

- Now, add up the prices of all the items on the list. If the total is more than can be spent, determine if there are areas that can be scaled back. If working with a tight budget, be realistic and look to purchase less expensive clothes or supplies.

- Take advantage of special sales. To get the maximum out of these opportunities, complete inventory and shopping lists now. Waiting until the last minute adds an unnecessary sense of urgency to what could have been an orderly, organized and money-saving process.

Remember, Texas has the "no-tax" days for most school-related items, so a spending plan can be timed to take

advantage of that, and other, sales. The Army Air Force Exchange Service typically offers items on sale corresponding with the no-tax days, presenting another opportunity to compare and save!

- Pay with cash. Start saving for these expenses now by cutting back on spending in other miscellaneous areas such as recreation, eating out, cigarettes, alcohol, CD and DVD purchases, and ATM fees. If credit is used, limit the amount to a level that can be paid off within 90 days, and hopefully, back-to-school expenses can be paid off before the holiday season comes.

- Get help if needed. The personal financial management program at the family support center can assist in developing a budget and spending plan, analyzing financial situations and discussing financial options.

The new school year will come fast. Hopefully these tips will help minimize the impact on wallets and pocket books, while providing everything children need to learn and grow.

For more information or to set-up an appointment, call the family support center at 652-5321.

Thrift Savings Plan toll-free service begins today

WASHINGTON – A toll-free telephone service for Thrift Savings Plan participants and beneficiaries begins today.

Callers will be able to receive TSP account or transaction information via the service daily around the clock. They can also speak to a participant service representative at one of two call centers 7 a.m. to 9 p.m. Eastern time Monday through Friday.

The retirement savings plan is for federal employees and similar to the 401(k) plans offered by many private employers. As of May 31, TSP assets totaled more than \$135 billion, and retirement savings accounts were being maintained for nearly 3.3 million participants. Participants include federal civilian employees in all branches of government, employees of the U.S. Postal Service, and members of the uniformed services.

For calls from the United States, Canada, Puerto Rico and the Virgin Islands, the primary toll-free number will be (877) 968-3778 and the TDD number for the hearing impaired will be (877) 847-4385. The current number (504) 255-8777 can be used for all other international calls.

NASCAR at the club



Enlisted club members Dale and Vicki Rae Adermann pose with a life-size cutout of NASCAR driver Ricky Rudd while enjoying a NASCAR event at the club. Air Education and Training Command club members have the chance weekly to win a trip for two to the Ford 400 NASCAR race at Miami Speedway in Homestead, Florida. The trip includes air travel, hotel, a rental car, box seating and pit passes. Club members receive entry forms at each NASCAR race shown at the enlisted club. Members are also eligible to win a \$100 and \$150 gift certificate for merchandise from the NASCAR Web site, as well as caps, mini-cars, bags and lunches. Races are scheduled for Saturday at 6:30 p.m., July 11 at 1:30 p.m. and July 25 at 12:30 p.m. (Courtesy photo)

Children's yoga class offers more than quiet poses

By Airman 1st Class Danny Monahan
5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D. — “Breathe in” and “breathe out” are typically what someone may expect to hear in a yoga class. What is unexpected are children ages 2 to 14 posing like cobras, monkeys and airplanes, and making noises like them.

This is exactly what happens during a children's summer yoga class at the Minot AFB youth center.

“Yoga is a practice of different poses that work your strength, flexibility, endurance and relaxation,” said Courtney Campbell, aerobic program director and a class instructor.

“Yoga can benefit a young child for a lot of reasons,” she said. “It builds strength not only through the bulk, the muscle and the body, but it also teaches kids how to focus.”

Most children do not know anything about yoga, and this program gives them an opportunity to learn something different, she said. Children are always looking to find different ways to keep

themselves busy, and this program is just a new alternative.

“With the child-obesity rate on the rise, parents are looking for a way to get their children active,” she said. “Yoga is (a) way to give them the exercise that they need.”

A young child having trouble balancing at first is not as disappointed as striking out on the baseball diamond, Ms. Campbell said.

“Yoga is also a noncompetitive exercise, and the kids can work at their own level,” she said.

One student is a 10-year-old boy with a form of dwarfism, and he needs to stretch everyday. Yoga helps him enjoy it more.

“He never enjoyed stretching very much, and it is something that he has to do every day,” his mother said.

Ms. Campbell said most of the children's parents stay with them during the class because it is a good way for them to get involved with their children's activities.

While yoga is nothing new, it is a good way to present a form of exercise to children that they would not be normally exposed to, she said.

(AFPN)

Airman changes lifestyle, loses 100 pounds

By Master Sgt. Buzz Ritchie
341st Space Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. — It took a missile maintainer nine months to fix one of the Air Force's most important weapon systems, and he did it out of uniform, without technical orders and after duty hours.

Senior Airman Norman Barore, assigned to the 341st Missile Maintenance Squadron, lost 100 pounds in nine months, dropping from a super-sized 276 pounds in August 2003 to 176 pounds in May. He did it without surgery, supplements or the latest fad diet. He did it the old fashioned way by simply eating less and exercising more.

“I was supposed to sew on senior airman on Sept. 11, 2003,” Airman Barore said. “I knew I'd probably get weighed, and I knew I was way over [the limit].”

When the 6-footer tipped the scale at 276 pounds, his commander told him to lose the weight. Airman Barore enrolled in the health and wellness center's “Sensible Weigh” class.

Sensible Weigh was part of the Air Force's weight management program at the time. A program that combines health risk and fitness has since replaced it, said Maj. Theresa L. Gilbert, a registered dietitian.

The new Body Composition Improvement Program contains the same principles as Sensible Weigh, but is shorter and more interactive, she said.

“There is a greater focus on goal setting, lifestyle changes and group activities to help people make changes in their eating habits,” Major Gilbert said. Monthly follow-ups are mandatory with BCIP; they were not mandatory with Sensible Weigh, she said.

Airman Barore attended Sensible Weigh classes every Friday for four weeks. Half of the class is devoted to fitness, half to nutrition. He said he was not very familiar with either topic.

“I always knew I needed to work out,” he said. “But I never knew how hard or how frequently. The class showed me how to hit my target heart rate for a certain duration.”

Malmstrom's exercise physiologist and fitness program manager said hitting your target heart rate for the right length of time is the most efficient way to train.

“People should strive for four workout sessions per week to meet their fitness goals,” Kirk Clark said. “When they're exercising, they should make sure they're achieving an intensity level high enough to make a physiological change in their body.”

That is why target heart rate is important, he said. It is a measurement people can take while they are exercising that tells them if they are working hard enough to lose weight and improve their fitness.

“To make changes to your body, you should train at your target heart rate for at least 35 to 45 minutes,” Mr. Clark said.

A person can determine their target heart rate by subtracting their age from 220 to get their maximum heart rate. Their target heart rate is 50 percent to 80 percent of their maximum heart rate.

Mr. Clark added that it is important to pick the right exercise to hit your target heart rate while maintaining a level of comfort and interest.

Staying interested in a fitness program was a challenge for Airman Barore.

Airman Barore said he was always big. He played football and wrestled, but never bothered with a fitness program. That changed in August 2003 when he started a fitness regime that included a cardio-vascular workout on an elliptical trainer, weight training and a 2,000-calorie-a-day diet.

“My goal was to lose weight,” Airman Barore said. “Before I joined the Air Force, I had to lose 14 pounds to meet standards. I've been on diets before, but in my opinion, diets are short-term.”

“Diets are typically short-term solutions to long-term problems,” Major Gilbert said.

Diets often require a person to make major changes in the way they eat. That works over a short period of time, but eventually becomes boring, Major Gilbert said.

A slow, steady weight loss is the most effective way to lose the pounds and keep them off.



Senior Airman Norman Barore has lost 100 pounds in nine months thanks to a fitness routine that includes cardiovascular workouts and strength training. (Photo by Airman 1st Class John Parie)

“Short-term diets will do nothing for you in the long run,” the major said.

Instead, she suggested people who want to make changes to their diet should keep a daily food diary. The diary shows people what eating habits, like skipping breakfast, are getting in the way of their fitness goals.

They should also set specific and measurable goals each week, objectives like eating fruit as a snack or drinking water instead of soda, she said.

Airman Barore still keeps a diary, and established a series of goals he could reach quickly to stay motivated and on track.

“My ideal weight for my height is 207 pounds, so my goal was 207 pounds,” he said.

The Air Force's weight management program gave Airman Barore three months

to reach his maximum weight. He did it in less than that.

“But I wasn't satisfied,” he said. “I didn't want to be right under my max. I wanted to be in a safe zone.”

After slimming down to 207, Airman Barore decided 200 pounds “sounded good.” He was hitting the gym late at night four times a week, rearranging the groceries in his cupboards at home to avoid reaching for a candy bar instead of an apple, and reading the nutritional labels on packaged food.

When he stepped on the scale 76 pounds lighter than he weighed in August, he set another, lower goal.

“I asked guys at work [who were] my height how much they weighed,” Airman Barore said. “I got an average of 185. So that was my next goal, to hit 185. That's my kill zone, 20 pounds under my max.”

He is still in his kill zone. He has weighed 176 pounds since March.

“I look at pictures of me before, and I can't imagine ever weighing that much again,” Airman Barore said. Not only is he lighter than before, his work has improved. “I have more energy when we deploy to the field,” he said.

Maintenance work on ICBMs in Malmstrom's missile field includes climbing ladders from one level of the launch facility to the next. When he weighed in at 270-plus, Airman Barore had to stop and rest from one level to the next. But not anymore.

When he ran his 1.5-mile fitness test in February, he finished third in his duty section, turning in a time of 12 minutes and 36 seconds. Three months later, he lowered his time 33 seconds.

Friends and family have noticed the change too.

“My wife tells me ‘you look really good’ and guys at work say I look a lot better. People ask me what my final goal is, but I haven't really reached the end,” he said. “I've changed my life style and turned my life around. I'm not going back.”

For more information, contact the health and wellness center at 652-2300.

(AFPN)