

WINGS SPREAD



Staff Sgt. Boyd Myers, Web applications developer at the Air Force Personnel Center, revisits the river where he rescued a mother and daughter from its rapids. (Photo by Capt. Brandon Lingle)

NCO rescues two people from river

By Capt. Brandon Lingle
Air Force Personnel Center Public Affairs

When a staff sergeant from the systems programs office at the Air Force Personnel Center went to a local river for a relaxing tubing trip recently, he was not expecting to save the lives of two people from the rain-swollen waterway.

Floating down the usually calm river on an innertube is a common pastime in nearby New Braunfels. But a normal day on the river came to an abrupt end for Staff Sgt. Boyd Myers, a Web applications developer, when he reached the bottom of a manmade water slide portion of the river called the "Tube Chute."

"Normally the chute isn't that intense, but with the higher water it was much faster than normal," he said.

Sergeant Myers had just reached the bottom of the chute

and was caught in an eddy when he heard frantic screams from a nearby woman. Then he realized that an adolescent girl had fallen off her tube and was caught in the rapids.

"I saw the little girl come up for a moment, but she was knocked back under water by other tubers and then became trapped under her own tube," said the sergeant, a frequent tuber. "I will never forget the look of fear that was on her face. That's when I decided to leave my tube and try to swim through the rapids to get her."

"He dove under the water, grabbed the little girl, battled through the currents and the people, and swam her to the side," said DeAnn Little, another tuber who witnessed the rescue.

"Luckily, I was able to get to the girl by swimming underwater," Sergeant Myers said. "The current under the surface almost brought me right to her, but I had to fight

the currents to get her to the side."

Upon realizing that the girl's mother was also caught in the undertow, he swam back into the churning water to attempt to rescue her as well.

"When he got to the mother, she was panicking and basically wrapped him up," Ms. Little said. "He was somehow able to get her over to the wall too."

"Rescuing the mom was a lot more difficult," Sergeant Myers said. "I had to fight the current to get to her."

Had he not acted as he did, the little girl and possibly the mother would have drowned, Ms. Little said.

"I know that anyone would do what I did; I just happened to be there," Sergeant Myers said. "The fact that I may have helped a child to be able to play with her friends today is more reward than anything I could receive."

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 | 245 Undergraduate | 54 | T-1A | 3,229 | 3,169 | 4,383 |
| 99th FTS | 0.2 | -0.4 | Navy | 78 International | 0 | T-6A | 7,036 | 7,068 | 9,103 |
| 558th FTS | 1.3 | -3.0 | International | 4 EWC Course | 0 | T-37B | 5,844 | 5,493 | 7,508 |
| 559th FTS | -4.4 | -5.0 | NIFT | 51 Fundamentals | 0 | T-38A | 6,138 | 5,814 | 5,949 |
| 560th FTS | -1.4 | -4.1 | | | | T-38C | 1,154 | 986 | 3,612 |
| | | | | | | T-43A | 877 | 909 | 1,160 |

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

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

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

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AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 158 Team Randolph members are deployed in support of military operations around the globe.

The Randolph

WINGSPREAD

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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 |

Voting

Not just a right, it's a duty

By Chief Master Sgt. Manny Sarmina
Air Force Surgeon General Office

BOLLING AIR FORCE BASE, D.C. – On Sept. 18, 1787, the final day of the constitutional convention, Benjamin Franklin emerged from Independence Hall in Philadelphia into a crowd of curious spectators. The people were eagerly waiting for news of what form of government he and his fellow delegates had created for the young nation.

A woman stepped forward and asked Mr. Franklin, "Well, doctor, what have we got, a republic or a monarchy?"

Without hesitation, Mr. Franklin replied, "A republic, if you can keep it."

His prophetic reply is just as true today as it was more than 200 years ago.

"We the people" have a sacred obligation to safeguard "for ourselves and our posterity" the blessings of liberty our forefathers fought so hard to achieve. And the most fundamental obligation is the responsibility of every eligible citizen to vote.

This November, many Americans will take part in the democratic process by going to the polls to exercise their right to vote.

Sadly, many more will not. In fact, if this year's election turnout follows historical trends, more than half of the voting-age population will not bother to vote.

At stake this fall are the offices of the president and vice president of the United States, one-third of the seats in the U.S. Senate, the entire House of Representatives, 13 state governorships, and a host of other state and local offices, initiatives and issues.

Judging by voting statistics, "we the people" take our right to vote for granted. But the idea that the people should choose their leaders was once very radical in a world ruled by monarchies and oligarchies. Enlightened philosophers like John Locke and Thomas Jefferson, however, argued that

"We the people" have a sacred obligation to safeguard "for ourselves and our posterity" the blessings of liberty our forefathers fought so hard to achieve. And the most fundamental obligation is the responsibility of every eligible citizen to vote."

Chief Master Sgt. Manny Sarmina
Air Force Surgeon General Office

self-government is a natural right of every person, and that governments derive their powers from the consent of the governed. Our fundamental belief in the right of self-government, so eloquently expressed in the Declaration of Independence, and achieved by the blood of patriots in the American Revolution and on every battlefield since, is the cornerstone of our American political system. The U.S. Constitution provides the framework through which our political system works, and guarantees each state a "republican form of government," a republic being a political system in which power resides in citizens who are entitled to vote for representatives responsible to them.

Elections, therefore, are a crucial component of our representative democracy.

The right of all citizens to vote, however, did not come automatically, but evolved gradually – often painfully – over the course of two centuries.

For example, it is interesting that the person who asked Mr. Franklin what form of government the new nation would have was a woman, because the right to vote did not extend to her. In fact, during the

colonial period and early years of our nation, voting was generally restricted to white men who owned property. Other people such as women, blacks, American Indians and even members of certain religious groups could not vote.

The framers of the Constitution could not agree on who should be given the right to vote, so they deferred to the states. The Constitution, therefore, left to each state government the power to decide who could vote. Many of the early battles over the right to vote took place at the state level.

Overall, the struggle to achieve universal suffrage for all Americans was a long, often painful one, attained only by the heroic efforts of many Americans who understood the importance of free elections in a representative democracy.

Today, the right to vote is so universally accepted as our most fundamentally basic of rights that we have forgotten the sacrifices it took to win that right. The struggle for universal suffrage reminds us that those things worth fighting for are also worth remembering, and, more importantly, exercising.

The right to vote is a symbol of our equality and the true source of our liberty. We should never forget what it took to win the right to vote and how important it is to the workings of a free and democratic society.

By voting, you are not only ensuring your voice is heard, you are paying homage to those brave Americans who struggled to win that right for all Americans.

Amid the celebrations for our nation's 228th birthday, let us renew our commitment and pride in our sacred liberties, our governmental institutions and our vibrant political system.

Apathy is never an excuse not to vote. Your vote counts, so make sure it is there to be counted.

(AFPN)

Congratulations Retirees

July 1

Master Sgt. Juan Demiranda
Air Force Recruiting Service

Today

Tech. Sgt. Herman Brooks
Air Education and Training
Command

Monday

Senior Master Sgt. Paul Wiley
Air Education and Training
Command

Wednesday

Lt. Col. David Filippini
19th Air Force

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.

Randolph, Universal City team up for simulated emergency response

By Master Sgt. Leon Roberts
12th Flying Training Wing Public Affairs

Universal City residents can expect to see smoke and hear sirens next Thursday morning near the intersection of Universal Road and West Aviation Boulevard, but they need not worry. Randolph Air Force Base and Universal City emergency response officials are conducting a Major Accident Response Exercise from 8 a.m. to noon that day to gain valuable training and experience responding to a simulated aircraft crash and subsequent hazardous material incident.

Kim Turner, Universal City Economic Development and Promotions director, said although the accident may look real enough during the exercise, residents nearby need to know prior to the exercise that nothing unpleasant actually has occurred.

Ms. Turner encourages local residents to remain calm, avoid the scene, and plan an alternate route if driving through the area. During the exercise, local motorists can expect to be detoured away from the vicinity, she said. Only parts of West Aviation will be closed. Pat Booker Road, 1604 and FM 78 will not be closed.

Officials from Randolph, Universal City, Bexar County, San Antonio, HEB Corporate Headquarters, and Union Pacific Railroad began coordinating the details of this exercise in February 2004.

The goal, officials stress, is for all involved in the exercise



David Boeckman is put on a flat board by paramedics during a Joint Emergency Response Exercise last year at the Motorola Plant in Seguin. (Photo by Jennifer Valentin)

to "practice" in a high-quality learning environment to better handle the "real" incidents wherever they may occur.

"By working and coming together, Universal City and Randolph and the many entities involved will adapt and better cooperate to protect property, resources and perhaps even save lives if an actual incident happens," said Henry King, 12th Flying Training Wing Exercise Evaluation Team chief.

49 YEARS
AGO

in the Wingspread

☆ The Air Force Thunderbirds, flying their F-84F fighter jets, presented a thrilling air show for 231 AFROTC cadets and an estimated 1,000 spectators.

☆ In the one month since they opened, 150 men have moved into the new Randolph bachelor NCO quarters (Buildings 601,602 and 603). Only 18 vacancies were still available. The services available cost each person \$6 per month for double occupancy and \$9 for a single room. A new regulation requires all bachelor NCOs to live in this base housing.

☆ A classified ad offered flying instruction at \$7.50 per hour, including a solo flight in seven hours. The headline read "Learn to Fly \$51.50." Two weeks later the same individual offered a package deal for the same training at \$49.95.

☆ The new Air Force Academy was preparing to swear in its first class of 301 cadets at its temporary facilities on Lowrey Air Force Base, Denver, Colo. More than 6,000 applications had been received.

☆ Through intensive safety awareness programs the previous year, the Northrop Aircraft Company was able to save enough in man-hour costs not lost to accidents to pay for production of one new F-89D all-weather fighter interceptor. The airplane was delivered to the Air Force with a green National Safety Council circle and cross logo painted on its wings.

'Military One Source' Provides assistance anytime, worldwide

By Rudi Williams
American Forces Press Service

WASHINGTON – The Defense Department has established a "one-stop" place to go whenever servicemembers or family members need assistance with any kind of problem.

It is called "Military One Source," and is available anytime, worldwide, said John Molino, deputy undersecretary of defense for military community and family policy.

"Military One Source is a revolutionary augmentation to the family services we currently have on military installations around the world," Mr. Molino said.

Each branch had its own program, and now DOD officials are bringing them together as Military One Source, Mr. Molino added. He said the program is intended to complement assistance already offered. Mr. Molino said Military One Source allows DOD officials to provide assistance to families and servicemembers via the Internet or a toll-free telephone number.

Services available include help for common, everyday difficulties to life's most complicated situations, he said.

"It's a remarkable way to step forward into a new generation of providing services," he said. "It's a place where no matter when (a) situation occurs, the military family member or servicemember could make a phone call or go on the Internet and begin to get some help."

Each military branch provides a lot of family services on installations, but Mr. Molino said that about two-thirds of

military families live off base.

"The people who are off the installation tend to be the most junior folks," he said.

"They may not have the financial resources to have two cars, or to get themselves back and forth to the installations to get those services," Mr. Molino said. "So what One Source does is provide the opportunity to make that phone call and let us bring the services, literally, figuratively and electronically, to your home."

When people call for help, the person responding will have at least a master's degree in social work or some kind of counseling service, Mr. Molino said.

"That person is trained specifically to deal with military issues – issues that complicate military life. So they're very sensitive to what you ask," he said.

"Some people think they're the only people who ever experienced whatever their problem is, and, of course, they're not," Mr. Molino said. "Most everyone goes through different phases and different cycles."

The person on the other end does not make judgments about situations, he explained.

"They're there to listen to what you have to say, evaluate it and give you the beginnings of an answer or actually the answer to your question," Mr. Molino said.

Military One Source provides information on a gamut of situations: from needing a plumber in the middle of the night to fix a broken pipe, to needing veterinary service for a sick dog. It also handles things like helping families new to an area find child care, or information about

the school system, summer jobs – whatever is needed.

"One Source can get all that information and provide it to you in a most efficient manner, whether it be electronically or getting back to you on the telephone," Mr. Molino said.

People should not be afraid or embarrassed to seek help from Military One Source, he said.

"The person at the other end of the phone isn't going to be judgmental about your situation," he said.

Word of mouth is the best way to get the word out about Military One Source within a unit, he said. For example, Mr. Molino said, "If I'd made a phone call and had a positive experience, I can tell you about it. I can say, 'You know, I tried One Source one time, and it worked for me. You ought to give it a shot.' Asking for help isn't a sign of weakness; it's really a sign of being smart – it's a sign of smartness."

He pointed out when servicemembers are deployed, they can put their minds at ease knowing that if their family needs help, it is only a phone call away.

Putting himself in that position, Mr. Molino said, "I would find it very (comforting) to know that my family back home has that option ... and they don't have to wait for the family center to open. They don't have to find a way to get to the family center. My wife wouldn't have to find a way to have the children taken care of."

"If there's a language problem, One Source is able to provide services in more than 100 languages, usually in less than a minute's delay," he said.

Military One Source also can be helpful to active-duty servicemembers. They do not have to take time off from work or training to solve a problem. All they have to do is call Military One Source, Mr. Molino said.

He emphasized that Military One Source counseling service is not mental-health counseling or counseling for an illness that might be burdening somebody.

"We have a health-care system that provides that service," he said. "This is a different kind of counseling. It's for folks that experience difficulties day to day."

When a servicemember is deployed, the family adjusts to his or her absence. Somebody is walking the dog and taking out the garbage. When the servicemember comes back, he or she has to fit back into the family. Sometimes that creates friction, Mr. Molino said.

All families have some degree of difficulty, and most of them manage to work through the problem. But sometimes they need a little assistance, and one phone call can now get them that kind of counseling, he said.

Military One Source is also available to National Guardsmen and reservists being called to active duty for Operations Enduring Freedom and Iraqi Freedom.

The toll-free numbers for Military One Source are:

☐ From the United States: (800) 342-9647.

☐ From outside the United States (where available): (800) 3429-6477.

☐ International collect: (484) 530-5747.

(AFPN)

ROTC horizons expand

Base NCO to teach in Reserve Officer Training Corps classroom



Tech. Sgt. Mike Sanders, 560th Flying training Squadron superintendent, checks a duty roster for accuracy before posting the assignments. Sergeant Sanders was recently selected to become one of the first NCO Reserve Officer Training Corps instructors. (Photo by Bob Hieronymus)

By Bob Hieronymus
Wingspread staff writer

Tech. Sgt. Mike Sanders, superintendent of the 560th Flying Training Squadron, has been chosen to be part of a new program in which non-commissioned officers will teach classes at Reserve Officer Training Corps detachments on college campuses.

At the direction of Dr. James Roche, Secretary of the Air Force and Gen. John Jumper, Air Force Chief of Staff, the Air University is beginning a three-year test program of using NCO instructors alongside commissioned officers at selected Reserve Officer Training Corps detachments. If the test goes well, all 144 ROTC detachments will get similar assignments.

The eight master sergeants and two tech sergeants selected for the test program recently earned their Air Force instructor badges in a three-week course at Maxwell AFB, Ala., but their real work will begin once they arrive on their stations. There they work with their local professors of aerospace science to identify the specific classes they will teach, said Sergeant Sanders, who will report to the University of Portland in Oregon later this month. He will begin teaching a month later.

"None of us will end up teaching exactly alike. We come from a broad spectrum of Air Force careers," he said, "ranging from aircraft maintenance, to dental technician, to security forces. Each of us will have to fit into the existing ROTC curriculum and work with the

commissioned instructors who are already in the detachments."

Sergeant Sanders said that he has often thought about teaching in a junior ROTC environment when he retires. "This opportunity to teach at a college level is a blessing I could not have even imagined. Just to think that some of the cadets in the classes I teach could go on to become commanders and maybe even generals – its awesome," said the sergeant, who holds a bachelor's degree in liberal arts with an emphasis in business management and communications from Regents College of New York.

"Many of our junior officers enter active duty in critical leadership positions," said Col. Steven Wayne, ROTC commander at Maxwell AFB. "We must establish a thorough understanding of the crucial relationship that exists between the officer and enlisted corps at the very beginning of an officer's professional development – not wait until they're on active duty. We owe it to our enlisted folk to ensure our officers are leadership ready as well as mission ready."

Sergeant Sanders has been an information management specialist for all of his 15 years of service. The 41-year old sergeant and his wife home schooled their son who is soon to finish high school, and they also have a 5-month old. Sergeant Sanders also coaches a home school coalition cross-country team and is active in leadership in his church.

(Master Sgt. Ralph Bitter, Air University Public Affairs, contributed to this article)

AF announces selections to captain

AIR FORCE PERSONNEL CENTER – Twenty-two Randolph lieutenants were selected to captain recently.

The CY04A Quarterly Captain Selection Process selected 956 lieutenants for promotion to captain. The entire list is posted on the Air Force Personnel Center's homepage at www.afpc.randolph.af.mil/offprom/.

The captain's process considered 962 officers. The results of the CY04A Quarterly Captain Selection Process are as follows:

Selection statistics in-the-promotion zone:

Line - 777 selected from 779 considered for a 99.7 percent select rate

Chaplain - 7 selected from 8 considered for an 87.5 percent select rate

JAG - 47 selected from 47 considered for a 100 percent select rate

NC - 64 selected from 65 considered for a 98.5 percent select rate

MSC - 19 selected from 19 considered for a 100 percent select rate

BSC - 41 selected from 41 considered for a 100 percent select rate

Selection statistics above-the-promotion zone:

Line - 1 selected from 3 considered for a 33.3 percent select rate

Randolph's new captain selects are:

Air Education and Training Command

Deborah Buck
Mark Davis

Paul Hoff
Mark Lebrun
Alejandro Rangel

12th Flying Training Wing

Charles Warren
Darnell Roper
Matthew Ernest
Melissa Klausman
Gabriel Gonzalez

Air Force Recruiting Service

Brian Batson
Jeffrey Maldonado
James Venters

Air Force Manpower Agency

John Mcinnis
John Vyhlidal

Air Force Occupational Measurement Squadron

Eric Edge
Holly Hector
Michelle Nash

Air Force Security Assistance Training Squadron

Jeremy Taylor
Connie Williams

Joint Personnel Property Shipping Office

Frank Copous

HQ Air Force Services Agency

Elenah Kelly

AETC scientists, engineers selected for excellence

By 1st Lt. Elaine Larson
Air Education and Training Command Public Affairs

Air Education and Training Command recently announced its nominees for the 2003 Air Force Outstanding Scientist, Engineer, and Science and Engineering Educator contests.

"It is once again time to recognize contributions that our Air Force scientists and engineers make in enabling, delivering and sustaining air and space war fighter capabilities," said Lt. Gen. John D.W. Corley, the principal deputy to the assistant secretary of the Air Force for acquisition, in his call for nominations.

The Air Force Outstanding Scientist Award and the Air Force Outstanding Engineer Award recognize the top Air Force scientists and engineers, respectively, who make noteworthy contributions to technology or technical problems in sustaining, testing, training or advancing Air Force systems.

The Air Force Outstanding Science and Engineering Educator Award recognizes the top Air Force instructor whose contributions and performance best characterize the principles of excellence in science and engineering education.

All scientists and engineers from across AETC are eligible to compete, according to Capt. Chris Chocolaad, AETC Command Studies Flight commander. However, only one team and eight nominees of 133 scientists and 67 engineers command-wide were nominated for the Air Force competitions.

The command's nominees, eight of

whom are assigned to the AETC Studies and Analysis Squadron here, are:

□ 1st Lt. Erika Banks, who will compete for the outstanding scientist award in the junior military category.

□ Capt. June Rodriguez, who will compete for the outstanding scientist award in the mid-career military category.

□ Lt. Col. T. Lee Williams, who will compete for the outstanding scientist award in the senior military category.

□ Dr. Peter Joffe, who will compete for the outstanding scientist award in the junior civilian category.

□ Dr. Kenneth Levi, who will compete for the outstanding scientist award in the mid-career civilian category.

□ Command Studies Flight, which will compete for the Air Force Outstanding Scientist Team award.

□ 1st Lt. Tanya Garcia, who will compete for the outstanding engineer award in the junior military category

□ Capt. Jay Cryderman, who will compete for the outstanding engineer award in the mid-career military category.

□ Lt. Col. James Petrosky, assigned to the Air Force Institute of Technology at Wright-Patterson Air Force Base, Ohio, will compete for the Air Force Outstanding Science and Engineering Educator Award.

Each competitor's nomination package will meet a board comprised of voting members of the Scientist and Engineer Policy Council and will be rated on three areas: operational impact, innovative improvements and customer focus. The winners will be announced this fall.

Uniform board releases results

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON – Air Force officials recently released the results of the 96th Air Force Uniform Board held June 18 and 19.

The chief of staff approved a number of changes, affecting everything from cell phones to scarves. Among the changes are:

- ❑ Establish a standardized Air Force physical training uniform.
- ❑ Redesign the female lightweight blue jacket.
- ❑ Authorize the lightweight blue jacket to be worn indoors.
- ❑ Authorize, as an option, to have the Air Force symbol embroidered on the lightweight blue jacket.
- ❑ Offer the A-line skirt as an optional item.
- ❑ Authorize the black scarf only with

all Air Force uniforms, eliminating white, gray and olive drab options.

- ❑ Redesign and revise maternity uniforms.
- ❑ Authorize conservative ornamentation on nonprescription sunglasses and eyeglasses.
- ❑ Authorize one small, black, nondescript personal digital assistant, pager or cellular phone at a time to be worn on the uniform belt.
- ❑ Allow females to wear small, black spherical earrings when in uniform.
- ❑ Allow black web belts or black riggers belts with nondescript buckles as an optional item with the battle dress uniform.
- ❑ Remove the requirement to wear a tie or tab with short-sleeved shirt or blouse while traveling on a commercial airline.
- ❑ Authorize only a solid-color black

backpack with blue uniform combinations and solid black, olive drab or woodland camouflage backpack with battle dress uniforms.

- ❑ Authorize wear of a backpack over both shoulders.
- ❑ Redesign the security forces beret.
- ❑ Allow the wear of plain black conservative hairpins, combs, headbands, elastic bands and barrettes with all female hair colors.
- ❑ Allow males to cleanly shave their heads or have military high-and-tight haircuts; females are not authorized to shave their heads or wear high-and-tight haircuts.

More information about these and other uniform board decisions will be included in the next update of Air Force Instruction 36-2903, being released this summer. Questions should be addressed to local military personnel flights.

NEWS BRIEFS

Military leave and earning statements change

Effective July 31, the Defense Finance and Accounting Service will stop sending hard copy leave and earning statement 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 Building 399 lobby or contact the finance office for more information at 652-1858.

Change in Civilian Pay Section hours

The 12th Comptroller Squadron civilian pay section announces a change in the hours of walk-in service. The new walk-in hours are 8 to 10 a.m. and 1 to 3 p.m.

SECAF approves 'V' device for heroism award

Secretary of the Air Force Dr. James Roche has authorized use of the "V" device, to represent valor, on Distinguished Flying Crosses awarded for heroism.

The decision is intended to clearly distinguish and denote a DFC awarded for heroism. It allows any Reserve, Guard or active-duty Airman or Air Force DFC recipient honored for heroism on or after Sept. 18, 1947, to wear the "V" device on the DFC.

The approval is effective immediately; Airmen previously awarded the DFC for heroism, as indicated on the citation, certificate or order, are now authorized to wear the "V" device.

"There is no requirement to have a personnel office verify entitlement to wear the 'V' device," said Master Sgt. Al Salinas, chief of the recognition programs branch at the Air Force Personnel Center here. "Simply put, anyone awarded the DFC for heroism is entitled to wear the

device. Also, the military personnel data system will be updated later this year to reflect the DFC with valor in active-duty Airmen records."

If needed, current Airmen who have lost personal copies of their citation or order may inquire about obtaining a replacement copy from their servicing military personnel flight. Veterans may seek copies from the National Personnel Records Center at the following address:

National Personnel Records Center,
9700 Page Avenue, St. Louis, MO, 63132.

Airmen may purchase the "V" device from an Army and Air Force Exchange Service clothing sales store, or contact their servicing MPF's awards and decorations section for issue. Veterans may purchase the device through AAFES or commercial sources.

For more information, call the awards and decorations section at 652-3848.

(Courtesy of AFPC News Service)

Commander Connection

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



Maj. David Haase
12th Logistics Readiness Squadron commander

Key to success in the Air Force:

"First, discipline must permeate everything we do. Second, persistence, energy and unity of effort will resolve any shortfall and achieve mission success. Third, never forget that 'things don't work, people do.'"

Hometown:

South Lake Tahoe, Calif.

Vision for the unit:

The Right Stuff - The Right Place - The Right Time!

Previous assignments:

Maxwell Air Force Base, Ala.

Camp H.M. Smith, Hawaii

Kadena Air Base, Japan

Most memorable Air Force experience:

Meeting Col. Gail Halvorsen who was best known as the Berlin Airlift "Candy Bomber."

Tour of San Antonio scheduled

By Jennifer Valentin
Wingspread staff writer

New to the base and San Antonio? Want to know where all of the sites are? Take a tour with the family support center.

The family support center offers a free tour of San Antonio July 30 from 8:30 a.m. to 3:15 p.m.

"The tour includes everything from historic site visits to shopping," said Sandra Nichols, relocation assistance center manager.

Visitors start off with a tour of the historic Guenther House and Pioneer Flour Mills near downtown San Antonio. This stop offers a museum, restaurant and retail store. The tour members also visit Mission San Jose, an active parish that was founded in 1720, where they learn about the history of San Antonio missions, said Ms. Nichols.

Historic Market Square is the next stop for the tour group. The attendees can dine together for lunch at one of the market's

Mexican restaurants. There, the group also gets to do some shopping at El Mercado, a Mexican marketplace.

"The tour would not be complete without touring the Alamo and the Riverwalk, where the group gets to experience even more sightseeing and shopping!" said Ms. Nichols.

"The tour, led by a volunteer guide will highlight many interesting places along the way," she added. "Our goal is to help people new to San Antonio adapt to the city and learn about the different historic and fun places."

Volunteer tour guides are always needed.

"Becoming a volunteer tour guide is an excellent opportunity for outgoing individuals to represent Randolph and San Antonio," said Ms. Nichols. "Training will be provided."

The tour is open to all Randolph personnel, their family members, visitors and children 12 and older. Childcare is provided with home day care providers for children under the age of 12.

For more information, call 652-3060.

Fire & Emergency Services Flight

Training to save lives, property part of daily routine

By Jennifer Valentin
Wingspread staff writer

As they hear the alarm inside the station sound, the firefighters, adrenaline pumping, suit up and climb into the fire vehicles, ready to roll, prepared for whatever may come their way.

With 77 members, the Randolph Fire and Emergency Services Flight protects the base through prevention and protection.

"Our firefighters go through training constantly," said Master Sgt. Don Musselwhite, assistant chief of operations. "Training is continual, seven days a week."

Firefighters start their training during a 68-day course at the Louis Garland Department of Defense Fire Academy, located at Goodfellow Air Force Base in San



Senior Airman Jason Stumbaugh takes a break during his shift to cook a quick meal. With 24-hour shifts, the firefighters often 'live' at the fire station, with access to beds, a kitchen and a recreational area. (Photo by Jennifer Valentin)

Angelo, Texas. There, they go through seven blocks of instruction, including first aid and CPR. They also study hazardous materials and learn about aircraft.

Certain firefighters are also certified as Emergency Medical Technicians. The advanced training enables them to render aid to anyone needing assistance on base, until the ambulance arrives.

"The firefighters are on a rigorous schedule," said Sergeant Musselwhite. "They work 24 hours on, 24 hours off, for a total of 144 hours every two weeks before getting a well-deserved three day break. We spend more time with each other than we do with our families."

"Our firefighters are not only committed to Randolph, but are committed to the Air Force as well," said Eloy Uresti, assistant chief of fire prevention. "It is all part of their job to serve our country and they are proud to do so."

Randolph firefighters are also responsible for fire protection at two auxiliary fields, one in Hondo, and one in Seguin. Eight firefighters commute to the auxiliary fields, Monday through Friday, staffing fire vehicles that protect aircraft operations there.

Fire and Emergency Services Flight personnel are also responsible for making sure every building on base is fire safe.

Checking the buildings, hangars and schools, the three fire inspectors go around the base, ensuring it is not at risk for a fire.

While it is their mission to educate people in fire safety year round, one nationally recognized program designed to encourage fire safety is Fire Prevention Week. Held annually in October, Fire Prevention Week is an opportunity for firefighters to get out to the community to educate the public about their responsibility.

"During this month we talk to the students about fire safety at school and at home," said Mr. Uresti. "We want to ensure everyone from the home daycare provider to our senior leadership is knowledgeable about preventing fires, and knows how to respond should a fire occur. We need to work together as a team to prevent fires from happening."



Firefighter Joe Martinez checks out a crash vehicle. A crash vehicle is a fire truck specifically designed to respond to an aircraft emergency in the event of an accident. (Photo by Jennifer Valentin)



Airman 1st Class Jason Frebe inspects the pump panel of a fire truck to ensure it is working properly. The Randolph Fire and Emergency Services Flight has a fleet of fire fighting vehicles that are ready to be used to fight both aircraft and structural fires. (Photo by Eloy Uresti)

Wayland Baptist University June graduates

The following Randolph members graduated from Wayland Baptist University in June.

Magdaline Alfaro
Katherine Alfonso
Martha Andrews
Yvette Arguijo
Ricky Boring
Michael Boyd
Shantia Bryant
Daniel Caluya
Marva Campbell
Michael Carpenter
Michael Ciaravino
Melvin Clemmons, Jr.
Tamala Creviston
Andrew Dufallo III
Gertrude Elbourne
Robert Eshelman
Thomas Ferguson
Rolando Fernandez, Jr.
Jerry Gaston
Marc Gilbert
Roger Goodale
Michael Grady
Lyndon Hall
Charles Hammock
Chrystel Harris
Renee Harris

Cathy Harrison
Nadine Hasan
Teresa Hill
Debra Hines-Townsell
Susan Jaffey
Tina LaMontagne
Daniel Lara Jr
Lacene Loveland
Taneshia Lucas
Antonio McClary
Fernando McMillan
Charles Mills
Mary Jane Moreno-Morales
Richard Morice
Ebony Parks
Katherine Perry
Robert Powers
Marco Ramos
Ricky J. Rider
Zainal Sahukhan
Cynthia Slaughter
Steven Spence
Shannon Standridge
Stephanie Stemen
Donald Taylor
Amar Torres
Heidi Uttrich
Tina Wallace
Elliott Washington
Timothy White
Elliott Williams

Eye see you



Maj. Sheridan Martin, optometry clinic flight commander, examines patient John Geer at the Randolph Optometry Clinic. The optometry clinic is open Monday through Friday from 7:15 a.m. to 4:30 p.m. Appointments can be scheduled through central appointments by calling 652-3432 for active duty and 945-0411 for others. For a detailed listing of Randolph's optometry services, visit https://www.afms.mil/mtf12/12TH_ads.htm. (Photo by Jennifer Valentin)

Let Freedom Ring!



By Jennifer Valentin
Wingspread staff writer

With approximately 11,000 attendees from Randolph and the surrounding area, Randolph's Annual Fourth of July event was a big success, according to Shelta Reese, 12th Services Division marketing director.

The celebration included something for everyone, with more than 20 food booths, live music, games, crafts, caricature artists and a fireworks display.

"We received very positive comments from visitors on the children's activities, the fitness events and the fireworks," said Ms. Reese.

While the children enjoyed the petting zoo and some hot dogs, the parents listened to the sounds of "Wilbert Beasley and Body and Soul" and "Two Tons of Steel." A sports skills area with football and basketball contests were also available for the whole family.

"The July 4th celebration was the perfect way for the base to say thank you to the local communities for their support of Team Randolph," said Ms. Reese. "It is a great way for military and civilians to acknowledge the wonderful freedoms we enjoy in this great country."

(Above) Local band "Two Tons of Steel" entertains at Randolph's 4th of July celebration.

Randolph teens selected for performing arts camp

By Jennifer Valentin
Wingspread staff writer

Three Randolph youths have been selected to attend the Missoula Children's Theatre Performing Arts Camp in Montana from July 26-30.

The three selected are Megan Galang, Bryan Green and Tiffany Smith.

Megan became interested in the performing arts when she sang a solo in seventh grade in front of an entire gymnasium filled with people.

"At first I was really nervous, but when I went on stage I sang my heart out and at the end of my song I received a standing ovation," recalled Megan. "It was amazing. I have a lot of fun singing and it is something I really enjoy."

Megan said she is excited about attending

the camp this month.

"I feel very happy and relieved to be going to the camp," she said. "I got the call about two weeks before the school year ended, and I can't wait to go!"

Bryan began acting when he was six years old. "I did a few shows at the Angelo Civic Theater when my dad was stationed in San Angelo," said Bryan.

Bryan has performed in plays such as "Life With Father," "A Home for Stray Cats," "Grease," and "I Never Saw Another Butterfly." Bryan portrayed the character Honza in "I Never Saw Another Butterfly," which was submitted in a one act play contest last year, and won third place.

"I feel great about being accepted to the camp," said Bryan. "Out of the 136 teenagers that auditioned nation-wide, only 44 were accepted. When I heard the



(Left to right) Megan Galang, Tiffany Smith and Bryan Green have been selected to attend the Missoula Children's Theatre Performing Arts Camp in Montana this month. (Photo by Jennifer Valentin)

message on the answering machine that I was accepted, I was so excited that I ran around the house screaming. I had not heard from anyone, so I thought I was not accepted."

Bryan said he hopes to hone his acting skills at the camp.

"I hope to learn some new techniques I can use in our school productions and future shows I'll be performing in," said Bryan. "My theater teacher, Vance Sarlow, as well as my family and friends have been very supportive of me."

Bryan will attend Randolph High School as a senior in the upcoming school year.

Tiffany has always had aspirations to become an actress.

"It has always been my desire to become an actress," said Tiffany. "The camp will be a great way for me to further develop my

acting skills."

Tiffany said since the age of five she has been formally trained in ballet and jazz dance, and she has been addicted to the stage ever since.

"I plan to continue my dance training at the San Antonio School for the Performing Arts, and attend college at the University of Texas at San Antonio," she added.

Attending the camp this summer, Tiffany said she hopes to stretch her comfort zone as an actress.

For almost 30 years, the Missoula Children's Theatre has provided entertainment and education to children of all ages, through the performing arts. The theatre has a total of three performing arts camps.

For more information on the theatre, visit www.mctinc.org.

Junior volunteers

Program provides experience, opportunities

By Caitlin Belue
Wingspread contributor

Instead of just hanging around this summer, now, military youth are getting the experience needed in the "real world", which could ultimately lead to a paying job.

The Randolph Family Support Center's Junior Volunteer Program is an opportunity for youth to experience working in an adult work environment.

Open to youth ages 14 to 18, or high school freshmen to seniors, the program can lead to more opportunities, and possible involvement in the Youth Employment Skills program at the youth center, which pays \$4 per hour towards a college scholarship.

And with an obligation of only 8 to 24 hours per week, there is still plenty of time for other summer activities.

"By volunteering and getting involved in the YES program, you can graduate high school with up to \$1,000 for college" according to Melissa Wolford, a

family support consultant intern.

Any youth affiliated with the military can volunteer, as long as there is an active duty, civilian, or retired sponsor in the family. To go along with the theme of work experience, workers had to fill out an application, and attend an orientation on etiquette in the work place.

All the volunteer opportunities have been filled for this summer, however, for those interested in next summer's involvement there are various places of employment available, including the clinic, information, tickets and travel, golf course, fire station, legal office or almost anywhere else on base, according to Ms. Wolford.

"The program is great, and it looks good on a college application," said Julius Rivera, a Jr. volunteer at information, tickets and travel.

"With a possibility for real work experience, the prospect to develop a lasting work ethic, and the chance to shadow some of the Air Force's finest, the program is a wonderful way to get a jump start in the job market" said Ms. Wolford.



Julius Rivera, Jr. volunteer at the information, tickets and travel office, finds tickets for a customer. (Photo by Caitlin Belue)

'Fit to Fight' - do it right!

Starting a healthy diet, exercise program

By Caitlin Belue
Wingspread contributor

The hottest part of the summer has hit Texas in all its blazing glory, leaving residents to flock to the nearest pool. Almost everyone covets the body worthy of showing off during the summer, and some turn to fad diets to lose the pounds quickly.

Believe it or not, there is a correct way to begin the dieting and exercise process. According to Scott Nunnally, Health and Wellness Center exercise physiologist, it's all about the goal that is set before starting any kind of diet and exercise regimen.

Using the acronym S.M.A.R.T, long-term goals can be set towards life long health.

S stands for specific, which is for numeric goals set, mostly how much weight may be lost.

M stands for measurable, whether the results are in pounds or inches it is just a definitive way to gauge how many pounds or inches were lost.

A stands for action oriented, talking about the importance of goals in exercising. For example, taking the stairs instead of the elevator, or choosing to go for a walk instead of sitting in front of the television.

R stands for realistic. "Having a goal of

30 pounds lost by the end of the week is unrealistic, which is why it is a long term goal, and not easily reached," said Mr. Nunnally.

T stands for timely. Make the exercise work into an already busy schedule and find ways to integrate fitness into everything done through out the day.

As far as short-term goals a program should be taken week by week. The beginning goal may be 30 minutes of exercise a day, four times a week, for the first couple weeks, then slowly stepping up the intensity. "As long as you keep to the short term goals, it will lead to the greater long term goal," said Mr. Nunnally.

Another acronym used to describe a healthy exercise schedule is F.I.T.T., frequent, intensity, time and type. The average person should exercise three times a week, at least in the beginning, said Mr. Nunnally. When doing cardiovascular workouts, the beginner should try for 60 percent of the maximum heart rate, slowly working the intensity of the heart rate to about 90 percent. Any higher than that can be unhealthy for the heart, added the exercise physiologist. An easy way to calculate maximum heart rate is to subtract the person's age from 220. A beginner's workout should last from 15 to 20 minutes, progressing with time to 45 to 60 minutes. The type of workout should be varied, for example, adding cardio, strength, and flexibility together.

The way to lose weight is hidden in the calories said Mr. Nunnally. It is calorie intake versus calories burned, and if the number of calories burned is great than those taken in, fat begins to be burned off. One pound of body fat equals roughly 3,500 calories, added Mr. Nunnally. When the numbers are crunched, by burning 500 calories a day, for seven days, a pound of



Jim Boswell, retired Air Force, gets a stretch in before beginning his workout.



Ensign Matthew Mark, 562nd Training Squadron, includes sit-ups into his daily workout routines. (Photos by Caitlin Belue)

body fat would be lost.

Weight loss should be moderate, only a pound or two per week. Any significant loss of weight in the beginning of the regimen is most likely water weight. By keeping those higher fat foods out of sight, they are out of mind, leaning the person more towards the obviously displayed fruits and veggies, said Mr. Nunnally.

"When hunger sets in, ask yourself, am I physically hungry, or did the advertisement for food I just saw make me hungry," says Mr. Nunnally.

By eating smaller meals every three to four hours, metabolism will increase, and the blood glucose will even out. Both benefits are very important to diet and exercise.

"The summer is a great time to get back on those New Years Resolutions long gone, so get out there, put these tips to use, and exercise!" said Mr. Nunnally.

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

SPORTS SHORTS

Tobacco cessation class

The health and wellness center offers two tobacco cessation classes Aug. 10, starting at 10:30 a.m. and 5 p.m. During the class, participants learn alternatives to tobacco use and receive either the prescription pill Zyban or the patch at the end of class to help them quit.

For more information, call 652-2300.

Passport to fitness, health

The fitness center's passport to fitness and health program is now underway.

During the event, participants are given 30 days to visit 32 different "countries" located at the fitness center, complete the fitness and health related task at each location, get a stamp of the country to show they have completed the mission, and return to "America" (the front desk) to get a prize.

For more information, call 652-5316.

Cardiovascular health workshop

The next cardiovascular health workshop is at 11 a.m. Aug. 9 at the health and wellness center.

During the course, participants are given nutrition and exercise information teaching them how to reduce their

risk for heart disease as well as undergo a behavior modification session to help them exchange their old lifestyle for a healthier one.

To sign up, call 652-2300.

Discounted golf

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

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

For more information, call 652-4653.

Life skill workshop

The health and wellness center hosts a life skills workshop beginning at noon Aug. 11. The workshop, which is divided into four sessions, is designed to teach people the necessary skills to interpret and deal with stressors.

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

Aerobic classes available

The fitness center offers a variety of aerobic classes Monday through Friday. Classes begin at 6 a.m., 9 a.m., 11 a.m., noon, 4:45 p.m. and 5:45 p.m.

Classes include step/variety, basic step, cardio/sculpt, sports conditioning, power yoga, kick boxing and more.

For more information, call 652-5316.

AETC Championship Golf Tournament

The Randolph Oaks Golf Course is hosting a 36-hole stroke play tournament for all active duty personnel stationed at Randolph. Local qualifying for the base team will be held Saturday and Sunday with tee times from 8 to 9 a.m. both days.

The AETC championship will be held at Lackland Aug 22 to 27.

Call Troy or Clay for more information at 652-4653.

Operation Stay Fit 5k Fun Fun/Walk

The Operation Stay Fit 5k fun run/walk will be held July 24 at Eberle Park at 9 a.m. All participants will receive free T-shirts.

For more information, call 652-2955.

Sports writer needed. Call the Wingspread at 652-5760