

WINGS SPREAD

Randolph Air Force Base ♦ Texas

58th Year ♦ No. 38 ♦ October 1, 2004

Team effort builds 'can' shortage solution

By Bob Hieronymus
Wingspread staff writer

When a "can" shortage posed a challenge for moving spare engines for retiring T-37 Tweet aircraft to the "bone yard," Randolph units worked together to build a solution.

With a draw down under way to remove T-37s from the training fleet by 2010 and replace them with T-6A Texan IIs, the Air Force ran into a short supply of the cylindrical "cans" used to store and ship the Tweet's J-69 engines.

That posed a problem for Air Education and Training Command, the command that owns the T-37s. Since spare engines are a high-value part of fleet operations, they are prime candidates for storage at the Aerospace Maintenance and Regeneration Center at Davis-Monthan Air Force Base, Ariz., said James Williams, 12th Logistics Readiness Squadron planner.

"One of the biggest challenges is to get the engines to the AMARC in good condition so that they can be candidates for refurbishment at a later date and still keep the costs within reasonable limits," Mr. Williams said.

That is where the standard engine shipping containers come in, he continued.

"Those are the big cylindrical 'cans' you see near every flight line," he said. "There are cans specifically designed for each engine type. However, since the cans for the J-69 engines are in short supply, the ones on hand are needed to ship engines that support the remaining fleet."

Command officials calculated the costs of ordering new "cans," but found them to be too expensive, he said.

Enter the creative people of the 12th Mission Support Group and the 12th Maintenance Directorate. Randolph has people skilled in designing and building all kinds of specialized hardware, and they have demonstrated the high quality of their workmanship many times, base officials said.

The Air Education and Training Command logistic planners accepted the Randolph proposal to design and build special reusable crates for all five AETC bases where the T-37s are based, thus helping the command avoid repetitive development costs.

Starting in April, the designers of the 12th Aircraft Maintenance Directorate Fabrication Shop began to cut steel for the brackets that had to match the dimensions of the J-69 support points. Roger Mohr, the only aircraft welder assigned on base, did the assembly work. Using his hand-made jigs, Mr. Mohr said it takes more than two hours to assemble and weld a set of brackets for one crate.

Across the base, in the 12th LRS traffic management



Richard Jones, 12th Maintenance Directorate jet engine technician, lowers the top of a specially designed shipping crate over a J-69 T-37 aircraft engine destined for storage at the Aerospace Maintenance and Regeneration Center. (Photo by Bob Hieronymus)

hanger, Alberto Mir and his warehouse people took on the job of designing the wooden crates. After adjusting their prototype to meet more stringent handling standards, they set up an assembly line for crate production.

"Our people are ready for any special shipping requirements," Mr. Mir said, "so making 75 identical shipping crates is not difficult."

When all the components are assembled, the 3-by-6-by-4-foot crates are labeled and dispatched to either the local engine maintenance shop or to the other bases that have J-69 engines to ship. By the time the crates arrive, Earl Tenpenny and the 12th Maintenance Directorate engine

technicians have completed their inspections and any required repairs on the J-69 engines destined for the AMARC.

"All that's left for us to do is to secure the engines to the steel brackets, lower the crate cover, and the engines are ready to go to Arizona," Mr. Tenpenny said. "Hopefully some of them will be recycled some time in the future."

The Air Force has drawn lots of equipment out of long-term storage in the last few years, he pointed out.

"Who knows what the future holds for these engines? But at least we know they'll be ready," he said.

Thirty-one Randolph majors selected for promotion

Thirty-one Randolph majors received good news from their commanders Thursday when they were told of their selection for promotion to lieutenant colonel.

The majors were among 1,482 total selected by the lieutenant colonel line and biomedical science corps board, which

convened July 12 at the Air Force Personnel Center.

The entire list is posted on the Web at www.afpc.randolph.af.mil/offprom/.

The Randolph selectees are:

12th Contracting Squadron
Dwayne Sellers

12th Flying Training Wing

James Norton

12th Operations Support Squadron

Monique Yates

99th Flying Training Squadron

David Riddle

558th Flying Training Squadron

Douglas Opersteny

560th Flying Training Squadron

Eric Pharris

562nd Flying Training Squadron

Peter Deitschel

See Promotions on page 5

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	Navy	International	NIFT	Undergraduate	International	EWC Course	Fundamentals	T-1A	T-6A	T-37B	T-38C	T-43A
99th FTS	-2.0	0.1	243	73	4	42	52	0	0	21	4,095	8,531	7,392	3,181	1,121
558th FTS	7.6	5.0									4,090	9,443	7,517	3,594	1,225
559th FTS	5.0	0.7									4,383	9,103	7,508	3,612	1,160
560th FTS	3.9	4.1													

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 flown between Oct. 1, 2003 and Sept. 30, 2004. The annual numbers are for the last fiscal year.

Incoming Gate Hours Extended

The hours for incoming traffic to enter the base at the main gate are now 6 a.m. to 1:30 p.m. The hours were extended 30 minutes to help traffic flow at lunchtime.



AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 97 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

Mike Briggs

Chief of News and Information

Tech. Sgt. Angelique McDonald

Chief of Internal Information

Staff Sgt. 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

People, skills make Air Force work

By Lt. Col. Russell Quinn
52nd Operations Support Squadron

SPANGDAHLEM AIR BASE, Germany – “It is not the critic who counts, nor the man who points how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; ... who knows the great enthusiasms, the great devotions and spends himself in a worthy cause; who, at best, knows the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.” Spoken by Teddy Roosevelt, April 23, 1910, during his “Man in the Arena” speech.

So what is your story? What is it that made you choose this line of work anyway?

I ask only to point out something you may not have considered. This is an amazing time to be in the service of our

“You need to know, whoever you are or whatever your skill level, that we would not be as strong as we are without you.”

country, and an even more amazing time to be a member of the United States Air Force. Consider these two things:

The U.S. Air Force is by far the most powerful, precise and advanced air force that exists on Earth today. You are part of that. In fact, you are integral to that power and precision. You need to know, whoever you are or whatever your skill level, that we would not be as strong as we are without you.

Equipment is great, but the people make the Air Force work. Ask anybody, inside or outside our military. The individuals we work with today are the smartest, most talented and motivated group of people we

will most likely ever work with in our life. We're very lucky that they are so focused when you consider the critical nature of our current conflict.

Our window of opportunity to make a difference is a relatively small window. For some people, it will be three to four years; for others, it may be 20 to 25 years. Either way, we as individual members of the U.S. Air Force will spend the vast majority of our lives outside the service of our country. You may not look at your service this way, but I look at it that way every day.

Having joined at the age of 18 and served continuously until this day, I feel so very fortunate to have experienced so many things in the service of this great nation. There is plenty of time in the future to wake up knowing that some other individual is in the arena; right now, it's our time. Consider that, and if you feel the same way I do, appreciate every minute, value every brother and sister in arms and continue doing the outstanding work that you do every day.

Saying goodbye with respect, dignity, pride

By Master Sgt. Robert Branham
332nd Expeditionary Security Forces Squadron

BALAD, Iraq – Somewhere in America a family member was waiting for a relative who was returning home. He was returning early, having served his profession with pride and excellence.

We wouldn't be there to honor his arrival, but we were here to see him off with respect and dignity. His title, and the title of thousands of his like-minded brothers and sisters, was specialist. For their profession is to defend the United States of America.

The Soldiers of his unit and the Airmen of ours stood at attention, in a cordon of desert camouflage uniforms, as six of his unit's young men stood

ready to carry their brother to his place on the start of his journey home.

Just before they began their solemn march, we were ordered to present arms, and for three seconds our right arms were slowly raised to touch the corner of our eyes. As the detail passed we held our salute, honoring our comrade in arms and the Stars and Stripes. We held our salute until he was secured in his place of honor, then after the first sergeant's command, we slowly brought our arms to our side.

Still at attention, with eyes straight ahead, I could observe several faces with trails of tears, men and women alike, young and old. For we had lost one of our own, one who put service before self.

Next, the Army chaplain

marched between our columns to join his troop on the plane. Only then were we released from formation, but were told we could march onto the plane for the chaplain's comments. No one walked away. Every member of the formation joined together, side by side, until there was no room to stand inside the plane. The others stood respectfully just outside the plane's rear entrance, as the chaplain recited the 23rd Psalm before he said a prayer for our departing brother and for his family.

Slowly we left the plane so the specialist could begin the journey home. As I looked back into the cargo bay, I saw something I will never forget. Members of his unit saluted the flag on their own; some touched it respectfully. One

soldier leaned over and put his forehead briefly next to the stars, as if putting his forehead on his brother's forehead.

As our Air Force members slowly left the area, the Army again fell into formation. They stood at attention as the plane rolled away.

Yes, somewhere someone was waiting for this loved one's final journey home. We wish he hadn't left early. We gave him a final salute with heartfelt pride and professional excellence. His sacrifice to duty, honor and country demanded we offer no less. We are the profession of arms. All of us made a commitment to serve. Most of us make some sacrifice while in service. Some make the ultimate sacrifice.

(Courtesy of Air Force Print News)

Congratulations Retirees

Thursday
Master Sgt. Jesse Miller
12th Logistics Readiness Squadron

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.

Space professional development - a look ahead

By Gen. Lance Lord
Air Force Space Command
commander

PETERSON AIR FORCE BASE, Colo. – Earlier this summer, Undersecretary of the Air Force Peter Teets and I outlined for Congress our strategy to develop the professional space cadre the nation needs to acquire and operate future space systems. We in Air Force Space Command have an aggressive career field tracking plan, matched with an educational plan, to move spacepower forward. Here's an overview of our first steps.

First, we've identified every individual who qualifies as a "space professional," and then created a method to record and track the unique experience that differentiates him or her from all other Air Force specialties. Congress initially focused solely on the officer corps, but we quickly expanded the definition to include a Total Force ensemble of enlisted members and government civilians, as well as Air Force Reserve and Air National Guard members.

Believe it or not, resolving who is and who is not included has been one of our toughest challenges in moving forward. At this point, we define "space professionals" as individuals from all specialties that

research, design, develop, acquire, operate, sustain or enhance our space systems. This includes a broad range of career fields such as communications, intelligence, maintenance, logistics, weather and a host of others.

A subset of this overall group is referred to as the "space cadre" and it consists of the scientists, engineers, program managers and operators who are principally responsible for taking our military space systems from "concept to employment." This smaller group is the focus of our initial efforts, and so far we have identified nearly 10,000 members. As we continue to evolve, individuals from other career fields may well migrate into the cadre.

Along with identifying who is in the space cadre, we developed a process to track people's unique space expertise, based on nine distinct categories of "space experience codes" or SPECs. The nine SPECs are: satellite systems, nuclear systems (e.g., ICBMs), spacelift, missile warning, space control, intelligence/surveillance and reconnaissance, kinetic effects (e.g., ballistic missile defense), space warfare command and control (e.g., AOCs), and a general category for all other space experience. To date, we have evaluated

more than 7,000 active duty officer and enlisted records and documented each individual's history of space experience codes along with his or her current level of certification.

The next step involved development of a space education continuum, specifically targeted to members of the space cadre and offered at recurring points throughout their careers. Similar to PME, these courses are designed to prepare people for progressively higher levels of responsibility. By periodically bringing members of the cadre together, the space education continuum will also serve to help nurture a stronger sense of "space culture," which was a particular area of concern for the 2001 Space Commission. So far, the catalogue of courses includes Space 100, Space 200, Space 300 and Advanced Space Training for our various operational space systems.

To tie all of these education and training initiatives together, we are moving forward on the standup of a "National Security Space Institute." Our goal is that the institute will transform our existing Space Operations School into a DOD-wide center of excellence for space academic training.

In addition, we will partner with a consortium of civilian institutions of higher learning to leverage their existing

academic expertise in the areas necessary to develop our space professional community.

We already have space professionals integrated and bringing space capability to the combatant commanders and combat air forces. Approximately 135 individuals have graduated from the Space Weapons Instructor Course at Nellis Air Force Base, Nev. They are integrated throughout the Air Force providing space expertise in and out of theater.

We have roughly 500 additional people that have experience with space integration work in theater and we have sent more than 1,600 personnel from AFSPC to the theater for operations Enduring Freedom and Iraqi Freedom.

That is where we have been and where we are going. We have taken the initiative to step forward smartly, but nothing happens overnight. We have still got a great deal of work ahead of us and it will take everyone's help.

Space systems and capabilities are integral to our success in fighting today's battles and the linchpin to all planning and execution for success in tomorrow's battles. The contribution of every member of the space professional development community, is vital to our success.

(Courtesy of Air Force Print News)

Find the *Wingspread* online at www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

News

Construction, traffic safety remain priority on base

By Bob Hieronymus
Wingspread staff writer

The reconstruction of Harmon Drive and Washington Circle is a daily obstacle course many Randolph drivers have learned to negotiate.

"Accidents have been few and, thankfully, far between," said Master Sgt. Mance Clark, 12th Security Forces Squadron. "But some people are playing on the edge of the safety envelope and need to rein in their driving

Randolph speed limits

Perimeter road	35 miles per hour
On base, general	25 miles per hour
Housing areas	15 miles per hour
BX, Commissary	
Access roads	10 miles per hour
Parking lots	5 miles per hour

habits before someone is seriously hurt."

Some drivers have been seen using parking lots as shortcuts, the sergeant noted,

especially at evening rush hour.

"Not only are they taking these shortcuts, which is illegal, they are also driving through at unsafe speeds that do not allow them time to react to pedestrians in the lots," he said.

Randolph Supplement to Air Force Instruction 31-204 states that all posted speed limits on base will be enforced. Except where otherwise posted, the speed limit is 25 miles per hour. The speed limit in parking lots is 5 miles per hour.

Most drivers are careful to honor that requirement, Sergeant Clark said.

"But everyone needs to be reminded from time to time of the purpose of speed limits and of parking lots – which does not include using parking lots as shortcuts to get the jump on a line of traffic," he said.

"We're all living with the temporary problems of road construction on base," he continued. "Let's keep it safe for everybody."

For more information, call 652-1357.

DFAS launches online pay enhancements, upgrades

ARLINGTON, Va. – The online pay account information system of the Defense Finance and Accounting Service, myPay, is offering new enhancements and upgrades for all users.

All myPay users can now assign a restricted access personal identification number to a designated individual to view pay information; however, the designee cannot make any changes to the allotments or account information. Users also can add a personal e-mail address so they are notified of pay changes and other items of interest.

Also, active-duty Airmen can view 12 months of leave and earning statements, and start, stop and change financial allotments and savings bonds.

Currently, myPay has nearly 3 million users with customized PINs and serves all servicemembers, military retirees and annuitants, Department of Defense civilian employees and Department of Energy employees.

(Courtesy of Air Force Print News)

49 YEARS AGO

in the *Wingspread*

☆ Four C-119 Flying Boxcars from Randolph carried out a series of mercy flights to Tampico, Mexico, where Hurricane Hilda had ravaged the city. Ten shuttle runs were made, of which the first carried drums of aviation gasoline for the Air Force helicopters that were also deployed into the area where almost all roads were washed out. Other flights carried a total of 133,000 pounds of food.

☆ Headquarters Air Force announced a new policy by which key personnel are to be authorized a half-day a week for physical conditioning. A study done at the Pentagon showed that senior officers were using only about one-third of their authorized leave because of pressing duties. This was starting to affect their health. Local commanders were authorized to implement the policy at their discretion.

☆ The Air Force was looking for qualified Airmen to volunteer for duty as instructors and staff at Ground Observer Corps centers around the country.

Randolph seeks ambassadors

Active duty military and Department of Defense civilians can apply for the opportunity to represent Randolph Air Force Base and partake in San Antonio's cultural heritage as 2005 Randolph Ambassadors.

Ambassadors represent the base at a variety of civic and social events throughout the year, such as parades, hospital visits, dedication ceremonies and receptions.

Applicants must be 21 years old as of February 2005 and assigned to Randolph through September 2005. In addition, commanders or supervisors must nominate applicants.

For more information or to get an application, call the 12th Flying Training Wing Public Affairs office at 652-4407.

Sculptor honored

Creator of Missing Man Monument soars in T-38

By Bob Hieronymus
Wingspread staff writer

For 27 years he watched the airplanes fly overhead and wondered what it would be like to be in one.

Last week, those 27 years of waiting ended for Mark Pritchett in a very special way. He was invited by Col. John Hesterman, 12th Flying Training Wing commander, to “slip the surly bonds of earth” for an orientation ride in a T-38C flown by Lt. Col. Michael Kennedy, 560th Flying Training Squadron commander.

Mr. Pritchett, a face from the past of the Randolph community, is more than just another distinguished visitor. He is the designer and sculptor of the Missing Man Monument that graces Washington Circle near the “Taj Mahal.”

It was on Feb. 4, 1977, that Mr. Pritchett supervised the mounting of the last of the four aircraft elements in the monument here. It was then formally dedicated a month later in a ceremony where Senator Barry Goldwater delivered the main address. Senator Goldwater was selected for the honor because of his steadfast support in Congress on military issues during the war. POWs in the Hanoi prisons often exchanged messages about his efforts on their behalf, identifying him in code as “AUH2O,” (the chemical symbols for gold and water), Mr. Pritchett recalled.

“The story of the monument really began soon after the prisoners were released from Hanoi starting in March 1973,” said Carole Thompson, one of the original organizers of the monument effort. She was on hand with a small group of enthusiastic friends who welcomed Mr. Pritchett with champagne after his T-38 ride. Included in the group was retired Brig. Gen. Kenneth Fleenor, who was the 12th Flying Training Wing commander when the monument was dedicated.

Mrs. Thompson told how The Red River Valley Fighter Pilots Association, known also as the River Rats, a group of military aircrews who had flown missions over that heavily defended river valley near Hanoi, had been in existence already then for about six years.

Chapters of the association had been selling bracelets with names of military members held as prisoners and those listed as missing in action. Funds raised were used to help the families, especially the children, of the POWs, MIAs and aircrews killed in action. All across the nation, people were wearing the bracelets to show their support for the military.

Within a few weeks after the first POWs were repatriated, Mrs. Thompson said, the San Antonio chapter of the association decided a permanent monument in the local area would be appropriate as a reminder of the price of freedom paid by so many military people in the war.

Mrs. Thompson, herself the wife of a River Rat pilot, located a young artist near San Antonio who showed the kind of creativity she believed would do justice to their goal.

“He was willing to work with us to get just the feeling we wanted,” she said.

From Mr. Pritchett’s three proposals, all based on the missing man theme, the chapter chose the version that was eventually built. The River Rats paid for the monument and then donated it to the Air Force for permanent display on Randolph, she explained.

The missing man theme represents the traditional way military aircrews honor their fallen comrades, Colonel Kennedy explained.

“A flight of four or formerly five aircraft fly in echelon formation over the site of a ceremony honoring a missing flyer,” he said. “The aircraft in the number three position breaks away just before reaching the site, leaving a gap in the formation.”

Gently brushing his hands over the shiny metal, Mr. Pritchett explained how the monument was built. “What you see is quarter inch-thick aluminum plate over a steel frame,” he said. “The panels stand about 25 feet tall and each weighs about 2,000 pounds.”

Mr. Pritchett personally supervised the workmen who poured the five feet-thick concrete foundation and lifted the structural elements into place. Cast into the base are the words chosen by the repatriated aircrews, “We who came home must never forget those who could not.”

“I feel honored to have had a part in creating a memorial like this,” Mr. Pritchett said. “I have deep respect for the people who fly military aircraft, but especially for those who sacrificed so much for us all.”

Versions of the monument are found today in the White House, at Wright-Patterson Air Force Base, Ohio, and in the Freedom Hall in the 560th FTS. Mr. Pritchett said he also made 150 small display models that have found their way into homes of many of the former Vietnam War prisoners of war.

The monument, which was originally designed to honor the aircrews who valiantly fought battles in the air over Vietnam and in the solitary prison cells of Hanoi, has



Sculptor Mark Pritchett stands beside the Missing Man Monument on Randolph which he was commissioned to create to honor those Airmen who did not return from the Vietnam conflict. (Photo by Bob Hieronymus)

become a symbol honoring all aviators who have given their all for our country. It is a symbol that Randolph is privileged to include on many of its documents, said officials.

Today, Mr. Pritchett makes his home in Helotes, Texas and continues his work as an artist.

AFPC civilian saves choking co-worker

By Tech. Sgt. James Brabenech
Air Force Personnel Center
Public Affairs

To talk with Marva Campbell and Deborah Harris is to learn of the family atmosphere, something they call “the mutual admiration society” that surrounds co-workers in the civilian systems requirements branch at the Air Force Personnel Center.

Ms. Campbell carried that sense of family to a higher level when she administered abdominal thrusts and saved Ms. Harris from a potentially life threatening choking incident.

“I heard Deborah coughing, and when she continued to do so, though more weakly, I got up to check on her,” said Ms. Campbell. “Seeing her in tears and the look of distress on her face, I could tell she was choking. When we made eye contact, I asked if she needed help. She nodded, and I just reacted to that request.”

Standing behind her friend, Ms. Campbell got into the correct position and began abdominal thrusts. In a matter of seconds the corn chip dislodged from Ms. Harris’ throat and allowed her to breathe normally again.

“I learned how to give abdominal thrusts when I was in school,” said Ms. Campbell. “I



Deborah Harris, left, and Marva Campbell, Air Force Personnel Center human resources technicians, pause during a break from work to reflect on a choking emergency that brought the two of them closer together recently. (Photo by Tech. Sgt. James Brabenech)

never used it before and never thought I’d have to, but I’m glad I knew how.”

John Rodriguez, community program coordinator at the San Antonio branch of the

American Red Cross said the working relationship of these two women is typical of most choking save situations.

“People are often afraid to get CPR or first

aid training because they assume they will have to help a total stranger,” he said. “However, usually the victim and the caregiver know each other, such as co-workers or family members.”

Ms. Campbell continued to check on her friend periodically as the workday returned to its normal pace.

Rodriguez said that’s also typical of this type of emergency. He said many people save choking victims but these incidents go undocumented. He said in each class he teaches two to three people state either they have been saved or have saved someone else.

“Marva was my hero that day,” said Ms. Harris. “This incident definitely brought us closer together, and it reminded me to value and appreciate the little things in life, like having good friends.”

“If you see someone in distress don’t assume you can’t do this, because you can,” said Ms. Campbell. “I would encourage everyone to take a Red Cross class; the training will make it easier for you to react if the need arises.”

The Red Cross offers training on a weekly basis. People can find out more about first aid and CPR classes online at www.sarecross.org by clicking on the Health and Safety link, or call 224-5151.

Randolph CGOC hosts 12th Annual Stars and Bars dinner

By Jennifer Valentin
Wingspread staff writer

The Randolph Company Grade Officers' Council hosts the 12th Annual Stars and Bars dinner Oct. 8 at 6 p.m. at the officers' club.

General and company grade officers, from all services, are encouraged to attend.

"This dinner provides junior officers an opportunity to interact with senior military leaders in a social setting," said Capt. Jennifer Hatzfeld, Stars and Bars planning committee chairman. "It is not just a dinner, it is a really unique way to learn about leadership from our military's senior leaders."

The evening's theme, "Letters from Home: Supporting

the Front Line," honors service members deployed, both past and present.

"With high operations tempo and frequent deployments, the planning committee felt this would be a great way to acknowledge the sacrifices of those who are on the front line," said the captain.

As part of the event, 200 individual care packages will be sent to members who are currently deployed. A portion of the funds for the care packages has been raised already, but donations of hard candy or single-serving snack foods are welcome, said Captain Hatzfeld.

"Last year's Stars and Bars dinner at Lackland was an excellent opportunity to hear from several general officers, both guest speakers and those dining at the tables," said

Capt. Bill Schlichtig, Air Force Personnel Center chief of officer developmental education. "They provided exceptional general officer perspectives. It was also a great opportunity to socialize with other officers from the local area."

The CGOC also hosts a Stars and Bars Golf Tournament Oct. 8 at the Northern Hills Country Club with a shotgun start of 8 a.m. The cost is \$40 per person, which includes green fees, cart rental and lunch. All military and Department of Defense personnel are welcome to participate.

For more information on the golf tournament, call 652-3513. For more information on the dinner, call Captain Hatzfeld at 652-4027 or Capt. April Cantwell at 652-5956.

Promotions

Continued from Page 1

19th Air Force

Alfred Garcia
Daniel Hamilton
Frank Yannuzzi Jr.

Electronic Systems Fo

Steven Buetow
Air Education and Training Command
Timothy Biltz
Vincent Catich
Marc Caudill
Richard Doyle
Greg Foster

Richard Hubbard III

David Kaweck
Steven Lewis
Douglas Loehr
John Papachriston
Ian Sablad
Walter Shearer
Kevin Sievers

Monte Weiland

Air Force Personnel Center
Steven Allred
John Bell
Geoffrey Laing
Karen Taylor
Dean Ward
James Wurzer

One more year

Families of students use assignment deferment program

By Tech. Sgt. James Brabenec
Air Force Personnel Center Public Affairs

Sixty-three Air Force families with a child who entered his or her senior year of high school this year will get to stay additional time at their current duty stations.

The High School Seniors Assignment Deferment Program allows senior master sergeants and below, and officers up through the rank of lieutenant colonel, to apply for a one-year assignment deferment. Back-to-back deferments may be possible and military-married-to-military spouses may also apply, said Air Force Personnel Center officials.

Lt. Col. Joseph Wegner applied for the program and his 17-year-old daughter, Michelle, can now graduate with her classmates.

"We figured that in 12 years, Michelle had attended six different schools, so it was

important to let her finish high school at the same school," said the colonel who is the director of Air Force corrections for the Air Force Security Forces Center at Lackland Air Force Base.

Colonel Wegner said he wishes the program would have been in place when his oldest daughter, Molly, was a high-school senior a few years ago. He had to leave his family behind while he reported to a new assignment.

"I left the family in place for nine months so she could finish school," the colonel said.

Officials said the mission comes first and will be the overriding factor in granting deferments.

Requests will be considered on a case-by-case basis, said Col. Jennifer Hesterman, chief of assignment programs and procedures at the personnel center.

"There's a balance between mission needs and helping our families, but our goal is to

approve as many requests as possible," she said. "We'll work with people as we always have."

To be eligible, the student must be a family member of, and living with, the Airman requesting the deferment; he or she must also be enrolled in the Defense Department's dependent enrollment system, Colonel Hesterman said.

Officers may apply before they receive an assignment, but enlisted members may apply only after receiving an assignment, said Master Sgt. Letty Inabinet, superintendent of assignment procedures and programs at the center.

When Master Sgt. Brian Burton, a single parent, received an assignment to Sheppard AFB, Texas, he applied for deferment because of his 17-year-old daughter, Briana.

"She wanted to graduate with her friends," said Sergeant Burton, who is the superintendent of advanced distributed

learning for Headquarters Air Education and Training Command. "Taking the assignment would have meant moving in the middle of the school year."

Sergeant Burton said the process took about five weeks from application to approval.

Application requests that cannot be supported initially by the assignment noncommissioned officer or officer will be reviewed and validated by the respective AFPC assignment division chief for that Airman's career field.

Officials estimate that annually 20 to 25 percent of officers and senior NCOs have children entering their senior year of high school, and one third of those could be eligible for assignment in any given year.

For more information or to complete an application, Airmen should contact either the military personnel flight at 652-2320 or their commander's support staff.

Some deployed Airmen can carry over 'use or lose' leave

Air Force expands awards eligibility criteria to recognize civilian teams

Active-duty Airmen who were unable to take leave because they supported contingency operations may be allowed to accumulate more than the normal 60 days after the fiscal year ends.

Those affected can retain up to 120 days of leave until Sept. 30, 2005, said Air Force Personnel Center officials.

"This program is meant to enable people to take leave they've earned," said Senior

Master Sgt. Don Taylor, the center's customer support operations superintendent.

The carry-over leave must be taken in 2005 so Airmen do not lose leave next year, he said.

For more information, Airmen can call the military personnel flight, located in Pitsenbarger Hall, at 652-3317.

(Courtesy of AFPC News Service)

The Air Force has expanded the eligibility criteria for the Time-Off Incentive Award to include recognition of civilian teams.

The Civilian Team Incentive Award allows supervisors to grant a time-off award to individual employees who comprise a team. The team's joint achievements must contribute to meeting organizational goals or improve efficiency,

effectiveness and economy of the government.

Air Force Personnel Center officials said justification for a team award given for the same accomplishment should document the team nature of the achievement and why all members of the team deserve to share equally in the recognition.

For more information, call 652-4403. (Courtesy of AFPC News Service)

PUBLIC NOTICE

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of the 12th Medical Group Oct. 20-22.

The purpose of the survey is to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether accreditation should be awarded to the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided.

Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representative at the time of the survey.

Information presented at the interview will be carefully evaluated for relevance to

the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interviews. Such requests should be addressed to:

Division of Accreditation Operations
Accreditation Service Specialists
Joint Commission on Accreditation
of Healthcare Organizations

One Renaissance Boulevard
Oakbrook Terrace, IL 60181

The Joint Commission will acknowledge such requests in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time and place of the meeting.

This notice is posted in accordance with Joint Commission's requirements and may not be removed before the survey is completed.

Number of officers receiving command pay reduced

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON – Command Responsibility Pay now received by some field-grade officers in command positions will end this month.

In a Sight Picture titled, “Recognizing the Responsibility of Command,” Air Force Chief of Staff Gen. John Jumper announced the Air Force would reduce the number of command positions that qualify for CRP. Personnel officials said that about one third of the officers now receiving it will be affected.

Congress authorized CRP in 1958 and by law each service is authorized to pay up to 10 percent of their servicemembers in each of their command ranks of colonel, lieutenant colonel and major. It is paid monthly at \$50 for majors, \$100 for lieutenant colonels and \$150 for colonels.

But, during the past two years, more commanders have deployed as part of the air and space expeditionary force to meet the overwhelming demands of new and evolving threats to national security. Because of these

critical expeditionary commitments, the number of command positions has grown beyond the congressional authority to pay them.

Now, specific command billets for the pay will be based on one or more of the following characteristics:

- Likelihood of deploying to a combat zone.
- Uniqueness or criticality of primary mission.
- Deployment for a year or more.

“Leading Airmen as a commander of a wing, group or squadron is one of the most important and challenging opportunities in our Air Force,” General Jumper said.

“Two years ago, Secretary of the Air Force Dr. James Roche and I put into action two initiatives for commanders charged with leading (Airmen),” he said. “First, we authorized wear of the command insignia. Secondly, we instituted Commander Responsibility Pay as an additional way to recognize and emphasize the leadership responsibilities of command.”

“We’re trying to acknowledge those positions that have unique responsibilities

“We’re trying to acknowledge those positions that have unique responsibilities and compensate those commanders.”

Major Gen. John Speigel
Air Force director for personnel policy

and compensate those commanders,” said Maj. Gen. John Speigel, Air Force director for personnel policy.

“We refocused and reoriented the program because of the growth we had over the last couple of years and the pending growth,” he said. “It’s a percentage point or two that we’re over; it’s not much, but it could continue to grow, so we had to re-baseline the program.”

The leaders are focusing CRP on commanders who would deploy and lead their troops into combat. There are instances where the Air Force has commanders who are currently at home station and the likelihood

of them deploying as a commander to take their unit into combat is remote. In those cases, they will no longer receive CRP, officials said.

Conversely, there are some commanders who are in unique positions of responsibility, such as space operations and missiles, whose deployed location is their home station. Some of those commanders will continue to receive CRP.

“We wanted to make sure we acknowledged them and what they brought to the fight,” General Speigel said.

“We value the role commanders play – the arduous nature of their job,” he said. “It’s unique to the military – there’s nothing like it in the civil sector. As we’ve looked at this, we’ve had to make some hard decisions and reorient the program. We think now is the time to align the program with the focus on the air (and space) expeditionary force, the warfighting nature of the Air Force and our deployed operations.”

The commanders affected by the CRP reduction should see the adjustment in their October pay.

Domestic Violence Awareness Month observed in October

By Jennifer Valentin
Wingspread staff writer

October is observed as Domestic Violence Awareness Month. With that in mind, the National Coalition Against Domestic Violence offers some warning signs and background into domestic violence.

According to NCADV officials, abuse or battering, can take many forms including physical battering, sexual abuse and psychological abuse.

Physical battering can range from physical attacks to aggressive behavior. It can start with bruising and lead to serious injuries or even death.

Sexual abuse is where the physical attack of the victim includes, or leads to, forced and unwanted sexual activity.

Psychological abuse is where the abuser mentally abuses the victim verbally, with harassment, excessive possessiveness, isolation or destruction of personal property.

Usually battering will escalate, according to the NCADV. It can start with name calling or damage to objects or pets, and lead up to

pushing, restraining, and eventually behaviors such as choking or use of weapons on the victim.

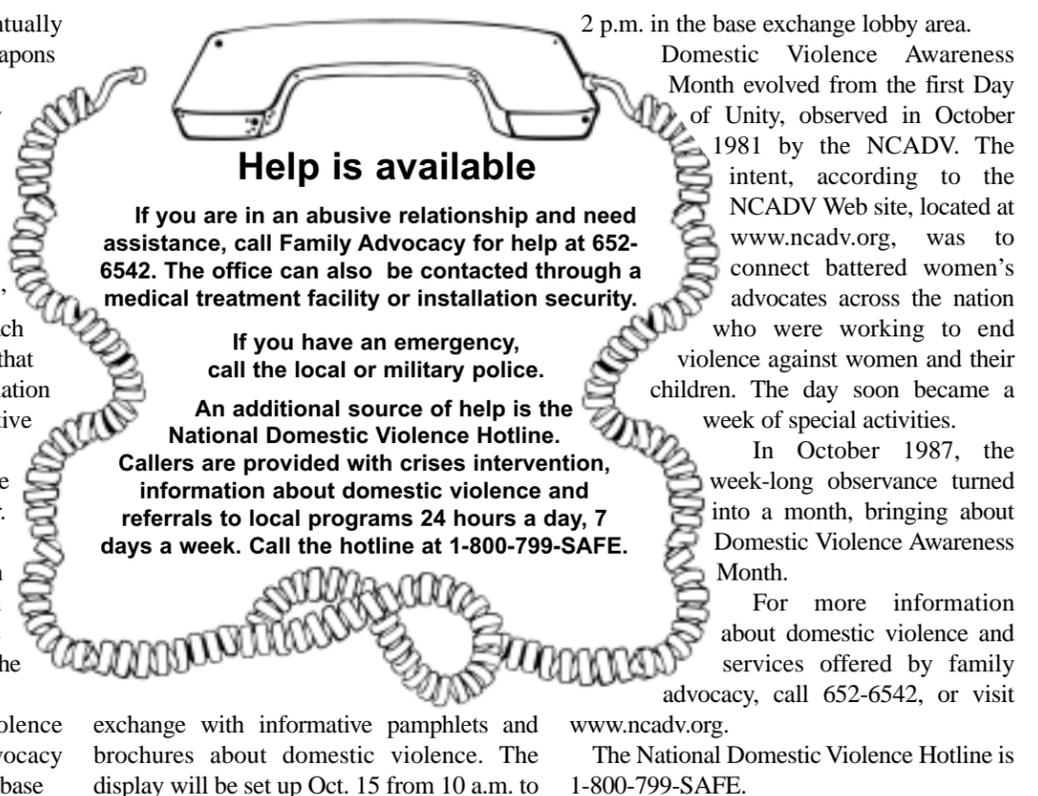
The Randolph Family Advocacy Program deals with domestic violence issues.

“Military families who are the victims of domestic violence can receive treatment and counseling from the family advocacy program,” said Earl Pruitt, family advocacy outreach program manager. “We also ensure that victims receive safety planning information on temporary shelters and protective orders.”

Their safety is the number one priority of family advocacy, said Mr. Pruitt.

“We also provide victims with referral services with the local civilian agencies, as well as information on the base’s victims advocacy services,” he added.

In observance of Domestic Violence Awareness Month, the family advocacy program plans to have a display at the base



2 p.m. in the base exchange lobby area.

Domestic Violence Awareness Month evolved from the first Day of Unity, observed in October 1981 by the NCADV. The intent, according to the NCADV Web site, located at www.ncadv.org, was to connect battered women’s advocates across the nation who were working to end violence against women and their children. The day soon became a week of special activities.

In October 1987, the week-long observance turned into a month, bringing about Domestic Violence Awareness Month.

For more information about domestic violence and services offered by family advocacy, call 652-6542, or visit www.ncadv.org.

The National Domestic Violence Hotline is 1-800-799-SAFE.

Help is available

If you are in an abusive relationship and need assistance, call Family Advocacy for help at 652-6542. The office can also be contacted through a medical treatment facility or installation security.

If you have an emergency, call the local or military police.

An additional source of help is the National Domestic Violence Hotline. Callers are provided with crises intervention, information about domestic violence and referrals to local programs 24 hours a day, 7 days a week. Call the hotline at 1-800-799-SAFE.

exchange with informative pamphlets and brochures about domestic violence. The display will be set up Oct. 15 from 10 a.m. to

Find the *Randolph Services* page online at www.servicesatrandolph.com

24-7 Fire or no Fire



During a vehicle maintenance check, Airman 1st Class Lionel Garcia gives Senior Airman Eric Gonzales the 'thumbs up' to let him know the lights of a fire truck are working properly. (Photo by Jennifer Valentin)

Preparation, training prerequisite to success

By Jennifer Valentin
Wingspread staff writer

Everyone knows firefighters come to the rescue of those in trouble – battling through infernos like those of the movie “Backdraft” – to save lives and put out fires. But what



Senior Airman Chris Kimbrough assembles a fire extinguisher. (Photo by Jennifer Valentin)

many people might not consider is what these brave men and women do when they're not in harm's way.

At the Randolph Fire Department, firefighters are training and making sure they and their equipment are ready to go at a moment's notice.

“Every morning, we check over the fire trucks and our gear,” said Senior Airman Eric Gonzales, a Randolph Fire Department driver operator. “We check our trucks for different things, including an inspection of the truck overall, making sure there are no dents and nothing is broken; and then we check the fluids and the lights to make sure they are squared away as well.”

It is also essential that the firefighters check their gear every day before starting their shift, Airman Gonzales added.

“The coats we wear, for example, have three-layers of protection on them, and we need to make sure daily that there are no tears in the coats,” he said. “In addition, the bags we carry on the way to a response call, which include our gear and helmets, have to be inspected and ready to go at all times.”

Seventy-seven firefighters, military and civilian, work at the Randolph Fire

Department and all are constantly in training, said Airman Gonzales.

“We are always learning new things, such as new rescue techniques, hazardous materials rules, and updated rules and guidelines to follow,” Airman Gonzales said.

The physical training the firefighters endure includes a 14-stage confidence course, including carrying a 185-pound mannequin from a smoke-filled room down a flight of stairs.

“We go through rigorous training to make sure we are always prepared for anything that may come up,” said Airman Gonzales. “All of the firefighters are CPR certified and can provide basic life support to victims.”

The firefighters also go through live fire training every quarter, where their skills are tested at putting out an actual fire.

The live fire training is done at the Randolph Fire Training Facility, to help give the firefighters actual training to prepare them should an emergency happen on base, said Airman Gonzales.

When a call does come in, the Airman noted, the fire alarm center receives it. If it is an emergency, the firefighter manning the center will alert everyone in the building.

“The fire alarm center is manned 24 hours a day, seven days a week, and the dispatchers receive all emergencies, whether it is a 911 call or fire alarm activation,” said Senior Airman Jason Frebe, fire alarm center supervisor. “Weather warnings are also carefully monitored and passed on to the crews in the fire station. Dispatchers also coordinate emergency response efforts with off-base fire departments in need of assistance.”

The fire alarm center dispatchers are the lifeline between those in need of assistance and those who are there to help them, said Airman Frebe.

While the fire department personnel make sure everything is working and ready to go inside the department, they are also responsible for making sure those outside of the department are safe too.

Three fire inspectors make rounds throughout the base, going to the different offices, buildings and schools to make sure there are no safety or fire hazards.

“Fire inspection is a big part of the fire department's job,” said Daniel Vandergriff,



Senior Airman Tyler Osburn inspects his gear. (Photo by David Terry)

fire inspector. “We want to prevent a fire from starting before it has the chance to happen.”

The base fire department is also charged with fire extinguisher maintenance.

“If there is a fire extinguisher that needs a check-up or to be repaired all together, I can make sure it gets done,” said Senior Airman Chris Kimbrough, fire extinguisher maintainer. “We also repair the fire extinguishers on the flightline when they need it. The fire extinguishers on base need to be maintained and checked every six years, and that is what my department does.”

With a variety of duties to keep the firefighters occupied as well as rigorous training, they are never without something to do, said Airman Gonzales.

“We all have our own roles to play but we all stand ready to respond to whatever emergency may arise,” he said. “Our time spent training and making sure that there are no outlets for a fire to start – that is our number one priority and we will continue to make it so.”



Senior Airman Jason Frebe communicates with fire trucks in the field on the radio. (Photo by David Terry)



Randolph Firefighters describe the importance of protective gear to Randolph Elementary School students during a previous National Fire Prevention Week observance. (Photo by Jennifer Valentin)

Fire Prevention: Annual observance kicks off Sunday

By Jennifer Valentin
Wingspread staff writer

With the theme of "Test Your Smoke Alarms," National Fire Prevention Week begins Sunday and runs through Oct. 9. With that in mind, the Randolph Fire Department has several activities planned to help observe the week and promote fire safety.

"We encourage everyone to join us in celebrating Fire Prevention Week as well as ask that you remember to practice fire safety not only in the upcoming week, but year round," said Dan Vandergriff, base fire inspector.

Base events kick off Wednesday as the Randolph Enlisted and Officers' Wives Clubs judge posters made by base elementary school students for the annual fire prevention poster contest.

Three winners will be selected from each grade for the poster contest and be presented with either a ribbon or a plaque, said Mr. Vandergriff.

Base firefighters will then visit with elementary school students that day and talk to them about fire safety and what to do in case of a fire.

"We want the kids to know they can prevent fires in their homes by being safe," said Mr. Vandergriff. "We give them tips and show them how to escape a fire should one occur. We also teach them how to 'stop, drop and roll,' which is important for all ages to know."

Base firefighting officials will close out the week with an open house Oct. 9 at the fire station. The event will include several activities children can participate in, various informational booths and free food. The poster contest winners will be announced at the open house.

"Fire Prevention Week is our chance to inform base personnel, families and children of just how important fire safety is, and that it is everyone's responsibility," said Mr. Vandergriff. "We plan to do just that."

The base fire inspector added that in keeping with the observance's theme, "Test Your Smoke Alarm," all base



Sparky the Fire Dog spreads the fire prevention message throughout the year. Here, he was on board during the Randolph High School homecoming parade Sept. 9. (Photo by Melissa Peterson)

Home fire prevention tips

Remove leaf clutter from roof, gutters and yard

- Mow regularly
- Remove dead or overhanging branches
- Store firewood away from the home
- Store and use flammable liquids properly
- Do not keep combustible materials under decks or elevated porches
- When possible, use construction materials that are fire-resistant or non-combustible
- Create a family 'fire escape plan' and practice it
- Keep working fire extinguishers at key locations in the home (ex. kitchen) and teach family members to use them
- Install smoke alarms at key locations in the home and have practice fire drills
- Keep at least two means of escape (door, window) in each room
- Keep matches and lighters out of the reach of children
- Keep fireplaces clean and in good working order
- Don't leave lit candles unattended

members, those who live on and off base, should check their smoke alarms frequently to make sure they are in good condition.

"It is a fact that smoke detectors save lives," said Mr. Vandergriff. "Too often we think nothing bad will happen to us. Unfortunately, tragedies do happen, and one such tragedy is a fire. That is where smoke detectors come in. The warning from a smoke detector could mean the difference between life and serious injury or worse, death."

Mr. Vandergriff added some of the common myths of smoke detectors include:

- If the light is on, it's working properly. In reality the light only means power is going to the unit, not that it will activate when it counts.
- Smoke detectors are so loud people couldn't possibly sleep through them. People, especially teenagers and children, have been shown to sleep through the alarm if they do not practice nighttime drills.
- Smoke alarms last forever. Smoke detectors actually lose sensitivity over time and should be replaced after 10 years.

Some facts about smoke alarms include:

- Homes with smoke alarms have a death rate that is 40-50 percent less than those with no alarms.
- In one-quarter of the reported fires in homes with smoke alarms, the devices didn't work. Homes with non-working smoke alarms now outnumber those with no smoke alarms.
- A smoke detector is an electronic device, which is subject to failure like any other electronic device in a home.

The fire department recommends people test their smoke alarms at least once every month by using the alarm test button. They should also clean their smoke detectors with a vacuum hose cleaner attachment to avoid false alarms, and, if equipped, change smoke alarm batteries annually.

"The fact is, simply pressing the button on your smoke alarm to test it once a month, could be the difference between the safety of your family and a tragic accident," said Mr. Vandergriff.

For more information on fire prevention week or on smoke alarm safety, call 652-6915.

Air Force prevails in 2004 Armed Forces Golf Championship

SAN ANTONIO – The Air Force golf team won the 2004 Armed Forces Golf Championship at Fort Carson, Colo., Sept. 21 to 25.

The host Army team jumped to a three-stroke lead over the Air Force (731-734) after the first day of play. Team's scores are determined by adding the 18-hole stroke total of the six men and three women on the team.

Brian Billingsley, from Robins Air Force Base, Ga., kept the Air Force competitive with his 1-under-par 71, tying Mark Johnson of the Army for the best score of the day.

Tammy Garcia, from Wright-Patterson AFB, Ohio, led all women golfers on opening day with her round of 84.

Jeff Scohy, also from Wright-Patterson AFB, shot the best round on the second day of play – a 5-under-par 67.

Matthew Peterson, from Offutt AFB, Neb., had a 3-under-par 69, while Billingsley and Arnell Garza, from Fairchild AFB, Wash., came in at 70.

The Air Force also had the top three women's scores of the day with Karin Tjelmeland, from Lajes Field, Azores, with 78 to lead the group.

Garcia and Amy Rongey, from Osan Air Base, South Korea, both shot 81. The

combined scores of the Air Force Team beat the Army's total by 21 strokes, giving the Air Force an 18-stroke lead over the Army after the second day of play.

Scohy's 69 once again led the Air Force team on Day 3, followed closely by 72 from Billingsley, Garza and Barry Cousler, from Offutt AFB. James Logan Gage, from Patrick AFB, Fla., was not far behind with a score of 73. Rongey's 86 led the women on Day 3. These scores contributed to the Air Force's overall 41-stroke lead going into the final day of play.

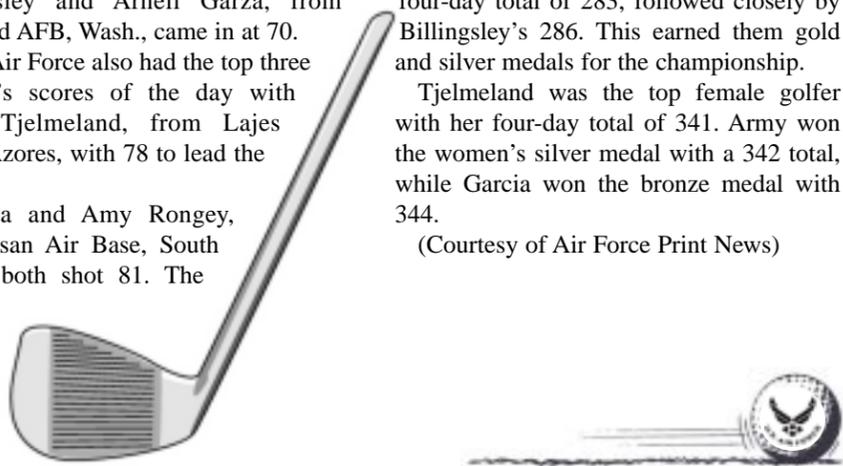
Peterson's 70 led the Air Force on the final day of competition. Scohy, Cousler and Garza all shot 72, while Billingsley ended the tournament with a 73.

Rongey led the women with an 84. The Air Force claimed the team title with a 2,793-stroke total, followed by the Army (2,842), the Navy (3,000), and the Marine Corps (3,096).

Scohy topped all competitors with his four-day total of 283, followed closely by Billingsley's 286. This earned them gold and silver medals for the championship.

Tjelmeland was the top female golfer with her four-day total of 341. Army won the women's silver medal with a 342 total, while Garcia won the bronze medal with 344.

(Courtesy of Air Force Print News)



Puttin' green



Ken Vandergriff putts his ball on the temporary 10th green at Randolph Oaks Golf Course recently. A renovation of the back nine holes that began in late May is nearing completion and golfers will be able to play all 18 greens again soon. A grand "reopening" is set for Oct. 15-16. (Photo by Mike Briggs)

SPORTS SHORTS

Cardiovascular health workshop

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

During the course, participants get nutrition and exercise information about how to reduce their risk for heart disease. They also undergo a behavior modification session to help them exchange their old lifestyle for a healthier one. Medical providers explain the effects of high blood pressure.

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

Life skills workshop

The health and wellness center hosts a life skills workshop Wednesday at noon. 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.

CGOC golf tournament

The Randolph Company Grade Officers' Council hosts a four-person, best ball golf tournament Oct. 8 at 8 a.m. at the Northern Hills Country Club.

All military members and Department of Defense civilians are invited to participate. The

cost is \$40 per person, which includes green fees, cart rental and lunch.

For more information, call 2nd Lt. Mark Sheldon at 652-3513, or send an e-mail to mark.sheldon@randolph.af.mil.

Tobacco cessation class

The health and wellness center offers two tobacco cessation classes Oct. 19 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 the class to help them quit.

For more information, call 652-2300.

Family golf special

The Randolph Oaks Golf Course offers a family special Monday through Friday after 6 p.m. Adults can golf for \$2 and children for \$1.

For more information, call 652-4653.

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.

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

For more information, call 652-5316.