



CONNECTION

Vol. 8, No. 39

92nd Air Refueling Wing | Fairchild AFB, Wash. — NKAWTG

Oct. 1, 2004

Tanker Pride

Fairchild deployed its first "All GATM" KC-135 squadron this week. These Global Air Traffic Management equipped aircraft will enhance the KC-135's mission with superior avionics and communications systems.



(Courtesy photo)

Making the grade  Seven Fairchild majors selected for promotion 3

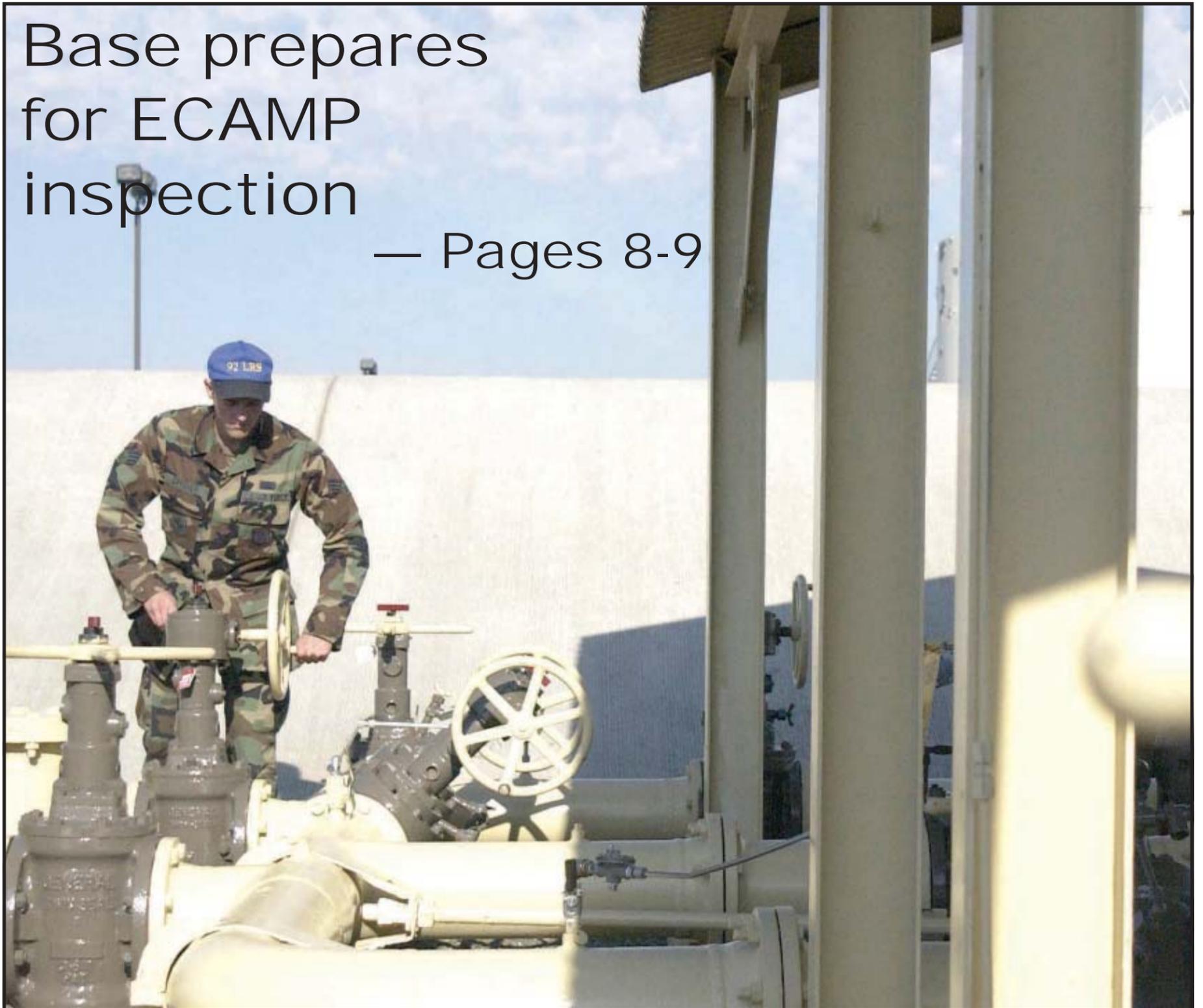
Town hall meeting Tuesdays meeting allowed residents to speak out 3

Time to test smoke detectors Sunday starts fire prevention week 4

Back to Blair Anderson school holds 55-year remembrance of Capt. Blair 7

Base prepares for ECAMP inspection

— Pages 8-9



Airman 1st Class Nathan Putz

Commander's Direct Line

I've noticed that some personnel are getting new fencing installed at their homes. Is this improvement going to be done on all base houses or is this just a "perk" for our senior leaders? Couldn't this money be spent better somewhere else?

Thank you very much for your question and for allowing me the opportunity to address this issue.

As you have already seen, new fencing is being installed around the Senior Officer Quarters and the Command Chief Master Sergeant's house in Ft. Wright Village. The fence being installed is classified as a perimeter fence (vice individual privacy fencing) because of the designated use of these homes (Deputy Group Commanders and Command Chief.)

Normally, these houses would be geographically separated in a neighborhood but our housing configuration did not allow for that. Since these homes, by the nature of their occupants, have special requirements (official functions, entertaining visiting guests, etc.), the decision was made to add a degree of privacy.

This is permitted by the Air Force Housing Guide, paragraph 4-6.8.2, which states "outside areas can be partially or completely enclosed by a privacy screen depending on the type of housing."

In terms of using the money elsewhere, there are no other housing projects currently programmed. The reason for this is the 2003 Housing Requirements Market Analysis reduced

Fairchild's housing requirement from 1345 units to 596 units (for reasons too lengthy to explain at this time).

With that action, Air Force guidance prohibits us from investing in homes deemed excess (above our programmed end-state requirement).

Adding yet another wrinkle is privatization, which will eventually transfer ownership of our housing inventory to a private contractor. Due to the impending change in ownership, the only homes that will definitely be retained are the new commanders homes and the senior officer units. Beyond that, we can not predict which units will be kept and which will be demolished.

It does not make economic sense to invest in homes that may soon be removed from the inventory.

The installation of the fences may have caused some brief inconvenience for affected housing residents. However, the contract is expected to be complete today, which is nearly a month ahead of schedule.

I hope this answers your very valid concern.



Col. Anthony M. Mauer

—Col. Anthony M. Mauer
commander, 92nd Air Refueling Wing

A new vision of a hero

As a child, I remember having lots of heroes. It was easy, some sports star hit the game winning home run and the next day he's your hero. As a kid it's hard to separate reality and fiction so I even worshipped John Wayne after seeing him save the day in *The Green Berets*. There he was, staring death in the eye, always doing his duty and being tender when he had to be.

As I got older, heroes became harder to come by. Sports stars seemed to care more about money than the fans or the team. Movies were made to believe and the stars seemed to spend more time in trouble than doing anything noteworthy. Sure I was proud of the firefighters and policeman who paid the ultimate price during 9/11, but that was respect for a group, not a single individual. Pat Tillman, the Arizona Cardinals safety who gave up his NFL career to enlist in the Army and lost his life fighting in Afghanistan was certainly heroic, but I didn't know too much about him as a football player and he seemed kind of distant, just a name on a page.

I do, however, know Senior Airman Howard Parkes.

Airman Parkes is a knuckle-dragging crew chief who was working the tool crib in the 92nd Maintenance Squadron ISO docks when he got tasked to deploy to Iraq escorting Third Country Nationals.

Howard was given only seven days notice before he was to get on a plane headed for a war zone, but I never saw a bit of hesitation or heard a single complaint.

Sure lots of our folks and other service members have deployed to Iraq and other locations throughout the world at a moments notice without complaining, but Airman Howard's deployment seemed especially noteworthy to me.

With three children under the age of five and recent orders to Kadena AB, Japan, the family was busy packing their belongings for the move. Additionally, Howard was scheduled to attend his brother's wedding this past summer. It was the first chance Howard and his wife would have in years to see his parents, who had spent the last two years as missionaries in Romania.

These were all good reasons to try and get out of the deployment, but I don't think they ever crossed Airman Howard's mind. Two days after being notified, I saw him and his wife and kids running around out-processing. You would have thought they were going to the commissary instead of sending Daddy to a war zone for 100 days.

I couldn't help be awed by the pride and professionalism displayed by this young man.

Airman Howard told me his brother would delay the wedding until his return and he would just have to see his parents a few months later. Sure he was scared about going to Iraq, but this was where his country needed him and going there was his job. He didn't hesitate to answer the call.

I was very happy to see Airman Parkes safely return Sept. 17, along with three other members of my squadron and a busload of other returning deployers.

"I had a lot of fun," was the first thing out of Airman Howard's mouth when I shook his hand.

"Sure you did," was all I could say.

(Courtesy of the 92nd Maintenance Squadron.)

Fairchild's Weekend Weather

(Contributed by 92nd Operations Support Squadron Weather Flight)

Saturday

Partly Cloudy

L 42°

H 70° F

Friday

Partly Cloudy

L 41°

H 66° F

Sunday

Partly Cloudy

L 45°

H 73° F

Cover shot



Airman 1st Class Nathan Putz

Senior Airman Joseph Cipponeri, fuels, 92nd Logistics Readiness Squadron prepares fuel pumps for transfer near Anderson Elementary Tuesday.

FAIRCHILD CONNECTION

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Fairchild Connection Editorial Staff

Commander

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Chief

1st Lt. Matt Hasson

Chief of Internal

2nd Lt. Ethan Stoker

Superintendent

Master Sgt. Scott King

Fairchild Connection Staff Writer

Crystal Lavadour

Airman 1st Class Nathan Putz

Airman 1st Class Christie Putz

Photographic Support

Base Multimedia

Town hall addresses issues

Story and photo by
Airman 1st Class Christie Putz
92nd ARW Public Affairs

Fairchild residents were encouraged to attend a town hall meeting Tuesday evening that addressed many concerns for the coming months.

Hosted by Col. Anthony M. Mauer, commander, 92nd Air Refueling Wing, the primary topics covered included housing privatization and gate construction.

The commander of the 92nd Civil Engineer Squadron, Lt. Col. Sal Nodjomian, reviewed what housing privatization is, why the Air Force is doing it, what it means to current residents and a timeline of events.

"Privatization is a new thing to Fairchild, but not to the DoD," he said. "And virtually every location has their success stories."

He assured residents they would not be forced to move out of their current houses to live off base and explained how little to no money would have to come out of the residents' pockets.

"Residents will have to pay for utilities, but the rent for the units will be equal to the basic allowance for housing minus 110 percent of the family's expected utility costs," he said.

This method encourages



Colonel Anthony M. Mauer, commander, 92nd Air Refueling Wing, and Lt. Col. Sal Nodjomian, commander, 92nd Civil Engineer Squadron, address the residents attending Tuesday night's town hall meeting. Topics covered included housing privatization, upcoming gate construction, fire safety and Halloween plans.

energy conservation as the resident could potentially pocket any unused amount.

While initial privatization is planned for December 2005, there is a ten-year transition period before the contractor must be complete with his renovations.

The second topic, gate construction, was also another high-profile subject for the residents.

Many of the upcoming changes were covered, including gate closures and how residents can stay informed of changes.

"Starting Thursday, the main gate will be used for decaled vehicles only; all visitors will go to the Graham Road gate," said Chris Corativo, construction manager,

92nd CES.

Signs were placed along Highway 2 directing drivers to the correct gates, he said.

Until construction allows, the Graham Road gate will be home to the visitor's center and will be operational 24-hours-a-day.

The main gate will also remain open to decaled vehicles at all times.

The only exception is during paving of the roads, which is scheduled for Oct. 30 - Nov. 5.

No changes will be made to the hours of the Thorpe/Rambo gate.

Expected opening date of the new Rambo Road commercial gate is scheduled for Oct. 11.

Additional questions asked in the meeting will be addressed in a later article.

CFC begins Monday

By Crystal Lavadour
92nd ARW Public Affairs

The local Combined Federal Campaign begins Monday and runs through Nov. 12.

A wide variety of causes are available for people to choose to support said the base CFC representative Maj. Norman West, aerospace physiology flight commander, 92nd Aeromedical-Dental Squadron.

"I can almost guarantee that you can find a cause that is important to you," he said.

Donors can choose to donate to local, national and international organizations. The local organizations are from 10 counties in eastern Washington and five in northern Idaho.

Three agencies on Fairchild benefit every year from funds made available through the United Way. The child development, family support and youth centers use funds obtained through the CFC for daily operating expenses, as well as to provide emergency services.

Donations to CFC are strictly voluntary.

"We won't stiff arm people and make them contribute," said Major West. "We just want everyone to have the opportunity to participate."

The goal is to contact 100 percent of Team Fairchild.



Airman 1st Class Clay Lancaster

Lab rats

Master Sergeant Chris Shipp, plans and scheduling superintendent, 92nd Maintenance Operations Squadron, receives instructions from Officer Rob Corn, Bainbridge Island Police Department and Officer Scott Oak, Missoula PD, for the finger to nose test. These Police Officers are in training to become drug recognition experts and must go through this ten-day course in order to be certified.

Lt. Col. Promotees

92nd Air Refueling Wing

Joseph Michell

92nd Air Refueling Squadron

Robert Boquist

92nd Logistics Readiness Squadron

Linda Hurry

92nd Communications Squadron

Bret Talbott

92nd Maintenance Squadron

David Yockey

2nd Support Squadron

David Miller

509th Weapons Squadron

Gregory Meyer



Airman 1st Class Brian Yates, firefighter, 92nd Civil Engineer Squadron, assists Sparky with loading fire engine 7 for Fire Prevention Week.

2004 Fire Prevention Week starts Sunday

Story and photo by
Airman 1st Class Nathan Putz
92nd ARW Public Affairs

Sunday marks the first day of the 2004 National Fire Prevention week and Fairchild's commemorative events.

During next week, families are encouraged to make simple checks and tests to their home and their home evacuation plan.

"Most of the information is aimed at children in grades 1st through 6th," said Master Sgt. Freddie Lime, assistant chief fire prevention, 92nd Civil Engineer Squadron. "We will be reviewing the methods of fire detection, monthly tests of smoke alarms and family evacuation plans."

Fairchild's fire department will be visiting Anderson Elementary School, the youth Center and Child Development Center and speaking about fire safety and prevention.

"Seventy five percent of fire prevention information enters

the home through children," said Chief William Nowlin, base fire chief, 92nd CES. "Children play a major role in fire prevention."

During the week, the fire department will host multiple vehicle displays at the Base Exchange, visit the school and daycares and conduct fire drills. Information will also be available to the public about installation of smoke alarms, home exit drills and teaching people to stop drop and roll if they are on fire.

"Testing smoke alarms may seem like basic advice, but all too often, the presence of a working smoke alarm can mean the difference between life and death," said Sergeant Lime. "Roughly 70 percent of home fire deaths result from homes with defective smoke alarms, or none at all."

Guests Sparky the fire dog and Smokey the bear will also be present during visits and displays assisting with the distribution and teaching of fire safety and prevention.

Clergy visit Fairchild

By Crystal Lavadour
92nd ARW Public Affairs

More than 30 clergy members from the Spokane area visited Fairchild Sept. 24 to learn about the base and Air Force Chaplaincy.

Representatives from a variety of churches and denominations attended the event.

"We see ourselves in partnership with the churches in Spokane," said Chaplain (Capt.) Donald Bridges, base chapel, 92nd Air Refueling Wing. "Many base families attend services off base and this is one way we can say thanks."

The event included an address by Col. Anthony Hinen, vice commander, 92nd Air Refueling Wing, on the base's mission and role in the war on terror, a presentation on Air Force Chaplaincy programs, and a tour of the base and a KC-135.

Reverend (Dr.) A.S. Rhodes, pastor of the Mt. Olive Baptist Church in Spokane, said it was a great opportunity to acquaint himself with the base and other clergy members in the community.

The reverend, a former Air Force member, said that the event was extremely important.

"It ties civilian life with military life," he said. "In the end, we are all one community."



Clergy members from various churches in the Spokane area tour a refurbished KC-135 Sept. 24. Clergy Day also included presentations on Fairchild's mission and chaplain programs and a base tour. The base chapel sponsored the event.

Airman 1st Class Quyen Luong

Fire Prevention Week schedule

Sunday

9-11 a.m. BX/Commissary Fire Truck Display

Monday

6:30- 7:30 a.m. Sparky/Smokey at Front Gate

9-11 a.m. Visit Child Development Center

9-11 a.m. BX Fire Rescue and Structural Vehicle Display

Tuesday

6:30-7:30 a.m. Sparky/Smokey at Front Gate

9-11 a.m. Anderson Elementary School

1-3 p.m. BX Crash Truck Display

Wednesday

9-11 a.m. Anderson Elementary School

10:30-11 a.m. Anderson Elementary School Fire Drill

1:30-3 p.m. BX Hazmat Decon Trailer Display

Thursday

2:30-3:30 p.m. Poster Contest Presentation

4-5 p.m. Youth Center Visit and Fire Drill

Friday

8-8:30 a.m. CDC Fire Drill and fire truck tour

9-9:30 a.m. Anderson Elementary fire truck visit/display

10-11:30 Home day care visits with Sparky/Smokey

2-5 p.m. Fire Station Visit from Youth Center

Saturday

9-11 Fire Station open house

2-4 p.m. Free Skating for Poster Contest winners

American Red Cross assists people in times of need

By Master Sgt. Scott King
92nd ARW Public Affairs

Each year, the American Red Cross responds to more than 67,000 disasters, including house or apartment fires (the majority of disaster responses), hurricanes, floods, earthquakes, tornadoes, hazardous material spills, transportation accidents, explosions and other natural and man-made disasters.



Recently, four hurricanes devastated Florida, leaving more deaths and compounded destruction. Red Cross workers have now expanded relief operations to care for hurricane victims, providing vital food and shelter around the clock — and will continue in the days and weeks ahead. The ARC relies fully on voluntary donations of the public to provide such life-saving services.

The local Red Cross chapter is committed to meeting the humanitarian needs of the people in the local area as well as in Florida, be it in disaster preparedness, disaster response, first aid and CPR training, or disease prevention.

People can help support their local chapter programs and services by a donation to their local Red Cross Chapter.

During our Combined Federal Campaign (CFC) drive this Fall, consider donating to the Spokane Chapter of the Red Cross by choosing #9122 in the CFC booklet. To donate to the National Red Cross, choose #0700 in the CFC booklet.

Civilian guards to augment security forces at gates

By Master Sgt. Hollis Severns
92nd ARW Security Forces Squadron

Starting Monday, the base will have new additions to the Security Forces Squadron.

As people drive through the main or commercial gate, they may notice the civilian polo-shirted armed guards checking IDs.

They are the new Department of Defense civilian guards hired to augment the security forces for the next year during increased deployment commitments around the globe.

These individuals are trained and empowered to provide all the same services the active duty security forces provide at the gates.

This civilian force, most of whom have either recently retired from the security forces career field or spent time in the Air Force at some point, will be providing a much needed boost to the security forces, as well as the base.

They will be performing gate security duties, including checking identification and searching vehicles, and adding to the overall force protection level.

While the blue and black uniforms may look different, the general base populace will see no reduction in force protection or commitment to personal safety and the safety of the installation.

The new guards are replacing all of the wing augmentees. This will allow current augmentees to return to their usual duty positions.

New civilian guard uniforms



Jamie Kinlen, security guard
92nd Security Forces Squadron

Radon assessment survey begins in base housing

Beginning Monday, a radon assessment survey will be conducted to determine radon levels in base housing and ensure there are no potential health risks to Fairchild residents.

Radon is a natural, odorless, colorless, radioactive gas which rises up from the soil.

Eastern Washington State lies in a high radon potential geologic area. This area includes all of Spokane County which encompasses Fairchild.

During the survey, a small radon monitoring unit will be attached to a first-floor or basement interior wall in each home for a period of one year. Any homes that do not receive a unit have already been monitored.

Units will require no action on the part of the resident other than to protect them from disturbance or damage.

A representative of FPM Group, a local environmental/engineering firm, will install these monitors this year and retrieve them late next year.

Installation is anticipated to end by



The radon survey units are round, black, two inches in diameter and one inch tall. The units will be installed in some base residences for about one year to determine radon levels.

late November.

Installers will contact housing residents by going door to door. If residents are not at home, installers will simply try again at another time.

Installation will only occur between the hours of 9 a.m. to 8 p.m.

(Courtesy of the 92nd Aeromedical-Dental Squadron.)

Taking a STEP up

Lieutenant Col. Brent Polglase, commander, 373rd Training Squadron, and Master Sgt. Kyle Schmidt, detachment chief, 373rd TRS Det. 13, tack on Tech. Sgt. Gary Weishaupt, avionics instructor, Det. 13, after he received a STEP promotion Monday.



A hero remembered

By Crystal Lavadour
92nd ARW Public Affairs

In December, the doors of Blair Elementary School were closed and classes were moved to the new Michael Anderson School.

But through the efforts of teachers and staff members, the memory of the man the old school was named for will live on.

Captain William Blair, a Fairchild B-25 pilot, died Sept. 30, 1949. The 30-year-old father of two, along with his crew and passengers, was returning from Fort Gordon, near Augusta, Ga., when the left engine caught fire. Captain Blair sounded the bail-out alarm as the burning aircraft soared above Chattanooga, Tenn.

The captain stayed at the controls and guided the plane into an empty field sparing the lives of countless people on the ground. Seven of the eight others survived the jump, although two were badly burned.

Captain Blair was able to jump just before the plane hit the ground. Unfortunately, at such a low altitude, his parachute didn't have time to open, and his body was found 300 yards from the burning wreckage.

"Because of his actions, [Captain Blair] allowed seven other people to grow old and have families," said Nancy Bevan, physical education teacher, Anderson Elementary.

On the anniversary of Captain Blair's death, students were given a history lesson about the captain and what he did.

"As Blair school is now demolished, we want to keep the memory of Captain Blair alive through helping our students understand the history of our current school," said Heidi Zornes, counselor, Anderson Elementary. "For our school, this is an important and nostalgic day."

Several teachers and staff members felt it was important to continue to honor Captain Blair and the school's history.

"This school didn't start a year ago, it started more than 50 years ago," said Ms. Bevan who taught at both Blair and Anderson for more than 30 years.

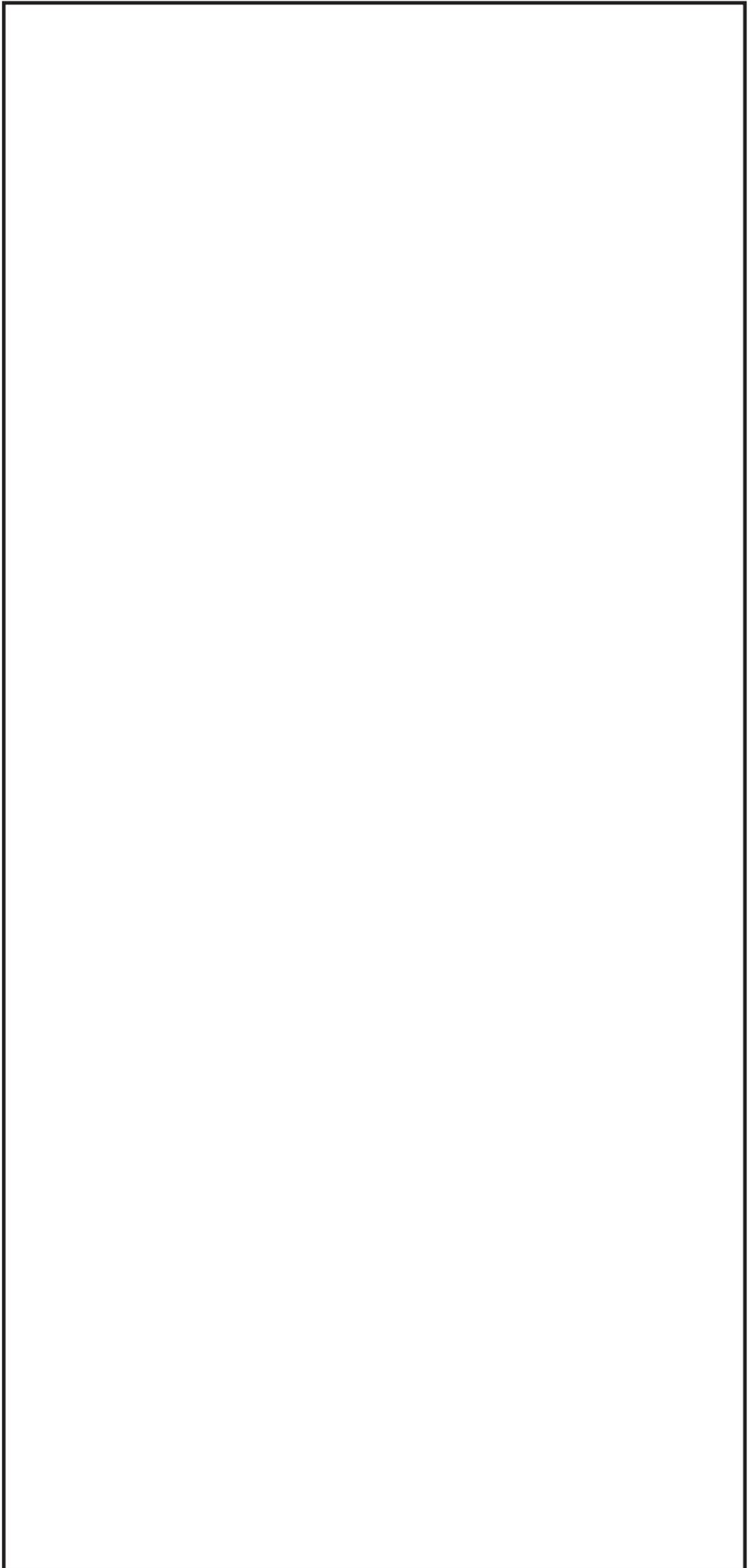
The new school was named for Lt. Col. Michael Anderson who died when the space shuttle Columbia broke up during re-entry in February 2003, but the school's gym and a lab were given the Blair name.

It was very important to the teachers and staff that today's students learn about the history of their school, especially since history is made everyday.



(Courtesy photo)

Captain William Blair was flying a B-25 similar to the one above home to Fairchild when it crashed Sept. 30, 1949 in Tennessee.



ECAMP inspection preparation u

By 2nd Lt. Nicholas Van Elsacker
92nd ARW Civil engineer Squadron

During the week of Oct. 18-22, Fairchild will welcome an assessment team for the external Environmental Compliance Assessment and Management Program inspection. This inspection will be performed primarily by Air Mobility Command personnel and consultants with support from environmental, safety, and health experts from McConnell Air Force Base, Kan.

The ECAMP is a comprehensive assessment of the installation's environmental management program and consists of a detailed review of thirteen compliance areas.

The entire installation, to include associate units, is subject to review by the team.

The 13 compliance areas are: air, hazardous materials, hazardous waste, natural and cultural resources, pesticides, POLs, storage tanks, solid waste, water quality, waste water, toxic substances and other areas to include the installation restoration program and pollution prevention.

In preparation for the external ECAMP, the 92nd Civil Engineer Squadron Environmental Flight conducted an internal mini-ECAMP Sept. 14-16. The most common findings identified included improper storage and disposal of hazardous waste, improper storage and documentation of hazardous materials and

lack of documentation of training in these areas.

Other things to keep in mind are the need to keep recyclables and fluorescent light tubes out of the dumpsters, as well as proper labeling of flammables, tanks and POL areas.

The external ECAMP team arrives Oct. 17, and will kick off the assessment with an in-brief the following day at 8 a.m. in the Deel Community Center. Cross-talks will be conducted that Tuesday, Wednesday and Thursday at 7:30 a.m. and the out-brief will be at 9 a.m. Friday. Everyone is invited to attend the meetings, and those responsible for managing environmental programs within their units are highly encouraged to attend the in-brief and cross-talks.

As with any assessment, attitude, organization of records, and housekeeping all make an impression on the assessors. Take the time to perform a weekly walk-through during the weeks prior to, and daily walk-

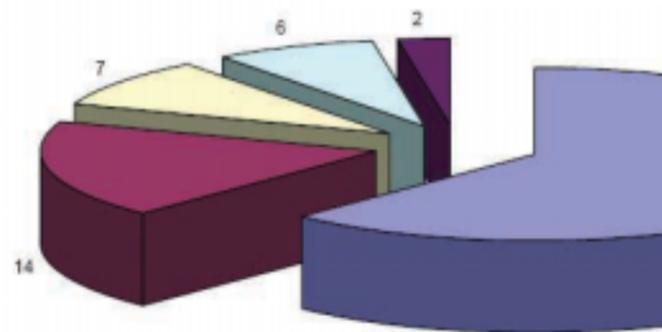
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2nd Lt. Nicholas Van Elsacker

Airman 1st Class Stevie Coscolluela, electrical power production journeyman, 92nd Civil Engineer Squadron, disposes of used oil. Used chemicals are stored in leak proof containers until they disposed of.

Mini-ECAMP Resu



Senior Airman Joseph Cipponeri, fuels, 92nd Logistics Readiness Squadron, inspects fuel storage containers for cracks, dents, and leaks.

nderway

throughs the week of ECAMP, and when the visitors come to your shop, direct them to the proper personnel to answer any questions they may have.

During the previous external ECAMP in 2003, Team Fairchild performed exceptionally well and was praised as best ECAMP by HQ/

Let's exceed this standard of excellence by preparing for and working with the incoming visitors in every way possible.

Furthermore, keep in mind that, besides ensuring compliance with federal, state, and local regulations, ECAMP serves a much more important, personal purpose: the safety and health of Fairchild's personnel. Think of ECAMP as a preventative health assessment before installation. The 92nd CES Environmental Flight is happy to assist anyone with any other questions regarding preparation for ECAMP. For more information, contact Jonathan Wald at 247-2313.



HAZ Materials	48 %
HAZ Waste	2 %
POL	7 %
Storage Tank	6 %
Toxic Subst.	14 %



2nd Lt. Nicholas Van Elsacker

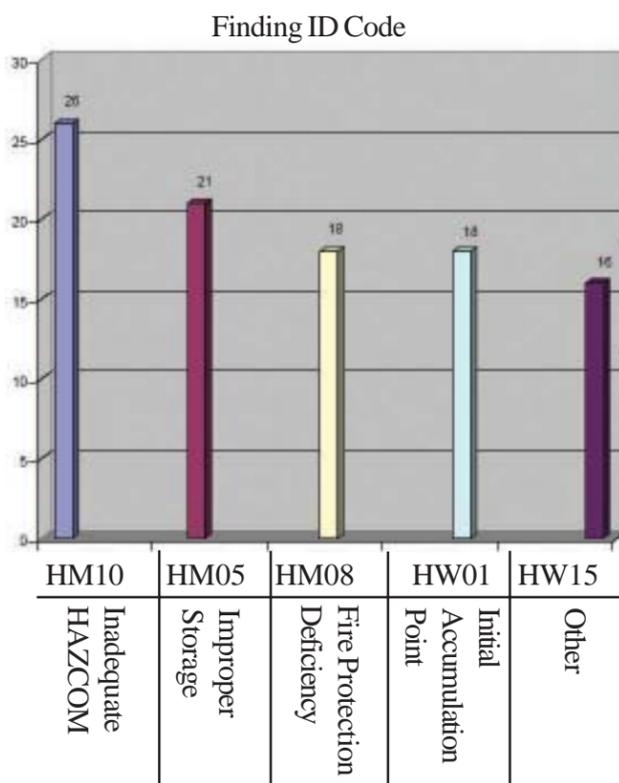
Phil Thomley, recycling center worker, 92nd CES, places flattened cardboard into the designated receptacle at the Recycling Center. Fairchild's Recycling Center keeps partly used cleaning products and spray paint for use by base personnel.



Airman 1st Class Nathan Putz

Class Squadron, prepares a fuel storage container for use and clogged vents to ensure they remain safe for use.

Top 5 Findings 2001-2003



Top 10 ways to prepare for ECAMP

- Ensure that HAZCOM training and documentation is up to date and signed.
- Check for proper storage of materials in flammable storage lockers.
- Confirm that authorized letters for flammable storage lockers are current.
- Properly store new and used fluorescent light tubes.
- All hazardous materials should be labeled and containers closed when not in use.
- Ensure availability of current MSDS for all hazardous material.
- Keep recyclables, hazardous materials and shop rags out of the dumpsters.
- Properly secure and store all gas cylinders.
- Check for proper mounting and maintenance of eye wash stations.
- Ensure fire extinguisher ratings and size are appropriate for work area.

Overall health is more than fitness, nutrition

By Airman 1st Class Christie Putz

92nd ARW Public Affairs

(This is the last part of a three-part series entitled "Goals for a healthy lifestyle.")

What do a pack of cigarettes and a clenched fist have in common?

They're both signs of bigger problems.

The first, a pack of cigarettes, has many detrimental effects on the body. Not only can it cause cancer, but it also increases the chance of emphysema, asthma, bronchitis, pneumonia and many other respiratory diseases.

"Tobacco use is the single most preventable cause of death in the United States," said Staff Sgt. Arlene Simons, health promotions NCOIC, 92nd Aeromedical Dental Squadron. "And it's not just smoking; all forms of tobacco use are harmful."

But besides all the health effects, Sergeant Simons has another reason why people should quit.

"Children of smokers have a greater chance of developing asthma, frequent colds, bronchitis and ear infections," said Sergeant Simons. "But the worst thing is that they can grow up thinking that smoking is acceptable without knowing what it can do to them."

In turn, little smokers are born and introduced to the list of health problems above. Why wish that on a child?

Now, for those who would like to quit, the Health and Wellness Center offers smoking cessation classes. Or for those who would like to try to quit on their own, Sergeant Simons has a few tips to help.

"First you need to start buying cigarettes one pack at a time versus by the carton, and instead of instantly lighting up when you get a craving, wait five minutes," she said. "Lastly, I urge you to keep a diary of when you smoke and what's happening around you."

This will help smokers realize which environments create urges and can help control them.

Another aspect of everyone's lives that may need some help controlling is stress.

"We all become stressed to some degree," said Lt. Col. London Richard, behavioral health flight commander, 92nd Medical Group. "However we, ourselves, determine the severity of our distress, regardless of the situation or situations contributing to our stress reaction."

Stress management involves knowing when stress is there, what the stress is caused from and how reactions can be dealt with.

"Some physical signs of stress include rapid heart rate, muscle constriction, increased rate of breathing, perspiration and quicker actions," said Colonel Richard.

In the same way that people show different signs of stress, people are affected by different things.

"It would be impossible to list all the kinds of situations in which we can feel stressed," he said. "But our thinking for the most part determines what and how much of something we can take before becoming too stressed."

Some ways Colonel Richard recommends dealing with stress is to take breaks, participate in recreation activities, talk with others who are supportive, maintain a healthy diet and avoid seeking alcohol and/or drugs as a solution.

The HAWC also offers classes that can help people find additional ways to cope with their stress. The class is completely confidential, said the colonel. "People don't have to worry about any documentation in their records or any retribution; we're only here to help."

So whether it's a tobacco addiction or stress that's breaking someone down, there are resources available to get that member back to fighting shape. All of these things, including fitness and nutrition, add up to a person's well-being. In order to properly serve their country, every member of the armed services needs to be ready. It all begins with good health.

Intramural Bowling

Rank	Team	Points
1st	LRS	20/4
2nd	2 SS	16/8
3rd	Med. Group	16/8
4th	Survival	14/10
5th	Services	14/10
6th	92 OSS	12/12
7th	MSS #2	10/14
8th	MSS #1	10/14
9th	CES #2	10/14
10th	CES #1	10/14
11th	MXS	8/16
12th	Comm	4/20

Intramural Football starts Oct. 12

First game starts at 5 p.m.
Last game starts at 8 p.m. nightly

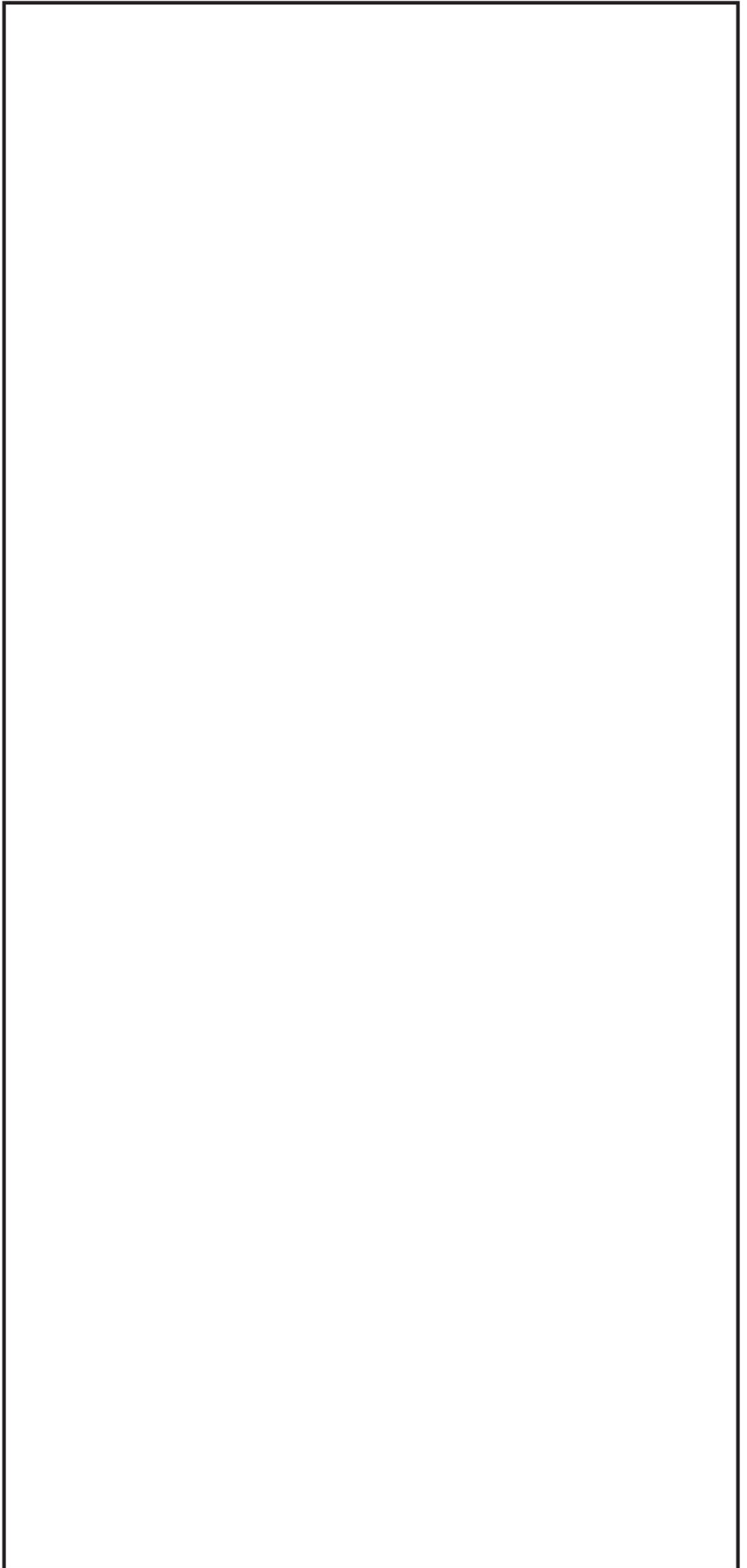


Call the fitness center at 247-2791 for more information

Prescription pick-up policy

The 92nd Medical Group has changed in order to serve customers better. People picking up medication for patients other than immediate family, must have the patient's valid photo ID card or a copy ready when they come to the pharmacy.

Note, if people are picking up sensitive medication for a family member, the pharmacy technician may still ask verifying questions, such as, what are the medications, how many are there or what are they for? Please do not be offended if this happens, we are simply verifying that the person truly has permission to pick up the medication through knowledge of the sensitive medication. For more information, call Master Sgt. David Harris at 247-2361 or ask a pharmacy staff member.



Community

Position available at Family Support

The Family Support Center Director is soliciting applications for the Readiness NCO position today. Required in-place date is Nov. 1. This is a 3-year controlled tour and the individual selected must have or acquire retainability.

Applicants must be a technical sergeant with strong interpersonal skills and an exemplary performance history. Package should include: copies of last five EPR's, chronological resume, letter of recommendation from squadron commander and applicant cover letter stating qualifications/reason(s) for desiring position.

Personnel will provide leadership and management for Family Support Center operations support the FSC functional mission and consult with on and off-base supporting agencies and base senior officer and NCO leadership to ensure family programs and services are responsive to the needs of service members and their families. An emphasis is placed on issues related to local or national emergencies, disasters, mobilizations, deployment, separations, or evacuations.

The individual will represent the FSC's involvement in base contingencies and disaster preparedness planning and family readiness educational initiatives directed toward service members and their families. They also promote family preparedness through education, marketing, and member and family participation in family readiness support activities and are responsible for FSC pre-deployment, deployment, and reunion issues as they relate to families.

For more information, call Dianne Tyler or Senior Master Sgt. Joseph Riff at 247-2246.

Some Airmen can carry over 'use or lose' leave

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 here.

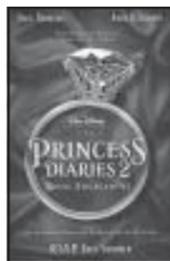
"This program is meant to enable people to take leave they've earned," said Senior Master Sgt. Don Taylor, the center's customer support operations superintendent.

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

For more information, Airmen can contact their local military personnel flight or commander support staff.

At the Movies

Friday



Princess Diaries 2

G 1 hours 53 min.

As a teenager, ugly duckling Mia (Anne Hathaway) learned that she was actually a princess. Now that the Princess has completed college in America, she is returning to her country, Genovia.

Saturday

Yu-Gi-Oh! The Movie

2p.m.

PG 1 hour 30 min.

Scary Combat and monster images.

This animated feature is steeped in the mythos of the Yu-Gi-Oh card game, Manga comics, and television show, which should make it a hit with fans.



7p.m.

Collateral

R 1 hours 40 min.

Violence and language



Three-time Academy Award® nominee Tom Cruise, Jamie Foxx and Jada Pinkett Smith star in the thriller "Collateral," under the direction of three-time Academy Award® nominee Michael Mann. Max has lived the mundane life of a cab driver for 12 years.

Without a Paddle

Oct. 8

PG-13 1 hour 35 min.

Drug content, sexual material, language, crude humor and some violence.

In Steven Brill's Without a Paddle, three friends embark on a hilariously dangerous adventure through the woods of the Pacific Northwest.



Oct. 9

Open Water

R 1 hour 19 min.

Language and some nudity.



Proving that the power of imagination is much more terrifying than what meets the eye, Open Water is Chris Kentis's intensely realistic deep-sea drama, "based on true events."

Doors open at 6:30 p.m., and the movie starts at 7 p.m. unless otherwise noted. Advanced ticket sales are available at the Cashier's Cage in the Base Exchange. Tickets are good for six months, prices may vary by age.

Western Washington Air National Guard openings

If anyone has an interest in joining the Air National Guard, call Master Sgt. Tabatha Bennett at (253) 512-3368 or e-mail tabatha.bennett@wataco.ang.af.mil.

Families of high school seniors may stay in place

Sixty-three Air Force families with a child entering their senior year of high school this year will get to stay additional time at their current duty stations thanks to a recently implemented policy.

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.

Even with the changes, officials said the mission comes first and will be the overriding factor in granting deferments.

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

Officers may apply before they receive an assignment, and enlisted members may apply after receiving an assignment.

Application requests that cannot be supported initially by the assignment NCO or officer will be reviewed and validated by the respective AFPC assignment division chief for that Airman's career field to ensure this is the right call for the member and the Air Force.

Officials estimate that annually 20-25 percent of officers and senior non-commissioned officers have children entering their senior year of high school and, perhaps, one third of those could be eligible for assignment in a given year.

The recent policy change makes official what was already being done informally whenever possible in the past.

In some cases, assignments teams were already successfully working with Airmen to allow families stability when children were coming up on graduation.

For more information personnel should contact either the local military personnel flight or their commander's support staff.

Running trails closed

The Rambo Gate and Main Gate areas are now in the possession of the contractor for gate reconstruction.

Construction fencing will be set up which will enclose portions of the fitness trail by the main gate, as well as the running track behind the old Blair school.

The remainder of the fitness trail can be accessed behind the CDC and, as always, the parade ground is still available for running.

Coupon books available

The 2005 Spokane Entertainment Coupon Books are on sale now at Michael Anderson Elementary School. They are \$30 each. To purchase a book, contact the main office or call Barbara Ewing at 565-3621 or e-mail bewing@mlsd.org.

Education

Fairchild's high scorers for August

Congratulations to these Team Fairchild individuals who received a 90 percent or higher on their Career Development Course Exam in the month of August.

92nd Aircraft Maintenance Squadron

Staff Sgts. Vicente Bolo, Steven Williams, Airmen 1st Class Mark Hughes and Roman Lugo

92nd Civil Engineering Squadron

Airman 1st Class Justin Horn

92nd Contracting Squadron

Tech. Sgt. Amy Friberg

Park University

Fairchild Campus Center will be offering the Writing Competency Test Monday, Oct. 18, and 26, Nov. 1, 8, and 22. Students should sign up at least two terms prior to taking EN306/CJ450/CJ451. A passing WCT score is a prerequisite to register for EN306/CJ450/CJ451 and also a graduation requirement. The WCT results will not be available until at least three weeks after test date. Failure to comply with this requirement could delay graduation because the requirement will not be waived. Also, EN306 is a prerequisite for the following courses: MG400, MG401, BA451, HR491, and MK491. Call the Fairchild Campus Center at 244-2020 to schedule an appointment to take the mandatory WCT.

Embry-Riddle Aeronautical University registration

Registration is underway for Embry-Riddle Aeronautical University's Winter 2004 term. The following undergraduate and graduate classes will be offered: Undergraduate: SFTY 320 - Human Factors in Aviation Safety, MATH 106 - Algebra and Trigonometry, ASCI 310 - Aircraft Performance, MGMT 325 - Social Responsibility and Ethics, and AMNT 270 - Airframe Structures & Applications. Graduate: ASCI 603 - Aircraft & Spacecraft Development and ASCI 606 - Aviation Command & Control Systems.

Classes begin Oct. 11. For more information, call 244-3832, or come by the office in the education center to sign up.



SAFETY SENSE

Top Six Ways to Avoid On- & Off-Duty Accidents

- Judgement:** Properly assess info vital to decision making
- Attention Management:** Pay attention to the task at hand; remove distractions
- Perception:** Learn to interpret internal and external data, ie. height, time, distance, smell, sound, touch, sight, etc.
- Assess Risks:** Make decisions using operational risk management principles
- Discipline:** Know, understand and comply with directives; and avoid horseplay
- Accepted Risk:** Understand any activity has inherent hazards; and take necessary precautions

Source AMC Safety

Info Graphic by Master Sgt. Paul Fazzini

Squadron Updates

2nd Support Squadron

The 2nd SS welcomes Senior Airman Patrick Benson and his family arriving from Nellis AFB Nev., Airman 1st Class Jason Murphy and his family arriving from Kunsan AB Japan, and Senior Airman Andrew Lutzo arriving from Anderson AFB.

Congratulations to our newest promotees: 1st Lt. Shawn Robey and 1st Lt. William Simpson Jr.

As a result of the latest Senior Airman below-the-zone board, we have two Airmen 1st Class who will be promoted 6 months early: Airman 1st Class JonPaul Betro and Airman 1st Class Trevor Breau.

92nd Military Equal Opportunity

Welcome Capt. Lillist Watson to the office. We hope you enjoy your time.

92nd Aircraft Maintenance Squadron

Congratulations to Mr. & Mrs. James Sheridan for the birth of Sydney Grace Sept. 1, weighing eight pounds nine ounces.

Congratulations to Senior Airman Tiffany Williams and her husband Daryl, on the birth of their daughter Alyxandria Chrystine, born Sept. 22, weighing eight pounds nine ounces.

92nd Communications Squadron

The 92nd CS would like to welcome back Airman 1st Class Damon Riney from Southwest Asia.

The 92nd CS bids farewell to Master Sgt. Connie Wetzel, who is moving to the Wing Plans. We hope you enjoy your time in the White House.

Fairchild's most recent reenlistments

92nd Air Refueling Wing

Senior Airman Stacy Wiley

336th Training Group

Staff Sgt. Sherwood Brown

22nd Training Squadron

Staff Sgt. Ryan Jobe

336th Training Support Squadron

Staff Sgt. Eric Kieffer and Senior Airman Frances Rodgers

509th Weapons Squadron

Tech. Sgt. Ernest Burns

66th Training Squadron

Staff Sgt. Kimberly Nowlin

92nd Aeromedical-Dental Squadron

Tech. Sgt. Jeanette Nall

92nd Aircraft Maintenance Squadron

Tech. Sgt. Bruce Westerma

92nd Communications Squadron

Senior Airmen Antonio Lett and Jennifer Heckle

92nd Logistics Readiness Squadron

Senior Master Sgt. Kelly Branscom, Staff Sgt. Michael Steers, Senior Airmen Balram Ramdatt, Edward Lamar and Gregory Lemley

92nd Maintenance Squadron

Staff Sgt. Jacob Crist

92nd Operations Support Squadron

Tech. Sgt. Mark Wooley

Banshee Ball



Oct. 30
7 p.m. to 12:30 a.m.
Cost: \$6 per person

Admission includes:

- ◆ Three games of Cosmic Bowling
- ◆ Unlimited Miniature Golf
- ◆ Unlimited Skating

7:30 p.m. - Pinatas

8 p.m. - Costume Contests for children

8:30 p.m. - Great Gross Out Worm Eating Contest for all ages

Witching Hour Dance
9 p.m. to 12:30 a.m.

10 p.m. - Iced T-Shirt Contest

11 p.m. - Limbo Contest

midnight - Adult Costume Contest

Bring two pairs of eyeglasses to donate to Sight Night and admission is FREE.

Prizes will be awarded including Costco gift cards and treats.

Sponsored in part by



No federal endorsement of sponsors intended.

Call 247-2422 for more information.

New Wednesday Night Bingo

Club Fairchild - Hollywood North

Wednesdays starting at 6 p.m.



Call 244-3622 for more information.

Package Deal available through ITT

Only \$88 per person



Seattle SEAHAWKS

vs.

Carolina PANTHERS



USAF
Information
Tickets
& Travel

Oct. 31

Game Time: 1:05 p.m.

Space is limited. Sign up by Oct. 15.

Call 247-5649 for more information or to sign up.



Package Includes:

1. Round Trip Bus (climate controlled, restroom, reclining seats and three tv's)

2. Box Breakfast (from Club Fairchild)

3. Game Ticket (in section #305)

Effective this Saturday Fitness Annex Closed
Call the Fitness Center at 247-2791 for more information.



Bring your family and friends to the Funspot Sundays from 1-5 p.m. for the Pizza and Pins Special. Call 247-2422 for details.



Lights On Afterschool Event

Oct. 14, 4 - 5:30 p.m.

Activities:

Youth Center - DARE Program, military working dogs and handlers, fire trucks, Humvee, arts and crafts and refreshments

Teen Center - Open Recreation for nonmembers, boxing ring and special activities to be announced.

Recognize the importance of afterschool programs.

Call 247-5601 for more information.



No federal endorsement of sponsors intended.

Lights On Afterschool is a project of the Afterschool Alliance.

