# Fairchild CONNECTION

Vol. 9, No. 30 | 92nd Air Refueling Wing • Fairchild AFB, Wash. | July 29, 2005


## TEAM FAIRCHILD

courtesy photo

Take care of your people — people are the Air Force's most valuable resource. The time and effort leaders spend taking care of their people will be rewarded with increased unit morale and effectiveness.

-Anonymous


## LOCAL NEWS

**Dealing with change in work, life A2**
Life Skills Center offers a variety of ways to deal with changes

**Fairchild part of Sister City program A2**
Wing commander represents Team Fairchild in Spokane program

**Improved language testing A3**
New testing process calls for more studying

**On the beat A3**
Security Forces patrolmen share their stories of responses to past weeks incidents around base

## GLOBAL NEWS

**Respecting the tools they work with A4**
Deployed KC-135 Stratotanker crew respects their aircraft

**SECDEF encourages deployed troops A4**
Through the efforts of U.S. and coalition forces, the terrorists will fail

**Fuel in flight A4**
Boom operator performing duties helping various other aircraft


## Weekend Weather

TODAY — L 61˚ H 90˚

AM Partly Cloudy | PM Partly Cloudy

SATURDAY — L 60˚ H 90˚

AM Partly Cloudy | PM Clear

SUNDAY — L 59˚ H 93˚

AM Sunny | PM Clear

Staff Sgt. Nathan Gallahan

Staff Sgt. Kevin Sklark aims a M240B general purpose machine gun down the range that opened June 24 after being closed in 1990. The range utilizes brand new technologies, such as an environmentally friendly bullet trap and air filter. For live fire, helmet, gloves, flack vest and hearing protection are required.

# Getting back on the line

**By Airman 1st Class Nathan Putz**
*92nd ARW Public Affairs*

Fairchild's Combat Arms Training and Maintenance facility has reopened their M240B range after a project to place a bullet trap.

The range closed in 1990 after receiving reports that bullet fragments were being found in the 92nd Logistics Readiness Squadron's parking lot.

"One of the new features we have on the range is a full containment trap that leads into a collection tank for disposal," said Tech. Sgt. Peter Rainbolt, a CATM instructor with the 92nd Security Forces Squadron.

Currently the range is not being used full time due to the shortened distance.

"We are able to put a short notice group through our range, but prefer to have our students fire the full distance to accurately understand the capabilities of the weapon," said Staff Sgt. Donald Holtman, a CATM instructor with the 92nd Security Forces Squadron. "With small groups coming here we can be ready almost instantly.

The range also is beneficial for test fires following maintenance.

For more information about requirements at the range call 247-5150.

# Help from the Area Defense Counsel

**By Tech. Sgt. Charlene J. Pullum**
*92nd Air Refueling Wing Defense Paralegal*

More than 30 years ago, many people believed the military justice system was stacked against an accused. The defense lawyers representing the accused in courts-martial and other adverse actions were appointed by the convening authority, typically the base commander. Both the prosecution and defense lawyers would have their performance reports endorsed by the same individual usually the Staff Judge Advocate.

Because of the perception of possible "command influence," the Air Force began a new defense attorney program in 1974. That is when the defense function began to report directly to the Judge Advocate General of the Air Force through a separate chain of command from the base legal office. Office space was set up separate from the office of the base Staff Judge Advocate, and an area defense paralegal was assigned to assist the area defense counsel. This policy was formalized in AFR 111-1, Chapter 13, and created a truly independent defense attorney system Air Force wide.

The chain of command for an ADC today remains completely separate from that of the other attorneys at the on base Legal Office. His or her officer performance report is written by his or her boss, called the Chief Circuit Defense Counsel, and endorsed off base. They are expected and encouraged to argue vigorously on an accused's behalf against the command, if necessary.

Fairchild's defense counsel is also governed by the Canons of Professional Ethics that dictate zealous representation of a client's interests. For these reasons, people can be certain that the ADC will represent them to the best of his or her ability, and in matters within his or her charter.

The ADC provides legal representation, free of charge, to active duty military members facing disciplinary or other adverse action. The following are some of the commonly requested services: UCMJ proceedings, Courts-Martial, Article 15s, and Suspect Rights Advisement, Adverse Administrative Actions Officer and Enlisted Discharge Proceedings, Administrative Demotion Actions, Letters of Reprimand, Unfavorable Information Files, and Related Matters), OPR and EPR Referral Responses, and Reports of Survey.

Many people hesitate to speak candidly with the ADC because they feel that the government may at some future time use things they say against them. Nothing could be further from the truth. Everything people say to the ADC is held in strict confidence and cannot be divulged in court or anywhere else or to anyone else without their permission. The Military Rules of Evidence and the Canons of Professional Ethics protect this privilege of confidentiality.

People always have the right to hire a civilian lawyer to represent them at their own expense. If they hire a civilian lawyer, they may keep the ADC on your case or release them. People also have the right to request a different military defense counsel. If they know an ADC at another base, for example, they may want to see if they can represent the person. The rule usually is that the requested counsel must be "reasonably available," and higher level authorities make that decision.

If people wish to make an appointment and speak with the Area Defense Counsel call 247-2918. The office is located inside the Military Personnel and Finance building (Bldg 2245) on the first floor, across from the elevator.

Airman 1st Class Jessica Fuentez

**Get a grip**

Airman 1st Class Sean Daly of the 92nd Civil Engineer Squadron prepares to propel down the tunnel used for training purposes at the base fire station.

# New SARC protects confidentiality of sexual assault victims

On Wednesday July 13, 2005 Team Fairchild welcomed one of its newest member, Amia Watson, who fills the role of Sexual Assault Response Coordinator, or SARC. She comes to us from Malmstrom Air Force Base in Montana where she was a counselor. This is her first assignment as a SARC. The position of SARC is a brand new position within the Air Force and largely came about as a response to the Sexual Assault scandal at the Air Force Academy. When Air Force leadership looked at the sexual assault problem they found that one of the key reasons most often cited for victims not coming forward to report an assault was a lack of confidentiality. Victims did want other people within their units to know what had happened. The new office of SARC is specifically designed to address this concern.

Every major Air Force installation will have a SARC. The SARC provides complete confidentiality for victims of sexual assault who report the assault exclusively to the SARC. Every SARC has received specialized training and will play a very victim focused role. The SARC will ensure that the victim receives proper counseling and medical treatment, and will also make available other resources to help victims of sexual assault cope with the trauma associated with this terrible crime. All of this remains confidential. However, if a victim reports the assault to someone other than the SARC, a healthcare provider, or a chaplain, it may mean that confidentiality could be lost. In order to ensure confidentiality a victim should immediately contact the SARC.

The SARC program will also empower the victim and give them more control over the situation. The SARC will not notify the chain of command or the Office of Special Investigation, and an official investigation will only begin when the victim is ready. Once the victim decides to report the assault, law enforcement will thoroughly investigate the allegations. The Air Force has zero tolerance for sexual assault and those who commit this crime can face harsh punishment under the Uniform Code of Military Justice. The SARC or a Victim Advocate will be by the victim's side throughout the entire process.

The SARC is currently looking for volunteers to serve as victim advocates. These individuals will be trained by the SARC and will provide one-on-one direct personal contact with victims of sexual assault, and will have confidential disclosure with their assigned victim.

The services provided by the SARC are available around the clock. If you would like to be a victim advocate or would otherwise like to speak with the SARC, contact Ms. Watson at 247-SARC (on base 7-7272). Remember, all communication is confidential. *(Information provided by 92nd Medical Group.)*


AMC CALLING FOR CHANGE B1

**Sport bike mishaps on the rise in command**

KEEP 'EM OFF THE ROAD B1

**Fairchild NCO takes action to keep drunk driver off the road**

ACCEPTING THE CHALLENGE B6

**Bulls take on Dragon boat challenge**

Photos by Staff Sgt. Jose S. Davila

(Above) The Sister Cities International Annual Conference hosts more than 1,200 delegates and visitors, many from overseas, participating in an international cultural exchange. As host city, Spokane represents all 21 Sister City programs in Washington State.
(Left) Colonel Scott Hanson, the commander of the 92nd Air Refueling Wing, speaks with William Gavit of Riverside, Calif. Mr. Gavit is a state coordinator for the International Sister Cities Organization. Spokane hosted a convention for their Sister Cities Wednesday.

# Members of Team Fairchild participates in Sister City Program

**By Capt. Nicholas Sabula**
*92nd ARW Public Affairs*

Team Fairchild came out in force this week to support a gathering of cities from across the globe running Wednesday through Sunday in Spokane.

The Sister Cities International Annual Conference hosts more than 1,200 delegates and visitors from across the U.S. and dozens of countries worldwide who are participating in an international cultural exchange, celebrating municipal cooperation.

The visitors to Spokane represented one of the largest international visitor contingents since the city hosted the World Expo in 1974. Spokane is also the smallest city ever to host this event.

"This is an important convention in furthering ideas and dialogue between cities around the world, said Col. Scott Hanson, 92nd Air Refueling Wing commander, who took part in opening ceremonies. "We're proud that Fairchild Air Force Base is a major part of the Spokane community."

Fairchild members took part in various events, including a Dragon Boat race along the river where the 92nd Civil Engineer Squadron took first place.

The U.S. sister city program originated in 1956 when President Dwight D. Eisenhower proposed a people-to-people, citizen diplomacy initiative.

Sister Cities International recognizes, registers, and coordinates sister city, county, municipalities, oblasts, prefectures, provinces, regions, state, town, and village linkages, representing more than 2,500 communities in 126 countries around-the-world. The program works to develop municipal partnerships between U.S. cities, counties and even states with their counterparts in other nations.

Sister Cities of Spokane include: Nishinomiya, Japan; Limerick, Ireland; Jecheon, South Korea; and Jilin, China. As host city for the conference, Spokane represents all 21 Sister City programs in Washington State.

The program has led to some very visible ties in Spokane, including the Spokane-Nishinomiya Gardens in Manito Park and the large annual St. Patrick's Day festivities in the city.

The convention ends 9 p.m. Sunday night with a Royal Fireworks Concert at Riverfront Park.

# Working through change in the workplace, life

**Capt Kimberly C. Newsom**
*92nd Medical Group*

Has your spouse rearranged the furniture so that you don't know where anything is? Have you ever had someone come into your shop and try to change everything? Have you ever found yourself saying "We've always done it this way before" or "If it ain't broke, don't fix it"? Does anyone out there actually like change? I know I don't. I am a creature of habit … once I learn how to do something one way that works, I tend to stick to it and if you try to make me change, I can dig in my heels just like a 2-year-old.

If you've been in the Air Force longer than two or three years, you're probably quite familiar with the notion of change or turnover. How many different supervisors, flight chiefs, squadron or group commanders have you gone through so far? Do you notice how the command structure changes every two years like clockwork, while the worker bees continue to work? You ever feel like right about the time you've got the person broken-in just right, they PCS and you have to start all over again?

Well … hold on to your hat (be it a flight cap or an organizational baseball cap) because you are probably not going to like what I say next, but change is inevitable. Who knows that better than us? As the summer PCS cycle goes into full swing, most of us are dealing with some level of change. I have a new flight, squadron, group and wing commanders.

Although it probably feels very frustrating right now, change isn't necessarily bad and the fact of the matter is, things are going to continue to change whether we want them to or not. The question is "Are you going to move with the change or fight against it kicking and screaming?" Do you know why we really get so upset when someone comes in and changes things? It's because the changes are someone else's. Think about it. Would you really be so irritated if the "suggested" changes had come from you?

Difficulty accepting change is a close relative to a perceived lack of control. We often fear what we can't control or what we can't change. Although there are a lots of things that we can't change, we can effect change by altering how we look at and respond to things. Misery is not solely caused by things, but by our view of things. New supervisors, new bosses, new commanders will also come with new ideas, not all of which will be good, but must at least be considered.

One of the mission of the wing is to develop leaders … medics and maintainers, pilots and boomers, mechanics and logistics journeymen. Part of being a good leader is taking care of yourself, watching out for others (don't forget the Wingman concept), and providing input based upon your own personal and professional knowledge and experience, which helps produce change. Wouldn't you rather be part of change or the solution to an identified problem rather than be identified as the problem?

How do you approach the Lt. Col. or full bird with an idea or suggestion? Be assertive not aggressive. The H-A-R-D technique ensures assertiveness when communicating with others: Be Honest. Be Appropriate. Be Respectful. Be Direct. If you don't believe me, try it out on your significant other after he or she has rearranged the furniture.

## MAINTENANCE WEEKLY REVIEW

**Mission Capable Rate**
Aircraft can fly all or some of it's assigned mission
(84 percent or higher is compliance)
AMC Goal – 84.0% Fairchild – 89.1%

**Non-Mission Capable MXS**
Aircraft cannot fly assigned mission. Controlled by the speed and accuracy of maintenance.
(12 percent or lower is compliance)
AMC Goal – 12.0% Fairchild – 7.0%

**Non-Mission Capable Supply**
Cannot fly mission controlled by the availability of spare parts. (8 percent or lower is compliance)
AMC Goal – 8.0% Fairchild – 5.5%

**Departure Reliability Rate**
Percentage of home station departures that are on time
(95 percent or higher is compliance)
AMC Goal – 95.0% Fairchild – 93.70%

## UPCOMING EVENTS

**Today, 12 P.M.**
92nd Medical Group Picnic
*Miller Park*

**Today, Time TBD**
Defender's Association Golf Tourney
*Liberty Lake*

**Saturday, 9 A.M.**
Fairchild AFB Triathlon
*Clear Lake*

**Saturday, Time TBD**
Sister City Convention Dinner
*Location TBD*

**Monday**
Wing Training Day
*Fairchild AFB*

**Monday, 10:30 A.M.**
336th Training Support Squadron Change of Command
*Bldg. 1324*

**Wednesday, 11 A.M.**
92nd Air Refueling Wing Promotion Ceremony
*Club Fairchild*

**Aug. 5**
92nd Air Refueling Wing Golf Tournament
*Sun Dance*

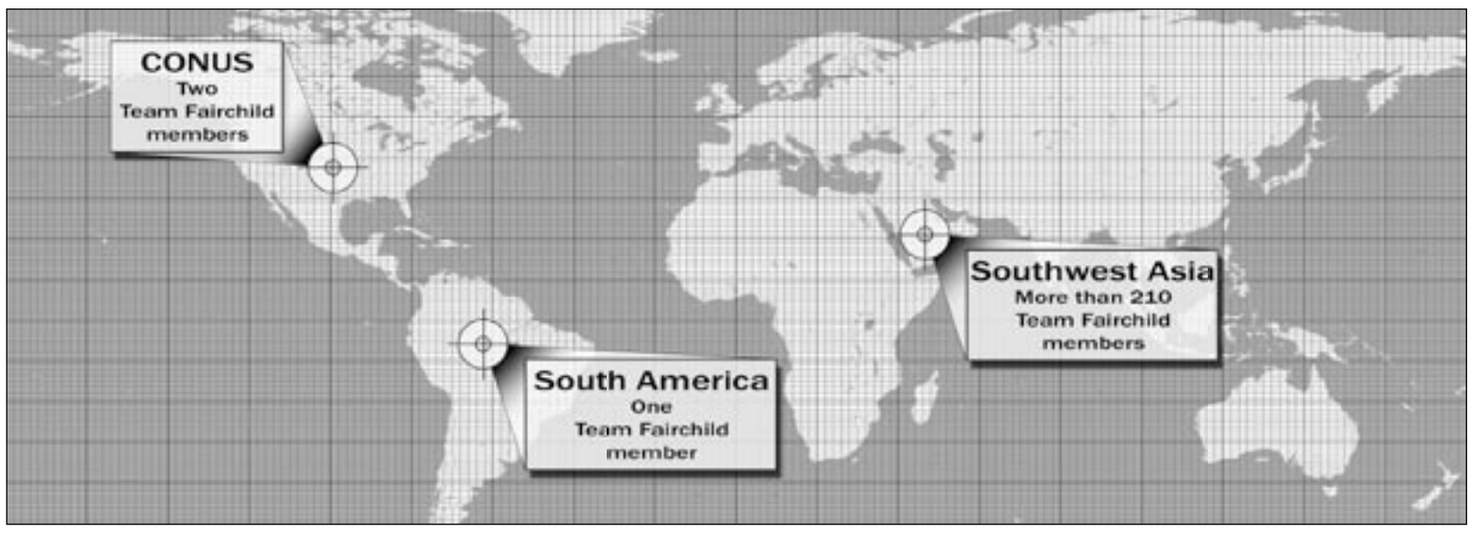
**Aug. 6-7**
Washington Air National Guard Weekend
*Fairchild AFB*

**Aug. 11, 6 P.M.**
ALS Graduation
*Club Fairchild*

**Aug. 15**
92nd Air Refueling Wing Pacing Day
*Fairchild AFB*

**Aug. 17, 11:30 A.M.**
ATA Monthly Meeting and Luncheon
*Club Fairchild*

## THE 92ND ARW IN THE GLOBAL WAR ON TERRORISM




**SINCE SEPT. 11**
Sorties Flown
16,617
Hours Flown
89,932.5
Receivers Met
34,859
Fuel Offloaded
787,513,950 lbs.
Fuel Consumed
434,200,743 lbs.


# FAIRCHILD CONNECTION

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Capt. Nicholas Sabula

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92nd Visual Information
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Submissions are preferred as Microsoft Word documents, Times New Roman font, 12 pt. and double spaced.

E-mail submissions to: 92arw.pa@fairchild.af.mil

**Classified Ads**
For advertisement information or to address advertisement and delivery concerns, call the Cheney Free Press at (509) 235-6184.


**LET US KNOW WHAT YOU THINK!**

Letters to the Fairchild Connection editor and staff may be sent to 92arw.pa@fairchild.af.mil or 1 E. Bong Street, Suite 117A Fairchild AFB, WA 99011

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# New changes to language testing

**By Donna Miles**
*American Forces Press Service*

WASHINGTON (AFPN) — A new language test scheduled to roll out in October will better measure language fluency in real-world situations, the Defense Department's senior language official said July 13.

The new test is the fifth generation of the Defense Language Proficiency Test, a battery of tests used to assess native English speakers' reading and listening skills in a wide range of foreign languages, said Gail H. McGinn, deputy undersecretary of defense for plans.

The so-called "DLPT 5" test will be more challenging than previous language tests, Ms. McGinn said, with longer passages and, in some cases, more than one question for each passage.

"The new test will focus more on comprehension and reading," said Dennis Stanfield, the personnel systems manager and language proficiency test examiner with the 92nd Mission Support Squadron.

People who are accustomed to the former testing ways should study harder, as it will now become more difficult to obtain a proficiency status, Mr. Stanfield added.

"We want a test that measures as accurately as possible to operate in the real world," Ms. McGinn said.

Toward that end, the new language proficiency test will better measure each tester's skills in selected languages, at levels ranging from a low of zero-plus to a high of four on the Interagency Language Roundtable scale. Five is the highest level on the scale.

Fairchild is currently in the process of obtaining three computer systems to administer the new computer-based tests, Mr. Stanfield said. The switch to computer-based testing is expected to ease the administration process, as well as increase efficiency.

The new test will become "the benchmark" for DOD to assess who in the force has language skills and how proficient they are. By better measuring language skills, the new test will allow DOD officials to identify and reward those with the proficiency levels, Ms. McGinn said.

Test scores are part of the formula for determining language proficiency pay for language professionals and servicemembers with specific language skills. Congress recently authorized increasing the cap on language proficiency pay from $300 to $1,000, but Ms. McGinn said that not all language professionals will receive amount.

The new test and higher language proficiency pay are keys to the Defense Language Transformation Roadmap, a major initiative to develop foreign language and cultural expertise among its military and civilian members.

The initiative aims to increase language and cultural expertise within the ranks and to establish a cadre of language specialists with advanced proficiency levels.

The world situation demands that the Defense Department maintains solid language and cultural capabilities so it is prepared to carry out its missions worldwide — from humanitarian and reconstruction efforts to combat operations, Ms. McGinn said.

"We are building alliances, we are engaged in operations in the Middle East, we are engaged in the war on terror, (and) we need to understand and interact with the people around us," she said.

The rollout schedule for the new test begins in October for Albanian, Persian-Dari, Hindi, Pashto, Norwegian and Urdu. DLPT-5 tests for Russian and Iraqi are scheduled to debut in December, and early 2006 rollouts are planned for Chinese Mandarin, Spanish and Korean.

New tests are also under development for a variety of other languages, including Egyptian, Levantine, Modern Standard Arabic, Persian-Farsi, Greek, Kurdish-Sorani, Turkish, Serbian-Croatian and Japanese. Ultimately, the DLPT-5 could cover as many as 31 languages.

Ms. McGinn urged test takers to begin their homework now using authentic materials available on the Internet and in other sources, and encouraged supervisors to re-enforce the need to prepare. The Defense Language Institute has developed an Internet site and Global Language Support System with materials and exercises to help test takers prepare.

*(Additional information provided by the 92nd Mission Support Squadron Education Center.)*

# USAF Test Pilot School selection board date set

RANDOLPH AIR FORCE BASE, Texas — The Air Force plans to hold its next test pilot school selection board at the Air Force Personnel Center here Nov. 28 to Dec. 2 for classes beginning in July 2006 and January 2007.

The U.S. Air Force Test Pilot School trains pilots, navigators and civilian and military engineers to test and evaluate the newest aircraft and weapons systems.

Applicants from all aircraft types and backgrounds must have strong academic and technical experience, along with a desire to help develop the next generation of Air Force weapons and weapons systems.

Air Force officers and civilians eligible for TPS can volunteer for a joint Air Force Institute of Technology and test pilot school program leading to a master of science degree in aeronautical, electrical or computer engineering.

Selected officers will enter AFIT for a special program then continue on to the regular test pilot school curriculum 15 months later.

All officers eligible in accordance with Air Force Instruction 99-107, Test Pilot School, may apply. Officers who currently have an application on file must update it as specified in AFI 99-107.

New applications and updated information must arrive no later than Oct. 14 at HQ AFPC/DPAOT3, 550 C Street West, Suite 31, Randolph AFB, TX 78150-4733. Applications received after the cut-off date will not be considered by the selection board.

Applicants should advise their commanders and/or supervisors who are providing recommendations on an AF Form 1712, Special Flying Programs Recommendation, of the application deadline.

Only those applicants available for reassignment who also meet time-on-station requirements will be considered.

For more information on application procedures, call the AFPC Special Flying Programs Office at 665-2330, commercial at (210) 565-2330 or visit http://www.edwards.af.mil/TPS/

Staff Sgt. Connie Bias

## Team Fairchild overseas

MANAS AIR BASE, Kyrgyzstan -- Airman 1st Class Rick Sweetin, 92nd Aircraft Maintenance Squadron, inspects the main landing gear of a KC-135 Stratotanker at Manas Air Base, Kyrgyzstan, prior to flight. Airman Sweetin is deployed to the 376the Expeditionary Aircraft Maintenance Squadron at Manas in support of Operation Enduring Freedom.

# Military retirees, annuitants overseas offered Direct Deposit

U.S. military retirees and annuitants living in certain overseas locations can have their monthly payments sent directly to their local banks through the Defense Finance and Accounting Services' International Direct Deposit program.

The first phase of the program will begin Aug. 1 when enrollment packages are mailed to retirees and annuitants living in the United Kingdom, Australia, Canada, France, and Germany.

"It has been a complex process to make International Direct Deposit a reality," said U.S Navy Capt. Karl Bernhardt, DFAS Retired and Annuitant Pay Services director. "We've been working with the Treasury Department, the Federal Reserve Bank and the State Department to make sure each of our customers that enrolls will be able to enjoy the convenience and security of direct deposit."

International Direct Deposit will electronically deposit funds into an individual's bank account on the day they are paid. Enrollees will avoid delays caused by regular mail service as well as those experienced by misrouted or stolen checks.

"There are many benefits with IDD," said Bernhardt. "In addition to the timeliness and security of delivery, retirees and annuitants can see real savings by bypassing the need to cash their checks and convert dollars to their local currencies. For those who already have their checks deposited in a U.S. bank, using IDD can save them the costs of wire transfers."

Each enrollment package will include the necessary instructions, form and return envelope to begin requests for IDD service. DFAS Retired and Annuitant Pay Service officials urge each enrollee to make sure the form is accurately completed and signed.

Incomplete or wrong bank account numbers, names or addresses will require sending the form back and delaying the process. Bernhard pointed out that one item that might be overlooked is the name used in an individual's bank account. It should match the name on their DFAS pay account. Otherwise, it may be misrouted once it is received by the bank.

While the first phase of the program consists of only five countries, DFAS officials plan to add more than 35 nations to the list soon. More information on DFAS' International Direct Deposit program, as well as plans for future expansion can be found on the Internet at www.dod.mil/dfas.

*(Information provided by the Air Force Retiree News.)*

# BRIEFLY

## Retraining program

The Air Force has announced the start of the FY06 NCO Retraining Program. The FY06 NCORP looks to retrain approximately 1,100 NCOS from overage to shortage AFSCS. Airmen are encouraged to volunteer for special duty assignments as well as shortage AFSCS under the voluntary phase. The voluntary phase of the program will run Aug. 1 through Oct. 14. The release date for second term and beyond retraining quotas has not yet been determined. For more details and a full list of affected AFSC's contact Staff Sgt. Jamie Burnett at 247-9311.

Following is a list of AFSCs that have a retraining-in restriction :

| | | |
|---|---|---|
| 1N3X2A* | 1N3X3A * | 1N3X4A * |
| 1N3X4G * | 1N3X5A * | 1N3X5D * |
| 2A0X1A * | 2A0X1B * | 2A0X1D * |
| 3P0X1* | 4J0X2* | 4N071* |
| 4N0X1* | 4N1X1* | 4R0X1* |
| | 4V0X1* | |

## Med Group closure

The 92nd Medical Group will be closed today beginning at noon for an organizational function.

Normal hours of operation will resume Monday.

## Clear out the impound lot

The following abandoned vehicles were impounded by the 92nd Security Forces Squadron, office of investigation July 6 and 7. The vehicles are located in the Security Forces Investigations Impoundment Lot.

| License Plate/VIN | State | Make |
|---|---|---|
| 15B0864 | CA | Suzuki |
| JKAZXCC175A024106 | WA | Kawasaki |
| 140-LPO | WA | Chev |
| 51T-E633 | MT | Dodge |
| 116-FIF | WA | Honda |
| 611-ROJ | WA | Cadillac |
| 4J221 | OR | Ford |
| 425-RFX | WA | GMC |
| 861-LZX | WA | Mercury |
| V20JMD | TX | Jeep |

Registered owners of these vehicles must contact Security Forces Investigations at 247-5868, during duty hours.

## ID Card Customer Service office shutdown

Customer Service will be closed Aug. 8 and 9 for DEERS equipment installation. They will be unable to perform certain functions. The closure will affect all personnel requiring new ID cards, DEERS enrollment, Medicare updates, address updates, PIN number changes, and CAC updates.

Addresses can be updated at https://www.dmdc.osd.mil/appj/address.

For more information, contact Customer Service office, located in the Military Personnel Flight at 247-3570.

## Defense Tip Of the Week

Once the commander serves notice of intent to impose nonjudicial punishment under Article 15 of the Uniform Code of Military Justice, the individual has three duty days to respond. The first choice to be made is whether or not to accept Article 15 nonjudicial punishment proceedings. The individual may either accept the Article 15 process or demand the right to a trial by court-martial.

For further information regarding your rights when offered Article 15 nonjudicial punishment call the Area Defense Counsel's Office at 247-2918.

# SECURITY FORCES BLOTTER

### July 15

**No Security Forces incidents to report**

### July 16

**No Security Forces incidents to report**

### July 17

**No Security Forces incidents to report**

### July 18

**Domestic Dispute/ Non-violent:**

A person telephoned the SFCC reporting a possible domestic dispute in progress between a male and a female on foot near Kamiakin Trail and Poplar. Security Forces patrols were briefed and dispatched. The people were separated and interviewed. Preliminary investigations revealed the parties had engaged in a verbal dispute earlier in the evening stemming from an upcoming TDY. Investigation revealed during the dispute no physical contact occurred but, the spouse damaged their cellular phone. Both individuals were transported to the SFCC for further investigation. Spokane County Sheriffs Office was contacted and requested to respond. A SCSO deputy arrived and interviewed both parties. They concluded the investigation and arrested the spouse for domestic violence/ malicious mischief and transported the spouse to Spokane County Jail. SCSO issued an initial information for victims and witnesses of Crime to the military member.

### July 19

**No Security Forces incidents to report**

### July 20

**Patrol Response/ damage to Government/ Assault on two on-duty Patrolmen:**

An active duty member's spouse contacted the SFCC of sounds of breaking glass coming from Military Family Housing. She further related that she attempted to make contact with the neighbor with negative results and was concerned for their welfare. Security Forces patrols, as well as SF detectives, were briefed and dispatched. The SF arrived on scene and attempted to make contact with the family. They refused to allow entry into her house. SF entered under exigent circumstances. Upon entering the residence a family member attempted to pull an on duty SF patrolman down a flight of stairs. While attempting to detain the individual, another on duty SF patrolman was kicked in the knee. After the individual was restrained, the base ambulance treated them for her wounds sustained during the incident. A deputy from the Spokane County Sheriffs Office arrived on scene. SCSO arrested the individual for felony assault. Once order was restored, Alert Photo entered the residence and took 49 digital color photos of the damage. The individual was transported to Sacred Heart by AMR for medical evaluation. The on duty SF patrolmen were seen by base medical personnel for their injuries.

### July 21

**Minor Vehicle Accident/ POV vs POV/ no injuries:**

A civilian employee telephoned the Security Forces Control Center reporting a minor vehicle accident at Building 2452. A SF patrol arrived and made contact with the driver who verbally related that due to a lamp pole in front of and to the left of her vehicle, they did not see the vehicle behind and to the right of her and backed into the rear passenger door. A citation was issued to the driver for in attentive backing.

# THIS WEEK IN FAIRCHILD HISTORY

## July 27, 1944

Two Army A-25 bombers crashed in mid-air at the Spokane Air Service Command war show. Four men died in the crash.

## July 28, 1997

The 92nd Air Refueling Wing held its first Ability to Survive and Operate exercise to determine the wing's readiness to operate in a chemical environment. Since this inaugural event, ATSO exercises have been an important part of the wing's mission preparation plans.

## July 31, 1996

Headquarters Air Mobility Command began a base appearance inspection which resulted in Fairchild winning first place in the Command. First place honors garnered $200,000 for quality of life projects on base.

Staff Sgt. Jocelyn Rich

Capts. Ryan Budinko and David Eisenbrey conduct preflight checks in a KC-135 Stratotanker before an air refueling mission at a forward-deployed location.

# Tankers take care of deployed aircrews

**By Master Sgt. Rich Romero**
*40th Air Expeditionary Group Public Affairs*

OPERATION ENDURING FREEDOM — Airman 1st Class Robert Willis celebrated his 21st birthday in a rather unusual manner July 22 — offloading 85,200 pounds of jet fuel at 27,500 feet to a B-52 Stratofortress bound for Afghanistan.

It was merely another day at the "office" for the boom operator on the KC-135 Stratotanker air refueling aircraft.

"It's our job to get the gas to them where and when they need it," said the Airman deployed to this forward-deployed location from Grand Forks Air Force Base, N.D.

He and a mixture of other Airmen from three stateside bases make up the 28th Expeditionary Air Refueling Squadron. Currently, aircrews, staff officers and maintainers from MacDill AFB, Fla., Robins AFB, Ga., and Grand Forks AFB form the squadron.

Because of the high operations tempo the tanker community experiences, they don't fit into the same rotation schedule as Airmen on a typical air and space expeditionary force deployment. Demand is high on the dual-role aircraft which can carry up to 200,000 pounds of transfer fuel as well as 83,000 pounds of cargo and 37 passengers. The KC-135 is capable of air refueling U.S. Air Force, Navy and Marine Corps aircraft as well as aircraft of allied nations.

"While we support the AEF construct just like other major weapon systems, there simply aren't enough tankers available for them to fit neatly into the AEF cycle," said Lt. Col. Jeffrey Sheppard, the squadron's commander, also from Grand Forks.

"Many (Airmen) from the KC-135 community would welcome the opportunity to deploy for 120 days and then spend several months at home, but that's just not possible in today's environment," Colonel Sheppard said.

For the full story, visit http://www.af.mil/news/story.asp?storyID=123011134.

# Service will benefit generations to come

**By Gerry J. Gilmore**
*American Forces Press Service*

BALAD, Iraq, — Defense Secretary Donald H. Rumsfeld saluted soldiers, sailors, Marines and airmen serving in Iraq and around the world during a town meeting here Wednesday.

Rumsfeld arrived in Baghdad this morning for an operational update from senior U.S. commanders as well as top Iraqi government and military leaders.

"Thanks to you, the terrorists are far from achieving their goals" in Iraq and Afghanistan, the secretary told about 500 U.S. servicemembers gathered for the town hall meeting in a building insulated from Iraq's blast-furnace-like July heat.

The deadline for drafting a new Iraqi constitution is Aug. 15, Rumsfeld said, noting that he believes terrorist attacks in Iraq may increase between now and September, when the constitution is voted on, and in October, when new elections are held. In coming weeks and months, terrorists may increase their attacks and try to make life more difficult for American troops serving in Iraq and for Iraqi citizens, Rumsfeld said. Yet, American servicemembers know they are performing a noble mission in Iraq and Afghanistan "that will benefit future generations of Americans to be sure," he added.

Tactics such as using suicide bombers indicate "a sign of weakness" and desperation on the part of terrorists, Rumsfeld said. And terrorist leaders, he noted, simply offer death to their followers. Terrorists hate peace and democracy, and they must be confronted and defeated.

Earlier in the day, Rumsfeld watched Iraqi Special Forces troops undergo antiterrorism training at a site near Baghdad International Airport. The Iraqis blew down doors and charged into rooms to engage targets.

Rumsfeld, accompanied by Iraqi Defense Minster Sadoun al-Dulaymi, Army Lt. Gen. David H. Petraeus, commander of Multinational Security Transition Command Iraq, and other senior U.S. and Iraqi officials, addressed the Iraqi commandos and praised their courage and expertise. Through their efforts and those of U.S. and coalition forces, the terrorists will fail.

For the full article, visit http://www.defenselink.mil/news/Jul2005/20050727_2247.html.

# Deployed Airmen deliver fuel in flight

**By Tech. Sgt. Mark Munsey**
*379th Air Expeditionary Wing Public Affairs*

SOUTHWEST ASIA (AFPN) — Staff Sgt. Jonny Gomez is not the type of guy to take something lying down, but he is extremely proficient at giving it out that way.

Giving fuel, that is, and when he is belly down in the boom pod of a KC-135 Stratotanker, the responsibility of aerial refueling aircraft supporting the war on terrorism is literally in his hands.

Lying on their stomachs in the tail section of a Stratotanker, boom operators peer through a small window while maneuvering a refueling boom into an awaiting aircraft thirsty for fuel.

At more than 20,000 feet, even the smallest offloading obstacle can become a sky-high challenge to keep the boom connected to the customer aircraft, said Sergeant Gomez, a boom operator with the 340th Expeditionary Air Refueling Squadron at a forward-deployed location.

"Turbulence and weather are big concerns" he said, but it is those challenges that he said makes his job such a thrill. A sudden gust of wind can cause the boom to disconnect, requiring the boom operator and pilot to re-establish a connection.

"I actually get paid to refuel jets in-flight and travel around the world," he said. "I'm sure there are people (who) would pay good money to try their hand at what I do for a living."

The boom operator's mission is of no small significance, said Capt. Brandon Fleck, a KC-135 pilot with the 340th EARS.

"Our 'booms' … often make the difference of whether an aircraft has enough fuel to complete the mission and return home safely or abort the mission and possibly divert into a hostile area," he said.

Relative to those refueling missions, the unit is redefining the term "more with less," Captain Fleck said.

With just more than a quarter of all U.S. Central Command area of responsibility tanker assets, the 340th EARS' Airmen pump out more than 50 percent of the fuel theater-wide, the captain said.

In June, the unit performed 345 missions, unloading almost 20 million pounds of fuel to 1,937 customers.

While Captain Fleck is proud of the team's many successes, including a 99 percent mission effective rate, he said there is always room for improvement. Such efforts are appreciated.

"Every asset is prosecuting the mission as a team," said Lt. Col. Mark Hammond, 124th Expeditionary Fighter Squadron commander and F-16 Fighting Falcon pilot. "Without the tankers, we wouldn't be putting jet noise over the ground troops, giving them a comfort level and installing fear in the enemy.

"Every time there is a ripple in the system, the mission changes," he said. "The 340th are more than willing to move tankers to facilitate those ripples. I'm one of their biggest high-speed cheerleaders."

In other words, the 340th team keeps everyone's mission moving, Captain Fleck said.

"All involved in planning and executing air operations understand that without our fuel, the air war does not continue," he said.

Tech. Sgt. Mark Munsey

Staff Sgt. Jonny Gomez (right) prepares to unload fuel to a waiting B-52 Stratofortress while U.S. Air Force Academy Cadet Alex Divine watches. Sergeant Gomez is a KC-135 Stratotanker boom operator with the 340th Expeditionary Air Refueling Squadron at a forward-deployed location. Cadet Divine is deployed as part of an academy summer program.

SECTION
B
July 29, 2005

FAIRCHILD CONNECTION

Lighter Side

Features • Community • Services • Sports

**UNIFORM CHECK**

The Marine Corps battle dress uniform hat is not authorized to be worn by Air Force personnel as a substitute for Air Force battle dress uniform caps.

# The numbers don't lie

## Sport bike fatalities continue to rise in AMC

**By Master Sgt. Paul Fazzini**
*AMC Public Affairs*

SCOTT AIR FORCE BASE, Ill. — "We've got to find a way to make it stop," said Col. David Miller, Air Mobility Command's new safety director, about the increased number of fatalities the command has experienced in 2005.

Last year, AMC experienced its worst year ever for fatalities, 14, with seven occurring during the 101 critical days of summer. This year, having just past the mid-way point of the summer, AMC already has 12.

"It's getting very serious," said Colonel Miller. "Within the first 12 days of July, AMC lost three of its members; two were sport-style motorcycle mishaps and the third was by drowning.

"We're losing members needlessly on our nation's highways, and we're doing so at a time when every Airman is needed to fight the war on terrorism," he said.

Alcohol continues to play a factor in some of the fatalities, with four confirmed cases. But, safety officials say it's the increase in sport bike mishaps that has them concerned the most.

"We're not targeting the motorcycle riders; we're concerned about their safety," said Richard Garsnett, AMC's Traffic Safety manager. "Six of the 12 fatalities this year are sport bike related; and it's not always the inexperienced riders who are dying."

According to reports, some riders who lost their lives on the road had eight to 10 years riding experience. One rider, however, had only 25 days of riding experience; and that rider's supervisor wasn't even aware his troop owned a bike.

"Sport bike riders often ride for the thrill," said Mr. Garsnett, "but when a mishap occurs, that ride ends in depression for their entire family, friends and co-workers."

He said that in many cases, the fatalities are occurring within one year of purchase of the motorcycle.

"The one year seems to provide just enough time for riders to feel comfortable with the bike. Unfortunately, it also promotes a state of over confidence in riding skills," he said. "Today's riding environment seems to encourage the dare devils among the 18- to 25-year-old Airmen, where all too often, friends are pressuring the Airmen to ride on one wheel or exceed posted speed limits."

For that reason, Gen. John W. Handy, AMC commander, is following the chief of staff of the Air Force's lead in encouraging commanders to evaluate motorcycle activities and the risks their riders are exposed to.

"We need commanders to spend some one-on-one time with the motorcycle riders in their respective units. Commanders set the tone for risk management in their organizations," said General Handy. "By spending time with motorcycle riders in their unit, they'll be able to project not only how important responsible riding is, but also how important that Airman is to the team; that accomplishing the mission takes a total team effort."

According to Doug Morton, AMC chief of Ground Safety, people are not learning from others' mistakes. That's evident at a couple of AMC bases experiencing more than one motorcycle-related fatality. Speed in cornering, he said, is a significant factor.

"The ugly unknown is just around the corner, and our riders aren't slowing down enough to allow them to react safely to the countless number of road hazards they might find," said Mr. Morton.

In addition to commanders spending one-on-one time with riders, the AMC Safety team is taking a fresh look at motorcycle programs, training, and supervisory involvement; all in hopes of preventing even one more fatality. They're also encouraging Airmen to get involved in local motorcycle clubs where advice from experienced riders is offered in a mentorship kind of way.

With 10 weeks remaining in the fiscal year, the AMC safety director is focusing resources to turn the tide so that 2005 will not end up as the worst on record.

"We cannot duplicate last year," said Colonel Miller. "We've got to save those two lives. To do so, personal risk management must be part of every Airman's mindset. Taking just a few moments to consider the potential risks could save their life."

The director is also asking supervisors to utilize the safety tools the headquarters staff provided at the start of the 101 CDS safety campaign. The tools can be obtained by visiting their Web site at https://private.amc.af.mil/101cds/index.cfm. There, links to senior leader messages, ORM tips, and posters for raising awareness can be downloaded or viewed.

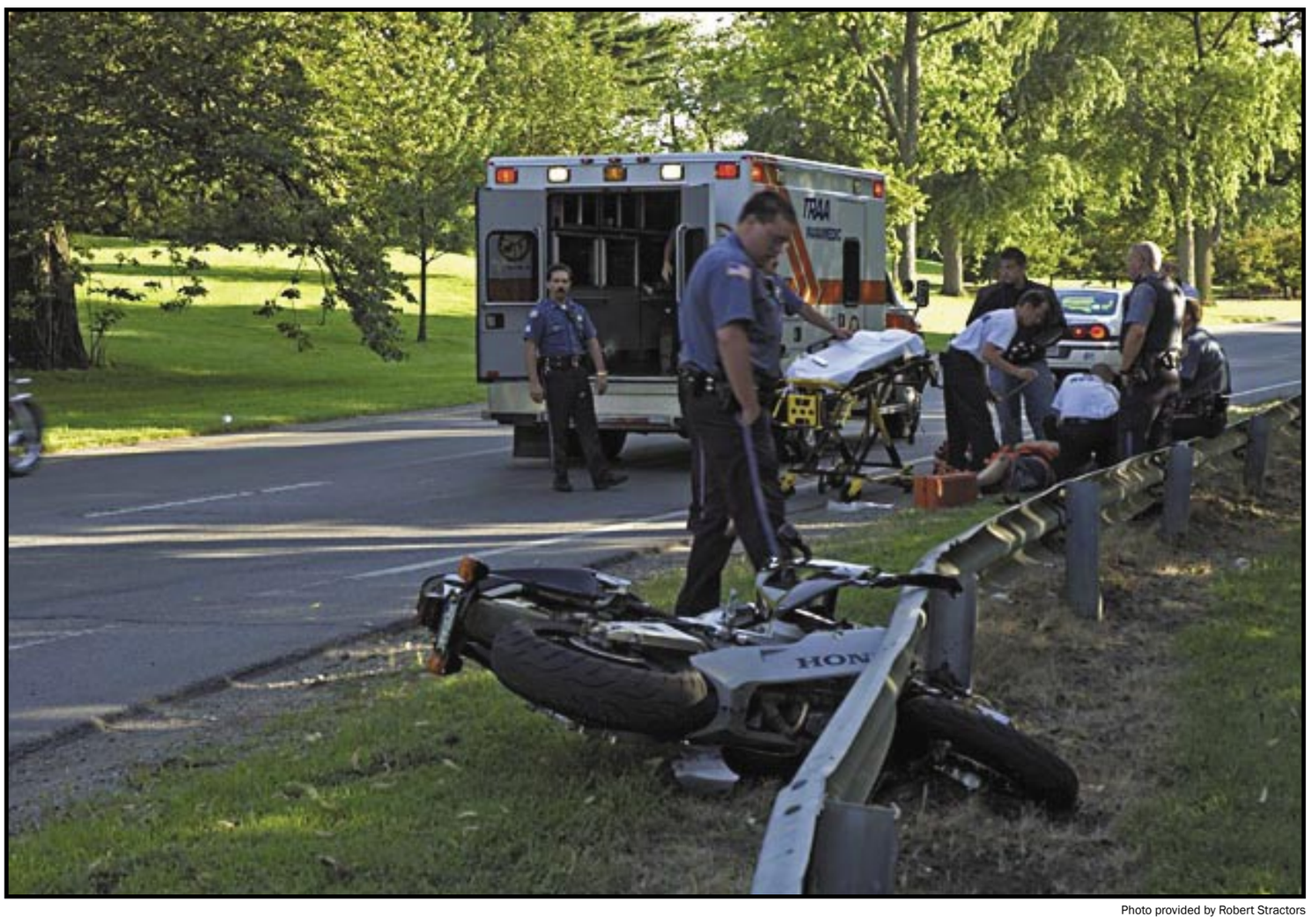


Photo provided by Robert Stractors

Some riders who lost their lives on the road had eight to 10 years riding experience. One rider, however, had only 25 days of riding experience; and that rider's supervisor wasn't even aware their troop owned a bike. Alcohol continues to play a factor in some of the fatalities, with four confirmed cases. But, safety officials say it's the increase in sport bike mishaps that has them concerned the most..

# Fairchild NCO helps get drunk driver off streets while on vacation with his family

**By Master Sgt. Scott King**
*92nd ARW Public Affairs*

He had driven down to Texas from Spokane recently with his family to visit his parents and celebrate his brother's high school graduation and while there, pulled off a little community service.

Staff Sgt. Thomas O'Neale, NCOIC of Missile Analysis, for the 2nd Support Squadron, awareness of his surroundings aided in getting a drunk driver off the streets of the Dallas area.

"We all went out to eat at a local restaurant on a Sunday night, and because of the number of people involved, split up into different cars to get to the restaurant," Sergeant O'Neale said. "My wife was traveling with my brother in his pickup, and I was driving my car with my mother and my two young children as passengers. We hadn't seen each other in a while, and she was full of questions about the military, and I was asking her about how the local area had changed in the eight years since I'd been home."

He says he's the type of driver who has a small sense of sensible paranoia – and he's always checking his rear view mirror while driving.

"I have a good sense of awareness for what's going on around me and it didn't take long for me to recognize that a car was following us and driving somewhat erratically," he said. "It was evening, and the person drove with their headlights off for a few blocks and was also changing lanes without signaling."

He then noticed more questionable driving practices.

"Even though the night was perfectly clear, their windshield wipers were on and they slowly drifted in and out of our lane. The driver then took too long to stop when we slowed for a light. I startled my mother by accelerating out of a collision at a yellow light. Now, I'm not normally one to carry a cell phone — I think they're a distraction — especially when traveling," Sergeant O'Neale said. "When I told my mother why we accelerated through the yellow (something I'm not known for doing), she pulled out her cell phone and told me she was calling my father and brother to let them know why we flew through the light."

He told her that calling the police would be a better idea. She wasn't sure what number to call, because she had heard that on a cell phone you dial something other than 911. He calmly instructed her to call 911, because he had heard that 911 is a valid emergency number for most locations. Turns out, for the Dallas area, this was the truth.

"The emergency operator asked if we could identify the car and asked if we knew what street we were on, and which direction we were headed," he said. "I relayed the information through the mother, rather than pick up the phone myself. A few moments later, we saw the blue and reds of a police cruiser light up the street. I pulled into a Sonic restaurant and stopped."

The driver followed them all the way into the parking lot, and for a third time, nearly rear-ended them. Two police cruisers parked behind the car and yelled out for the man to put his car in park and turn off the ignition.

"It looked like he was fumbling for the controls. His windshield wipers were still swishing back and forth, and there was still no rain," Sergeant O'Neale said. "After the police officers gained control of the driver, one came up to my window and thanked us for reporting the incident and took my contact information for future reference. He said the guy was obviously intoxicated and would be booked for a DUI and that we did the right thing. He said because of the phone call to the 911 operator, the statement I gave and the level of intoxication, the drunk would be booked that night and his car towed."

Sergeant O'Neale feels that it's the responsibility of every driver to report a possible drunk driver

"Drunk drivers endanger everyone around them, and at that moment put my family at risk, so I'm glad I took action," he said. "I can't judge the person, I can only judge the behavior. I feel that when people drink and drive, they are letting everyone, including themselves down. When people drink and drive, they bring their maturity into question. Anyone who knows they've driven drunk, needs to ask themselves if they are truly responsible enough to be consuming alcohol."

Airman 1st Class Nathan Putz

If people notice someone driving supiciously on base, report the person to the Law Enforcement desk at 247-5493.

### What happens to first time DUI offenders in Washington

**Jail Time:**
One to 365 days, with a minimum 24 consecutive hours being mandatory. If the Blood Alcohol Content was .15 percent or higher, then 48 hours of jail time.

**Electronic Home Monitoring:**
For first time offenders, the court may impose electronic home monitoring in lieu of the mandatory minimum jail time.

**Fine:**
$350-$5,000. If their BAC was 15 percent or higher, the total minimum is $1,078.

**Test Refusal:**
One year license suspension if the person refuse the breath test.

**License Suspension:**
90 days, or one year.

**Ignition Interlock Device:**
This is a device which checks for alcohol before and even during the period they are driving their car.

**Alcohol/Drug Ed. or Treatment:**
Including alcohol evaluation and follow-up treatment, with at least one eight-hour class and up to two years of treatment.

**Under 21:**
If they are DUI if they have any alcohol at all in your system. Their driver's license will be revoked. Anyone under age 21 who obtains, possesses, or consumes alcohol will face a maximum of 365 days in jail and a $5,000 fine.

**Probation:**
If the person plead guilty and are placed on probation, the length of probation will be five years.

**Insurance:**
Insurance rates will probably go up, anywhere from 30 to 100 percent.

*(Information courtesy of www.DUI.com)*

# INFORMATION, TICKETS AND TRAVEL

## NFL Seattle Seahawks tickets available for sale

Seahawks vs Atlanta Falcons
Sept. 18
Seahawks vs Dallas Cowboys
Oct. 23
Seahawks vs St Louis Rams
Nov. 13

Football season is fast approaching and these games can sell out quickly. Price is $85 per person and includes bus, game ticket and a meal from Club Fairchild.

ITT already has one bus filled to capacity for the Cowboys and the second bus is filling up quickly, so if people want any of these games, call ITT at 247-5649 and make reservations.

The deluxe bus comes complete with reclining seats, TV's, VCR's and a bathroom.

## Upcoming events

TicketsWest upcoming events available through Information, Tickets and Travel:

**Star Theater:**
Neil Diamond
Sept. 18 $42.50 - 75.50

**Big Easy:**
Reel Big Fish
Saturday $10

**Northern Quest Casino:**
Julie Roberts
Saturday $35 - 45
KC & the Sunshine Band
Aug. 6 $50 - 55

For more information on these or other TicketsWest events, call 247-5649.

## Silverwood discount tickets

Silverwood is now open for the summer season, except for the water park, and ITT has discounted tickets.

Tickets cost $28 for adults and $17 for children and seniors.

For more information, call 247-5649.

# BASE CHAPEL SCHEDULE

**9 A.M. SUNDAYS**
Protestant Contemporary

**10–10:15 A.M. SUNDAYS**
Catholic Reconciliation

**10:30 A.M. SUNDAYS**
Catholic Mass

**12:30 P.M. SUNDAYS**
Protestant Gospel Services

## Weekly Protestant Communion

A weekly service of Protestant Holy Communion is now being offered at the base chapel on Wednesdays from 11:15 to 11:45 a.m. The service is conducted in the tradition of The Book of Common Prayer of The Episcopal Church, Holy Eucharist Rite II. All interested people are invited. For more information, call 247-2264.

# AIR FORCE CROSSWORD

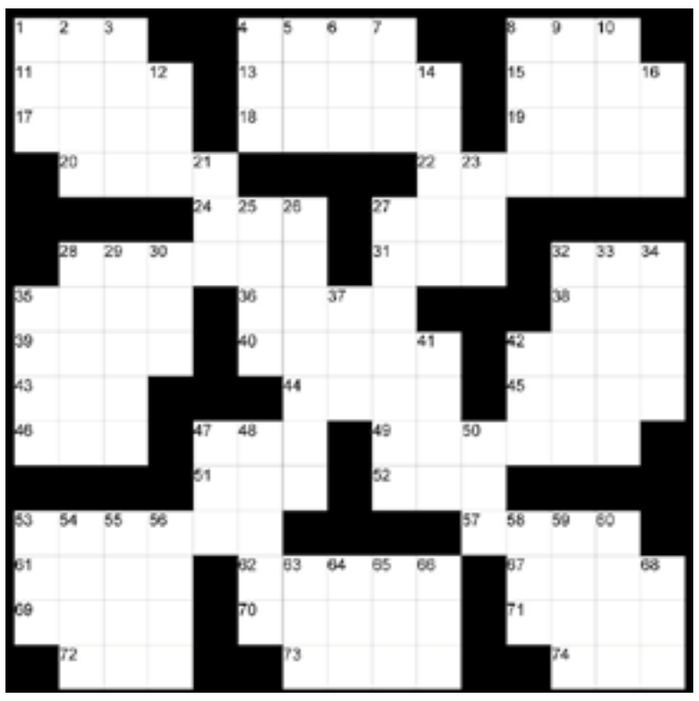
Last week's solution

# AIR FORCE CROSSWORD

This week's topic:

## X-Planes

*By Capt. Tony Wickman, Alaskan Command Public Affairs*



### ACROSS

1. Fed. cryptology org.
4. RQ-3A ___ Star
8. MCI competitor
11. Drills
13. Hurt
15. Disturbances
17. Southwest monster
18. Actress Sharon
19. Tennis player Kournikova
20. X-25 ____copter
22. X-35 _____ Wing
24. To the rear of a ship
27. Critical
28. Bravo!
31. Before, poetically
32. Obese
35. Animated
36. Driving crimes, in short
38. ___ Jima
39. Terminates
40. Tantrums
42. Skin mark
43. Exist
44. Ominous
45. Starboard alternative
46. Norse god of war
47. In debt
49. Assignment
51. Address for male officer
52. Confederate general
53. XF-85
57. Open slightly
61. Opera highlight
62. XP-59 Aira_____
67. Epochs
69. Mil. travel org.
70. Swashbuckling Flynn
71. Scarlett's home
72. Mil. pay statement
73. Actress Gershon
74. Wager

### DOWN

1. Bother
2. Take a drink
3. Partner
4. ___ Boot
5. Dramatize
6. Greek letter
7. Barbie's pal
8. Gone
9. Nobel Prize writer Morrison
10. Southern state, in brief
12. Recovery of downed airman, in brief
14. Delay
16. Droop
21. Paddle
23. Detergent
25. Crazes
26. XF-91 _____ceptor
27. XV-6A
28. XH-20 Little ____
29. Command
30. USAF commissioning source
32. YRF-84F
33. Confer, as a prize
34. Felony
35. ____ moss; fertilizer
37. 3 to Caesar
41. USAF aircrew survival school
42. Resort
47. USAF crime investigation org.
48. Grimace
50. Actor Stephen
53. Fuel
54. Vocal
55. Chomp
56. SE Asia country
58. X-13 Verti___
59. Middle East denizen
60. Scarce
63. URL ender
64. Medical scan, in brief
65. Long time
66. Mil. pay during PCS
68. Took a seat

# MOVIES

## FRIDAY
## Mr. and Mrs. Smith

**1 hour, 55 minutes**

**Rated PG-13 for sequence of violence, intense action, sexual content and brief strong language**

Named after a 1941 Alfred Hitchcock film, Mr. and Mrs. Smith is really its own ball of flaming wax, with enough sizzling chemistry between stars Angelina Jolie and Brad Pitt to blow up a small building. He shows he is equally adept in comedy and action, and she manages to set new screen standards of sexiness. It's impossible to dislike this pair, or a movie that makes being married seem like such insane fun.

## SATURDAY
## Sharkboy and Lavagirl in 3-D

**1 hour, 25 minutes**

**Rated PG for mild action and some rude humor**

Sometimes the most amazing superheroes are the ones inside your dreams. So discovers 10-year-old Max (Cayden Boyd), an outcast little boy who has become lost in his own fantasy world in an attempt to escape the everyday worries of dealing with parents (David Arquette and Kristin Davis), school bullies and no-fun summer vacations. But when Max realizes the cool characters, high-flying adventures and incredible secret powers that dwell in his imagination might be far more real than anyone is willing to believe, his whole world changes.

## AUG. 5
## The Perfect Man

**1 hour, 40 minutes**

**Rated PG for some mild suggestive content**

In The Perfect Man, teenager Holly Hamilton (Hilary Duff) is tired of moving every time her single mom Jean (Heather Locklear) has another personal meltdown involving yet another second-rate guy.

## AUG. 6
## Batman Begins

**2 hour, 20 minutes**

**Rated PG-13 for intense action violence, disturbing images and some thematic elements.**

Genius of mystery and intrigue Christopher Nolan helms this prequel to the Batman films based on the DC Comics series, explaining how Bruce Wayne (Christian Bale) — the billionaire prince of Gotham whose parents were killed in an alleyway mugging — transformed into the crime-fighting superhero. With flashbacks to his privileged childhood, young Master Wayne, as he is called by the butler Alfred (Michael Caine), develops a terrible fear of bats when he falls through the backyard garden into a hidden cave.

**Theater doors open at 6:30 p.m. except for the matinees which begins at 2 p.m., and the movie starts promptly at 7 p.m. Children 5 and under are admitted free, 6 to 11 are $1.75 and adults are $3.50. Call 247-5600 for a list of movies and times or to leave a message.**

# FAMILY SUPPORT OFFERS..

## Active duty member separating or retiring at Fairchild

For those active duty members separating or retiring, the Disabled American Veteran representative comes over from the Seattle area twice a month to evaluate medical records.

The following schedule is the dates the representative will be at Fairchild.

Appointment Dates:

Monday, Tuesday and Wednesday this week and Aug. 15, 16, 17, Sept. 6, 7 and 19, 20, 21, Oct. 3, 5 and 17, 18, 19.

To make an appointment, call the Family Support Center at 247-2246

## Transition Assistant program

This three day TAP workshop helps people identify their skills and interests, plan career goals, increase employment opportunities, learn and analyze labor markets information, improve and enhance marketability and provides skills and techniques for successful job search.

Dates for TAP Workshop:

Tuesday, Wednesday and Thursday this week, Sept. 6, 7, 8, Oct. 4, 5, 6.

## Smart Money Workshop

What makes a good financial plan? Learn how to set financial goals, make a working budget, learn the importance of a emergency fund and know the ends and outs of credit.

To find out more information about workshops and classes offered through the Family Support Center call 247-2246.

## VA Resume Workshop

Hands-on resume preparation for veterans within six months of separation or retirement.

Students will leave the class with a chronological resume and a functional resume. (Must be separating or retiring in six months in order to take class)

Dates for the VA Resume Workshop:

Aug. 16, 17, Sept. 13, 14, Oct. 18, 19.

## Personal Financial Management Service Program

First Time Home Buyer's Workshop:

Come learn about the home buying process and the different ways to finance a home.

Workshop held monthly.

## Investments/Savings 101

If people want to know more about how investments work, come join us.

Workshop held monthly. For more information, call 247-2246.

## Updated hours of operation for Family Support Center

Office Hours for Family Support Center:

Monday to Friday 7 a.m. to 4 p.m.

Working Hours for Airman's Attic and Loan Closet

Monday to Friday 10 a.m. to 2 p.m.

Working Hours for Discovery Center:

Monday to Friday 9:30 a.m. to 4 p.m.

For more information, call 247-2246.

# EDUCATION CORNER

## Educate yourself

The Fairchild Education Fair is scheduled for Wednesday at the Education Center, Bldg. 2380, from 8 a.m. to 2 p.m.

There will be tables for the on-base schools, as well as local community's regionally, nationally, and professionally recognized schools.

For more information, call the education center 657-2348 or e-mail dayle.delong-02@fairchild.af.mil.

## Park University classes available

Both on-site and Internet classes for Fall I will begin Aug. 22. Registration for on-site classes began Monday and registration is in progress for online classes.

Be sure to register early for classes. More information may be found on the Park University Web site at www.park.edu or contact the Park University, Fairchild Campus Center at (509) 244-2020 or by e-mail to fair@mail.park.edu.

Park University, Fairchild Campus Center now offers a Bachelor of Science in Management/Healthcare, online only.

For more information or to visit an counselor, call 244-2020.

## Park University raffle

For Tickets to Spokane Indians baseball home game Aug. 17. Winner receives the following:

- 4 Diamond Club tickets in Section D, Row 4
- Throwing the first pitch (with photos)
- Possibility of winning the Back to School Folder Giveaway from Cuda Apparel (first 1,000 fans receive folder)
- Two free 2005 Souvenir Scorecards (includes a 2005 Roster for both teams)
- Seeing post game movie "A League of Their Own" with free popcorn
- One free Park University T-shirt and baseball cap to be worn during the game and photos

**Eligibility requirements:**

- Must be degree seeking with Park University
- Must be confirmed in at least one class during Fall I Term which begins Aug. 22

Drawing will be done on Aug. 11 at 9 a.m. by Ms. Nancy Atkinson. Winner will be notified by telephone.

## AF accepting physician applications

RANDOLPH AIR FORCE BASE, Texas — The Air Force is taking applications for Physician Assistant (Phase I) Training classes that begin in January, April, and August 2007. Only active duty enlisted Air Force members are eligible for this program.

The selection board is scheduled to convene here March 21.

Completed applications must be sent by military personnel flights and arrive at HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB, TX, 78150-4729 no later than Jan. 27. Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board. To be eligible, applicants must:

- Be on active duty in the grade of E-3 through E-8 with a minimum of two years and a maximum of 14 years active military service as of Aug. 31, 2007.
- Meet age limitations specified in Air Force Instruction 36-2005 for appointment as a second lieutenant in the Biomedical Sciences Corps (less than 42 years of age upon completion of Phase II Training.)
- Take the Scholastic Aptitude Test
- Have a minimum general score of 80 points on the Armed Services Vocational Aptitude Battery or Air Force Classification Test.
- Have sixty semester hours of transferable college credits and a grade point average of 2.5 or better on a 4.0 scale.

Courses listed in the link are mandatory and must be in classroom at an accredited college or university. A combined minimum 3.0 GPA is required in the Math and Sciences courses.

Thirty one semester hours may be met from CCAF, DANTES, USAFI correspondence courses, end-of-course test, or specific subject examination.

- If overseas, member must have DEROS on or before Aug. 1, 2007

For more information, contact the military personnel flight or education office.

*(Information provided by the Education Center.)*

# Get up and moving with NSHAPE

**By Jennifer Chiras**
*92nd Services Squadron*

NSHAPE is an Air Mobility Command initiative designed to get youth ages 9-18 years old, up and moving. The incidence of childhood obesity and other health issues is becoming an epidemic in the nation. Increasingly, children have adapted more sedentary lifestyles so the goal of NSHAPE is just to get kids up, out and moving. The initiative has 4 major components:

• The NSHAPE Web site (http://www.amc-n-shape.com) where youth can earn points for being active and redeem the points for incentives to continue in the program

• Monthly base Youth Programs organizes fitness activities for youth and teens, which will earn participants even more points

• Annual AMC Track and Field Day Event to be done simultaneously at all bases

• Annual Family Fun Fitness Day Event

Participants don't need to be a Youth Center Member to participate in the NSHAPE Program. The Youth Center will offer monthly fitness activities for age groups 9 to 12 and 13 to 18.

"This is a great way for parents and youth to get involved in fitness and build healthy habits along the way," said David Lara, the director of Youth Programs.

Participants do need to visit the Fairchild Youth Center to pick up a Sign-up Key. This is a unique code, only given out to eligible people, which will allow them to create a user account and start collecting points toward winning prizes.

There are three easy ways to collect points in the program.

• Participating in Official NShape Fitness Events at the Youth Center. (listed below)

• Participating and tracking individual daily fitness activities. The activity has to keep people physically active for at least 30 consecutive minutes. Participants receive extra points for an activity they may already do.

• Answering the daily fitness questions for bonus points on the Web site.

As participants earn points, they advance to the next higher level. At each new level, participants earn NSHAPE prizes such as water bottles, mouse pads, pedometers, ear bud radios, CD holders, Urban Sling Bag or an NSHAPE fitness bear, which can only be won with certain point levels. So it's important to try and climb the level ladder to win prizes and much more.

The NSHAPE site also features:

• The NSHAPE Chat System: Here participants can chat with other NSHAPE members at all 12 AMC bases and share their stories and goals during the program. The chat program is electronically monitored so youth that are disruptive or behave inappropriately will be identified electronically and the base and parents notified. Headquarters AMC/A7SCY may disable the chat program if deemed necessary.

• The Articles tab is a great place to read about fitness and nutrition. Participants can pick up great hints on how to answer the daily fitness questions. The number of articles is constantly growing.

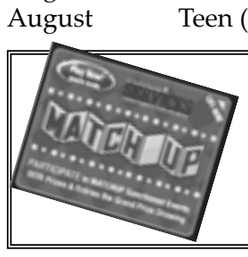
The Fairchild Youth and Teen Centers are always seeking volunteers to assist. If parents have a personal life-long fitness skill or talent that they can share, call the Youth Center at 247-5601 or the Teen Center at 247-8043. Youth and teens will be able to earn points in the program for family events too, such as taking a hike while camping. This is a great time for parents to be a role model for youth and teens to get up and get NSHAPE.

Amanda Kraus

The Fitness Center staff encourage families as they workout at the 2005 Family Fitness Night. NShape is a great way to get involved in family fitness this year. Youth and teens can get up and moving with NSHAPE.

## NSHAPE Events

| Month | Age/Group | Theme | Event | Event Date | Event Time | Location |
|---|---|---|---|---|---|---|
| July | Pre-Teen (9-13) | Dance N | Dance N | July 29 | 1 p.m. | Youth Center |
| July | Teen (13-18) | Dance N | Dance, Dance Revolution | July 29 | 7 p.m. | Teen Center |
| August | Pre-Teen (9-13) | Throw 'N' Go | Crab Soccer/Dodgeball | Aug. 24 | 11:30 a.m. | Miller Park |
| August | Teen (13-18) | Throw 'N' Go | Crab Soccer/Dodgeball | Aug. 24 | 12:30 p.m. | Miller Park |



**Only 34 days to play MatchUp, Be the next $100 cash winner**

**Register and get the Fairchild MatchUp events list at http://public.fairchild.amc.af.mil/services.**

## CLUB HAPPENINGS

### Cruise to the patio tonight
*Cruise to the patio and show off your ride.*
• Tonight from 4:30-7 p.m.
• Car owners will receive a beverage discount.

### Cook your own steak
*Cook your own steak on the patio August 5.*
• 5-7 p.m. at the Hollywood North patio
• $7.95 for members including steak, potato and salad

### Lunch Food Court
*Come in for a great lunch.*
*MatchUp event Thursday and Friday*
• Tuesday - Friday, 11 a.m. to 1 p.m.
• $6.50 for members, additional $2 for non-members
• Includes designer salads
• Ice cream and dessert bar included with meal

### Jason's Barbecue To-Go
*Order Jason's Barbecue To-Go during the week. MatchUp event*
• Wednesday-Friday, 11 a.m. to 8 p.m. Please allow two hours for preparation.
• Choose from Baby Back ribs, barbeque chicken, beef or pork.
• Members receive $1 off when they order items more than $4.

### Mug Night
*Stop by for great beverages and hot wings.*
• Every Wednesday, 4-7 p.m.
• $2 for any domestic beer, $1.50 for soda
• Members Only

### Wing Night
*Set some taste buds on fire.*
• Every Wednesday, 4-7 p.m.
• Select from mild, hot, extra hot, nuclear and new chili-lime hot
• $.35 each or $7.95 per pound
• Members only

### Kegs to Go
*Order a keg for the next party from the Club.*
• Prices run from $30 to $150
• No deposit required
• Price includes tap, ice, and cups

**For more information on any of the events or specials above, call 244-3622.**

# FROM THE HAWC'S MOUTH

## This week's topic: Maintaining fitness while traveling?

**"During the summer, my family plans weekend road trips to local sites. How do we maintain some sort of fitness program and have healthy snacks while on the road?"**

Some have worked all winter to get in shape for that new bathing suit and now summer travels challenge meal choices and exercise routines. Planning ahead is the key to keeping physically active and having available healthy food alternatives when traveling. People have packed their clothes and maps, how about healthful snacks and exercise plans?

Some good traveling snack ideas include individual boxes of cereal, canned fruits, bagels and pretzels. Licorice, gumdrops, or jellybeans are good choices for the sweet tooth. To avoid quick stops and fast eating, carry nutritious food items like prepared veggies in sealable plastic bags, low fat cereal bars, crackers with peanut butter, and dried or fresh fruit. If there's space, pack a cooler with sandwiches (made with lean meats, cheese and low fat condiments), low fat yogurt and juice. If people do dine out, remember to choose smaller portions to keep calories down and if they choose a higher fat item, balance it with other low fat items. When traveling through several time zones, continue to eat smaller light snacks about every three to four hours apart, rather than eating extra meals. Finally, do not forget bottled water to prevent dehydration while traveling long hours in a vehicle — consider the subsequent restroom breaks as opportunities to stretch and exercise.

Physical activity invigorates the body and makes long trips sitting in a car tolerable. Pack comfortable clothes and shoes for walking to the nearest park or mall, checking out the hotel exercise equipment or making their vacation experience fun with activities such as rollerblading, biking, or hiking. Even routine games of "chase" and "hide and seek" with the kids invites some cardiovascular excitement, refreshing the mind and body while relaxing the mood from long monotonous road travel. Many roadside attractions and rest stops allow travelers the chance to stroll or hike through exhibits and displays viewing local scenery and wildlife. For muscle resistance training on the road, dynabands will help people isolate muscles for a great workout. They can bring different tensioned-bands for both your large and small muscle groups. These bands would conveniently fit into the smallest shower bag, but still offer muscles a big bang of a workout. Being prepared will allow people to make the most of your summer vacation through a healthy taste and fitness adventure.

Visit the Health and Wellness Center or call the HAWC at 247-5590 for more information or class registration. People can also visit the HAWC's Web site under the Fairchild AFB or 92nd Medical Group intranet.

*Low fat Oatmeal Cookies (a great car snack to pack)*

*2 Tablespoons vegetable oil, preferably canola*
*¼ cup applesauce*
*½ cup brown sugar*
*½ cup white sugar*
*1 egg or 2 egg whites*
*1 teaspoon vanilla*
*½ teaspoon cinnamon*
*½ teaspoon salt*
*½ teaspoon baking soda*
*1 teaspoon baking powder*
*1 ½ cups uncooked oats*
*1 cup flour, preferably half white and half whole wheat*
*½ cup raisins, ½ cup chopped nuts (optional)*

*Preheat oven to 375 degrees. Mix together oil, applesauce, sugars, egg, vanilla, cinnamon, and salt. Beat well. Add the baking soda, powder, and oats (and raisins and/or nuts); mix well, then gently stir in flour.*

*Drop by rounded tablespoons onto a baking sheet treated with cooking spray.*

*Bake for 10-12 minutes or until firm when lightly tapped with a finger. Yields: 22 cookies. Calories per cookie: 90*

# FITNESS CENTER SCHEDULE

Fitness & Sports

**Open 4:30 a.m. to 10:30 p.m. Mondays through Fridays — 9 a.m. to 8 p.m. Saturdays, Sundays and holidays**

| | TODAY | SATURDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|---|---|---|
| 6 a.m. | Cycling *(1 hr.)* | | Cycling *(1 hr.)* | Step *(1 hr.)* | Cycling *(1 hr.)* | Step *(1 hr.)* |
| 8 a.m. | | | | | Force Train FIP *(1 hr.)* | |
| 9 a.m. | | Aerobics* *(1 hr.)* | | | | |
| 10 a.m. | | Hip Hop Dance* *(1 hr.)* | | | | |
| 11:30 a.m. | Alternating Step & Yoga Pilates *(1 hr.)* | | Step/Cycling *( 1 hr.)* | Step Cycling *(1 hr.)* | Step *(1 hr.)* | Interval/Cycling *(1 hr.)* |
| 2 p.m. | Force Train FIP *(1 hr.)* | | Force Train FIP *(1 hr.)* | | | |
| 5 p.m. | | | Kick-boxing *(1 hr.)* | Cycling *(1 hr.)* | Kick-boxing *(1 hr.)* | Cycling *(1 hr.)* |
| 6 p.m. | | | Shotokan Karate *(1 hr.)* | Soo Bahk Do Karate** *(1 hr.)* | Shotokan Karate *(1 hr.)* | Soo Bahk Do Karate** *(1 hr.)* |
| 8 p.m. | | | | Hip Hop Dance *(1 hr.)* | | Hip Hop Dance *(1 hr.)* |

(*) No classes on guard weekends (**) $30 fee, try first class free.

# WARRIOR & ROGER A. ROSS DINING FACILITY MENU

Air Force Services Food Service

| | TODAY | SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|---|---|---|---|
| LUNCH | vegetable soup<br>simmered corn<br>beef<br>pineapple chicken<br>Yankee Pot roast<br>crispy potato wedges<br>fried cabbage | doubly good chicken<br>baked fish<br>Hungarian Goulash<br>BBQ chicken<br>vegetable stir fry<br>cream corn | Knickerbocker soup<br>stir fry beef w/ broccoli<br>turkey nuggets<br>Loin Strip steak<br>baked potatoes<br>rice pilaf | Egg Drop soup<br>chili mac<br>beef cannelloni<br>Southern fried chicken<br>cottage fried potatoes<br>steamed squash | Minestrone soup<br>pasta bar<br>Italian style veal<br>chicken cacciatore<br>au gratin potatoes<br>Vermicelli noodles<br>Italian style beans<br>garlic bread | cream of potato soup<br>lemon-herb chicken<br>BBQ spareribs<br>stuffed pork chops<br>scalloped potatoes<br>Mexican corn | tomato bouillon<br>roast loin of prk<br>Jaeger w/ mushroom sauce<br>glazed cornish hen<br>potato halves<br>orange rice<br>carrots |
| DINNER | vegetable soup<br>Seafood Newburg<br>beef and corn pie<br>roast turkey<br>corn on the cob<br>mustard greens<br>cream gravy<br>pea/pepper rice | doubly good chicken<br>savory baked chicken<br>Swedish meatballs<br>Creole shrimp<br>cream corn<br>asparagus | Knickerbocker soup<br>oven fried fish<br>Cantonese spreribs<br>grilled mustard chicken breast<br>peas<br>sweet potatoes | Egg Drop soup<br>pot roast<br>baked stuffed fish<br>roast loin of pork<br>oven baked potatoes<br>Succotash<br>green beans | Creole soup<br>Teriyaki chicken<br>Veal parmesan<br>slamon ckaes<br>Filipino rice<br>fried cabbage<br>Succotash<br>mixed vegetables | cream of potato soup<br>BBQ ham steak<br>turkey and noodle<br>beef ball stroganoff<br>Calico corn<br>spinach | tomato bouillon<br>herbed baked chicken<br>stuffed cabbage<br>Southern fried catfish<br>black-eyeed peas with rice |

# CHARGING BULLS

## Bulls trample competition

**By Staff Sgt. Nathan Gallahan**
*92nd Public Affairs*

The 92nd Civil Engineer Squadron Dragon Boat racing team paddled their hearts out Wednesday and proved once and for all who "leads the charge."

The team took home the 1st place medals after winning every heat they competed in. They were also the only team to break the one minute mark over teh 250 meter course

During the course of the day 11 teams raced each other down the Spokane River in Dragon Boats, an ancient 4th century Chinese tradition, which is apart of a larger international cultural celebration hosted by Spokane.

"It's more than just a boat race," said Stanley Mrzygod, Team Charging Bulls leader and the deputy of the Operations Flight for the 92nd CES. "It's a way we can embrace other people's cultures."

The planning and coordination for the event started months ago, but it wasn't until Sunday that teams began to practice.

As with many team sports, it isn't an individual's skill that leads the team to victory, but how all of those individuals work as a team.

The teams are made up of 26 people, 22 of which are on the boat. 20 paddle, one is the drummer and the Sister Cities Association of Spokane provides the steersperson. Four others are on-hand for backups.

At first sight, some may believe that the drummer is keeping the pace for all of the paddlers, but they too are watching the strokers.

"The strokers are the first two paddlers on the boat, and everyone's eyes are on them – including the drummer," said Mr. Mrzygod. "They are keeping the pace for the entire team."

Throughout the race, there are many different stroke styles, all optimized for the greatest speed.

Four start strokes get the boat underway — sort of like the first gear in a car.

Fifteen acceleration strokes are like second and normally contain the most power from the team.

Once up to speed, the team works into the race stroke to carry them across the finish line.

"Discipline plays a huge role in winning, there can be no talking on the boat and everyone must keep their eyes on the stroke people," he said. "We have the power over the rest of the teams, but we're working on our stroke rate, we need to harness our power with discipline."

The team used the techniques and training gained during Sunday and Monday's practices on race day when the 11 teams went head to head in three boat heats.

The races were more mentally tough than physically, during practices we would paddle for hours, but during the race it would only last around a minute, he said.

### Strokers
Josephine Beard
Claudia Jiron
Raelynn Licoan
Lorie Simpson

### Drummer
Scott Wallace

### Paddlers
Kelly Ebels
Lucia Miranda
Rebecca Pribe
Kirstin Pugh
Jamie Redman
Leasa Williams
Ross Anderson
James Deen
Peter French
Paul Gouveia
Caleb Guttimiller
Josh Jankowski
Omar Jones
James Kamrar
Ivan Lalican
Stan Mrzygod
Will Roberts
Matt Robinson
Courtney Sartain
Keith Taylor
Justin Hess

### History

*"Originating in China in the 4th century BC, Dragon Boating honors the death of a Chinese poet and statesman, Qu Yuan. Repeatedly slandered and prosecuted by the controlling political regime, Qu Yuan decided to end his life by throwing himself into the swift currents of the Milo River. News of his death spread quickly resulting in local fishermen taking to their boats in a vain attempt to save him. For years following the death of Qu Yuan local fishermen carried on the tradition of racing out to the river. Over time this tradition has developed into modern day dragon boat racing.*
*~Washington Dragon Boat Association*

Members from the 92nd Civil Engineering Squadron Charging Bulls Dragon Boat racing team load into their boat prior to the first race of the day. The team practiced twice prior to race day and learned the most important factors that would lead to their victory was teamwork and discipline. In the heat of a race if anyone looses control of their adrenaline and rows any faster or slower, it could set the whole team off balance.

The Charging Bulls annihilated the competition during the first heat, crossing the finish line more than a full boat length ahead.

## Want to be in your hometown paper?

Personnel within 30 days of receiving an award, promotion, returning from deployment or achieving an accomplishment not listed can fill out an DD form 2266 and submit it to the Public Affairs office for processing. For more information, call 247-5705.