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DYESS AIR FORCE BASE, TEXAS



The Peacemaker

VOLUME 39,
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SEPTEMBER 10, 2004

A professional team, delivering bombing, airlift support, training and combat support to combatant commanders... anytime, anywhere

Dyess kicks off CFC drive

By Airman 1st Class James Kang
Dyess Public Affairs

The 2004 Combined Federal Campaign kicked off another collection year today and will run for six consecutive weeks through Dec. 15 for bases within the continental United States.

The mission of the CFC is to support and to promote philanthropy through a program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all, said 1st Lt. Jesse Dubberly, 2004 Dyess

Combined Federal Campaign coordinator.

"The CFC is the only authorized solicitation of employees in the federal workplace on behalf of charitable organizations," said Lieutenant Dubberly.

United States federal employees donated nearly \$250 million dollars last year through the CFC, which was used to help fight poverty, hunger, violence and disease. Also last year, Dyess members raised almost \$190,000 dollars to help such organizations as the Dyess youth programs and Abilene Hope Haven.

"Through the CFC, every one of us has the power to impact the lives of people in this

community, across this country, and around the world," Lieutenant Dubberly said.

There are two methods of contribution for those interested. The first is a one time cash or check donation. The second and most popular is payroll deduction.

According to Lieutenant Dubberly, most members use payroll deduction for its ease. The minimum amount for payroll deduction is \$2 per month. Donors may designate which charity or charities receives their money by filling out a pledge card.

See CFC, Page 5

Airmen deliver aid to Russia

By Master Sgt. Jon Hanson
435th Air Base Wing Public Affairs

VLADIKAVKAZ, Russia -- Two C-130 Hercules crews from the 38th Airlift Squadron at Ramstein Air Base, Germany, flew medical and humanitarian supplies into Russia Sept. 6.

The crews dropped off about 36,000 pounds of medical and humanitarian supplies for relief agencies treating hundreds of victims of a terrorist attack on a school in Beslan, Russia.

Russian government officials requested assistance after the United States offered support.

"I spoke to the Russian interpreter, and he was very thankful that we made the journey over here," said Lt. Col. Richard Galante, 38th AS commander and an Air Force reservist from Youngstown, Ohio. "I could see some of the other Russian officials were really teary-eyed and really appreciated the support ... that we brought in these medical supplies and other equipment that they need so badly."

"They said it was nice that our countries were in such a community with one another ... that we were living like brothers in the midst of tragedy," said Staff Sgt. Clayton Bronnee, a Russian linguist with the 426th Information Operations Squadron at Vogelweh Annex, Germany. "They said they felt very bad for us when 9-11 happened, and they appreciate our help and support now that this tragedy has befallen them."

The humanitarian supplies included sheets, blankets, medicine, burn kits, bandages, dressings and specialized medical equipment.

(Courtesy of U.S. Air Forces in Europe News Service)



Terry D. Vanden-Heuvel

Fit for Flight

DAVIS-MONTHAN AIR FORCE BASE, Ariz. -- A B-1 takes off from the Aerospace Maintenance and Regeneration Center at Davis-Monthan Air Force Base, Ariz., to join the fleet at Dyess. Workers from the AMARC and the 654th Combat Logistics Support Squadron at Tinker AFB, Okla., regenerated this B-1, tail number 86-00097, to head back to active-duty service after being retired in April 2003 from Ellsworth AFB, S.D., under the Air Force's B-1 consolidation plan. In early 2004, Gen. Hal Hornburg, Air Combat Command commander, directed the recall of the Lancer to supplement fleet requirements supporting the global war on terrorism.

Base continues upgrades through construction

Force protection, quality of life key issues as Dyess presses forward on military construction projects on base

By 2nd Lt. Elizabeth Campanile
Dyess Public Affairs

It seems as though Dyess Air Force Base is constantly undergoing construction, but the construction projects are not without benefits to the base and its employees. The main gate and Arnold boulevard projects are probably the most visible recent improvements made to the base.

The traffic cones were removed and all lanes of traffic were opened on Arnold boulevard for the first time since the project began in October 2003, but the project is not yet complete.

Dyess drivers will use the newly-paved lanes for two weeks before civilian contractors finalize the project by installing vehicle denial barriers at the intersection of Arnold and Louisiana.

Drivers should expect about six weeks of disrupted traffic as the usable lanes decrease to two until the permanent barriers are finished, said Maj. Chris Corley, 7th Security Forces Squadron commander.

Many people have found that driving on

base has become much less constricted since major detours have recently been removed.

"It's definitely much easier to drive around on base," said Senior Airman Linda Wilmsen, 7th Mission Support Squadron commander's support staff. "It's also good to know that the security on base is top-notch with all of the improvements."

The construction going on fulfill the overall mission to upgrade the base infrastructure and enhance the existing force protection measures, said Billy Rich, 7th Civil Engineer Squadron engineering flight chief.

"Basically, [the improvements] make it harder for terrorists to get on base," Rich said. "We've significantly improved security on base."

The other main project that was recently completed is the Dyess main gate. Since its completion, the main gate has increased overall security and the base's ability to protect against terrorism.

See Construction, Page 5



Airman 1st Class Aaron Walker

Work continues on the 317th Airlift Group's Squadron Operations Maintenance building. The building is scheduled to be completed in January. The new 317th building is just one of several on-going projects at Dyess that are expected to be completed within the next year.

DYESS				7th Bomb Wing as of Tuesday				317th Airlift Group as of Monday						
SORTIE BOARD	Monthly Flown Status		Monthly Flown Status		Monthly Flown Status		WORLDWIDE DEPARTURE RELIABILITY	Goal	Current Rate		FLYING (TRAINING) HOURS	Goal	Flown	Status
	56	12	5	47	6	4	95%	83.2%	360	340.8	-19.2			

Action Line

696-3355 or e-mail action@dyess.af.mil

The Action Line provides a direct line of communication between Col. Garrett Harenca, 7th Bomb Wing commander, and the people of Dyess. People should always use their chain of command or contact the agency involved first. However, if the problem still can not be resolved, call 696-3355 or e-mail action@dyess.af.mil. Leaving your name and phone number ensures a personal reply by phone. The Peacemaker staff reserves the right to edit all Action Lines before publication. Not all Action Lines will be published.

- To help address customer concerns try calling one of these base agencies for assistance:
- Area Defense Counsel -- 696-4233
- Base clinic (appointments) -- 696-4677
- Base exchange -- 692-8996
- Base locator -- 696-3098
- Base operator -- 696-3113
- Chapel -- 696-4224
- Child development center -- 696-4337
- Civil engineering -- 696-2253
- Commissary -- 696-4802
- Detachment 222, AFOSI -- 696-2296

- Education office -- 696-5544
- Family housing -- 696-2681
- Family support center -- 696-5999
- Finance -- 696-2274
- Inspector General -- 696-3898
- Legal office -- 696-2232
- Lodging -- 696-2681
- Military equal opportunity -- 696-4123
- Military personnel flight -- 696-5722
- Public Affairs -- 696-2864
- Security Forces -- 696-2131
- TRICARE -- (800) 406-2832



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<https://www.my.af.mil>

COMMANDER'S CORNER

On Saturday, Sept. 11 at 10 a.m., I am asking everyone for a moment of silence to honor not only the victims of Sept. 11, 2001, but the service men and women who have lost their lives in the global war on terror.



Col. Garrett Harenca, 7th Bomb Wing commander

As we honor these people, it's important we reflect on what we have accomplished in three years. Two countries now have an opportunity for freedom as we move toward elections in Afghanistan and Iraq and people across the globe understand our resolve to defend our nation against those who would do us harm.

As we deploy and prepare to deploy, you are in my thoughts constantly -- be prepared, ensure your training is complete and keep a positive attitude. We clearly have the initiative in this war and we are winning across the world everyday. Team Dyess will do its duty and honor its traditions as we deploy this year. I promise you that we will take care of your families on the home front and ensure you are able to accomplish your mission.

Remember -- our enemy attacks civilians and non-combatants throughout the world -- never underestimate their ruthlessness. Team Dyess will continue to meet this threat with skill, courage and tenacity and, together with our brothers and sisters around the world, we will defeat America's enemies. Thanks for what you do each and every day and what you will do during your deployment for our Air Force and our nation.

FOCUS ON WARFIGHTING

For the last year, we have talked about ethics and leadership in many great articles. For the next year we will discuss warfighting from many perspectives. What we hope to do is give you some stories ensuring you understand what all of Team Dyess does when it comes to wartime execution and give you some tools and principles you can apply in everyday life that will make you a better warfighter. Our first article, by our vice wing commander, starts the series today.

Principles of War can be used every day

By Col. Bud Redmond
7th Bomb Wing vice commander

Our mission is simple -- "lethal bombs on target anywhere in the world." That is what America counts on and what we must be ready to deliver everyday as we win the Global War on Terror.

We are a trained combat ready Air Force that over the last 12 years has helped win wars across the globe while also deterring conflict. How do we capture and keep these lessons learned and more importantly how do we prepare for tomorrow's conflicts?

Today I will write about the key Principles of War that can be found in Air Force basic doctrine and how I use them everyday. The Principles of War are basic truths that we have learned in conflict over the last 300 years however, I use them as a checklist for planning and execution and to ensure that we are ready to go. I had fought Desert Storm as an aviator and a planner before I learned about these principles and in subsequent conflicts I began to apply them and the more I use them the more I believed in their simple yet straightforward truths. I also believe that our war plans need to be the same as our execution in peacetime. As a famous Navy Ace said "you fight like you train" so I found that I could use these principles in everyday life



Col. Bud Redmond

as an Airman and a commander. You will hear me compare our plans and our everyday execution against the principle of war and for me it works. There are nine Principles of War but today we will discuss simplicity, unity of command, economy of force, offensive operations, and security.

Simplicity is my favorite of all the principles. "Keep it Simple Stupid" or the KISS principle works! I look at each plan whether it be the Base Environmental Plan or how we will execute a change of command to make sure it is easily understood. As Patton said, "A simple plan ruthlessly executed beats a complicated plan everyday." It

seems easy but every plan can be de-complicated and made easier to execute whether it be our preparation for the unit compliance inspection or our deployment in support of the GWOT. I am convinced most chief master sergeant's keep this one right at the top of their checklists and are quick to tell us when we have gotten too complicated.

Unity of command ensures the concentration of effort under one commander. For us everyday it means that the Wing commander sets the priority and objectives. He did that during his change of command by telling us our mission was warfighting and to destroy America's enemies. It is us up to us as the Wing to execute that intent by being prepared to deploy. I look around our Wing and I can easily apply it-is maintenance supervision close enough to the flight line? Does Ops have their key staff members close at hand where they better execute unity of command? These are the types of questions I work with the group and squadron commanders to ensure they have better unity of command.

Economy of force is the responsibility of everyone in the wing. It entails proper resource use of our people and our equipment. It ensures that we don't "overkill" a target by ensuring we bring enough power to accomplish the mission but don't waste resources. I use this principle when I

review the Wing's operations tempo and what our objectives for the next three months. It also means not chasing sub-objectives that sometimes just "make us look good." The Wing has had a tough schedule the last six months. As we prepare to deploy, I promise to use this checklist principle to "minimize deployment preparation pain."

The principle of offensive is all about taking the fight to the enemy and our ability to accomplish this defines us as airmen. In World War II our ability to open an air front against Germany and Japan were keys to our victories in the war and our control of the skies of the No Fly Zones I am convinced helped us minimize casualties during Iraqi freedom. Airmen must be aggressive and passionate about going on the offensive, it is our heritage.

Security includes protecting our assets. Our aircraft and our people are most vulnerable on the ground. For me every airbase should be the safest place in the world for you to raise families and execute the mission. I have driven the perimeter and as I go on patrol with Security Forces this principle is uppermost in my mind.

I hope this helps, the principles of war are a great checklist for everyday execution for the Wing's mission. It will make you a better warfighter!

You're going to kill someone, stupid

Commentary by Lt. Col. Christopher Tancredi
43rd Airlift Wing

POPE AIR FORCE BASE, N.C. -- Recently, the wing had a rash of driving-under-the-influence charges, on and off base. The offenders were enlisted, officers and civilians. One of these days, someone is going to kill him or herself or someone else.

I know what you are thinking: "Not me." Everyone says that, but it happens. What if it is you who kills an innocent person, child or loved one? Can you live with that? I can't imagine waking up and looking in the mirror and realizing I hurt an innocent bystander because I did something stupid.

By now, we have all gotten the message on DUIs: they can't be tolerated. And we have all heard how devastating a DUI charge can be on your career. So let's take a minute and look at a few career-limiting consequences.

If apprehended in town (trust me, sooner or later, they all get caught) your punishment can vary based on a number of factors. First, you could receive jail time resulting in an absent-without-leave status. Your license will be suspended. Average costs run between \$2,000 and \$3,000 for increased fines and court costs. And your insurance will go up.

How much? Let's say you are a 25-year old single male driving a Ford Mustang. Before your DUI,

you had a good driving record and paid around \$2,000 a year for full coverage. After your DUI, your insurance could jump to \$8,000 a year. Ouch! As a side note, if you or any of your passengers have an open container of alcohol, you each get charged with one insurance point and the offense is counted as an alcohol incident, throwing you into a higher risk category.

For on-base DUIs, commanders can reduce ranks and impose fines. Each stripe above senior airman gives you about \$300 in pay, and if you lose that staff sergeant stripe, you also lose \$60 in base allowance housing per month. That is a total loss of more than \$4,200 in pay annually.

A DUI normally results in an Article 15 (on base), a letter of reprimand or a unfavorable information file (both off base), suspension of on-base driving privileges for 12 months, reduction in performance report ratings and elimination for consideration of recognition. The damage to your record is significant and extremely difficult to overcome. You immediately lose about 20 Weighted Airman Promotion System points due to the referral enlisted performance rate. Best case, it will take five years to overcome the points lost for promotion.

There are multiple safety nets out there to help you avoid this life-changing event. Plan ahead if you choose to drink. Select a designated driver, know who to call when you need a ride, stay the night, walk, etc.

There are multiple safety nets out there to help you avoid this life-changing event. Plan ahead if you choose to drink. Select a designated driver, know who to call when you need a ride, stay the night, walk, etc. Not only could it save you money and a lot of trouble, it could save lives.

(Courtesy of Air Force News Service)



7th Bomb Wing members joined a force of over 500 Abilene volunteers to participate in the United Way's Day of Caring in 1996.

Local groups that benefited included the Abilene Adult Daycare facility and the YMCA. Also, the construction of a new volleyball pit, led by members of the 7th Civil Engineer Squadron, was completed for the West Texas Girl Scout Council and a play house for the children of the Hope Haven Homeless Shelter was refurbished.

Members of the 7th Mission Support Squadron helped clean up Rose Park.

Members of the 7th Transportation Squadron spruced up the Noah Project, a home for abused women.

Members of the 7th Supply Squadron painted statues for the United Way while members of the 7th Communications Squadron, in concert with members of the 436th Training Squadron, helped paint a tower and other facilities for Camp Tonkawa, a Boy Scout retreat south of Abilene.

All together, more than 4,500 volunteer hours were donated.



- Col. Garrett Harenca..... 7th Bomb Wing commander
- Capt. David May..... Chief, Public Affairs
- 1st Lt. Brandon Pollachek..... Deputy Chief, Public Affairs
- 1st Lt. Benjamin Gamble..... Officer In-Charge, Internal Information
- 2nd Lt. Elizabeth Campanile..... Public Affairs Action Officer
- Master Sgt. Dan Carpenter..... Superintendent, Public Affairs
- Staff Sgt. Zachary Wilson..... NCOIC, Public Affairs
- Airman 1st Class Kiley Olds..... Editor
- Airman 1st Class James Kang..... Staff writer

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Patients responsible for quarters notifications

By Capt. David May
Dyess Public Affairs

A new "quarters" notification process went into effect recently requiring active duty members to notify their first sergeants when they are put on quarters by health care providers rather than relying on the Medical Group to do so.

The Health and Insurance Portability and Accountability Act of 1996, which governs and defines protected health information, was the driving force behind the change.

Portions of the Act requiring compliance for the military went into effect in 2003, which is the reason for the changes recently taking place, said Nagita Sykes, 7th Medical Group HIPAA Project

Assistant.

"With the HIPAA rules in effect, the 7th MDG quarters and restricted duty notification process had to be revamped to ensure compliance," said Sykes. "There will not be any direct communication between the hospital and supervisors."

Because HIPAA treats a quarters notification as PHI, it cannot be sent directly to a supervisor or the commander's support staff. Only first sergeants and commanders are allowed to receive the information unless otherwise specified by the patient, she said.

This often meant another step to document the patient's approval to release the information, which then caused another requirement-

the statement had to be tracked and maintained for no less than six years, said Sykes.

"The new procedures will put more responsibility on the member but should provide a more streamlined process for the MDG with less paperwork in the long run," she said.

The form that members sign releasing them to quarters status has also been rewritten so to make it clear to the patient that it is their responsibility to make notifications.

"It's basically a contract saying they know they must notify their commander or first sergeant if they've been put on quarters," said Master Sgt. Carol Mann, 7th Medical Group first sergeant. "This gives us legal recourse if (the

member) decides not to abide by the new procedures."

There may be some special cases where the medical group will forward the quarters notification for the patient, but that will depend on the specific situation.

"As the process evolves we'll (first sergeants) provide feedback and make adjustments as needed," said Master Sergeant Mann.

The new procedures should also tighten the lines of communication by providing commanders and first sergeants a single point of contact in the HIPAA office if they need further information beyond what is provided by the member, said Sykes.

For more information or to contact the HIPAA office, call 696-8250.



Housing inspections

The base housing office has completed initial housing inspections, however inspections will still continue over the next several Tuesdays. During this time, housing inspectors will be taking a closer look at the yards and issuing citations for those not in compliance. The following tips are provided as reminders:

Mow and trim all grass. Biodegradable bags are available at Self Help. Leaves and grass clippings must be taken to the recycle center at 805 Rapcon Road, near the Tye Gate.

Sweep leaves and debris out of the gutters to prevent flooding during heavy rains.

Carpports and porches must be neatly maintained; they are not intended for storage.

RVs, boats and trailers must be parked in carpports or garages or moved out of the housing area. These vehicles may be parked only for loading or unloading and for not longer than 24 hours. Sign up for a free RV spot through the housing office.

Trash cans must be removed after trash pick up and placed beside or behind units or garages.

Oil in driveways and streets must be cleaned up when visible.

Playground equipment and toys must be kept in the fenced backyards or behind fences.

Vehicle repairs are not authorized in carpports, driveways or parking spaces. Batteries, gasoline and vehicle fluids, such as antifreeze, must be properly stored.

7th Bomb Wing eliminates potential FOD hazard

By 1st Lt. Ben Gamble
Dyess Public Affairs

Several base agencies pulled together to prevent a large foreign object damage incident Aug. 17.

Members of 7th Bomb Wing quality assurance, the 7th Operations Group, 7th Civil Engineer Squadron and 7th Services Squadron joined forces to battle a situation which had the potential to cause extensive damage to the Dyess aircraft fleet.

As the event unfolded, an inbound B-1 declared an in-flight emergency citing a number two engine shutdown. Following the B-1's arrival, the 7th Operations Support Squadron airfield management flight routinely closed the runway to inspect for FOD.

"The inspection was anything but routine, as the team found multiple pieces of metal debris scattered down the length of the runway," said Senior Airman Kevin Eberlin, 7th Operations Support Squadron airfield operations management flight. "Meanwhile, an engine inspection revealed damaged turbine

blades with several pieces missing."

The 7th OSS airfield management flight quickly coordinated three government buses to pull all available people in the 7th Operations Group from their workplaces to join the FOD collection efforts. Within minutes, nearly 100 people and four airfield sweepers were covering the runway in search of FOD. The 7th SVS also lent a hand by providing water to keep everyone hydrated.

The recovery effort lasted nearly six hours and caused the diversion of two aircraft.

Because of the unusual amount of FOD generated by the IFE, many people involved in the clean-up walked the runway twice, collecting not only all the engine debris, but also nearly 50 other pieces of metal FOD, such as screws, bolts and rivets.

"Considering that the smallest piece of FOD can cripple a multi-million dollar aircraft and threaten lives, it was well worth the effort," Airman Eberlin said.

(The 7th Operations Support Squadron airfield management flight contributed to this report.)



Courtesy photo

(Above): Pieces of debris from a damaged B-1 engine are shown. (Below): Several pieces of foreign object damage were also found.



Courtesy photo

Third party collections

The 7th Medical Group is asking active duty members who have non-active duty military dependents, to fill out a DD Form 2569.

By law, the 7th MDG is required to have this form on file each year for all non-active duty military patients. After completing the form, a third party verification card will be issued to the military member. Completed forms can be returned to the pharmacy or any of the 7th MDG clinics.

For more information, please contact the third party collections office at 696-2337.

CFC

Continued from Page 1

The 2004 CFC season is opening up with a Campaign Kickoff Burger Burn today at the base Parade Grounds from 11 a.m. to 1 p.m. and runs through Oct. 22. Local agencies will be on hand for members to talk with and for more information. Members will have the opportunity to eat burgers, hot dogs, sodas and chips for free after completing their CFC donation form.

Below are Combined Federal Campaign representatives from some of the larger organizations on base.

7th Maintenance Group, 1st Lt. Marc Vassallo; 7th Aircraft Maintenance Squadron, Master Sgt. Donald Lindgreen; 7th Munitions Squadron, 1st Lt. Andrea Slattery; 7th Operations Group, Tech. Sgt. Doug Doty; 7th Security Forces Squadron, 2nd Lt. Tim Wankowski; 7th Communications Squadron, Tech. Sgt. Robert Stein; 7th Civil Engineer Squadron, Master Sgt. Billy Juniel; 7th Medical Group, Maj. Patricia Bridges; 317th Airlift Group, Master Sgt. Daniel Baucum; 317th Aircraft Maintenance Squadron, 1st Lt. David Buxton

For a complete list, contact 1st Lt. Jesse Dubberly at 696-1435.

For more information, visit the CFC Web site is at www.opm.gov/cfc.



Col. Garrett Harencak, 7th Bomb Wing commander (center) flanked by Col. Bud Redmond, 7th BW vice commander and Chief Master Sgt. Roberta Bryant, 7th BW command chief, fills out his Combined Federal Campaign form in the Wing conference room Tuesday as the Group commanders look on. The 2004 CFC campaign kicks off today from 11 a.m. to 1 p.m. with a burger burn at the base parade grounds.

Airman 1st Class Aaron Walker



Airman 1st Class Aaron Walker

The Arnold boulevard exit was recently completed. The lanes will soon feature anti-terrorist barriers to go along with the zig-zagging lanes as part of the base's overall force protection plan.

Construction

Continued from Page 1

Anti-terrorism measures also increased security guards' efficiency at vehicle inspections. The project included a separate, out-of-the-way lane designated for vehicle inspections.

The serpentine design of the main gate entrance and exit make it harder for people to drive right through the gate, Rich said.

Several more force protection projects are underway. Current plans call for barrier walls to be constructed as protective measures for the four dormitories on base.

"We want to prevent anyone who might want to inflict

violence on anything or anyone on base from being able to do so. The barrier walls around the base's dormitories would help to mitigate any possible damage," Rich said.

Other upcoming projects on base include sewer line replacement, base water piping replacement, and Tye gate renovations. The 317th Airlift Group also has a new Squadron Operations Facility in the works.

The building's construction began November 2002 and is expected to be completed by January 2005. The new building will house two flying squadrons and one maintenance squadron.

While many more projects continue and others are still in planning, officials say the last round of improvements have already made a big difference to the overall image of the base and, most of all, to its security.

20 Dyess Airmen re-enlisted last month

By Staff Sgt. Zachary Wilson
Dyess Public Affairs

Twenty Dyess Airmen raised their right hands and prepared to enter into the next phase of their careers during their re-enlistment ceremonies last month.

- The re-enlistees are:
- Master Sgt. Robert Sisk**, 7th Civil Engineer Squadron
 - Tech. Sgt. Hugh Adams, Jr.**, 7th Aircraft Maintenance Squadron
 - Tech. Sgt. James Cook**, 7th AMXS
 - Tech. Sgt. Curtis Hays**, 436th Training Squadron
 - Tech. Sgt. Jose Lopez**, 7th Aeromedical Dental Operations Squadron
 - Staff Sgt. Jonathan Boone**, 7th CES
 - Staff Sgt. Carlos Guerrero**, 7th AMXS
 - Staff Sgt. David Hammond**, 7th Component Maintenance Squadron
 - Staff Sgt. Tashaka Morrow**, 7th Medical Group
 - Staff Sgt. Sean Ring**, 7th Security Forces Squadron
 - Staff Sgt. Robert Rolle**, 317th Operations Support Squadron
 - Staff Sgt. Charles Ross**, 7th CMS
 - Staff Sgt. James Wutz**, 7th Mission Support Squadron
 - Senior Airman Thomas Dyar**, 317th AMXS
 - Senior Airman Christopher Garcia**, 9th Bomb Squadron
 - Senior Airman Miranda Lazirko**, 7th MSS
 - Senior Airman Brittany Marion**, 29th Training Support Squadron
 - Senior Airman Robert Milush**, 7th ADOS
 - Senior Airman Rhoneiula Robinson**, 7th Services Squadron

91 Airmen add stripes in September

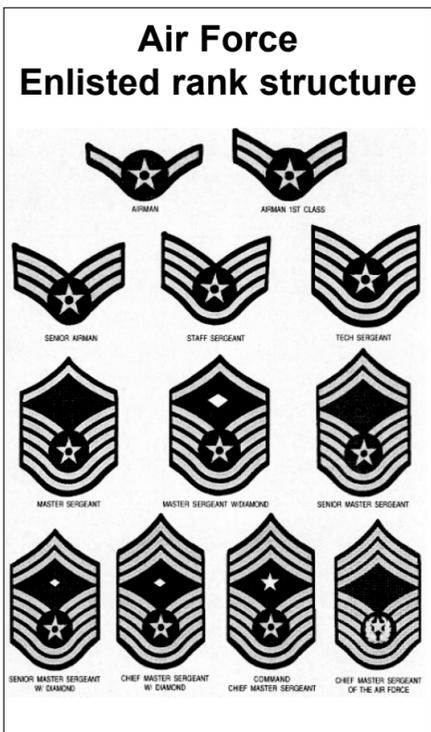
By Staff Sgt. Zachary Wilson
Dyess Public Affairs

Ninety-one Dyess enlisted Airmen add another stripes this month. The promotees are:

Master Sergeant
Phillip Brooks, 317th Aircraft Maintenance Squadron
Mary McClary, 7th Munitions Squadron
Gavan Wonsitler, Detachment 20

Technical Sergeant
Charles Ballard, 7th Logistics Readiness Squadron
Rene Esqueda, 7th Civil Engineer Squadron
Bridget Everson, 39th Airlift Squadron
Bjorn Gundersen, 7th Component Maintenance Squadron
Mala Heaney, 317th Maintenance Squadron
James Hoagland, 7th LRS
Joe Jernigan, Detachment 20
James Lindsey, 7th CMS
Franlin Moore, 317th AMXS
Anthony Pinson, 7th Services Maintenance Squadron
Melvin Sims, 7th MUNS

Staff Sergeant
Jamaar Campbell, 7th EMS
Matthew Conblon, 317th Operations Support Squadron
Michael Crossland, 7th CES



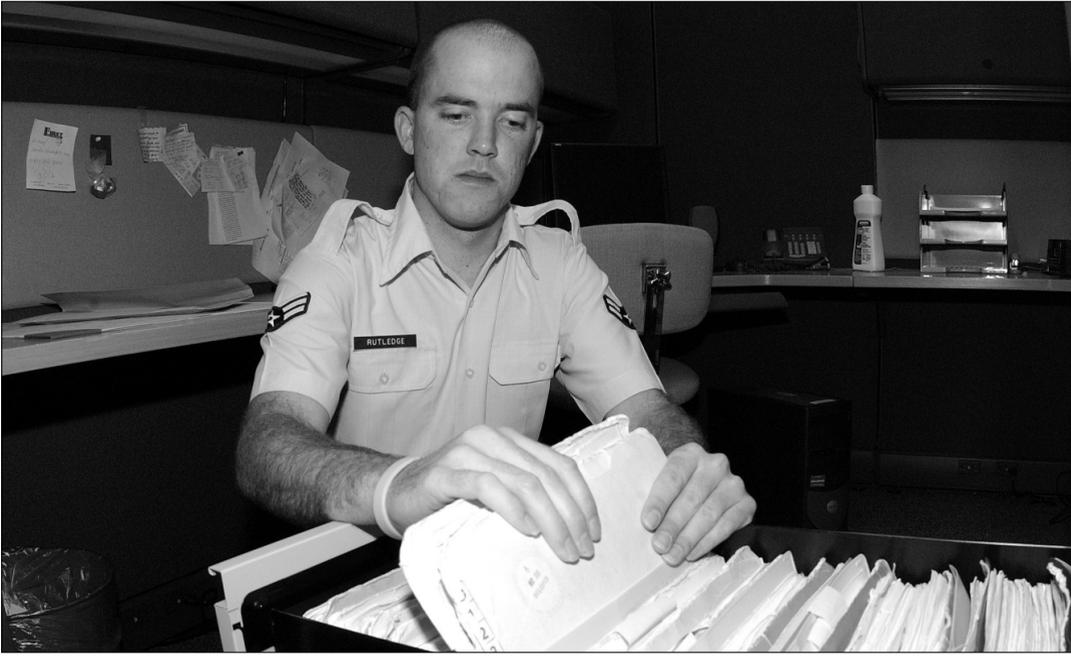
Christopher Halton, 7th Communications Squadron
James Meeker, 7th CS
John Quigley, 7th CMS
Eric Richardson, 7th Aeromedical Dental Operations Squadron
Cynthia Tassej, 7th Medical Operations Squadron
Benjamin Underwood, 7th EMS

Senior Airman
Gregory Bandish, 7th CS
Christopher Bender, 7th Aircraft Maintenance Squadron
Autumn Benker, 7th CS
Derek Beyer, 40th AS
William Billings, 7th OSS
Ryan Birk, 7th CMS
Jason Blanchard, 7th AMXS
Melissa Buckley, 7th MUNS
Ross Burns, 7th AMXS
Patrick Buuck, 7th MUNS
Cynthia Cavazo, 7th LRS
Todd Chandler, 40th AS
Creighton Cope, 7th OSS
Aaron Devenuta, 11th Air Support Operations Squadron
Nicholas Dyke, 7th AMXS
James Fugate, 317th AMXS
Enrique Garza, 317th AMXS
Travis Gendreau, 7th AMXS
Amy Gunnerson, 7th AMXS
Scott Handlin, 40th AS
Jewell Hicks, 7th CS
Ryan Hogan, 7th AMXS
Justin Joslin, 7th MUNS
Christian Leguen, 40th AS
James Malone, 7th AMXS
Eric McKneely, 7th AMXS
Jesse Molina, 11th ASOS
Jason Morey, 39th AS
Steven Ofarrell, 7th AMXS
Janerica Paige, 7th EMS
Benjamin Paine, 317th AMXS
Matthew Penrod, 7th AMXS
Joseph Radosevich, 7th MUNS
Cody Ratliff, 7th CES
Sylvester Ricks, 7th AMXS

Javan Rothwell, 317th AMXS
Malik Shahid, 7th Security Forces Squadron
Jesse Shilling, 317th AMXS
Andrew Spencer, 7th EMS
Jennifer Stehr, 317th AMXS
Ross Talbot, 7th MUNS
Lynzey Thornton, 39th AS
George Valenzuela, 317th AMXS
Jeremiah Welch, 7th EMS
Kevin Wilske, 7th CS
Cameron Wood, 7th AMXS

To Airman 1st Class
Kevin Bice, 7th EMS
Hector Castellanos, 7th AMXS
Arnie De La Pena, 7th LRS
Jill Eggink, 13th Bomb Squadron
Carl Fulmer, 7th EMS
Sarah Kavaky, 7th Contracting Squadron
Casey Krasen, 11th ASOS
John Melting, 7th CES
Jacob Mook, 7th EMS
Bretten Smith, 7th AMXS
Almaz Tegenu, 7th EMS
Harry Viel, 7th CS
Benjamin Wilson, 7th SFS
Mitchell Yager, 7th Comptroller Squadron

To Airman
Travia Dawson, 317th OSS
Justin Hebert, 7th AMXS
Renee Huffman, 317th Airlift Group
Sarah Nelson, 7th OSS
Desaree Viera, 7th LRS
Joseph Wallace, Detachment 2



Senior Airman Robert Morris

TEAM DYESS**Warrior of the Week****Airman 1st Class Andy Rutledge****Unit:** 7th Medical Support Squadron**Job title:** Customer support**Job description:** I give all medical briefings to newcomers, manage hospital complaints and handle base medical evaluation boards.**Time in the Air Force:** Two years, six months**Time at Dyess:** Two years**Hometown:** Baird, Texas**Career goal:** To stay in the Air Force for at least 20 years and retire as a master sergeant or higher.**Most rewarding job aspect:** Getting to help patients when they have problems.**Favorite thing about Dyess:** The friendliness of the community and how Dyess and Abilene support each other.**Favorite thing about the Air Force:** Air Force people seem to care more about one another.**Favorite Air Force memory:** Being deployed to Saudi Arabia, working with people from other countries and military people from different career fields.**(Editor's note:** *The Dyess Warrior of the Week is selected by unit squadron commanders, first sergeants or supervisors on a rotating squadron basis.*)

Dyess Air Force Base Organizational Chart



7th Bomb Wing Commander
Col. Garret Harenack
 MORS BA ALTO



7th BW Vice Commander
Col. William Redmond
 MORS AB ALTO



7th Comptroller Squadron
 Lt. Col. Richard Gales



7th Mission Support Group Commander
Col. Steven Tippets
 THE MISSION SUPPORT GROUP



7th Maintenance Group Commander
Col. Michael Moschella
 THE MAINTENANCE GROUP



7th Operations Group Commander
Col. Jeffrey Beene
 THE OPERATIONS GROUP



7th Medical Group Commander
Col. Richard Griffin
 THE MEDICAL GROUP



317th Airiftt Group Commander
Col. Paul Montgomery
 I GAIN BY HAZARD



7th Logistics Readiness Squadron
 Maj. Sean Cornforth



7th Equipment Maintenance Squadron
 Maj. Keith Compton



436th Training Squadron
 Lt. Col. Steven Gless



7th Medical Operations Squadron
 Lt. Col. Lori Matias



7th Communications Squadron
 Maj. William Robinson



7th Component Maintenance Squadron
 Maj. Lee Bridges



7th Operations Support Squadron
 Lt. Col. Chris Wrenn



7th Medical Support Squadron
 Lt. Col. Limes Clester



7th Contracting Squadron
 Maj. Donald Keller



7th Maintenance Operations Squadron
 Maj. Justin Fortune



9th Bomb Squadron
 Lt. Col. Robert Skness



7th Aeromedical/Dental Squadron
 Lt. Col. Victor Folanin



7th Civil Engineering Squadron
 Lt. Col. Barry Mines



7th Aircraft Maintenance Squadron
 Lt. Col. Kevin Taylor



28th Bomb Squadron
 Lt. Col. Mick Guthals



7th Services Squadron
 Lt. Col. Terry Ford



7th Munitions Squadron
 Lt. Col. Victor Rodriguez



13th Bomb Squadron
 Lt. Col. Karl Shawhan



7th Security Forces Squadron
 Maj. Christopher Corley



7th Mission Support Squadron
 Capt. Carrie Eickhorst



317th AG Deputy Commander
Col. Al Lowry
 I GAIN BY HAZARD



317th Strength Maintenance Squadron
 Maj. William Walker



317th Operations Support Squadron
 Lt. Col. Tim Gaud



317th Maintenance Squadron
 Maj. David Wiesner



39th Airiftt Squadron
 Lt. Col. Patrick Skordente



40th Airiftt Squadron
 Lt. Col. Mike Minihan

Community Briefs

Space-A flights

The following flights are available on a space-available basis:

- ◆ 9 a.m. Monday to McChord Air Force Base, Wash.
- ◆ 7 a.m. Sept. 20 to Lawson Air Army Field, Ga.
- ◆ 9 a.m. Sept. 20 to Peterson AFB, Colo.

All flights are subject to change or cancellation without prior notice. Show time for flights is two hours prior to the scheduled take-off time. All travelers must show their military ID card plus one additional form of identification.

Active-duty travelers must possess valid leave orders. For all flights scheduled during non-duty hours, travelers must notify the passenger terminal to ensure it will be open.

For more information, call 696-4505.

AAC meeting

The next Airman Advisory Council meeting is 3 p.m. Wednesday in the enlisted club meeting room at The Hangar Center. For more information, call Airman 1st Class Rachel Trevino at 696-1407.

Wrestling Pay-Per-View

The Hangar Center will broadcast World Wrestling Entertainment's "Unforgiven," Sunday at 7 p.m. Doors open at 6 p.m. and cost is \$5 per person. Drinks and snacks will be available for purchase. For more information, call Willie Cooper at 696-4305.

Crafter's Haven

◆ A workshop for scrap-booking and memory albums runs from 6 to 8 p.m. every Tuesday in August.

◆ "Make and Take" jewelry workshops run from 3 to 5 p.m. every Wednesday. For more information, call 696-4175.

Dyess Thrift Shop

The Dyess Thrift Shop is open to all Dyess personnel and family members. Store hours are Tuesdays and Thursdays from 9 a.m. to 2 p.m. and the first Saturday of the month from 10 a.m. to 1 p.m. Consignments are accepted on open days from 10a.m to 1p.m. It is located at 382 4th Ave. For more information, call 696-8203.

Outdoor recreation

◆ Outdoor recreation has a dunking booth available for rent. The cost is \$50 per day.

◆ Outdoor recreation has regular season passes and Six Flags "Golden passes" available for \$100. Each package includes Texas Rangers baseball, a tour of the stadium, Dallas Zoo, State Fair, Natural History Museum and more.

For more information on these and other activities at outdoor recreation, call 696-2402.

Information, Tickets and Travel

◆ The ITT office has Texas Rangers baseball tickets available as well as special rates for Carnival Cruises. Dates, ports and costs vary for each travel package.

◆ Fall specials at ITT: Six Flags in Arlington for \$15.50 Weds. through Oct. 3; Fiesta Texas in San Antonio for \$15.99 Saturday - Oct. 3; Ripley's Haunted Adventure for \$16.50

◆ Hurricane Harbor tickets are available for \$16. For more information on these and other activities available through ITT, call 696-5207.

Auto skills center

◆ Auto skills is offering a special fuel injection cleaning in September. The cost is \$49.95 and includes parts and labor.

For more information on this and other activities at the auto skills center, call 696-4179.

Voting registration

General elections are approaching and Air Force voting officials are reminding everyone to register to vote. Deadlines and state-specific rules on voter registration can be found on the Federal Voting Assistance Program Web site at www.fvap.gov. The site includes a list of 10 things to do to ensure a person's vote counts. For more information about voting at Dyess, call Capt. Frank Fischer at 696-2301.

Physical Therapy

The 7th Medical Group Physical Therapy Department will offer walk-in clinic for all active duty personnel. The clinic will be for acute injuries of a traumatic nature. Patients with back pain less than 7 days old are also encouraged to report for a walk-in clinic. The clinic will be held every Monday afternoon from 1 p.m. to 2 p.m. except holidays, down days and family days. Physical Therapy is now located in the new fitness center. For more information, call 461-5451.



Tech. Sgt. Benjamin Matwey

Getting things into their prop-er place

NEW CASTLE, Del. -- Staff Sgt. Caleb Mosher attaches a rope to secure the engine intake cover of a Delaware Air National Guard C-130 Hercules that returned Sept. 3 from a mission supporting Operation Enduring Freedom. Sergeant Mosher is a C-130 aircraft turboprop mechanic and crew chief in the Delaware ANG here.

The BIG Screen

The Dyess Theater is located next to the main exchange. Patrons must have a valid identification card and may sponsor guests. Admission for adults is \$2, children 6-12 years old are 99 cents, and children ages 6 and younger are admitted free. G-rated movies are 99 cents for kids ages 2-12. For more information, call 696-4320.

Friday at 7 p.m.

Harold & Kumar Go To White Castle -- John Cho, Kal Penn, Neil Patrick Harris -- Harold & Kumar Go to White Castle follows two likeable underdogs who set out on a Friday night quest to satisfy their craving for White Castle hamburgers and end up on a mind-altering road trip of epic proportions.

R (strong language, sexual content, drug use and some crude humor)

Saturday at 2 p.m.

I, Robot -- Will Smith, Bruce Greenwood, Chi McBride -- Inspired by the classic story collection by famed science fiction writer Isaac Asimov, I, Robot is a thriller in which a detective investigates a crime that might have been perpetrated by a robot - even though this futuristic society's Three Laws of Robotics dictate that such an event is an impossibility.

PG-13 (intense stylized action, and some brief partial nudity)

Saturday at 7 p.m.

Harold & Kumar Go To White Castle

Sunday at 2 p.m.

I, Robot

Coming Attractions

◆ Sept. 17, 7 p.m. -- The Village

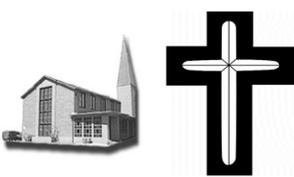
◆ Sept. 18, 2 p.m. -- The Village

◆ Sept. 18, 7 p.m. -- The Manchurian Candidate

◆ Sept. 19, 2 p.m. -- The Manchurian Candidate



Dyess Chapel

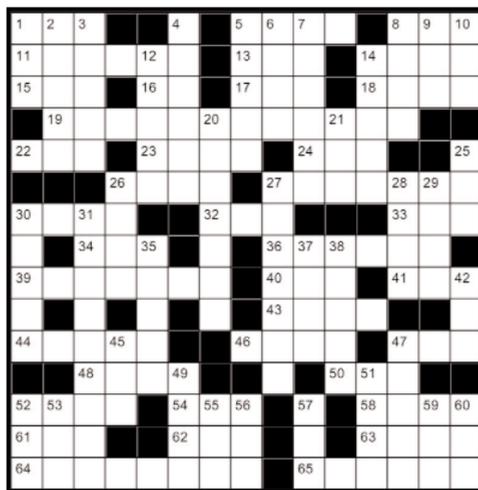


Catholic: Reconciliation starts at 4:15 p.m. Saturday followed by Mass at 5 p.m. Sunday Mass is 9 a.m. Sunday School is 11 a.m. at Dyess Elementary School. Daily Mass is at 11:30 a.m. Tuesday through Friday.

Protestant: Sunday School begins at 9:15 a.m. at Dyess Elementary School. Shared faith worship begins 11 a.m. Sunday. Gospel service starts 1 p.m. Sunday. Sunday Night Worship Service is from 4-7 p.m. A nursery and children's church are available at all services.

Jewish: For information about the times and places of Jewish services, call Capt. Matt Paskin at 370-1052.

For more information, call the chapel at 696-4224.



65. Thin

DOWN

1. Commercials
2. Jumps
3. Airman Medal of Honor recipient MSgt Henry ___ (WWII)
4. Montana capital
5. Tempers
6. China continent
7. 5th US President
8. Bar drink
9. Pie ___ mode (two words)
10. Model Carol
12. Screen
14. Airman Medal of Honor recipient Maj. Ralph ___ (WWII)
20. State of something recently purchased
21. Singing engagement
25. SECDEF's office symbol
26. Currency
27. Airman Medal of Honor recipient A1C John L. ___ (Vietnam)
28. Mining goals
29. Emperor who fiddled?
30. Weaklings
31. Catamaran
35. Cubby hole
37. Forget
38. Epsom and table
42. Airman Medal of Honor recipient Col. George E. ___ (Vietnam)
45. Chinese poet ___ Yuan-ming; wrote of simple life
47. Airman Medal of Honor recipient Capt. Lance P. ___ (Vietnam)
49. Airman Medal of Honor recipient 2Lt. Frank ___ Jr. (WWII)
51. Japanese tea
52. Together with further examples, briefly
53. Angelina Jolie flick
55. Actor Gerard of "Buck Rogers"
56. "2001: A Space Odyssey" computer
57. Asner and Harris
59. Actress ___ Margaret
60. Del ___ Oaks, CA

Airmen Heroes

ACROSS

1. Pub order
5. Machine shaft parts
8. Sheep sound
11. Emanate
13. Org. concerned with troop morale
14. Cubicle
15. Rip or crosscut
16. Postal abbrev. for state home to Scott AFB
17. ___ Tin Tin
18. Joule
19. Airman Medal of Honor recipient A1C William H. ___ (Vietnam)
22. Mil. telephone system
23. Wallet fillers
24. Type of painting
26. Airman Medal of Honor recipient Col. Demas T. ___ (WWII)
27. Roman army units
30. Horse command!
32. Formerly
33. Sea between Arabia and Africa
34. One branch of DoD
36. Airman Medal of Honor recipient TSgt Forrest L. ___ (WWII)
39. Airman Medal of Honor recipient SSgt. Archibald ___ (WWII)
40. "___ little teapot ..." (two words)
41. Grass
43. Skew
44. Airman Medal of Honor recipient Sgt. Maynard H. ___ (WWII)
46. Airman Medal of Honor recipient 1Lt. Donald J. ___ (WWII)
47. Bashful
48. Scottish Celt
50. SFS post reading material?
52. Leggo my ___
54. Grunt
58. Open
61. Neck accessory
62. Foreign auto maker
63. Airman Medal of Honor recipient Col. John R. ___ (WWII)
64. Airman Medal of Honor recipient Maj. Horace S. ___ Jr. (WWII)

Answers on Page 15

Caption Contest

This week's photo (No. 24)

The rules:

1. Write a creative, printable caption for this week's photo.
2. Email your entry by close of business Monday to peacemaker@dyess.af.mil. Entries are limited to three per photo.
3. Entries must include the photo number and your name with your duty phone number.
4. Contest winners are announced weekly.
5. All entries become the property of *The Peacemaker*.



"Look kids, this is what happens when trends go too far!"

The winner of the caption contest for the Sept. 3 issue of *The Peacemaker* is Capt. Paul Fontaine, 317th Operations Support Squadron.

The runner up was: "Great, as if the other services weren't going to give us grief over the first round of uniform changes." Capt. Jason Stutzman, 317th OSS



Sports Medicine Tips: How to prevent various ankle sprains

Capt. Eric Wilson
Dyess Physical Therapy
Element

With the recent focus on physical fitness by the Air Force, many athletes, new or old, can be prone to some of the more common injuries associated with physical activity. One of these injuries is very common but can be serious if not treated properly. That injury is ankle sprains.

Ankle sprains occur in all sports; however they are linked most commonly with contact and indoor sports that involve jumping or sudden changes of direction. It has been estimated that ankle sprains account for 25 to 45 percent of all injuries in football, soccer, volleyball, and basketball. An estimated 27,000 ankle sprains occur every day in the United States. Athletes with a past history of ankle sprains are five times more likely to sprain their ankle.

Ankle sprains are cate-

gorized as either "low" or "high," and are classified using a grading system of 1, 2 or 3 (with 3 being the most severe). "Low" sprains typically have a very good prognosis.

A Grade 1 ankle sprain results in no instability at the ankle, minimal swelling that is localized over the sprained region, mild to moderate tenderness over the injured tissues, and the athlete can bear full weight on their ankle with little or no pain. Athletes can typically return to sport within five days of this injury.

A Grade 2 ankle sprain may have slight instability with significant swelling localized to the injured area. The patient will have moderate to intense tenderness over the injured region and it will initially be difficult or impossible to bear weight on the ankle without the use of a brace or crutches. With proper treatment, athletes can typically return to sport

within seven to 14 days following the injury.

Grade 3 ankle sprains are the most serious and result in a partial or complete tear of one or more of the ankle ligaments. Significant and diffuse swelling will occur and the athlete will be unable to bear any weight on the injured leg. Athletes can often return to sport within 21 to 35 days of this injury if properly braced. Athletes that cannot bear full weight on their injured ankle or who have tenderness over the bony prominences of the ankle bones should get x-rays regardless of the grade of the injury. An athlete who suspects they have a Grade 2 or 3 sprain should always seek medical treatment.

A high ankle sprain occurs when the ligaments connecting the two leg bones becomes stretched and injured. The athlete will often report pain and tenderness above the ankle bones as far up as

the calf muscle. High ankle sprains occur in up to 11 percent of all ankle sprains. Initial management for a high ankle sprain often involves a pneumatic brace and crutches or a walking boot. It may take up to six to eight weeks before an athlete can return to play following a high ankle sprain.

Initial treatment of all ankle sprains centers on the P.R.I.C.E. acronym (Protect, Rest, Ice, Compression, Elevation). Protection and rest involves using crutches until the athlete can walk without a limp or pain. The athlete should ice their ankle for 20-30 minutes "on" and 20-30 minutes "off" -- repeating as often as possible throughout the day. An ace wrap or ankle brace can provide compression and the athlete should elevate the ankle above the level of their heart to assist in controlling any swelling. Proper management for the first 72 hours after

injury is critical in getting the athlete back to his or her sport rapidly.

There is a lot of controversy on whether athletic taping or bracing is best for the prevention of ankle sprains. While lace-up braces are two times more effective than tape in preventing recurrent ankle sprains, braces have not been shown to be more effective in preventing sprains in athletes with no previous ankle injury. The most important thing to remember about ankle sprains is to always report them to a coach or athletic trainer. Once considered minor, ankle sprains can be incredibly disabling when left untreated.

This information is for educational purposes only and should not be used in place of advice from your healthcare provider. For more information, feel free to contact the physical therapy department at 696-5442 or email at eric.wilson@dyess.af.mil.

Air Force Academy women's soccer team win 2-0

U.S. AIR FORCE ACADEMY, Colo. -- Midfielder Meredith Benson netted two goals to lead the Air Force Academy women's soccer team to a 2-0 win over the University of Toledo Sept. 5. The Falcons improve to 2-2-0 on the season, and the Rockets fall to 2-1-0.

Air Force dominated from the outset scoring the first goal at

the 7-minute, 27-second mark. Benson took a pass from the top-right corner of Toledo's box from Brittney Perkowski and fired the ball past Toledo goalkeeper Jen Whipple from 15 yards out for her first score of the season.

The goal was the first surrendered by the Rockets in three games.

Meanwhile, the Falcon defense held Toledo to just one shot in the first half.

On the day, the Rockets got seven shots off, mostly near the end of the match.

Benson struck for her second goal nine minutes into the second period, heading in the ball off a corner kick from the right corner from Betsy Eames.

Benson took six of the Falcons' 12 shots on the day and three of the five team shots-on-goal.

Jennifer Drew recorded her second shutout of the year notching three saves in the process. Whipple had three saves for Toledo.

The Falcons play next Sept. 10 against Jacksonville University in Orlando, Fla.

Standings —

Soccer

American League
(Current as of Sept. 7)

Team	Win-Loss
7 CES	5-1
7 CMS	4-4
7 LRS	5-2
7 AMXS	8-0
7 EMS	5-2
7 SFS	3-5
317 MXS	1-5
28/9/13 BS	2-5
7 MUNS	3-5
7 CS	0-6



Bowling

National
(Week 1)

Team	Win-Loss
7 MOS	0-8
Beer Time	3-5
7 EMS	2-6
317 AMXS	6-2
7 CS	8-0
7 SVS	8-0
7 AMXS #2	5-3
7 LRS	0-8
7 MDG	0-8
Blind	0-8
Team High Scratch Game: 7 SVS, 804	
Team High Scratch Series: Beer Time, 2302	
Individual High Scratch Game: Terry Kraly, 246; Patricia Alexander, 133	
Individual High Scratch Series: Frank Dawson, 681; Stephanie Kraly, 415	

Sports Shorts

Busted Putter

The "Busted Putter," an annual golf tournament that pairs members of Team Dyess with Abilene community and business leaders, is Sept. 27 at Fairway Oaks Country Club. Organizers will put together four-person teams, two from Dyess and two from the local community, to compete in a scramble format. Interested people can sign up with Lt. Col. Louis Martucci at 696-1932.

Health and Wellness Center

The HAWC offers a variety of learning tools to assist with healthy lifestyle choices. There are several interventions related to the AF Fitness Program but there are several programs to assist with fitness that have been created for the family member. A Strength Training Class held once a month, can show a person how to do proper weight training with hands-on demonstration. During the Fitness Assessment: a Microfit Testing procedure introduces as series of tests to determine overall fitness level and includes body composition, strength, flexibility, and aerobic capacity. Finally, the General Nutrition/Exercise class offered once a month focuses on the basics of fitness and nutrition. Additional classes are available as well as three, state of the art, relaxation chairs with music CD's available for rent while using the chairs to relax. Additional offerings include:

- Cholesterol Class -- Once a month/1 hour class that addresses the dangers of high blood cholesterol on the heart. Identifies lifestyle changes that can decrease

cholesterol levels.

◆ Diabetes Education -- Once a month/4 hour class that looks at the disease process for diabetes along with practical ways to take control of the disease and decrease complications

◆ The Balancing Act -- Twice a month/1 hour class that looks at balancing the stressors of work and home

◆ Tobacco Cessation -- Call center program through the American Lung Association: includes weekly calls to a nicotine addiction specialist (Includes Nicotine Replacement Therapy and Zyban if eligible) 1-800-548-8252

◆ Individual Counseling -- Regarding Prevention (exercise, nutrition, stress management (etc)

◆ Health Promotion Literature on various topics

Fitness center, health club

◆ The fitness center pool is for lap swimming or physical fitness. Minimum age to use the pool is 16. During Labor Day weekend, the pool will be open Friday and Monday from 7 a.m. to 9 a.m., 11 a.m. to 1 p.m., 4 p.m. to 7 p.m. Saturday and Sunday the pool will be open 8 a.m. to 11 a.m. Normal hours of pool operation, are Monday through Friday, 8 a.m. to 9 a.m., 11 a.m. to 1 p.m. and 4 to 7 p.m.

◆ The following classes are all free and held at the new fitness center: Abs -- Monday, Wednesday and Friday from 12:15 to 12:45 p.m., and Tuesday and Thursday from 6:45 to 7:15 p.m.; Fitness improvement -- Monday, Wednesday and Friday from 6:05 to 7:05 a.m., and 4:30 to 5:30 p.m.; Step Interval - Tuesdays from 5:30 to 6:30 p.m.;

Spinning - Wednesday from 5:45 to 6:30 p.m.; Power Yoga -- Thursday from 4:30 to 5:30 p.m.; Hour of Resistance -- Thursday from 5:30 to 6:30 p.m.

◆ Massages are available at the new fitness center. There are four choices of massages offered: full body for \$35 for one hour, \$17.50 for 30 minutes, \$12 for 15 minutes and chair massage \$25 for 20 minutes. Purchase massages at the fitness center and bring the receipt to the appointment. For an appointment, call 672-6565.

◆ Kuk Sool Won Tae Kwon Do classes are Monday, Wednesday and Friday from 5:30 to 7:30 p.m. at the health club. The cost is \$35 a month. Family rates are available.

For more information on these and other happenings at the fitness center, call 696-4140.

Varsity basketball

The Fitness Center is now taking names for men's Varsity basketball. Those interested can sign in at the front desk of the new Fitness Center to participate or coach in men's Varsity basketball. The cut off date is Oct. 1. For more information, contact Staff Sgt. Trevor Jackson at 696-1653 or 696-4306.

Air Force Marathon

The 8th Annual Air Force Marathon is Sept. 18 at Wright-Patterson Air Force Base, Ohio. The marathon will include a half-marathon, wheelchair race, four-person relay and five-kilometer race. For more information, visit the marathon's Web site at <http://afmarathon.wpafb.af.mil>.