

Peacemaker

Vol. 37 No. 47

Dyess Air Force Base, Texas

Nov. 27, 2002

7th Bomb Wing Sortie Goals

As of: Nov. 20

Monthly Goal	Flown to Date	Current Status
88	13	+3
53	10	+1
69	14	+3

FY-03 Flying Hour Curve: +1.7

Source: 7th Operations Group

What's Inside



Food bank
See Page 10



Holiday safety
See Page 16



Fitness standards
See Page 20

317th Airlift Group Sortie Goals

As of: Nov. 18

Departure Reliability Goal	Current Departure Reliability
78%	82%

Source: 317th Airlift Group

Dyess competes in war exercise

By Airman 1st Class Matthew Rosine
Dyess Public Affairs

Refreshing their skills at operation and survival in a war-time environment, Dyess people undertook the Combat Challenge Friday.

Combat Challenge compresses the elements of a Phase II exercise such as processing in and out of the chemical containment and toxic-free areas, responding to mission-oriented protective postures and alarm conditions, finding unexploded ordnance, and demonstrating self-aid buddy skills into a single day-long exercise.

"Overall, the competition went well," said Master Sgt. Charles Heyniger, 7th Bomb Wing Inspector General's Office.

The challenge featured six-person teams from across Dyess. Each team competed on its ability to survive and their knowledge of operational activities as well as their ability to find, mark and report unexploded ordnance, and correctly use decontamination kits.

To measure their "success," teams were scored on their performance of each event. A maximum score of 420 points was available for each team. As each team performed during Combat Challenge, they gained or lost points in four areas — ATSO response procedures, self-aid and buddy care, a test on Air Force Manual 32-4004, and proper reporting procedures.

The 7th Civil Engineer Squadron team of 1st Lt. Katherine Lindler, Tech. Sgt. Todd DuCray, Staff Sgt.



Airman Robert Morris

Let there be light

The Dyess Chapel held its annual tree and Menorah lighting ceremony Monday at the base chapel. In addition to the ceremony, children in attendance were able to see Santa Claus who arrived from the North Pole with the help of a base fire truck.

Shannon Russell, Staff Sgt. Mark Thompson, Airman 1st Class Jason Blair and Airman 1st Class Michael Boulding, took top honors in the competition, finishing with an overall score of 347 points.

The 7th Aircraft Maintenance Squadron team of Master Sgt. Gil Perez, Staff Sgt. Tarry Brindle, Staff Sgt. Bryan Larry, Airman 1st Class James Hurtado, Airman 1st Class Robert Coleman and Airman 1st Class Ryan Anderson finished in second place with 334.5 points.

Rounding out the top three was the 7th Logistics Readiness Squadron

team of Tech. Sgt. Pedro Gomez, Tech. Sgt. Manuel Valderaz, Senior Airman Josh Thayer, Airman 1st Class LaTraya Smith, Airman 1st Class Jay Fowler and Airman Aaron Cook. The 7th LRS team finished Combat Challenge with 330.5 points.

"We graded teams on a go, no-go criteria, and they were working against the clock," Heyniger said. "If they didn't meet the requirements, they lost points in a specific area."

"ATSO response procedures and SABC were good overall," Heyniger said.

See Challenge, Page 11

Dyess Air Force Base...

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



Remember, honor unsung heroes

By David Smith

*Air Education and Training
Command Public Affairs*

RANDOLPH AIR FORCE BASE, Texas -- A few weeks ago, my wife suggested we go to Austin to visit the Texas state capitol. Having never been there, it seemed like a good idea, so we did.

It is a beautiful building constructed from Texas granite that looks pink in the bright sunshine.

The inlaid floor of the rotunda recognizes the many flags that have flown over the Lone Star state.

The walls are adorned with paintings of Texas'

presidents, governors and judges. There are plaques commemorating the officers and heroes of Texas' past.

As we walked around that magnificent structure, I was proud of the historic legacy preserved in the portraits of the leaders of the Republic and State of Texas.

As we were preparing to leave, I stopped to read the inscription on one final plaque: "In memory of the enlisted men of Texas, who are unknown, unhonored and unsung, yet who have always played a determining role in all American wars."

When I read the words on that final plaque my eyes

filled with tears at the universal recognition those few words held for so many of my family and friends who have served as enlisted members of the armed forces of the United States -- who are perhaps unknown and unsung, but honored nonetheless.

I ask you to remember all those officers and enlisted, men and women who have defended our wonderful country and to pray for the safety of those still out there doing it.

(Mr. Smith is a retired Air Force chief master sergeant. Courtesy of Air Force News Service.)



It is hard to believe that it is Thanksgiving again. This year has literally flown by. As I write this, I wonder what you are thankful for this week. As for me, I am thankful for family, friends, and this great nation.

I am thankful for the men and women of Dyess Air Force Base, our military and civilian workforce, who have given so much over the last year to protect our freedoms at home and abroad.

Our successes over the last year would not be possible without each of your diligent efforts. I am also thankful for your families and their support of our mission.

As I stood in the parking lot this morning with the spouses and children of 31 departing Aerospace Expeditionary Force, cycle 8 deployers, I was again humbled by their selfless sacrifice in the defense of freedom...truly we owe a great deal to those we leave behind.

For those traveling this weekend, do so safely. The weather is expected to be cold and wet, with possible icy road conditions. Be smart! Don't drive long distances without adequate rest. Drive at legal speed limits adjusted for driving conditions. Don't drive after drinking. We need you back safely next week to continue your role in the war against terrorism.

Happy Thanksgiving.

ACTION LINE



Brig. Gen. Wendell Griffin
7th Bomb Wing commander

The action line provides a direct line of communication between me and the people of Dyess. It is only one of several means of helping resolve problems and get my response to comments and questions. As a general rule, I ask you to contact the agency involved first, but if you are not satisfied, call 6-3355 or e-mail action@dyess.af.mil and leave your message. Leaving your name and phone number ensures you will receive a personal reply by phone.

Varsity sports funding

Comment: I have been a member of the base softball team for more than a year, and I enjoy representing the base by doing something I love. I have a concern though. Where is the base support for the men and women's softball teams? Since I have been on the team, we have payed for everything ourselves. We have to purchase our own uniforms and equipment and pay the tournament fees for any we want to participate in. We never go TDY to other bases; they have to come here. If we are a base team, shouldn't we be given the opportunity to travel and represent our base? When the question was brought up to the gym about getting money to help pay for things we need, they said the bowling and basketball teams absorbed the money for themselves. The base should have a plan in place so each team gets an equal amount of

money. Then the teams can choose how they spend it instead of certain sports teams having to pay from their own pocket because there is no money left.

Response: The varsity program was created three years ago, and we've been fortunate to have some funding support for the program each year. Last year, the program received \$17,000 for uniforms, officials, equipment, travel and entry fees. Additionally, the wing is funding \$3,000 to offset the cost of uniforms for basketball and volleyball. Varsity funds are initially divided equally between each core sport -- basketball, soccer, volleyball, flag football and softball. Last year, men's basketball received \$2,326, men and women's volleyball received \$4,450 and men and women's softball received \$4,621. Please keep in mind that softball and soccer teams (there was no soccer team last year) require more players than basketball or volleyball, and receive additional funding to pay for their uniforms.

This year we are working with a limited budget of \$9,500 divided by seven sports, or \$1,357 each. If a sport fails to have a team or does not require all the money given to it, the money will go into an overall fund and be divided among the other teams that are still competing. As always, the fitness staff will monitor funding and keep the coaches informed. Thanks for your call, and we look forward to your participation in future varsity sports.



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Thanksgiving is a uniquely American time of year

By Gen. Richard Myers
Joint Chiefs of Staff chairman

Thanksgiving is a uniquely American holiday dating back to our colonial times. Each November, Americans gather together with family and friends to give thanks for the many blessings we enjoy as citizens of this great land.

This past year has been exceptionally poignant in realizing all that America is and will remain. We are blessed to live in a nation that values freedom and the sanctity of life. And as we rally friends and allies from around the world to eliminate terrorism, we must carry those values with us.

We should also give thanks for the brave American men and women -- soldiers, sailors, airmen, Marines, Coast Guardsmen and Department of Defense civilians, active duty and reservist alike, deployed around the world. Many are spending yet another holiday away from their homes and families. They are protecting the freedoms that every American treasures so dearly. Their dedication to duty and selfless service are truly a blessing to us all.

On this special American holiday, the Joint Chiefs of Staff join me in sending you and your families best wishes. You are in our thoughts and prayers and in those of each citizen of our nation as well.

Give thanks year-round

By Gen. Hal Hornburg
Air Combat Command commander

On Thanksgiving Day, we celebrate a feast held more than 376 years ago between Native Americans and early European settlers who came to America to find a better life for themselves and their families. Over time, the holiday has come to mean other than that simple historical remembrance. We often think of traditional images of family, food and football. Thanksgiving Day should also serve as a reminder of the many blessings we enjoy as Americans every day.

We are all blessed to live in a country with freedoms and opportunities that are an inspiration to many nations around the world. Generations of courageous Americans have fought and sacrificed to uphold and defend our country's values.

This great nation has seen many wars since its birth -- for independence, for states' rights, for democracy, for civil rights, for containing fascism and communism, and today, we



Master Sgt. Bill Lincione

A Dyess member gives to the Harvest Share fund. The fund goes to needy airmen to ensure they have a good Thanksgiving.

fight to rid the world of terror.

Through our dedication and commitment to duty, we show the world daily what it takes to be an American. I thank you for your selfless service and am immensely proud to serve beside you. If you are home, enjoy, be thankful and relish the experience.

If you are deployed, or if a loved one is, be proud of the privilege to serve, as we are so very proud of you.

Cynthia and I wish you a happiest of holidays. On this Thanksgiving Day and every day, give thanks for your family, your friends and your many good fortunes. As Americans, we are truly blessed.

Team Dyess VIEWPOINT

What are you thankful for this Thanksgiving?

"Food, because it tastes good and keeps me alive."

Heaven Fernandez
7-year-old daughter of
Tech. Sgt. Fausto and Love
Fernandez



"To be alive so I can learn everything."

Ryan Droese
8-year-old son of
Tech. Sgt. Scott Droese



"Abilene, because they have all kinds of cars."

Reginald Killingsworth
6 year-old-son of
Staff Sgt. Reggie Killingsworth



"Love and caring. I love to care about my family and I love people and animals."

Caylee Fletcher
8-year-old daughter of
Army Capt. Gerri Fletcher



16 airmen receive Articles 15

By Tech. Sgt. Victoria Apodaca
Dyess Legal Office

Sixteen Dyess members were administered Articles 15 for Uniform Code of Military Justice violations recently.

- An airman basic was given 30 days correctional custody for underage drinking and being drunk on duty. The airman violated UCMJ Articles 92 -- Failure to obey order or regulation, and 134 -- Drunkenness.

- An airman was demoted to airman basic and received a reprimand for being late to work. The airman violated UCMJ Article 86 -- Failure to go.

- An airman was demoted to airman basic for underage drinking. The airman violated UCMJ Article 92 -- Failure to obey order or regulation.

- An airman was demoted to airman basic for failing to perform his duties correctly. The airman violated UCMJ Article 92 -- Failure to obey order or regulation.

- An airman first class was given a suspended reduction in rank to airman, fined \$619 pay for two months and suspended for six months for violating a lawful general regulation by accessing pornographic material on a government computer. The airman violated UCMJ Article 92 -- Failure to obey or regulation.

- An airman first class was demoted to airman basic, restricted to base for 45 days and given a reprimand for driving while intoxicated. The airman violated UCMJ Article 111 -- Drunken or reckless operation of vehicle, aircraft or vessel.

- An airman first class was given a suspended reduction in rank to airman, 30 days extra duty and a reprimand for being late for work and failing to keep his dorm room within standards. The airman violated UCMJ Articles 86 -- Failure to go, and 92 -- Failure to obey order or regulation.

- An airman first class was demoted to airman after his suspended punishment was vacated for failure to go. The airman violated UCMJ Article 86 -- Absence without leave.

- An airman first class was given a suspended reduction in rank to airman for underage drinking. The airman violated UCMJ Article 92 -- Failure to obey order or regulation.

- An airman first class was given a suspended reduction in rank to airman basic, restriction to base for 45 days, and 30 days extra duty for failing to perform his duties correctly. The airman violated UCMJ Article 92 -- Failure to obey order or regulation.

- An airman first class was given a suspended reduction in rank to airman, 14 days extra duty and a reprimand for stealing property of another military member. The



airman violated UCMJ Article 121 -- Larceny and wrongful appropriation.

- A senior airman was given a suspended reduction in rank to airman first class for downloading software on a government computer in order to chat on-line. The airman violated UCMJ Article 92 -- Failure to obey order or regulation.

- A senior airman was given a suspended reduction in rank to airman first class, fined \$734 pay per month for two months, of which \$634 per month was suspended, and received a reprimand for driving while intoxicated. The airman violated UCMJ Article 111 -- Drunken or reckless operation of vehicle, aircraft or vessel.

- A senior airman was demoted to airman first class, fined \$90 pay per month for two months, and received a suspended reduction in rank to airman basic and a reprimand for disrespecting a superior officer, disrespecting an NCO, and wrongfully using provoking words and gestures toward an officer. The airman violated UCMJ Articles 89 -- Disrespect toward a superior commissioned officer, 91 -- Insubordinate conduct toward an NCO, and 117 -- Provoking speeches or gestures.

- A senior airman was demoted to airman first class, given 14 days extra duty and reprimanded for misusing his government credit card. The airman violated UCMJ Article 92 -- Failure to obey order or regulation.

- A staff sergeant was demoted to senior airman and given 30 days correctional custody for failing to pay debts on two separate accounts. The airman violated UCMJ Article 134 -- Debt, dishonorably failing to pay.

In each Article 15, the member's commander considered the offense and the punishment based on individual circumstances. These circumstances included the nature of the offense, the record of the servicemember, the need for good order and discipline and the effect of nonjudicial punishment on the servicemember.

Individuals with prior misconduct usually receive more severe punishment than first-time offenders. Therefore, punishment for similar offenses may vary based on factors not listed here. When punishment is suspended, it does not take effect unless other misconduct occurs, generally within the six months following the Article 15.

Local Advertisement

AF wear testers try new uniform items

WASHINGTON -- Many new Air Force uniform items show up in the field before becoming available in military clothing sales stores.

This debut, in the form of "wear tests," usually lasts from six months to one year but can be extended based upon the complexity of the uniform and feedback from testers, according to Master Sgt. Ruth Nischwitz, chief of the Air Force uniform section at the Pentagon.

Wear testing of new uniform items allows the Air Force to check how well the items wear, their durability, ease of maintenance and their level of comfort.

The items undergoing wear testing include a polyester service dress being evaluated for fabric durability and a blue acrylic-wool blend V-neck sweater that is more lightweight and traditional in appearance than the current sweater. Items to be tested in the future are an athletic-cut men's blue shirt which provides more room in the chest, shoulders and arms but has a more prominent taper toward the waist; and a women's mess dress uniform resized to accommodate taller women.

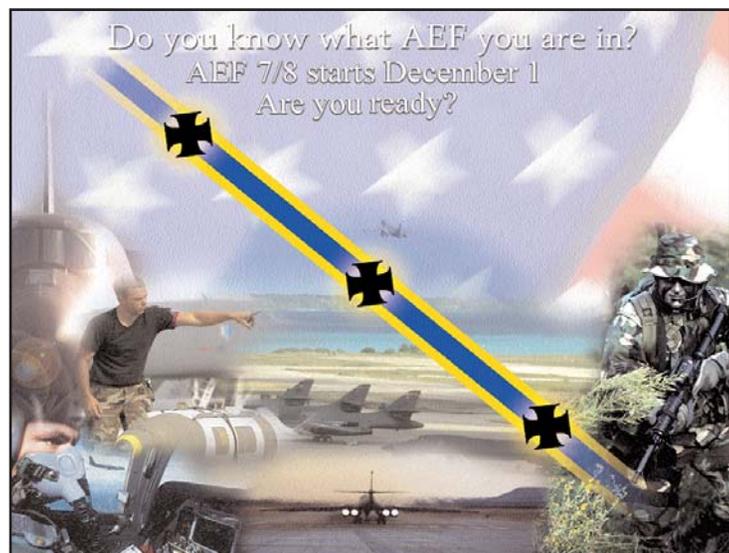
Once the wear tests are concluded, the clothing division will make the final improvements before the items become available for issue or sale at military clothing stores.

Two items that have recently undergone testing and are next to be made available include the women's flight suit, that can be acquired through individual equipment issue within the next three to six months, and the men's athletic cut service dress jacket and trousers, available for special order at military clothing sales stores by March.

The athletic cut jacket has more room in the chest, shoulders and arm areas and is designed to accommodate men with more than a six-to-eight inch drop from chest size to waist size. The trousers have more room in the thigh and seat areas.

Women also can expect to find slight changes in their blouses as the current inventory gets depleted. The blouses will look the same, but all styles, both long- and short-sleeve overblouses and tuck-ins, will adhere to one size standard. Airmen who purchase a size 10, long-sleeve overblouse, will soon be able to purchase a size 10 in the long- and short-sleeve tuck-in and the short sleeve overblouse.

(Courtesy of Air Force News Service)



Local Advertisement

TEAM DYESS Warrior of the Week

Senior Airman Jennifer Jones

Unit: 9th Bomb Squadron

Job description: Aircrewlife support

Time in the Air Force: Three years and six months

Time at Dyess: Three years

Family: Son; Elijah

Hometown: Atlanta

Job impact on the mission: I am responsible for maintaining all aviators' personal flying equipment necessary for all sorties generated by the 9th Bomb Squadron such as survival vests, harnesses, night-vision goggles, and the installation of survival kits into the ejection seats of the B-1.

Career goals: Continuing my education in physiology.

Best Air Force memory: Working everyday with the outstanding troops of 9th BS life support.

Editor's note: Squadron commanders, first sergeants or supervisors nominate people in their unit to be the Dyess Warrior of the Week. For more information, call the Peacemaker staff at 6-4266.



Airman 1st Class Matthew Rosine

TEAM DYESS 9th BS profile

Leaders:

Commander:

Lt. Col. Robert Gass

7th Operations Group

First Sergeant:

Master Sgt. Mark Meloy

Personnel:

- Officers: 84
- Enlisted: 16
- Civilian: One



Mission statement:

Conduct specific air-to-surface combat operations in support of tasked operational plans. Be prepared to provide emerging combat capability and employment options to theater combatant commanders as well as train and conduct air-to-surface combat operations as part of U.S. Air Force's expeditionary Air Force construct.

Future goals:

- Provide designed and expanded combat capability to the combatant commanders
- Conduct daily operations safely
- Take care of our people

Local Advertisement

Hangar goes smokeless as result of federal policy

**By Airman 1st Class
Matthew Rosine**
Dyess Public Affairs

The Hangar Center becomes a smokeless facility beginning Dec. 7.

The change comes as part of Executive Order 13058, which states a smoke-free environment will be created for federal employees and members of the public visiting or using federal facilities.

“The new policy focuses on a healthier, family-friendly environment,” said Stephanie Kraly, 7th Services Squadron marketing. “If you have avoided the Hangar in order to avoid second-hand smoke, now is the time to return and see what has changed.”

While the policy restricts smokers from lighting up inside federal buildings, the new policy permits the use of tobacco products in designated areas located away from building entrances and pedestrian walkways.

To meet the needs of Dyess smokers who visit

The Hangar Center, a designated smoking area will be created. The patio area next to The Hangar Center’s lounge will be outfitted with smoking receptacles for the convenience of smoking customers.

“We will continue to make every effort to accommodate all of our smoking patrons’ needs,” said Jerry Marshall, Dyess Clubs general manager. “We are here working for you.”

While smokers may be inconvenienced by the new smokeless policy at The Hangar Center, Services personnel say the new policy is a favorable change.

“We hope people will see the positive side of this policy such as no second-hand smoke,” Marshall said. “We hope (all of our customers) will continue to show their support of the Dyess clubs.”

The Hangar Center lounge is the last Services facility to implement the smoke-free policy. The Dyess Lanes implemented the policy change on Sept. 1 of this year.

Local Advertisement



tots in blue



<u>Date</u>	<u>Name</u>	<u>Parents</u>
Nov. 19	Madeline Noelle	Capt. Noel and Amy Bouchard

Family services provides layette packages to first time parents and multiple births. For more information, call 6-2409. Want your baby’s birth announced in the *Peacemaker*? Please e-mail the birth date, first and middle name and parent’s names to peacemaker@dyess.af.mil within one month of the baby’s birth. For more information, call 6-4300.



HONOR YOUR HERITAGE ...

Remember
customs and courtesies
during retreat.

New POV storage program helps DoD servicemembers bound for car restricted tours

WASHINGTON -- Hundreds of service members have begun taking advantage of the Military Traffic Management Command's new long-term privately owned vehicle storage program. The program offers a no-cost standardized storage option for servicemembers who qualify.

"This program is available to all Department of Defense servicemembers," said Senior Master Sgt. Jay Jelks, superintendent of Air Force traffic management policy at the Pentagon. "The reason for this program is that a lot of people go to personally owned vehicle-restricted areas, like Japan, and don't have a place to leave their vehicles."

In the past, Jelks said, Air Force troops would pay out of pocket to store their vehicle.

"If somebody just bought a new car, and then the military personnel flight gave them an assignment to Okinawa, they could not take it there," Jelks said. "If they didn't have a friend where they could leave the vehicle, they had to pay out of pocket to put it into private storage."

Today, the military pays for servicemembers to store one POV in the United States while the military member is stationed at locations such as Korea or Japan. Part of that storage includes doing basic upkeep on the vehicle to maintain it during long term-storage.

"There is a service main-

tenance track to these vehicles," said Steve Douthit, operations manager for the program. "The vehicles are covered and stored inside. Engines are started once a month. For each vehicle, we follow the manufacturer's recommendations for long-term storage."

Douthit also said vehicles entering storage should have had a fresh oil change, and be clean and mechanically safe.

Air Force people preparing for an assignment where they cannot take their vehicle can contact their local traffic management office to learn the details of the vehicle storage program.

Under the program, vehicles may be turned in for storage at any of 39 processing centers operated by American Auto Logistics. Vehicles may be left at other sites outside of the Global Privately Owned Vehicle Contract including Yokohama, Japan; Keflavik, Iceland; Guantanamo Bay, Cuba; and American embassies and consulates.

When a tour is completed, a servicemember may arrange for a vehicle return through any of the centers, officials said.

The locations and phone numbers for the centers are on the MTMC Web site.

For more information about the POV storage program, call the 7th Transportation Squadron TMO office at 6-1020.

(Courtesy of Air Force News Service)



Do your part, be water smart!

Local Advertisement



**HONOR YOUR
HERITAGE ...**

**Wear the uniform
with pride.**



This week in AIR FORCE HISTORY

Nov. 27 -- The Army's first "flying boat" aircraft was accepted from the Curtiss Aviation Company in 1912.

Nov. 28 -- The first U.S. Army Air Force's bombing attack was made on Japanese-occupied Thailand in 1942.

Nov. 29 -- The development of the U.S. Air Force's first all-jet heavy bomber, the XB-52, was announced in 1951.

Nov. 30 -- The TM-61 Matador missile became the U.S. Air Force's first completely tactical missile system in 1956.

Dec. 1 -- The Civil Air Patrol was created in 1941.

Dec. 2 -- A mass flight of 20 bombers completed a flight from California to Florida in 21 hours and 50 minutes in 1935.

Dec. 3 -- The P-80 aircraft became the U.S. Army Air Force's first jet fighter in 1945.

Dec. 4 -- Lt. Col. Frank Borman and Cmdr. Jim Lovell Jr. launched in Gemini VII in 1965.

Dec. 5 -- Wilbur Wright offered the U.S. government an airplane capable of carrying two people for \$25,000 in 1907.

Peacemaker correction:

In the Nov. 15 issue of the *Peacemaker*, the story on senior service school selections implied that Lt. Col. Mark McLeod, 317th Airlift Group, was selected to attend the Air War College. McLeod was selected to attend the Army War College at Carlisle Barracks, Pa.

The Peacemaker staff strives for accuracy in all reporting. To report any mistakes, please call Senior Airman Zachary Wilson, *Peacemaker* editor, at 6-4266.

Local Advertisement

Local Advertisement

Dyess patrons replenish food bank

Story and photos by Airman 1st Class
Lindsey Maurice
Dyess Public Affairs

Since its start in 2000, the Dyess Food Bank has helped many people through some of their hardest times, especially during the holiday season. As this year's season quickly approaches, food bank personnel want to thank the hundreds of Dyess patrons who recently made donations to the program, filling the bank's shelves with plenty of food for everyone.

"We are very grateful for everyone's help," said Senior Master Sgt. Christopher Leh, food bank manager. "This program really demonstrates Team Dyess helping Team Dyess."

The purpose of the food bank is to help military members who are facing hardship in their lives and need some help providing for their family, Leh said. People who need help can go to their supervisor or first sergeant. The first sergeants, who run the food bank, can then take them there to select items to help them and their family until they can get back on their feet.

The food bank holds a variety of supplies including vegetables, cereal, pasta, sauces, peanut butter, jelly, tuna fish, baby food,

baby formula and diapers.

"We've all been young with new families and had crisis points in our lives," Leh said. "The food bank allows us to lend our people a helping hand with whatever life circumstances they may face, and know that it's not arbitrary."

Leh said two of the program's biggest supporters are Boy Scout Troop 296 and Cub Scout Pack 296.

The two groups conducted their annual food drive through base housing Saturday, where they rounded up about 1,100 pounds of non-perishable items in donations.

"We owe a lot to the scouts," Leh said. "Their annual food drive is a huge help to the program."

Leh was also enthusiastic about the 7th Equipment Maintenance Squadron's recent donations. Through their food drive that ended last week, they raised about 200 items.

Food bank workers are also adding up donations received from the 7th Bomb Wing staff and 7th Mission Support Squadron.

"It looks as though we've gained a lot of supplies there as well," Leh said. "Everyone's been so helpful. We really appreciate everything."

The officers spouses club has also been a big supporter of the food bank, Leh said.

"I can't speak highly enough about the officers spouses club," Leh said. "The food bank would be at a huge loss without all of their help and support."

Each year the spouses club provides monetary grants to the food bank to restock the items that usually aren't donated through food drives or that go quickly.

Another way the food bank is able to help Dyess personnel is through checks to the Dyess Commissary to purchase perishable items such as milk, eggs and bread.

This money is received from the Dyess community fund, which is managed by the Dyess First Sergeants Council, Leh said.

"We wanted to make sure we covered all the necessities," Leh said. "They can't find everything they need in the food bank alone."

Although the food bank isn't the answer to all of a person's problems, it has really helped a lot of people get through some hard times and get back on track, and gives the people who run it great satisfaction.

"It is always great to bring someone into the food bank and see the relief on his or her face to know they have somewhere to turn," Leh said. "And that's what this is all about: helping others."

People interested in donating to the food bank should contact their unit first sergeant or call Leh at 6-2553.



Mike Bell, son of Col. Tom and Ranette Bell, and Kirby Youngs, son of Judy Youngs, collect food in base housing as part of troop 296's annual food drive through base housing Saturday.



Christian, son of 1st Lt. Eric and Christie Arnold, 9th Bomb Squadron and member of Cub Scout Pack 296, places food in the Dyess food bank after their annual food drive Saturday.

Local Advertisement

Challenge

Continued from Page 1

“However some teams lost a member if they couldn’t don their mask in time or if it did not effectively seal,” Heyniger added. “Litter carrying procedures were a special emphasis area -- a safety violation cost teams 25 points from their total score, which did impact about half of the teams.”

While teams received scores for competition during Combat Challenge, exercise officials say that if a member participating in the event learned something, the event was successful.

“Hopefully, all those who competed in the Combat Challenge (learned something), and will take their experiences back to their units and pass on what they learned,” Heyniger said.

The top five teams in the Combat Challenge were:

The 7th Civil Engineer Squadron team, 347

The 7th Aircraft Maintenance Squadron team, 334

The 7th Logistics Readiness Squadron team, 330.5

The 7th Maintenance Operations Squadron team, 306.5

The 7th Medical Group team, 302



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Local Advertisement

Legal assistance

- For a will or other legal assistance, call 6-2232 for an appointment
- Walk-in hours to see an attorney (except wills) are from 8-9 a.m. Fridays
- Walk-in hours for powers of attorney and notary service are from 1-3:30 p.m. Mondays and Thursdays, from 8:30-11 a.m. Tuesdays and Wednesdays and from 8-9 a.m. Fridays.
- Claims office hours are from 730 a.m. to 4:30 p.m. Monday to Friday.

There is a claims briefing every Tuesday at 1:30 p.m. in Room 222.

Call 6-3306 for an appointment to file a claim.

Turn in your “Pink Form” -- Department of Defense form 1840/1840R during office hours -- No appointment required.

Local Advertisement

Local Advertisement

Agency sets holiday mailing dates

by Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON -- The dates for mailing items to and from overseas locations in time for the holidays are fast approaching, and officials at the Military Postal Service Agency have suggestions for ensuring packages and letters arrive on time.

"The first advice is to mail early," said Ed Larson, MPSA operations chief. "Check with your local post office for the recommended mailing dates. In each country there will be slightly different dates."

The recommended mail deadlines for sending mail from the United States to all overseas APO/FPO addressees for the holidays are:

- **Space available mail: Today Parcel Airlift Mail: Dec. 4. - First-class mail, letters and cards and priority mail: Dec. 11.**

Additional mailing dates



or updates are available at local military postal facilities. Those mailing packages need to be aware that customs forms are required on all international mail, Larson said.

"I would advise people to pick up customs forms prior to sealing their packages," Larson said. "That way you can be very specific on the form. Also, check with the local post office for a list of items that are not mailable."

While the United States has restrictions on mailing items such as poisons and weapons, other countries have their own restrictions for what can be mailed, Larson said.

"Mail to Middle Eastern

countries can't contain anything contrary to the Islamic faith," Larson said. "Tobacco is not mailable to certain locations, and coffee is not mailable to Germany. Service members overseas should know the restrictions for their area and provide that information to their correspondents and family members."

Larson also said mailing powdered substances, while not specifically prohibited, could cause delay in mail processing if the powder were to leak out of the packaging.

Additionally, for the second year, the MPSA will not support Operation Dear Abby or "Any Servicemember" mailing programs.

"These programs were cancelled in October 2001, not only because of the saturation of the mail pipeline that they cause, but more importantly because of the risk or concern for bio-terrorism articles in the mail," Larson said.

Local Advertisement

Local Advertisement

CALENDAR



Today, Nov. 27, 2002

Happy Landings brief for spouses new to the military from 10:30-11:30 a.m. at the family support center. For more info, call 6-5999.

NCO and Senior NCO induction ceremony, 3 p.m. at The Heritage Club. For more info, call 6-1170.

Social hour from 4:30-6:30 p.m. at The Heritage Club and the Enlisted Lounge. For more info, call 6-2405.

Thursday, Nov. 28, 2002

Thanksgiving

Thanksgiving meal from 10 a.m. to 2 p.m. at the Longhorn Dining Facility. For more info, call 6-2421.

Friday, Nov. 29, 2002

Air Combat Command Family Day

Saturday, Nov. 30, 2002

Nine-pin, no-tap tournament, 7 p.m. at Dyess Lanes. For more info, call 6-4166.

Sunday, Dec. 1, 2002

Family day bowling at Dyess Lanes. For more info, call 6-4166.

Monday, Dec. 2, 2002

Football frenzy, 7 p.m. at The Hangar Center. For more info, call 6-2405.

Tuesday, Dec. 3, 2002

Dyess Toastmasters meeting, 11:45 a.m. at The Hangar Center. For more info, call 6-1046.

Bingo mania, 7 p.m. at The Hangar Center. For more info, call 6-2405.

Boy Scout Troop 296 meeting, 7 p.m. at the 7th Security Forces Squadron headquarters. For more information, call Capt. Dave Honchul at 6-2161.

Wednesday, Dec. 4, 2002

Midnight barbecue for flightline personnel, 2:30 a.m. near the three-bay maintenance hangar. For more info, call Master Sgt. William Bingham at 6-5106.

Wing Right Start from 8 a.m. to noon at The Heritage Club. For more info, call Staff Sgt. Walter Goodwin at 6-5730.

Boss and buddy day lunch special, from 11:30 a.m. to 1 p.m. at The Heritage Club. For more info, call 6-2406.

Thursday, Dec. 5, 2002

Dyess Officers Spouses Club Christmas dinner at The Heritage Club. For reservations, call Julieann Dwyer at 695-0793 or Kimberly Barney at 692-9642 by Monday.

Local Advertisement

Local Advertisement

Estate claim

Anyone with a claim for or against the estate of Airman 1st Class Quintella Albert should call 1st Lt. Larry Rochart, 7th Bomb Wing summary courts officer, at 338-7845 for resolution of such claims.

Space available

The following flights are open for space available travel from Dyess:

- Friday, noon to Dover Air Force Base, Del. The return flight is Tuesday.
- Sunday to Laguna Army Air Field, Ariz. The return flight is Dec. 7.
- Monday to Pope AFB, N.C. The return flight is Dec. 6.

Showtimes are two hours prior to takeoff. All travelers must show military ID cards plus one additional form of ID. Active-duty must possess valid leave orders.

All flights are subject to cancellation without notice.

For more information, call the passenger terminal at 6-4505.

Deployment brief

The 317th Airlift Group is hosting a briefing for family members of deployed airlifters at 7 p.m. Dec. 4 at The Heritage Club.

The topics of discussion include finance, legal services, Tricare, Red Cross, housing, family support and key spouses.

For additional information, call 2nd Lt. Charles DeLong-champ at 6-1442.

40th AS COC

Lt. Col. David Chandler will assume command of the 40th Airlift Squadron from Lt. Col. Terry Johnson during a ceremony at 9:30 a.m. Dec. 6 at The Heritage Club.

For more information, call Capt. Daniel Barrows at 6-3342.

7th CPTS closed

The 7th Comptroller Squadron offices will be

closed from 11 a.m. to 1 p.m. Dec. 6 due to a squadron function.

Blood drive

The next quarterly base blood drive is 10 a.m. to 5 p.m. Dec. 12-13 at The Hangar Center.

People are restricted from donating if they have traveled or lived in the United Kingdom for three months or longer between 1980-1996, traveled or lived in Europe for six months or longer between 1980-1996, or received a blood transfusion in the United Kingdom since 1980.

For more information, call 6-7248.

Leaves pickup

Base housing residents can bag their leaves in biodegradable bags for curbside pickup Tuesdays and Fridays until Dec. 14. After Dec. 14, leaves can be dropped off at the recycle center by the Tye Gate.

Residents can get the biodegradable bags from self help at 665 Avenue E. Plastic bags will not be picked up or accepted.

Residents are also asked to keep leaves separated from other trash on curbs for easy identification.

Uniform nametag

Clothing sales is now taking orders for the new chrome service dress uniform nametag.

The cost is \$7.95. It takes about two weeks to receive it.

For more information, call 6-2502.

Scholarship

The Defense Commissary Agency's 2003 scholarships for military children program has begun.

This year's essay topic is how being the child of a military servicemember has influenced your educational goals.

Participants must be

unmarried children under the age of 23 of active duty, Reserve, Guard or retired military people.

Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure they, as well as their sponsor, are enrolled in the DEERS database and that they have a current military ID card. All applicants must also be U.S. citizens.

Applications for the 2003 program can be downloaded from www.commissaries.com or www.fisherhouse.org. They can also be picked up at the base commissary.

The deadline for return-

ing applications by hand or mail is Feb. 21.

For more information, call 6-4802.

Essay, art contests

The Armed Services YMCA is hosting a 2003 art and essay contest.

The Art Contest 2003 seeks original artwork from children of military members in kindergarten through sixth grade depicting their active duty, reserve or Guard families.

Top prize is a \$500 U.S. Savings Bond. Each winners' artwork is used on posters for next year's military family month observance.

The deadline for the contest is Jan. 27.

The YMCA Essay Contest is open to children in first through 12th grades with prizes up to \$1,000 bonds. Children of the armed services (active duty, Reserve, Guard and retired), and civilian employees of the Department of Defense and Coast Guard, can enter the contest.

Essays can be on any subject related to reading.

The deadline for entry is March 17.

Full guidelines for the contests can be found on the Armed Services YMCA Web site, by e-mailing officials at essaycontest@asymca.org.

Local Advertisement

COMMUNITY



Gift certfichecks

The Dyess Commissary has gift certificates available for sale.

The certfichecks gift certificates are good at any commissary location worldwide.

For more information about the certfichecks, go to www.commissaries.com or call the base commissary at 6-2434.

'Midnight barbecue'

The Dyess First Sergeants Association and the base chapel are hosting a "midnight barbecue" at 2:30 a.m. Dec. 4 near the three-bay maintenance hangar.

The barbecue is free and all late-shift workers are encouraged to attend.

There will be hot dogs, hamburgers, chips and sodas.

For more information, call Master Sgt. William Bingham at 6-5106.

OSC dinner

The Dyess Officers Spouses Club is hosting a Christmas dinner Dec. 5 at The Heritage Club.

The dinner is open to members and their guests.

The cost is \$9.96 for club members and \$12.35 for nonmembers.

Reservations must be made by Monday.

To make reservations or for more information, call Julieann Dwyer at 695-0793 or Kimberly Barney at 692-9642.

Postal test preparation

The family support center is host-



Staff Sgt. Adam R. Wooten

Viva La Dyess

Above: Gen. Richard Wolsztynski, French air chief, is welcomed to Dyess by the base Honor Guard Saber Team. Left: Airman 1st Class Roy Pena, 28th Bomb Squadron life support, shows Gen. Richard Wolsztynski, French air chief, some of the life support equipment used by Dyess B-1 aircrews. The French air chief came to Dyess to visit with one of his troops, a French exchange officer stationed here.

ing a U.S. postal service test preparation class from 2-4:30 p.m. Dec. 9 in the main auditorium of the 436th Training Squadron.

The class will cover test taking techniques, exam procedures and preparation techniques.

To reserve a seat, call 6-5999.

Talent contest

The Dyess Family Teen and Talent Contest is at 7 p.m. Dec. 10 at The Heritage Club.

Military members and dependents can participate in the event.

There are 11 categories for contestants: parent and child team; husband and wife team; children ages 3-5; children ages 6-8; preteen solo ages 9-12; preteen group ages 9-12; teen solo ages 13-15; teen

group ages 13-15; teen solo ages 16-18; teen group ages 16-18; and family with a minimum of three members.

Rehearsal is at 6 p.m. Dec. 9 at The Heritage Club.

For more information, call 6-4305.

'Operation Job Search'

The family support center is holding an "Operation Job Search" class from 8:30 a.m. to 4:30 p.m. Dec. 17.

The class will cover how to write a resume and cover letter, apply for a job and interview, analyze labor market information, review job offers and salaries, and obtain Veterans Administration benefits.

To register or for more information, call 6-5999.

CHAPEL



Chapel schedule

Catholic: Reconciliation starts at 4:15 p.m. Saturday.

Mass starts at 5 p.m. Saturday and 9 a.m. Sunday. Daily Mass is at 11:30 a.m. Tuesday through Friday.

Protestant: Shared faith worship begins at 11 a.m. Sunday. Gospel service starts at 1 p.m. Sunday.

Contemporary worship begins at 6 p.m. Sunday.

A nursery and children's church are available at all services.

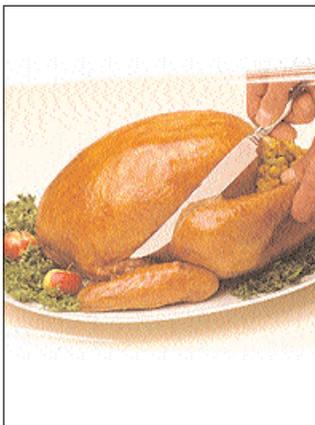
Other religions: The chapel has information on other religious services in the Abilene area.

For more information, call 6-4224.

Local Advertisement

Safety key to fun, meaningful holiday season

Turkey Tips



Here are some helpful turkey tips:

Thawing

Refrigerator thawing for at least one day for every four pounds is recommended. Thaw the turkey breast-side up in the unopened wrapper on a tray. However, if you

are short on time and need to thaw the turkey faster, submerge the turkey in cold water. Make sure to change the water every 30 minutes. The minimum thawing time should be 30 minutes per pound of turkey.

Thawing turkey at room temperature allows bacterial growth and is not recommended.

Roasting

Place thawed or fresh turkey breast up on a flat rack in a shallow pan, 2 inches to 2 and half inches deep.

Place in a preheated 325 F oven.

Brush or rub skin with oil to prevent the skin from drying and to enhance the golden color.

Insert oven-safe meat thermometer deep into the lower part of the thigh muscle, but not touching the bone. When thigh is up to temperature and if turkey is stuffed, move thermometer to center of stuffing for stuffing temperature.

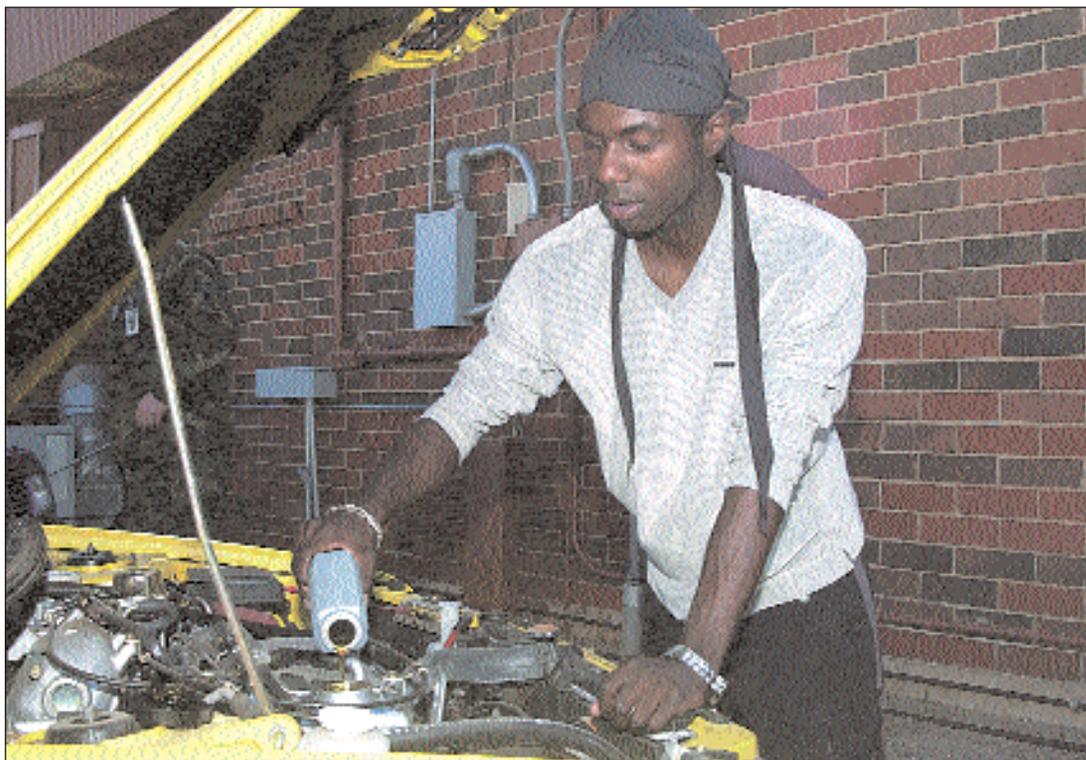
When the turkey is about two-thirds done, loosely cover the breast and top of drumsticks with a piece of lightweight foil to prevent overcooking the breast.

Start checking for doneness 1/2 hour before recommended end times.

Leftovers

Within two hours of roasting, remove stuffing from turkey and carve the meat into small pieces to store in a refrigerator or freezer.

Wrap turkey slices and stuffing separately, and refrigerate. Use within three days.



Airman 1st Class Matthew Rosine

Senior Airman Lavon Minter, 7th Security Forces Squadron, pours new oil into his car. Car maintenance is important before taking those holiday trips.

By Tonya Williams
Dyess Public Affairs

As the holidays approach, many Dyess members are expecting company or will be out on the roads during this year's festive season. While traveling and hosting, family and friends can be the highlights of ones' vacation, but it is still important to always keep safety in mind.

During the holiday season, it is imperative everyone take extra precautions to ensure it is a safe holiday, said Chuck Carson, a safety and health technician from the 7th Bomb Wing safety office.

"In 2001, an average of one person was injured in a car accident approximately every 2 minutes during the holiday season," Carson said. "This information should make everyone take a few extra safety measures before and during travel."

There are four simple things people can do to ensure safety when driving long distances.

- Get a good night's sleep

before the trip.

- Drive long trips with a passenger who stays awake to talk to the driver.

- Schedule regular stops, every 100 miles or two hours

- If feeling drowsy, pull off into a safe area and take a "power nap."

"There are also things you can do to prepare your car, for the long drives, to guarantee you will arrive at your destination safely," Carson said. "You can make sure your car is in sound mechanical condition by doing things like changing the oil, making sure you have good tires and the tires are (properly inflated)"

If everyone would take a little extra time and follow these safety tips, more people will arrive at their destinations safely, Carson added.

Another aspect of safety during the holiday season is a part people often overlook, but is just as important -- the cooking aspect.

On the Butterball Web site there is a link for fre-

quently asked questions that can answer almost any question about cooking turkeys. The Web page covers everything from how much turkey you should buy to how leftover turkey can be stored properly.

The site can also help cooks determine when the turkey is done. It is said that a turkey is done when the thickest part of the thigh reaches 180 F; you can find this out by using a meat thermometer. Another safety fact that can be found on the Web site is how to safely handle raw turkey. The site tells how to use paper towels rather than cloth to wipe off turkey and clean up juices.

If cooks have any other concerns or just basic questions about Thanksgiving turkey safety, they can go to www.butterball.com for the answers

Safety is a very important thing during the holiday season and if you follow these tips you will have a better chance of having a safe and happy holiday season.

317th AMXS blast MUNS in second half for 14-6 win

By Master Sgt. Bill Lincicome
Dyess Public Affairs

Richard Peterson ran for a touchdown and passed for another to lead the 317th Aircraft Maintenance Squadron to a 14-6 win over 7th Munitions Squadron in National League intramural flag football action Thursday.

Peterson capped off a five-play, 37-yard drive with a 7-yard scoring run on 317th AMXS' initial possession of the second half. A few minutes later, Nick Maral intercepted 7th MUNS quarterback Rick Owens, which set up another quick maintainer scoring opportunity. Three plays later, Peterson hit Rance Streeter for a 5-yard score. Streeter's conversion made it a 14-0 contest.

With time running out, Owens got his team on the board with a 1-yard touchdown run to cut the lead to eight. But the maintainers ran the clock out on their next possession to secure the win.

7th MUNS	0	6	--	6
317th AMXS	0	14	--	14
First half				
None				
Second half				
317th AMXS – Richard Peterson 7-yard touchdown run (Mario Torres pass from Bland for one-point conversion)				
317th AMXS – Rance Streeter 5-yard touchdown pass from Peterson (Streeter pass from Peterson for one-point conversion)				
7th MUNS – Rick Owens 1-yard touchdown run (Conversion attempt failed)				

Individual statistics
RUSHING – 7th MUNS, Rick Owens 5 rushes for 38 yards, Lacy McNeil 1-27. 317th AMXS, Peterson 8-66, Rod Vann 1-5.

PASSING -- 7th MUNS, Owens 5 completions of 18 attempts for 69 yards, 0 touchdowns and 2 interceptions, George Colvin 1-1-12-0-0. 317th AMXS, Peterson 6-12-90-1-0, Vann 5-8-51-0-0, Crayton Hullum 1-1-1-0-0, Torres 0-1-0-0-0.

RECEIVING – 7th MUNS, David Martiniez 2 catches for 31 yards, Brian Morgan 2-29, B.J. Dean 1-12, Colvin 1-9. 317th AMXS, Streeter 2-48, Hullum 3-34, Brian Fleischmann 3-31, Byong Chang 2-14, Torres 1-10, Vann 1-5.

INTERCEPTIONS – 7th MUNS, None. 317th AMXS, Nick Maral 2 interception returned for 44 yards.

SACKS – 7th MUNS, None. 317th AMXS, Steven O'Brien 2 sacks for 11 yards.

KICK RETURNS – 7th MUNS, None. 317th AMXS, Hullum, 1 return for 0 yards.

In other games Thursday:

7th EMS 7, Bone Ops 6 (overtime) – The 7th Equipment Maintenance Squadron managed to gain only 1 yard in overtime, but it proved to be enough to beat Bone Ops.



Senior Airman Zachary Wilson

Thanksgiving warm-up

Above: Dyess members take off at the start of the Turkey Trot Thursday in Base Housing. The top runners earned a free turkey for their efforts. Left: Tom Dusek, 13th Bomb Squadron, gives it all he has left as he crosses the finish line to win the mens 5K portion of the Turkey Trot with a time of 19:40. Stephanie Summers won the womens 5K with a time of 24:23. Todd Moenster, 13th BS, won the mens 10K with a time 34:26 and Jolen Hollingsworth won the womens 10K with a time of 49:58.

Charles Bland completed a one-yard pass to Robert Brown on the second down of 7th EMS' overtime possession, but threw incomplete passes on his team's other three tries. However, the equipment maintainers made that single yard stand up as the winning margin as Marty Daniels and Brown each sacked Bone Ops quarterback Jeff Robinson during Bone Ops' overtime possession.

Robinson got Bone Ops on the board early in the first half with an 8-yard touchdown pass to Chris Fields. 7th EMS responded on its

next drive with a 14-yard scoring strike from Bland to Daniels to tie the game at 6.

Bone Ops	6	0	0	--	6
7th EMS	6	0	1	--	7
First half					
Bone Ops – Chris Fields 8-yard touchdown pass from Jeff Robinson (conversion attempt failed)					
7th EMS – Marty Daniels 14-yard touchdown pass from Charles Bland (conversion attempt failed)					
Second half					
None					
Overtime					
7th EMS – Awarded tiebreaking point for outgaining Bone Ops in penetration yardage.					

Individual statistics
RUSHING – Bone Ops, Robinson 2-19. 7th EMS, Bland 4-18, Daniels 1-4, Mark Wakeham 1-2.
PASSING -- Bone Ops, Robinson 5-20-64-1-2, Mark London 0-1-0-0-0. 7th EMS, Bland 12-242-155-1-0, Daniels 2-3-21-0-0.

RECEIVING – Bone Ops, Fields 3-44, Billy Edmunds 1-18, Jeremy Randle 1-2. 7th EMS, Daniels 3-87, Brown 4-29, Tony Williams 2-25, Wakeham 3-24, Bland 1-6, Gerald Kenneybrew 1-5.

INTERCEPTIONS – Bone Ops, None. 7th EMS, Brown 2-19.

SACKS – Bone Ops, London 3-24, Mike Ray 1-10. 7th EMS, Brown 1-10, Daniels 1-5.

KICK RETURNS – Bone Ops, Bo Bodden 2-11. 7th EMS, Chester Morris 1-24, Williams 1-0.

The 28th Bom Squadron was awarded a forfeit win over 7th Contracting Squadron in the other scheduled intramural game Thursday.

The season will take a break for the Thanksgiving holiday. The regular season is scheduled to end Dec. 6 with the playoffs slated to start Dec. 9.

AF fitness program may change

By Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON -- Air Force health officials are proposing a change to the service's fitness program to help airmen place a greater emphasis on their overall health and well-being.

Many airmen incorrectly think the Air Force fitness program is cycle ergometry, said Maj. Lisa Schmidt, chief of health promotion operations in the Air Force surgeon general's office at Bolling Air Force Base, D.C.

"The Air Force fitness program isn't about the bike test," Schmidt said. "The fitness program is about eating healthy and exercising three to five times each week. The bike is just a tool we use to measure the effect of a personal fitness program."

According to Schmidt, the goal of the program is to encourage a mindset change in all airmen toward adopting a more proactive and preventive approach to health and fitness, thereby increasing the focus on personal readiness and not just passing a test.

Health officials are examining how they can align the Weight Management Program and the cycle ergometry evaluation together to make it a more comprehensive assessment of someone's health. This assessment will use a composite score to get an overall picture of an airman's health risk.

This change has been incorporated into "WarFit," a test program started at F.E. Warren AFB, Wyo., in February and at Los Angeles AFB, Calif., in May. The program will start Air Force Space Commandwide in January.

Dyess officials said there are no plans to implement the WarFit program here anytime soon.

"If the program does get



Airman 1st Class Matthew Rosine
Staff Sgt. Rodney Williams,
40th Airlift Squadron, takes
his cycle ergometry test.

implemented Air Forcewide the earliest it should come to Dyess is the end of 2003," said Capt. Paul Yenter, 7th Aeromedical Dental Squadron chief of health promotions.

Health experts from the Air Force surgeon general's office, the clinical operations division of AFSPC's surgeon general office, and the health and wellness center at F.E. Warren AFB, along with physiology and human performance experts from Brooks City-Base in San Antonio helped outline the prevention-based program.

"We chose to base fitness-program evaluations on health risk assessments," said Col. Jon R. Pearse, 90th Medical Group commander at F.E. Warren.

According to Pearse, aerobic fitness, body fat and muscular strength all play a part in a person's overall health and are what WarFit attempts to measure.

A person's score on the bike test and the number of push-ups and sit-ups he or she does will be combined with his or her body fat percentage to come up with the composite score. This score

will be used to place the person in one of three health-risk categories: low risk, moderate risk or high risk.

"The WarFit program will give people the opportunity to prove they are mission capable and fit, because people can be (overweight) and fit," Yenter said. "I have seen many men and women who are over their body fat percentage and can still run several miles. This test gives them the ability to prove they're in shape."

Schmidt said that the proposed program also puts a greater emphasis on prevention through earlier education and unit physical training programs. Airmen who are identified as being a moderate risk will attend a general Healthy Living Workshop that focuses on behavior change and general information for fitness and nutrition. High-risk members will receive more individualized and targeted intervention.

At F.E. Warren, airmen categorized as high-risk are placed into a five-day-a-week mandatory exercise program. Those classified as being a moderate risk will be put into a similar three-day-a-week program. Those who were identified as being in the low-risk category are still encouraged to exercise three times a week, but their activity is not monitored.

"The goal isn't to make this monitored-exercise regimen a punishment for those with a moderate- to high-health risk," Pearse explained. "The goal is to help these people successfully adopt a healthier lifestyle."

Airmen are provided with fitness and nutritional counseling, he said. They also can get help in setting up a structured exercise program targeted at improving their overall health and fitness.

(Airman 1st Class Lindsey Maurice, Dyess Public Affairs, contributed to this story.)

Local Advertisement

SportShorts

Basketball

Dyess intramural basketball letters of intent are due to the fitness center by 4:30 p.m. Dec. 11.

The season begins Jan. 6.

People interested in playing should contact their unit sports representative.

Youth bowling

Dyess youth between the ages of 5-18 can sign up to play in the Saturday Dyess youth league.

For more information, call Dyess Lanes at 6-4166.

Paintball

People can reserve the

Dyess paintball fields between 8 a.m. to 4 p.m. Mondays through Fridays for unit stress buster challenges.

For more information, call 6-2402.

Squadron golf day

The Mesquite Grove Golf Course is offering a special rate to squadrons who host a squadron play day during the week.

The cost is \$10 for airmen and \$12 for NCOs and officers. The cost covers green fees, club rental and cart fees.

For more information, call 6-4384.

Local Advertisement

Local Advertisement

Scores and more

Editor's note -- All scores, standings and schedules are courtesy of the sports and fitness center and Dyess Lanes.

Bowling**Dyess Bantams**

(As of Nov. 2)	Won	Lost
Golden Eagles	21	3
Burning Gundum	20	8
The Griffens	14	14
Blue Dragons	11	17

Dyess Juniors/Majors

(As of Nov. 16)	Won	Lost
Strikers	21	15
Liar Liar POF	19	17
Pin Heads	17	19
Dancing Flamigos	15	21

Nov. 9 high scores

High scratch game -- Ryan Starks, 170

High handicap game -- Katie Bartley, 236

High scratch series -- Garrett Hutchinson, 480

High handicap series -- Matthew Scruggs, 677

Nov. 9 high scores

High scratch game -- Caleb Ondrusek, 165

High handicap game -- Katie Bartley, 212

High scratch series -- Ryan Starks, 460

High handicap series -- Stacey Brin, 595

Dyess Preps

(As of Nov. 16)	Won	Lost
Girls Rock!!	22	14
Team No. 2	21	15
Dumb Luck	17	19
Three Musketeers	16	20
Queen Bowlers	16	20
Team No. 5	16	20

Nov. 9 high scores

High scratch game -- Tyler Gillespie, 148

High handicap game -- Sarah Lombardo, 170

High scratch series -- James Jarvis, 335

High handicap series -- David Robinson, 440

Nov. 16 high scores

High scratch game -- Christopher Cabrera, 145

High handicap game -- Tyler Gillespie, 192

High scratch series -- Jared Holderead, 374

High handicap series -- Sarah Lombardo, 469

National League

(As of Nov. 13)	Won	Lost
7th CES	54	26
7th Ammo	52	28
28th AMF	51	29
Services Command	50	22
13th AMF		47
33		
7th MSS	46	34
Team 5	43	37
7th SVS	42	38
7th CMS	42	38
317th AMXS	37	43
9th AMF	36	44
7th LRS #3	34	46
7th EMS	30	42
Giga Gutters	28	52
7th SFS	12	44

Nov. 6 high scores

High scratch game -- Annette Roberts, 245.

High handicap game -- Annette Roberts, 305

High scratch series -- John Watson, 599; Annette Roberts 586.

High handicap series -- Annette Roberts, 766

Nov. 13 high scores

High scratch game -- Fred Strojny, 253; Julie Martin, 189

High handicap game -- Fred Strojny, 318; Julie Martin, 301

High scratch series -- Terry Kraly, 589; Annette Roberts, 517

High handicap series -- Julie Martin 763; Jim Haller, 760

Dyess OSC League

(As of Nov. 20)	Won	Lost
Crazy 8's	32.5	15.5
Herk Hotties	31	17
Herky Girls		29
19		
OddBalls	26	22
Lane Dames	25.5	22.5
Gutter Wynches	25.5	22.5
Kiss My Average	25	23
Bowlin' Mamas	23	25
Wishful Thinking	21.5	26.5
Gutter Girls	21.5	26.5
Clueless	15	33
Split Happens	12.5	31.5

Nov. 13 high scores

High scratch game -- Cristie Arnold, 201; Valerie Robinson, 187; Terry Foote, 180.

High handicap game -- Cristie Arnold, 253; Terry Foote, 251; Amber Green, 246.

High scratch series -- Valerie Robinson, 512; Cristie Arnold, 492; Jean Adamski and Kathy Diccico, 463.

High handicap series -- Cristie Arnold, 648; Terry Foote, 639; Amber Green, 631.

Nov. 20 high scores

High scratch game -- Kathy Diccico 181, Terry Johnston 181, Cristie Arnold 180

High handicap game -- Amber Green 258, Angela Sheldon 240, Brandy Lewis 231.

High scratch series -- Kathy Diccico 523, Valerie Robinson 500, Cristie Arnold 483.

High handicap series -- Angela Sheldon 671, Kathy Diccico 661, Amber Green 661.

Friday Night Mixed Doubles

(As of Nov. 15)	Won	Lost
Misfits	58	22
1/4 Bowlers	50	22
Are You Kidding?	49	31
We Don't Care	44	36
HMO	42	38
HNSB's	38	34
Team No. 2	37	43
Team No. 3	36	44
Lucky Dawgs	35	45
Mixed Nuts	34	46
Odd Couples	25	55
Mojo	24	56

Nov. 15 high scores

High scratch game -- Don Cobb 245, Stephanie Keating 243.

High handicap game -- Darren Crider 306, Linda Sneed 268

High scratch series -- Margaret McMillan 645, John Bullard 614,

High handicap series -- Tom Brown, 761, Linda Edwards 713.

Turkey Trot results

Top female 5K -- Stephanie Summers, 24 minutes and 23 seconds, first place; Deb Brooks, 24:24, second place

Top male 5K -- Tom Dusek, 19:40; Rich Reed, 20:02

Top female 10K -- Jolene Hollingsworth, 49:58; Jeanne Hansen-Bayless, 1:06:17.

Top male 10K -- Todd Moenster, 34:26; Robert Weaver, 46:00.

Flag football**Intramural standings**

National League	Won	Lost	Games behind
(As of Nov. 13)			
317th AMXS	5	0	--
7th CMS	2	1	1 1/2
Bone Ops	2	2	1 1/2
7th MUNS			2 3
2			
28th BS	2	1	2
7th CES	1	2	2 1/2
7th EMS	2	3	3
7th CONS	0	4	3 1/2

Nov. 14 results

28th BS vs. Bone Ops, 5:30 p.m.

7th MUNS vs. 7th CMS, 6:30 p.m.

Nov. 19 results**Thursday's results**

28th BS 2, 7th CONS 0 (forfeit)

317th AMXS 14, 7th MUNS 6

7th EMS 7, Bone Ops 6 (overtime)

Tuesday's games

7th CONS vs. Bone Ops, 6:30 p.m.

7th MUNS vs. 7th CES 7:30 p.m.

28th BS vs. 7th CMS, 8:30 p.m.

Dec. 5 games

28th BS vs. Bone Ops, 5:30 p.m.

28th BS vs. 7th EMS, 6:30 p.m.

7th CMS vs. 317th AMXS, 7:30 p.m.

7th CMS vs. 7th CES, 8:30 p.m.

American League

(As of Wednesday)	Won	Lost	Games behind
7th SFS	5	0	--
7th LRS	4	1	1
Fire Dept.	4	1	1
7th AMXS #1	3	1	1 1/2
7th OSS	2	4	3 1/2
7th CS	1	3	3 1/2
7th AMXS #2	0	4	4 1/2
40th AS	1	5	5

Nov. 13 results

7th OSS 31, 40th AS 6

7th LRS 14, 7th OSS 6

7th SFS 2, 7th CS 0 (forfeit)

Fire Dept. 19, 7th AMXS #2 0

Nov. 18 results

7th LRS 13, Fire Dept. 7

7th AMXS #1 27, 7th OSS 26

7th AMXS #1 24, 7th AMXS #2 0

7th SFS 20, 40th AS 8

Monday's games

40th AS vs. 7th OSS, 5:30 p.m.

7th CS vs. Fire Dept., 6:30 p.m.

7th AMXS #1 vs. 7th AMXS #2, 7:30 p.m.

7th SFS vs. 7th LRS, 8:30 p.m.

Wednesday's games

7th CS vs. 7th AMXS #2, 5:30 p.m.

Fire Dept. vs. 7th AMXS #1, 6:30 p.m.

40th AS vs. 7th AMXS #1, 7:30 p.m.

Dec. 6 games

7th CS vs. 7th AMXS #1, 5:30 p.m.

7th OSS vs. 7th AMXS #2., 6:30 p.m.

7th LRS vs. 7th SFS, 7:30 p.m.

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