Graphic by James Branch

Minuteman

Vol. 52, No. 2 | Dobbins Air Reserve Base, Ga. | February 2004

Get Fit to Fight
Brig. Gen. William Kane explains how the new fitness standard will affect Dobbins reservists.
Story on page 2

Hispanic group offers opportunities
National Image provides professional development training, diverse networking and career building opportunities.
Story on page 3

Intelligence student takes Commanders Trophy
Are you intelligent? Compare brain pans with an intelligence award winner.
Story on page 3

The key to survival revealed
Self Aid Buddy Care is nothing to brush off. Dobbins focuses on this training for the ORI.
Story on page 4

Fire department really on fire
Dobbins Fire Department wins Sanborn award and Reserve fire fighting competition
Story on page 5

Fit to Fight poster
Hang this poster for easy access to fitness standards, fitness center hours, a circuit course and a 2.1-mile trail map.
Story on pages 6 and 7

African American History
Brig. Gen. Henry L. Taylor shares why he owes respect to his heritage.
Story on page 8

Dobbins welcomes six new chiefs
Stepping into the highest NCO rank gets the ceremony and recognition it deserves.
Story on page 10

EOD has explosive deployment

By Senior Airman David Atchison
Public Affairs

U.S. Air Force photo by Tech. Sgt. Lisa M. Zunzanyika

Not many people would stare down a piece of unexploded ordnance, but many of us are not 94th Civil Engineer Squadron Explosive Ordnance Disposal craftsman either. Master Sgt. Brad McKinney shows us just what separates EOD from the rest of us.

While most Airmen spend their deployment avoiding unexploded ordnance, the 94th Civil Engineer Squadron's Explosive Ordnance Disposal team goes looking for it.

For those who don't know, EODs mission is to detect, identify, evaluate, render safe and dispose of United States and foreign explosive, incendiary, chemical, biological, and nuclear munitions. Needless to say, when you're a member of the EOD team, there's never a dull moment. Their career field motto is "initial success or total failure."

"In this unit we say 'if it was easy, anyone could do it,'" said Master Sgt. Brad McKinney, 94th Civil Engineer Squadron, EOD craftsman. McKinney was one of five troops from EOD who was deployed to Baghdad International Airport in Iraq. The 120-day tour was exhilarating yet challenging for McKinney and the EOD. They were tasked to investigate and neutralize explosives, when necessary, in a 155 square mile radius around the Baghdad airport.

"We were attached to the 447th Air Expeditionary Group, Expeditionary Civil Engineer Squadron," said McKinney. A typical EOD day in Baghdad started at sunrise and would often end well past normal duty hours. While deployed, the 447th EOD responded to more than 250 calls to investigate ordnance and suspicious packages. In their four-month stay, McKinney and the others disposed of over 100,000 pounds of mortars, rockets, bombs and improvised explosive devices.

"There's nothing like the feeling of knowing your work keeps the troops and the local people safe," said McKinney. While deployed, EOD had the opportunity to support troops from the Latvian, Estonian, Australian and British Armed Forces as well as the U. S. Army. Using one's life to safeguard the lives of others is a life well lived, added McKinney.

"It's been said it takes a special kind of person to be EOD," said McKinney. Being in EOD gives one a unique perspective on life he added. Since joining, McKinney has seen first hand the destructive power of the devices of war and as a result, he has come to understand the fragile beauty of life.

"Being in Baghdad, I really missed my family," said McKinney. "Knowing how quickly life can end makes me want to savor every moment I have with them." Family is something that seems particularly important to the members of the EOD. This wasn't McKinney's first deployment, but it was for others.

"I joined the Reserve in November of 2001 and I haven't even been around long enough to serve a traditional UTA," said Senior Airman Jonathan Mejia, 94th Civil Engineer Squadron, EOD Apprentice. Joining the Reserve has been a quite the roller coaster ride for Mejia, a roller coaster ride that only slowed down with the end of his first deployment.

"I've been on active duty for the last two years and I wouldn't change anything about the experience," said Mejia. While training with the 439th Civil Engineer Squadron at Westover Air Force Base, Mass., Mejia was activated to serve with the unit when they deployed to Talil Air Base, Iraq. The experience he garnered could have only been acquired through his unique circumstances. Iraq is considered an "EOD playground," a place with lots of ordnance for EOD to dispose of. The concept of the EOD playground truly encapsulates the mind set of these brave individuals.

"The whole thing was difficult for my family, especially my mother, but she realizes I have a job to do and supports me in doing it," said Mejia. "I wouldn't trade my job for any other job in the military."

Photo by Senior Airman Sean Walters, 94th Civil Engineer Squadron, EOD journeyman

Master Sgt. Brad McKinney investigates a field of ordnance. It's something, he said, that makes him miss his family much more.

Kane sets Fit to Fight stride for Dobbins

Photo by Don Peek

By Brig. Gen. William Kane
94th Airlift Wing, commander

The Air Force is starting a new fitness program to replace the three-mile walk and the weight management program. The new program is called Fit to Fight. The Reserve is included in the AF program and the 94th Airlift Wing will be implementing it over the next few months.

Why do we need a new program?

There are many reasons, but let me stress two. First, as Gen. Jumper has explained, we are asking our airmen to perform heroic work under terribly stressful conditions. A flightline in the Iraqi desert in the summer is certainly a stressful environment. To do our jobs under those circumstances, we must be fit.

The second reason is health. Medical research suggests overall health is directly related to aerobic fitness and inversely related to waist size. By stressing fitness and waist size, the program is designed to encourage a healthy body.

As you analyze the new program, you will see it has four components. The maximum possible score is 100.

1. A timed 1.5-mile run worth 50 percent
2. A waist measurement worth 30 percent
3. Timed push-ups worth 10 percent
4. Timed sit-ups worth 10 percent

These factors will be measured on a 100-point scale that is adjusted for your age. Your score will place you into one of four categories: excellent is a score of 90 or above, good is 75 to 89.9, marginal is 70 to 74.9, and poor is less than 70. The goal is to be good or excellent, but to get there in a safe and logical way.

Members of our wing are at many different levels of fitness. Some are already capable of reaching the goal. Others will need to start now and may initially test in the poor zone.

What should you do?

If you currently do not have an exercise program, get started (with your doctor's approval if necessary). Start at a rational pace. I don't want anyone hurt, but I also need everyone fit. When you take your evaluation later this year, do your best but don't hurt yourself.

Right now, there are more questions than answers. I have chartered a working group led by Lt. Col. Michelle Collier, 94th Airlift Wing, protocol officer, to get us started. I intend to start the program in March with the Wing Headquarters personnel. Those individuals on the old weight management program must be tested as soon as the program is organized.

Gen. Jumper is very clear in his position. If you are not fit, get fit. Our active duty counterparts will be doing a lot of unit runs and other kinds of exercise to help the individuals get fit. We will do some of that, but the time constraints will make it limited. You will have to do it largely on your own.

I will tell you more as we sort out the details, but don't wait. Get started and get fit. Fit to Fight is part of our expeditionary Air Force and we in the Air Force Reserve Command will do our part.

(Editors note: see Minuteman pages 6 and 7 for more information on the new program and scoring. The Dobbins Fitness Center is open Monday through Friday from 8 a.m. to 6 p.m. Unit training assembly hours are Saturdays and Sundays from 11 a.m. to 1 p.m. For more information, call Tech. Sgt. Michelle Gray or Staff Sgt. John Guice at 678-655-4872).

2004 Reserve Pay for Four Drills

Years of Service

	Under 2	Over 2	Over 3	Over 4	Over 6	Over 8	Over 10	Over 12	Over 14	Over 16	Over 18	Over 20	Over 22	Over 24	Over 26
O-7	858.76	898.64	917.12	931.80	958.32	984.56	1,014.92	1,045.20	1,075.56	1,170.92	1,251.48	1,251.48	1,251.48	1,251.48	1,257.80
O-6	636.48	699.24	745.12	745.12	747.96	780.00	784.28	784.28	828.84	907.64	953.88	1,000.12	1,026.44	1,053.04	1,104.72
O-5	530.60	597.72	639.12	646.88	672.64	688.16	722.12	747.04	779.20	828.48	851.96	875.12	901.44	901.44	901.44
O-4	457.80	529.96	565.32	573.20	606.04	641.24	685.04	719.20	742.88	756.48	764.40	764.40	764.40	764.40	764.40
O-3	402.52	456.32	492.52	536.96	562.68	590.88	609.16	639.24	654.84	654.84	654.84	654.84	654.84	654.84	654.84
O-2	347.76	396.08	456.20	471.60	481.32	481.32	481.32	481.32	481.32	481.32	481.27	481.27	481.27	481.27	481.27
O-1	301.92	314.20	379.80	379.80	379.80	379.80	379.80	379.80	379.80	379.80	379.80	379.80	379.80	379.80	379.80
O-3E	0	0	0	536.96	562.68	590.88	609.16	639.24	664.56	679.04	698.84	0	0	0	0
O-2E	0	0	0	471.60	481.32	496.64	522.48	542.48	557.36	557.36	557.36	0	0	0	0
O-1E	0	0	0	379.80	405.64	420.60	435.92	450.96	471.60	471.60	471.60	0	0	0	0
E-9	0	0	0	0	0	0	502.56	513.96	528.32	545.24	562.20	589.48	612.56	636.88	673.96
E-8	0	0	0	0	0	411.40	429.60	440.84	454.36	469.00	495.40	508.76	531.52	544.16	575.24
E-7	286.00	312.16	324.08	339.96	352.28	373.52	385.48	397.36	418.64	429.28	439.40	445.56	466.40	479.88	514.00
E-6	247.40	272.16	284.16	295.84	308.00	335.48	346.16	358.04	368.44	372.12	374.64	374.64	374.64	374.64	374.64
E-5	226.68	241.80	253.48	265.48	284.08	300.12	311.96	315.72	315.72	315.72	315.72	315.72	315.72	315.72	315.72
E-4	207.76	218.44	230.24	241.88	252.20	252.20	252.20	252.20	252.20	252.20	252.20	252.20	252.20	252.20	252.20
E-3	187.60	199.40	211.40	211.40	211.40	211.40	211.40	211.40	211.40	211.40	211.40	211.40	211.40	211.40	211.40
E-2	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36	178.36

Minuteman

Volume 52, No. 2
February 2004

Editorial Staff

Wing Commander
Brig. Gen. William P. Kane
Chief
Courtney E. Franchio
Deputy Chief/Editor
Paul Reid Hanna
Reserve Public Affairs Officer
Capt. Jeff Dorr
Public Affairs Superintendent
Chief Master Sgt. David Curtis
Public Affairs Reserve staff
Master Sgt. Stan Coleman
Staff Sgt. Micky Cordiviola
Senior Airman David Atchison
Senior Airman Paul Reid Hanna
Senior Airman Michelle Sellers
Samara Gapud
Nyere Hollingsworth
Photographers
Don Peek
Staff Sgt. Brett Brown
Graphics
Tech. Sgt. Bob Martin
Staff Sgt. James Branch

Submission deadline for the March issue is Feb. 14. Articles should be submitted electronically to the 94th AW/PA office. The email address is ***94aw.PAV3@dobbins.af.mil.*** *For more information, contact public affairs at 678-655-5055. This funded Air Force newspaper is an authorized publication for members of the U.S. military services.*

Contents of the ***Minuteman*** *are not necessarily official views of, or endorsed by, the U.S. Government or the Department of the Air Force. Editorial content is edited, prepared and provided by the 94th Airlift Wing Public Affairs office. All photos are Air Force photos unless otherwise indicated.*

Organization salutes Hispanic military members

Photo by Don Peek

By Master Sgt. Victoria Welch
80th Aerial Port Squadron, chief of information management

The International Mexican American Government Employees, known as National Image, is committed to disseminating the most current information to the Hispanic community. A successful vehicle for this is the National Image Annual Conference, which consists of events and workshops. This conference is an excellent opportunity for thousands of Hispanics to network. The annual conference provides exhibit space for government agencies and private businesses to reach the community, a forum for speakers on topics of interest, and a job fair to inform the community about employment opportunities.

The mission of National Image, Inc. is to positively impact the employment, education and civil rights of Hispanic Americans. Department of Defense military and civilian personnel involved in policies and programs affecting recruitment, employment and retention of Hispanics may participate.

The National Image key objectives are:

1. To promote the Department of Defense as an excellent source of opportunities for service to the nation.

2. To recruit a diverse pool of qualified applicants for employment.

3. To provide career development training to enhance job effectiveness and career progression.

4. To be an available resource to the Department of Defense in achieving their human resource objectives.

Supervisors of Department of Defense personnel involved in policies and programs affecting the employment and advancement of minorities and women should take advantage of this conference. The following personnel are encouraged to participate and attend: special emphasis program managers, management officials, military and civilian personnel specialists, equal opportunity office managers and specialists, Hispanic employment program managers, individuals in supervisory and managerial positions, Image members and delegates; anyone whose duties and responsibilities involve equal employment opportunity, affirmative action or human resources or those who would like to develop or improve professional skills.

The May National Image Training Conference and Exposition was hosted in Hollywood, Calif. The theme was, "A Tribute to Diversity, Culture and Opportunity - Rising to the Challenge, Reaching to the Stars," the military is but one thread in our society's tapestry. The model of community service recognized by National Image, helps demonstrate that the military is an active important part of the integrity of this tapestry.

During this conference one of the special events held was an awards banquet saluting Hispanic military members. They honor the outstanding achievements made by Hispanic service members and recognize the distinguished award recipients for their exemplary performance in service to our Nation. These individuals through their words and deeds have set the standard for dedication and selfless service that following generations will strive to emulate as they continue to instill trust in America's military institutions. The military continue to serve on point for our Nation, protecting the freedoms and guaranteeing the privileges we all enjoy. Soldiers from every walk of life are fighting in Iraq and Afghanistan as part of the joint team, keeping the peace and fulfilling our commitments in regions of the world important to our Nation's interests. They're also training to fulfill any mission assigned in the future. The banquet during the National Image conference is a tribute to the diversity and allows us to recognize the accomplishments and dedication of some of our outstanding service members. During the banquet there were 10 Meritorious Service Award recipients honored from all branches of the service.

Other events of the conference were workshops focused on topics like leadership development, personal development, managerial skills, managing diversity, equal employment opportunity topics and women's issues.

The Women's Action Committee is also an integral part of the organization. The committee provides women professional development training and experiences needed to assure positions of greater responsibility and reward. The WAC training provides participants with an opportunity to share their knowledge and experience with others and to be part of a national network of professionals.

The National Image Corporate Advisory Council is a dedicated group of private industries and federal agencies whose goals are to foster cooperation and collaborative actions on issues involving the Hispanic community and improving the quality of life. The council provides guidance, council and assistance to National Image, Inc. in the areas of employment, education and civil rights, always striving for quality service and treating people with dignity.

The last day of the conference has traditionally been designated as Youth Day. National Image believes that all attendees can serve as models for today's youth. We believe that our leaders of tomorrow are developed today. A large group of students attend the conference where they will be provided with various topics to help them make decisions for future careers.

Mary A. Young, Hispanic Employment program manager, Force Sustainment Division, Directorate of Personnel Policy, Washington D. C. is my contact. She sends me all the information for the conference every year and keeps me informed on administrative issues and policies.

Reservist earns top graduate honors

By Master Sgt. Stan Coleman
Public Affairs

With the events of 9/11, the war on terrorism, and the hunt for Osama bin Laden, civilian Michele Patrick knew she had to do something.

With four years of previous active duty service as an air traffic controller, she couldn't just sit by to wait and see.

So Patrick resigned from her civilian job in wholesale sales at AmericasMart-ATLANTA and enlisted into the Air Force Reserve's intelligence career field.

"I wanted to be a part of it," said Senior Airman Michele Patrick, 94th Operations Support Squadron, intelligence applications journeyman. "I missed the service and I wanted to contribute to America's efforts on combating terrorism."

"The intelligence career field was a natural choice for me," said Patrick. "I've always had a zest for current events and analyzing information. It's very rewarding to see the final results of your work that come from hours of tracking information, determining what is useful, and putting that information into the hands of people who rely on your information to accomplish their mission or objective."

Patrick received the Commander's Trophy for being the top graduate of her initial training course for the Operations Intelligence career field.

"I have a love and passion for information," said Patrick. "I attribute my career field training success to hard work and maintaining the highest possible standards. The most overwhelming aspect of my job is the amount of information to which intelligence professionals are exposed."

The initial training for the intelligence career field is located at Goodfellow Air Force Base, Texas. Goodfellow is home to the 17th Training Wing and subordinate to the Air Education and Training Command. Training is developed and provided in the crypto logic and general intelligence career fields for Air Force, Army, Navy, and Marine Corps personnel. Students from other national agencies and foreign countries are also trained there.

"The key for success in the intelligence career field is learning to assess what is relative, accurate and timely," she said. "The intelligence team must stay abreast of current events and have a sense of intuition for what's important."

Patrick recalls watching the Watergate hearings at the age of 12. Her undergraduate degree is in English and Library Science.

The continuity between the intelligence and library science involves "research and organizing and categorizing information," said Patrick. "We find out what a customer needs and provide it."

Patrick describes the intelligence team at Dobbins as an even mix of officers and enlisted who work side-by-side. Their work includes counter-drug operations, analyzing a country's social, military and political status and mission planning support.

Photo by Don Peek

Senior Airman Michele Patrick, 94th Operations Support Squadron, intelligence applications journeyman, applies skill and precision to her educational and professional efforts.

Self Aid Buddy Care tips and references

As the April ORI quickly approaches and deployments continue, Dobbins calls for its health care experts to provide life-saving First Aid, Self Aid and Buddy Care training

By Master Sgt. Stan Coleman
Public Affairs

Survival in today's modern warfare environment involves more than tactical maneuvers, weapons skills and nuclear, biological and chemical agents. It involves first aid skills in the event of battlefield injuries, whether the injury or threat of injury is from conventional weaponry or modern chemical and biological substances.

The operational readiness inspection will include questions from evaluators on the first aid, self aid and buddy care steps regarding injuries and threat of chemical attack on the battlefield. Air Force Reference publications are the Airman's Manual (AF Manual 10-100) or the Air Force Handbook 32-4014, Volume 4.

According to the Airman's Manual (AF Manual 10-100, Section 5, page 112), the basic lifesaving steps to care for an injured person are to establish an open airway, ensure breathing, stop bleeding to support circulation, prevent further disability, cover open wounds with a dressing, immobilize neck injuries, splint limb injuries and minimize the injured person's further exposure to adverse weather.

Guidance on first aid, self aid and buddy care are also found in the Air Force Handbook 32-4014, Volume 4, 1 March 98, pages 137 thru 147.

The Air Education and Training Command video, "First Aid, Self Aid, Buddy Care" provides the following advice. In the event of a bleeding wound where there is no field dressing or bandage available, then improvise. Use a large strip of material to cover wound and soak up fluid. Clean the skin around the wound. Place a dressing over the wound then apply the bandage. Please ensure that it is not too tight. For a lower abdominal wound where internal organs are exposed, place a wet dressing over the wound. Use the injured person's water canteen. In a chemical environment keep the dressing moist.

If an individual has a sucking chest wound, place a piece of plastic that is large enough to prevent air from escaping or entering the chest cavity. Then place a dressing over the plastic. Roll the victim on his side to help him breath easy. Never remove an object that is impaled in the person. When bandaging arms and legs leave toes and fingers exposed to detect any discoloring.

A fracture is a break or crack in the bone. A broken bone that doesn't cause a break in the skin is a closed fracture. An open fracture involves the bone breaking through the skin. The open fracture is the most dangerous for three reasons: it causes more damage to the skin, more bleeding and an increased risk of infection.

Creating a splint for the injured buddy will support the broken bone and keep it from moving. Splints protect the nerves and blood vessels from more damage and lessen the pain that can be caused by a fracture. If a wooden board is not readily available, improvise using rolled up newspaper, metal tubing or any rigid firm material.

"When creating a splint use bandages or clothing materials to provide padding," said Capt. Selina Karter, 94th Aeromedical Staging Squadron self aid buddy care advisor. "The limb should be immobilized above and below the injury."

Additional advice for injuries requiring a splint includes creating a sling for a splinted arm injury or placing the hand of the injured arm inside the shirt.

"In case of a broken leg and there is nothing to make a splint with, tie the good leg to the broken leg with your trouser or web belt," said Karter. "Then raise the broken arm or leg to lessen bleeding and be sure to have the tied knot against the splint. Check frequently to ensure the knot doesn't come loose. Also raise the broken arm or leg to lessen bleeding or swelling."

Shock occurs when not enough blood travels through the body. Also, the occurrence of fainting is a type of shock. Symptoms of shock are confusion, cold and clammy skin, sweating, breathing that is rapid and labored and a rapid pulse. According to the Airman's Manual, treatment for shock includes keeping the airway open, keeping a person warm and comfortable, elevating lower extremities and seeking medical attention immediately.

The information given is not all inclusive on first aid, self aid and buddy care. For additional information and use of the video "First Aid, Self Aid, Buddy Care", contact Capt. Selina Karter, on weekdays at her civilian job at 404-395-6304.

Capt. Selina Karter, 94th Aeromedical Staging Squadron's self aid buddy care advisor, and the injured subject, 2nd Lt. Farrah Altuve, 94th ASTS nurse, demonstrate a splint, a pressure dressing and an eye dressing. When using a splint, immobilize the limb by tying the splint above and below the injury. Tie the knot on the outside of the limb, away from the body, and over the material used for the splint. For more information, refer to the Air Force Manual 10-100. Not pictured: If applying a sling, check circulation in fingers to ensure sling is not too tight. To treat an injured person in shock, make sure the patient can lie down and has an open airway. Keep the patient warm and elevate lower extremities. Remember: check for breathing, stop the bleeding, treat the wound and treat for shock.

Photos by Don Peek

Dobbins Fire Department named one of the best

By Senior Airman Paul Reid Hanna
Public Affairs

All 55 members of the Dobbins Fire Department were honored this January with the Sanborn Award, an award given to the most highly acclaimed fire department in the Air Force Reserve Command. The account of their heroic day-to-day performance was then told at the major command level where an award is again given to the best fire department. While Dobbins awaits the outcome, the award-winning team prepares for another winning year.

Thomas Moody, a Lieutenant firefighter and operator here, is the new competition team captain. The team has four returning competition veterans and one firefighter new to Dobbins. The team will begin training this March for the Bi-annual Firefighter Skills Competition between Air Force Reserve fire departments. The team will run during lunch, weight-train in the evening and train for the competition during the day.

"It takes real commitment to win and we are determined to win," said Moody.

The fire department members are highly acclaimed firefighters and competitors. They are the current Reserve firefighting champions and have taken first place overall in two of the last three competitions.

Moody said, "Our goal is not just to win, but to enjoy our profession."

The Dobbins Fire Department was awarded not only for winning the competition but for day-to-day activities like firefighting heroics and simple community service.

"The Dobbins Fire Department is hard working and very active with the community," said John Hicks, Dobbins fire chief. "They participate in blood drives and telethons, conduct local emergency medical service training and train with several local fire departments."

Last year, Dobbins responded to 30 off-base calls and kept on-base fire damage losses at $200. They also participated in Mutual Aid Fire, which helped save a Lockheed-Martin warehouse with an estimated worth of $7 million.

Courtesy photo

Dobbins firefighters enter a simulated burning building. Though it is a controlled environment, training can be dangerous.

Fellows program offers reservists one-year congressional assignments

By Senior Airman Stephanie Witty
Office of Air Force Reserve Public Affairs

WASHINGTON - At a time when citizen airmen are being activated and deployed, making personal sacrifices and being placed in harms way, it is important the government they defend understands the issues facing them.

To ensure they are represented in Congress, Air Force reservists participate in the Air Force Reserve Capitol Hill Fellowship Program. Begun in January 1996, the program fosters positive relations between Congress and Air Force Reserve Command, resulting in benefits for both.

The program provides Reserve, active-duty and National Guard officers along with Air Force civilians a one-year Capitol Hill assignment on the staff of a member of Congress or congressional committee.

Congress benefits from important military insight, while the Air Force grooms an officer with an enhanced perspective of the legislative process as well as congressional perspective on a wide range of military issues.

"The members of Congress who sit on military committees have an ever-growing need to have military advisers, as the number of elected officials with personal military experience continues to shrink away," said Maj. Cathy Haverstock, congressional outreach/ rapid response officer and a 2002 Air Force Reserve congressional fellow. "It fosters close relationships between Congress and the military services through better understanding on both parts of the budget process for a calendar year."

The program includes an Air Force Reserve major, four active-duty majors, an Air National Guard major and an Air Force civilian, according to Maj. Gen. Scott S. Custer, director Air Force Legislative Liaison Office.

"These individuals represent the Air Force's highest caliber performers and are chosen through an extremely competitive selection process," he said.

The program provides instruction and hands-on experience through a three-week orientation, seminars and advanced courses at the Government Affairs Institute of Georgetown University in Washington. Fellows learn congressional organization and processes along with suggestions and support in securing a position with a congressional office. The fellows then interview with prospective offices and are matched to serve a full-time assignment on the staff of a member, support agency or congressional committee in Washington.

During the program, fellows must face and overcome many challenges while working on Capitol Hill.

"It is a different culture. In the military you are used to working the early part of the day (6:30 a.m. to 5 p.m.) and there your day is 9 a.m. to 9 p.m.," Major Haverstock said. "Also, you are at the top end of the budgetary process, the oversight of the executive branch. Members have an amazing amount of power in this capacity and it was a unique learning process to see that part of it."

Fellows must quickly learn about the complex legislative process in a very short period of time.

"We, as military members, are often not educated in the processes of the legislative branch of government," said Maj. Annette C. Ortiz, a 2003 Air Force Reserve legislative fellow for the office of Sen. Trent Lott. "I had to learn the process very quickly as I was thrust into the congressional process right away and given a great deal of responsibility as a fellow."

Another challenge the fellows undertake during their fellowship is to complete Air Command and Staff College.

"Balancing the volume of work was challenging but also educational," Major Ortiz said. "During the year I had to complete Air Command and Staff College here, while working full time on the staff."

Despite any the challenges, fellows complete the program with an exceptional grasp of the legislative process.

"I really enjoyed watching our government work from a front row seat and watching the evolution of the legislation this year," Major Ortiz said. "I also enjoyed the scope of the work I did, which ranged from answering constituent mail to meeting with foreign heads of state. I worked on all of the defense programs, wrote speeches and legislative proposals, did research in areas such as national security, defense, intelligence and other vital subjects in order to keep the senator up to date on important issues."

After completing the program, fellows are required to work in a Legislative Liaison position, to best use the contacts they made on Capitol Hill and to contribute all of the useful information they've gained.

Fellows continuously make positive contributions in Congress and the Air Force, investing both time and skill to make a difference.

"Congressional members tell me repeatedly how our Air Force Fellows have served in their offices with the highest professionalism and distinction, excelling in a wide variety of areas and responsibilities," General Custer said. "We are extremely proud of our Legislative Fellows."

As the 2004 Legislative Fellow Program commences, Lt. Col. Samuel Mahaney, the 2004 Air Force Reserve Legislative Fellow, looks forward to an educational and prosperous year on Capitol Hill.

"I will be spending the year in Congressman Jerry Lewis' office, the chairman of the House Appropriations Committee for Defense," Colonel Mahaney said. "I look forward to learning the defense appropriations process inside and out."

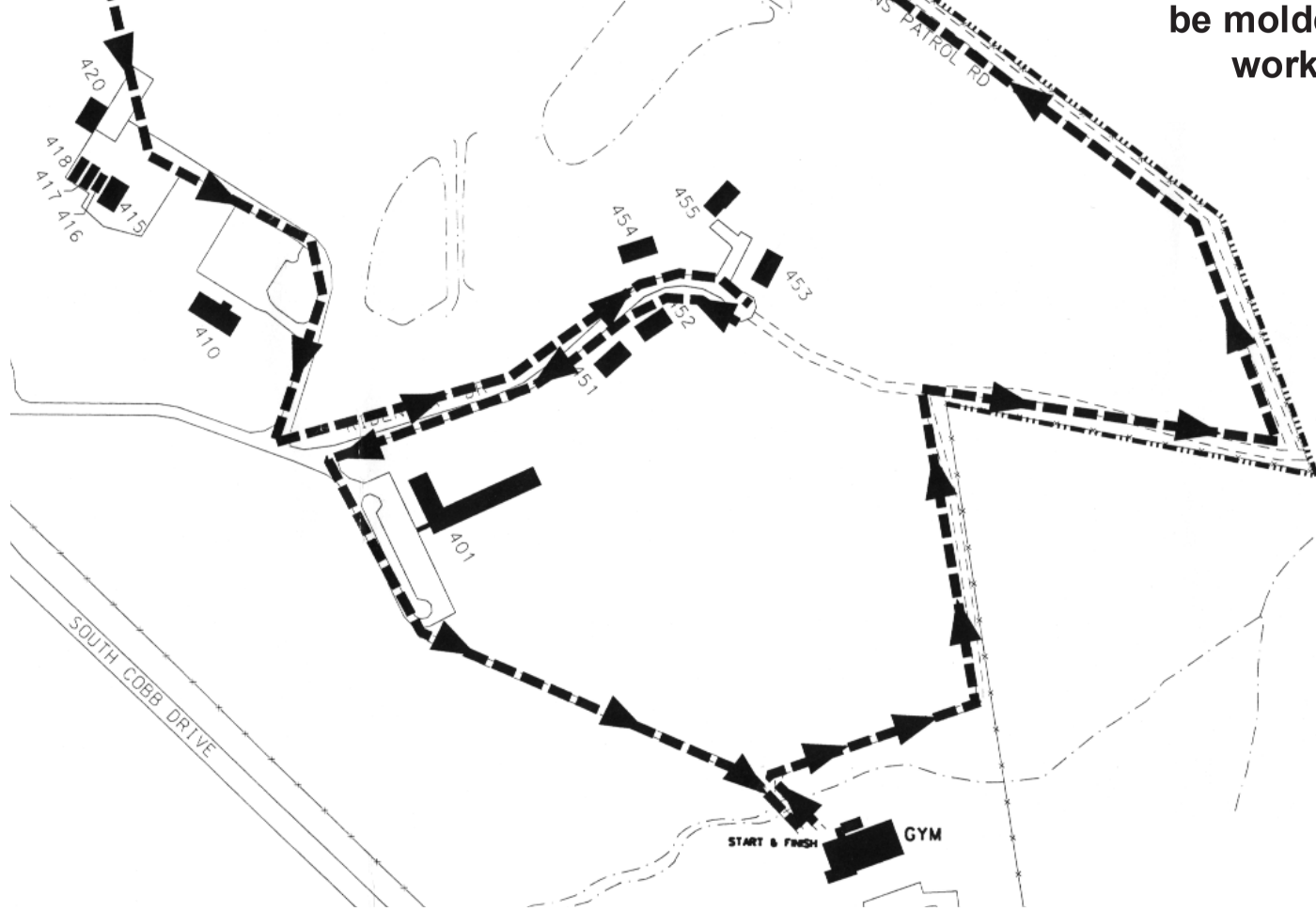
Reserve majors or major selectees who are eligible to enroll in Air Command and Staff College may submit selection packages signed by their wing commander. For more information, contact HQ USAF/REI at DSN 223-2452 or (703) 693-2452. (AFRC News Service)

exercise at maximum weight capacity for an individual will increase strength. Running longer distances than the test distance a few times a week will increase stamina. Every individual can create their own workout regimen that will fit their needs.

The times and amount of exercises that must be completed for points varies by gender and age. The points are taken from a scale that is dependant on the individual's performance, which determines the amount of points earned. To view a specific age and gender requirement, check the official chart at www.af.mil/news/USAF_Fitness_Charts.pdf.

An airman's score on the new fitness test will also determine how often a retest is required. People scoring within the excellent or good categories will retest after a year, while those scoring in the marginal will retest after six months. Airmen scoring in the poor will retest after 90 days.

In March, Dobbins first fitness exam is scheduled to let each individual know exactly where everyone stands.



be molded to the fitness level and workout desire of the user.

Station #1
Stationary Run
30 seconds

Station #2
Push-Ups
30 seconds

Station #3
Side-Step Squats
30 seconds

Station #4
Sit-Ups
30 seconds

Station #5
Ski Jumps
30 seconds

Station #6
Flutter Kicks
30 seconds

Station #7
Bend and Reach
(done slowly)
30 seconds

Station #8
Wide-Hand Push-Ups
30 seconds

Station #9
Bicycle
30 seconds

Station #10
Squat Jumps
30 seconds

Station #11
High Knee Lifts
30 seconds

Station #12
Twisting Sit-Ups
30 seconds

Station #13
Squat Thrusts
30 seconds

Station #14
Bench Dips
30 seconds

Make each station about 30 meters apart and sprint to each station for increased cardio-vascular work.

Do two to three rotations of the circuit training.

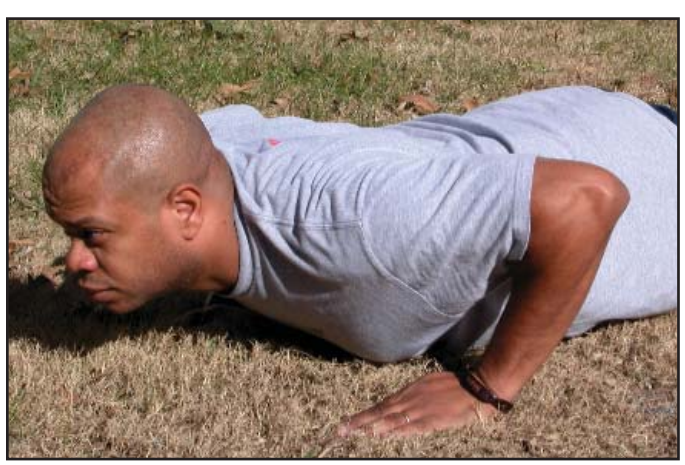
Push-ups

Lie, face down, with feet together and arms slightly wider than shoulder-width apart. Now, push yourself up until your arms are straight, and then lower yourself until your elbows are bent at 90-degrees. Keep your back straight and eyes forward. For the physical fitness test, men and women will have one minute to perform as many push-ups as possible. The push-up and sit-up timed drills each count for 10 percent of the fitness score.

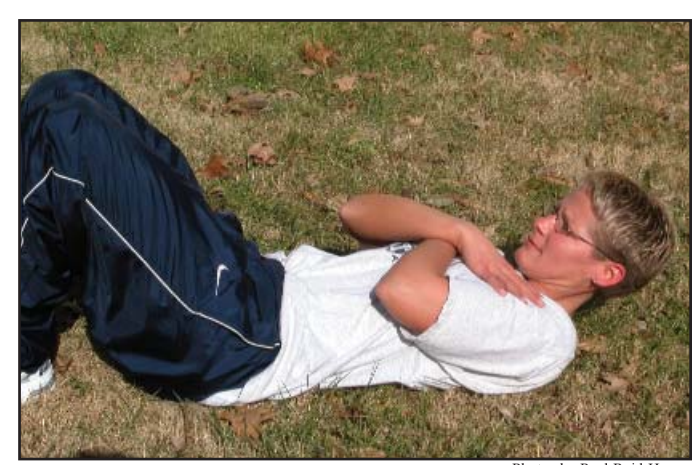
The Dobbins Fitness Center offers cardio equipment, a gym, running trails and a new walk/run program

Sit-ups

Lie on your back with your knees bent at 90 degrees while a buddy holds down your ankles (you can also brace your toes under a bar or door). Then cross your arms over your chest so your hands are on opposite shoulders, and now curl up until your elbows touch your thighs or knees. Lower yourself to the starting position and repeat. Men and women will have one minute to perform as many as possible.



The trail mapped above, is 2.1 miles long. Other variations on the trail are listed at The Dobbins Fitness Center. A .8-mile track circles the fitness center. On the main side of the base, a .75 mile trail begins at the Lakeside Recreation Center, goes behind the rental center and ends back at the lakeside. A 1.5-mile timed run is part of the new fitness standard and counts for 50 percent of the score. It is the most important factor also because running will often promote weight loss and a thinner waist, which counts for 30 percent of the score. The other 20 percent of the score is push-ups and sit-ups. They are properly demonstrated, clockwise from left, by Master Sgt. Mark Brown, 94th Mission Support Group, workgroup manager; Master Sgt. Angela Cooper, 94th Airlift Wing Education and Training Office, unit training manager; Maj. Michael Vecera, 94th Airlift Wing, staff judge advocate and Staff Sgt. Wendy Blevins, 94th Maintenance Squadron, electronic warfare specialist. Top, Staff Sgt. Micky Cordiviola, 94th Airlift Wing, Public Affairs journeyman, jogs on the 2.1-mile track around the Dobbins Fitness Center.



Photos by Paul Reid Hanna

FIT TO FIGHT

Are you Fit to Fight?

By Staff Sgt. Micky Cordiviola
Public Affairs

If anyone's New Year's resolution was to get into better shape, then the Air Force has just provided one more reason to get off the couch, put away the junk food and start exercising.

As of Jan. 1, an implementation of the new Air Force standards began and requires all members to complete a 1.5-mile run, a one-minute timed push-up drill, a one-minute timed crunch drill and a waist measurement.

"The goal is to see each member develop a healthier lifestyle to improve their fitness and do it safely," said Maj. Gen. John J. Batbie, Air Force Reserve Command vice commander. "To score well reservists will need to participate in personal fitness programs while in civilian status."

An airman's performance can earn them a maximum score of 100 points and 50 of those points can be acquired from the run. The abdominal circumference is worth a maximum of 30 points, crunches are worth 10 points and push-ups are worth 10 points. Each category gains points based on age.

The total number of points can place a Reservist in one of four categories: Excellent is a score of 90 or above, good is 75 to 89.9, marginal is 70 to 74.9, and poor is less than 70.

"This fitness program will help everyone participating adopt a mindset that will ultimately contribute to their well being," said Chief Master Sgt. James Woods, 94th Airlift Wing command chief. "Adopting a better lifestyle will not only increase your lifespan by reducing the chance of developing health problems but it also contributes to having a sharper mind. This in turn helps us to do a better job which is extremely important because our country depends on us."

There are many different ways people can get ready for the challenge ahead. Many experts suggest that circuit training with an average of 10 repetitions per exercise at maximum weight capacity for

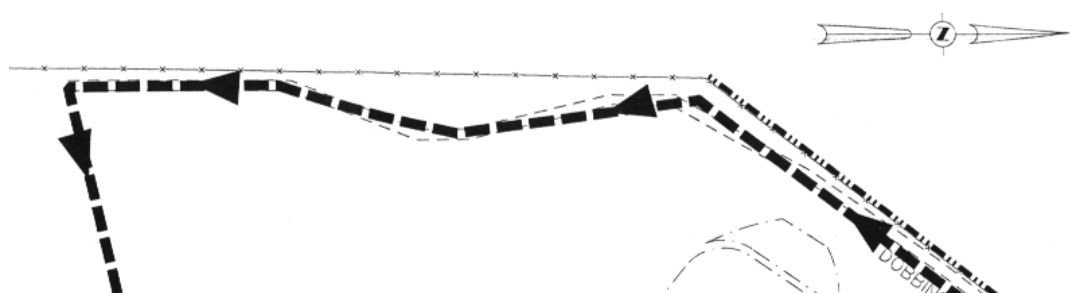
Charts reflect the scoring for reservists aged 25 to 29

Females 25-29

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤11:24	≥46	50.00	<29.5	30.00	≥41	10.00	≥47	10.00
11:25-11:36	45	47.50	29.50	28.75	40	9.75	46	9.50
11:37-11:54	44	45.00	30.00	27.50	38-39	9.50	45	9.00
11:55-12:30	42-43	43.50	30.50	26.25	36-37	9.25	42-44	8.75
12:31-13:12	40-41	42.00	31.00	25.00	35	9.00	40-41	8.50
13:13-14:00	38-39	40.50	31.50	23.75	31-34	8.75	38-39	8.25
14:01-14:54	36-37	39.00	32.00	22.50	28-30	8.50	36-37	8.00
14:55-15:18	35	37.50	32.50	22.30	25-27	8.25	34-35	7.75
15:19-15:48	34	36.00	33.00	22.00	22-24	8.00	31-33	7.50
15:49-16:24	33	34.00	33.50	21.80	19-21	7.75	29-30	7.40
16:25-16:54	32	32.00	34.00	21.50	16-18	7.50	27-28	7.30
16:55-17:36	31	30.00	34.50	21.30	14-15	7.40	25-26	7.20
17:37-18:12	30	27.00	35.00	21.00	13	7.30	23-24	7.10
18:13-18:54	29	24.00	35.50	18.00	11-12	7.20	21-22	7.00
18:55-19:42	28	21.00	36.00	15.00	10	7.10	19-20	6.00
19:43-20:36	27	18.00	36.50	12.00	8-9	7.00	17-18	4.00
20:37-21:30	26	15.00	37.00	9.00	7	6.00	15-16	2.00
21:31-22:30	25	12.00	37.50	6.00	6	5.00	<15	0.00
22:31-23:36	24	9.00	38.00	3.00	5	4.00		
23:37-24:48	23	6.00	>38.00	0.00	4	3.00		
24:49-26:06	22	3.00			3	2.00		
>26:06	21	0.00			2	1.00		
					<2	0.00		

Males 25-29

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤9:36	≥54	50.00	<32.5	30.00	≥57	10.00	≥53	10.00
9:37-9:48	53	47.50	32.50	28.75	56	9.75	51-52	9.50
9:49-10:12	51-52	45.00	33.00	27.50	55	9.50	50	9.00
10:13-10:36	49-50	43.50	33.50	26.25	54	9.25	48-49	8.75
10:37-11:06	47-48	42.00	34.00	25.00	52-53	9.00	46-47	8.50
11:07-11:36	45-46	40.50	34.50	23.75	48-51	8.75	44-45	8.25
11:37-12:12	43-44	39.00	35.00	22.50	45-47	8.50	42-43	8.00
12:13-12:54	41-42	37.50	35.50	22.35	41-44	8.25	40-41	7.75
12:55-13:36	39-40	36.00	36.00	22.20	37-40	8.00	38-39	7.50
13:37-14:24	37-38	34.00	36.50	22.05	34-36	7.75	36-37	7.40
14:25-14:54	36	32.00	37.00	21.90	30-33	7.50	34-35	7.30
14:55-15:18	35	30.00	37.50	21.75	27-29	7.40	33	7.20
15:19-15:48	34	27.00	38.00	21.60	25-26	7.30	31-32	7.10
15:49-16:24	33	24.00	38.50	21.45	23-24	7.20	30	7.00
16:25-16:54	32	21.00	39.00	21.30	20-22	7.10	28-29	6.00
16:55-17:36	31	18.00	39.50	21.25	17-19	7.00	27	4.00
17:37-18:12	30	15.00	40.00	21.00	15-16	6.00	25-26	2.00
18:13-18:54	29	12.00	40.50	18.00	13-14	5.00	<25	0.00
18:55-19:42	28	9.00	41.00	15.00	11-12	4.00		
19:43-20:36	27	6.00	41.50	12.00	10	3.00		
20:37-21:30	26	3.00	42.00	9.00	9	2.00		
>21:30	<26	0.00	42.50	6.00	7-8	1.00		
			43.00	3.00	<7	0.00		
			>43.00	0.00				



Utilize circuit training to break into cardiovascular fitness. Circuit training allows for quick rest breaks and builds a number of muscle groups at once. It can also

Why pause to celebrate African-American history?

By Brig. Gen. Henry L. Taylor
Air Force Materiel Command

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- Every February we pause to celebrate African-American History Month. A question that eventually comes up each year is "why is it important to recognize African-American history?"

As I pondered that question this year, I was reminded of a quote from the book, "The Most Important Thing I Know." The book, written by Lorne A. Adrain, is a compilation of inspiring thoughts and words by some of the great leaders in the world.

In the introduction, Adrain states, "People need to hear messages that honor the dignity of human potential." The annual pause to reflect on African-American history gives us a chance to honor the dignity of the human potential and to identify the shoulders on which we stand.

There are many types of histories. We all have personal histories. Our military has an institutional history. We have national histories and state histories, and every race has a history. I would like to share some personal and institutional histories to show the shoulders on which I stand as a commissioned officer in the United States Air Force.

I spent most of my time growing up in Charleston, S. C., living with my maternal grandmother. I spent many nights in front of a big wood-burning stove, listening to my grandmother tell stories and learning the ways of the world.

My grandmother would always say, "When it comes time to bury me ... take me back to Heyward." All the time growing up, I did not know what Heyward meant or where it was located. When my grandmother died, we took her to White Hall, S. C., and buried here where we always buried our folks.

It took someone studying our family history for me to learn the rest of the story about Heyward.

You see, we buried my grandmother and the rest of our folks on a plot of land that was set aside to bury the slaves who worked at a place called Heyward Plantation. We have been burying the descendants of those slaves there ever since.

My mother is buried there on a row with her mother, her brother, her aunts and uncles. I can walk down that row and go back nearly 200 years of my personal history. I walk down that row and I see the names of the people on whose shoulders I stand.

We don't have an Air Force general officer on that row ... yet. But one of these days my kids will be able to walk back 200 years of their history and turn around and walk from servitude to service.

I have spent 30 years in the service of my country in two different branches of the military. I served four years in the Navy, and, for the last 26 years, I have served in the Air Force.

The military is an institution that has a history.

African-Americans have served in every American war, starting with the Revolutionary War. As a matter of fact, military service has been a powerful weapon in the pursuit of social improvement for individuals and African-Americans as a group. But it has not been easy.

In 1866, the congress of the United States established an army to take on the challenges of the westward expansion of the country. Parts of that army were the 9th and 10th Cavalries and the 24th and 25th Infantries. These units were comprised of black soldiers who later gained fame as the Buffalo Soldiers.

Courtesy photo

Tuskegee Airman trainees photographed in 1944 during World War II by a local woman who worked at the Tuskegee training site in Alabama.

In 1876, the 10th Cavalry received an officer named Henry O. Flipper. He was the first African-American to graduate from the U.S. Military Academy at West Point. During his four years at West Point, he was given the silent treatment. None of the other cadets spoke to him except in the performance of official duties. But Flipper was determined to weather all challenges. He stated that he and other black cadets wanted "to be left alone to our own resources for study and improvement, for enjoyment in whatever way we chose to seek it...we care not for social recognition. We did not expect it."

It is this example of self-determination that I stand on. Flipper persevered at West Pont; he endured unfair treatment on active duty that eventually led to his discharge from the Army. He went on to a successful career in mining and surveying. But I stand on the shoulders of Flipper, one of the first commissioned black officers in the U. S. military.

In January 1941, the Army announced the formation of its first all black air corps unit, the 99th Pursuit Squadron. These men would become fighter pilots. Many consider this to be the most challenging type of military flying. An army airfield in Tuskegee, Ala., became the center for training these black pilots, and they became known as the Tuskegee Airmen. The activity at Tuskegee was first called an experiment because there were many who believed that blacks didn't have the "right stuff" to fly and be fighter pilots. But the Tuskegee Airmen proved them wrong. They never lost a bomber they were escorting to enemy fire. The Tuskegee Airmen fought for the right to fly. They fought for the right to deploy to Europe. And they fought for the right to engage in combat. I proudly stand on the shoulders of the courage of the men who are called Tuskegee Airmen.

We pause each year to celebrate African-American history. But we all have histories. I have shared a glimpse into my personal history and the institutional history of our military. But the dignity of the human spirit and human potential are really the true lessons of history. It can be a lesson that allows each one of us to see the shoulders on which we stand.

1941 photo by Army 161st Signal Photo Company.

Cpl. Merrel Moody, U. S. Army, infantry school instructor, shows students of Infantry School Stables at Fort Benning, Ga., the proper way to clean a saddle.

Fourth quarter award winners announced

With the quarterly results in, Dobbins prepares to reveal the annual award winners

Chief Master Sergeant James Woods, 94th Airlift Wing, command chief, has announced the quarterly award winners for the 94th AW. Selected by a board, the winners were submitted based on their accomplishments from October to December 2003.

Master Sgt. Joe O'Shields, 94th Maintenance Squadron, communication/navigation systems craftsman, has been named the Outstanding Senior NCO of the Quarter. Along with his ongoing can-do attitude, Shields represented the wing at the DoD Worldwide Identification, Friend or Foe system conference. He also deployed to Ramstein Air Base, Germany, in support of Operation Joint Forge, where he served as a specialist supervisor for Air National Guard and Air Force Reserve maintenance personnel.

Senior Airman Michele Patrick, 94th Operations Support Squadron, intelligence applications journeyman, has been name Outstanding Airman of the Quarter. Patrick was selected based on her academic performance. Her outstanding achievements included earning the Air Education and Training Command Commanders Award for superior academic achievement and high standards in leadership, teamwork and character. She was also named Student of the Month at the 315th Training Squadron, Goodfellow Air Force Base, Texas.

Nominations were not received for Outstanding NCO of the Quarter. Quarterly award winners are selected based on either a single achievement or exceptional performance for the previous quarter. Nomination packages should be submitted to Woods. For more information, submission dates and package guidelines, call Woods at 678-655-4001.

Look for the 2003 annual award winners in the March issue of the Minuteman.

Biker safety - the helmet issue

In the motorcycle riding community, helmet laws have understandably been an emotional issue: the conflict between civil rights/personal freedom and personal safety.

Currently, Colorado, Illinois, Iowa and New Hampshire do not have helmet laws. Arkansas, Florida, Kentucky, Louisiana and Texas have helmet laws that apply only to young riders (usually 18 years old or younger). All other states, including Georgia, require the use of helmets for everyone riding motorcycles.

Aside from the law, you always have the option to ride without a helmet. The consequences of riding without a helmet can include having a safe and uneventful ride, getting a ticket, getting a bump on the head, losing your jaw or nose or ear or eye, getting a neck injury or death. If you ride with a helmet the consequences can range just as wide with the exception that your odds of getting a ticket, getting a bump on your head, losing part of your face, getting a neck injury, or dying are diminished. You have that choice, law or not, but why play the game with the odds stacked against you.

It is noteworthy that the 1998 repeal of the universal helmet law in Kentucky and the 1999 repeal in Louisiana produced effects similar to each other. Observed helmet use dropped from nearly full compliance under the law to about 50 percent without the law within 3 years. Motorcyclist fatalities increased in that same period by

sizeable amounts - by over 50 percent in Kentucky and over 100 percent in Louisiana. Injuries also increased substantially in both states.

But let's make it more personal. Would you allow your experienced biker friend to take your 9-year old boy or girl riding without a helmet? Would you choose to put a helmet on the child because it's the law or because you know better than the child the risk involved in riding without a helmet? If the safety of a child is important, then why would your safety be any different?

As a member of the military team, you are a valuable asset of the United States. If you ride a motorcycle, you have a responsibility to protect yourself from damage just as you would with protecting from damage any other asset of the U. S. military that is in your control. For that reason, helmet use is required for all military members. Since it is required as well as prudent to wear a helmet, let's review helmet use.

No two brands of helmets will fit quite the same, despite being marked with the same sizes. It is also important to note that no two heads are shaped the same, despite being able to wear similarly sized helmets.

Wearing a helmet that is given to you as a gift or that happened to come with a bike you purchase may not be best for you unless it is properly fitted first. You may find it wearable for a few hundred miles, but if you take a serious trip on your bike and that helmet was not selected for proper fit, you can plan on being uncomfortable after an hour or two into the trip or even consider ending the trip earlier than you had planned.

The factors involved in proper helmet fit are:

1. Snugness - Your helmet must not be able to twist or lift because of the wind.
2. Forehead - Your helmet must not leave a red mark/indentation on your forehead.
3. Ear holes - Your helmet must not be able to fold or even press constantly on your ears.

Proper snugness of a new helmet is found when the liner presses firmly (but not too tightly or uncomfortably) against your cheeks. There should be no gap between you cheeks and the liner on a new helmet. After a few weeks the liner will form to fit (because of compression) to the point that you will not notice any tightness against your cheeks, though the liner will remain in gentle contact with both.

Once the snugness issue is dealt with you can deal with forehead fit. Invariably you will notice an area of redness on a part of your forehead after wearing a new full face helmet for several minutes. You can cure that with the use of a large spoon. Use the back side of that spoon and compress the Styrofoam in the part of the helmet causing the marks. You will not have to remove the helmet liner to do this.

After you assure that the cheeks and forehead are fit properly, you need to assure that your ears are not contacted in any way while wearing the helmet.

Whether you have earphones installed or not, it is imperative that your ears are free from contact. To cure any problems, you will have to pull away

the liner and use a knife to cut away part of the Styrofoam around the ear wells within the helmet. A little too much is far preferable than not enough. After an hour of wearing a helmet that binds your ears in any way, you will be in awful pain!

Now that your helmet is properly fitted consider buying and using a skull cap with it. Two good reasons for a skull cap are:

1. You can wash the skull cap but you cannot wash the helmet liner.
2. You can soak the skull cap in water before putting it on and it will keep you nice and cool on hot days.

Wearing a properly fitted helmet just makes sense and it is a key element to the safety philosophy of the intelligent biker.

Dobbins' Sharp Troop

Photo by Don Peek

Tech. Sgt. William Yarbrough, 94th Maintenance Squadron aircraft mechanic, received a Sharp Troop Award from the Dobbins Chiefs Group last month. Yarbrough was recognized for setting the standards in his appearance, professional accomplishments and his volunteer spirit. Chief Master Sgt. David Curtis, 94th Public Affairs superintendent, nominated Yarbrough for the award. The award is presented to technical and staff sergeants to recognize their contributions to the Air Force Reserve.

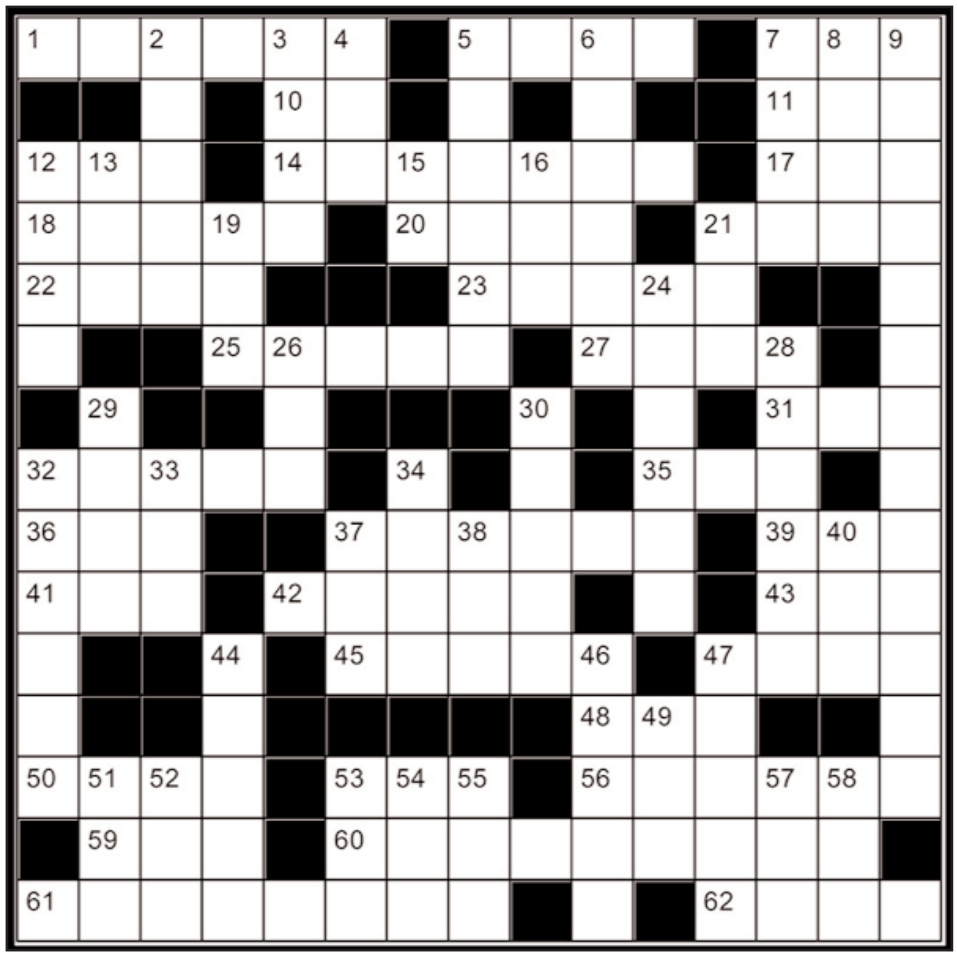
A Band of Brothers

Photo by Paul Reid Hanna

Maj. Stuart Shannonhouse, left, 94th Aeromedical Evacuation Squadron, chief of operations support, recently administered the Enlistment Oath to his brother Master Sgt. David Shannonhouse, 94th Airlift Wing Safety Office, superintendent. David enlisted for three years and Stuart will retire from the Reserve in March. The brothers joined the Reserve at Dobbins ARB in 1979.

African-American History Month

Think you know our American heritage? Try this month's crossword puzzle.



Crossword by 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS
1. First African-American U.S. Surgeon General
5. Competition
7. Mon.
10. Article 86-UCMJ topic (abbrev.)
11. ___ Paulo, Brazil
12. African-American prize fighter considered to be "The Greatest"
14. First African-American astronaut in space
17. Center
18. Roots African American author
20. Balkans person
21. Soccer star
22. Capital of Norway
23. Construct
25. Halts
27. Authentic
31. CIA precursor
32. African-American inventor of Synchronous Multiplex Railway Telegraph
35. Debt
36. Sick
37. African-American civil rights activist, NAACP founding member
39. Actress Lupino
41. 60-70s African-American film, theater star Carl
42. Mustang, Explorer, Escort...
43. Title for a knight
45. Famous African-American woman who traveled to speak against slavery
47. Char
48. DoD 5-digit code used to uniquely identify a "typeunit"
50. Spaghetti sauce maker
53. Greek letter
56. Greek island
59. Military phone lines (abbrev.)
60. Youngest, first African-American nominated for Oscar Best Director
61. African-American abolitionist, author, orator
62. Dick Tracy's lady

DOWN
2. Bore
3. Precious stone
4. Actor Mineo
5. Firearms
6. African-American innovator in agriculture
7. First African-American to win Wimbledon
8. ____ Cuffe; 1800s African-American civil rights champion
9. First African-American woman to serve in presidential cabinet
12. Ship to shore call
13. ____ Vegas
15. America, briefly
16. Paddle
19. Greek goddess of dawn
21. School grp.
24. Vivid purplish-red
26. ___ the season to be jolly
28. Rosa ____ Parks; African-American called "Mother of Civil Rights"
29. Staff
30. The Road Not Taken poet
32. Little House on the Prairie writer
33. Bullfight cheer
34. Vice President dueler
37. Fleck
38. Military work clothes (abbrev.)
40. Military org. concerned with foreign military intel
44. First African-American ambassador to the United Nations
46. Tosses
47. African-American slave who waged freedom legal battle
49. Article
51. Commotion
52. Military unit not attached to a MOB (abbrev.)
53. Civil war opponent to the Union (abbrev.)
54. Towel marker?
55. Former org. concerned with immigrations
57. Female deer
58. Navy 0-1 (abbrev.)

Dobbins ARB welcomes six new chiefs into role of leaders

By Chief Master Sgt. David Curtis
Public Affairs

Last month six chief master sergeants were inducted into their ranks during the third annual Dobbins Chiefs Induction ceremony and dinner. The ceremony is held at the beginning of the year to recognize those chiefs who were promoted in the previous year.

This year's inductees were piped into the Dobbins Consolidated Club's banquet room by a bag piper and passed under the drawn swords of the 94th Airlift Wing Honor Guard. As part of the ceremony, the inductees received certificates, chief busts and participated in a POW/MIA remembrance. During the dinner, the Woodwind Quintet, a part of the Band of the Air Force Reserve, performed.

Former Senior Enlisted Advisor for the 14th Air Force, Chief Master Sgt. Stanley Van Meter (retired) was the keynote speaker and discussed the role of leaders with the group and encouraged them to always look for ways to be better leaders. Van Meter was one of the first three SEAs in the Air Force Reserve.

"Each year we've improved our ceremony to recognize our new chiefs," said Chief Master Sgt. Les Davy, Dobbins Chiefs Group president. "We want to make sure that our inductees receive proper recognition for reaching the highest attainable rank in the enlisted force. Along with that recognition comes a responsibility for each or our inductees to give back something to the Air Force Reserve and our Dobbins enlisted force."

Davy added that while the induction ceremony is the formal recognition event, the actual pinning ceremonies for chiefs during the year are also important events in which the Dobbins Chiefs Group participates.

This year's inductees include Chief Master Sgts. Richard Trench, 22nd Air Force Aerial Port functional manager; Steven Wilburn, 22nd Air Force Aerial Port Plans and Training coordinator; James Tannheimer, Air Force Reserve Command, Health Professions Reserve Recruiting Flight superintendent; Vernetta Joyner, 94th Services Squadron Services superintendent; Michael Lapa, 700th Airlift Squadron Flight Engineer superintendent; and James West, 80th Aerial Port Squadron Air Terminal Operations Center superintendent.

Lapa, who pinned on the rank last September, was especially pleased with the ceremony and enjoyed it with his father, who is a retired chief master sergeant.

"A ceremony like this is an excellent way to drive home the importance of our rank and our responsibility to our people and our country," said Lapa. "This year's inductees will be organizing next year's induction and we can't wait to share our enthusiasm with the new chiefs who will be joining us this year."

Photo by Don Peek

Staff Sgt. Joey Capra (left), 22nd Air Force, work group manager, and Chief Master Sgt. Greg Gamble, 22nd Air Force, chief of transportation, participate in a candlelighting ceremony that symbolizes the role of leaders. The chief's headdress in the background also symbolizes leadership and will be on display at the Dobbins Consolidated Club.

Top Three Association elects new officers

A Top Three election was held in December to determine new board members who will take office in February to serve two-year terms.

Elected were:

- President - Master Sgt. Mark Brown, 94th Mission Support Group, workgroup manager.
- Vice President - Master Sgt. Rosalyn Culbertson, 94th Inspector General Office superintendent.
- Secretary - Master Sgt. Geambro Wells, 94th Civil Engineer Squadron, training NCOIC.
- Treasurer - Master Sgt. David Williams, 94th Aerial Delivery Flight, superintendent.

UTA fitness

Still haven't made a New Year's Resolution? Well, this is a great time to get in shape for the Air Force's annual fitness test. During unit training assemblies at the fitness center, the staff will have a walk and run program. This program will also include testing your sit-up and push-up endurance. Don't delay and start today. Fitness Center hours are Monday to Friday from 8 a.m. to 6 p.m. Unit training assembly hours are Saturdays and Sundays from 11 a.m. to 1 p.m. For more information, call Tech. Sgt. Michelle Gray or Staff Sgt. John Guice at 678-655-4872.

Have a say in policy

The Dobbins Chapter of the Reserve Officer's Association (ROA) will meet Feb. 8 at 11:30 a.m. at the Lakeside Facility. Those interested in the support, promotion, development and execution of military policy should attend. The agenda for the meeting will include the election of 2004 Chapter Officers. For more information on the ROA visit them on the worldwide web at http://www.ROA.org.

Valentine's Day bouquet

"Won't you be my Valentine?" Tired of fighting through crowds and paying more for this special occasion? Look no further; come to the Creation Shop inside the Rental Center, Bldg. 558, and shop to your heart's delight. The shop offers an assortment of Valentine bouquets including bears, candy, balloons and silk flowers. Prices start at $7.50. Advanced reservations are highly recommended. To place an order, please call the creation shop at 678-655-4870. Delivery is free on base.

Valentine's Day dinner

A Valentine's Day dinner for two at the Dobbins Consolidated Club includes Chateaubriand, stuffed potatoes, vegetables and dessert. Make reservations for Feb. 14 and get all of this for $49.95 per couple. To make reservations, call 770-427-5551.

Bingo at the Consolidated Club

The Dobbins Consolidated Club hosts a weekly Bingo program every Thursday. Cards go on sale at 5 p.m. and the Early Bird game begins at 6:45 p.m. The regular games begin at 7 p.m. It's a fun night of bingo with $1,100 on the line. For more information, call 678-655-4594.

Happy birthday to all

The Consolidated Club has a birthday gift for all dues paying members. During your birthday month stop by the club and receive a free certificate redeemable for $10 off any purchase at the club. For more information, call 678-655-4594.

Reserve opportunities

The Air Force Reserve master bonus list for both the unit and individual mobilization augmentee categories is approved through March 31. This ensures commanders have a tool to attract members to, historically, critically short AFSCs and provide an opportunity for bonus entitlements to our members who have been demobilized and maybe uncertain about remaining in the Air Force Reserve.

The approved Bonus AFSC list for Dobbins ARB includes the following AFSCs: 2T2X1, 3M0X1, 3P0X1, 4N0X1 and X4N0X1.

For more information, call Master Sgt. Sparkle K. Adams, 94th Mission Support Group 678-655-4002; Master Sgt. Bettie Key, 94th Operations Group 678-655-5052; Master Sgt. David Pritchard, 94th Maintenance Group 678-655-5068; Master Sgt. Carmen Cureton, 22nd Air Force 678-655-4529 and Staff Sgt. Delia Casanova-Diaz, 94th Aeromedical Staging Squadron 678-655-4995.

A new card needs new hours

All military members are required to obtain their Common Access Card by April. The customer service office will be open and ready to issue them Monday to Thursday from 9 a.m. to 3 p.m. and Friday from 9 a.m. to 11 a.m. The unit training assembly hours are Saturday from 1 p.m. to 3 p.m. and Sunday from 9 a.m. to 3 p.m.

Employer's Day

The 94th Airlift Wing is sponsoring Employer's Day on Saturday, July 10. Reservists' employers will be given the opportunity to visit the base and gain a better understanding of the Air Force Reserve. Various activities include a C-130 flight with aeromedical personnel on board. Reservists are encouraged to nominate their employers to participate in this annual program. If you have any questions about nominations or the event itself, call 678-655-5055.

Fly away

The Atlanta Navy Flying Club will be offering airplane rides to publicize the availability of the ANFC to all base assigned personnel who are interested in getting a pilot's certificate. Anyone with access to the Dobbins/NAS Atlanta is eligible to join. For more information, call Ralph Connell at 770-422-9434 or 770-265-1051.

Have you moved?

If you have moved, you must update your current address with your unit orderly room representative. Be sure to include your full zip code and congressional district. Do not use a P. O. Box as a primary address. All primary addresses must be where you physically live. You may, however, use it as a secondary address. For more information, call Customer Service at 678-655-4880.

Solutions for January crossword "Centennial of Flight"

O	R	V	I	L	L	E		W	I	L	B	U	R	
W	O	E		A	O	L		R		O	U	T		S
E	T	E	R	N	A	L		I		A	N	T		M
D	A	R	E		N	E		G	O	D		E	L	I
			N	A	S		E	H	S		B	R	A	T
K	N	O	T				L	T	D	S		S		H
I	O	N			J	E	F	F		T				S
T	W	E	L	V	E			L		A	V	E		O
T			E		B	I	C	Y	C	L	E			N
Y		B	O	P		M	R	E		E	N	D		I
H	O	O		O	F	F	E	R	S		I	A	E	A
A	R	R	I	V	E		E		I		C	Y	A	N
W	E	N	T		W	A	D	E	S		E	T	S	
K		E	A	U		R		A				O		
	N	O	R	T	H	C	A	R	O	L	I	N	A	

I'm not a military member, but I play one on TV

Photo by Bill Bauman

On Dec. 19, Dobbins looked a lot like a Hollywood film set when actors, film crew, make-up artists and catering trucks inundated the base to film a commercial. The commercial, which will air in base theaters at military installations across the world, focuses on the importance of safety. Filming took place at the Dobbins confidence course and actors tried their hand at navigating the obstacles like real military members. The commercial is one in a series sponsored by Army and Air Force Exchange Service.

World Wrestling Entertainment Superstars arrive here after promoting 'Operation USO Care Package'

Photo by Courtney E. Franchio

A native of Warner Robins, Ga., World Wrestling Entertainment Superstar Faarooq (right) greets one of the several WWE fans waiting on the Dobbins ARB flightline on Dec. 21.

After bringing holiday greetings and United Service Organizations care packages to troops in the Persian Gulf Region, members of World Wrestling Entertainment landed at Dobbins ARB on Dec. 21. Landing in a KC-10 from McGuire Air Force Base, N.J., were Vince McMahon, WWE chairman, along with WWE Superstars Stone Cold Steve Austin, Big Show, Torrie Wilson, Sable, Chris Benoit, Eddie Guerrero, John Cena, Bradshaw and Faarooq, A-Train, Nathan Jones, Rikishi, Rhyno and Dawn Marie.

The trip was an effort to promote the USOs "Operation USO Care Package" program, organized by the Defense Department's Armed Forces Entertainment Office. The visit was shown on a special edition of WWE SmackDown!, which aired on Dec. 25.

For a donation of $25, individuals were able to send a USO Care Package containing an assortment of daily sundries that service members have specifically requested, such as prepaid international calling cards, disposable cameras, toiletries and sunscreen. The packages also included greetings from the American public, transferred onto official "Operation USO Care Package" postcards.

Promotions

Chief Master Sergeant
Thomas M. Hunt
Rickey D. Little
Joyce M. Turner

Senior Master Sergeant
John G. Carter
John M. Francis
Lisa C. Lewis
Milta E. Mahoney
Robert L. Shores
Ryan K. Spicer

Master Sergeant
Virginia E. Bjornson
Sandra Diaz
Richard Halloran
Lillie R. Lowrey
Martha M. Pressley
Johnnie D. Purify, Jr.
Kent I. Smith
Lyndon B. Tubbs
Timothy R. Wilson
Richard C. Winstead

Technical Sergeant
Jerry R. Bowling
Valentino Bradford
Diaz Delia M. Casanova
Anderson L. Davis III
Christopher A. Johnson
Richard Lawson
Daniel W. Miller
Hilda E. Moses
Carl R. Perry
Lachelby D. Ward

Staff Sergeant
Alycia J. Jackson
Joseph Jacobs, Jr.
Timothy M. Kelly
Muriel Marrshall-Harris
Dorothy K. Redford

Senior Airman
Marya O. Bayman
Terrain L. Florence
Tamara L. Franklin
Kennedy H. Menard

Airman
William J. Carroll
Michael A. McGirt
Anita M. Miller
Chad R. Raymond

Newly assigned

Lt. Col. Jeanne M. Kerney
Maj. Barney L. Lumley
2nd Lt. Donna J. Lempges
Chief Master Sgt. Alan P. Rogers
Master Sgt. Terrance D. Stokes
Tech. Sgt. Clarence S. Jacks
Staff Sgt. John P. Batiste
Staff Sgt. Mike L. Du
Staff Sgt. David A. Jenkins
Staff Sgt. Steven A. Livingston
Staff Sgt. Timothy P. Shook
Staff Sgt. Ronald L. Todd, Jr.
Senior Airman Jonathan M. Beggs
Senior Airman Tracy N. Bridges
Senior Airman Alicia Caraballo
Senior Airman Jodi L. Hradek
Senior Airman Aron Jackson
Senior Airman Travis A. Johnson
Senior Airman Cherylann A. Lyons
Senior Airman Jason A. Mitchell
Senior Airman Don A. Waston, Jr.
Airman 1st Class Derrick C. Alford
Airman 1st Class Bryan K. Davenport
Airman 1st Class Sonya Jackson
Airman 1st Class Justin P. Jones
Airman 1st Class Charmaine P. Nelson
Airman 1st Class Trevor J. Phillips
Airman 1st Class Robert B. Quiggle
Airman 1st Class Lashan Reeves
Airman 1st Ashley A. Stewart
Airman 1st Class Tiffany L. Washington

February UTA Schedule

The UTA schedule may change due to the deployment exercise.

SATURDAY

Activity	Time	Location
MobilityExercise	6 a.m.-4 p.m.	Bldg. 838/Bay 2
Sign in	7-8:30 a.m.	Unit assigned
Wing element staff mtg	7:15-7:45 a.m.	Bldg. 838/Rm 1202
Occupational physicals	8-11 a.m.	Navy Clinic
M16 and M9 AFQC	8 a.m.	CA Range
Newcomers intro	8:30-9:30 a.m.	TBD
NBCWD Refresher	9-11 a.m.	Bldg. 838/Rm 1322
Newcomer's orientation	9 a.m.-3:30 p.m.	Bldg. 838/Rm 2406
QNFT Mask Test	9 a.m.-3 p.m.	Bldg. 727/TBD
Deployment mgrs. mtg.	CANCELLED	Bldg. 838/WCR
First Sgts. GP mtg	11-noon	Bldg. 827/TBD
Occupational physicals	1 p.m.	Navy Clinic
CDC Exams	CANCELLED	Bldg. 838/Rm 2304
NBCWD Refresher	1-3 p.m.	Bldg. 838/Rm 1322
UTA processing line	CANCELLED	Bldg. 838/Rm 2406
Retreat (94th AW)	4 p.m.	Bldg. 922/Front

SUNDAY

Activity	Time	Location
Open ranks/Sign In	6:45-7:30 a.m.	Unit Assigned
MobilityExercise	7 a.m.-3 p.m.	Bldg. 838/Bay 2
Physical exams (aircrew)	8 a.m.	Navy Clinic
Physical exams (others)	8 a.m.	Navy Clinic
Awds and Decs board	8 a.m.	Bldg. 838/Rm 2227
3S0X1 personnel trng.	8-9 a.m.	Bldg. 838/Rm 2304
Immunizations	9-11 a.m.	Navy Clinic
HRDC meeting	9 a.m.	Bldg. 838/WCR
Trng. review panel	9 a.m.	Bldg. 727/700 AS
Chiefs Group mtg	9-10 a.m.	Bldg. 838/Rm 1202
CDC exams	9 a.m.-noon	Bldg. 838/Rm 2304
IG complaints	10 a.m.	Bldg. 838/Rm 2105
Enl. advisor council mtg.	10-10:30 a.m.	Bldg. 838/WCR
Cmdr's working lunch	11:30 a.m.	Com (Marietta room)
OJT Managers Mtg.	1-2 p.m.	Bldg. 838/Rm 2406
Flying Safety	1-2 p.m.	Bldg. 727/700 AS
Immunizations	1-3 p.m.	Navy Clinic