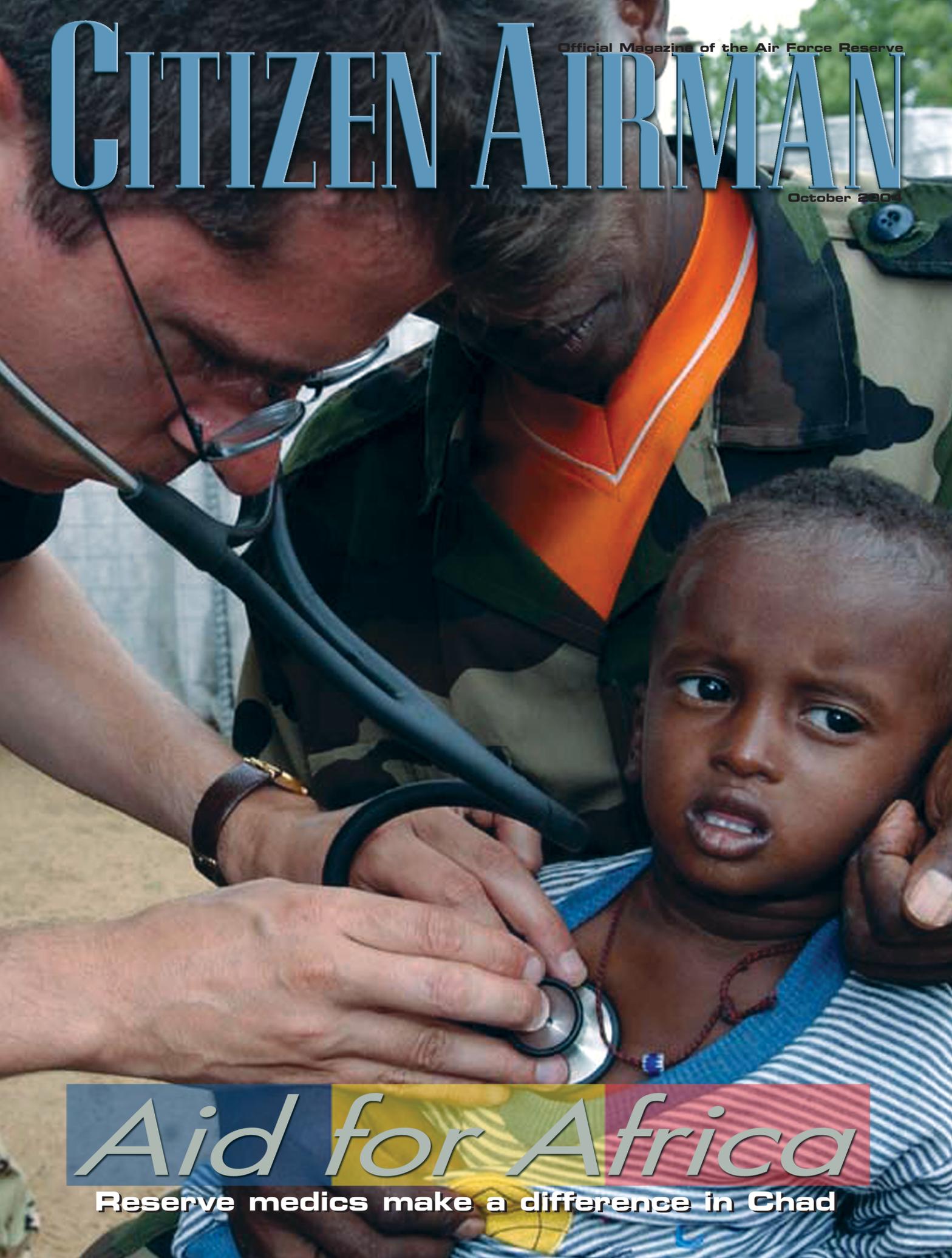


CITIZEN AIRMAN

Official Magazine of the Air Force Reserve

October 2004



Aid for Africa

Reserve medics make a difference in Chad



By Lt. Gen. John A. Bradley
Commander, Air Force Reserve Command

To All Reservists: Thanks for Your Selfless Service

I wanted to take this first opportunity to personally thank each of you who make up this important command. Air Force Reservists continue to play an ever-increasing role in support of the world's best Air Force.

As citizen airmen, you have played a vital role in our nation's defense. The post-9/11 environment has pressed our command even harder, and as usual you have met the challenge and performed brilliantly, showing a true sense of patriotism, a love of country and selfless service that typifies the Air Force Reserve and makes our nation proud.

The Air Force Reserve has provided homeland defense through combat air patrols, medical support, security resources, airlift and refueling, aerial port transfer, search and rescue, detainee transfer and much more to support our national defense against terrorism. We continue to expand our role in support of contingency operations.

From Operation Joint Forge to Operation Noble Eagle, from Operation Enduring Freedom to Operation Iraqi Freedom, our nation's Air Force Reserve has provided the assets to show that the resolve of our great nation will not waiver and we will ultimately win America's fight for freedom throughout the world.

The role of the Reserve continues to change and expand as you prove yourselves time and time again to a grateful nation. Air Force Reserve Command's Future Total Force will include F-15 associate units, space operations, Predator, Global Hawk, RED

HORSE and Operation Deep Freeze, to name only a few.

Over the last few years, the contributions being made by Air Force Reservists have been more significant because we operate with limited budgets and resources. We must face our future challenges with this reality but make it our highest priority to serve you: the Air Force Reserve's greatest asset.

The Air Force Reserve has to make people its first priority. This means doing all we can to help you do your job. This includes providing the best leadership, the best training and the best equipment. We will continue to push for equipment such as aircraft defensive systems, advanced targeting pods and improved night-vision goggles. The ongoing effort toward continued modifications of equipment ensures interoperability and relevancy to combatant commander requirements.

In addition, we need to focus on quality of life factors that involve family, employer and community support. We will continue to work for legislation for citizen airmen and their families to receive equitable pay, entitlements and benefits in keeping with the sacrifices made by all of those who serve.

I appreciate your selfless service to our Air Force and our nation. I am proud that you serve in such an exemplary fashion, without fanfare, in the defense of America, providing a rapid response with global presence to protect and bring freedom to all. God bless each of you and all you do in the Air Force Reserve and the service of our nation. ★

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Front cover: Capt. (Dr.) Andy Lobl, a physician with the 911th Aeromedical Staging Squadron, Pittsburgh International Airport Air Reserve Station, Pa., checks a baby's lungs as part of a physical during a recent humanitarian mission to Chad. For the story, see page 14. (Tech. Sgt. Chance C. Babin)

Back cover: Lt. Col. Guy Morley, 26th Space Aggressors Squadron commander, Schriever Air Force Base, Colo., proudly displays the Jolly Roger, his unit's unofficial colors. For the story, see page 2. (Tech. Sgt. Jason Tudor)

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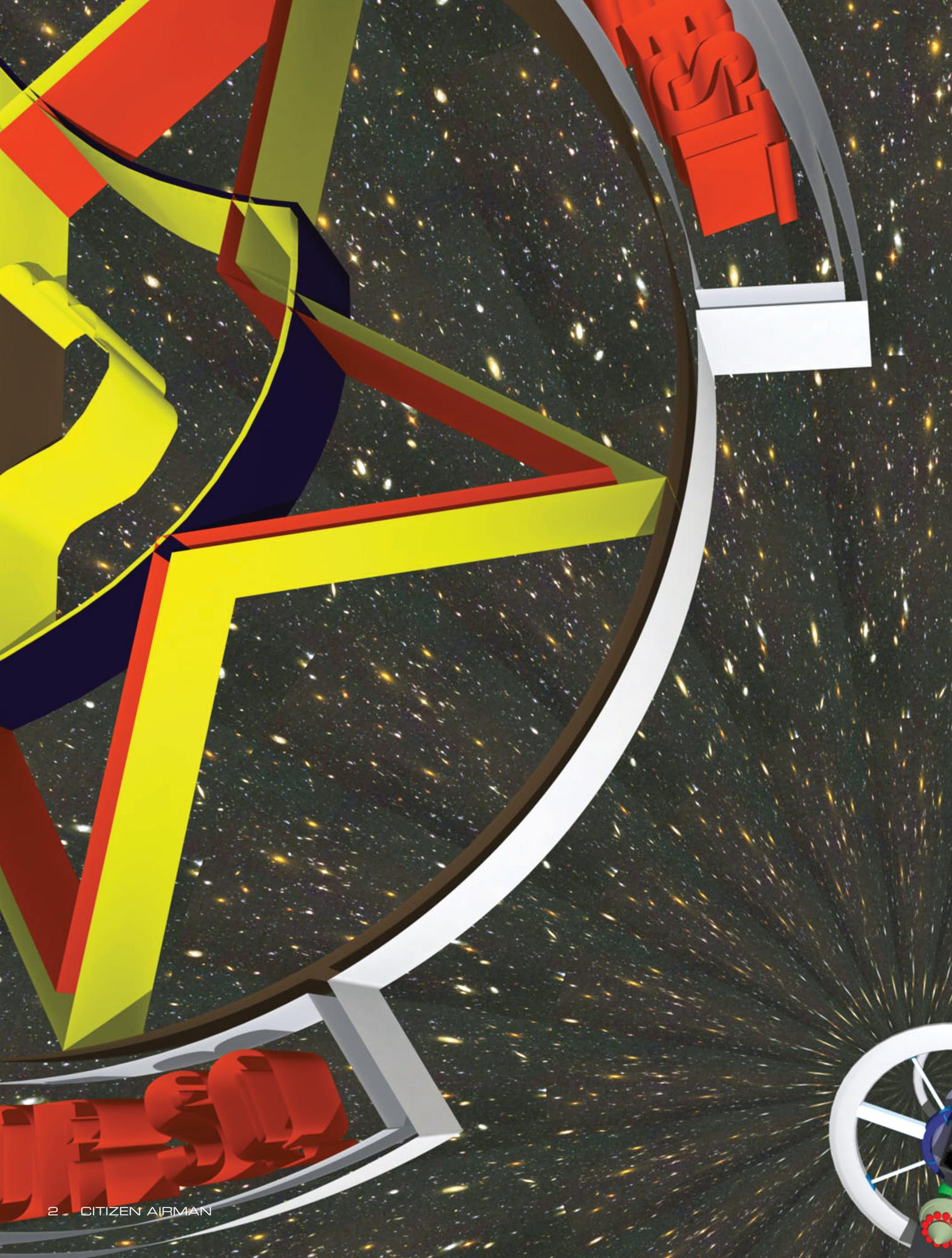
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RESISTANCE IS FUTILE

Space aggressors sail into military's newest frontier
Story and photos by Tech. Sgt. Jason Tudor

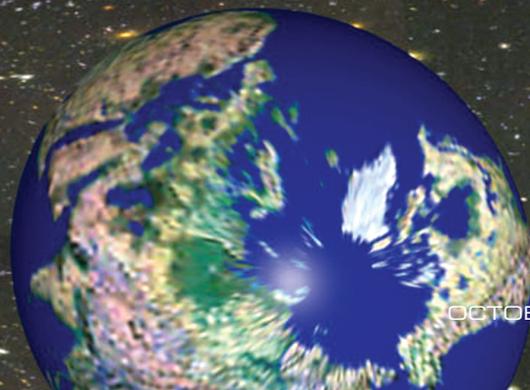
That glint you see in the corner of his eye as he looks toward the sky could be a star. Maybe it's the noon sun high in the Colorado sky. Perhaps a reflection from the rolling hills that surround his Rocky Mountain workplace.

More likely, however, it's a satellite, one of a thousand America has launched into space since Russia's Sputnik first orbited the Earth 47 years ago. And that satellite caught in Lt. Col. Guy "Spike" Morley's eye is there for a reason.

He wants to attack it. And he can.

With the red star of the Aggressor slapped proudly on his shoulder, Colonel Morley commands the now year-old 26th Space Aggressors Squadron, a group of 30 Reservists holed up on one of the most heavily guarded Air Force bases in the Department of Defense some 10 miles southeast of "Spacetown, USA," Colorado Springs, Colo.

This is a band of handpicked space warriors that gets paid to think and do like the world's bad guys. While some might see them as a rapscaillon group of rogues that Captain Hook might assemble to loot and plunder, nothing could be farther from the truth.



And so, right now, that glint in Colonel Morley's eye is that of a captain, setting sail on an ocean called "space," with a newly built ship fitted with new cannons and an uncharted mission.

"Technology has created a flashpoint for bad guys to attack our own systems," said the commander with the Jolly Roger flying proudly on his office wall. "They can cripple our ability to fight effectively. As space aggressors, so can we."

Attacks in all shapes and sizes

On a Web site discovered in a random search using the words "jamming" and "satellites" reads this posting:

"I was thinking about jamming satellites. It sounds fun. I want to do more than jam, which is pretty easy. ... possibly broadcast."

The poster went on to say he would probably get caught, but he wasn't too worried.

"I don't think they can do much to a

kid my age. Gotta do it before my birthday, which gives me 12 days. Just thinking out loud. Anyone got a good guide or something?"

Sound innocent? Colonel Morley said the "good guides" are out there.

"You can find this stuff all over the Internet," he said. "While no country is economically positioned to go against us, our enemies can look for cheaper and easier ways to defeat our technologies."

And they have. During Operation Iraqi Freedom, in one well-publicized incident, the United States destroyed six Global Positioning System satellite-jamming devices that were intended to stop the delivery of precision-guided weapons.

"I'm pleased to say they had no effect on us," said Maj. Gen. Victor Renuart, commenting on the incident at the time.

The efforts extend far beyond Iraq. In another well-publicized incident, the Iranian government used a small satellite dish based in Cuba to block the transmis-

sion of the Voice of America signal into Iran.

Iran itself couldn't block the program because the signal must be jammed over the Atlantic Ocean, where the satellites are positioned. So, instead, according to Associated Press reports, the government used a small Russian communications station in Cuba to jam the signal.

Incidents like these, and others that no one can mention, got senior DOD leaders talking. ... and wondering.

"At first, no one wanted to discuss the possibilities," said Maj. Dwight Anderson, who's been part of the Space Aggressors program since its birth nearly seven years ago. "They wanted to discuss the offensive capabilities but not the defensive stuff. Everybody saw space as a sanctuary. But that's changed."

However, resistance still exists to discovering the benefits of deterring space-based attacks on U.S. assets.

"There are a lot of people who want to stick their heads in the sand and not



(Left to right) Master Sgt. J.J. Lewis, Tech. Sgt. Steve Sprouffske and Ken Trousdale, an air reserve technician, calibrate a system before an exercise. While not an exact science, the Aggressors are careful about their operations, ensuring safety and accuracy with their work.

acknowledge the threat," Colonel Morley said. "We have a great investment in offensive capabilities. We likewise have to invest in defensive capabilities."

'Space Pearl Harbor'

With each conflict since the Gulf War, the United States and its allies have come to rely more upon space-based capabilities like GPS, Colonel Morley said. It's this increased reliance on space that has the Aggressors thinking of ways to fight potential threats.

"We need the ability to anticipate what the enemy might do," said Maj. Brett J.B. Rota, a former helicopter pilot who is now the politico-military officer of the Aggressors. "We need to better develop tactics, techniques and procedures that meet the future needs of the DOD."

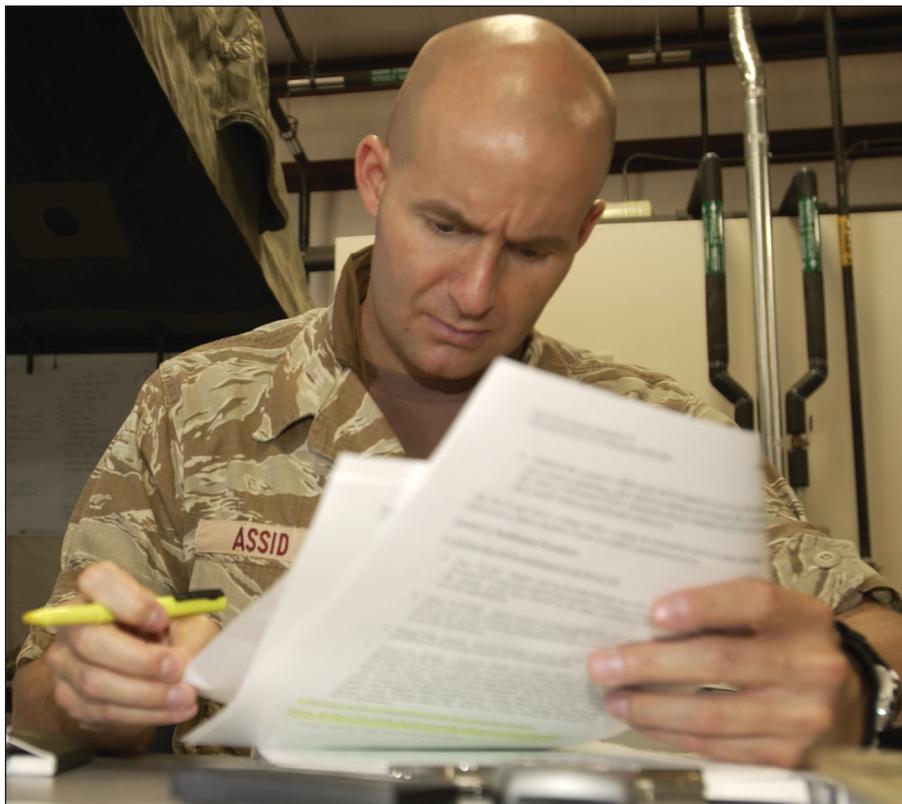
"An attack on elements of U.S. space systems during a crisis or conflict should not be considered an improbable act," according to a DOD report. "If the U.S. is to avoid a 'space Pearl Harbor,' it needs to take seriously the possibility of an attack on U.S. space systems. The nation's leaders must assure that the vulnerability of the United States is reduced and that the consequences of a surprise attack on U.S. space assets are limited in their effects."

Enter the Aggressors, including the Reserve squadron and its active-duty counterpart, the 527th SAS. Enter Schriever Air Force Base, Colo., more silent and mysterious as far as its space-based operations and mission are concerned than "Catcher in the Rye" author J.D. Salinger is about his own privacy.

Master Sgt. J.J. Ellis is one of the people Colonel Morley hired to be on his team. By trade, Sergeant Ellis is one of two survival, evasion, resistance and escape instructors in the Air Force Reserve. However, his new day job has him doing something more — something to prevent that "space Pearl Harbor."

"I thought I'd continue to be a 'bug-eater' and teach the others about bug-eating," said Sergeant Ellis, who was the first bug-eater involved in Operations Northern and Southern Watch. "Now, I'm both a bug-eater and an operator."

Maj. Rich Burchfield, operations officer for the squadron, is one of a handful of people trained to understand the tech-



Maj. Mike Assid reviews material about threats and communication capabilities before the start of an exercise.

nology the squadron employs when it's out doing its job, as it did during the most recent Joint Expeditionary Force Experiment.

"There are very few things that get me drooling about being in uniform," Major Burchfield said with a wide smile. "This is one of them."

His enthusiasm is a by-product of what he called "an incredible group of people I work with. When they have to go kick butt, get out of their way."

Not standing still

Maj. Mike Assid is wearing a tiger-striped utility uniform and is getting ready to go "schwack" some stuff, as he puts it. He is the Aggressors' operations flight chief. In short, he gets to lead the folks who get to go and do the fun things.

When Major Assid's team goes out and successfully "schwacks" something — disables GPS, floods a satellite channel with noise or irritates a commander's communications capability enough during an exercise to shut it down (they've done it) — that's when he knows his team has done it's job.

"What we do has a direct impact on flyers," the major said. "We present a type of tactical, operational and strategic problem.

Then we show how we did it and what can be done to prevent it in the future."

His team of schwackers demonstrates its array of capabilities via a multimillion dollar toy box. It's a highly classified collection of scopes, dishes and vehicles that Sergeant Ellis and Major Assid use each day.

Like any ship's crew, the Aggressors keep their high-tech "toys" stored in an innocuous cargo hold called "The Barn." It's little more than a large prefabricated shed surrounded by junked cars, motor homes, a portable toilet and a security force that rivals one assembled for a presidential visit.

One element that makes their job all the more challenging is the roaming nature of their enemy.

"The threat doesn't stand still," Major Assid said. "It's a moving target."

Much like the teen-ager convicted of creating the "Blaster" worm that infected millions of computers across the globe recently, attacks on satellite systems can occur from almost anywhere at almost anytime.

"At first, we didn't know what we were looking for," Major Anderson said. "We just figured if it emits, it dies."

Unlike aircraft that need runways,

hangars and hundreds of people to keep them flying, jamming equipment requires much less infrastructure and resources. And it can be used to attack satellite systems while on the move.

"The former mentality of seeing it, targeting it and bombing it until it dies

doesn't work," Colonel Morley said. "With attacks on space-based stuff, the threat is small and is going to pop up again and again."

The key to the Aggressors' success, the colonel said, is that they learn from each of their experiences. He points out that

his is not a group of cowboys, riding in, busting up the bar and riding out. Rather, he prefers the 26th SAS to be known as a group of quiet, educated and well-trained professionals that uses the nation's newest and most diverse threat as a learning tool.

Advanced degree helps Reservist track space enemies

By Tech. Sgt. Jason Tudor

Bill Gates dropped out of college and never earned one. President Bush got his in 1975. Former Secretary of Defense Robert McNamara's helped him lead the Ford Motor Co. after World War II and negotiate through the Bay of Pigs Crisis.

"It" is a master of business administration degree from Harvard University, and Maj. Brett J. B. Rota earned his in June. Major Rota is a traditional Reservist assigned to the 26th Space Aggressors Squadron at Schriever Air Force Base, Colo.

While more than 700 schools across the globe offer an MBA program, Harvard's is considered the pinnacle by many. Only 900 attend per class. Fewer graduate. Still fewer use their degrees for application in military service as Major Rota is doing.

Major Rota said the journey through Harvard's curriculum taught him an important lesson.

"Humility," he said. "You are exposed to a remarkable group of individuals who help you to respect and appreciate the complexities in the world. You walk away humbled by the extraordinary people — from those at the Harvard Business School to those serving our country in the Air Force — who make profound contributions to the global community."

Throughout the journey to earn the master's degree, Major Rota discovered more about himself.

"It really made me appreciate the educational opportunity," he said.

According to Harvard, about 8,500 people applied for 900 slots in the 2005 class. For an unmarried student to attend would cost about \$61,000, according to the school, while a married student pays about \$70,000 in tuition.

More than 70 chief executive officers of Fortune 500 companies have MBAs. Those with Harvard MBAs include the CEOs of eBay, Federal Express and Nike. The mayor of New York City, Michael Bloomberg, earned his Harvard MBA in 1966. Secretary of the Air Force James Roche earned his doctorate in business administration from Harvard in 1972.

Harvard's online admission pamphlet offers this advice to prospective applicants: "Since our mission is to educate leaders who make a difference in the world, we are keenly interested in how you have demonstrated leadership, formally and informally, in college, in your extracurricular interests, and in the workplace,"

Major Rota came prepared.

A third-generation Air Force pilot, Major Rota's father, Capt. Jerry Bolt, flew F-4s, had 189 combat missions in



Maj. Brett Rota

Vietnam and died flying a test mission for the Air Force aerial demonstration team, the Thunderbirds, four days before Christmas in 1972.

His paternal grandfather flew B-17s and was killed in action during World War II. When his grandmother remarried, she found a B-24 pilot who later spent nine months as a prisoner of war in Germany. His maternal grandfather was also shot down as a B-17 pilot during the war; he later led his crew to successfully evade the enemy and escape capture.

After graduation as a member of the ROTC unit at the University of California at Santa Barbara in 1993, Major Rota joined the Army. There, he led 30 people and managed eight UH-60 Blackhawk helicopters as a 22-year-old lieutenant.

"The Army leadership model is so much different than the Air Force's," the major said. "It's a very different environment, and it helped develop my people skills."

After five years in the Army, the major traded green for blue, becoming an Air Force combat search-and-rescue pilot. After four years active duty in the Air Force, he became a traditional Reservist. His first Reserve job was a tour at the Pentagon working as an individual mobilization augmentee for the Office of Legislative Liaison.

Now the major is being asked to apply his newly honed business skills. In both his work at a civilian management consulting firm and with the Air Force Reserve, Major Rota's knowledge will be tested.

Lt. Col. Guy Morley, 26th Space Aggressors Squadron commander, hired Major Rota as a politico-military officer helping analyze and stop space threats.

"Brett is a tremendous asset to this organization," Colonel Morley said. "His educational background and his work on active duty both in the Army and Air Force are tremendous assets as we fight space-based threats."

The major is also excited about the opportunity to ply his skills, coupling what he calls a "tremendous sense of duty" with an excitement for what he's doing. And while he may never deal with an incident like the Bay of Pigs or build a software giant, he said he will continue to serve.

"Earning the MBA education reinforced my belief that every group — NCOs, officers and civilians — is critical to what we do," Major Rota concluded. "While earning the degree, I learned that success has very little to do with how smart you are but rather how well you work as a member of a team. That's what counts." ★



Staff Sgt. David Dunnock dials in a calibration during an exercise.



Sergeant Lewis twists a bolt down after fixing a satellite dish's position toward the heavens.

It is an assemblage of minds and skills: a handful of Ph.D.s, a survival instructor, a former rescue helicopter pilot, a Harvard MBA and more satellite knowledge than Dave Matthews could ever cram into his song "Satellite." In all, the squadron's collection of traditional Reservists and full-time employees occupy 22 Air Force specialties.

"We want to kill the cowboy mentality that started with the flying aggressor squadron," said Colonel Morley, referring to the former unit based at Nellis AFB, Nev. "We want to show the problem and then help the warfighter develop solutions for the problem."

End game

Whether it's bringing a downed pilot home, putting a smart bomb on target or enabling the capability of another mission, Colonel Morley's Aggressors know they are in the pioneering stages of developing something big.

"People don't know what they don't know," Major Assid said. "We present the small problems and help them find answers. We want to show warfighters that the problems are real and exist but are not insurmountable."

Bug-eater Sergeant Ellis agreed.

"We do not want to provide our customers with learned helplessness," the senior NCO said. "We know where to draw the line on realism, but we're also discovering so much to pass on. We want the good guys to get familiar with their space-based vulnerabilities."

With a new glint in his eye, the shine of pride in what his unit can accomplish, Colonel Morley is ready to take on the future, and his crew is ready to set sail.

"This is about our nation's ability to succeed in war," he said. "We're here to help ensure we can fight the war." ★

Peter Doby (right in photo at right) salutes as a train passes through the Hungarian Children's Railroad on the outskirts of Budapest more than 40 years ago. Doby and dozens of other Hungarian children managed railroad operations with minimal adult supervision. Below, Col. Peter Doby revisits the railroad.



Coming Home



STAFF SGT. JASON LAKE

Iraqi Freedom mission takes Reserve colonel back to Hungary

By Staff Sgt. Jason Lake

When Peter Doby was 5 years old, Soviet tanks were patrolling his neighborhood. It was late 1956, and the Soviet Union had just started its brutal counteroffensive against insurgents of the Hungarian Revolution. At times, Peter and his family had to rush into their basement because artillery shells and gunfire were tearing into neighbors' houses.

Peter's father, Elmer, had to leave the country because he feared for his life. Peter left several years later and reunited with his father living in the United States.

More than 40 years later, Peter, now a colonel in the Air Force Reserve, revisited his homeland after completing a special humanitarian mission from Iraq to Hungary in June.

The Reservist from Lackland Air Force Base, Texas, visited with a number of his cousins during a five-day layover in Budapest.

Istvan Viz, one of Colonel Doby's cousins, invited him to stay at his house on the "Buda" or right side of the Danube River in Budapest.

Mr. Viz, who was partially paralyzed after a car accident in 1993, said he was glad to see his older cousin once again.

While the two cousins ate Hungarian apple soup and Weiner schnitzel, they relived stories of their childhood. They shared a laugh as they remembered back to a time when they snuck into a local winery.

"We always used to play together and get into a lot of mischief," Colonel Doby said. "We climbed on top of a few wine

barrels, opened the corks and drank out of the testers until we got drunk. I eventually passed out."

After that, the colonel explained that it would take more than two years for the young boy to go near another flask of wine without feeling nauseous.

Colonel Doby took another trip down memory lane when he visited the Gyermekvasút or Children's Railroad. Started in the late 1940s, the Children's Railroad was a unique railway on the outskirts of Budapest run almost entirely by children.

When the colonel was a teen-ager, he worked on the railroad and said it has changed very little since that time.

"This was my favorite part of the ride," he said as the train passed through a dark tunnel in a hillside. "The best assignment was getting to ride on the train."

Coincidentally, while serving in Iraq, Colonel Doby ran into one of his friends who also worked on the railway. He said the two met during a meeting in which the friend, now a Hungarian airman, asked, "Did you work on the Children's Railroad?"

The colonel shared some of his stories from Iraq with his family before getting a phone call from his mother, Ida, living in Miami, Fla. He told his mother about the humanitarian mission, but she wasn't surprised.

"He's good at doing these kinds of things," she said. "Peter is a very conscientious person who likes helping people." ★

(Sergeant Lake is deployed as a member of the 332nd Air Expeditionary Wing public affairs office at Balad Air Base, Iraq.)



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Race to the Top

Daughter challenges mother in sprint to chief promotion

By Tech. Sgt. Jason Tudor

A daughter in Minnesota and her mother in Texas had a race recently. No track shoes or racing slicks were needed. No one handed out yellow jerseys, and the checkered flag waved blue.

That's because Senior Master Sgt. Sonja Fisher and her mother, Senior Master Sgt. Susan Crosby, were racing to see who would be the first to get promoted to the Air Force's highest enlisted rank.

The green flag waved on this race with a thought — but not a mutual one.

"The race wasn't my idea. It was hers," said Sergeant Crosby, senior recruiter for the 433rd Airlift Wing at Lackland Air Force Base, Texas. "I didn't know until she made senior master sergeant that she had this as a goal."

Sergeant Fisher said her goals, including promotion, have always kept her engine revved in the red.

"I've always wanted to go as high as I could," said Sergeant Fisher, an air reserve technician assigned to the 934th Airlift Wing at Minneapolis-St. Paul International Airport Air Reserve Station, Minn. "I just take little steps to achieve my goals."

However, both mother and daughter have always been about achieving more in their lives than was expected.

For young Susan Crosby, her starting line for this race to an eighth stripe was drawn as a teen-ager fascinated with the military. She had "several" uncles who fought in World War II, including one killed in Sicily. She attended Minneapolis' Edison High School, worked part time on a printing press and "didn't have much time for high school." So, something about the GI's life drew her in.

"When I saw the military in parades, I got a very patriotic feeling," she recalled. "But joining the military was not the thing to do in the 1960s. Women weren't welcomed with open arms. So, I put it to the side and didn't think too much about it."

Her first lengthy pit stop in the race ended in a mall in 1981.

"There was this kind of void feeling,"



Susan Crosby, senior recruiter for the 433rd Airlift Wing, Lackland Air Force Base, Texas, talks with fellow recruiter Senior Master Sgt. Marc Schachle. She and her daughter, Sonja Fisher, had a friendly race going to see who could reach the top enlisted rank first. Their ranks have been concealed in these photos. To see who won, you have to read the story.

SENIOR AIRMAN JONATHAN D. SIMMONS

Sergeant Crosby said. "I was on my way to a Weight Watchers meeting, and I walked past an Air National Guard display with handouts. I grabbed one."

And, the sergeant said, she promptly forgot about it, one of many items consigned to the depths of her purse. She found the handout a few days later and realized there was a card to be mailed in. She sent it, received an information package from the Guard soon after and was hooked.

The ironically self-described "Susie Homemaker" screamed out of the pits

and joined the Guard in April 1981.

"Why not?" she asked. "My kids were in school full time, and I felt like I didn't have enough to challenge me."

Meanwhile, as she was rounding the first turn in her career, Sergeant Crosby's family headed in a different direction. She and her husband were divorced after she joined the Guard, leaving Sergeant Fisher and her sister, Sara, to live with their father in Minneapolis.

However, by 1983, three things happened to change Sergeant Crosby's life further. While mom stayed in Minnesota

for two years before moving to Washington and then Oregon, she decided to switch from the Guard to the Air Force Reserve.

"The opportunities in the Reserve were better," she said. "I also thought the opportunities to move around were better."

Next, Sergeant Crosby switched jobs. Her time in a recruiting office in Oregon piqued her interest. So, she headed for recruiting school in San Antonio in August 1987.

Finally, at about the same time, Sergeant Fisher's race began. She joined the active-duty force "with no intentions of staying in. Plus, my choices were limited on active duty," she said.

Her first job took her to Malmstrom AFB, Mont. She found the Air Force Reserve team in 1991. Both mother and daughter were now on the same track — with some exceptions.

"She always had more rank than me," Sergeant Fisher said, smiling. "However,

in the back of my head, I kept saying that some day I was going to beat mom in rank."

Mom was just surprised her daughter joined.

"I was shocked," she said. "Sonja wasn't real adventuresome as a teen-ager. I figured she'd go to college and have her nose in the books. I didn't even know she was contemplating it."

While the daughter stayed in Minnesota, mom found new opportunities in California and Utah, where she accepted her first job as a senior recruiter. Sergeant Crosby then moved to Texas, where she's stayed since.

When the Air Force made both of them senior master sergeants, the race became an official event. Neck and neck, mother and daughter accelerated toward the finish line. Sergeant Crosby became eligible for regular promotion. Meanwhile, Sergeant Fisher submitted her early promotion package to her bosses.

"Mom joked, 'You can't make chief before me!'" Sergeant Fisher said.

Who won?

In April, Sergeant Crosby found out she had been selected to be one of just 199 chief master sergeants assigned to the Reserve.

For someone whose only goal was promotion to master sergeant, she said she feels like she's overachieved. Chief Crosby was promoted Sept. 1.

"As old as I was when I joined (she was 33), I'm pretty amazed and extremely humbled to have made it this far," she said.

Meanwhile, her daughter looks forward to the day she can join her mother in the winner's circle, atop the enlisted ranks. They talk regularly, bouncing ideas off one another and sharing experiences. For now, Sergeant Fisher said she's content with what she called the best job going.

"There are so many excellent people in the Reserve," she said. "I'll stay in for at least 20 (years), if not longer."

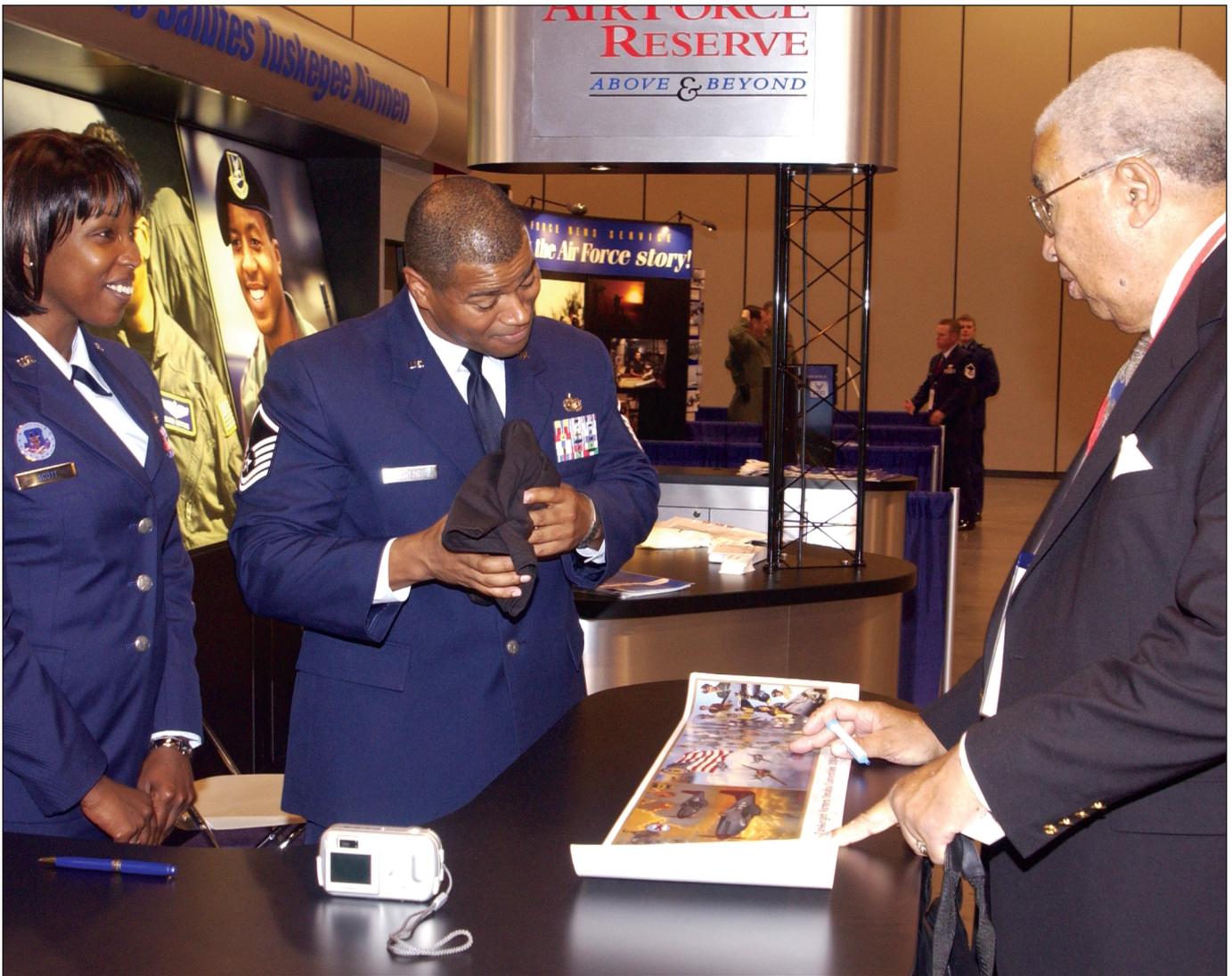
With this contest ended, Chief Crosby said there are many other races to be run in her career.

"When you think you've seen everything, something new happens," she said. "I've learned that you have to take each day as it comes, meet the challenges and try not to worry about tomorrow." ★



Fisher, an air reserve technician assigned to the 934th Airlift Wing, Minneapolis-St. Paul International Airport Air Reserve Station, Minn., submitted an early promotion package in hopes of earning her chief stripes before her mother.

TECH. SGT. JASON TUDOR



Two Air Force Reserve recruiters chat with one of the original Tuskegee Airmen at the 33rd annual convention of Tuskegee Airmen Inc. in Omaha, Neb., in August.

Sharing the Legacy

Reservists connect with the past at Tuskegee Airmen gathering

Story and Photos by Master Sgt. Stan Coleman

Behind each successful event are the efforts of a work force blending into a seamless process of teamwork, professional presentation and event coordination. The 33rd annual convention of the Tuskegee Airmen Inc. Aug 4-8 in Omaha, Neb., exemplified these attributes and more.

"From the opening ceremony to the awards banquet to the forums on military subject matters, coordination between civilians, active-duty members, Reservists, Guardsmen and veterans ensured the success of this convention" said Brig. Gen. Leon A. Johnson, TAI sec-

ond vice president. General Johnson also serves as chairman of Air Force Reserve Command's Human Resources Development Council. "The support we received from Offutt Air Force Base (Neb.) and the Air Force Reserve Command was tremendous. The dedication of the new dormitory at Offutt to the Tuskegee Airmen was a special event that will long be remembered by the veterans and spouses of the Tuskegee experience."

The second day of the convention was dedicated to youth involvement and mentorship. Various youth organizations

from the Omaha metro area were introduced to the Tuskegee experience through talks by the Tuskegee World War II veterans and military volunteers who shared their experiences in the Army Air Corps and Air Force.

"I enjoy sharing my Tuskegee experience with young people," said Richard Macon of Detroit, Mich., an original Tuskegee Airmen pilot and prisoner of war during World War II. "I am humbled by the fact that I can share my experiences and make young people aware that they can achieve no matter what their situation is if they are willing to work."

Mr. Macon, 83, is a retired math teacher who has 37 years of experience teaching at the college and high school levels.

The highlight of youth day included a luncheon with many of the original Tuskegee Airmen during which Air Force members from active duty, the Air Force Reserve and the Air National Guard, along with members of other services, mixed in with youth ranging in age from 5 to 16.

Recruiters from the Air Force, Air Force Reserve, Air National Guard, Air Force Academy, Army and Navy also took advantage of the opportunity to interact with youth touring the Tuskegee Airmen exhibition hall and job fair at the Qwest Convention Center.

"This is an excellent opportunity to contact and inform our youth on what the military has to offer in terms of education and careers," said Master Sgt. Sparkle K. Adams, 94th Mission Support Group career adviser and co-chair of the 94th Airlift Wing's Human Resources Development Council at Dobbins Air Reserve Base, Ga. "The combination of Air Force history and the benefits and entitlements the Air Force and other military services have to offer today is a positive influence on youth to consider the military as a viable option."

The third day of the convention was dedicated to the military. The highlights of the day were a luncheon attended by Air Force Chief of Staff Gen. John P. Jumper and Lt. Gen. John A. Bradley, AFRC commander, and a forum headed by Army and Air Force general officers and a Navy rear admiral.

General Jumper was the keynote speaker during the military luncheon.

"The 'Heroes All, Share the Legacy' theme is appropriate as we bring to mind the history and traditions of our Tuskegee heroes," he said. "These are the Airmen who've forged change throughout the military. ... thank you for all you've done for this nation."

In addition to the luncheon, TAI members were the honored guests at Offutt AFB during the Tuskegee Airmen dormitory dedication ceremony. The ceremony was attended by veteran organizations, media and civilian guests as well as military members stationed at Offutt.

"This is the second opportunity I've



Retired Col. Charles McGee, a Tuskegee Airmen pilot, signs a leather jacket at the convention.

had to enjoy an official military dedication to the Tuskegee name," said Val Archer, a Tuskegee Airman who served as an aircraft flight instrument specialist during World War II. "The first dedication I attended was for a street named for the Tuskegee Airmen at Dobbins Air Reserve Base in Georgia.

"My overall impression of the military involvement with the TAI convention this year is that they are well organized and present a very professional image," said Mr. Archer, who serves as president of the Atlanta chapter. "It's dramatic for me that there is an integration of various

ethnic groups that were not present in the old Army Air Corps. This is especially impressive to those of us responsible for integrating the armed services from 1948 through the 1960s."

The military forums continued into the fourth day of the convention with various panel discussions chaired by senior enlisted personnel and senior officers.

Simultaneous with the convention, members of the AFRC Human Resources Development Council conducted a two-day meeting in support of an upcoming workshop. The meeting provided the opportunity for Reservists to interact with active-duty members as well as Tuskegee Airmen.

"The Tuskegee Airmen conference is a great opportunity to tell the Air Force story and provide an outreach to all military personnel in terms of accomplishments in military history, diversity, opportunity and personal growth," said Master Sgt. Rodney Hage, Headquarters AFRC superintendent of human resources development.

"The opportunity to share the history of those men and women who were part of the Tuskegee experience is not available in any other venue," Sergeant Hage said. "The challenges they faced and how they overcame those obstacles are part of our Air Force heritage. We must remember the past to avoid repeating our mistakes." ★

(Sergeant Coleman is assigned to the 94th

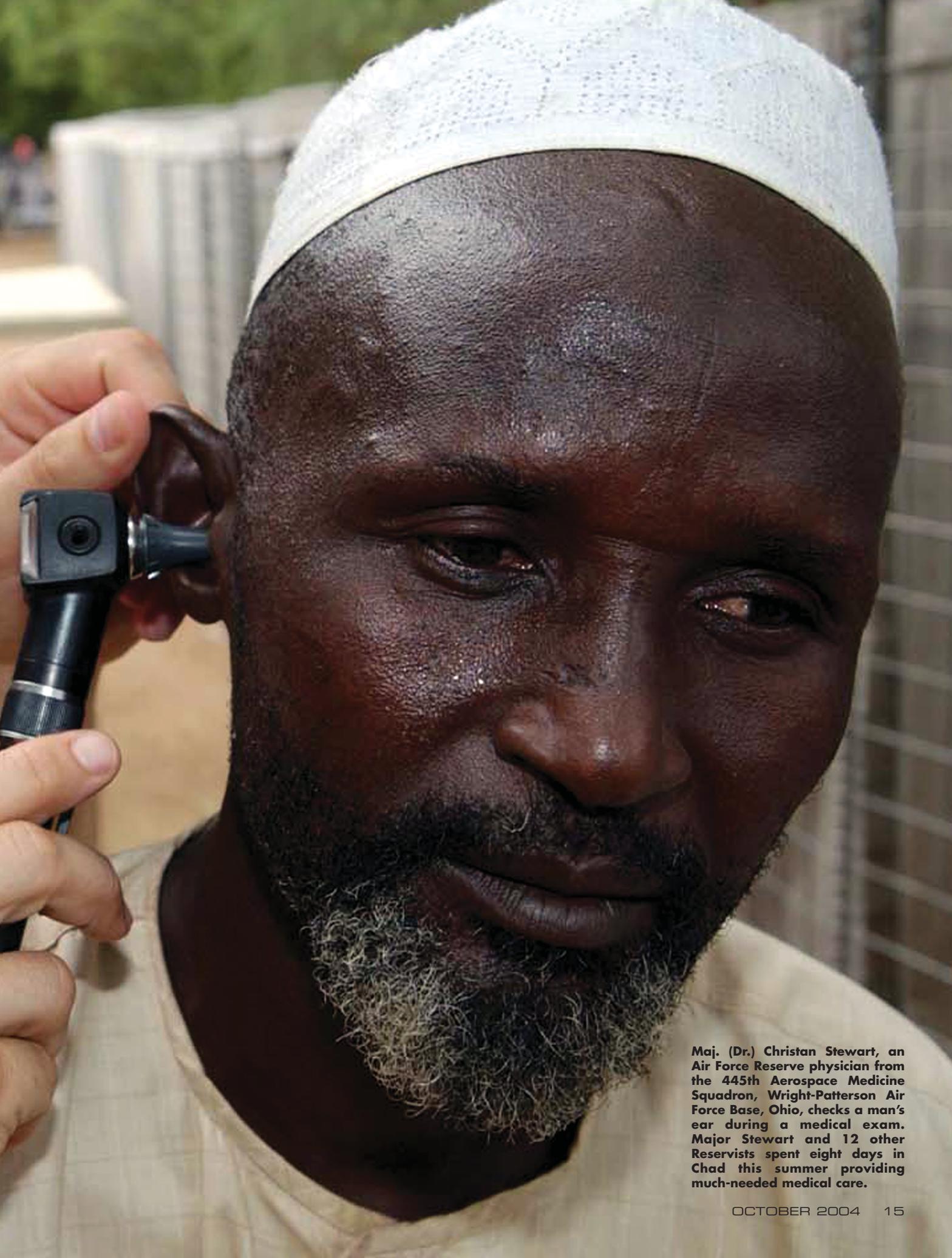


Heroes all: The original Tuskegee Airmen get together every year to renew old friendships and share their legacy.

Aid for Africa

**Reservists provide
humanitarian
assistance in Chad**

**Story and photos by
Tech. Sgt. Chance C. Babin**



Maj. (Dr.) Christan Stewart, an Air Force Reserve physician from the 445th Aerospace Medicine Squadron, Wright-Patterson Air Force Base, Ohio, checks a man's ear during a medical exam. Major Stewart and 12 other Reservists spent eight days in Chad this summer providing much-needed medical care.

Armed with an ample supply of medications and medical equipment and a surplus of enthusiasm and compassion, a team of Air Force Reserve medical professionals provided aid to the central African nation of Chad as part of a humanitarian effort July 1-15.

The 13-person medical team, comprised of volunteers from nine units, accompanied a contingent of U.S. Marines to Camp Loumia, located in southeastern Chad. While the Reservists were busy providing much-needed medical care to the civilian population, the Marines were training members of Chad's military as part of the

Trans-Sahel Counterterrorism Initiative.

Under the direction of the U.S. Department of State, the initiative is a security assistance program focusing on four countries in the Sahara region of Africa: Mali, Mauritania, Niger and Chad. This particular region, which includes vast expanses of unpopulated areas, is attractive to terrorists because it offers potential new training grounds. The initiative is designed to stop terrorists from gaining a foothold in the region by providing basic training and equipment to enhance peace and security.

"It's truly as seamless as it can get," said Maj. Paul Baker, Marine Forces

Europe, who serves as officer in charge of the training initiative. "We're all members of the U.S. military with a common goal of improving the nation of Chad, whether it's through a humanitarian medical mission via the Air Force or a military training mission via the Marines."

Maj. Tim Mitchell, defense and Army attaché representing the U.S. Embassy in Chad, said that combining the counterterrorism and medical humanitarian missions shows people "we aren't just here for military training, but that we care about them."

To make sure it had everything it needed, the group secured \$50,000 from U.S. European Command's Humanitarian Assistance Program to purchase medicine and supplies. Team members brought some items with them. Other supplies they either bought from local vendors or arranged to have shipped from Europe.

Because Chad is one of the poorest nations in the world, its health-care system struggles to meet the population's needs. The average life expectancy is approximately 47 years, and the infant mortality rate is a staggering 20 percent. Illnesses that are easily preventable or treatable in the United States are common, and often deadly, in Chad.

That became painfully clear only minutes after the Reservists opened a multi-specialty clinic.

"The first child we saw looked lifeless," said Capt. (Dr.) Andy Lobl of the 911th Aeromedical Staging Squadron at Pittsburgh International Airport Air Reserve Station, Pa. "She was 2 1/2 years old but did not look more than a year. The child had diarrhea and became so fatigued she stopped eating. The mother had no place to go for help, so she just watched her baby wither away. As a parent myself, I cannot even imagine the agony that must have caused this woman.

"It breaks your heart to see a baby dying from diarrhea, knowing that proper feeding and hygiene would have given the infant an excellent chance to fight the disease."

The medical team quickly went into action to give the child a chance for survival. While Dr. Lobl attempted to get a more thorough history of the patient's illness, Tech. Sgt. Rey Garcia went to work inserting an intravenous line to provide



Capt. (Dr.) Carl Boeck, an optometrist from the 452nd Medical Group, March Air Reserve Base, Calif., fits a man for a pair of glasses. Captain Boeck fitted more than 500 people for glasses during the mission in Chad.

Maj. Mike Cooper, a physician's assistant with the 445th AMDS, gives a young Chadian baby some medication.



fluids as well as medications to treat malaria and a possible bacterial infection. Sergeant Garcia is NCO in charge of the International Health Specialist program at Headquarters Air Force Reserve Command, Robins Air Force Base, Ga.

Inserting an IV in a normal baby is challenging enough, given the small size of the veins. Doing so in a patient suffering from severe dehydration is even more difficult. Fortunately, Sergeant Garcia had experience in similar situations, and he was able to place the line without any problem.

"I don't put these in every day anymore," he said. "But I realized the only way to give this girl a chance was to give her fluid in her veins. We needed the line. I had to do it."

Next, the medical team arranged for a local doctor to provide follow-on care. The Marines then transported the child to the doctor's facility.

"It was definitely a highlight of this deployment," Major Baker said. "Utilizing our assets to help save the life of a child is not a normal mission that Marines see on a day-to-day basis."

Although the child faces a long and arduous recovery, and her survival is not guaranteed, initial reports from the village were she was showing significant signs of improvement.

During their stay in Chad, the Reservists were able to not only provide medicine and treatment for the residents of the many villages around Loumia, but were also able to educate the people on how to maintain their health by doing some simple things such as using clean water, staying hydrated and using the proper technique for lifting heavy loads.



Capt. (Dr.) Andy Lobl, a physician from the 911th Aeromedical Staging Squadron, Pittsburgh International Airport Air Reserve Station, Pa., helps a Chadian patient out of his wheelchair with the assistance of the man's son.

One day Dr. Lobl and the local doctor in Loumia presented a lecture to the village chiefs.

"It was about 95 degrees, and we were enclosed in a circle of about 60 men discussing how to improve the health of the village," he said. "Although it was not a comfortable environment, the crowd was very focused and asked great questions. I was feeling sorry for myself until I noticed the sweat pouring down the face of the fully armed U.S. Marine who was providing force protection. I've had a special affection for our Marine brethren since that time."

One of the most needed services the clinic provided was the distribution of 2,500 pairs of glasses, which were donated by a Wisconsin Lion's Club.

"It's great to see the immediate benefits of my work," said Capt. (Dr.) Carl Boeck, "an optometrist with the 452nd Medical Group, March Air Reserve Base, Calif. "I get the immediate reward of knowing I'm helping right away. For the other docs, they know they're helping but can't see it right away."

One case that was particularly satisfying involved a 70-year-old man who came in to have his eyes checked. About 10 years ago, he had undergone cataract surgery without implants and had basically been blind ever since.

"We just happened to have a pair of post-cataract glasses," Dr. Boeck said. "Once he put them on, he just stood at the door for about three minutes looking around because he hadn't been able to see for 10 years. It was just amazing."

The doctor said he was really surprised at the number of people who suffered from cataracts. Many of them were caused by fungus and parasites in the water.

"I tried to educate them about filtering their water through a fine linen or T-shirt," he said. "This will help control the problem."

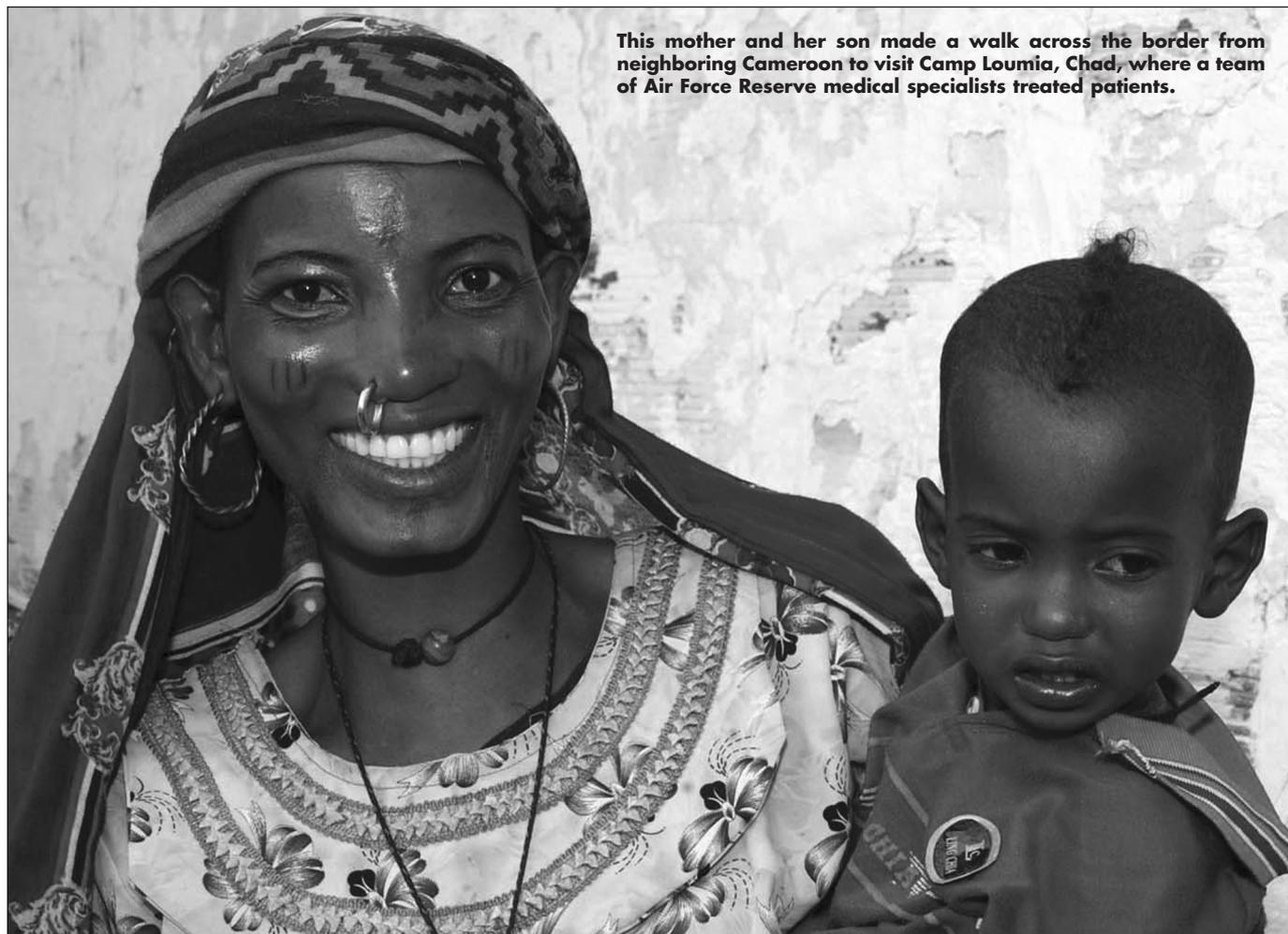
Many of the reservists who volunteered to go to Chad had previous experience with medical missions abroad. For example, in his civilian capacity, Dr. Lobl has visited Nepal, Swaziland, New Guinea, the Philippines, South Africa and Morocco.

"I've always done humanitarian medical work as a civilian, but I had never done it with the military," Dr. Lobl said. "I saw it as a good opportunity to combine my interest in international health with my service in the Air Force Reserve.

"There was an entirely different feeling performing this mission as compared to participating in international missions as a civilian. Every minute of my time here I had the feeling of helping people as a representative of the U.S. and the Air Force. When the patient numbers or heat began to affect our team, that fact always kept us highly motivated."

One of the biggest challenges the Reservists had to overcome was the language barrier. A couple of cadets from the U.S. Military Academy served as translators for both the medical team and the Marines.

"Also, the Chadian Army supplied us with four interpreters, and we were able to recruit additional help from the family members who came to visit. They were more than willing to help us," Sergeant Garcia said.



This mother and her son made a walk across the border from neighboring Cameroon to visit Camp Loumia, Chad, where a team of Air Force Reserve medical specialists treated patients.

What makes translating so difficult in the region around Loumia is the fact that people speak different languages: Arabic, French or a local tribal language. At times it took more than one translator to communicate.

When performing missions in foreign countries, it is imperative to have people who are knowledgeable of both the language and customs of the host nation. Capt. Alvin Scott of Hurlburt Field, Fla., a Medical Service Corps officer and participant in the International Health Specialist program, filled that role. He was one of two active-duty members who went on the trip.

"As an IHS'er, I am required to be a specialist in a region of the world. My region is Africa, and I'm trained in French and educated on African culture," Captain Scott said.

Over the years, the captain has traveled to Senegal, Egypt, Morocco, Kenya and Ethiopia.

"I've found that the training I've received in both language and culture has been a huge help in assisting in this operation," he said. "I look forward to other opportunities to work in the region. First-hand knowledge of the people of Chad and their customs and culture are extremely important to mission success."

Because of Captain Scott's background, he had the arduous task of handling patient flow. The first day was a big learning experience.

"The first day we tried first-come, first-served, and it was chaos," he said. "We soon learned the best way to manage the situation was to work within the context of African culture. We began using the village chiefs to sort out who was to receive treatment from their village.

"It worked extremely well. This system reinforced the village ties and reduced the amount of stress on everyone."

While Captain Scott was ensuring appropriate patient flow, the other team members were busy seeing and treating patients with a variety of ailments.

"We saw a lot of malaria, which can be a lifetime disease," said Maj. Mike Cooper, a physician's assistant with the 445th Aerospace Medicine Squadron, Wright-Patterson AFB, Ohio. "We saw a lot of pregnant women and small children. On a few occasions we were able to intervene in some life-threatening situa-



Staff Sgt. Rick English, a medical technician with the 439th AMDS, Westover ARB, Mass., gives an immunization shot to a young Chadian girl.

tions involving small children by administering IVs."

During the course of treatment, Major Cooper and the doctors would talk to the patients about the simple things they could do to stay healthy like eating the right foods, using clean water for cooking and cleaning, and exercising proper care when handling and preparing food.

"They seemed extremely grateful for our services and eager to hear our advice," Major Cooper said. "I was humbled by the way our words had so much power and influence over their behavior and concerns about illness. They had a great amount of faith and trust in our knowledge and skills."

One such patient was Dagay Martine, a resident of the village of Trantrangalla, who visited the clinic with her daughter.

"I appreciated the way they treated me," Mrs. Martine said through a translator. "It's the first time I've been treated so nicely in a long time. I could never pay for this nice medical care on my own."

Major Cooper had a chance to spend a significant amount of time with the village doctor while he was seeing patients.

"One of the big things they wanted us to do was share our knowledge with the local doctor and other medical personnel," he said. "I think he (the village doctor) will take away a lot of knowledge that will help him treat patients in the future. We also provided him with a supply of medicine he can use to treat

patients of his own."

While the medical team members worked daily to treat a myriad of preventable diseases, they were pleasantly surprised by the Chadians' dental hygiene.

"Overall, I was very impressed with the condition of their teeth," said Col. (Dr.) Paul Skaggs, a dental surgeon at Headquarters Fourth Air Force, March ARB. "I saw very little decay in children, and most adults had essentially clean teeth. When we pulled a tooth, it was usually a single tooth such as a lower molar. We think the small amount of decay is due to the lack of refined sugars in their diet."

Because of the absence of electrical equipment, the dentist had to manually perform the tooth extractions. This process took five times longer than it would have if the dentists were practicing at home and was physically exhausting in the oppressive heat.

"This humanitarian mission has been very rewarding," said Dr. Skaggs. "It's actually been one of the highlights of my military career. I've never done anything more physically challenging yet so immensely rewarding." ★

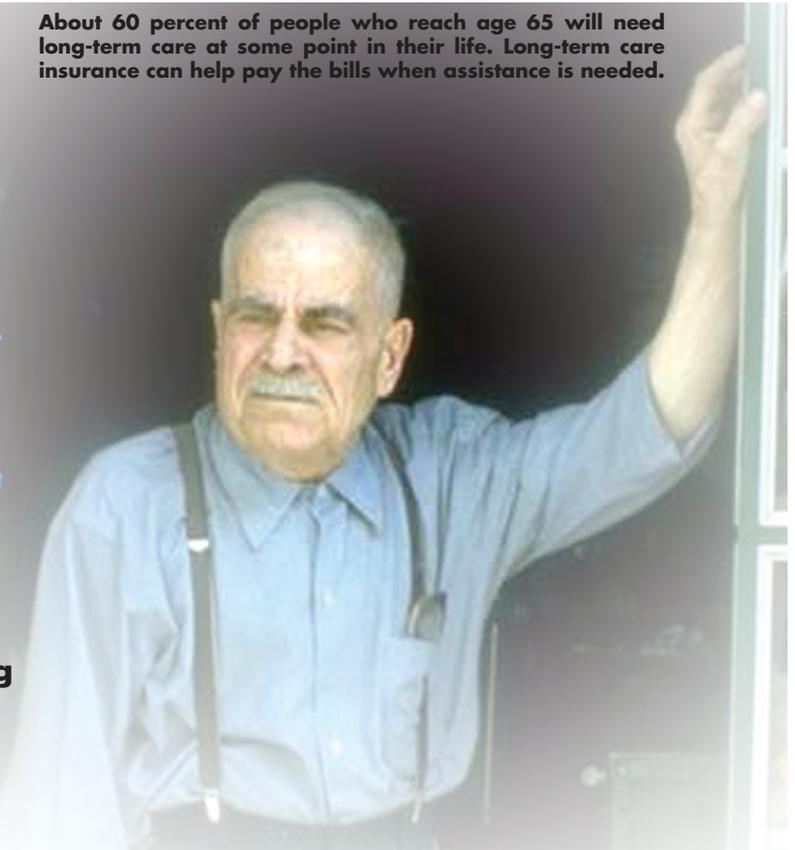
(Sergeant Babin is assigned to the 926th Fighter Wing public affairs office at Naval Air Station Joint Reserve Base New Orleans, La. In August, another team of Reserve volunteers traveled to Niger with a group of Marines to provide medical assistance to the civilian population.)

About 60 percent of people who reach age 65 will need long-term care at some point in their life. Long-term care insurance can help pay the bills when assistance is needed.

LONG-TERM CARE

Insurance pays when people need help with activities of daily living

By Bo Joyner



Most people don't like to think that there might come a time when they won't be able to take care of themselves. ... when they won't be able to do everyday things like getting dressed, eating or bathing without assistance. But the reality is that most people will need this kind of care at some point in their life, and when they do, it can come with a hefty price tag.

That's why Air Force officials are encouraging all members of the Air Force team to consider long-term care insurance. Long-term care is the type of care people need when they can no longer perform activities of daily living by themselves. It also includes the kind of care people would need if they had a severe cognitive impairment like Alzheimer's disease.

Long-term care isn't the medical care required to get well from a sickness or injury, and it isn't short-term rehabilitation from an accident or recuperation from surgery. Long-term care can be received in the home, an assisted-living facility, an adult day care center or a hospice facility.

For members of the Reserve team who are also federal employees, like air

reserve technicians and regular civilian employees, the government has its own long-term care insurance program.

Launched in 2002, the Federal Long-Term Care Insurance Program is the largest employer-sponsored long-term care insurance program and the largest group program in the country. It provides more than 20 million eligible members access to long-term care insurance as a voluntary benefit, where the employee pays all the cost.

"The need for long-term care usually arises from age or chronic illness, injury, or disability," according to the Federal Long-Term Care Insurance Program Web site. "In fact, approximately 60 percent of us who reach age 65 will need long-term care at some time in our lives."

But people who believe they can wait until they retire to start thinking about purchasing long-term care insurance might be in for an unpleasant surprise.

"Statistics show that 40 percent of people receiving long-term care services are working-age adults, between the ages of 18 and 64," the Web site says. In addition, insurance premiums are lower the younger you are when you buy. For example, the bi-weekly premium if you purchase coverage at age 40 for a plan

available from the Federal Long-Term Care Insurance Program that covers home and facilities care and keeps pace with inflation is \$30.05. At age 50, if you purchase the same plan, it will cost \$43.06.

Many people mistakenly believe they are covered by their current health insurance or disability insurance policies in the event they need long-term care. Health insurance plans are designed to cover medical care for illnesses or injuries, such as cancer, a broken arm or a stroke. They won't pay for long-term assistance with activities of daily living, such as dressing or using the bathroom. Disability insurance is designed to replace the income people lose if they are unable to work because of an accident or injury. It provides no additional benefits for long-term care.

While Medicaid does pay for long-term care, it is designed to protect people with minimal assets. To qualify, most people would have to spend down nearly all their assets. Medicare only pays limited amounts for skilled care following a hospital stay. It does not cover purely custodial care, the type required by most people in nursing homes.

This means that without long-term care insurance, people requiring long-

term care are left to pay the bills out of their own pocket. And the bills can be very large. According to the Federal Long-Term Care Insurance Program Web site, the national average cost of a semi-private room in a nursing home is \$52,000 a year. And nursing home costs, on average, go up about 5 percent a year. If that trend continues, by the year 2032, a semi-private room in a nursing home will cost \$190,600 a year.

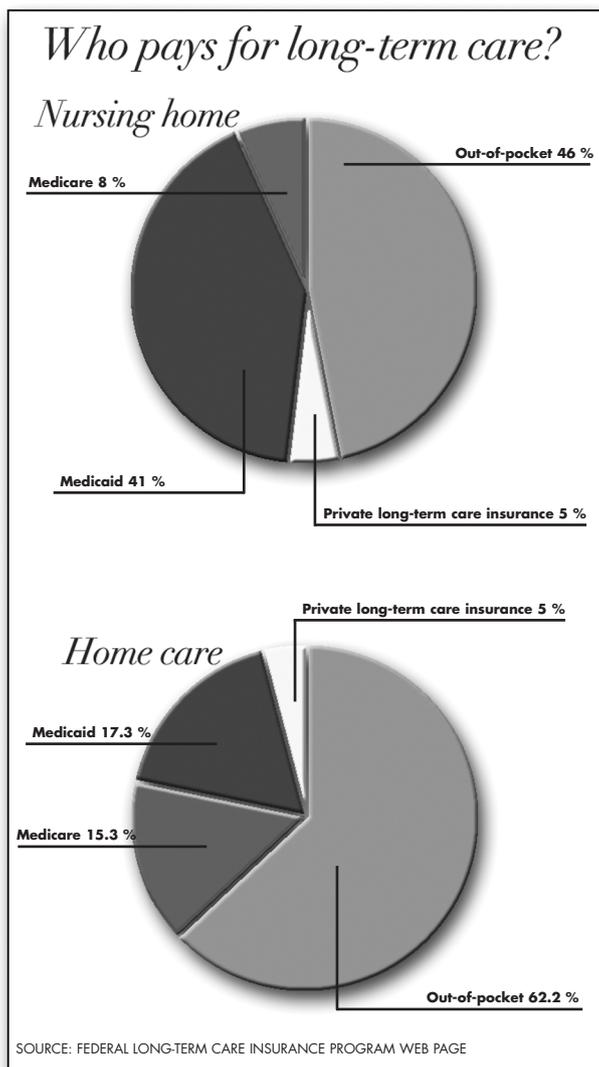
Home health care is expensive, too. The national average annual cost of home health care is well over \$20,000, the Web site noted. That figure is expected to climb to more than \$68,000 by 2030.

“People have very little understanding until they really need it what long-term care is and what long-term care insurance will be able to do for them,” Mary Lou McGuinness, a nurse and director of care coordination/claims for the Federal Long-Term Care Insurance Program, said in a recent American Forces Information Service news article.

“And I think when they have an immediate need for the services, that’s when they tend to try to tap into whatever resources they have to give them the information to answer their questions. The problem is that the need for the knowledge is often very urgent by the time they need it.”

Ms. McGuinness urged federal employees to take a close look at the federal program. The Web site (<http://www.ltcfeds.com>) is a good place to start. Once they enroll, federal employees have access to the program’s care coordinators — registered nurses with experience in long-term care situations who can provide general information, assessment and approval of the need for long-term care, and help in developing a care plan.

“When you need long-term care services, securing the best type and quality of care can seem daunting,” she said. “That’s why the care coordination services provided by the federal program are truly one of the hallmarks of the program. Care coordination not only provides individuals with information to make a knowledgeable decision, but it also offers emotional support and peace of mind at a very difficult time.” ★



Options for covering long-term care costs				
Coverage Option	Skilled Nursing Care	Custodial Nursing Care	Home Health Care	Adult Day Care
Federal Employee Health Benefits Program	Limited coverage in some circumstances.	Not covered.	Limited coverage in some circumstances.	Not covered.
TRICARE (TRICARE for Life)	Limited coverage in some circumstances.	Not covered.	Limited coverage in some circumstances.	Not covered.
Medicare	Medicare provides coverage for skilled care in a skilled nursing facility only if you enter that facility within 30 days of discharge from a hospital stay that lasted at least three days. Pays 100% of covered services for days 1-20. Days 21-100 are covered after your co-payment. After 100 days, no coverage.	Not covered.	Must need skilled care. Limited benefits.	Not covered.
Medicaid (Medi-Cal in California)	Coverage varies state to state. Must spend down assets to state-specific requirements in order to be eligible.	Same as with skilled nursing care.	Same as with skilled nursing care.	Same as with skilled nursing care.
Private Long-Term Care Insurance	Covered.*	Covered.*	Covered.*	Covered.*

SOURCE: FEDERAL LONG-TERM CARE INSURANCE PROGRAM WEB PAGE * COVERAGE VARIES BASED ON BENEFIT OPTIONS SELECTED

Getting Fit

Exercise program designed specifically for Reservists

By Maj. (Dr.) Ashley B. Benjamin

When I joined the Air Force Reserve, I was prepared to perform my duties, wear the uniform and even keep my hair short. However, I was not ready for the new fitness test. Reality hit me when my squadron superintendent reminded me that, "Oh, by the way, you will be testing this spring."

I had not run in 14 years, had just turned 40 and had not exercised regularly in a year. And, unlike our active-duty counterparts, I, like most Reservists, did not have an allotted time for exercise during work.

Not to be deterred, I decided to use the fitness test as a way of initiating an exercise program with the goal of safely upgrading my fitness level. The program I developed is specifically designed for a Reservist and takes about an hour and a half per week. While this program is ideal for upgrading your fitness level prior to the test, a general conditioning program is a better option for a long-term fitness program.

Due to the intense nature of this program, it might not be suitable for people with arthritis, heart problems, diabetes or other chronic medical conditions. Prior to starting any exercise program, consult your primary care manager or specialist.

Program overview: Because the run and waist girth portion of the fitness test combine for a possible 80 points, this plan calls for running three times a week for 15 to 20 minutes at a time. Strength training takes place twice a week, preferably with two days in between each workout. The sample schedule calls for running Mondays, Wednesdays and Fridays with strength training on Tuesdays and Fridays, but it can be altered to meet your needs.

Pretest: The Saturday before implementing the program, perform a baseline assessment. Before getting out of bed, determine your beginning resting pulse rate. Training will lower your heart rate. Before 10 a.m., establish a baseline

weight and waist girth. Then, do as many push-ups and sit-ups as possible in one minute each with a two-minute rest interval in between. Take a five-minute break, perform a warm-up lap and then time yourself in the 1.5-mile run.

Running program: One of the most efficient ways to improve your running velocity is to utilize an interval-training regimen where you alternate faster running with slow recovery jogs in between. This is the way many middle distance runners train.

The pace for the short bouts of faster running is one that feels moderately hard or a little faster than your 1.5-mile run pretest pace. It is critical that you maintain the short rest intervals so temper your intensity until you get comfortable with a pace that allows you to complete each workout.

A sample run would include a four- to five-minute warm-up of easy jogging followed by six intervals of 30 seconds at a moderately hard pace with 30 seconds of very easy jogging in between. A four- to five-minute jogging cool-down would immediately ensue. The total time of interval running would be six minutes and with the warm-up and cool-down, you could complete the workout in less than 20 minutes.

This interval workout would be performed on Mondays and Fridays and should never be done on consecutive days. The Wednesday workout consists of an easy 15- to 20-minute jog. Early in week seven, run a one-mile time trial. This trial allows you to assess your new fitness level, which helps determine your best pacing for the real test. Add 10 to 15 seconds to your mile time and this is the pace that you might sustain for the full distance. Divide your projected 1.5-mile time by six and you have an established pace for each lap.

Strength program: These segments can be combined with your running routine or done independently. Perform all the repetitions slowly to build more strength and reduce the risk of injury.

Simply follow the exercise grid and incorporate the stretching exercises during the rest intervals. All stretching exercises should be held for 30 seconds.

During weeks one through three, for the first set of push-ups and sit-ups, perform one-half of your pre-test maximum. During weeks four through six, for the first set of push-ups and sit-ups, perform three-fourths of your pre-test maximum. Two days before your test, perform one set of push-ups followed by sit-ups with a two-minute rest in between. Perform them with good form as fast as you can in 30 seconds. This trial will allow you to gauge your effort on test day.

Personal results: I was happy to notice an improvement in my fitness level after just one month. Even though running, push-ups and sit-ups can aggravate the lower back, I noticed less lower back soreness as well as increased overall flexibility. After nine weeks:

- my time in the 1.5-mile run went from 13:30 to 10:28;
- the number of push-ups I could do in one minute went from 21 to 45;
- the number of sit-ups I could do in one minute went from 40 to 55;
- my waist measurement went from 32.5 inches to 31 inches;
- my weight went from 159 pounds to 156 pounds; and
- my resting heart rate went from 58 to 46.

Remember that factors such as altitude, heat, cold, humidity and wind can make a difference in your training pace. As a result, perceived effort is often more important than focusing on a specific training pace. Never run in a thunderstorm. Also, unless you have severe ankle problems or an unsteady gait, running on grass, trails or asphalt is preferable to concrete.

If you dislike running or have a physical limitation, you can substitute bicycling or swimming for the running workouts, but remember that training is activity specific. So, while your fitness level will improve, you probably won't be able to

Push-ups: P1-regular push-ups (1/2 of pre-test result) immediately followed by the maximum number of push-ups done while on your knees. One-minute rest; F1-turtle stretch. P2-maximum number of push-ups with your arms directly under your shoulders immediately followed by the maximum number of push-ups while on your knees. One-minute rest; repeat F1. P3-maximum number of deep push-ups going down as far as you can and done very slowly immediately followed by deep push-ups while on your knees. If you have a history of elbow tendonitis, repeat P1 One-minute rest; repeat F1.

Sit-ups: S1- regular Air Force sit-ups (1/2 of your pre-test result) immediately followed by maximum number of crunches. One-minute rest; F2-knees-to-chest stretch. S2-Bicycle sit-ups for one minute alternately touching opposite elbows and knees. One-minute rest; repeat F2. S3-Slow curl-ups with each repetition taking about five seconds. Aim for five straight up and five to each side. Begin with a one-second pause at the top during week one working up to five-second pauses at the top for weeks five and six. One minute rest; repeat F2.

Back strengthening: B1-back extension exercise. Do 10 repetitions increased time held at each position beginning with one-second pauses during week one and increasing to five seconds during weeks five and six. One-minute rest, repeat F1 B2-Superman. In week one, begin with three repetitions of 10 seconds each and increase your time by five seconds every week until you are doing three repetitions of 30 seconds for weeks five and six. Rest 30 seconds between each rep. One-minute rest, repeat F2

F3:Hamstring stretch-lying on your back, attempt to straighten one leg in the air and hold this position for 30 seconds for each leg. F4-Ankle stability exercise-stand on one leg and balance for 30 seconds. Repeat on the other leg. Stand next to a chair or door for support if you have steadiness problems.

Pre-test	1.5 mile run	Waist	Weight	Push-ups	Sit-ups	Resting heart rate					
		Running		Push-ups			Sit-ups			Back	
				P1	P2	P3	S1	S2	S3	B1	B2
Week 1	R1	6 x 30/30		/	/	/	/				
	R2	15-20 min.		/	/	/	/				
	R3	8 x 30/30		/	/	/	/				
Week 2	R1	6 x 30/30		/	/	/	/				
	R2	15-20 min.		/	/	/	/				
	R3	10 x 30/30		/	/	/	/				
Week 3	R1	6 x 45/45		/	/	/	/				
	R2	15-20 min.		/	/	/	/				
	R3	8 x 45/45		/	/	/	/				
Week 4	R1	6 x 45/45		/	/	/	/				
	R2	15-20 min.		/	/	/	/				
	R3	10 x 45/45		/	/	/	/				
Week 5	R1	6 x 60/60		/	/	/	/				
	R2	15-20 min.		/	/	/	/				
	R3	8 x 60/60		/	/	/	/				
Week 6	R1	6 x 60/60		/	/	/	/				
	R2	15-20 min.		/	/	/	/				
	R3	10 x 60/60		/	/	/	/				
Week 7	R1	1 mile time trial		30-sec. trial			30-sec. trial			5 repetitions	
Post-test	1.5 mile run	Waist	Weight	Push-ups	Sit-ups	Resting heart rate					

F1 Turtle stretch



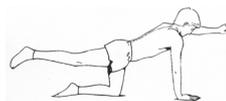
Push chest toward floor, reaching forward as far as possible.

F2 Knees-to-chest stretch



Raise knees as close to your chest as possible.

B1 Back extension exercise



Tighten stomach and simultaneously raise leg and opposite arm.

B2 Superman



Clasp hands behind back and lift upper body from floor.

run as fast as if you ran every workout. ★ (Major Benjamin is an individual mobilization augmentee assigned to the 72nd Medical Group, Tinker Air Force Base, Okla.

He is also a staff psychiatrist at the Oklahoma City Veterans Affairs Medical Center and a clinical assistant professor with the Department of Psychiatry and Behavioral

Sciences at the University of Oklahoma Health Sciences Center. He was a graduate assistant track and cross-country coach and has a master's degree in exercise science.)

Patrick Reservist Coaches College Basketball

Master Sgt. Jonathan Green is running a fast break between two careers that would put the Los Angeles Lakers to shame.

Sergeant Green serves as chief of career enhancement, a full-time air reserve technician position, with the 920th Rescue Wing, Patrick Air Force Base, Fla. In mid-July, he accepted a job as head coach of the Brevard Community College men's basketball team.

As if all that weren't enough, shortly after taking the head coaching position, Sergeant Green, with help from assistant coach Master Sgt. Thomas Highsmith of the Air Force Technical Applications Center and four BCC players, conducted a week-long basketball camp for about 75 kids at the Patrick Youth Center. His schedule had him running the camp from about 8 a.m. to noon, working at the 920th from 12:30 to 4:30 p.m. and then working at BCC from 5 until 10 p.m.

That kind of pace would wear most people out, but not Sergeant Green.

"Having two jobs I'm passionate about energizes me," he said. "Being a head basketball coach at the college level and serving my country in the Air Force is a unique opportunity that can't be beat."

Sergeant Green, an assistant coach at BCC last season, describes himself as a lifetime student of the game of basketball whose love of the sport and desire to help young people inspired him to coach.

"I've played basketball my whole life," he said. "Coaching provides a way for me to transfer knowledge, develop our young people and encourage kids to get an education. That's what drives me."

One person very familiar with Sergeant Green's drive is Maj. Dennis Seymour, his commander at the 920th Military Support Squadron. According to Major Seymour, the two have known each other for several years and transferred to Patrick from the now-closed McClellan AFB, Calif., in the late 1990s.

"I won't say I begged, but I used all of my powers of persuasion to get Jon to come to Patrick with me," Major Seymour said. "He's the kind of guy you want on your team. Jon is a man of faith. He projects nothing but positivity, and that's what he gets back. In whatever he



JIM LAVISKA

Master Sgt. Jonathan Green of the 920th Rescue Wing, Patrick Air Force Base, Fla., works with kids during a basketball camp at the base youth center. In July, Sergeant Green, who serves as the wing's full-time chief of career enhancement, accepted a job as head coach of the Brevard Community College men's basketball team.

does, he works hard, and he's successful.

"We're lucky to have him in the Air Force, and the players at BCC are lucky to have him as their coach."

Sergeant Green said he is grateful for all of the support he receives from the major as well as Col. Tim Tarchick, 920th RQW commander, and Senior Master Sgt. Debra Levy, chief of military personnel programs at the 920th.

"I couldn't make this work if they didn't allow me the flexibility to do so," he said. (Lt. Col. K.E. Warren, 920 RQW)

Reserve, Guard Can Seek Tricare Reimbursement

National Guard and Reserve members who paid their medical and dental bills and saved their receipts may seek reimbursement from Tricare, officials of the military health-care system announced in July.

Officials said the system will now process medical and dental claims for Guard and Reserve members who meet certain eligibility requirements.

Only Guardsmen and Reservists issued "delayed-effective-date active-duty orders" for more than 30 days in support of a contingency operation, and their families, may be eligible to have medical claims reimbursed.

And according to Tricare, only those

medical expenses incurred during the military member's "early eligibility" period — up to 60 days prior to reporting to active duty — from Nov. 6, 2003, to the present are eligible for reimbursement.

This temporary entitlement is part of the Defense Department's 2004 Temporary Reserve Health Benefit Program, which sought to enhance benefits for Guard and Reserve members called to active duty.

Normally, under Tricare guidelines, Reserve and Guard members cannot be enrolled in Tricare until they reach their final duty location. The temporary entitlement gives them access upon receipt of activation orders, up to 60 days in advance.

Last year, President Bush signed legislation authorizing three new temporary provisions for Guardsmen and Reservists and their families that provided enhanced access for a limited time during contingency activation. The provisions were made retroactive to Nov. 6, 2003.

A second provision temporarily extended eligibility for Tricare benefits to 180 days for those Guardsmen and Reservists who separated from active-duty status during the period Nov. 6, 2003, through Dec. 31, 2004.

The third provision extends Tricare medical benefits to reserve-component sponsors and family members who are

either unemployed or employed but not eligible for employer-provided health coverage.

All temporary provisions will end Dec. 31, 2004.

However, the measure did include three provisions for permanent health benefits: making benefit counselors available for Guard and Reserve members in each Tricare region, authorizing medical and dental screening and care for members alerted for mobilization, and providing Tricare eligibility for reserve officers pending orders to active

duty following commissioning.

Guardsmen, Reservists and their family members must be registered in the Defense Enrollment Eligibility Reporting System and be Tricare eligible to qualify for the temporary benefit.

To apply for reimbursement, eligible members must submit a Tricare claim form, a copy of their itemized bill, an explanation of benefits and proof of payment (if the bill was already paid) to their regional Tricare claims processor.

Claims processing instructions and a Tricare claims form, Defense Department

Form 2642, are available at local Tricare service centers or from Tricare regional contractors, or may be downloaded from the Tricare Web site (<http://www.tricare.osd.mil>). (*Air Force Reserve Command News Service from American Forces Press Service*)

Inspectors Begin Tracking Unit Fitness Programs

The Air Force Reserve Command inspector general began evaluating units' implementation of the Air Force

Transient alert Airmen pack 'em in at Bagram AB

By Master Sgt. Andrew Gates

Standing on the flight line at Bagram Air Base, Afghanistan, one can see a lot of strange "birds" with names like AN-12, L-1011 and IL-76.

These and a host of other Soviet- and U.S.-built commercial cargo aircraft freely intermingle with their military cousins like the C-130 and C-17, bringing much-needed supplies to coalition forces.

Parking these aircraft, which are often on the ground for one or two hours, can be a challenge — a challenge handled by the Airmen in transient alert.

"Our main mission is to park all the transient aircraft coming into Bagram," said Master Sgt. Kerry Meyers, 455th Expeditionary Logistics Squadron. Sergeant Meyers is a Reservist deployed to Bagram from the 446th Airlift Wing at McChord Air Force Base, Wash. "If an aircraft has some type of maintenance problem, we also try to help fix it as best we can."

The task can be a bit tougher at night, since the airfield operates without the lighting prevalent at many Air Force installations.

"We don't have the football stadium lights here, since the pilots have to come in under low-lighting conditions," Sergeant Meyers said. "We use light wands and mark the parking spots with chemical sticks. The big difference is we have to be more careful — conditions drastically change at night."

In addition to Sergeant Meyers, the six-member transient alert team includes one other Reservist: TSgt. Kurtis Barth, also from the 446th AW. Because most of the transient alert Airmen are crew chiefs with a background in airlift, they are able to handle most of the minor situations that arise.

"We've done a couple of tire and brake changes while we've been here," Sergeant Meyers said. "We had one aircraft that came in with engine problems that we helped with."

Although parking airplanes might seem like a routine job, it's not, the sergeant said. A great amount of thought goes into the process, as the Airmen handle an average of 14 transient aircraft each 12-hour shift.

"We park the planes in different spots depending on what they have to load or unload, whether or not they need fuel and who's on board," said Senior Airman Randy Johnson of



MASTER SGT. ANDREW GATES

Senior Airman George Bronson, 455th Expeditionary Logistics Squadron, directs a C-130 into a parking spot on the flight line at Bagram Air Base, Afghanistan. Transient alert Airmen handle an average of 14 aircraft each 12-hour shift.

Little Rock AFB, Ark. "Some crews don't know the airfield as well as we do. We're able to help get them positioned to achieve their mission."

"We have to juggle the aircraft with the limited parking spots," Sergeant Meyers said. "We've had as many as five aircraft on the ground at once, so it can be difficult to keep the taxiways and surrounding areas open."

With the large number of coalition forces, as well as foreign, aircraft coming through Bagram, the Airmen deal with many foreign crews.

"We try to put everything in the simplest possible terms," Sergeant Meyers said.

"We have very few problems," Airman Johnson said. "Most of the time, they have someone on board, usually a loadmaster, who can speak English."

Keeping the air traffic moving smoothly through Bagram is an important part of the coalition forces' mission of helping secure Afghanistan and supporting voter registration efforts.

"I'm proud to be here," Sergeant Meyers said. "I've volunteered for two tours. It's good to be contributing to the war on terrorism." ★

(Sergeant Gates is assigned to the 455th Expeditionary Operations Group public affairs office at Bagram AB.)

Fitness Program during unit compliance inspections in August.

Under the new fitness program, commanders assume more responsibility for validating their Airmen's physical conditioning.

AFRC began conducting fitness assessments on Reservists in April. The standards for fitness include a waistline measurement, as well as push-ups, crunches and a 1.5-mile run.

A special interest item, the inspection of unit fitness programs emphasizes Air Force policies, directives, procedures and documentation requirements for the chief of staff of the Air Force Fitness Program, which went into effect in January. In addition, the purpose of the inspection is to evaluate a unit's compliance with the program, identify problems and recommend corrections to ensure the Air Force provides an environment that supports fitness. (AFRC News Service)

Reserve End Strength Going 'Back to the Future'

The Department of Defense is turning back the clock, raising Air Force Reserve Command's end-strength ceiling to the fiscal year 1996 level.

The change is the result of the FY 2005 Defense Appropriations Act. President Bush signed the bill into law Aug. 5.

Under the defense bill, AFRC may have up to 76,100 reservists in the Selected Reserve in FY 2005, which began Oct. 1. The 1996 ceiling was 76,138.

After the Persian Gulf War, Air Force Reserve troop levels declined steadily from a high of 84,539 in 1991 to a low of 73,160 in 1997. Levels in the late '90s fluctuated but continued to rise as the Air Force relied more on Reservists to shoulder worldwide missions.

The FY 2004 end-strength ceiling was 75,800.

This year's funds will pay for up to 74,200 traditional Reservists and 1,900 full-time members of the active Guard and Reserve. The funding will allow 60 more traditional Reservists and 240 more AGRs compared to last year's end-strength cap.

The ceiling for full-time air reserve technicians — people who serve as civil

Cyclists promote recruiting in annual ride across Iowa

By Staff Sgt. Jennifer A. Johnson

It took her 350 miles to get there. But when Lt. Col. Carolyn Lohman stepped off the bus July 24 in Onawa, Iowa, she knew she had 500 more miles waiting for her. This time the Air Force Reserve lieutenant colonel's mode of transportation would not be powered by a motor but by her own muscles and endurance.

Colonel Lohman, 934th Mission Support Flight commander at Minneapolis-St. Paul International Airport Air Reserve Station, Minn., participated as a member of Team Air Force in the 32nd annual Great Bike Ride

Across Iowa, also known as RAGBRAI, July 25-31.

The 100-plus member Air Force team, along with thousands of cyclists from across the world, had the same goal — to go from one side of Iowa to the other. Another member of Team Air Force was Ronna Puck, fitness center manager at the air reserve station, who was part of the support crew.

The Air Force team had a second goal to promote the Air Force with its presence and by handing out small promotional items. The items included pencils, pens and key chains. They were a great way to tell people about the Air Force and Air Force Reserve Command, too, Colonel Lohman said.

"Most people think this is an active-duty Air Force plug, but I was able to get out there and promote the 934th Airlift Wing, too," the seasoned rider said.

Colonel Lohman, who has participated in other cycling events, including the Twin Cities to Chicago AIDS ride, said the most surprising aspects of the Ride Across Iowa were the number of participants and the generosity of the people in Iowa.

"They were just awesome," she said. "The people of Iowa and their hospitality were the most impressive things for me and are what made it a really posi-



Ronna Puck (left) and Lt. Col. Carolyn Lohman of the 934th Airlift Wing, Minneapolis-St. Paul International Airport Air Reserve Station, Wis., participated in the 32nd annual Great Bike Ride Across Iowa as members of Team Air Force.

COURTESY PHOTO

tive experience. There were a lot of people along the route who were really jazzed up about seeing the Air Force, and it was really neat to hear everyone cheering us on."

Ms. Puck, who had a different perspective of the event since she was part of the support crew, said she was also amazed at the things she saw, particularly the patriotism. In fact, she said there were times she felt like a celebrity, like when someone wanted to take her picture because she was part of Team Air Force.

"People would come up to us and thank us for everything that we do for the country," she said. "We went through one small town, and there was a gentleman who stood there and saluted us. I would have to say that was one of the most memorable experiences."

Not only did the communities support the Air Force, but they pulled out all the stops for the RAGBRAI participants, keeping everyone entertained throughout the 55-town trip, Colonel Lohman said.

More information about the Air Force cycling team is available on the Web at www.teamaimhigh.com. ★

(Sergeant Johnson is assigned to the 934th AW public affairs office at Minneapolis-St. Paul IAP ARS.)

Exercise prepares emergency forces for domestic disaster

Air Force Reservists from Texas and South Carolina traveled to Wisconsin in August to participate in Operation Heartland Defense, an exercise designed to help prepare civilian and military emergency forces to respond to domestic disasters.

In addition to Airmen, the exercise also included Soldiers from the Army Reserve and Wisconsin Army National Guard.

"The exercise provided an excellent opportunity for Air Force Reserve members from different units to come together for valuable training in an environment that may be exactly what we'll face in real life," said Air Force Maj. Sue Drabing, exercise director. Major Drabing is assigned to Air Mobility Command's Tactical Airlift Control Center at Scott Air Force Base, Ill.

The exercise began several days before the military forces arrived. A simulated anthrax event of unknown origin was staged in the West Salem, Wis., area. Local emergency personnel were dispatched to mount a first response to the situation.

Overwhelmed by the severity of the event, local authorities requested federal assistance, which included a response from reserve forces.

About 200 Soldiers from the Army Reserve's 452nd Combat Support Hospital, Milwaukee, Wis., and Army National Guard's 832nd Medical Company (Air Ambulance), West Bend, Wis., deployed to La Crosse Airport to set up and staff a 44-bed tent hospital. The hospital, which included an operating room, X-ray facilities, intensive and



SENIOR AIRMAN JONATHAN SIMMONS

Maj. Adam Rodriguez, 433rd Aeromedical Evacuation Squadron, Lackland Air Force Base, Texas, gives instructions to Soldiers from the Army Reserve's 452nd Combat Support Hospital on how to transfer a patient from an ambulance to a C-17 aircraft.

intermediate care facilities, and a communications center, provided a place where Army nurses, doctors and technicians could provide care for an increasing number of simulated anthrax victims.

The exercise offered members of the 452nd their first opportunity to work in a joint environment with civilians, according to Army Maj. Loren Klemp, medical operations officer for the exercise.

While the Army Reservists and National Guardsmen were dealing with victims of the anthrax incident, another element was added to the exercise. A train carrying toxic ammonia derailed, releasing the deadly gas into the air. That's when the Air Force Reserve got involved.

Twenty-three people from the 433rd

Aeromedical Evacuation Squadron, Lackland AFB, Texas, and the 315th AES and 300th Airlift Squadron, Charleston AFB, S.C., responded to simulate transporting patients, via a Charleston C-17, to a medical facility capable of treating illnesses or conditions requiring specialized care.

"From an Air Force perspective, I'd say we met all our objectives," said Lt. Col. Wayne Olson, 433rd AES director of operations. "Our aircrews got the opportunity to work in a joint environment, and some were able to get certified (for aeromedical evacuation) on the C-17." ★

(Information for this article provided by Senior Airman Jonathan Simmons of the 433rd Airlift Wing public affairs office at Lackland AFB.)

servants and Reservists in the same job — decreased from 9,991 in 2004 to 9,954 in 2005.

Funding to train, pay and care for the force increased from an appropriations budget of \$3.47 billion in 2004 to \$3.69 billion for 2005.

AFRC's funding is part of the \$417 billion defense appropriations bill. Provisions of the bill include a 3.5 percent across-the-board pay raise for service members and elimination of out-of-pocket housing expenses.

In other pay matters, Congress agreed

to increase permanently the family separation allowance from \$100 to \$250 and the imminent danger pay from \$150 to \$225 per month.

Under the new reserve personnel appropriation, the Air Force Reserve will receive \$1.45 billion to cover pay, allowances, clothing, subsistence, travel and other related expenses.

Another \$2.24 billion will go to operations and maintenance funds to train, organize and administer the command. O&M money pays for flying hours, depot maintenance, repair of facilities

and equipment, travel and transportation, civilian pay, recruiting, and communication, as well as procurement of services, supplies and equipment.

In 2004, the Reserve's RPA budget was nearly \$1.29 billion. Its O&M funding was \$2.18 billion.

For fiscal 2005, Congress added \$265 million to keep the 932nd Airlift Wing's flying operation going at Scott Air Force Base, Ill. Funds will pay for three C-40 aircraft, wing operations and training, site activation, and reservists and full-time technicians. *(AFRC News Service)*

Reservist Plays Supporting Role in Comedy Film

Moviegoers from Hill Air Force Base, Utah, who saw the movie “Napoleon Dynamite” may have recognized a familiar face — on the big screen.

Senior Airman Trevor Snarr, a reservist with Hill’s 419th Fighter Wing, was a supporting actor in the comedy.

The film is about the life of a high school nerd played by Jon Heder, who lives with his grandmother and his 32-year-old brother in Preston, Idaho. Airman Snarr played the character of Don, a jock from Preston High School.

“This was my first experience in acting,” Airman Snarr said. “It was a great experience. I hope it opens up some doors for me in my acting career.”

Airman Snarr attends the University of Utah and is studying mass communications with an emphasis in public relations. He is pursuing a minor in acting.

“Right now, getting through with school is my main focus, but I still want to continue to do some acting on the side,” Airman Snarr said. “I’ve been hired to do some local commercials in the near future.”

He recently completed a film called “Propensity.” The film is about suicide and will be used as a prevention tool. The producer of the film said he plans to show it at the Sundance Film Festival.

Although he enjoys acting, Airman Snarr said he wants to stay in the Air Force Reserve. He has worked in the wing chaplain’s office since May 2002.

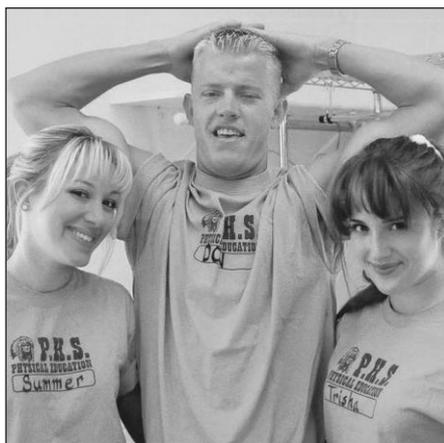
“Acting is too risky to rely on for income,” he said. “Besides, I was brought up in a military family. My dad was in Special Forces, and my cousin is in the Marines. The military is something I’m proud to be apart of.”

Airman Snarr believes his serving in the military had a part in his ability to act.

“I think being in the military gave me a little advantage when I auditioned,” he said. “It (the military) taught me to have self-confidence and discipline so when I’m put on the spot, I can react and do the job.”

According to Snarr, more than 150 people auditioned for various parts in “Napoleon Dynamite.”

“After they trimmed the list down, there were only about 20 of us left for the



Senior Airman Trevor Snarr poses with actresses Haylie Duff (left) and Emily Kennard during one of the Preston High School physical education scenes in the movie “Napoleon Dynamite.”

final audition,” he said. “‘Napoleon Dynamite’ took 22 days to film. I had to be there for only seven of those days to play my part in the film.” (Stephanie Johns, 419th FW public affairs)

Selfridge Pilot First to Complete Weapons Course

A pilot from the 927th Air Refueling Wing, Selfridge Air National Guard Base, Mich., is the first “true traditional Reservist” to complete the Air Force KC-135 Weapons Instructor Course.

Maj. John S. “Spaz” McSpadden, 927th Operations Support Flight, is the wing’s chief of tactics. He graduated from the rigorous course June 11 at Nellis Air Force Base, Nev.

The course is designed to create KC-135 tactics and planning experts and is aligned with schools for other major weapons systems.

“This is a weapons school, not just a tanker school,” said Major McSpadden. “It’s combined with all the major weapons system schools, such as the C-130, F-16, bombers, intel and space schools.”

The major said some people may have

A MATTER OF OPINION

Change of Heart Regarding the Fit to Fight Program

I am a 57-plus-year-old senior NCO. At one time, I was a pretty fair athlete, running four to eight miles a day, biking, hiking and participating in a number of other activities. Like most of my friends, as I aged, I became less likely to run or exercise. I was content to walk three miles once a year to meet the Air Force Reserve’s fitness requirement. Heck, if the Air Force wanted me to run, it would be called the Army.

Well, as we all know, Fit to Fight became an active-duty program. Shortly thereafter, the Reserve adopted it. When it did, I have to tell you, I was one upset old man. After all those years of sitting around gaining weight and reminiscing about how great I once was, it was now time to get that way again.

I started getting in shape by running after work. At first I could manage a quarter of a mile before my breathing system would shut down and I had to quit. However, since I did not want to look bad during my assessment, I continued to exercise on a daily basis. Every day I would try to go a little further, a little faster.

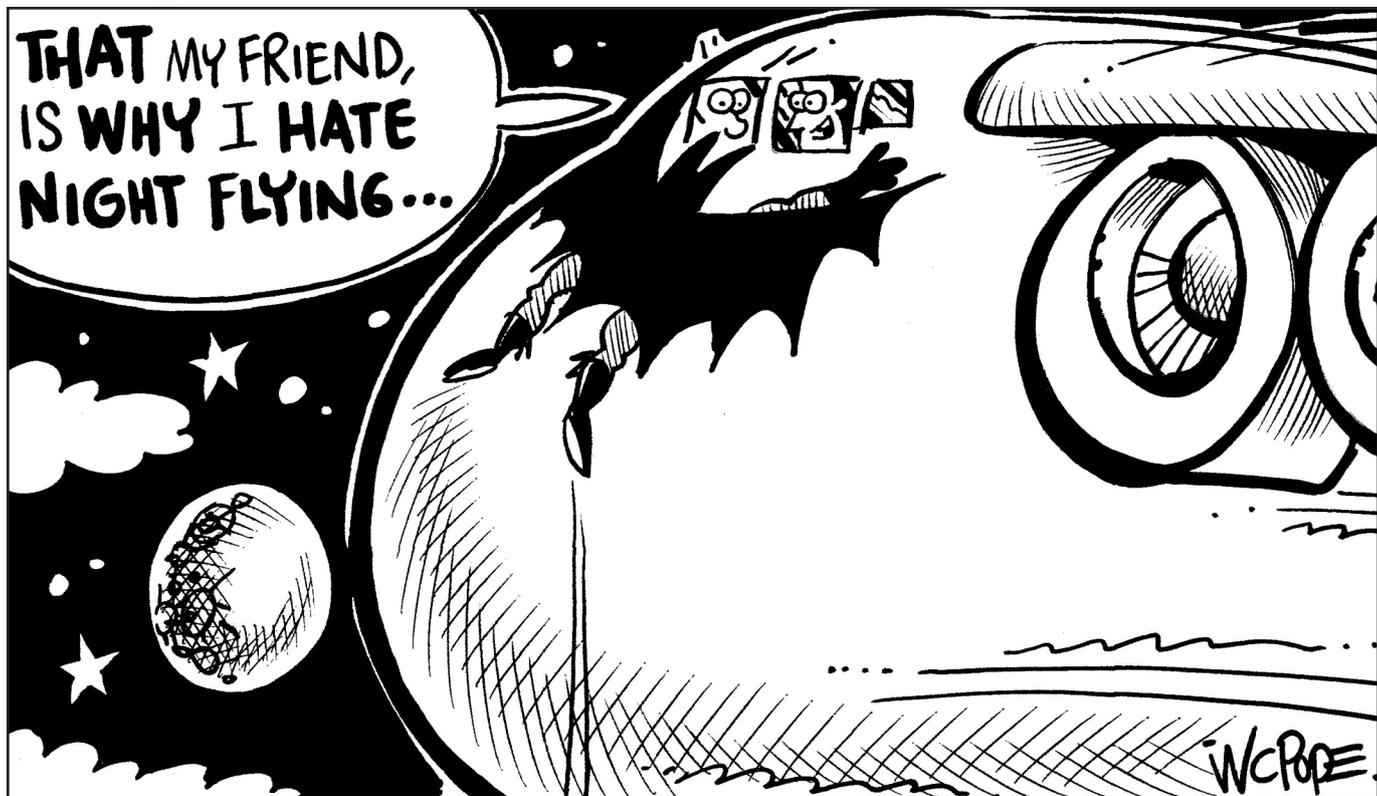
I managed to pass my fitness assessment. Not by much, but I passed. Having passed the assessment, I had thoughts of again kicking back and waiting for next year before starting all over again. However, a funny thing happened. I missed the exercise. Sure, I wasn’t the young, nimble stud of my youth, but I did feel much better and looked better. My weight had dropped, and my waist size had decreased. Also, my blood pressure and pulse rate were down. After going through so much exercise to eek out a passing grade, I decided to make Fit to Fight my after-work exercise program.

Today, four months after grudgingly starting to reclaim myself, I did 39 push-ups and 45 crunches, ran three miles and biked 15 miles. This is not a daily routine, but it is what I do two to three times a month.

I will have to retire in a few more years but will continue to devote time daily to exercise. It’s not about being Fit to Fight. It’s about being Fit to Live.

*Senior Master Sgt. Steve Knorr
Wright-Patterson Air Force Base, Ohio*

Pope's Puns



CARTOON BY MASTER SGT. W.C. POPE, WESTOVER AIR RESERVE BASE, MASS.

difficulty understanding how a tanker is considered a weapons platform.

"We don't drop a bomb, but in the Air Force our weapon is fuel," he said. "We can transfer tens of thousands of gallons of fuel. It is a weapon, in the broader perspective."

Each of the weapons schools lasts 5 1/2 months. All students first go to Nellis, where they complete two weeks of common academics. Then the KC-135 students go to Fairchild AFB, Wash., for 3 1/2 months of training. Students then complete a mission employment exercise.

Lt. Col. Tim Weber is acting director of operations for the 509th Weapons Squadron at Fairchild. The squadron operates the KC-135 schoolhouse. He said he was pleased with Major McFadden's graduation and that the school is trying to expand to include more traditional Reservists.

"We're trying to cater to them," Colonel Weber said. "They're unique since they've often been with their units so long and have that great continuity."

A selection board chooses four active-duty members for each school session, he said. The air reserve component — made

up of the Air Force Reserve and Air National Guard — gets two slots.

Major McSpadden is the second Reservist to complete the course. He is, however, credited with being the first "true traditional Reservist." Maj. Graham Whitehouse, 64th Air Refueling Squadron tactics officer, was coming off active duty and making the transition to the Air Force Reserve when he completed the course, leaders said. (Eric Brian, 927th ARW public affairs, Selfridge ANGB)

Air Force Approves Humanitarian Medal for OEF

The Air Force has authorized the Humanitarian Service Medal for certain people who supported Operation Enduring Freedom.

During the operation, hundreds of Airmen participated in packaging and delivering nearly 2.5 million individual daily rations to beleaguered Afghan.

The medal recognizes this and other humanitarian operations that took place Oct. 7, 2001, to May 31, 2002.

To qualify for the medal, Airmen must have been individually assigned or

attached to a unit participating in the humanitarian efforts and must have directly participated in the relief actions. The actions must have affected locations within the land area, airspace or waters of Afghanistan, Uzbekistan, Pakistan, Gulf of Oman or the Arabian Sea, designated as 20 degrees north latitude and west of 68 degrees longitude.

Other Airmen, such as aircrews, who may be approved are those who were in direct support of OEF humanitarian operations from U.S. locations or were deployed overseas and assigned to or working from one of the following locations: the Combined Air Operations Center, Prince Sultan Air Base, Saudi Arabia; the Regional Air Movement Control Center, Al Udeid, Qatar; the 437th Expeditionary Airlift Squadron or 37th Airlift Squadron, Ramstein Air Base, Germany; the 351st Air Refueling Squadron, Royal Air Force Mildenhall, England; the 2nd Space Operations Squadron, Falcon Air Force Base, Colo.; the 315th Airlift Wing, Charleston AFB, S.C.; or the 62nd and 446th Airlift Wings, McChord AFB, Wash. (Air Force Print News) ★

Space Aggressors

**Reservists wreak
havoc in the final
frontier ... page 2**

