



# VIGILEER



Vol. 45, No. 14

Friday, April 9, 1999

Aviano Air Base, Italy

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps.

## Safety first

By Master Sgt. Earl Aycox  
*31st Fighter Wing Safety*

Most people have been working 12-hour shifts and are tired on the drive home. The following list tells people how to avoid falling asleep behind the wheel.

**Warning signs of fatigue:**

- can't remember the last few miles driven
- drift from their lanes
- experience wandering thoughts
- yawn repeatedly
- have difficulty focusing or keeping eyes open
- tailgate or miss traffic signs
- have trouble keeping their head up
- keep jerking vehicle back into lane

**Drivers should:**

- recognize they are in danger of falling asleep.
- find a safe place to stop.
- take a brief nap (20 to 40 minutes) if tired.
- drink coffee or another source of caffeine to promote short-term alertness if needed.

Remember that it is better to get home late than not at all.



Photo by Senior Airman Jeffrey Allen

### 'Slammer' ready to go

Senior Airman Thomas Dias, 22nd Fighter Squadron, Spangdahlem Air Base, Germany, makes final checks on an AIM-120 'Slammer' missile loaded on the wing of an F-16 Fighting Falcon here in support of Operation Allied Force.

## Shelton visits airmen, sailors, Marines

By 1st Lt. Matt Borg

*31st Air Expeditionary Wing Public Affairs*

In an attempt to get the pulse of the Operation Allied Force air campaign first-hand, Gen. Henry H. Shelton, Chairman of the Joint Chiefs of Staff, visited with airmen, sailors and Marines here Tuesday.

"I see a tremendous amount of professionalism here," said Shelton. "The NATO effort and the integration of our NATO allies is just absolutely fantastic."

During his two-hour stop at the Italian air base, Shelton met with NATO pilots, inspected security forces troops during evening guard mount, and ate dinner with a group of multi-service personnel in the base's tent city, Caserma Barbarisi.

Along with the general's words of encouragement came an affirmation of the United State's commitment to the operation.

"We will be here for as long as it takes to carry out the mission given to us," said the general. "We will continue to reduce Milosevic's capabilities. He'll get weaker by the day."

Escorted by Brig. Gen. Dan Leaf, 31st Air Expeditionary Wing commander, Shelton toured Barbarisi, the temporary home to nearly 1,500 deployed military personnel from bases all over the world.

The more than 150-aircraft strong, 31st AEW consists of two permanently-based F-16 squadrons, deployed F-15Es, F-16s, C-130s, KC-135s, A-10s and F-117 stealth fighters, as well as NATO aircraft from Spain, Portugal, Canada and the United Kingdom.

Shelton became the 14th Chairman of the Joint Chiefs of Staff



Air Force file photo

Gen. Henry H. Shelton, Chairman of the Joint Chiefs of Staff, inspects security forces troops at an evening guard mount during his brief visit here, Tuesday. While at Aviano, Shelton visited with airmen, sailors and Marines supporting NATO's Operation Allied Force.

Oct. 1, 1997. He serves as the principal military advisor to the President, the Secretary of Defense, and the National Security Council.



# TEEN SCENE

April 9, 1999

Vol. 1 No. 4

Student

## Senators begin the debate

*'incus*

Model United States Senate is the high school equivalent of the Senate. On April 19-23, students from all over Europe will travel to Bad Kissengen, Germany, to role play senators, lobbyists, and journalists.

The nine participants from Aviano include: Tate MacIntosh, Alex Pincus, Gwen Neff, Michael Correll, and Kent Blackledge, as senators, April Lawson and Matthew Pincus as journalists, and Elizabeth O'Donnell and Katie Pincus as lobbyists.

For four days the teenagers will pass bills, discuss issues, lobby for their designated party, and present new ideas. During this event they will follow a busy schedule, for three days waking up before seven, and going to bed at eleven, after a day of debating, making speeches, and attending conferences.

To be chosen to travel to this mock senate involves several steps. Ms. Tsekos, Aviano sponsor, sent a list

of hopefuls to event organizers in Germany. They decide how many people from each school can attend.

Before the senators travel, they must prepare two bills that may come up in the Senate, along with arguments to support their bills. They must also review parliamentary procedures. The journalists at MUSS publish a paper every day. To do that, they must know how to lay out pages



Photo by Kristina Hare

Alex Pincus, Tate MacIntosh, April Lawson, Michael Correll, Matt Pincus, Katie Pincus, Elizabeth O'Donnell, Gwen Neff. Not Pictured, Kent Blackledge.

and have a story prepared before they arrive. The lobbyists choose the special interest groups from the list officials send them, and they prepare a presentation. This year Aviano lobbyists were given the Sierra Club, an environmental organization, and the Anti-Defamation League, an organization devoted to exposing anti-Semitic groups.

Ms. Tsekos commented that Model Senate "is a good opportunity to learn in a 'real life' setting while having fun in the U.S. Senate."

### Guess When ?

#### HOT STUFF

- Apr. 9: Teen Program - Deadline to sign up for Gardaland Trip (x5479)
- Apr. 9: AHS Teacher work day - No School
- Apr. 10: Spring Fling Teen Dance (x5479)
- Apr. 9-17: Club Beyond Romania Trip (x5649)
- Apr. 12-19: Spring Break - No School
- Apr. 12: Teen Program - Teen Olympics (x5479)
- Apr. 12: Teen Program - Spring Break BBQ (x5479)
- Apr. 15: Teen Program - Gardaland Trip (x5479)
- Apr. 15: All Day Youth Craft Fair @ CAC (x5032)
- Apr. 17: Teen Program - Portogruaro Mall McDonald's Trip (x5479)
- Apr. 20: Teen Program - Popcorn Matinee (x5479)
- Apr. 27: AHS Mentor Program Career Day (x7302)
- May 1: AHS SAT Test Day (x7287)
- May 3: CYO Prayer Breakfast (x5211)

#### CLASSES

- Apr. 9: Tape Painting (x5032)
- Apr. 9: Crochet (x5032)
- Apr. 16: Basket Class (x5032)
- TBD Apr: Red Cross Baby Sitting Class (x5576)

#### MEETINGS

- Apr. 12, 19, 26: CYO Youth Choir Practice (x5211)
- Apr. 12, 19, 26: Club Beyond High School Meeting (x5649)
- Apr. 14, 21, 28: Club Beyond Middle School Meeting (x5649)
- Apr. 15, 22: 9-12 Grade Teen Talk (x5667)
- May 6, 13: 7-8 Grade Teen Talk (x5667)

#### SPORTS

- Apr. 24: AHS Soccer at AOSR (x7287)
- Apr. 24: AHS Track at Sigonella (x7287)
- May 8: AHS Soccer at Naples (x7287)
- May 8: AHS Track at Livorno (x7287)

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## Help

By Elizabeth O'Donnell

Physics, chemistry, algebra, geometry... most teenagers get shivers just thinking about these subjects; however, the Aviano High School students are getting extra help from the base math and science geniuses of the Society of Military Engineers.

The tutors review material from pre-algebra to calculus in math and biology to physics in science.

The teenagers get a lot of help and are extremely thankful for it. Freshman Jo-

seph Downen expressed his gratitude. "I am glad they started this program. I am beginning to understand my algebra class much better."

The volunteering engineers specialize in one math or science class. For example, one tutor will teach kids algebra while another will assist in geometry. The same is true for science classes.

"The tutoring program is in the beginning stages. The number of students looking for help has increased, and the students

who were there in the beginning are sticking with it," stated Ms. Thomas, Learning Strategies teacher at AHS and program organizer.

The tutoring sessions last for one hour after school every Thursday in the high school library. If you are not doing as well as you think you should in a math or science class, stop by the office to pick up a permission slip to attend. When your report card comes out, you and your parents could be ecstatic with the results!

# is on the way

## Where does the money go?

**Q:** When an airman gets an Article 15 or some other kind of non-judicial punishment, and pay and allowances are forfeited, where does the money that was forfeited go?

Is it placed into the G.I. Bill fund or some other fund where it is put to good use by airmen who haven't had any kind of punishment?

**A:** All forfeitures imposed against enlisted members based on Articles 15 or courts-martial are credited to the Armed Forces Retirement Home.

All forfeitures imposed against officers based on Articles 15 or courts-martial are credited to the military pay appropriation, which is a general fund.

## COMMANDER'S CONNECTION



Brig. Gen. Dan Leaf

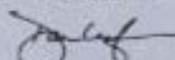
The Commander's Connection is your direct link to let me know your comments, suggestions or unresolved complaints. I will personally see that each question is answered and select those of general interest to appear in the "Vigileer."

All items may be edited or paraphrased for brevity and clarity. Commander's Connection comments can be submitted by:

- E-Mailing [cc.connect@aviano.af.mil](mailto:cc.connect@aviano.af.mil)
- faxing to Ext. 7083
- sending through distribution to 31FW/PA
- mailing to 31FW/PA, Unit 5140 Box 100, APO AE 09604-0100;
- delivering to public affairs, Bldg. 1360.

You may remain anonymous upon request. However, to receive a reply, include your name, unit and phone number.

The Commander's Connection is not intended to replace the chain of command. Before contacting the Commander's Connection, talk with responsible managers, supervisors or first sergeants.



31st Fighter Wing  
Commander

# Force protection top priority

By Lt. Col. Joe Mazzola  
*Force protection working group  
chairman*

If there's one thing I've learned since arriving at Aviano last summer, it's that life around here is 100 mph. The frantic pace just seems to be the Aviano way of doing business. Needless to say, that "normal" intensity was dialed up a few notches awhile back when we moved into our current combat operations.

About the same time we did that, we began to see an increase in acts of vandalism and such targeted toward the personal property of Americans, the most serious case being the car fire incident in Aviano. That brings me to the subject of this article — force protection.

Protecting you and your families is a top priority of the base leadership, Italian and American, from the Italian installation commander and wing commander on down. And now, more than ever, you and your families need to know that the leadership is not just talking the talk, we're walking the walk.

Just for the record, the emphasis on force

protection didn't just start March 24th. I can tell you from personal knowledge that it has been Brig. Gen. Dan Leaf's top priority since the day he took command of the wing.

So what are some of the things we're doing to protect you and your families? Here are some examples:

- We brought in extra security forces people to increase base security.
- We requested more military working dogs. One is already here.
- We placed mylar protective covering on the windows of several vulnerable buildings where our people work.
- We started a rumor control hotline — the number is Ext. 7555.
- We ensured all school bus drivers have cell phones, now require photo ID cards for bus boarding and park the buses in a more secure area.
- We met with all Department of Defense Dependent Schools teachers and staff to discuss force protection.
- We garnered funding for full-time security guards at our off-installation schools, which starts in August.
- We erected portable security barriers at a few critical locations and restricted parking at others.
- We bought over \$225,000 in more permanent barriers and we're already installing them at critical locations around the base.
- We strung the green "sniper screen" along stretches of our perimeter fence line.
- We put our security forces personnel in straight 12-hour shifts and implemented a whole host of extra security measures.

• We hired a professional team of experts to do a blast wall analysis for key buildings throughout the base and then propose the best force protection options for us.

• We're continuing to fight for cover plates — your wing commander has personally reengaged on this one and bumped it up his leadership chain.

• We started tracking security incidents at all other installations in Italy, along with our out-of-country geographically separated units.

• We implemented "INFOCON BRAVO" as a communication security measure.

• We canceled trips to certain events when we thought there was risk to military members and their families.

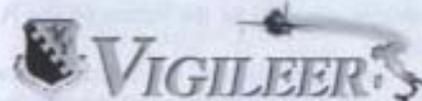
• We imposed various restrictions on wearing uniforms downtown.

• We ramped up force protection information, using all possible media.

• We routinely meet with the Italian installation leadership, as well as with the Italian law enforcement leadership. They have been fabulous and incredibly supportive. You see them out there everyday. They are there to help us protect you and your families.

This list could go on and on. Also remember, there are measures we're taking behind the scenes that I can't put in a public article like this.

I hope my intent of writing this article is clear. Your leadership, Italian and American, is aggressive when it comes to force protection. We're doing all we can, but we can't do it alone. You've got to do your part, too. More to follow.



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Articles may also be sent by E-mail to [vigileer@aviano.af.mil](mailto:vigileer@aviano.af.mil). Faxed articles will not be accepted.

The public affairs staff reserves the right to edit all articles. The editorial content is edited, prepared and provided by the public affairs office of Aviano AB, Italy, Ext. 7344. All photographs are Air Force photographs unless otherwise indicated.

Read the electronic version of the Vigileer by visiting the Aviano Home page at [www.aviano.af.mil](http://www.aviano.af.mil).

# Base breaks bone marrow record

*Military people and families donate time, blood, save lives in drive*

By Staff Sgt. Kelley Stewart  
Public Affairs

The people here have set the first ever U.S. Air Forces in Europe bone marrow drive record.

Four hundred and seventy five people volunteered to give blood for a chance at adding their names to the national registry. This number beats the 434 potential bone marrow donors who gave blood at Naples, Italy, in January.

The drive, held Monday, took its show on the road.

According to 1st Lt. Tagg Timm, the bone marrow drive project officer, he and two medics took the drive to the propulsion shop's conference room in Hangar 2 and to Caserma Barbarisi.

Timm said he and the medics hit the road because a lot of people couldn't leave the flightline area to go to the community center and give blood.

"We got 58 people from the propulsion shop and 47 from Tent City — people we wouldn't have gotten if we had stayed in the community center."

At first, the lieutenant was afraid that the contingency would hinder the drive, but, as it turned out, it didn't. "We had an amazing turn out. We had some Marines, some sailors and dependents. A

whole lot of everybody," he said.

Towards the end of the drive Timm had only 30 people to go to break the record, so he went to the base exchange and got on the public address system to advertise.

He also went to the commissary to get people and pulled people in from the parking lot to donate blood. "AFN (American Forces Network) was really proactive in getting stuff of the radio," he said.

"I would call them and they would announce where we were going to be."

"I couldn't be anymore grateful for the people who helped put this thing together," Timm said. "Master Sgt. Patricia Vullo, base training manager, did a wonderful job of getting people to volunteer. Capt. Kathy Cornelius, from the lab, got medics to sign up for shifts. Everyone was a volunteer."

Lt. j.g. Cindy Campbell, the project officer for the Naples' bone marrow drive and veteran of over 65 such drives, came up to offer Timm support and guidance.

According to Timm she said she had never seen so many volunteers and such generous people. "She has been stuck having to do them herself with one medic," he said.

The next bone marrow drive is tentatively scheduled for October or November.

By 1st Lt. Tagg Timm  
Bone marrow drive project officer

*"We had an amazing turnout. We had some Marines, some sailors and dependents. A whole lot of everybody."*

## Aviano celebrates 'Expeditionary Easter'

By 1st Lt. Matthew Borg  
31st Air Expeditionary Wing  
Public Affairs

Slobodan Milosevic, Federal Republic of Yugoslavia president, didn't take Easter Sunday off, and the 31st Air Expeditionary Wing here didn't either.

Despite the Christian holiday observed throughout the world, aircraft supporting NATO Operation Allied Force air operations over Yugoslavia launched at their usual rate here April 4.

The more than 1,500 deployed men and women here weren't denied their religious celebration, however. The airmen, soldiers, sailors and Marines simply did Easter 'expeditionary' style.

From morning Mass to sweet potato pie, the base chaplains, services members and family support center volunteers made Easter as close to home as possible.

Worship services were held throughout the day in tent city, but for those who couldn't break from work to attend a chapel service, there were those who took the chapel to them.

"Not everyone can leave the flightline to go to church," said Ch. (Maj.) Karl Wiersum, deployed here from Spangdahlem Air Base, Germany. "So I bring the worship to the people."

Wiersum and his fellow chaplains traveled throughout the base visiting, counseling and providing "battlefield" worship services for the on-duty crews.

Wiersum alone did six field sermons, which consist of a liturgy, devotional and communion.

Deployed services personnel from Malmstrom Air Force Base, Mont., and Holloman AFB, N.M., began preparing Saturday in order to cook up a special order for the tent-city residents.

More than 540 military members enjoyed Cornish hens, steamship round, sweet potatoes, baked ham and corn-on-the-cob in the dining tent, all prepared in a field environment.

"We're doing all this with a pretty limited amount of equipment," said Staff Sgt. Jeff Pegueros, a Holloman cook. "But it's appreciated. We had a sergeant major personally come back and thank us."

"Under these conditions, they really do a great job," said Staff Sgt. Frank Monagas, an Easter-dinner customer. "It shows that we haven't been forgotten."

To ensure parents and family members back home weren't forgotten either, the troop morale center, sponsored by the base family support center, made morale calls available all day, allowing deployed personnel to call

home free of charge.

"I think it's a great program," said Senior Airman Christian Arvin, deployed from Royal Air Force Lakenheath, Great Britain. "It makes you feel better about your situation."

Long gone are the days of troop letters home. Those who want can take advantage of free E-mail, a service FSC officials say is becoming more popular with each contingency.

Robbie Robinson, of the FSC, said the center's five phones and five computer terminals, which handle more than 1,000 users each week, were occupied throughout the day Sunday.

According to wing leadership, not only do these organizations have the ability to make a work day seem like a holiday, their services are vital to the future of the Air Force.

"Our expeditionary Air Force is more than technology, weapons systems and doctrine," said Brig. Gen. Dan Leaf, 31st Air Expeditionary Wing commander. "We rely first and foremost on people like Chaplain Wiersum, field kitchen cooks like Pegueros, and family supporters like Robinson. They make it possible for our extraordinary aviators and maintainers to get ordnance on target with speed, precision and lethality."



## SPRING PARTY

Asparagus Pie with Montasio Cheese Sauce  
"Pedemontana" Spring Shots of Rice  
Capriccio (Chicken and Calf Meats) with Vegetable  
Sauce on a Bed of Spring Potatoes  
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This offer is valid from 9 - 16 April 1999

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## Opening of Office Supplies Store

After Pordenone and Maniago Center Data Line  
has also opened a point of sale in Aviano  
located at Via G. Marconi 13

Everything for the Office

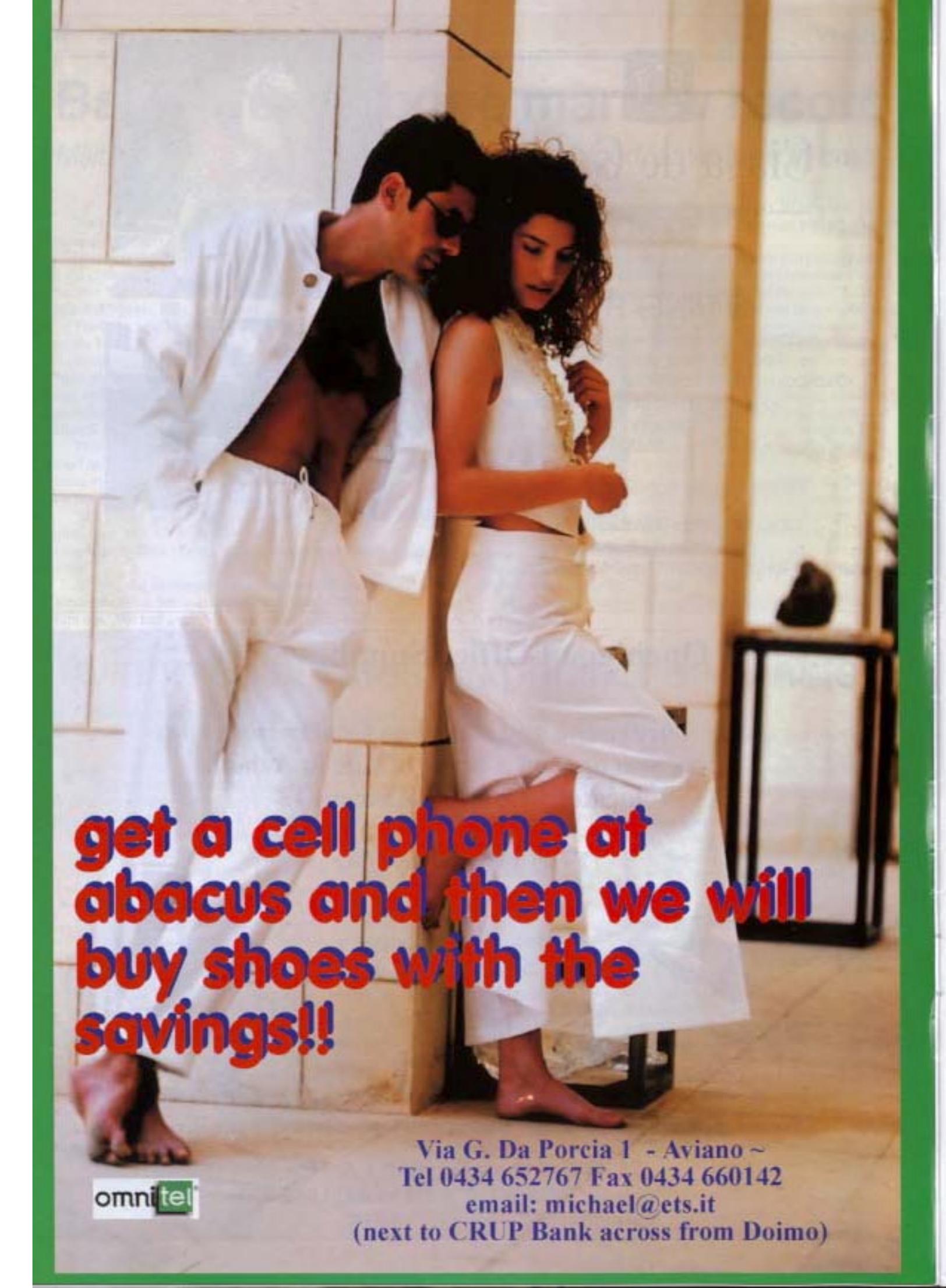


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## Aviano Performer



Photo by Senior Airman Kenneth Bellard

### John Knott

31st Mission Support Squadron  
Family life educator

#### Hometown: Waterloo, Iowa.

**What do you like most about your Aviano assignment?** The opportunity to enjoy Italian food and people and food and culture and food.

**What do you like most about your job?** I really enjoy helping people make the most of their lives while stationed here at Aviano.

**Greatest accomplishments:** Surviving and thriving through 19 years as a military spouse.

#### Interests and hobbies:

Traveling, tennis and opera.

**Time on station:** Nine months.

**Time in service:** 15 years government service.

*"John was chosen (for the Aviano Performer) because of his effectiveness and his enthusiasm. He is a force multiplier for the 31st Fighter Wing. His broad knowledge of people and families, coupled with his desire to see people make the most out of their lives, is an inspiration to us all. Tireless in his efforts, John ensures that this wing's most valuable asset, its people, are professionally served and ready to fly, fight and win."*

Jolly Sheats

Family support center director

## IN BRIEF

**Unattended packages** — No packages may be left unattended at the post offices. Individuals are responsible for their own packages, and cannot ask other people in line to watch packages for them. For more information, call Ext. 5735 or Ext. 8080.

**New main exchange hours** — are from 9 a.m. to 9 p.m. Mondays through Saturdays and from 10 a.m. to 8 p.m. Sundays. For more information, call Ext. 7325.

**99E5 promotion testing cycle delayed** — Because of a delay in getting the test to some locations, the 99E5 testing cycle now runs from Thursday through June 15. Senior airmen scheduled to test April 1-14 will be rescheduled to test at a later date. Anyone with test dates on or after Thursday will maintain their current test date. For more information, call the commander's support staff or the military personnel flight at Ext. 7216.

**Scholarship 200** — The Retired Officers Association is giving a \$1,000 scholarship grant to a high school senior or undergraduate student at Aviano for the 1999-2000 school year. The grant is based on merit and leadership qualities, not financial need. To be eligible, a student must be under 24 years of age, never married, working on a first undergraduate degree and be a dependent of an active duty service member, officer or enlisted, in the Army, Air Force, Marines, Coast Guard, U.S. Public Health Service, or National Oceanic and Atmospheric Administration. This includes members of the drilling Reserves and National Guard. No essay is required. Application is by the World Wide Web only. To apply, go to [www.troa.org](http://www.troa.org). Go to "Member Services" and then "Scholarship 200." The deadline for submission is Thursday. Winners will be notified in late May.

**Command chief master sergeant**

**wanted** — for the 90th Space Wing, F.E. Warren Air Force Base, Wyo. The Air Force Space Command is accepting applications until May 1. The report date is July 30. Applicants must notify the Air Force Personnel Center Chief's Group at DSN 665-2744. For more information, call Tech. Sgt. Jason Petersen at DSN 481-3023.

**Volunteers wanted** — The civilian personnel office is looking for U.S. civilian employment special emphasis program managers on a volunteer basis. Program managers are especially needed to help administer the federal women and hispanic special programs for the Affirmative Employment Program. Military members are encouraged to apply. Those interested should apply by May 3. To apply or for more information, call Elizabeth Heindel at Ext. 7291 or 7307.

**Enlistment extensions** — The Air Force Personnel Center has initiated a temporary high year tenure waiver program that allows senior airmen through master sergeants with an established HYT/date of separation in Fiscal Year 1999 or 2000 to extend their HYT/DOS for two years. Applications require wing commander approval and must be submitted by Aug. 31. Restrictions apply, but members who meet the eligibility criteria and have been already disapproved may apply again. For more information, call Ext. 7698.

**Traffic management office** — closes at 3 p.m. Thursdays for in-house training. For emergencies, call Ext. 5930.

**Traveling with pets** — Delta Airlines will not have a pet embargo this year. However, Delta will refuse to board pets if the temperature is likely to be more than 113 degrees, even if pets were previously confirmed. Other airlines will likely have similar restrictions. For more information, call SATO at Ext. 5052.

## Cop's Corner

For the week of March 29 through Sunday:

**Accidents:** Aviano (6), Castello di Aviano (1), Pordenone (4), Piancavallo (1), San Quirino (1), Fontanafredda (1), Vigonovo (1), Roveredo (2), Forcate (1), Montereale (1), on base (6)

**Major accidents:** 5

**Minor accidents:** 20

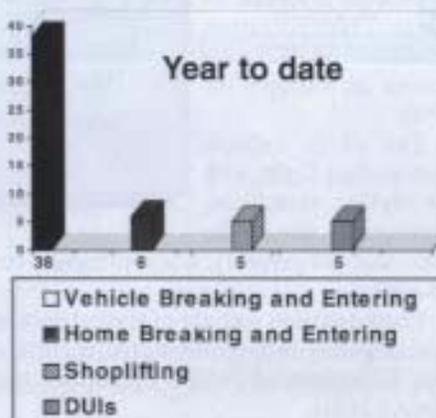
**Damage to personal property:** off base (11), on base (1)

**Larceny of personal property:** on base (5), off base (2)

**Traffic complaints:** off base (1)

### Tip o' the week

All members of the family should practice basic precautions for their personal safety. Ensure everyone in the family knows what to do in an emergency, restrict the possession of house keys and lock all entrances at night.



Source: Airman 1st Class Harry McCullough, 31st Security Force Squadron Reports and Analysis

**Total accidents this year: 233**

**Total accidents last year: 196**



Photo by Army Spec. Tracy Trotter

## MiG season begins

A documentation team surveys the remains of a MiG-29 Fulcrum jet fighter belonging to the Yugoslavian forces as it lay on the hillside in the town of Donja Kraina outside of Ugljevik, March 27. The aircraft was one of two shot down by NATO forces after attempting to infiltrate restricted airspace. The documentation team included members of the explosive ordnance detachment, military police, staff judge advocate and combat camera photographers are assigned to Eagle Base Camp, Tuzla, Bosnia-Herzegovina, Multi-National Division North, in support of Operation Joint Forge.

## 31st TRANS named best in USAFE

By Tech. Sgt. Ann Bennett  
31st Air Expeditionary Wing  
Public Affairs

During recent weeks, "they proved once again why they're the best at what they do."

That is what Maj. Gage Bleakley, 31st Transportation Squadron commander, said of his squadron members, who were notified Feb. 17 of their selection as "Best Transportation Squadron" in U.S. Air Forces in Europe for 1998.

The unit's vehicle maintenance flight, with the highest vehicle in-commission rate in the command (94 percent), was also named best in USAFE.

Transportation was one of several base agencies constantly on the go during the recent buildup here in support of NATO operations for the Kosovo crisis.

The majority of the squadron was working 12-hour shifts to take care of transportation needs for the more than 1,400 people deployed here.

Transportation members also handled about

830 short tons of cargo.

Transportation owns and maintains a fleet of 2,400 vehicles dispersed throughout approximately 30 sites in Italy, Greece, Bosnia, Hungary and France.

The squadron's mission is "to provide transportation services for the

wing and anyone else who is here," Bleakley said. "Our mission covers the gamut -- from taking care of household goods shipments, moving cargo and people, to providing liaison with SATO (Scheduled Airline Ticket Office) for official travel. We touch everyone at least once or twice while they're here." The squadron is

made up of 150 military members and 75 civilians, 72 of which are Italian nationals.

"We couldn't do our mission without the Italian nationals. They're a great benefit because of the continuity they provide and for their job knowledge," Bleakley said.

As for the squadron's award, the commander said it was a total team effort. "Each flight was great; there wasn't a single weak link," he said. "This is a tribute to their dedication to the mission and to the leadership of the flight."

By Maj. Gage Bleakley  
31st Transportation Squadron

*"Our mission covers the gamut -- from taking care of household goods shipments ... We touch everyone at least once or twice while they're here."*

## Kosovo TIDBITS

### Enemy forces

•**Ground forces:** 114,000 active-duty soldiers and 1,400 artillery pieces.

•**Anti-aircraft forces:** 100 surface-to-air missiles: a mix of SA-2, SA-3, SA-6, SA-7, SA-9, SA-13, SA-14 and SA-16. All of these pose a significant threat to NATO airpower. Yugoslavia also has 1,850 air defense artillery pieces. Although not as effective as the missiles, these are dangerous to NATO planes.

•**Air forces:** 240 combat aircraft, including MiG-21s and MiG-29s, and 48 attack helicopters.

•**Mechanized forces:** 1,270 tanks, including T-72s, T-74s, T-55s and M-84s and 825 armored fighting vehicles.

• There are approximately 40,000 Serb troops in and around Kosovo now. These forces are equipped with tanks and armored personnel carriers.

• Serb forces around the Kosovo border are divided into deployed forces, garrison forces, and reserve forces. The deployed forces have about 96 tanks, and the garrison forces have around 30 tanks in garrison.

• There is a concentration of Serb troops along the border between Kosovo and Macedonia, by the former Yugoslav Republic of Macedonia. These forces have been building up for several weeks.

Information courtesy of  
[www.defenselink.mil](http://www.defenselink.mil)

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# Stealth pilot recounts evasion

By 1st Lt. Matthew Borg  
31st Air Expeditionary Wing  
Public Affairs

During his more than six hours behind enemy lines, the U.S. F-117 pilot who ejected during a night mission over Yugoslavia March 27, waited for his rescuers with a cloth American flag under his flight suit and against his body.

Given to him by an airman as he strapped in for his mission, he secured the flag before he took off, and that's where it remained until his return, providing him a calming reassurance throughout.

"A moment like this is a prayer in object form," said the pilot. "Her giving that flag to me was saying, 'I'm giving this to you to give back to me when you get home.'"

"For me it was representative of all the people who I knew were praying," said the pilot. "It was a piece of everyone and very comforting. It helped me not let go of hope. Hope gives you strength ... it gives you endurance."

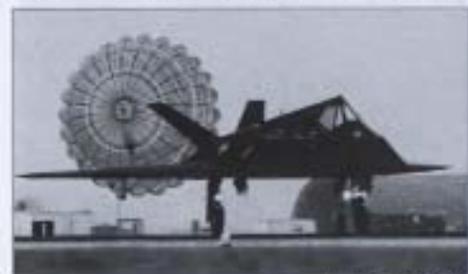
In numerous debriefings over the past week, the pilot spoke of this endurance along with his determination to survive and evade, but credits his return home to the search and rescue team that plucked him from deep within Serbian territory.

Punctuated by repeated statements of gratitude to his rescuers, the stealth fighter pilot, whose identity is being protected for operational security reasons, detailed his emergency ejection, enemy evasion and eventual rescue for Air Force officials March 29.

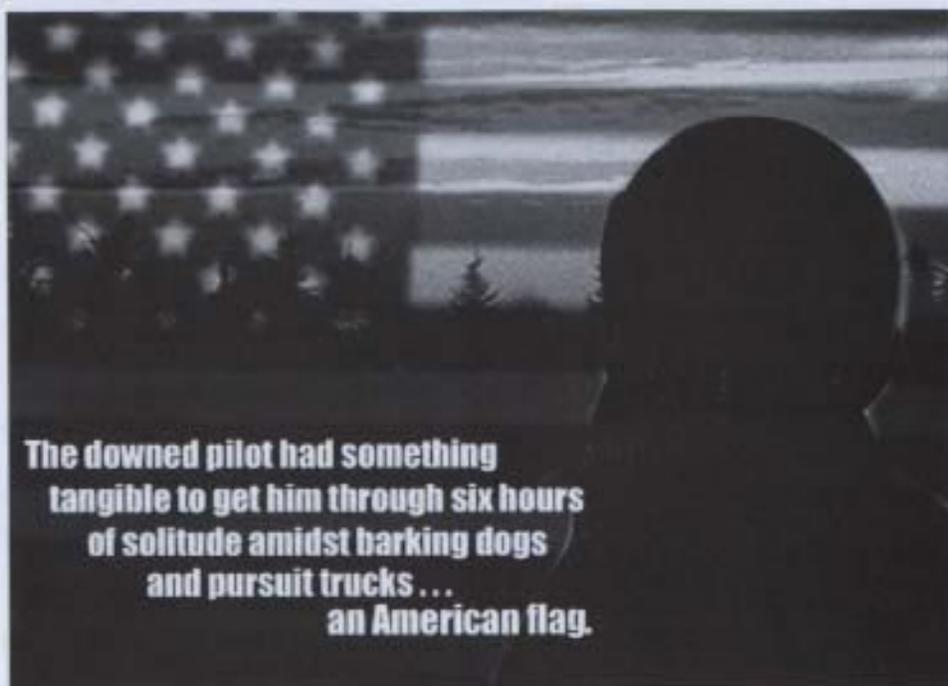
"I knew I was fairly deep into Serbian territory," said the Air Force pilot. "I had guessed my position was within 20 miles of Belgrade — not a happy thought, considering the risk involved in a combat search and rescue that deep into Serbian territory."

The pilot said he purposely wasn't optimistic about a timely extraction, and was prepared for potential capture.

"I knew everybody was doing everything they could, but I also knew what was involved in trying to recover me," said the pilot. "Even though that team is highly-trained and extremely skilled, I knew the risks and complexity, as well as the danger."



Air Force file photo  
An F-117 lands on the runway at Aviano.



The downed pilot had something tangible to get him through six hours of solitude amidst barking dogs and pursuit trucks ... an American flag.

Graphic by 1st Lt. Matt Borg

I still can't believe that I got on board that [rescue vehicle] with our guys."

The cause of the crash is still under investigation, but the pilot did provide officials with a detailed account of his ejection from the aircraft.

While he doesn't know exactly what the negative G-forces were prior to his ejection, he described them as "enormous," potentially as high as five times the force of gravity.

"I remember having to fight to get my hands to go down toward the [ejection seat] handgrips," he explained. "I always strap in very tightly, but because of the intense G-forces, I was hanging in the straps and had to stretch to reach the handles."

While he recalls the intense strain involved in getting his finger tips to the ejection handles, he said he doesn't remember making the conscious decision to eject from the aircraft.

"Am I going to know when it's time to get out?" is the question on every fighter pilot's mind," he said. "The one fragment of this whole event I can't remember is pulling the handles. God took my hands and pulled."

Uninjured except for a few minor abrasions, the Nighthawk pilot described the ejection as "violent." Although slightly disoriented after the high-air-speed ejection, he was very aware he had just bailed out deep within Serbian territory.

"It didn't panic me," he said. "I just got very busy doing what I needed to do."

After his parachute had deployed, he said he immediately started working the rescue.

"I remember thinking, 'Why wait until I hit the ground? Let's go for it now,'" he explained.

The pilot attributes a great deal of his success behind enemy lines to his Air Force SERE training, an intensive program that includes survival, evasion, resistance and escape instruction.

"There was not a whole lot of this that I actually had to ponder," he said. "The SERE training and periodic life support refresher training provide a very strong foundation of survival techniques. Having experienced [survival and evasion] at some level, even though it was in the training environment, provided some level of familiarity."

Because of the potential that others were also monitoring various radio frequencies, the pilot had to minimize his radio transmissions and calls for help.

After making radio contact with NATO forces, he used the remaining minutes of his descent to survey the land — looking for landmarks, areas of cover and a landing site.

Parachuting into a freshly plowed field approximately 50 yards from a road and rail track intersection, he immediately began burying the life raft and other survival equipment automatically deployed during the ejection sequence.

"There was some activity at that intersection," he said. "Thank God no one actually saw me come down."

While he couldn't absolutely confirm that the cars, trucks and people he heard were looking for him, he did hear search

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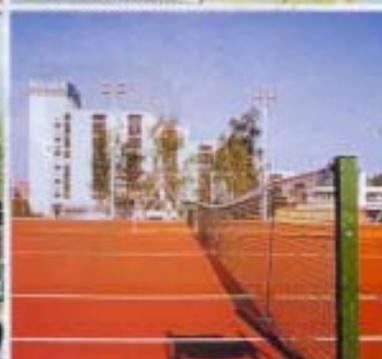


  
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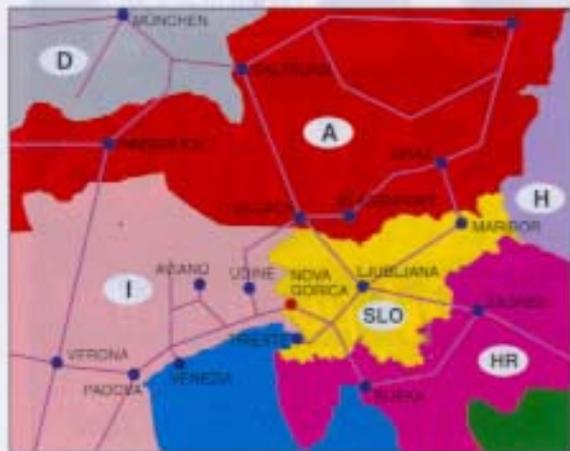
*Just outside the Italian border is the HIT Hotel Lipa, whose architecture perfectly befits its location in Šempeter's square. The hotel offers its clients all*

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# British E-3Ds mark 20,000th hour

By Senior Airman Amy Ferdig  
Editor

One might say that the British E-3D "dwarfs" many of the other planes on the flightline. But, the crew landing April 1 was anything but "Bashful" as they exited the plane after the completion of the squadron's 20,000th hour of flying missions over the Balkans.

The No. 8 Squadron, based out of Royal Air Force Waddington, United Kingdom, has seven E-3Ds, each unofficially named after one of the seven dwarfs. Currently three, "Bashful," "Grumpy" and "Sleepy," are stationed at Aviano.

The E-3Ds arrived at Aviano in 1992. Since then they have flown nearly 2,500 missions. "That's two and a half thousand takeoffs and two and a half thousand landings," said Squadron Leader Jeff Portlock. "We're the eye in the sky."

The mission of the squadron is to "produce a recognized air picture, identifying all friendly and potentially hostile air contacts, and data link that picture to the commander on the ground," said Portlock.

He added that the detachment receives top-notch support from both the Americans and the Italians. "We simply would not have been able to compile such an impressive record without their ever-flexible assistance," he said.

Since their arrival, the E-3Ds have participated in operation: Sky Monitor, Maritime Monitor, Deny Flight, Deliberate



Photos by Tech. Sgt. James Green  
SAC Kevin Smith, No. 8 Squadron, Royal Air Force Waddington, United Kingdom, performs a check of an E-3D after its completion of the squadron's 20,000th hour of flying missions over the Balkans.

Guard, Deliberate Force, Deliberate Forge and currently Allied Force.

To date, the E-3Ds have flown approximately 16 Operation Allied Force missions.

"We're proud to contribute so signifi-

cantly to such an important mission," said British Detachment Commander Gordon Pendleton.

"As long as there's operations going on here, we'll be here," said Portlock.

## Pilot, from Page 10

dogs. At one point, a dog came within 30 feet of where he was huddled.

The pilot spent the next six hours hunkered down in this "hold up site" in a shallow culvert 200 yards away from his landing site. It was during this time that many questions began racing through his head.

"A very important part of the whole combat search and rescue operation is to minimize transmission on the radio," he said. "However, for the downed guy, it's very unsettling to not know what's going on. You're thinking, 'Do they know I'm here? Do they know my location? Where are the assets and who is involved? What's the plan? Are they going to try to do this tonight?'"

"It's the unknowns that are unsettling."

But amid this roadrace of thoughts, the Air Force officer had something tangible to get him through six hours of solitude amidst barking search dogs, passing headlights and pursuit trucks roaring up and down the nearby road - the American flag.

And while the downed pilot waited, so did the American people, including those forces deployed to Aviano Air Base.

"When we heard he was down," said the airman who had given him the flag, "it was as if we had lost a member of our family. These guys aren't just pilots to us. We know their families and they know ours."

The pilot endured for more than a quarter of a day until the special operations unit arrived. With minimal communication but careful and discreet authentication of his identity, the search and rescue team was able to ingress to the pilot's hold-up location. Search and

rescue specialists with emergency medical capabilities and whose mission is to recover combat air crews in austere environments quickly extracted the pilot and whisked him toward friendly ground.

Among the first to greet the rescued pilot at Aviano was the airman. Amid the hugs, backslapping and hand-shaking, the F-117 pilot spotted her in the crowd and reached into his flight suit to reveal the flag he had promised to return to her.

"People have asked me if I was thinking about the flag I had given him," the airman said. "I wasn't thinking about it at all. I just wanted him back."

Now, just days after his rescue, the downed pilot is anxious to get right back in the cockpit.

"The leadership said they wanted to give me a breather and that it wasn't my choice," said the pilot. "All I asked was that I be able to stay here for as long as possible before heading back. I think all of us need to have time together to visit with our emotions."

Allied Force air operations continue to launch here day and night with approximately 140 warplanes operating out of the Northeastern Italy air base. Nearly 400 NATO aircraft in the region have been ordered by Gen. Wesley Clark, Supreme Allied Commander Europe, to focus more intensely on Yugoslav forces.

While the rescued pilot will be miles away from the combat for the foreseeable future, he did want the American public to know how hard those still supporting the operations are working.

"[The American people] can be very proud of the devotion and hustle everyone is exhibiting over here," said the pilot. "Keep them in your prayers and support them."

## Community notes

**Breastfeeding class** — is from 9 a.m. to noon Tuesday at the life skills center in Bldg. 108, Area One. For more information, call Jane Weis at Ext. 5667.

**American Red Cross** — offers instructor candidate courses in April. The courses, once completed, will allow people to teach classes in the health and safety division.

The instructor candidate training class is from 6 to 9 p.m. Tuesday and Thursday. The instructor CPR first aid class is from 9 a.m. to 4 p.m. April 20-21 and 9 a.m. to 1 p.m. April 22. All classes are held at the American Red Cross in the family support center building, Area One.

In order to become an instructor, students must attend both classes for a total of five class sessions. The cost for both classes, including three books, is \$38.

For more information, call Ext. 5576 or 5031.

**Primavera Bazaar volunteers** — The bazaar committee is looking for volunteers to help as sales recorders and with the hospitality center May 14-18 at the spring bazaar. The bazaar is hosted by enlisted members and enlisted spouses organizations. To volunteer or for more information, call Master Sgt. Joe Heider at Ext. 8577 or (0434) 654878.

**Veterans' representative** — has temporarily returned to the United States. A representative will return in June. For more information, call the family support center at Ext. 5407.

**Fill'er up** — People who need gas Sunday can fill their tanks at the SOM-AGIP station on via Trieste in Marsure, the AGIP

station on via Pezzut in Azzano Decimo, the AGIP station on via Maestra in Cordenons, the SOM-AGIP station on via della Chiesa in Polcenigo, the IP station on viale Treviso in Pordenone or the AGIP station on the Aviano-Pordenone Highway before the Roveredo exit.

## Education notes

**Department of Defense Dependent School** — registration for school year 1999/2000 is from 8:30 a.m. to 3 p.m. April 28-29 at the Aviano High School gymnasium. All returning students for all DoDDS schools must register at this time. It is required for parents to bring shot records for all of their children. If parents are registering new kindergarten or first grade students, they must also bring a copy of their children's passport or birth certificate, social security number, and the sponsor's permanent change of station orders. For more information, call Ext. 7287.

**City Colleges of Chicago** — has more than 200 distance learning college courses. For more information, call Ext. 5143.

**University of Maryland** — Scholarship forms are available for technical sergeants and below at the University of Maryland office. The application deadline is Monday.

- ENGL278/379 Shakespeare and Love will be offered April 17-18. Stop by the office to sign up.

- ARTH398/UCSP198 Baroque Art in Rome, a field studies course, will run May 22-29. The deadline to sign up is May 7.

- The University of Maryland offers video courses for people who can't fit classes into

their schedule. Register any time.

For more information, call Ext. 5365 or 5351.

## Chapel notes

### Worship schedule

**Catholic services** — Mass is at 5:30 p.m. Saturdays and at 8:30 and 11:30 a.m. Sundays. Daily mass is at noon, except for the first Friday of the month. Confession is from 4:30 to 5:15 p.m. Saturdays or by appointment.

**Protestant services** — The general service is at 10 a.m. Sundays. The gospel service is at 1 p.m. Sundays.

**Episcopal services** — 4 p.m. every third Sunday of the month.

**Lutheran services** — 6 p.m. the first Thursday of the month.

**Church of Christ** — 3:15 p.m. every Sunday except the third Sunday of the month.

**Church of God** — Sunday Night Live at 6 p.m. every Sunday.

**Religious education** — Classes run from September to May.

\* Ladies' Tuesday morning Bible study starts a new six-week study entitled "Women of the Bible." The Bible study is from 8:30 to 10:30 a.m. each Tuesday, beginning April 20. Free child care is provided. For more information, call (0434) 660612.

All Catholic, Protestant and denominational services are in the base chapel. For more information on Buddhist activities, call Jennifer Thomas at (0434) 99173. For more information on Jewish or Islamic services or other chapel activities, call Ext. 5211.

## Off duty events and local places of interest

**Castello di Aviano** — In this small town are the ruins of a 10th century castle that was partly rebuilt by the Venetians in 1432. People can visit the church of San Giuliana to see the 14th century Venetian-Byzantine frescos and an altarpiece attributed to the 15th Friulian artist Gianfrancesco da Tolmezzo, who also painted the small church of San Gregorio.

**Fontanafredda** — A Volksmarch run of 6 or 21 kilometers is at 5:30 p.m. April 17. People can either walk or run. Entry fee is Lire 6,000 with a prize, or Lire 2,500 without a prize. People depart from Bar Municipio in the Roveredo Square at 4:45 p.m. For more information, call Sandy Buna at Ext. 7209 or 7654, or Gloria Leonarduzzi at Ext. 7204 or 7866.

**Spilimbergo** — rose at the end of the Roman era on the Tagliamento River to control the commercial artery that connected Concordia Sagittaria with the Via Julia Augusta (from Aquileia to the Alps). The name was originally Bivium or Ribium. The settlement developed during the Middle Ages following the construction of the castle.

The name Spilimbergo derives from the feudal lords of German origin, the Spengenberg. This house died out around the end of the 13th century, and their possessions were passed on to Giovanni di Zuccola, founder of the Spilimbergo dynasty, still in

existence today.

The castle is formed by various buildings arranged in a ring around a courtyard accessed through the entrance tower. The tower was, in ancient times, equipped with a draw bridge for crossing the deep moat. The moat still exists, even though it's no longer fed by the waters of the Tagliamento.

In the area surrounding Spilimbergo are the grotte verdi (green grottos). The grottos are open from June 20 to Sept. 5 from 8 a.m. to 8 p.m. daily.

**Pramaggiore** — holds an exposition of wines from all over Italy April 19 to May 2. Wine tastings are held every Friday afternoon, all Saturday, and Sunday mornings wine tastings in the Mostra Vini Nazionale in Pramaggiore, located between Azzano Decimo and Portogruaro. For more information, call (0421) 799983 from 8:30 a.m. to noon and from 2:30 to 5 p.m. Mondays through Fridays.

### Concerts —

- The Cranberries perform April 20 in Milan.

- Mister X performs April 24 in Milan.

For ticket information, call U.S.A. Services at (0434) 660922.

(For more information on local events, call the tourism office at (0434) 651888 or 655191.)



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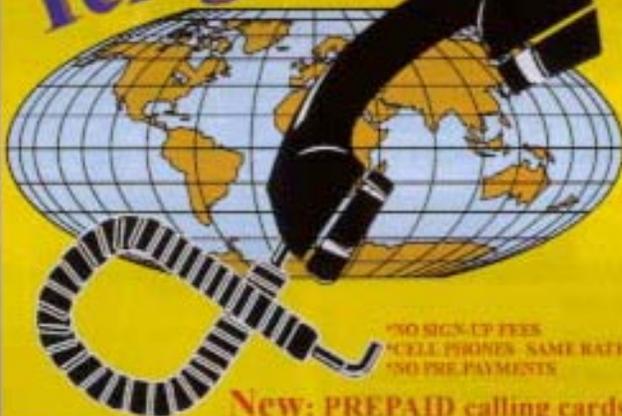


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**Teen spring break events** — There is a teen spring dance from 8 to 11 p.m. Saturday at the community center. A disc jockey will provide music.

\* The teen olympics and spring break barbecue is at 11 a.m. Monday at the flightline sports complex.

\* Sign ups end today for the Gardaland trip Thursday.

\* Sign ups end Wednesday for the McDonalds and Portoguardo mall trip April 17.

To sign up for trips or for more information, call Julie Weaks at Ext. 5479.

**American Youth Activities baseball and softball** — registration ends Saturday. Coaches are still needed. To register or for more information, stop by the AYA in Area Two, or call Ext. 7575.

**Free magic show** — The magic show "Moore magic, more fun" with Rick Moore is at 6 p.m. Tuesday at the community center. For more information, call Ext. 5479.

**Library closure** — The front section of the library is closed until Wednesday. For more information, call Ext. 5893.

**Job fair** — is from 8:30 a.m. to 12:30 p.m. April 16 at the community center. Job seekers can get information on current job openings, spouse preference, the application process and the incentive program. Participants need to bring their passport, a copy of spouse's orders and a soggiorno permit or receipt. Refreshments will be provided. The human resource center now hires 16- and 17-year-olds for certain positions. For more information, call Ext. 5270.

**Secretary's Day luncheon** — will be from 11 a.m. to 1:30 p.m. April 21 at Sabre

## Youth talent show

The U.S. Air Forces in Europe youth talent show is at 10 a.m. Saturday at the community center. Contestants must be present by 9 a.m. For more information, call Margo Dawson at Ext. 7575.



Contestants must be present by 9 a.m. For more information, call Margo Dawson at Ext. 7575.

Hall. For reservations or more information, call Ext. 5493.

**Hip Hop Hunt** — A scavenger hunt for children 5 to 17 years old and adults 18 years or older is through April 26. Prizes will be awarded for first to third place for each category. Pick up a copy of the list at the community center. For more information, call Ext. 5479.

**Month of the Military Child** — Special events and activities are planned for children and teens during April. For more information, call the AYA at Ext. 7575.

**Skills development center** — offers youth arts and crafts classes for the Month of the Military Child, such as youth fun day classes, teen crocheting, youth painting, teen basket weaving, making flower boxes and crepe paper murals.

\* A youth crafts fair is April 16 at the community center.

\* There are new items in stock at the arts and crafts retail store. For more information, call Ext. 5032.

**Collocated club entertainment** — Enter the club card drawings at the after work party Fridays at Sabre Hall. The drawings

are open to valid club card holders. Participants must be present to win.

\* Sabre Hall features soul music Saturday night. For more information, call Ext. 5493.

**Bingo** — is at 7 p.m. Fridays at the community center. Players can win jackpots and prizes. The staff begins selling cards at 6 p.m. For more information, call Ext. 5479.

**Alexander's Restaurant** — features an American-style menu, including steak, seafood, appetizers and desserts. The restaurant is located in Sabre Hall. For more information, call Ext. 5493.

**Auto skills** — staff can help people who need technical advice or need to change their oil, check their tires or tune up their car. For more information, call (0434) 661016.

**Group study** — offers classes in Italian, yoga, cooking, computers, cake decorating, ballet, martial arts, swing dancing and more.

\* Sign ups for May classes begin today.

To sign up or for more information, stop by the community center or call Kim Schieber at Ext. 5479.

**Home fuels** — reminds gasolio customers to measure their tanks. It takes approximately five to seven days for gasolio to be delivered. For more information, call Ext. 5083.

**Information, tickets and tours** — Stop by ITT for information on upcoming trips. ITT is now open from 10 a.m. to 2 p.m. Saturdays. For more information, call Ext. 5072.

**Wood skills** — has plenty of gift ideas available in the retail store. Assistance is offered with refurbishing furniture. Youth classes are now offered. For more information, call Ext. 7892.

## Now Playing...

### Today

7 p.m. — "Simply Irresistible" — Amanda and Tom seem to have nothing in common. A mysterious crab seller, a chance meeting in a food market and something magical is about to change their lives and bring them together. Starring Sarah Michelle Gellar and Sean Patrick Fennerty. Rated PG-13.

9:30 p.m. — "Message in a Bottle" — Walking along a deserted stretch of coastline, Theresa Coburn discovers a moving, passionate message in a bottle. Theresa's search for the author leads her to the Outer Banks of North Carolina, to a sailboat builder named Garret Blake. Starring Kevin Costner and Robin Wright Penn. Rated PG-13.

Midnight — "In Dreams" — A serial killer kidnaps the daughter of a psychic woman. The mother then begins having dreams about the killer and must prove her visions are true if she is to save her child. Starring Robert Downey Jr. and Annette Bening. Rated R.

### Saturday

2 p.m. — "The Prince of Egypt" — This is an epic drama of heritage and destiny with its timeless themes of faith, hope and freedom. Born a slave, raised by kings, chosen to lead — this is the story of Moses. Animated. Rated PG.

4:30 p.m. — "Simply Irresistible"

7 p.m. — "Message in a Bottle"

9:30 p.m. — "Star Trek: Insurrection" — Jean-Luc Picard travels to a planet that is a virtual fountain of youth. He discovers a dark conspiracy and leads an armed resistance in order to protect the alien inhabitants of the idyllic world. Starring Patrick Stewart and Jonathan Frakes. Rated PG.

### Sunday

2 p.m. — "The Prince of Egypt"

4:30 p.m. — "Star Trek: Insurrection"

7 p.m. — "In Dreams"

### Monday

7 p.m. — "Simply Irresistible"

### Tuesday

7 p.m. — "Message in a Bottle"

### Wednesday

7 p.m. — "In Dreams"

### Thursday

7 p.m. — "Star Trek: Insurrection"

### April 16

7 p.m. — "At First Sight" — When New York architect Amy falls in love with blind, charismatic masseur Virgil, she convinces him to undergo experimental surgery that will allow him to see the world as she sees it, in all its chaotic, colorful glory. In this new, exciting time together, they soon learn that all gifts come with a price and vision is comprised of a multitude of senses. Starring Mira Sorvino and Val Kilmer. Rated R.

8:30 p.m. — "Varsity Blues" — High school football is king in small town Texas, where 17-year-old schoolboys carry the hopes of an entire community every Friday night. Starring James Van der Beek and Jon Voight. Rated R.

Midnight — "The Faculty" — The corridors of Herrington High are packed with the future of America. Like teenagers everywhere, they struggle with parents, teachers and hormones. They also face a greater challenge — saving the world from alien domination. Starring Elijah Wood and Jordana Brewster. Rated R.

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# Men first, women second in volleyball tournament

By Brian Colonna  
Sports and fitness  
center

Aviano's top men's and women's varsity teams posted strong performances during the Aviano Invitational Volleyball tournament held March 26-27 in the sports and fitness center here.

Aviano's men's "A" team won their tournament, while the ladies' team took second.

The men racked up a 9-1 record in the preliminary round against the Aviano "B" squad and teams

Ramstein Air Bases, Germany; Lajes Field, Azores; and Aviano High School.

Aviano's "A" spikers faced Ramstein in the men's finals. Jerry Russell came off the bench and made several big plays to spark a comeback to claim the first game, 15-10.

Aviano rallied again in the second game, but fell short, 15-12.

However, the Aviano Eagles controlled the entire third and final game, capturing the tournament title with a 15-9 win.

Strong front row play of Jeannette Peterson and Danyelle Jackson and the defense

of Pam Craft sparked the Aviano women's team to a 5-1 record against Lajes Field, Spangdahlem and Ramstein in the preliminary round. The Lady Eagles whipped Ramstein 15-1 and 15-9 in the semi-finals to earn a shot at Spangdahlem in the championship match.

Spangdahlem jumped out early and held on for a 15-11 win in the first of the finals' three-game set. Aviano fought back with consistent play from DeeAnn Fuller and the big front line of Jackson and Danielle Plotz to win 15-10 and force a deciding third game.

Aviano fought back from three-point deficits twice in the winner-take-all, but gave up four consecutive points after a disputed call and lost 15-9.



## —SPORTS SHORTS—

**Sports and fitness centers** — The sports and fitness annex weight room and locker rooms are closed for renovation until further notice. The cardio room is still open. The flightline sports and fitness center is open 24 hours a day to accommodate the closure. For more information, call Ext. 7574.

**Lucky Strikes Lanes** — No tap bowling is at 7 p.m. Saturday. The cost is \$15 per person. For more information, call Ext. 7487.

**Camp Darby golf tournament** — is April 17 and 18 at Tirrenia, a beach resort. Tee off begins at 9 a.m. This 36-hole medal play tournament offers \$500 U.S. savings bonds to the first place golfers in each of three flights. Participants must furnish handicap certification when registering. Entrance fee is \$90 and includes all greens fees. Registration closes April 12.

For more information, call DSN 633-7775 or (0039) 050547491. For lodging information, call Sea Pines Camp and Lodge at DSN 633-7225 or (0039) 050547225.

# Air Force gives frank rundown on fatty food facts

By Bonnie Powell  
Defense Commissary Agency  
Public Affairs

FORT LEE, Va. — Everyone agrees. Fat is bad. Or is it?

For decades Americans have been told to reduce the amount of fat they eat. What it really boils down to is not only how much fat they eat, but what kind.

"Everyone needs fat in their diet," said Col. Colin Meyer, chief of DeCA's Public Health and Food Quality Assurance Unit and DECA's representative on the Department of Defense Nutrition Committee.

Fats are a major nutrient, important for growth and development, but there are limits on the amount people should eat because of its link to heart disease and cancer.

"The bottom line recommendation from the U.S. Food and Drug Administration is that adults should remove as much saturated fat (from their diets) as they can," said Meyer.

Recent studies show that American fat consumption decreased between 1980 and 1991. Unfortunately, they also show consumption of dietary fats is still above ideal goals.

Even worse, reduced-fat foods may indirectly influence people to eat more — people may assume they are eating

healthier and they feel like they have a license to overeat.

Consumers have been warned for years about the dangers of cholesterol. In food, all cholesterol is the same, but it comes in two forms in blood — HDL and LDL. The LDL is the artery clogging kind; HDL seems to prevent heart disease; however, cholesterol is manufactured by the body, so consuming less of it may have only a slight effect on a person's cholesterol level.

The real culprit in coronary heart disease, and even some cancers, is saturated fat.

The two other types of fat — polyunsaturated fats and monounsaturated fats — are better. They predominate in many plant foods and have actually been shown to lower blood levels of LDL cholesterol.

"All things considered," said Meyer, "people need to pay more attention to the type of fat they eat. There is a huge difference between using olive oil and butter fat."

In general, said Meyer, canola, olive and peanut oils are better for people — they're highest in monounsaturated fats and lowest in saturated fat. Canola oil in particular is widely available in commissaries. Butterfat and coconut oil are the highest in saturated fats and should be avoided. To reduce exposure to trans-fatty acids, shoppers should buy liquid margarine instead of solid.



Photo by Senior Airman Angela Furry  
(Left to right) Amanda Irizarry, daughter of Master Sgt. Aurelio Irizarry, and her mother, Joanne Irizarry, check out one of the displays at the health fair held this winter at the sports and fitness center. The 31st Medical Group, nutritional medicine service, and health and wellness center provide information at the base exchange on nutrition. For more information, call Tech. Sgt. Borgia Cantillas at Ext. 5726.

## Vehicles

Mercedes automatic 2.0i silver metallic, ABS, sunroof etc., 95,000mi new tires perfect conditions, \$3,150. Call 0434-652955.

Audi automatic 100 2.0i 90,000mi, excellent condition, red, FM/AM radio, \$3,250. Call 0434-652955.

Saab automatic, 900 2.0i, metallic, FM/AM stereo cassette 4dr, etc. Excellent conditions, \$2,850. Call 0434-652955.

'80 Honda Goldwing, Interstate 1100cc, 56K. Radio, tape player, electronic cruise, intercom and more. \$2,200. Call 0427-701491 / x-7704.

'90 BMW 320i, runs good, \$800 OBO. Available April 11. Call Will 0434-99085 / x-7458.

'82 Jeep CJ7, body in excellent condition, new tires, burgandy and black, new carpet. Needs engine work, have new gasket kit for next engine. Call SrA Whitehead, Swingshift x-7798 / 7946.

'83 Honda Prelude, in very good condition, runs good, stereo, a/c, p.w., sunroof, p.s., 5-speed, low miles, very dependable, \$1,800 OBO. Call 0434-748236 before midnight / SSgt Stanton x-7313.

'83 Alfa Romeo GTV2 0 Sports Car, Silver, 5 speed, sunroof, AM/FM cassette, excellent tires, tuned, independent in April, fresh oil change, no leaks, gasoline or Natural Gas, \$1,900. Eddy X-5004/0434-653141.

Fiat Uno 45, 3rd white, 120,000km past inspection 98. Asking 4,000,000. Call 0427/799088 after 19:30.

'84 BMW 520i metallic, alloy wheels, sunroof, perfect condition, \$2,350. Call Sandra 0434-652955.

'84 Fiat Spider, Blk, leather interior, new tires and suspension, \$12,000 OBO, 0339-6250007, SrA Case (night).

'85 Ford Granada, automatic transmission, A/C, pw, pl, seats, sunroof, new brakes, new muffler, already passed insp \$1,650. Call 0434-918715 / 0348 / 7121077.

'85 Alfa Romeo 90 dark grey, 4dr, 5sp, pw, seats, CD player, runs good and dependable, \$1,500 OBO. Call x-7775 / 0434 653287 TSgt Gibson.

'86 Fiat Ritmo new muffler, body and engine in excellent condition, economical transportation, guaranteed to pass inspection \$1,450. Call 0434-918715 / 0348/7121077.

'86 BMW 318i \$2900. Call 0339-6763829.

'86 Ford Fiesta 900. Call Sgt. Lebron x-8326.

'86 Peugeot 205 GTI, 1.6i 115 horse, white alloy rims, sun roof and pw, radio great car! 4,500,000. Call Paul x-8635/0427-939110.

'86 Peugeot 205 lacoste, 1.1 LT 80 horse, white w/rope roof, pl, pw, radio good car! 3,500,000. Call Paul x-8635/0427-939110.

'87 Fiat Uno Sting, white. Passed Italian road test in 1998. Mile 1,300,000 OBO, Call after 1900hrs, Burley, 0434-74528.

'88 Fiat lpo, metallic grey, dependable transportation, in very good condition \$2,450. Call 0434-918715 / 0348-7121077.

'88 Citroen BX 1.1, 12400 km \$3,000, metal grey, w/AM/FM & cassette, very good cond. inside & out. Pass insp. 98. Asking \$2,500 (special price). Have to be seen to be appreciated. Call Francesco 0434-654377 / 0335-406972.

'88 Fiat Crona 2000, metallic grey, ps, pw, central locks, car alarm. Very good conditions must see. Asking \$2,500 OBO. For more information call 0339-592940.

'89 BMW 318i \$1,350,000 Km \$5,000 OBO 0339-6250907 SrA Case (nights).

'89 VW 9 passenger VAN diesel very good condition, \$1,200 OBO. Call Fred x-8294/7727.

'89 Vw Golf GTI 1.8, white, perfect condition, sunroof, new clutch, brakes, tires, km 150,000, pioneer stereo, \$3,200. Call 0388/294821.

'90 Volkswagen Passat 1.8L, new tires, batteries, filters, just passed Italian inspection Asking \$4,000 OBO. Call Gabriele x-4322 or iv meg at 0434-572796.

'90 Alfa Romeo 33, 1300V1, metal green, 85,000km org. One owner, perfect car, new tires, new battery, cassette/AM/FM, asking L. 3,500,000. Call Andrea 0434-921445.

'94 Corrado, test Corrado model ever made, black metallic, new te Good Year Eagle Formula 1, Pioneer radio cassette RNS, A/C, ABS,

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asking \$20,000 negotiable. Call Capt Dino Stylianopoulos x-8438/ 0434-648199.

'95 Volvo 850 turbo automatic, burgandy/BLK leather fully loaded 22000mi \$185 OBO. Call 0434-651401.

'97 Yamaha XJ 600 warranty until Oct 2000 red nly 16000km mint cond, includes graphit helmet, \$4,500 OBO. Call A1C Page x-7545 or 0347-4692444, avail mid April.

'98 Yamaha SR 250 classic, perfect condition, like new, w/accessories. Call 0434-500789.

## Miscellaneous

'88 Kerst diamond engagement ring, paid \$1,200, asking \$900 OBO; sapphires and diamond wrap, asking \$600 OBO. Call Amy Ferdig at Ext. 7044 or (0348) 7121067.

Soft beige couch \$250. Glass coffee table w/dark brown base \$100, baby swing w/ brand new battery \$40. Carter stroller w/detachable car seat \$75, sofa oil painting in beige tones, \$100. Call 0434-43328.

I'm a mother of 3 and I live in Dardago and I'd love to babysit for you, my children range from 1-8 so I'm familiar with ages. Call 0434-654821.

Li Tykes Kitchen \$70, Li Tykes B-ball \$20, Chevy S-10 Starter Brand New \$100, Li Tykes Horseshoes \$5, Childa Electric Piano \$10, American TV Color \$50. Call 0434-660307.

Proform body lift weight set \$120, floor mats Nissan 240SX \$80, car cover Nissan 240SX / Mazda RX-7 \$90, womens mountain bike \$90. Call Rick 0434-667332.

Infant carrier, \$2; 220V Hamilton Beach coffee pot, \$10; twin bed, \$10; 220V standing fan, \$20; 220V baby monitor \$20; mauve 12"x15" carpet \$25; rust 9"x12" carpet, \$20; forest green 9"x12" carpet, \$20; transformers, 4 1200w, \$20ea 1 300w, \$10; 5 Vape electric marijuana repellents, \$4ea 220V electric heater, \$40. Call Will 0434-99085/x-7458.

220V Digital Alarm Clock \$10, AFN Decoder \$20, 220V Fans \$10ea, 60mm Tascotelescope \$100 OBO, 220V Surge Protector \$20, 220V Iron \$10, 1900cm K2/9500 ski w/ Tyrolia bindings set for boot length of 334mm make an offer. Call Mark 0434-45336 or 0348/8710282 after 1800 weekdays.

German style LR cabinet \$1000; oval claw foot oak table w/ removable leaf and 6 chairs \$1000; size 12 brown leather coat with fur lined hood \$200; large swim parka \$50; table style steam press \$200; small speakers, good for walkman, \$10. Call 0434-646252.

Man's 21" dark blue K2 25 cross 21 speed bike, \$205. Call 0434-949487.

Exercise recumbent bike pro form 975e, asking \$200, Weider universal gym set, asking \$300. Ask for Joe, I work swings, call x-8242 / 0427-701412.

Sold oak bassett living room set, 1 1/2 years old, new large matching room-size rug included, \$1,500. X-5004/0434-653141.

Wieder Home Gym, 1yr old, Has 3 workouts, Asking \$225 OBO. Call 0434/899399 and iv meg on machine.

Cabinet, large, dark wood, excellent cond, \$250. Sofa, 3-2-1 seats, \$450. Call for Theresa Nell 0434-948891 and iv meg.

Selling one 145cm K2 snowboard w/K2 soft bindings and K2 boots size 10. Also comes w/board bag, gloves, goggles, and ski bibs. Asking \$300 OBO. Call 0338-8973294 after 1700.

Brand new snowboard K2 clicker type womens size 7 \$130. Email ev@13k1@pr.netuno.it.

Elan kevlar 200cm skis w/Marker bindings and poles \$125; 220 Volt Juice Extractor, hardly used \$30. Wicker Hanging Basket chair with Metal Stand, excellent quality \$140. 220v/Nebu-

lizer to administer asthma meds \$50. Call 0434-899216 / 0368-3893219.

Baby items for sale: swing, monitor, front pack, infant bath, bassinet stroller, wooden cradle, vibrating seat, play gym, mobile, floor mat, baby food Lazy Susan, Pack and Play playpen. All for \$220. Call Angi/ Joe 749564.

Jumbo dog kennel hardly used \$50. Solid oak small kitchen table w/matching chairs \$50. Bagel/bread sleeper couch \$25. Call 0427/730970.

Black NHL bag \$35; an assortment of paperback books. Classic novels by authors such as Nathaniel Hawthorne, Joseph Conrad and Ernest Hemingway; Italian romance novels; young adult, like Christopher Pike and Sweet Valley; and other books for adults and teenagers. Prices range from \$1-\$10. Call 0434-21534 evenings.

Microwave oven, Goldstar LG, 0.7 Cu Ft., 230V-50Hz, purchased 19 months ago from the BX for \$149, still new in box, \$100. MSgt Perry, x-8519.

Ibanez \$405 electric guitar, \$1000 new, will let go for \$600. Pioneer pull-out tape deck/od changer combo, \$500. Karwood 6x9 speakers, pair \$75. Playstation games, Final Fantasy 7, Final Fantasy Tactics, Cool Boarders 3, Crash Bandicoot 3, Iron and Blood, Medieval, various prices (will work combo deals) K2 Exotic Mountain bike, \$300. Call SrA LaRose x-7310 / 0434-652980.

Little Tikes Tractor \$25, Little Tikes Sports Car \$30, Stop 2 Swimming Pool 4' x 6' x 12" \$20, 16" girls bike \$25, 16" boys bike \$25, 20" boys bike (like new) \$80, 24" boys mountain bike \$40, Little Tikes Rocking Gator see saw (seats 3) \$25, Panasonic 6 disc CD changer (for auto) (brand new) \$140. Call Julie 0434-627638.

12 to 14 inch Bike suitable for 8 year old girl, Non-violent Game Boy Games, 220V Air Conditioner. Call 0434-999216 / 0368-3893219.

Gameboy game and a few spare games, good condition. Call 0434 99921.

Bouncing horse, cardio Glide health rider, telescopic, bookshelves, Panasonic Electronic typewriter, boy/girl clothes 0-5T books. Call 0434-590708.

Pentium 400, 101 Gb hard drive, 64MB CAS-6 RAM, 52X CD-ROM, 17" monitor, nice midtower case, mouse, 16MB TNT 3D video card, keyboard, remote control, win 95 installed, 3.5" floppy drive, games, very fast \$1600. Call 0347-9169541 ext. 1800.

Picnic Table for sale 40 free delivery to local area. Call Jack 0434-660036.

Exercise recumbent bike pro form 975e asking \$200; weider universal gym asking \$300. Ask for Joe works swings x-8242/0427-701412.

Tomb Raider II, warcraft II, The Fighter CD, Star Wars Rebel Assault I & II, Civilization, Virus Fighter PC, FX lighter, FIFA Soccer and 18 more \$40 for any 10, \$60 for all. Call 0434-950269 or e-mail russo 5678@yahoo.com for a full listing and for purchase inquiries.

Kneisel 185cm Skis w/carrying bag, women's Salomon boots size 10 & Poles \$75 for all. Call Marisa x-7291.

Metal desk, brown w/3 drawers and natural wood top, measures 40x20x29 inches and w/ brown swivel chair \$55 OBO. Antiche light fixture model \$30ea OBO, 2 disk lamps 1 red and 1 black \$9ea OBO, Salt exerciser 220v new \$170 OBO. Call 0339-3892418 / 0434-930637.

19-inch Hitachi color TV for \$50 only 110volt / NTSC perfect for the dorms w/able. Call Charlie x-7590 7:30-18:30 or 0434-21534 after 18:00.

Selling 5 Pioneer car speakers and amplifier \$250. Call Karl 0347-8940544.

## Homes

Spacious 2 bedroom, 1bath w/showers!

tub, peninsula in Dardago. Features built in kitchen cabinets, light fixture, basement storage area Gasitic heat, bombola for kitchen stove. No yard work. Available 1 May. Call 0434-654054.

House for rent in Prata di Pordenone, furnished sat in kitchen large living/dining room, 3 bedrooms, 2 bathrooms, laundry room, big garden. Call 0434-651593 or 0338-8708685 after 19:00.

## Lost

Lost in Area One March 31, a large gold earring. If found, please call Marilyn 0434-652962.

## Wanted

The residents of a nursing facility in Fort Wayne, Indiana, have gotten together to write service members. What they need are the names and addresses of people they can write to. Please either send through E-mail or snail mail. The e-mail address is sanger6@aol.com, and the address is: Beverly Healthcare Center, 2940 North Clinton, Fort Wayne Indiana 46805. Attn: Sandy Lash. Thank you in advance. You will make our residents feel very much connected and very joyous.

I am looking for someone who can put on a show for kids, someone who can entertain at birthday parties, a clown or similar. If anybody can provide any information call 0434-661214 or e-mail acontigli@in.mi.

Looking for a tool shed. Wooden frame preferred. Will look aluminum sheds too. Call work 1500-1800, x-5199 home after 1800 0434-748829.

Wanted solid oak furniture for bedroom, living room, and dining room. Call RJ x-7593.

Large house 250-300sq meters, within 15-20 min of base. Couple children, no pets \$250 finder's fee for successful. Call Carol 0434-698407 / 0368-654802.

Cleaning person wanted to clean small apartment in Vignovo once a week. Need references and own car Pays \$25 a week. Call 0434-998488 and iv meg.

Snowboard binders wanted. Must be clickers only. Please call 0434-998488.

Would like to buy a step for step aerobic, also any corresponding videos you may have. Call 0434-627035 anytime.

Used American gas dryer. Call 0434-949485.

## Pets

I found a small, female dog last week in Area One. She is mostly black w/ brown and white markings. Timid, but very friendly when trust is gained. Could you give her a permanent home? Call Eva x-5333. We would keep her but already have two plus a stray.

Have to part with loving cats, do not have the time to give attention needed. One gray/white male, 1 1/2 years old, fed, independent but loving. One brown/black spotted female, 11 months old, very affectionate. One male white/blue eyes 7-8 months, playful. Want to give to good homes. Come with toys, playhouse, food and litter boxes. If interested, call SrA Johnson at ext-8538 or at 0347-885-9382.

Free to good home: Golden mix dog, all shots current and in good health he is so lovable. Needs love I just don't have time w/ my job. Call Paul x-8635/0427-939110.

Free 5 month Female German Sheppard. Excellent with children, but needs a yard to run. Call 0434-919048.

I have a 1 year old Husky, pure breed, no papers, and all his shots are up to date. He is black and white and has bright blue eyes. He needs a loving family and a yard to play in, need to find a new home for him ASAP. Please contact SrA Tanya Burbach x-5060 / home 03482716400 via e-mail burbach@mdg31-wiann.af.mil.

Free to good home 2 1/2 year old female St. Bernard. Needs big fenced in yard to run and play. Also needs lots of love and attention. Shots are up to date. Comes with giant size kennel and accessories. Call SrA Erin Mikolajczyk x-7611 7:00-4:00/0434/735417 iv a message.

Free to good home, one and a half year old female German shepherd mixed. Must go due to allergic daughter's allergy. All shots are current. Call 0339-3878306/4153 for more info.

Free to good home, small fluffy white male dog he is very friendly, house trained and loves other dogs. We already have one dog and landlord will not let us keep him. Call Lyle/ Kirsty 0434-580924/x-7846.

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