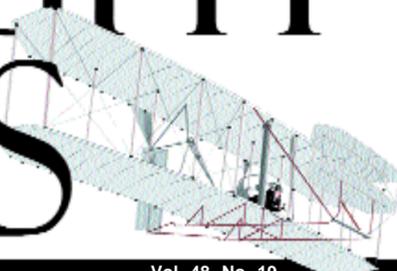


WRIGHT TIMES

Best metro paper in the Air Force 2002



Memorial service today

10:30 a.m. at Fuels Hangar for Lt. Col. Watkins, Capt. Das

See **Page 9** for details

Seymour Johnson AFB, Goldsboro, N.C.

Vol. 48, No. 19

HAWC receives AF award

By Staff Sgt. Scott Eaton
Public Affairs

The health and wellness center was recognized as best small unit in the Air Force for 2002.

"The contributions of the team as a whole and the support of the senior leadership made this award possible," said Staff Sgt. Mistie Seiler, HAWC tobacco cessation manager.

According to the awards package, the HAWC has greatly improved quality of life at and around Seymour Johnson.

The HAWC staff coordinated the renovation of the Family Place, the newly-opened community outreach facility and created a "deployment stress kit" for those who were leaving to fight the war on terrorism. They contributed to a pilot program which tested a weight gain prevention tool kit called "Shape your future, your weigh" so improvements could be made before its release Air Force wide.

The HAWC also partnered with multiple base agencies, such as the library and commissary to increase

awareness of healthy lifestyles. As a result of their partnerships, the HAWC's tobacco cessation program had a nine percent increase in the completion rate from 2001 to 2002.

"We had a lot of help from the medical group when they provided facilitators to teach more cessation classes and the wing leadership pushed the programs, both of which were major contributions to the success of the program," said Seiler.

Additionally, the HAWC has also created youth center programs to

See **HAWC**, on Page 7



Senior Airman Charity Jules / WT

The Thera-band, pictured here, was one of several items the HAWC combined together to create a Deployment Stress Kit for members who deployed. The kits were designed to help servicemembers maintain their mental and physical health while deployed.

WANTED: Your opinion

Airman 1st Class Myntiquewa Culbert
Public Affairs

The 4th Medical Group base critical incident stress management team has created post-deployment questionnaires for both returning servicemembers and their spouses.

"The questionnaire is a query of the mental, emotional and physical experiences of both returning heroes and spouses of the deployment," said Nancy Mayo, family support center program manager and family life skills manager. "We want to know the family's opinion of the deployment from various perspectives."

There are two different questionnaires, which include inquiries of multiple base agencies.

"One questionnaire is geared toward the servicemember, while the other is for the spouse. The experiences of both individuals are different. We want to know how each were affected," Mayo said. "The family support center, health and wellness center and life skills are just a few organizations which contributed information for the feedback form's completion."

The questionnaire includes demographic information, nominal rating scales of how well servicemembers and families were kept informed, frequency ques-

See **WANTED**, on Page 7

UP-FRONT FOCUS | Recreation



Senior Airman Charity Jules / WT

Ken Troesh, of Fayetteville, N.C., and his seven-year-old son Lucas spent the afternoon of May 10 casting a fishing net for guppies to use as bait for larger fish. Troesh said he has been visiting Fort Fisher for more than 10 years.

Fort Fisher receives rave reviews

Guests praise atmosphere, affordable prices

Senior Airman Charity Jules
Public Affairs

It doesn't matter if you ask guests, employees or locals from the surrounding community, the answer to the question, "What do you enjoy about Fort Fisher?" is always the same.

"The atmosphere is incredible." With a refreshing breeze drifting off of the river, providing relief from the early spring humidity - it's hard to disagree.

As part of the 4th Services Squadron, Fort Fisher Air Force Recreational Area, located 20 minutes past Wilmington, N.C. in Kure Beach is Seymour Johnson's best-kept

secret said Clair Baker, Fort Fisher employee. "We get guests in here all the time who have lived in the area for years, but never knew we are here," said Baker.

Not so for one guest, who explained that

See **FORT**, on Page 5



Feeling lucky?

More than 70 Las Vegas hotels to offer military room discounts

LAS VEGAS, Nevada - As a thank you to the troops who have fought, and continue to fight, so bravely for all Americans, Las Vegas announced May 7 "Operation Welcome Home: Vegas Salutes the Military."

More than 70 Las Vegas resorts and hotels are offering discounted room rates to active-duty servicemembers or their spouses and children beginning Saturday through July 4. Participating properties are extending a 20 percent discount off regular room rates. In addition, some properties are including special dining, shopping and entertainment vouchers for active military.

"Ever since the installation of Nellis Air Force Base, Las Vegas has proudly supported

See **VEGAS**, on Page 7

Plan will get AEF back on track, fix 'disparity'

By Master Sgt. Scott Elliott
Air Force Print News

WASHINGTON - While many deployed airmen are returning from Operation Iraqi Freedom to hero's welcomes, others deployed for as much as three times longer are still waiting to hear when they will go home.

What appears to some as an obvious disparity is actually a case of differing mission objectives, said the general in charge of air and space expeditionary force policy.

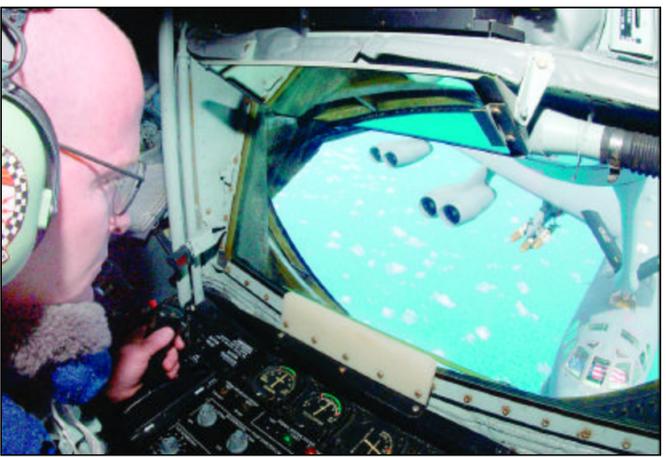
"The issue is, 'What job were these people sent to do,'" said Maj. Gen. Timothy Peppe, special assistant for AEF matters at the Pentagon. "Some of the people in OIF are already home because that operation went so well and so quickly that the combatant commander was able to release them."

"There is a difference for Operation Enduring Freedom folks. Those people are filling a requirement that hasn't changed. They will rotate when the Air Force has the combatant commanders' requirements worldwide and develops the rotation to support them."

Besides manning requirements for OEF and OIF, a recent increase in Pacific Air Forces further strained the AEF rotation schedule. On top of that, Peppe said, the service is obligated to provide about 1,700 people to augment the staffs of component and combatant commanders worldwide.

"It's not just the people in Afghanistan," Peppe said.

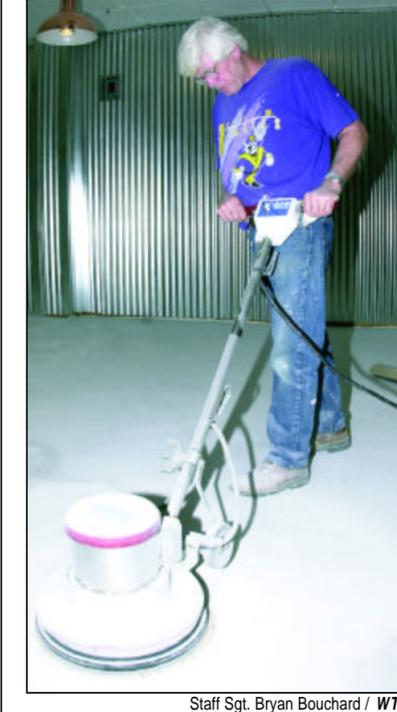
See **AEF**, on Page 7



Staff Sgt. Richard Freeland / WT

OPERATION ENDURING FREEDOM - Staff Sgt. Bob Spychalski prepares to refuel a B-52 Stratofortress on its way to Afghanistan on May 7. He is a KC-135 Stratotanker boom operator assigned to the 28th Expeditionary Air Refueling Squadron. Air Force officials plan to piece together two transitional air and space expeditionary forces to meet deployment combatant commanders' needs into 2004. That is when they expect forces to return to normal three-month AEF cycles.

Getting buff



Staff Sgt. Bryan Bouchard / WT

Mark Lutze from Phoenix Construction Co. sands the floor in preparation for an acid stain at Simply Seymour's Wings 'n' Things Monday. The new restaurant in the enlisted club is scheduled to open Wednesday. The 4th Services Squadron's newest edition to its base offerings will feature, among other things, hot wings.

Weekend weather

Saturday

Partly cloudy
High: 71
Low: 55

Sunday

Partly cloudy
High: 69
Low: 58



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|--------|-------------|---------|---------------|
| Page 2 | Opinion | Page 8 | Iraqi Freedom |
| Page 3 | News | Page 9 | Memorial |
| Page 4 | News Briefs | Page 10 | Sports |
| Page 5 | Feature | Page 11 | News |
| Page 6 | Unit News | Page 14 | Out & About |
| Page 7 | News | Page 15 | Classifieds |

STOP LOSS

51 career fields released!

See **Page 3** for story

An A-10 pilot's letter home

Editor's note: The following events took place shortly after an Air Force HH-60 Pave Hawk helicopter crashed near Ghazni, Afghanistan, March 23, killing all six crew members.

By Maj. Kevin Campbell
Combined Joint Task Force 180

Dear friends, I'm sorry that I haven't written in awhile, but things have been really busy here. Let me tell you about yesterday. A warning in advance that this is not my usual e-mail...

I was Top-3, which means I wasn't flying but was supervisor during the night shift. My shift got off to an easy start. With thunderstorms over the field, our first mission was cancelled, and I settled in to get some e-mail and paperwork done. The first report came in around 4 p.m. - we had a helicopter down.

As you can imagine, that sets off certain bells and whistles that starts to make things happen. As A-10 pilots, we are also trained as Combat Search and Rescue pilots, so we scrambled two guys airborne to aid in the search and recovery. Not long after the initial report came in, we received the awful news that all six crewmembers on board were killed.

Even worse, it was an Air Force rescue helicopter. Because we are CSAR pilots, A-10 pilots have a special affinity toward rescue pilots and pararescuemen (the "PJs" are the ones who will come in and get us if we are ever shot down).

A second helicopter that was trailing them had to leave the area because an unknown convoy was approaching the scene. We were concerned about this because we did not want to lose the classified equipment onboard the helicopter, and we did not want anyone to desecrate the bodies. Fortunately, none of that happened, but what I want to share with you is what happened afterward.

The second helicopter had to come to Bagram Air Base to land. We are the only Air Force unit here, so we made sure the crew were met at the aircraft, fed, counseled, and had other needs met. As Top-3, I personally met them and escorted them around the base. Obviously, the crew on the second helicopter was fairly shaken up. They had witnessed the accident and had been the first on scene to confirm all six were killed.

Unfortunately, in times like this the first things we have to do are safety related, like taking statements and

interviewing all the participants. During the interview process we received word that the downed helicopter's crew's remains were on their way to Bagram, so I took the second crew out to the flightline to meet the recovery helicopter.

It was pitch black outside, no moon, and the base was in black-out conditions. The second crew and I stood on the flightline as the remains were transferred from the helicopter into waiting ambulances. Just our small group stood saluting as those five brave men and one brave woman were carefully and respectfully placed aboard the ambulances. It was one of the most somber moments of my life.

We followed the ambulances to the hospital, where our flight surgeon, Capt. Michelle Moon, had coordinated all the details so we could allow the second crew to pay their last respects to their squadron comrades. When they finished, they sat down with a "stress response" team consisting of a chaplain, psychologist and social worker.

While that was going on, I was tasked with the responsibility of helping the mortuary team and our life support technician, Master Sgt. Will

See **PILOT'S**, on Page 8

A letter to the editor *NCO thanks Army National Guard members for their service*

Tech. Sgt. Kimberly Hernandez
916th Military Personnel Flight

As an NCO here at Seymour Johnson, I would like to pass on kudos to the Army servicemembers augmenting the 4th Security Forces Squadron.

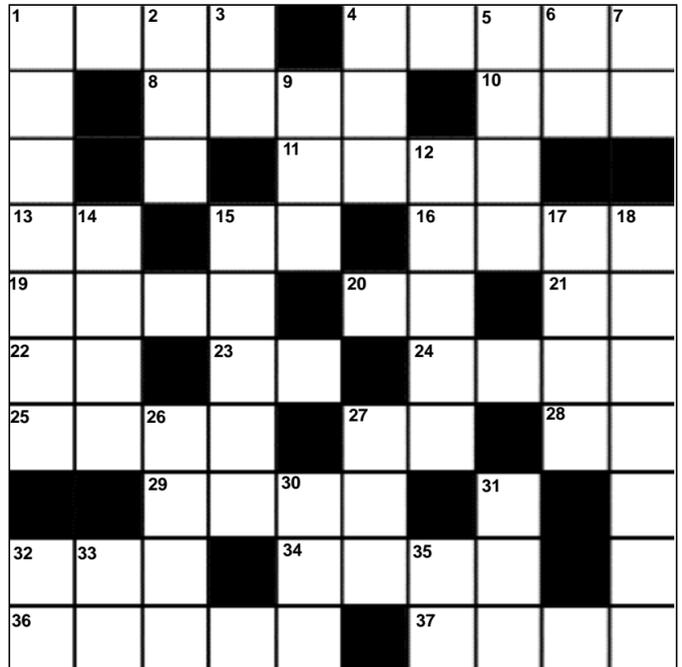
I have been here for 14 years and I know providing security for our base, aircraft and people in the pelting rain, freezing snow and boiling sun is sometimes a thankless job. Our security forces have a lot to deal with on base, whether

it's a traffic accident, someone driving while intoxicated or routine patrols.

Lately, there have been quite a few times when I have come through the gate and been given a warm, friendly greeting of "Hey, how're you doing, Tech. Sgt.?" or as I am driving off, hear them say, "Have a nice day." I would like to thank them for making a difference with their positive attitudes and pleasant greetings as I come to work each day. It's the little things that mean a lot these days and the soldiers working here make those little things go a long way.

Life's a beach

By Airman 1st Class J.G. Buzanowski



ACROSS

1. Over-water platform
4. Diver's gear
8. Reading material
10. "She sell ___ shells ..."
11. Kind
13. "As good as ___ gets"
15. Us
16. Bad smell
19. Water animals
20. "A-Team" member Baracus
21. Latin "two" prefix
22. Freudian concern
23. "___ I only had a brain ..."
24. Large boat
25. Penny
27. Navy's O-3
28. Aerosmith singer (inits.)

DOWN

1. West coast ocean
2. ___ and flow
3. The Cars singer (inits.)
4. Water sport
5. Pre-owned
6. "Let it ___"
7. "Winne-the-poooh" author Milne
9. First number
12. Where land meets water
14. High ___
15. ___ caps
17. Japanese belts
18. Strong current out to

26. California wine valley
27. ___ tide
30. Fishing tool
31. Gov't "spook" agency (abbr.)
32. 4FW/PA NCOIC (inits.)
33. Black Sabbath singer (inits.)
35. "Bionic Woman" star (inits.)



See answers, Page 7

WRIGHT TIMES

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e-mail submissions to: wte.4fwpa@seymourjohnson.af.mil

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Seymour Johnson's Action Line is brought to the base by 4th Fighter Wing Commander, Brig. Gen. Rick Rosborg.

It provides a communication channel for people to obtain information and assistance in making Seymour a better place to live and work.

The general asks that before calling the Action Line, people try to resolve their particular problem with the responsible base agencies listed here:

| | | | |
|----------------------------|----------------|-----------------|----------|
| Base exchange | 735-8512 | Military pay | 722-5373 |
| Chaplain | 722-0315 | AFOSI | 722-1220 |
| Civil engineering | 722-5139 | Public Affairs | 722-0027 |
| Civilian pay | 722-5358 | Safety | 722-4093 |
| Commissary | 722-0321 | Security forces | 722-0121 |
| Military equal opportunity | 722-1180 | Services | 722-5331 |
| Inspector general | 722-0008 | Transportation | 722-5089 |
| Housing maintenance | 736-7021 | Travel pay | 722-5362 |
| TRICARE | (800) 931-9501 | Youth center | 722-0339 |

722-0006 or 4fwactionline@seymourjohnson.af.mil

Action



Air Force eases Stop Loss restrictions

WASHINGTON (AFP) - Air Force personnel officials announced May 14 the release of more than half of the Air Force Specialty Codes restricted from retirement or separation May 2 under the Stop Loss program.

Following a review of operational requirements, 31 officer and 20 enlisted career fields were identified for

release from Stop Loss, the officials said.

The officer career fields released from Stop Loss restrictions are: 11BX, 11EX, 11FX, 11HX, 11KX, 12BX, 12EX, 12FX, 12KX, 12RX, 12TX, 13BX, 13DXA, 13DXB, 32EX, 43EX, 43HX, 43TX, 44EX, 44MX, 45AX, 45BX, 45SX, 46FX, 46MX, 46NXE,

46SX, 48AX, 48GX, 48RX and 51JX.

The enlisted career fields released from Stop Loss restrictions are: 1C2XX, 1C4XX, 1S0XX, 1T1XX, 3E000, 3E0X2, 3E4X1, 3E4X2, 3E5X1, 3E7X1, 3E8X1, 3E9X1, 3H0X1, 3N0XX, 4A1XX, 4A2XX, 4B0XX, 4E0XX, 4H0XX and 5J0X1.

The Air Force announced Stop Loss,

a Defense Department program designed to retain members of the armed forces beyond their established dates of separation or retirement, for 99 AFSCs and deployed airmen on March 13. The move was aimed at ensuring personnel levels were adequate to meet upcoming contingencies.

"It was not an action that we took

lightly," said Secretary of the Air Force Dr. James Roche. "It was designed to preserve Air Force skills essential to supporting the global war on terrorism and operations in Iraq."

Air Force Chief of Staff Gen. John P. Jumper pointed out that service offi-

See **STOP**, on Page 8



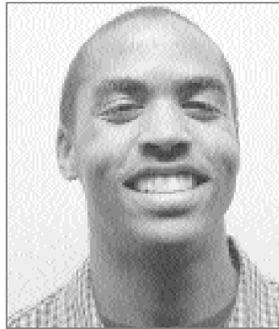
Jessica Hauf



Alexis Hare



Erin Doss



Robert Waldrup



Christine Fairchild



Krystal Ely

OCSC honors eight with scholarships Tuesday

By Airman 1st Class J.G. Buzanowski
Public Affairs

The Seymour Johnson Officer and Civilian Spouses Club awarded eight scholarships to military family members.

In addition to the monetary grants, the winners each received a certificate commemorating their accomplishment.

"It can be tough to be from a military family," said Col. David Russell, 4th Fighter Wing Acting Commander. "That's why the OCSC established this scholarship program - to help those families who have endured moves, deployments and other hardships associated with our way of life."

The winners were:

■ Jessica Hauf, daughter of

Tech. Sgt. Daniel and Tammy Hauf, was awarded a \$1,000 scholarship. She will study psychology at Mount Olive College.

■ Alexis Hare, daughter of Greg and Jackie Hare, was awarded a \$750 scholarship. She will study nursing at Barton College.

■ Erin Doss, daughter of Master Sgt. (ret.) Steven and Charlene Doss, was awarded a

\$750 scholarship. She will study mechanical engineering at North Carolina State University or the University of Carolina at Wilmington.

■ Robert Waldrup, son of Tech. Sgt. (ret.) Cecelia Hill, was awarded a \$700 scholarship. He will study meteorology at North Carolina State University.

■ Daniel Hammond (not pictured), son of Carolyn and

Richard Armstrong, was awarded a \$350 scholarship. He will study English literature at Eastern Carolina University.

■ Randi Guerrero (not pictured), daughter of Randy and Rose Guerrero, was awarded a \$500 scholarship. He is currently enrolled in the premedical program at North Carolina State University.

■ Christine Fairchild,

daughter of Lt. Col Stephen and Sarah Fairchild, was awarded a \$500 scholarship. She is currently enrolled in the premedical program at North Carolina State University.

■ Krystal Ely, daughter of Master Sgt. Scott and Sandra Ely, was the recipient of the First Command Scholarship for \$1,000. She will study theater performance at the University of Central Florida.

NEWS BRIEFS

Space available travel

The Assistant Deputy Under Secretary of Defense has approved a one-year test to evaluate expansion of space available privileges for dependents traveling within the Continental United States. The test began April 1, will end March 31, 2004, and will allow dependents of active duty and retired uniformed service members to travel space available with their sponsors within the CONUS. Dependent travel is limited to Department of Defense owned and controlled fixed wing aircraft. There is one regular mission from Seymour Johnson, which travels to Dover AFB, Del. then on to Mildenhall, England. For more information, call 722-4168.

Strike Eagle closed for Memorial Day

The 4th Civil Engineer Squadron Strike Eagle Hardware Store will be closed from May 24 through May 26 in observance of Memorial Day. The store will reopen May 27 at 9 a.m. For more information, call Master Sgt. Kimberly Danihel at 722-0303.

Free compost available

Free compost is available to military family housing residents. Compost is available to other Seymour Johnson servicemembers for a small fee. Small and large truckloads of firewood are also available for either \$20 or \$40. Greenhouse hours of operation are weekdays from 8-10:30 a.m. and 12:30-3:30 p.m. For more information, call Master Sgt. Robert Ward or Tech. Sgt. Kevin Donovan at 722-5159.

ALS seeks instructor

The Chief Master Sergeant of the Air Force James Binnicker Airman Leadership School at Seymour Johnson is currently seeking a staff sergeant to join the ALS team as an instructor. The position is a four-year controlled tour with a report-no-later-than date of Oct. 31. Applications are being accepted until May 28. For more information, visit <http://afas.afpc.randolph.af.mil/procedures/specat.htm> or call ALS at 722-1149.

Be aware of voucher deadlines

For members that returned within the month of May, the deadline to submit a travel voucher to the finance office is June 3 to prevent these entitlements from going into their mid-month paychecks and June 20 for their end of month pay to be adjusted. July dates will be provided as they become available. In the months after their return, people should pay close attention to their leave and earning statement to make sure that all TDY entitlements have stopped. If the entitlements haven't stopped, they must go to the finance office as soon as possible to prevent any further overpayments. For more information, call 722-5373.

Family potluck postponed

The deployed spouses potluck meal scheduled for Thursday has been postponed until July 15. The potluck is usually held the third Thursday of the month from 6-8 p.m. at the community center. For more information, call 722-1123.

More money

Congress passed legislation last week to increase the amount of Family Separation Allowance and Hostile Fire/Imminent Danger Special Pay entitled to military members. FSA has increased from \$100 per month to \$250 per month. IDP has increased from \$150 per month to \$225 per month. The increases are retroactive to Oct. 1 and will expire Sept. 30. This rate change will be added to pay at the end of April. However, there are a few servicemembers with processing errors whose money will not be received until the end of May. For any member who was entitled to Combat Zone Tax Exclusion while receiving the original entitlement, the increase will remain tax-free. If you have any questions concerning this update, call finance customer service at 722-5373.

Looking for the optometry clinic?

The optometry clinic relocated and is now adjacent to the Women's Health Clinic. The new optometry clinic reopens for

Briefs continued on Page 5

Police Beat

May 7 to May 13

This section of the Wright Times features excerpts from the 4th Security Forces Squadron blotter entries as provided by the 4 SFS.

Shoplifting: Two minors were caught shoplifting clothing valued at \$23. The clothing was recovered and they were released to a Goldsboro Police Officer.

Minor vehicle accidents: There were two minor vehicle accidents this week. They both involved drivers backing out into traffic. No one was hurt, nor was there serious damage to any of the vehicles.

Suspicious activity: An officer from the Wayne County

Sheriff office called the security forces desk and stated he had seen an individual jump the perimeter fence adjacent to the school gate. Two teenagers were found and cited by the Goldsboro Police Department with 1st degree trespassing.

Major vehicle accidents: There was one major vehicle accident this week. No one was injured, but one vehicle did receive serious damage. A citation was issued to one driver at fault.

Days since the 4th Fighter Wing's last DUI:

19

Once the 4th FW reaches 60 days without a DUI, the wing receives a half of a down day, 75 earns a full down day. Don't be the one who ruins a day off for everyone. Don't drink and drive - call AADD at 722-3333.

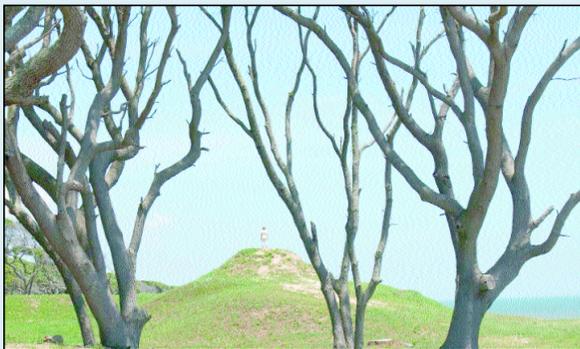
As of May 14

Information provided by the Wing Safety Office



Senior Airman Charity Jules / WT

Fort Fisher is within walking distance from the beach. Prices for a dorm-style room start at \$25 a night. Four bedroom cottages are also available.



Senior Airman Charity Jules / WT

A child explores the top of a Civil War-era gun battery. The Fort Fisher State Historic Site commemorates the Jan. 15 1865 battle between Confederate and Union soldiers.



Senior Airman Charity Jules / WT

Richard Zingery, of Fayetteville, N.C., has spent three summers fishing from the Fort Fisher pier. In the distance, behind Zingery is The Beach House Bar and Grill.

FORT: Offers affordable rates on summer vacations



Senior Airman Charity Jules / WT

Stormie Holish spends a Saturday afternoon building sand 'turtles.' Fort Fisher is a 90-minute drive from Seymour Johnson.

From Page 1
her family has been visiting Fort Fisher for nearly 10 years.

"We love the great family atmosphere, you can't beat the prices and everything is close by," said Kristen Troesh, of Fayetteville, N.C. "We come here to relax, and the best part is it's close to home."

Fort Fisher site director, Bob Hayes, commonly hears such comments.

"Families feel comfortable letting the kids enjoy themselves, without having to keep such a close eye on them," said Hayes. "With plenty for the kids to do, it gives parents a chance to relax and enjoy their vacation time as well."

However, Hayes believes it's the wide variety of options available to guests that brings them back each year. Fort Fisher provides a wide range of accommodations and services, in an effort to meet the needs and budget for every type of visitor.

"We have everything from campsites to 'cottages' that sleep up to 12 people," said Hayes. "As far as enter-

tainment, we have programs that focus on the kids, but we have activities for the adults as well."

This year, Fort Fisher has added a couple of new programs to its repertoire.

The Fort Fisher Day Camp is offered Tuesdays and Thursdays from 9 a.m. to 3 p.m. for children ages four to 11-years-old. Cost is \$12 per child and includes lunch, activities such as games and crafts, and field trips to attractions in the local area.

"We think the day camp is an excellent deal for parents," said Bow Daniels, Fort Fisher programs director. "We've planned for trips to the Venus Fly Trap Trail at the Carolina Beach State Park, the Fort Fisher Aquarium and of course, the beach."

Another new program this year is the South End Paddling Excursion, which explores the marsh area on the south end of Paradise Island. Times depend upon the tides and cost is \$6 for adults and \$3 for children six to 12-years-old.

"Our paddling trips offer not only

great photo opportunities," Daniels said, "they're a great way to learn more about the marsh ecosystem."

Other events include sunset canoe and kayak trips, live music Saturday nights, hidden treasure hunts, campfire storytelling and sand plaster-casting classes.

Fort Fisher houses one restaurant, the Beach House Bar and Grill, which is nestled on a plateau, overlooking the Cape Fear River.

The Beach House a popular attraction for local retired residents.

"I usually come out every Saturday, with friends, for breakfast," said Sue Branch, of Carolina Beach. "The food is excellent and they have the best view anywhere in New Hanover County."

The Beach House is open Friday to Sunday from 8 a.m. to 9 p.m. until May 22, when it opens daily from 8 a.m. to 9 p.m.

"We have a new updated menu this season," said Daniels. "So far we've had a lot of positive feedback on the changes."

History is another item on the long list of benefits the area has to offer.

Fort Fisher itself is a former radar base, but the location's history dates back to before the Civil War. Fort Fisher State Historic Park, which is located a mile down the road from Fort Fisher, is dedicated to telling the story of how Confederate soldiers used the area to keep the Wilmington Port open years after all other Confederate ports had been closed of by Union soldiers. Admission is free.

Also just down the road is the newly renovated Fort Fisher Aquarium, which displays aquatic life native to the Cape Fear wetlands and the sea beyond. Exhibits include both freshwater and saltwater creatures and a touch-tank area. The

aquarium is open 9 a.m. to 5 p.m. daily. Admission is \$6 for adults, \$5 for senior citizens and active-duty military and \$4 for children six to 17-years-old.

With all the selection of activities available to guests, employee Mike

Jones summed up why people return years after year best.

"People know a good thing when they see it," he said.

For more information, call Fort Fisher at (910) 458-6549 or outdoor recreation at 722-1104.



Senior Airman Charity Jules / WT

Richard and Lisa Zingerly said their favorite part of their stay at Fort Fisher is the pier. He said he's caught everything from flounder and speckled trout to sand sharks and sting rays.

The Toy Box

Fort Fisher provides guests with the option of renting boating, camping, fishing or beach equipment from their rental shop - The Toy Box.

The following is a partial listing of available equipment. All prices are for a full-day rental:

- ◆ Paddle boat \$10
- ◆ Canoes or kayaks \$20
- ◆ Six person tent \$12

- ◆ Sleeping bag \$2
- ◆ Golf clubs \$8
- ◆ Small grill \$3
- ◆ Clam rake \$2
- ◆ Rod and reel \$5
- ◆ Surf rod and reel \$6
- ◆ Kid's pole \$2
- ◆ Crab net \$2
- ◆ Minnow net \$1
- ◆ Boogie board \$4
- ◆ Surf board \$6
- ◆ Beach umbrella \$4
- ◆ Bicycle \$6

The bottom line

Fort Fisher site director, Robert Hayes wants families to know that the cottage rentals are ideal for group rentals.

"We encourage families to pool their resources and rent a cottage together," said Hayes. "We've found when families rent together, they have the benefits a cottage provides such as a full kitchen, a comfortable living room with an

entertainment center and plenty of place for the children to play."

"But beyond all of those amenities they also split the cost," he continued.

For example a four-bedroom cottage, which has enough room for 12 guest, rents for \$609 a week in the summer. If three families with two children a piece rent together, the daily cost per family is \$29.

Wait! There's more ...

Aside from the affordable rates and local attractions, Fort Fisher also offers other on base amenities.

◆ The Sand Castle recreation center houses pool tables, arcade games, a sauna and a jacuzzi.

◆ The outdoor pool is available for those who prefer to swim without the sand.

◆ A driving range is located close to the cottages, golf club

rentals are available from The Toy Box.

◆ The Riverside Grocer convenience store is collocated with the registration desk. The store stocks a wide range of last minute or forgotten items, sand toys for the children, souvenirs and gifts.

◆ Pets are welcome. They are not allowed in the rooms, but kennels are available for overnight pet accommodations.

NEWS BRIEFS

From Page 4

regular business Monday. Routine appointments for optometry can be obtained by contacting TRICARE at (800) 931-9501. For more information, call 722-1812.

Heritage celebration - all invited

In observance of Asian Pacific American Heritage month, the Seymour Johnson Asian Pacific American Heritage Committee is sponsoring its annual celebration May 22 from 11 a.m. to 1 p.m. at the community center. This year's celebration offers a wide variety of Asian-Pacific dishes, cultural displays and feature entertainment courtesy of Asian-Pacific dancers from Camp Lejeune, N.C. Cost is \$5 per person. All are invited. For more information, call Capt. Ritche Antonio at 722-5688.

Return and reunion briefings

Return and reunion briefings will be held weekly until all servicemembers return. Briefings are scheduled for Monday

evenings from 6:30-7:30 p.m. and Wednesday mornings 9:30-10:30 a.m. at the family place at 703 Chandler Rd. in base housing. For more information, call 722-1123.

Locked out?

The key cutting service has moved to the outdoor recreation center. Single sided keys can be made for \$1.50 and double sided for \$2. For more information, call 722-1106.

Montgomery GI Bill changes

For military who have the MGIB and first entered active duty on or after July 1, 1985, are encouraged not to forget they can increase their benefits by contributing up to \$600. The maximum \$600 contribution will increase monthly full time benefits by \$150 or increase total benefits from the current \$32,400 to \$37,800. Servicemembers separating must contribute before their separation dates. For more information, call the education center at 722-5800.

TSP now open

The Thrift Savings Plan open season is currently underway and will end June 30. During open season, servicemembers may elect to contribute to the TSP up to eight percent of their basic pay. If they elect to contribute from basic pay, members also

have the option to contribute from incentive or special pay, which includes bonuses. For more information, call Greg O'Donoghue at 722-1123.

4 FW hotline now taking calls

The 4th Fighter Wing recently established a hotline service for access to updated wing information. This toll-free hotline is available at any time and can be accessed from anywhere in the United States free of charge. During the times when personnel are unavailable to answer calls, a message service will be provided and someone will return the call within 48 hours. The local number is 722-0633 and the toll-free number is (866) 290-6896.

Fire hydrant testing

The 4th Civil Engineer Squadron Utility Shop will be conducting annual fire hydrant flushing through May, weekdays during normal duty hours. The purpose of the flow testing is to ensure that base water pressure is maintained and capable of supporting fire-fighting activities. During the testing period, base residents may experience discolored water. Strike Eagle Hardware Store has rust removal material available to assist with stain problems associated with the flow testing. For more information, call 722-5126.

Unit News

To get your information in the paper, contact your unit public affairs representative or first sergeant.

Red Cross

By Margaret Taflinger
American Red Cross

Also presented was the newly created Lifesaver Award, which is awarded to the squadron or group who has the highest participation in the blood drive every two months. The first Lifesaver Award was given to the 4th Civil Engineer Squadron.

The following are those who were recognized and they are listed with their years of service:

Mary Vick, 37 years; Jean Johnson and Mildred Hayes, 33 years; Betty Washington, 30 years; Ray Gunderson and Ray Kleber, 29 years; Roy Vick, 28 years; Marilyn Mays, 27 years; Pappy Hayes, 25 years; Jean Worrell, 20 years; Jim Meachen and Lily Meachen, 19 years; June Kaylor, 17 years; Jill Booker and Ida Fryer, 15 years; Kathleen Steward, 14 years; Marian Perkins, 11 years; Hiroko Birdwell, 10 years; Louise Faison, nine years; Joyce Law, seven years; Maj Cassandra Autry, three

The American Red Cross held a banquet April 29 to honor Seymour Johnson members who have volunteered their valuable time to serve our community. Volunteers are the backbone of any non-profit organization and the Team Seymour volunteers are no exception. Without these fine people, the Red Cross would not be the success that it is.

This year the ARC is presenting two special awards.

The first award was a miniature replica of one of the Tiffany Windows which are housed at our national headquarter. Gayle Russell, who has been a huge supporter of the Red Cross was presented with the Una Window, which represents strength and fortitude. Gayle has our eternal gratitude for her time and efforts that she donates to us so freely.

years; Gayle Russell, two years and

Genee Atwater, John Ballas, Tracy Bentley, Autumn Cox, Crystal Deans, Tonie Dennis, Jo Frost, Jolie McCafferty, Candace Muldrew, Elizabeth Rogers, Cheryl Robertson, Lauren Spreeman, Deneen Stratton and Cheryl Sweringer, one year of volunteer service.

The following participated in the Red Cross Dental Assistant program in 2002 and 2003:

Kelie Grassie, Stephanie Ellis, Courtney McDaniels, Jessica Martin, Shantelle Burk, Titawan Briggs, Michelle Piotrowski, Maria Rigdon.

We would also like to thank the following who have participated in our Youth Volunteer Program: John Ballas, Lauren Cook,

Christina Fanto, Mindy Gilmore, Julian Graham, Justin Graham, Laura Guinn, Richard Jones, Stephen LaRoche, Jessica Pate, Jerrell Randell, Danielle Roseborough, Laniece Sims, Robert Taylor, Alex Thomas, Randi Thompson, Shannon Thompson, Darren Turner, Juaquan Turner, Jason Wedding, Jessica Wedding.

The American Red Cross would also like to extend it's appreciation to the Volunteer Board of Advisors for all of their contributions: Gayle Russell, Jill Booker, Lt. Col. Bill Snodgrass, Maj. Cassandra Autry, Louise Faison, Cindy Bell and Colin Cornell.

Thank you to all of those who help the American Red Cross in so many ways.

Outstanding First Term Airmen Center graduates:

Airmen 1st Class Andrew Huhn and Steven McCullough (Class Leader), 4th Component Maintenance Squadron; Airmen 1st Class Adam Raaymakers and Bryan Scalise, 4th Aircraft Maintenance Squadron; Airman Sarah Horvath, 4th Mission Support Squadron; Airman Justin Mickelson, 4th Comptroller Squadron.

Congratulations also to the other April graduates:

Airmen 1st Class Carlton Anthony, Justin Ballard, Wesley Craven, Jonathon Culpepper, Timothy Green, Richard Hestand, Chauncey Mitchell, Kenneth Phillips, Ryan Riley, Daniel Swearingin, Brett Tillison, Michael Unger, 4th Aircraft Maintenance Squadron; Airman 1st Class Kevin Facteau and Airman Verron Marshall, 4th Civil Engineering Squadron; Airmen 1st Class Jeffrey Blackwell, Brian Bosworth, Victor Diefenbach, Daniel Gravelle, Christopher Matos (Class Leader), Joseph Williams, Airmen Clint

Cloonan, Johnathon Hall, Lewis Jenkins and Jimmy Estrada, 4th Component Maintenance Squadron; Airman 1st Class Christian Figueroa, Airmen Amanda Logan, Michael Trone, and Stephanie Canant, 4th Communications Squadron; Airmen 1st Class Randolph Brown, Matthew Cole, Manuel Holston-Brown, Brian Jamison, Adan Sanchez-Ortiz, Edwin Castillo, Justin Jenkins Matthew Walker and Eric Greathouse, 4th Equipment Maintenance Squadron; Airmen 1st Class Tomeca Mack, Matthew Reed, Christopher Sagely, Adam Severe, Jose Zuniga, Airmen Romha Antonios, Stanley Jones, Stephanie Estrada and Christopher Stamm, 4th Logistics Readiness Squadron; Airman 1st Class Jennifer A. Waters, Airmen Angela Orr, Stephanie Prieto and Melissa Scogin, 4th Medical Operations Squadron; Airmen 1st Class Andrew England, Hernan Valerio, Airman Reid Barton, 4th Security Forces Squadron; Airmen 1st Class Jane Walker, 4th Services Squadron.

FTAC

By Tech. Sgt. Rhonda Christie
First Term Airmen Center

Each month we have many airman who come to Seymour Johnson new to the Air Force.

The First Term Airman Center strives to educate these airman on the new opportunities the Air Force, Seymour and the Goldsboro community has to offer them.

Congratulations to April's

Good for one free ride

Cut out this coupon, put it in your wallet and use it - before you drink and drive.



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AEF: Plan to piece together two AEFs

From Page 1

"Anyone the AEF supports will be caught up in this."

The Air Force uses the AEF's standard three-month rotation plan to bring deployment predictability to airmen and their families, but the operational demands of OIF and other requirements forced the service to break out of that mold. The plan is for the AEF deployment schedule to be back on track by early 2004, Peppe said.

To achieve that goal, the Air Force plans to piece together two transitional AEFs to meet deployment combatant commanders' needs into 2004. Manning for these two AEFs will come from

the ranks of those who have not deployed this cycle.

"We'll have to find 'green' unit type codes that are properly manned and equipped," Peppe said. "The AEF Center (at Langley Air Force Base, Va.) will work with the (major commands) to identify the personnel and equipment (that are) ready to deploy."

"Everyone who did not deploy needs to be on notice that we may need them to be a part of this rotation, or the next, as we get back to a more normal AEF rhythm," he said.

The numbers of people and types of equipment making up the new AEFs have yet to be deter-

mined by combatant commanders. The Air Force's goal is to have new mission requirements defined by the middle of May, Peppe said.

"The effort to define the requirements is ongoing, and we hope to wrap that up soon, because from the time requirements are set and the rotation begins is going to take 45 to 60 days," Peppe said.

As vital as the new mission requirements are to the rotation schedule, the general said patience is just as important.

"We can't send 100 aircraft over there to rotate everyone out at once," he said. "There are only so many aircraft available to do that

type of work, so some people will rotate on day one, and some will rotate on day 15."

It is also important deployed airmen know they are not forgotten, Peppe said.

"There is nobody who wants to bring the troops home and start a rotation any more than the secretary of the Air Force and the Air Force chief of staff," he said. "They are acutely aware that those people have been frozen in place, and that some have been there six months or longer."

"We want to get on with the rotation," Peppe said, "but there is a mission at hand, and we will support that mission."

HAWC: Named Best in Air Force

From Page 1

teach healthy habits early and prevent bad habits from forming.

The HAWC has a small staff, therefore they attribute earning the award to how well they work together and use the resources available to them.

"I'm still in shock, the only way we could accomplish this

with such a small staff was great teamwork," said Tech. Sgt. Merry Montgomery, HAWC NCO-in-charge.

The 4th Aeromedical Dental Squadron commander agrees with this assessment.

"Our health and wellness center staff do what they do as a result of a team effort including the 4th Services Squadron,

4th Medical Operations Squadron, 4th Civil Engineering Squadron and an outstanding fitness center staff," said Maj. Alvis Headon, 4th ADOS commander.

"The HAWC commander, Lt. Col. Pat Sargeant, was the linchpin that held this all together with the help of all the excellent NCOs at the wellness center."

Col. David Russell, 4th Fighter Wing Acting Commander believes this award is a typical representation of the Fourth.

"This award is something the entire base can be proud of," said Russell. "It goes to show we have the absolute best of the best here at Seymour."

VEGAS: Offers military discounts

From Page 1

our military service men and women," said Manuel Cortez, president and CEO, Las Vegas Convention and Visitors Authority. "In this tradition, Las Vegas would like to thank our troops for their selfless dedication."

"Operation Welcome Home: Vegas Salutes the Military" is Las Vegas' first

destination-wide effort to thank the military. Although several hotels have independently offered military discounts over the years, there has never been a coordinated campaign of this magnitude.

A complete list of participating properties is available under "Great Deals" at www.vegasfreedom.com or by calling (877) VISITLV. To receive the benefits of

"Operation Welcome Home: Vegas Salutes the Military," active-duty military members or their spouses and children must present valid military identification cards at time of check-in. Further restrictions may vary by hotel property and are based on availability and blackout dates. For more information, visit www.lvcva.com.

In the spotlight

Airman Jeremy Potter

Hometown:
Jacksonville, Fla.

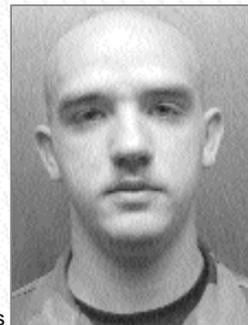
Job Title:
Customer Service Technician

Strongest attribute:
Determined

Worst flaw:
No tolerance for laziness

Personal goals:
To attend college and to become a recruiter.

Most memorable moment at Seymour:
Going to the drag races with my good friends.



4th CPTS

WANTED: Deployment opinions

From Page 1

tions concerning fitness, as well as mental and emotional health questions.

"Although we can't ensure the servicemembers or their families had a positive experience throughout the deployment, we can increase our knowledge of the needs which may have or may not have been met and respond accordingly in the future," Mayo said. "Our goal is to make sure the deployment and redeployment transitions are as smooth and positive as possible."

The information acquired through completion of the questionnaire will be used to create and/or improve services provided through various base organizations.

"We think we did an excellent job supporting servicemembers and their families during the deployment," Mayo said. "However, we can always do better."

For more information about the post deployment questionnaires, call 722-0957.

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U.S. Air Force photo

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Crossword answers

Life's a beach:

From Page 2

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Operation Iraqi Freedom

May 16, 2003

Wright Times

Salute to women's military professionalism



on the **EDGE**

As of Wednesday

- ◆ Total sorties (since March 19): about 705/about 47,600
- ◆ Strike sorties (since March 19): about 125/about 17,200
- ◆ Air and space supremacy sorties (since March 19): about 30/about 5,550
- ◆ Combat search and rescue sorties (since March 19): about 10/about 240
- ◆ Aerial refueling sorties (since March 19): about 70/about 9,700
- ◆ Aerial refueling offloads (through April 21): 410 million pounds (60 million gals)
- ◆ Airlift sorties (since March 19): about 400/about 11,450
- ◆ Cargo moved (through April 21): about 81,570 short tons

WASHINGTON - Today's military women are dedicated professionals who play key roles across America's armed services, U.S. Deputy Defense Secretary Paul D. Wolfowitz told members of DoD's military women's advisory group. America's military women, have provided important contributions - often while in harm's way - in support of recent military operations, Wolfowitz today told members of the Defense Advisory Committee on Women in the Services. The panel was in Washington for business meetings.

"We've had so many women involved so integrally in our armed forces," Wolfowitz said, pointing out U.S. service women's "spectacular display of military professionalism" during Operation Iraqi Freedom.

For example, Wolfowitz cited the bravery of former prisoner of war Army Pfc. Jessica Lynch, still recuperating from her injuries at Walter Reed Army Medical Center.

He also praised the skill and tenacity of a female A-10 "Warthog" pilot who brought back her badly shot-up warplane on manual control. She was so proficient at destroying enemy troops and equipment in Iraq, he added, that some of her flying mates claimed her real-name initials, K.C.,



Staff Sgt. Derrick Goode / 379th AEW

instead stood for "Killer Chick."

Wolfowitz also commented on the May 8 launch he attended at the military Women's Memorial in Arlington, Va., of the publication of DoD's "A Day in the Life of the U.S. Armed Forces" book of photographs that depicts service members performing their missions worldwide.

The deputy secretary said 125 of the best American men and women photographers - including military - deployed around the world Oct. 22, 2002, to capture the U.S. military's story that day as shown through the actions of its troops.

He said 250,000 total photos had been shot and a couple of hundred of these were selected

to appear in the book, which he called "fantastic."

Recalling "Day in the Life" photographs he saw at the book launch, Wolfowitz told the committee that many of the "most captivating scenes" taken by the photographers "involved women in the armed forces."

Wolfowitz said he was especially impressed with a photo taken of a determined young female Marine in training at Parris Island, S.C.

That military women are greatly represented in the book is only natural, the deputy defense secretary pointed out, since military women today perform "such integral roles in the armed forces ... there's no hiding it."

The DACOWITS chair-

OPERATION IRAQI FREEDOM - From left to right, 1st Lt. Julie Ayres and Capt. Mary Melfi and Tally Parham walk down the flightline at a forward-deployed air base in the Middle East on May 3. The three officers are assigned to the 379th Air Expeditionary Wing and flew combat missions during Operation Iraqi Freedom. Ayres and Melfi are F-15E Strike Eagle weapons system officers deployed from Seymour Johnson.

ested in what the impact of the deployments are on the (military) families ... and how that will manifest itself on retention," Charles S. Abell, principal deputy undersecretary of defense for personnel and readiness, remarked to DACOWITS members at May 8 meetings.

"The deployment concerns are cross-gender," DACOWITS member Dr. Lynda Davis reported to Wolfowitz. "We think it's very timely that we're looking at that ... to get feedback directly from spouses and the persons serving themselves - because of the situation that's just happened" in Iraq.

"I think we'll have some very good information and recommendations to come back on that," Davis asserted.

Wolfowitz agreed with Davis that family separation "is a big issue" across the U.S. military today.

Yet, the U.S. military has "an enormous opportunity now to reset ... where we deploy our forces, how many we deploy, what patterns we use," Wolfowitz pointed out. He noted, for example, that DoD officials are re-examining the practice of assigning one-year, unaccompanied military tours of duty to places such as South Korea.

"That's the way we've done it (in Korea) for 20 years or 30 years," he remarked, adding, "It's not clear that's necessarily the best way to do it."

STOP: Loss restrictions lifted from 51 career fields

From Page 3

Officials have always said that they will use Stop Loss only as long as necessary to accomplish the mission.

"We've reevaluated our requirements and are releasing these AFSCs because Stop Loss is inconsistent with the fundamental principles of voluntary service," Jumper said.

Maj. Teresa Forest, chief of Air

Force retirements and separation policy at the Pentagon, said this announcement is the result of an in-depth review.

"A number of different factors went into the review process," Forest said. "We had to consider the balance between the active duty and Air Reserve Component, as well as the need to remain responsive to changing events worldwide."

Deployed active duty, Guard and Reserve airmen whose AFSCs are released from Stop Loss will not be allowed to retire or separate until their deployment is completed, Forest said. Air Reserve Component airmen who are mobilized, but not deployed, will be demobilized according to ARC policy.

The actual "termination" of Stop

Loss has yet to be determined because the Air Force and the combatant commanders still need certain skills to directly support the war in Iraq, Forest said.

More career fields will likely be released in the future, she said, based on input from different levels around the Air Force. However, if airmen experience a severe hardship caused by

Stop Loss, they can apply for a waiver through their chain of command.

"Many families have had to put their plans on hold because of Stop Loss," Forest said. "We will make every effort to balance their needs with our commitment to operational requirements."

For more information, call the military personnel flight at 722-4006.

PILOT'S: Reflective letter home

From Page 2

Wright, to remove the personal effects and salvageable equipment from the remains. What struck me was the care and dignity the mortuary team used in dealing with the bodies. The team did not know any of the dead, but they treated each one as you would a friend, relative or hero.

It was one of the most inspiring things I have ever seen, and exactly how I hope it

would be, God forbid, if this ever happens to me. That was the only comfort I could find as I thought of the wives, husbands, parents and children who would soon be getting the worst phone call of their lives.

These airmen are heroes. They gave their lives, not fighting an evil enemy, but on the way to medically evacuate two injured Afghani children. Coverage of their tragedy was overshadowed by the war in

Iraq, but their sacrifice was no less. They exemplified the Scripture, "Greater love hath no man than this, than to lay down his life for a friend."

I ask you all to keep a special thought and prayer for a group of six individuals who lived by the creed of "So others may live."

God Bless and may this all be over soon.

Kevin

TANGO HOTEL ALPHA NOVEMBER KILO
YANKEE OSCAR UNIFORM

Your courageous and selfless commitment makes us the finest air
and space force in the history of the world



U.S. AIR FORCE
CROSS INTO THE BLUE

Team Seymour remembers aircrews' lives

Memorial service today at 10:30 a.m. at the 916th Air Refueling Wing Fuels Hangar for Lt. Col. Watkins, Capt. Das

Editor's Note: Lieutenant Col. William Watkins III and Capt. Eric Das, both from the 333rd Fighter Squadron were killed in action April 7 while flying a combat sortie in support of Operation Iraqi Freedom.

Both men were valued members of Team Seymour and will be truly missed by everyone whose lives they touched.

The following are short histories of their careers.

Lt. Col. William 'Salty' Watkins

Lieutenant Colonel William "Salty" Watkins III was assigned to the 333rd Fighter Squadron at Seymour Johnson Air Force Base, N.C., as the chief of standardization and evaluation. He deployed with the 335th Expeditionary Fighter Squadron in support of Operation IRAQI FREEDOM. Lieutenant Colonel Watkins was born in South Boston, Va., on December 17, 1965. He graduated from Woodberry Forest School in 1984 and attended the U.S. Naval Academy where he graduated with a Bachelor of Science in Aerospace Engineering in 1989.

Lieutenant Colonel Watkins was commissioned in 1989 and received his Naval Flight Officer Wings in November 1990. He underwent training as an A-6E Bombardier/Navigator at Attack Squadron 42 from March 1991 - January 1992. His first operational tour was as an A-6E Bombardier/Navigator with Attack Squadron 75 from February 1992 - December 1994. He served as an F-15E Weapon Systems Officer on exchange duty to the U.S. Air Force's 333rd and 335th Fighter Squadrons. He transitioned to the F-14 Tomcat, undergoing training as a Radar Intercept Officer with Fighter Squadron 101.

His first operational tour in the F-14 was with Fighter Squadron 154 onboard the USS Kitty Hawk (CV-63), forward deployed to Japan. Through his career, he was awarded the Meritorious Service Medal, two Strike Flight Air Medals, three Navy & Marine Corps Achievement Medals and the Air Force Achievement Medal. He transferred to the United States Air Force in 2001. He attended instructor upgrade training in the 334th FS, then was assigned to the 333d FS as Chief, Standardization and Evaluation.

Lieutenant Colonel Watkins is survived by his wife Mary Melissa Newlon Watkins and his 11-month-old son William T. Watkins. He was the son of Anne Marie Haley Atkins and the late William Randolph Watkins, Jr., who died September 30, 1981. He was also survived by his sister, Mary Garrett Watkins of Seattle, and his brother, Edward Barksdale Watkins of Richmond, Va.



Lt. Col. Watkins

Capt. Eric 'Boot' Das

Captain Eric "Boot" Das was assigned to the 333rd FS "Lancers" at Seymour Johnson AFB, N.C. as an instructor in the F-15E Strike Eagle. He deployed with the 335th Expeditionary Fighter Squadron "Chiefs" in support of Operation IRAQI FREEDOM. Captain Das was born in Gronigen, Holland on December 20, 1972. He graduated from Amarillo High School in 1991, and attended the U.S. Air Force Academy where he graduated on May 31, 1995.

Following his commissioning he was assigned as a Civil Engineer Officer at Kelly Air Force Base, Texas. In 1996 he was selected to attend pilot training at Laughlin AFB, Texas and follow on training in the F-15E at Seymour Johnson AFB, N.C. His first operational assignment in the F-15E was with the 90th FS "Dicemen" at Elmendorf AFB, Alaska.

Following that tour he was selected to instruct in the 333rd FS at Seymour Johnson AFB, NC.

Captain Das attended Squadron Officers School at Maxwell in 2002, was a Distinguished Graduate in the flight ranked first among the other classes and was cited for excellence in leadership.

Captain Das married his wife Nikki in October 2001. He is also survived by his parents Bruce and Rosie Das and two sisters Melody Neumann and Elisa Das.



Capt. Das

High Flight

Oh! I have slipped the surly bonds of Earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
Of sun-split clouds, — and done a hundred things
You have not dreamed of — wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along, and flung
My eager craft through footless halls of air. . . .

Up, up the long, delirious burning blue
I've topped the wind-swept heights with easy grace
Where never lark, or ever eagle flew —
And, while with silent, lifting mind I've trod
The high untresspassed sanctity of space,
Put out my hand, and touched the face of God.

— John Gillespie Magee Jr

HAWC Observes National Fitness Month

Airman 1st Class Myntiquewa Culbert
Public Affairs

In celebration of National Fitness Month, the 4th Medical Group health and wellness center staff is presenting a special class called "Fit Mom!" for mothers who would like to incorporate both fitness and parenting into their lives Monday at noon.

"The presentation is for mothers and their children," said Arletta Thompson, HAWC exercise physiologist. "It teaches mothers how to incorporate kids into their fitness schedules, so they can balance both."

Because military members must maintain specific health requirements during their time in service, the HAWC provides many health and fitness programs.

"We're always trying to encourage members to either start or increase their fitness program," Thompson said. "Fitness is like preventive maintenance for your car ... the better care you take of yourself now, the better quality of life you will have in the last years of your life."

The health and fitness programs available through the HAWC vary in time and frequency month-to-month.

"We offer six-week smoking

cessation classes, which meet once per week," said Thompson. "We also offer fitness and nutrition pregnancy courses once a month and have periodic commissary tours once per quarter."

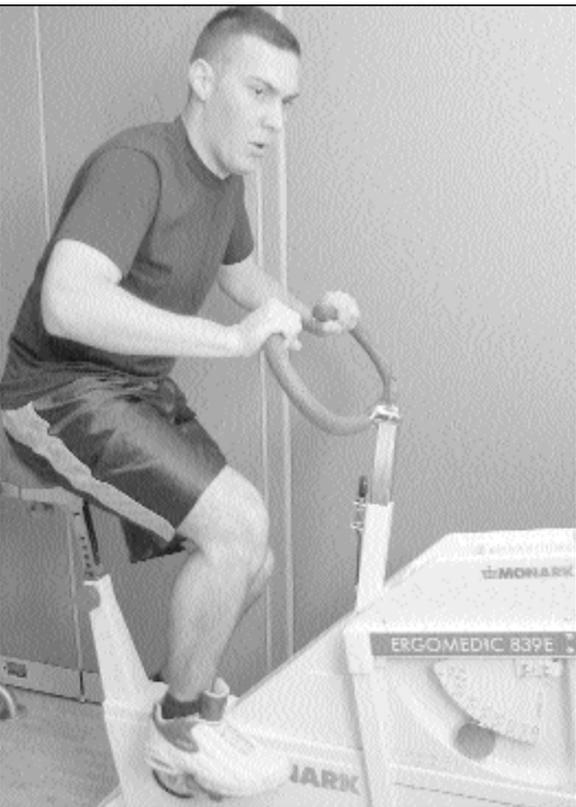
In addition, to monitor service-member's health status, they must perform an annual fitness health assessment at the HAWC, which includes a bike test, push-ups and sit-ups.

"The HAWC has invested in a new tool to measure someone's fitness level," said Thompson. "The Monarch 839 is the BMW of bikes. It gives members a more accurate picture of their fitness and more control of the new bikes in regard to speed."

Fitness month was created to get people to be more aware of taking care of their bodies, Thompson explained.

"There are both short and long-term benefits to exercise," she said. "Exercise increases your self esteem and metabolism, relieves stress, boosts energy, strengthens the heart and muscles, burns calories and fat, lowers cholesterol, risk of heart disease, diabetes and hypertension. In addition, it prevents bone loss and decreases the risk of some cancers."

For more information on health and fitness, call 722-0407.

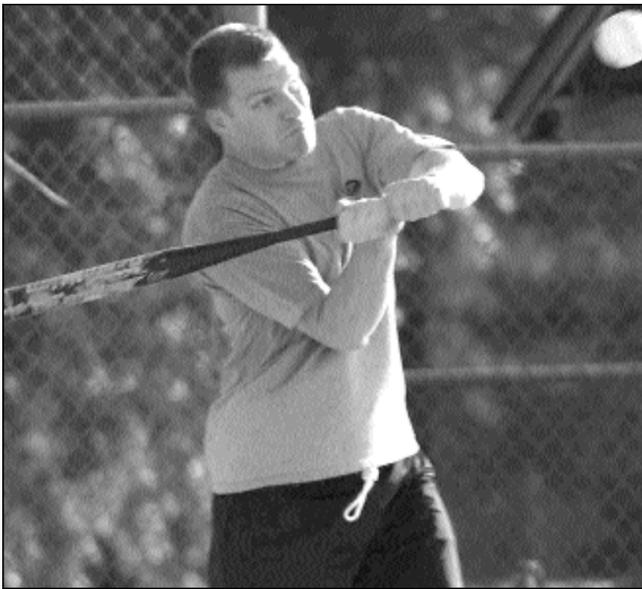


Airman 1st Class Myntiquewa Culbert/ WT

Airman Joseph Anger, 4th Component Maintenance Squadron egress apprentice, focuses on the aerobic fitness assessment screen which monitors his progress while taking his first ergometry test.

AMMO pulls out win over MSS

By Staff Sgt. Scott Eaton
Public Affairs



Airman 1st Class J.G. Buzanowski / WT

Chris Hirak of the AMMO team knocked in the game-tying run in the bottom of the seventh inning during a game with the 4th Mission Support Squadron. AMMO went on to win the game 8-7, delivering the first loss to the 4th MSS.

AMMO, the defending base softball champions, pulled off a come-from-behind shocker over the 4th Mission Support Squadron and Finance Tuesday in an intramural softball game, 8-7.

The MSS/Finance team held the lead until the bottom of the seventh when AMMO loaded the bases on consecutive singles and Jason Nelson brought the winning run home on a short fly ball to left field.

"We didn't give up and we all had a strong desire to come through for our teammates," said Chris Hirak, AMMO right fielder. "We stayed positive and didn't let it get us down, Nelson got up to bat and hit that blooper into left to pull it

out in the end."

Players from both teams put the ball into play, but AMMO found a way to effectively hit into the gaps of the outfield in the bottom of the seventh inning.

"We played hard to come back and kept our heads up," said Hirak.

The defending base champions lived up to their title in the bottom of the seventh and didn't let the conditions of the field or weather to deter the victory.

Although MSS/Finance played great defense, with a few inevitable exceptions, AMMO was able to perfectly place the ball out of the defending team's gloves and bring home the win.

Hirak added, "It goes to show you ... it ain't over till the fat lady sings!"

And she sang for AMMO Tuesday.

Little Indians



Staff Sgt. James Arrowood / VI

Shane Arthurs, a pitcher with the Kinston Indians minor league baseball team teaches Seymour youth how to field a ball May 10 at a baseball clinic held at the youth center. More than 125 children and their parents attended the event.

Sports Shorts

Golf course renovation

The Three Eagles Golf Course began a greens renovation project Wednesday. The new greens will reopen in July. During the renovation phase, golfers who play on temporary greens receive discounted cart and daily green fees. Additionally, they may enter drawings for give-a-ways to include choice of custom drivers, \$100 pro shop gift certificate and six-months annual green fee dues paid. To compensate TEGC Annual Green Fee holders who utilize Goldsboro Municipal Golf Course playing privileges during the base greens renovations, complimentary three round guest passes will be exchanged for each receipt showing payment of GMGC monthly fees. This offer applies

to TEGC Annual Green Fee holders only. For more information, call 722-0395.

Weight-lifting competition

There will be a bench-press competition May 23 at the fitness center. Weigh-in begins at 8 a.m. with the event starting at noon. All servicemembers and their dependents are eligible to participate. For more information, call 722-0409.

Base pool opens

Both Berkeley and Olympic pools will be opening Memorial Day weekend. Pool pass prices and hours of operation vary. Depending on family size, each has a choice of purchasing either 15 or five week passes. A 15-week pass for a family of two costs \$55 and for a family of five the cost is \$85. For more information, call 722-1106.

To place an ad in the Wright Times, call the Goldsboro News Argus at 778-2211

SECAF Vector addresses possible move

WASHINGTON - In the latest edition of "The Secretary's Vector," Secretary of the Air Force Dr. James Roche discusses the possibility he may soon become secretary of the Army.

President George Bush announced May 7 his intent to nominate Roche for the Army's top spot, which became vacant when former Secretary of the Army Thomas White resigned April

25. In "The Secretary's Vector," released May 12, Roche said he was flattered by the confidence shown in him by the president, and indicated he would accept the position if indeed the nomination advanced and was approved by Congress.

"I am deeply honored by his confidence in my ability to lead the Army, and have informed the president that, if nominated and confirmed, I will

serve," Roche wrote.

Roche specifically addresses airmen in several passages of the message, crediting them with playing a vital role in the president's decision.

"While honored, I recognize that this nomination is more a reflection of your dedication, your excellence, your loyal service to the nation, and your great success in accomplishing our mission," he wrote. "We are the best

Air Force in the world; and we will remain so because of the (more than) 700,000 dedicated officer, enlisted and civilian airmen who understand how to fly, fix, launch, support, defend, and employ air and space power."

"The Secretary's Vector" is available at http://www.af.mil/viewpoint/Intended_Nomination_as_Sec_Army.pdf



Dr. James Roche

Climbing to the top



Master Sgt. Terry Blevins / 379th AEW

OPERATION IRAQI FREEDOM - Tech. Sgt. Juan Russell, telephone switch technician, conducts a tower climbing certification on Master Sgt. Troy Deaton, Superintendent of Plans and Implementation Flight at a forward deployed location supporting stabilization efforts inside of Iraq. The tower was 150 feet high. Russell is from Seymour Johnson.

Commissary can help reduce expenses

By Bonnie Powell
Defense Commissary Agency

FORT LEE, Va. - For the second annual Commissary Awareness Month, the Defense Commissary Agency would like to remind National Guard and Reserve members who have been activated that their commissary benefit can help ease the burden activation can have on their bottom line.

"Guard and Reserve servicemembers are being activated in increasing numbers, sometimes losing a higher paying civilian paycheck. The changes can be traumatic, both emotionally and financially," said Kaye Kennedy, chief of corporate communications for DeCA.

Normally, Guard and Reserve servicemembers can shop in the commissary a maximum of 24

days per year. During active duty they receive full military benefits - including unlimited commissary privileges.

"The opportunity to save 30 percent or more at the commissary can help families living near a commissary," said Kennedy.

Savings for a family of four shopping regularly in a commissary can amount to over \$2,400 per year, Kennedy said.

"Commissaries worldwide take the opportunity to give special focus to outreach efforts during May," said Kennedy. "We not only make a special effort to reach Guard and Reserve, but new active duty, spouses and families, and single servicemembers as well."

"This month is all about passing more information about the commissary benefit to those who may not realize it's full value," she said.

Program needs volunteer 'terrorists'

KIRTLAND AIR FORCE BASE, N.M. - Officials from the Air Force Research Laboratory here need "bad guys" to act as terrorists and threaten the U.S. space system.

The lab's Space Countermeasures Hands On Program builds special teams - usually four junior officers or civilian grade equivalents - to look for potential vulnerabilities in the country's space defenses.

Team members can come from any service, and the four-month temporary duty is paid for by the lab's space vehicles directorate.

"We look primarily for very bright and energetic lieutenants, generally with technical education, although we will consider 'non-techies' too because they give the team a balance," said John Holbrook, the program's operations manager. "Usually, three to four missions are run

per year, so there's a recurrent need for volunteers."

"To apply, you need a secret clearance, permission from your boss to be gone for four months and an ability to think creatively" said Maj. Susan Fisher, program manager.

Officials specifically want junior and inexperienced, said officials.

"Our missions teams work hard, and we

place a heavy responsibility on their young shoulders. But, they also have fun and leave Kirtland knowing the brief time they were here has made a significant impact to national defense" says Col. Tim Williams, chief of the lab's integrated experiments division.

For more information about applying for the program, call Holbrook at DSN 246-2875 or (505) 846-2875.

WITH THIRTY DAYS OFF, YOU'LL
HAVE PLENTY OF TIME TO REFLECT
ON THE REST OF YOUR PERKS.

Take a day or two and think about full health and dental benefits, a housing allowance, tuition assistance and regular pay raises. Not to mention free use of base facilities that could include golf courses, swimming pools, weight rooms and more. Visit our Web site at AIRFORCE.COM or call 1-800-423-USAF.



**for
teens
ONLY**

**END OF
SCHOOL
bash**

Saturday, 7 - 11 p.m.

**Enlisted Club's
Outer Limits**

For teens 13-18
\$5 for Youth Center Members
(\$6 for non-members)
FREE hot dogs, chips, and
non-alcohol drinks
Glow-in-the-Dark Volleyball
D.J.

**Dependent or School ID
Required**

Practicing poor
OPSEC makes
you an asset to
the enemy!

OPSEC
Keep it in mind
at all times!

T-birds



WT file photo

The Festival of Flight begins this weekend in Fayetteville, N.C. Tonight are the opening ceremonies, including musical performances by *Tops in Blue* and the Army's 82nd Airborne Division Band. Throughout the week there will be displays, exhibits and other aircraft-related events. The celebration culminates with an air show May 24-25 from 11 a.m.-5 p.m. each day at Pope Air Force Base, N.C. with performances by the Air Force Thunderbirds, Army parachuting teams and other aerial demonstrations. For more information, visit www.festivalofflight.org.

Chapel Schedule

Catholic

- Weekend Masses: Saturday - 5:30 p.m., Sunday - 9:30 a.m.
- Weekday Masses: Weekdays - 11:30 a.m. to noon
- Confessions: Saturday - 4:15 to 5:15 p.m., weekdays by request
- The Catholic Women of the Chapel meets the first Friday of each month at 9:30 a.m. in the Chapel Annex. For information, call 751-0140.

Protestant Services

- Sunday services: 8 a.m. - Liturgical worship service
- 9:30 a.m. - Religious education, ages three through adult, meets in the community center
- 10:45 a.m. - Extended religious education
- 11 a.m. - Traditional service
- 12:30 p.m. - Inspirational service
- The Protestant men meet at 9 a.m. the first Saturday of every month.
- The Protestant women meet at 7 p.m. the second Thursday of every month.
- For more information, call 722-0315.
- To contact a chaplain after duty hours, call command post at 722-2679.

Jewish, Orthodox and Muslim

Call the chapel at 722-0315.

Local events

Fundraiser: The Protestant Youth Ministry is hosting a pancake buffet fundraiser Sunday from 11:30 a.m. to 4 p.m. at the chapel annex. Tickets are \$3.50. For more information, call 722-0315.

Story time: Nana Belle reads stories to children Tuesdays at 10:30 a.m. in the library. For more information, call 722-5825.

Play group: The family support center and the community center host the "Kids, Crayons and Coffee" program the first and third Wednesdays of the month from 10:30-11:30 a.m. at the community center. Children from birth to five years old are welcome. There is free coffee, hot chocolate and crayons available. For more information, call 722-1123.

Fort Fisher reservations: Active-duty Air Force members may make reservations 90 days in advance for rooms at Fort Fisher. Other active duty, guard and

reservists may reserve 85 days in advance and retirees may book 75 days in advance. Civilians may reserve 60 days in advance. For more information, call (910) 458-6549.

Almost-bedtime stories: Hear bedtime stories Thursdays from 7:30-8 p.m. at the library. For more information, call 722-5825.

South rises again: There is a Civil War reenactment today through Sunday in Old Waynesborough Historic Village. For more information, call 731-1653.

Theater: A one-man musical, "Soldiers in Gray," will be performed Saturday at 7 p.m. in the Wayne Community College auditorium. Admission is free. For more information, call 658-0160.

Meeting: The Goldsboro Junior Woman's Club will hold its last meeting of the year May 27 at 5:30 p.m. at

103 Adler Ln. in Goldsboro, N.C. For more information, call 736-2588.

Yard sale: Wayne County Humane Society is holding a yard sale June 7 from 7 -11 a.m. at Carolina Mini Storage. For more information, call 736-7387.

Center Street Jams: Free concerts are held every other Thursday from 5:30-8 p.m. in downtown Goldsboro. Playing May 29 is Billy Scott & the Prophets. For more information, call 735-4959.

Farmer's market: The farmer's market is open Saturdays from 8 a.m. to 6 p.m. in downtown Goldsboro. For more information, call 735-4959.

Aquarium events: The N.C. Aquarium offers a variety of fun and educational programs throughout the summer at the aquarium in Fort Fisher, N.C. Costs vary. For more information, call (910) 458-7468.

Kitty Hawk Theater

Admission: \$1.50 for children, \$3 for Adults 722-0359

| Friday | Saturday | Sunday |
|---|---|----------------------------------|
| Piglet's Big Movie (G) 7 p.m. | What a Girl Wants (PG) 7 p.m. | Chicago (PG-13) 4 p.m. |
| Gangs of NY (R) 9 p.m. | Chicago (PG-13) 9 p.m. | Chicago (PG-13) 7 p.m. |

By Airman 1st Class J.G. Buzanowski
Public Affairs

ance. This film is not to be missed.

Piglet's Big Movie



Winnie the Pooh's sidekick finally gets his due in this theatrical release. The regular cast of the 100-Acre Wood recalls favorite moments with Piglet when they all go on a search to find their missing pal. Great for all fans of A.A. Milne's stories.

What a Girl Wants



Apparently, it's a cookie-cutter, sugar-sweet script with tired clichés about other cultures. But there is a positive message buried underneath the schmaltz for pre-teen girls that can't be denied.

Chicago



This adaptation of the Broadway musical is entertaining, but certainly not worth many of the accolades it has accumulated. Some fine performances from the supporting cast and at least one of the songs is guaranteed to stick with you. It will most likely be John C. Reilly's number "Mr. Cellophane."

Gangs of NY



Director Martin Scorsese spent years realizing this dream project about the culture clashes of old New York City. With its stunning cinematography, impressive sets and moving story, it's been worth it. Most striking is Daniel Day-Lewis' perform-

The Wright Review

Reviews are for videos released this week

Analyze That



Billy Crystal and Robert DeNiro return for this sequel. Not as funny as the first movie, this romp sees DeNiro's character set free from prison and try to fit in to normal society with a series of jobs as he tries to go straight. It has some funny moments, but just doesn't live up to the original.

Hot Chick



First a gigolo, then an animal, Rob Schneider has made a movie career playing anything but himself. He is now a thief who magically inhabits the body of a high school cheerleader. Slapstick and gross-out jokes abound.

Equilibrium



Fans anticipating the "Matrix" sequels can whet their appetites on this futuristic, Orwellian tale where emotions, and the art that inspires them, are outlawed. Gun-fighting martial artists police the world, until one of them starts to be affected by his own secret passions.

Comedian



Jerry Seinfeld stars in this documentary about the life of a stand-up comic. There is an accompanying story of an up-and-comer, which serves as a bookend to Seinfeld, an established comedian who has already achieved what his ilk set out to do: fame, money and one of the most popular sitcoms ever.