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Raptor to honor 100 years of flight

By **Tech. Sgt. Tonya Keebaugh**
53d Wing Public Affairs

Two fighter pilots flying with the 422nd Test and Evaluation Squadron from Nellis AFB, Nev., will be flying a glimpse of airpower's future into the pages of flight history Wednesday.

Lt. Col. David Rose and Maj. James Vogel will fly two F/A-22 Raptors over the sold-out crowd of more than 36,000 during the final day of the six-day First Flight Centennial Celebration at the Wright Brothers National Memorial at Kill Devil Hills, N.C.

"It's an honor to be part of the 100 Years of Flight in the newest fighter in the Air

Force," said Vogel. "We're excited about taking part in it and honoring the Wright Brothers' accomplishments and pioneering spirit."

The aerial event begins when a replica of the Wright Flyer takes to the air at 10:35 a.m. This time is significant since it will be exactly 100 years ago when the original Wright Flyer made history as the first controlled, manned flight of an airplane. Once the "oldest" airplane flies, the newest airplane will fly by next – the F/A-22 Raptor.

Following the Raptors appearance will be a B-2 Spirit stealth bomber and the Air Force's premiere demonstration team, the Thunderbirds, just to name a few.

More than 30 other types of military aircraft and about 30 civilian commemorative aircraft types will participate in the flyby. The flyover event will last from 10:35 a.m. to 2:30 p.m. Wednesday, with approximately 100 aircraft taking part.

"The Centennial Celebration is about the Wright Brothers, airplanes, and flying," said Ken Mann, chairman, First Flight Centennial Commission. "This will be a once in a lifetime

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U.S. Air Force photo

An F/A-22 Raptor flies over the Nevada desert. The jet is one of more than 30 aircraft that will participate in a 100-aircraft flyby during the six-day First Flight Centennial Celebration at Kill Devil Hills, N.C., Wednesday. The F/A-22 will follow the replica of the Wright Flyer during the aerial event part of the day, which lasts from 10:35 a.m. to 2:30 p.m. Also in the line up for the flyover are the B-2 bomber and the Air Force's premiere aerial demonstration team, the Thunderbirds.

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Celebrate safe holiday season

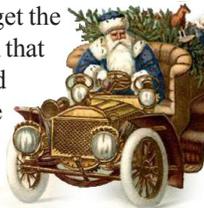
By **Gen. Hal M. Hornburg**
Air Combat Command Commander

We are rapidly approaching one of the most festive times of the year. It's a time we spend with family and friends. It's also an occasion to reflect on the past year and make plans for what lies ahead in the new year. Throughout the command, our people have much to be thankful for, and I'm extremely proud of each person's efforts defending our great nation. Many members of Air Combat Command will be on duty supporting global operations and fighting the war against terrorism. Let's be sure to recognize those sacrifices and provide ACC-style support for their families during the holiday season.

Many of our ACC people will be traveling significant distances on the highways or flying home to spend time with family and friends this season. Before your departure, please ensure you

are following smart safety practices. Plan your travels well, don't overextend yourself, and conduct a personal risk assessment to ensure you have considered all of the potential risks such as unfamiliar roads, adverse weather, heavy traffic, and travel delays. Also, let's all be actively involved in preventing drinking and driving, ensuring seat belts and protective gear are always worn, complying with posted speed limits, and staying alert to our surroundings. In particular, remember we are airmen 24/7 and are a critical part of ACC's warfighting capability. Our people are our most valuable resource.

Let's begin 2004 safe and ready for the challenges ahead. Enjoy the time off but don't celebrate so much that you forget the right thing to do. In that regard, Cynthia and I wish you all a safe and happy holiday season!



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"The difference is that they had to have that 'how far can you go before you crash' mentality – we don't. They were pretty brave souls."

– Maj. James Vogel

opportunity for many people to see these performances by some of the best pilots in the world."

Rose and Vogel will be stationed out of Langley AFB, Va., for the event along with about 13 maintainers from the 57th Wing at Nellis.

Both 53d Wing pilots said they are proud to be

part of the celebration to showcase the future of airpower.

"The F/A-22 Raptor will ensure America remains on the cutting edge for the next 100 years," said Rose. "Through actual Raptor flight operations, the Air Warfare Center team strongly believes we're on track to deliver true multi-role combat capability to the warfighter."

Although 100 years separate these two set of pilots, their pioneering spirit is the commonality Vogel said he and other F/A-22 pilots share with the founders of flight.

"They were pioneering flight – we're pioneering a new weapons system," he said. "The difference is that they had to have that 'how far can you go before you crash' mentality – we don't. They were pretty brave souls."

News Briefs



MyPay deadline closing

The Defense Finance Accounting Service will be eliminating its paper LES in favor of a new online system in January – myPay. MyPay will allow people to view and print their LES as well as their W2. In addition, some finance pay functions through the myPay site may be automated. Some of these functions include: change tax withholdings; update bank account and electronic transfer info; make address changes; make changes to Thrift Savings Plans (military only); and start, stop or change allotments.

In order to set up an account, people should visit their servicing finance office in person. They can issue a password on the spot which can be used to access the myPay site immediately. For more information, visit <https://mypay.dfas.mil> or call the myPay customer support at 1-800-390-2348 or DSN 580-5122.

Leo Marquez AWFC nominees

The following are the 2003 Air Warfare Center nominees for the Air Force Leo Marquez Award for outstanding munitions/missile maintenance in their respective grade categories:

- 1st Lt. Anthony Peeler, 53rd Weapons Evaluation Group
- Tech. Sgt. Gary Altonen, 86th Fighter Weapons Squadron
- Senior Airman Jonathan Boyd, 83rd Fighter Weapons Squadron

public statement media guidance

All airmen are responsible for obtaining the necessary review and clearance, starting with Public Affairs, before releasing any proposed statement, text or imagery to the media or public. Members must ensure the information to be revealed, whether official or unofficial, is appropriate for release.

81st TSS members

KNOW ALL, SEE ALL

on deployments

By **1st Lt. Carlos Diaz**
53d Wing Public Affairs

“Know all and see all” – this is the motto for the 81st Test Support Squadron, but for 15 of its members, that phrase took greater significance while deployed in support of Operation Iraqi Freedom.

The 81st TSS, part of the 53d Weapons Evaluation Group, supports the Air Force air-to-air operational test programs. The group that deployed, composed of weapons controllers, technicians and air battle managers, worked as liaison for several Middle Eastern nations during OIF by providing air space management and training on early warning and air defense coordination to the host nations.

“Our primary purpose there was to provide diplomacy and critical situational awareness to the local government and the U.S. Embassy,” said Master Sgt. Steven Strassberger, operations training superintendent for the 81st TSS. “We provided timely air and ground pictures of any defense warnings of tactical ballistic missiles for our area of operations. If somebody in Iraq lit a match, we would know about it.”

He said that most of the time they were sitting side by side with coalition members of the host nation. Everything that they would see in the theater was coordinated with their coalition counterparts and with the embassy.

The contributions of these airmen



Photo by 1st Lt. Carlos Diaz

“It was hard at times, but we just stayed focused and did our jobs.”

– Staff Sgt. Richard Dodson

Staff Sgt. Richard Dodson, training NCOIC. “It was hard at times, but we just stayed focused and did our jobs.”

Their job began on the fast track of deployments. “I got a call from (Air Combat Command) saying they needed some of my squadron members to deploy,” said Lt. Col. Daniel Whitten, 81st TSS commander. “It was really hectic, but we got them everything they needed to

deploy and they were ready with 48 hours.”

For Airman 1st Class James Smith this deployment helped put in perspective his job as a weapons director technician.

“(One shift), we got a call from an aircraft that was having problems and I had the opportunity to help them land safely,” Smith said. “Twenty-four or 26 of our guys were in that aircraft. That made me feel pretty good knowing I had the opportunity to help save their lives. If I would not have been there, I don’t think that the result would have been the same.”

“I am really proud of the job that our men and women were and are doing in the theater,” said Whitten. “They have had good and bad moments, but what matters is that they got the job done like the professionals that they are.”

The members of the 81st TSS deployed in March and returned in April. The unit currently has four people still deployed in support of OIF and OEF.

helped coalition forces provide air defense to the host nation and air dominance over Iraq.

“I believe that us being there gave some the countries where we deployed some peace of mind because of (the Air Force’s) reputation,” said Master Sgt. Gregory Brown, current operations flight superintendent for the 81st TSS. “We helped keep coalition forces flying. The host nation allowed us to fly 24/7 and deliver the massive amount of ordinance employed in Iraq.”

Sometimes the airmen would find themselves in unique circumstances. “At times, we were it – we would talk directly to the senior leadership of the country because we were the only Americans around.”

Although it had perks, sometimes being the only Americans around was not necessarily a good thing, according to the airmen.

“We had a few moments that could have escalated because of them saying ‘we don’t like you Americans’ and things like that,” said

Be sure to practice ORM this holiday season.
Overly Relaxed Movements AND
Operational Risk Management.

The 'Dragon' in Raptor's clothing

A 53d TEG F-117 gets an F/A-22 makeover



This F-117, belonging to Detachment 1, 53d Test and Evaluation Group, Holloman AFB, N.M., was painted gray so it could be tested for daytime combat operations. The paint is the same color used on the F/A-22 Raptor.

Story and photo by **Laura Pellegrino**
49th Fighter Wing Public Affairs

It took 10 gallons of dark gray paint, five-and-a-half gallons of light gray paint and three gallons of silicon paint to give one F-117A Nighthawk at Holloman AFB, N.M. an F/A-22 Raptor-style makeover.

Lt. Col. Kevin Sullivan, Detachment 1, 53rd Test and Evaluation Group commander, asked the local maintenance squadron corrosion flight to paint their F-117, known as the Dragon, gray to evaluate if it will have a substantial role in daytime combat operations.

"The chief of staff wants to have a 24-hour stealth presence over future battlefields," said Lt. Col. Buck Rogers, the Det. 1, 53rd TEG operations officer. "We know our current black paint scheme wouldn't be a good color for daytime operations."

Preparation for painting began Nov. 17, said Staff Sgt. Armond Cornin, 49th AMXS Corrosion Flight NCOIC. AMXS members worked day and night to complete the job by Nov. 26.

With the project complete, the jet will participate in upcoming tests as part of an overarching program called Global Strike Task Force, Rogers said. The jet will fly with the F/A-22 in several tests

both locally and deployed.

The Dragon is a test coded aircraft owned by Det. 1, 53rd TEG. "We use the Dragon for everything from new tactics development to the evaluation of new software or hardware," said Maj. Tre Urso, a Det. 1, 53rd TEG pilot. "Det. 1 has been involved in all the F-117 modifications and upgrades over the years. We've recently finished a very successful test where we developed new night tactics using night vision goggles. Now, we want to evaluate the feasibility of using the F-117 during daylight operations."

According to Rogers, Air Force leadership will approve additional jets for the gray scheme only if the test results show the change is warranted.

Whether or not the rest of the jets are painted, this project is worth the time and effort spent on completing it, Urso said.

"It provides a great opportunity for us to learn about our daytime capabilities and limitations. It also helps us evaluate how the new paints will hold up over time and lets us measure the impact the color modification has on the maintenance troops who maintain the jet. Bottom line, we need to make sure we provide our leaders an accurate assessment of the costs and benefits involved with daytime ops and the gray paint scheme."



By **Master Sgt. Allen Ajaye**
38th Electronic Warfare Squadron

The Air Force fitness environment is going through a major change. We are transitioning from the ergo bicycle test back to the basics. Now push-ups, crunches, and running have returned to the forefront. Most of us have felt this transition through group exercise of some sort. One thing to keep in mind on this new fitness journey is there is always a right and wrong way to approach working out.

■ The injuries

Soon after we learned what was on the Air Force fitness horizon, many people started getting ready. After people began training, I began to notice an injury trend within our wing. I talked to a physical therapist here, Capt. Brian Langford, to see if this trend was apparent outside of our wing as well.

Since the onset of the new fitness regimen, he said knee injuries are on the rise. The injury he has seen most is the Patello-Femoral pain syndrome – an injury that causes pain behind the knee cap. The injury's main cause is doing too much too soon.

Prevention is simple. Pacing yourself is the key. If you haven't run in a while, you shouldn't sign up for the Boston Marathon. Find a good safe starting distance for yourself and gradually work up from there making sure to give your body the proper rest it deserves between sessions.

■ The warm-up

Getting the basics down will help you achieve your goals. The captain said people should do a five to 10 minute warm-up and minimal stretch before each run. Afterwards, a more aggressive stretch routine is required.

Holding each stretch three times for about 30 seconds without bouncing should do the trick. The "Figure 4" stretch (putting your legs into a figure 4 position while seated), quad stretch (laying on your stomach and reaching back to grab your ankles while knees stay together), leg adductor stretch (spreading legs as wide as possible then reaching forward in seated position), and calf stretch (done while leaning on a barrier or with hands on opposite knee keeping trailing foot flat on the ground) are good stretches

see **RUN** on Page 6



Interviews and Photos by 2nd Lt. Eric Lam

The airplane was invented 100 years ago; what has been the best invention since?



2nd Lt. Juan Carlos Gonzalez
Adv. Weapons System Analyst

"Radar – it's great for navigation and allows pilots to be safe."



Master Sgt. Mark Jolicouer
Info. Systems Superintendent

"Personal computers – because they revolutionized the entire way we work."



Tech. Sgt. Daniel Pritchard
Network Systems Manager

"Fantasy football – because it promotes camaraderie amongst friends."



Capt. Jerry Stewart
Combat Aircraft Test Analyst

"Cell phones – the reasons are obvious."



Tech. Sgt. Robert Uyeno
Information Management NCOIC

"Schick Quattro – for the smooth shave."

53d takes base championship, again

By **Tech. Sgt. Tonya Keebaugh**
53d Wing Public Affairs

The 53d Wing intramural flag football team vanquished the 46th Operations Support Squadron twice to secure their second Eglin base championship Wednesday night.

The 53d, the returning champs, was playing out of the loser's bracket in the finale as they met the undefeated OSS squad. The Wing had to beat them twice to win the crown, which they did with seemingly little opposition. The 53d took the first game decisively, 20-12, and the second, which was called early thanks to the "mercy" ruling, the Wing dominated OSS, 25-6.

"We knew we could win this," said Bryan Ensley, 53d Wing player. "I knew we had a good team, we work together as a team, and we have great quarterbacks."

The team came into the playoffs with great confidence, but lost their very first game to the 16th Maintenance Squadron 13-14, which sent them to the loser's bracket in the double-elimination tournament. The 53d spent the rest of the playoffs battling their way through the bottom bracket.

"You don't have to win them all to get



Photo by 1st Lt. Carlos Diaz

The 53d Wing intramural flag football team carried the Eglin Base Champions trophy back to the wing trophy case Wednesday in a two-game pounding of the 46th Operation Support Squadron. Members of the team are: (front left to right) Cliff Lawton, Bryan Ensley, Eric Brooks, Timothy Turnbaugh, Woodley Rogers; (second row) Eugene Heuschel, Steven Ball, Scott Webb, Robert Jobe, Jason Brown, Shawn Hartz; (back row) Erick Jackson, Chet Brown, and Joshua Milkeris.

to the big game," said Ensley. "That first loss was not a stumbling block for us, it was a momentum builder."

That momentum bounded the 53d over the team who handed them their only play-

off loss, the 16th MXS, and powered them over their championship rivals from last year, the 96th Medical Group. The 53d defeated the MDG team twice Monday for the chance to go at the OSS team in the championship.

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for a normal routine. Be sure to do these slowly and deliberately while making sure not to overstretch which could cause more problems than it may prevent.

■ The running shoe

There are different types of feet out there. Some of people have high arches, while others have flat feet. Some peoples' natural stance is to turn their

feet out more than normal, called overpronators, or inward, called underpronators. There are several different types of shoes to fit everyone's needs. A good Web site to start with is www.runnersworld.com.

Also keep in mind that shoes aren't meant to last forever. Langford said people should expect their shoes to last between 400-500 miles with normal wear. Also, use these shoes strictly for running.

After a run, someone may be tempted

to go straight to the showers. But wait! Be sure to do an after-the-run stretch to cool down. People should cool down until they're breathing normal. This will allow revved-up bodies to return to a more normal state easier. It will be like slowly stepping on the brake instead of stomping on it abruptly.

Running is now a necessity in the Air Force, but by following some simple guidelines of running, you will stay on track and out of Capt. Langford's office.



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