CAROLINA FLYER

Vol. 5, No. 39 | Pope Air Force Base, N.C. | Friday, September 28, 2001

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Flag of freedom



CAROL JOHNSON

A formal retreat ceremony, lead by Col. Steve Baker, 43rd Airlift Wing vice commander, took place Sept. 19. The ceremony, originally planned as a Year of Retention and Recruiting event in honor of the Prisoner of War/Missing in Action, or POW/MIA, Remembrance Day, took on new meaning and significance as Team Pope members met to honor the flag, the POW/MIAs, and those lost in the recent terrorist attacks in Washington, D.C., New York City and Pennsylvania.

Members represented all base squadrons by joining under the leadership of their group commanders. Representation from the wing staff, 43rd Operations Group, 43rd Logistics Group, 43rd Medical Group, 43rd Support Group, 23rd Fighter Group and 18th Air Support Operations Group joined together 260 strong with Pope's elite Honor Guard members to honor the flag and this great nation.

Civil engineers recover engine

Members of 43rd Civil Engineer Squadron aided investigators Sept. 19 in the recovery of the engine that detached from a C-130 Sept. 5. The engine, which was in a densely wooded area just a few miles outside of Wagram, was extremely hard to get to.

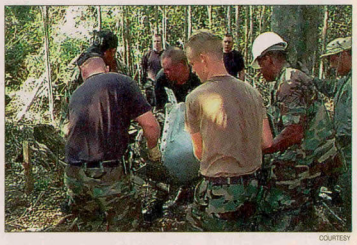
"It was a difficult task for the six equipment operators and two engineering assistants just to get to the location with the equipment necessary to remove the engine, let alone the actual removal," said Master Sgt. Eric Honeycutt.

"We used what we call our disaster response trailer that we stock with supplies such as chain saws, ropes, safety gear and various other tools. We set the trailer up four years ago and keep it stocked and ready. If the base or local areas requests help after a hurricane or tornado, for example, we are ready," said Honeycutt, civil engineer in charge of recovery efforts. "We arrived at 6:30 [a.m.] and the guys did not quit until we were bringing the recovered engine back on base at [3:30 p.m.].

"Their energy level is awesome to witness," Honeycutt added about the equipment operators.

The loader was used to clear its way back to the site as well as carry the 3,600-pound engine out of the wooded area and load it on a waiting 22-ton tilt-trailer that was backed a half-mile down the clearance from a little used railroad track.

"Initially we were trekking down a quarter of a mile down a trail off of a paved road. Because of the terrain and distance, we estimated two to three days. The shorter route by the railroad tracks allowed us to expedite not only our recovery efforts, but the investigation board's efforts as well," Honeycutt said.



COURTESY

CES troops carry pieces of the C-130 engine through the trees to be loaded onto the flat-bed truck.



Engine parts at Reilly Gate

"The NCOs and airmen in our section always rise to the occasion. I can give them any task and they make it happen," said Master Sgt. John Gibson, superintendent of the horizontal repair section who led equipment operators in the recovery efforts.

He added, "What is mind boggling is how they were able to find the engine in the middle of the woods doing sweeps on foot for several days."

Other members of the recovery effort were equipment operators Tech. Sgt. Michael Chapman, Staff Sgt. William Bates, Staff Sgt. Wayne Bullock, Senior Airman Aaron Wright, and engineering assistants Staff Sgt. Lineus Davis and Senior Airman Melvin Whatley. *(Courtesy of the 43rd Civil Engineer Squadron)*

AMC's retention, recruiting initiative to be 'ongoing battle'

by Staff Sgt. Cortchie Welch
Air Mobility Command
Public Affairs

Air Mobility Command's Year of Retention and Recruiting ends today, but officials expect the command to continue its focus on retaining and attracting America's finest well beyond fiscal year 2001.

"This will be an on-going battle," said Lt. Col. Joshua Jose, chief of AMC's Retention and Recruiting Division. "We can't measure our effectiveness in the near term because of the process one takes to make an informed career decision. At the same time, many efforts are still just getting rolling to improve our quality of life, both at home and in the work place.

"It [YoRR] technically will continue for a long time to come. We need to keep up the momentum that everyone has generated throughout the year. There were and still are great ideas on how to improve the way we work and live. We have done a great job in making sure more people are aware of possible improvements in the way the mission is accomplished — that is a big step

See YORR, Page 2

Year of Retention and Recruiting

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To submit suggestions, e-mail any of the chairpersons listed above or visit https://popenet/YORR.

DOD authorizes Stop-Loss

Measures taken to retain airmen needed to maintain combat capability

The secretary of defense has authorized the use of Stop-Loss measures in order to support President Bush's campaign against terrorism, Air Force officials at the Pentagon said Sept. 20.

The decision, which gives service departments the authority to retain members beyond established dates of separation or retirement, was made by Donald H. Rumsfeld Sept. 19, said Lt. Col. Jan Middleton, chief of promotion, evaluation and separation policy for the Air Force.

"The purpose of this action is to meet mission requirements in support of Operation Noble Eagle and any follow-on operations regarding the Sept. 11 terrorist attacks on the nation," she said.

Those attacks, in which hijackers flew airliners into New York's World Trade Centers, in addition to the Pentagon, killed thousands of Americans and sent shockwaves throughout the world. In a Sept. 20 address to Congress, President Bush responded to the attacks by essentially declaring war on the world's network of terrorism.

As a result, as many as 50,000 reservists — including people in each branch of service — have been called to active duty in recent days. Title 10 of U.S. Code permits the president to enact Stop-Loss measures when such a call-up takes place, Middleton said.

"Title 10 permits the president to suspend any provision of law relating to promotions, retirements and separations during any period when members of any reserve component are on active duty under involuntary mobilization authorities," she said.

Middleton said that the Air Force will employ a "total force approach" to capitalize on the unique composition of each force element, including active duty members, Guard and Reserve.

Capt. Amy Anderson, chief of retirement and separation policy for the Air Force, said the key will be to ensure the service retains the critical skills needed for mission requirements. At least for the short-term future, the policy will affect all bluesuiters.

"The initial Stop-Loss period for all Air Force specialties will be for at least 30 days," she said. "All retirement, separation or component transfer actions will be suspended until termination of Stop-Loss, unless an exemption is applicable or waiver is granted. This (Air Force Specialty Code) list will be revised and made available to the public as requirements are validated."

A few exceptions will apply, Anderson said.

"This suspension does not apply to the mandatory separation or retirement of personnel because of disabilities, or hardships," she said. "But, officers being separated due to nonselection to captain, major or lieutenant colonel will not be exempted."

The captain added that separating or retiring members who, as of Saturday, have an approved effective date on or before Monday, or who had made arrangements to ship household goods on or before Monday, are exempt from Stop-Loss. In addition, those people serving an overseas unaccompanied assignment where the tour length is 15 months or less, and who will retire or separate upon tour completion, are also exempt.

Personnel officials said military personnel flights around the Air Force have additional information regarding Stop-Loss implementation. *(Courtesy of Air Force News Service)*

This weekend's weather
as of Thursday
SOURCE: 43RD OSS WEATHER FLIGHT

Today: Clear, high 76, low 52.

Saturday: Clear, high 73, low 49.

Sunday: Clear, high 76, low 50.

AROUND POPE

Turn the tide of violence

Life skills support center focuses on Domestic Violence Prevention Month

Domestic Violence Prevention Month begins Monday, and the life skills support center here wants to spread the word that they can provide help to those in abusive relationships.

Because of the importance of Domestic Violence Prevention Month, the Pope Life Skills Support Center is launching a series of domestic violence prevention initiatives starting Monday. The prevention activities include prevention and awareness classes and an open house at the center Oct. 23

These and other activities concentrate on educating the entire community on the nature of domestic violence and on the fact that spouse abuse and child abuse are not tolerated in the military.

The center's experts will also provide advise to spouses who feel they may be in danger of domestic violence, and they will ensure the safety and security of victims and prevent recurrences of the problem

A 1999 essay from the military's Domestic Violence Prevention Month campaign packet warned: "Without a community-wide commitment to end the violence in our homes, we will only find ourselves back here a year from now, measuring hurt."

New studies are showing that domestic violence is not confined to spouse battering. Children in violent homes are also victims, both of direct abuse and injury and of the psychological battering that comes from witnessing violent acts. The very people who should be making sure that their loved ones are safe and secure carry out acts of domestic violence.

This is a chilling thought, but something can be done to turn the tide and end the violence. Everyone can and must take positive action.

The first step is to take personal responsibility for the safety and security of ourselves and of our loved ones. Each person is capable of making the home violence-free. But personal responsibility extends beyond the walls of one's own home, and reaches out to the streets, shopping centers and jobs.

The entire community can help control the problem of domestic violence. Prevention campaigns must be used to keep the violence from occurring in the first place. In the military, domestic violence undermines the mission of readiness. In society at large, it undermines the fabric of the community and of the lives of everyone.

Prevention can happen everywhere, not just at home. It can happen in the media, in the workplace and in neighborhoods.

All need to make the message clear: domestic violence is not tolerated, our loved ones deserve to be safe and secure. Couples and individuals need to understand that there are options to violence. In the military, there are long-standing programs that put special emphasis on domestic violence prevention and intervention. In the community, there are programs and services designed to help.

For more information on options, call Pope Life Skills Support Center at 394-4700.

The center also draws on resources within the local community and from national organizations on domestic violence for support in the prevention mission. These resources include the National Coalition Against Domestic Violence and the National Hotline (800) 799-7233. *(Courtesy of the Pope Life Skills Center)*

YoRR

From Page 1

toward solving retention."

AMC declared fiscal 2001 as YoRR to provide commanders and supervisors with information they need to counsel their airmen about the benefits of making the Air Force a career and to help turn the tide in recruiting numbers.

"I want commanders and supervisors to really take to heart that we all know that their task is not easy," Jose said. "The dynamics of staying in the Air Force are different for everyone and that in order to meet readiness goals by keeping their best and brightest, they need to be proactive in knowing all the latest developments whether they are improvements in pay to better educational benefits. That is why they need to put together their own retention team within their units.

"Everyone should back each other up on responsibilities to be experts on what the latest benefits are. One person can't do it alone. They need to keep a strong unit retention team to combat those few who are disgruntled and want everyone else to feel their pain."

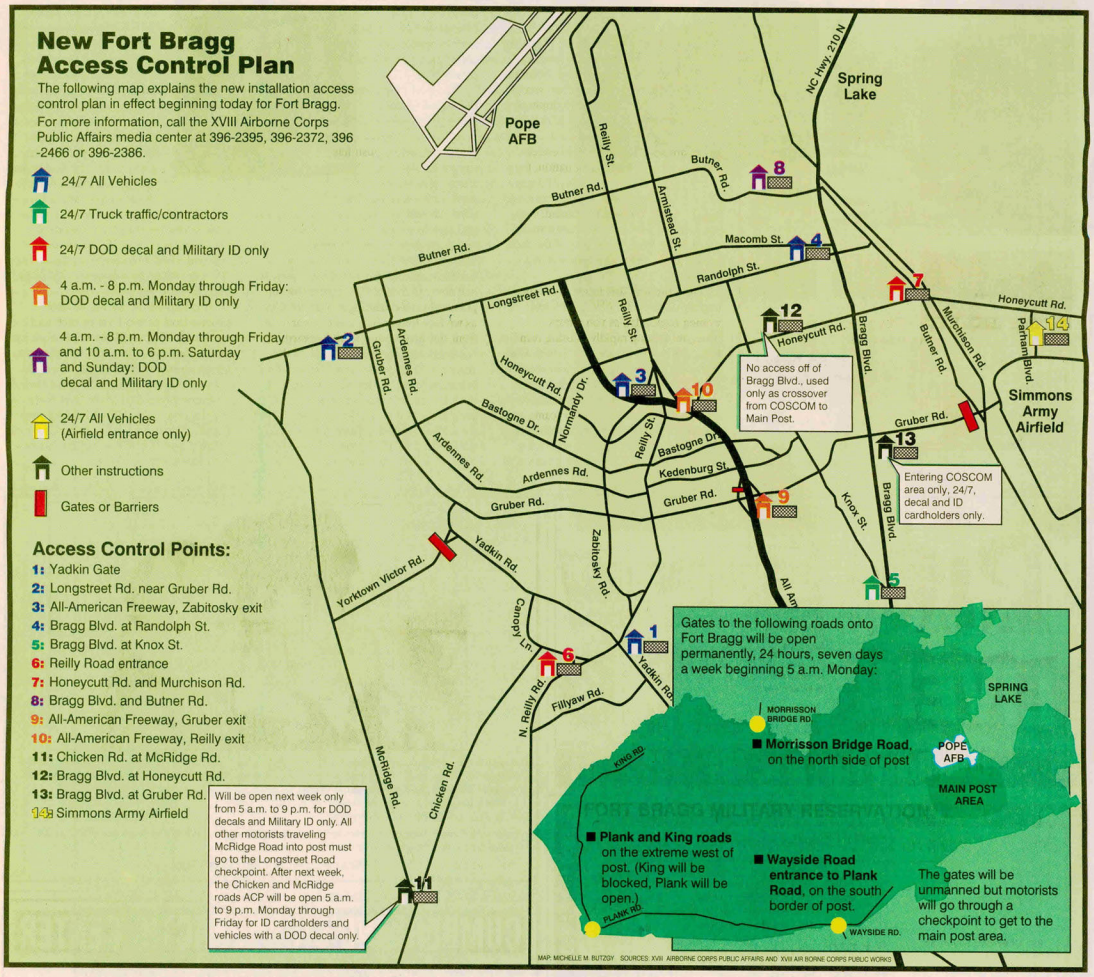
Jose said everyone was emotionally fired-up about retention and recruiting during the campaign.

"Everyone had an idea how best to improve retention and recruiting, and many times they differed dramatically," he said. "I would attribute that to the fact that people enjoy being a part of the world's greatest military and the notion of separating for them is such gut-wrenching decision. In fact, it takes at least a year if not more, for the average person to decide to separate from the Air Force.

"The same thing goes for recruiting. Our folks want so much to be able to tell their stories on what worked for them and what fields potential recruits should go into."

According to Jose, every AMC base did its part in making YoRR a success.

"Each base had their own way of doing things and you could tell that success stories on a particular base could have only happened there due to uniqueness of mission, personnel and facilities," he said. "It was great to see everyone get involved."



U.S. AIR FORCE
CAROLINA FLYER
"No One Comes Close"

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43rd Services Squadron

PERSPECTIVE

Pope talks by Pamela L. Kehres, Carolina Flyer staff writer

How do you handle stress?



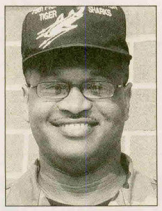
"I like to drink decaf tea and take a hot bath. I also exercise my creativity by coloring."

— **Christine Osterkamp**
health and wellness center



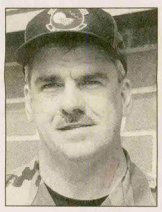
"Kick boxing."

— **Staff Sgt. Jennifer Shields**
43rd Airlift Wing



"I ride my motorcycle in the countryside."

— **Senior Master Sgt. Donald Robinson**
75th Fighter Squadron



"Play golf and go to the fitness center."

— **Master Sgt. Tim Byrd**
43rd Maintenance Squadron

Tragedy Exposes Emotional Side

by Kae Osborn
43rd Security Forces Squadron

Shocked

Sept. 11, I heard the news moments after the first airplane hit the first tower of the World Trade Center, and again when the second airplane hit the second tower. I was shocked.

A flurry of activity suddenly emerged throughout the squadron. All through the day I received bits and pieces of information about what was happening, to include the strike on the Pentagon and about the towers falling. It seemed like all this was happening in another country far away. It all seemed so unreal. My son called from home to say he was taping the news for me.

Horrified

When I arrived home, I immediately went to the tapes. Horror is the first feeling that hit me as I watched the tapes unreel — sheer horror at the devastation that unfolded before my eyes. To see the planes hit the towers, then to see the towers crumble like sandcastles horrified me to the pit of my being. To hear how many people were suspected to have perished tore into my core.

Appalled

Then I became appalled that someone, anyone could actually do this — commit this outrageous act of terrorism on my homeland. However, it was not totally unexpected on my part.

After what has been happening worldwide and here at home over the last few years, it had to happen sooner or later. Even knowing all of that, who would have dreamed that this catastrophe would have been at such a great magnitude?

When individuals began hijacking our aircraft years ago, and then planting bombs at the World Trade Center in 1993, the Federal Building in Oklahoma City, Okla., in 1995, and then the USS Cole in 2000, the security was heightened and new procedures were implemented. However, over the past couple of years, it seems we became complacent.

Deeply saddened

As I watched the news unfold, I felt a deep, profound sadness first for those who lost their lives and those who survived them, then for America in general, and finally for a way of life that will be changed forever.

I was deeply saddened to look upward and not see vapor trails of airplanes in the sky — on a normal day there would have been many. To me this meant a significantly diminished sense of freedom.

Awed

I have been awed at the professionalism displayed by our troops, especially those with whom I have daily contact—the 43rd Security Forces Squadron members, in particular the gate guards. Even after many long hours of high stress, they have maintained their professional demeanor. This has been no easy task as they passed thousands of people onto the base, most of whom had been waiting for hours to enter.

From what I've heard, people have been ultimately patient, understanding and not overly irate as sometimes happens on "normal" days. This, too, has awed and pleased me. I'm glad to see common sense has prevailed in at least one arena.

Praise To The Men And Women Of AMC

by Gen. Charles T. "Tony" Robertson
Commander, Air Mobility Command
Scott AFB, Ill.

Needless to say, Sept. 11 is a day that will live in the America psyche forever. If the headlines and news reports of the past two weeks are any indication, there is no doubt that Americans today are prouder of their flag, prouder of what they stand for around the globe, are stronger and more resilient, and are closer together as a nation, than at any time in recent memory. And it is also my firm belief that you, the men and women of Air Mobility Command, over the past two weeks, have proven yourselves, once again, to be one of the most critical parts of that strength and that resilience.

From the very first moments of the tragedy on Sept. 11, AMC's men and women responded as you always have…mobilizing rapidly to bring comfort and relief to the victims and to their families….quickly moving search and recovery teams to the New York and Washington, D.C., areas….providing direct assistance to on-scene medical and security teams…supporting combat air patrols providing vigilance against other attacks…and giving generously of your time, your money and your blood to help those who have lost so much. As it has been so many times before, your efforts have been recognized, are deeply appreciated and will be long remembered.



Robertson

But even as we continue our humanitarian efforts, we move forward resolutely to answer the president's call. As President Bush has suggested, the campaign ahead of us is likely to be more of a marathon than a sprint. It will, no doubt, require a continued significant commitment of strength and dedication to our mission…the same kinds of values that have become our hallmark around the world every day. It will also, undoubtedly, require the support and understanding of our families as we face longer hours and separation from our loved ones. In this regard, I'm confident that their knowledge of the stakes involved, their knowledge of how much our country depends on us, and their confidence that we're going to do everything in our power to support them through this difficult period, will bring the entire AMC family even closer together than we have become over the past several years.

That said, more than ever before, force protection — keeping our people and our families safe — must be on all our minds. From significantly longer days for our security forces, to longer lines to get into our facilities, there is no doubt, for the immediate future, that our lives are going to be a bit less convenient. That said, I don't think anyone who's logically thought through the alternative would suggest that the payoff isn't worth it. Keep your antennas up…know how to respond when you detect anything suspicious or out of the ordinary…and hopefully, this too will pass.

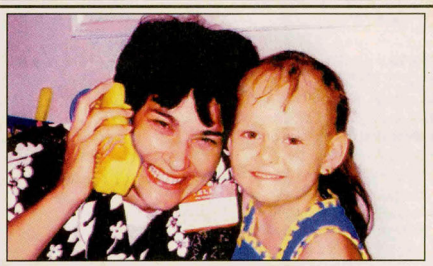
It is impossible for me to fully express how proud I am of each and every one of you and the great work you are doing for our country. Whether you are an airman or NCO, officer or civilian….member of our Air National Guard, Air Force Reserve or active duty force — our national leadership is singing your praises. Simply put, you are making a difference, and you are one of the big reasons America will prevail.

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PERSPECTIVE

Balancing Safety And Mission Takes Planning

by Lt. Col. Brian Jurkovac
43rd Airlift Wing chief of safety

Safety is paramount" is just what you would expect to hear from the chief of wing safety but in reality, I'm not so sure it holds true all the time. In peacetime, safety should certainly be our primary and constant focus, and integral to everything we do. However, there are times when higher levels of risk are assessed and deemed acceptable. In our business as service members, during contingency and combat operations, the mission becomes paramount and the primary focus of our efforts. This doesn't mean we disregard safety. It simply means that circumstance may require us to operate at higher levels of known and managed risk that have been identified, assessed and very carefully and deliberately measured against mission requirements. The key element to remember is our goal, which is safe mission accomplishment. Risk management provides the means by which we control our environment as we perform activities associated with the mission.

"Risk management doesn't start or stop at the gate when you come to work or go home."

Think about a routine activity like driving a vehicle. Most of us drive to work, school or shopping. Pretty standard. Then one day, when we least expect it, we're involved in an accident. Certainly we knew the risks of driving a car, but did we really assess and measure those risks? Sure, driving a car is a routine task but did we consider all the other factors like road conditions, weather, traffic, rest and alcohol consumption? These things influence the level of risk. The actions to overcome and mitigate these risks should be obvious, but, year after year, our statistics prove otherwise. Don't allow complacency to lead to disaster. Don't think it won't happen to you. Whether driving a car, operating heavy equipment, using power tools, playing sports, preparing a meal, flying an airplane or crossing the street, incorporate risk management into your decision-making process and develop a plan to minimize or eliminate those risks.

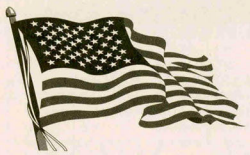
This fiscal year, Air Mobility Command experienced one of its best flight safety records. However, on the ground side, the picture isn't so pretty. Even though AMC did not have any on-duty fatalities and experienced only a small number of on-duty mishaps resulting in injury, the command experienced nine off-duty fatalities and nearly twenty times that many reportable off-duty injuries. Of those nine fatalities, three were in the 21st Air Force and two in the 43rd Airlift Wing. This equates to decreased mission capability and readiness and, most importantly, significant pain and loss within the Air Force family. A single injury or fatality is one too many. Does this mean that off-duty activities are more hazardous than on-duty? No. Simply put, it demonstrates that our risk management and safety programs, processes, training and leadership in the work place are effective in identifying, reporting, assessing and mitigating hazards. Now all we need to do is apply this same risk management methodology to our off-duty activities.

In further reviewing this year's statistics, I was shocked to see that 83 percent of our mishaps involved privately owned vehicles (not wearing a seatbelt attributed to 15 percent of these injuries). Of the remaining 17 percent of reported injuries this year, 14 percent were attributed to sports and recreation, 2 percent to accidents involving pedestrians and vehicles and 1 percent to other types of injury like yard work, house work, etc. It also strikes me how most mishaps are preventable but only if risk management, common sense, good judgment and the buddy system are used beforehand.

Regardless of rank or position, we are all obligated to stop hazardous situations from developing. A chain of events precedes most mishaps and we often find that if any single link in that chain is removed, then the resulting mishap would not have occurred or the severity of that mishap reduced. With that, I challenge each of you to continuously evaluate risk and take the appropriate actions to eliminate risks in all you do at home and at work. Keep in mind that risk management doesn't start or stop at the gate when you come to work or go home. Risk management must be integrated into everything we do. This is not another Air Force "quality" program. The Air Force's emphasis on risk management is simply to heighten awareness through leadership, training and accountability so that safety becomes a way of life to every Air Force member and his family. Be responsible, accountable and integral to the team. Implement risk management in all you do, apply good judgment and common sense to your decision-making and use the buddy system so the 43rd Airlift Wing can continue to put the air in airborne.

Let Flag Wave At Local Church

by Staff Sgt. John Middaugh
43rd Airlift Wing Chapel



I recently read and responded to an article that was published in one of our local newspapers. When responding to the article, I was writing out of anger and utter disbelief over what had happened. It was not my intent to get the article published in the paper; it was just a way of venting my frustration.

Since the article was published, I have had several comments thanking me for what I wrote and expressing support for my family and me while we protect and defend our country. The following article is a portion of my response to a flag burning here in Fayetteville.

I was appalled to learn that an American flag was burned Sept. 15 at a local church in Fayetteville.

It is hard enough to be away from my family, unable to help my wife explain to my 5-year-old daughter what has transpired recently with the terrorist attacks. Now we have to explain to her that someone within our own community has committed another heinous act: burning our nation s greatest symbol, the American flag.

I hope that I speak for all military members, local and abroad, as I urge the church to keep their new flag waving as long as it can. The church s congregation and other residents of Fayetteville should not be deterred.

I love the American flag and I love my country. I am willing to do whatever is necessary to ensure that the pastor and congregation of the local church and all Americans can fly their flags for freedom.

If the person who destroyed the first flag has even a shred of decency, that person will let the American people enjoy the new flag as it waves on the side of the church.

The same day the article was published, a World War II veteran from Dunn called my wife and said, "You are in my thoughts and prayers while your husband is defending our right for freedom."

He followed that up with a letter expressing his appreciation for my family and again offering up his prayers. Knowing that a World War II veteran is calling and writing, thanking and praying for my family is the greatest honor I have ever received. We should be thanking him for the freedom we have today. I only hope to carry on what he started 50 years ago.


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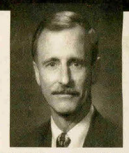


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COMMUNITY

News

Editor s note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there s a need to extend the publication of the brief, please call the editor at 394-4185.

■ **Rental car fraud:** The British Ministry of Defense Police and Air Force Office of Special Investigation are currently investigating a company that rents vehicles to U.S. and other authorized personnel in the United Kingdom. Allegations claim this company may have charged for damage to rental vehicles which did not occur or U.S. personnel may have been deceived into paying other fraudulent charges for vehicles. Those who have been defrauded may not know they paid unnecessary or unlawful fees. Personnel who think they may have been defrauded by this company should call local AFOSI.

■ **Family center dedication:** The base family center is currently in the process of being dedicated. The committee is asking for submissions of an Air Force member, living or deceased, who has made a contribution to the Air Force or to the base in particular. Contributions in the areas of behavioral health, equal employment opportunity, family/human relations, and/or family support are the criteria.

One proposal per person (personnel or family members) will be considered. Submissions should include a brief explanation of why the individual is deserving recognition.

All submissions must be received by Oct. 12.

Send to 2nd Lt. Elenah Godbolt, 43rd Services Squadron. E-mailed submissions can be sent to elenah.godbolt@pope.af.mil.

■ **Spouse scholarship:** The Air Force Spouse Scholarship program, sponsored by the Aerospace Education Foundation, is designed to encourage 30 spouses worldwide to pursue associate, bachelor undergraduate, graduate or postgraduate degrees.

Applicants must be the spouse of an active-duty, Air National Guard or Air Force Reserve member to be eligible. Spouses who are themselves Air Force members, or in reserve officers training corps, are not eligible to apply. Applicants who have received this scholarship previously are not eligible to apply.

Undergraduate students must be enrolled in a minimum of six credit hours when the scholarship is awarded in January. Graduate and post-graduate students must be enrolled in a minimum of three credit hours.

The scholarship will be awarded at the end of January.

The $1,000 scholarship may be used to pay for any reasonable cost related to pursuing a degree. This might include tuition or books and any remaining money can be used to pay for either transportation or child care costs.

The deadline for application is Nov. 1. Applications can be obtained from the education center Monday through Friday between 7:30 a.m. and 4:30 p.m. Call Debbie Neuenschwander at 394-1140 for more information.

■ **Base appearance competition:** The base appearance competition is scheduled for Monday through Wednesday.

■ **New education office hours:** Effective immediately, the education office has changed customer service hours to 7:30 a.m. to 4:30 p.m., Monday through Friday. Call the education center at 394-4692 for more information.

■ **No-fee passport requests backlogged:** Due to the backlog at the Department of State processing of dependent no-fee passports, the department is requesting that no submissions of any passports be made unless applicants are within 60 days of departure.

Call the passport agent at 394-2599 for more information.

■ **Enlisted wives club induction:** The enlisted wives club induction ceremony for newly elected board members is scheduled for Tuesday at 7 p.m. at the log cabin. The ceremony will be followed by a potluck dinner. Call Carman Hinson at 496-1120 for more information.

■ **Use or lose leave carried over:** In light of current events, the Air Force is allowing personnel who, as of Sept. 11, have up to 20 days of use or lose leave to automatically carry that leave over into next fiscal year. Members carrying over 20 days or less will not have to fill out paperwork. Members with more than 20 days will have to submit an individual request for correction of military records in accordance with Air Force Instruction 36-3003, military leave program, to get those additional days restored. This is not a permanent change to the leave policy. It is for this fiscal year only.

Call the military personnel flight customer service for more information.

■ **Thrift shop co-manager sought:** The base enlisted wives club is looking for a dedicated individual to fill the position of thrift shop co-manager. The volunteer position requires about ten hours per week and membership in the spouses club. No experience is required.

Call Gina Bahr at 436-2644 or Katherine St. Onge at 323-9310 for more information.

■ **Santa's Attic volunteers needed:** Volunteers are needed for this year's Santa's Attic shopping day. Children of airmen E-5 and below who are 10 and under can shop Dec. 6 for a free holiday gift for their parents. Per-

See NEWS, Page 6

Family

For more information on any of the family support center s programs or to register for a class, call 394-2538.

■ **Parenting through love and logic:** The FSC and the behavioral health care clinic are scheduled to conduct classes designed to enhance the skills of the parents of young children. Parenting Through Love and Logic is scheduled to be offered from 11:30 a.m. to 1 p.m. at the FSC today, Oct. 5, 12, 19 and 26. Attendees are asked to bring sack lunches. Those interested should register by calling the FSC.

■ **Investment class:** Learn the basics of investing from 11 a.m. to 1 p.m. today at the FSC. The class is taught by a licensed practitioner and includes information on mutual funds, tax deferred annuities and individual retirement accounts. Pre-registration required.

■ **International spouse orientation:** A workshop for spouses born outside of the United States is scheduled for Tuesday from 9 a.m. to noon at the Fort Bragg Town Hall. The seminar will cover how to obtain a North Carolina Driver's License, jobs, English as a Second Language, and becoming a United States citizen.

■ **Spouse orientation:** The program is designed to help newly arrived spouses gain information about their new community. Highlights include an information fair, windshield bus tour or the base and a few locations on Fort Bragg, and a basic introduction to the Air Force life for new spouses. The seminar will be held in conjunction with the bi-monthly Newcomers Orientation Thursday from 8:15 a.m. to 3 p.m. at the Pope Club.

Child-care costs will be paid by the FSC; however, attendees will need to make their own arrangements with an on-base child-care provider. Call to make a reservation or for more information.

■ **Hearts Apart:** Hearts Apart is a support group for spouses temporarily separated due to temporary duty, remotes and permanent changes of station. Single parents may also become part of the program. A free lunch is scheduled for Oct. 5 at 11:30 a.m. Free child care may be available by calling family services at 394-2119. Call the FSC for details.

■ **Smooth move:** This seminar is designed to help people who are changing duty stations, retiring or separating from service. The seminar is scheduled for Oct. 11 at 9 a.m. at the FSC. Agencies will be available to answer relocation questions.

Volunteer opportunities

Editor s note: To request volunteers, submit briefs to the Carolina Flyer at 394-4185 or e-mail Carolina.Flyer @pope.af.mil.

■ **On-base opportunities:** Volunteers are needed throughout the base. Openings currently exist in the American Red Cross, life skills, dental clinic, Boy Scouts, family services, Pope schools, thrift shop, youth center and more. Some positions require training and orientation.

Individuals wishing to volunteer and organizations/agencies across the base that need volunteers may contact the volunteer resource program manager, Wanda Merical, at 394-2538 from 8:30 a.m. to 12:30 p.m. Mondays, Wednesdays and Fridays, or from 8 a.m. to 4 p.m. Tuesdays.

Air Force Radio News Available Toll Free

The latest Air Force news is available as a daily five minute broadcast at 1-877-237-2346.

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The following chart illustrates this new copay structure for prescription drugs which became effective on April 1, 2001.

Your Cost for Dependants

Place of Service	Generic Drugs	Brand Name Drugs
Tricare Retail Networks (up to 30-day supply)	$3	$9
National Mail Order Pharmacy (up to 90-day supply)	$3	$9

References:
1. Department of Defense Pharmacoeconomic Center. Available at: http://www.pec.ha.osd.mil. Accessed June 13, 2001.
2. TRICARE, Military Health System. Available at: http://www.tricare.osd.mil/pharmacy/newpharmacy.htm. Accessed June 13, 2001.

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COMMUNITY

News

From Page 5

sonnel and family members who can spare a few hours to this event should call Tech. Sgt. Tina Crosby at 394-1719.

■ **HAZCOM class:** The public health office is scheduled to conduct a hazard communication training class Oct. 15 at 1 p.m. in the behavioral health classroom. This class will be open to all industrial shop supervisors who are in charge of training their personnel about the hazards in their shop, safety requirements, material safety data sheets, etc.

The class is a requirement for any supervisor responsible for training personnel on these issues. Supervisors in need of this class, or those needing refresher training should call the public health office at 394-1238 or 394-1233 to sign up.

■ **Talk it out:** Groups are scheduled to meet at various locations to talk about recent terrorist acts. "Talk It Out Groups; Subject: Terrorist Attacks" meetings are today at the following locations and times:

- ❑ family support center — 10 a.m. and 3 p.m.
- ❑ base chapel — 6 p.m.
- ❑ youth center — 7 p.m.

■ **Turkish experience:** The base officers wives club is scheduled to present the annual Turkish experience featuring Galeria Ikman's carpets, rugs and wares Oct. 31 through Nov. 2. The event will take place Oct. 31 from 11:30 a.m. to 7 p.m. and Thursday/Friday from 10 a.m. to 7 p.m. at the Pope Club. Proceeds will benefit welfare projects. Call Liz Schneider at 868-0851 for more information.

■ **Civilian of the quarter nominations:** Nominations for this quarter's Civilian of the Quarter (July through September) are due at Civilian Personnel Flight no later than noon Oct. 12.

Nominating commanders must submit an individual action photo and nine copies using AF Form 1206, Nomination for Award. Instructions can be found in Pope AFB Instruction 36-101, Awards, Ceremonies and Honors dated March 20, 1999. Call LaVerne Harper at 394-2418 for more information.

■ **Prescription refills:** Women can now refill birth control pill prescriptions by leaving a message for their primary care manager at 394-4258.

Depo-Provera injections will still be administered from 11 to 11:30 a.m. daily. For a renewal of a Depo-Provera order, call 394-4258.

■ **New thrift store location:** The Pope Thrift Shop is now open. It is still in building 355, but the entrance is across from military clothing sales. Shopping and consigning items are open to all persons with a valid Department of Defense ID card, regardless of rank or branch of service. Hours are Tuesdays, Wednesdays and Thursdays from 10 a.m. to 1 p.m.; Thursday evenings from 5:30 to 8:30 p.m.; and the first Saturday after the 10th of the month from 10 a.m. to 1 p.m.

For more information call 394-2427.

■ **Separatee opportunity:** The Air Force Reserve has many opportunities for retraining, bonus Air Force Specialty Codes, and educational benefits for those separating from the Air Force. For more information, call Master Sgt. Wilson Todd at 394-1099.

August births

Aug. 2

Steven Gregory, son of Stephana and Staff Sgt. Gregg Fox, 21st Special Tactics Squadron

Aug 3

Jada Gabrielle, daughter of Heather and Senior Airman Richard Knick, 43rd Supply Squadron

Aug 9

Kara Lynn, daughter of Melissa and Airman 1st Class Robert Parsley, 43rd SUPS

Aug 10

Cameron Presley, son of Master Sgt. Sandra, 43rd Aeromedical Evacuation Squadron, and Chief Master Sgt. Mark Harris, 43rd Airlift Wing

Anthony John, son of Margaret and Staff Sgt. John Dziok, 43rd Civil Engineer Squadron

Aug 11

Jessica Mae, daughter of Jennifer and Capt. Bryan Cannady, 24th STS

Aug 13

Taliah Marie, daughter of David and Senior Airman Sharon Pope, 43rd Contracting Squadron

Aug 14

Chase Oh Armstrong, son of Kyoung and Tech Sgt. Lance Maguire, 14th Air Support Operations Squadron

Hunter Lee, son of Christal and Maj. Mark Pruitt, Joint Special Operations Command

Aug 16

Andrew Michael-Scott, son of Amy and Staff Sgt. Scott Keller, 43rd CES

Aug 17

Madison Brooke, daughter of Rebecca and Staff Sgt. Stephen Bymum, 23rd Maintenance Squadron

Aug 18

Samantha Ruth, daughter of Roxanne and Tech. Sgt. Stephan Dolecki, 66th Air Operations Squadron

Aug 23

Cyrah Alexis, daughter of Airman 1st Class Torrie Kortge, 2nd Airlift Squadron

Aug 28

Timothy William, son of Yumi and Master Sgt. Bill Fields, JSOC

Aug 31

Hayley Grace, daughter of Melinda and Staff Sgt. Terry Harrington, 75th Fighter Squadron

(Courtesy of the 43rd Medical Support Squadron)

as of Wednesday

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Total DUIs this year

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14th Air Support Operations Squadron

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43rd Operations Group

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98 TOYOTA COROLLA LE AT, Loaded, Pwr. Options, #11709A Was $11,695 SALE PRICE $8,939	2000 DODGE NEON HIGHLINE Air Cond., 4 Dr., 19K Miles, #12913A Was $11,695 SALE PRICE $9,269	99 CHEVY LUMINA Loaded, V6, CD, New Tires, #18813A Was $11,695 SALE PRICE $9,640	94 FORD RANGER XLT Air, Alloys, V6, Tires, 60K, #14616J Was $6,995 SALE PRICE $4,964
97 DODGE AVENGER AT, Air, Alloys, Pwr. Options, 47K Miles Was $12,495 SALE PRICE $9,938	98 DODGE DAKOTA SPORT AT, Air, Alloys, V6, 36K, #11789 Was $12,695 SALE PRICE $10,632	99 GMC SONOMA EXT. CAB SLS 3 Dr., AT, Air, Alloys, 27K Was $13,695 SALE PRICE $10,935	96 SATURN SL2 AT, Air, Pwr. Sunroof, #15260A Was $9,695 SALE PRICE $7,738
97 TOYOTA TACOMA 4X4 AT, Air, Bed Cap, 33K, #16425B Was $14,495 SALE PRICE $11,692	97 DODGE DAKOTA CLUB CAB AT, Air, Alloys, V8, SLT, #16509A Was $13,995 SALE PRICE $11,732	98 FORD CROWN VICTORIA LX Leather, Alloys, New Tires, Loaded Was $13,695 SALE PRICE $11,875	95 FORD RANGER SUPERCAB XLT, V6, Air, Alloys, Sheil, #13075A Was $10,495 SALE PRICE $8,639
2000 PONTIAC GRAND AM SE V6, Loaded, Alloys, 4 Dr., #19011B Was $14,995 SALE PRICE $12,430	99 TOYOTA RAV-4 4X4 AT, Loaded, Alloys, New Tires Was $15,695 SALE PRICE $12,439	2000 MITSUBISHI ECLIPSE RS Air, Alloys, Pwr. Options, #16760A Was $15,495 SALE PRICE $12,949	98 CHEVY VENTURE LWB Loaded, Rear Air, 4 Dr., New Tires Was $15,695 SALE PRICE $13,265
98 TOYOTA TACOMA 4X4 Air, Alloys, Bedliner, 40K, #15220B Was $15,695 SALE PRICE $13,443	97 MITSUBISHI GALANT ES AT, Loaded, Cass/CD, #11814 Was $11,695 SALE PRICE $9,575	99 BUICK PARK AVENUE ULTRA Leather, Carriage Roof, Loaded, #Cons14 Was $21,495 SALE PRICE $18,946	98 DODGE GRAND CARAVAN SE Quad Seats, Rear Air, Loaded, #11815 Was $17,995 SALE PRICE $14,390
2001 DODGE INTREPID SE Loaded, Only 14K Miles, #11782 Was $17,495 SALE PRICE $14,830	2000 CHEVY S10 EXT. CAB 3 DR. Extreme Pkg., AT, V6, 15K, Loaded Was $17,495 SALE PRICE $14,975	98 DODGE 1500 SLT QUAD CAB AT, V8, Loaded, 38K, #11497A Was $17,495 SALE PRICE $15,957	98 DODGE 1500 SLT QUAD CAB Leather, Extra Loaded, #11623A Was $17,995 SALE PRICE $15,764
98 DODGE 1500 SLT QUAD CAB AT, V8, Loaded, 34K, #11792 Was $18,495 SALE PRICE $15,846	2000 DODGE 2500 CARGO VAN V8, AT, Air, Michelin Tires, Nice! Was $18,695 SALE PRICE $15,870	98 DODGE STRATUS Air, CD, 40K Miles, #13457A Was $9,495 SALE PRICE $7,832	97 CHEVY 1500 EXT. CAB 4X4 Silverado, AT, V8, Loaded, #16747A Was $19,495 SALE PRICE $16,840
2001 HONDA CRV LX AT, Loaded, Only 9K Miles Was $19,495 SALE PRICE $16,974	99 DODGE DURANGO SLT 4X4 Rear Air & Seat, Loaded, #11730 Was $21,995 SALE PRICE $17,443	2000 DODGE GRAND CARAVAN SE Quad Seats, Rear Air, Loaded, #11808 Was $20,995 SALE PRICE $17,488	98 FORD F150 SUPERCAB 4X4 XLT, AT, V8, Loaded, #11811 Was $19,995 SALE PRICE $17,636
98 CHRYSLER TOWN & COUNTRY LXi Leather, Rear Air, Loaded, #11787 Was $20,995 SALE PRICE $17,656	99 ACURA 3.0 CL Leather, Sunroof, Loaded, #11674 Was $21,495 SALE PRICE $17,943	2001 FORD EXPLORER SPORT Loaded, Alloys, CD, 17K, #11757 Was $20,995 SALE PRICE $17,965	2000 DODGE DURANGO SPORT Rear Air & Seat, CD, Loaded, #19030A Was $22,995 SALE PRICE $19,156
99 DODGE DURANGO SLT 4X4 Rear Air & Seat, Loaded, #15242A Was $23,995 SALE PRICE $20,740	99 GMC 1500 SLT EXT. CAB 4X4 Leather, 3 Dr., AT, V8, 28K, Loaded Was $24,995 SALE PRICE $20,830	2001 DODGE 1500 QUAD CAB 4X4 SLT Off Road Pkg., Loaded, #17004A Was $29,995 SALE PRICE $23,965	2001 DODGE 1500 QUAD CAB 4X4 SLT Off Road Pkg., Loaded, #16668A Was $28,495 SALE PRICE $24,490

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by Terry Batenhorst
North Fort Bragg Commissary

Shoppers at military commissaries save an average of 29.2 percent of what they would spend at civilian grocery stores. This is possible because the Defense Commissary Agency follows a policy started in 1826 of selling goods "at cost" — that is, with no mark-up or profit to the commissary.

Commissary shoppers know that a 5 percent surcharge is added at checkout to their grocery bill (the surcharge is calculated on the total before coupons are deducted). However, not all shoppers know where that money goes. It goes right back into the stores, paying for new construction, renovations and upgrades, equipment, utilities, and equipment maintenance and operating supplies. This provides modern facilities for our service members at a reduced cost to taxpayers.

Surcharge funds are used for building new facilities and modifying existing ones. Commissary customers' surcharge dollars have paid for these projects since 1974. The surcharge also buys supplies such as paper bags, meat wrappers and other packaging materials, and equipment like electronic scanners and scales.

Overall, the surcharge is used to make shopping quick, convenient and pleasant — measures that encourage customers to continue using their commissary privilege, which, in turn, helps to generate more surcharge funds.

The positive effect of the surcharge can best be expressed in simple terms. While it provides funds to build, alter and operate commissaries, it simultaneously enables this construction to be carried out at a minimized cost in tax dollars. From the customers' viewpoint, the surcharge provides an important, tangible benefit — yet is applied at the same rate (5 percent) as it was 18 years ago.

Air Force Role models needed

Young airmen and NCOs are needed to be Air Force role models, according to officials at the 337th Recruiting Squadron, Shaw AFB, S.C.

"We are looking for people who can share their Air Force experiences with young, potential applicants," said Staff Sgt. Mike Smith, 337th RCS marketing information manager.

The Air Force Recruiting Service Role Model Program is a way active-duty members can participate in the We Are All Recruiters Program.

While it is recruiting's job to tell others about the benefits of being part of the Air Force team, recruiters by themselves are limited in their abilities to interact with the number of quality young men and women needed to take the Air Force into the 21st Century, Air Force Recruiting Service officials said.

All who pride themselves as members of the U.S. Air Force need to tell others about what it means to be an Air Force member and refer quality applicants to recruiters whenever possible, officials said.

How you can help:

- Share Air Force opportunities with potential airmen
- Help tell the Air Force story
- Introduce or refer young men and women to an Air Force recruiter
- Encourage sharp airmen to volunteer for special duty with the Air Force Recruiting Service

For more information on the Role Model Program, call Smith at (803) 895-1650, or DSN 965-1650. *(Courtesy of the 337th Recruiting Squadron)*



SENIOR AIRMAN APRIL D. BLUMER



CAROL JOHNSON

Show of support



SENIOR AIRMAN APRIL D. BLUMER

(Above) Shelley Casey (right) and Myrna Laras (left) craft American flags capable of being displayed from rearview mirrors. More than 600 of the flags, which were provided by the Pentagon Federal Credit Union on base, were distributed in the past two weeks. Casey is the wife of Brig. Gen. Dick Casey, 43rd Airlift Wing commander. Laras is the wife of Col. Frank Laras, 43rd AW inspector general.

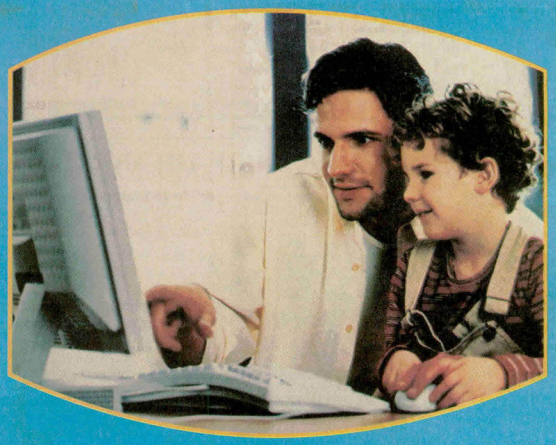
(inset) Gold wire is tied to the wooden post so members of Team Pope can display the flag.

(Left) Becky Horton, the branch manager of the PFCU here, distributes American flags to airmen after the Prisoners of War/Missing in Action retreat Sept. 19.

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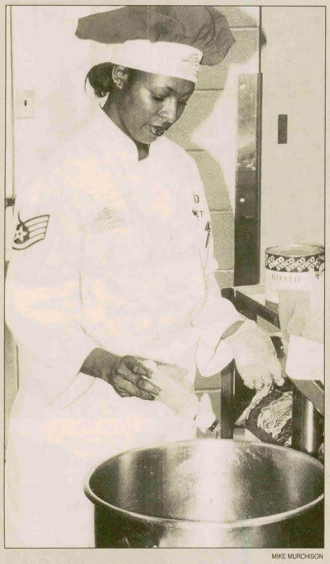
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NEWS

North Carolina cuisine



MIKE MURCHISON

Staff Sgt. Shannon Midgette, 43rd Services Squadron, adds seasoning to a lunch time entree at the Kittyhawk Inn Dining Facility.

The dining facility feeds approximately 500 members of Team Pope on an average workday, said the assistant dining hall manager, Tech. Sgt. John Scoulars.

Airmen face penalties for breaking law

The following is a summary of the nonjudicial punishments given by commanders under Article 15 of the Uniform Code of Military Justice in August.

In some cases an Article 15 is given after progressive punishment has been tried and failed.

Driving under the influence

A senior airman from the 43rd Medical Operations Squadron was served an Article 15 for DUI while carrying a concealed weapon.

The member was DUI and had a 15-inch knife under the driver's seat of his car.

The punishment was a reduction to the grade of airman first class, suspended reduction to the grade of airman, 14 days restriction to base and Fort Bragg, and 14 days extra duty.

Dereliction of duty

A technical sergeant from the 43rd Operation Support Squadron was served an Article 15 for dereliction of duty.

The member was viewing pornographic images on a government computer.

The punishment was suspended reduction to the grade of staff sergeant and forfeitures of $1,000 per month for two months.

A senior airman from the 41st Airlift Squadron was served an Article 15 for dereliction of duty.

The member used his government travel card for other than official business.

The punishment was a suspended reduction to the grade of airman first class, suspended forfeitures of $250 per month for one month, reprimand and seven days extra duty.

A technical sergeant from the 43rd Mission Support Squadron was served an Article 15 for dereliction of duty.

The member used his government travel card for other than official business.

The punishment was a suspended reduction to the grade of staff sergeant.

An airman first class from the 75th Fighter Squadron was served an Article 15 for dereliction of duty.

The member failed to follow proper tool handling procedures.

The punishment was forfeiture of $100 per month for two months and 20 days extra duty.

An airman first class from the 75th FS was served an Article 15 for dereliction of duty and offenses under the Assimilated Crimes Act.

The member was drinking alcohol under the legal age of 21 and operating a vehicle, which is a DUI under North Carolina statute.

The punishment was a reduction to the grade of airman and suspended forfeitures of $584 per month for two months.

Wrongful appropriation

An airman first class from the 2nd Airlift Squadron was served an Article 15 for wrongful appropriation.

The members removed government items from a day room and had them in his possession.

The punishment was a suspended reduction to the grade of airman and a reprimand.

Failure to go

An airman from the 2nd AS was served an Article 15 for failure to go.

The member continued to come late to work after being counseled about it.

The punishment was a reduction to the grade of airman basic and 20 days extra duty.

An airman first class from the 3rd Aerial Port Squadron was served an Article 15 for failure to go.

The member continued to come late to work after being counseled about it.

The punishment was a suspended reduction to the grade of airman and 10 days extra duty.

A senior airman from the 75th FS was served an Article 15 for failure to go.

The member left work early without permission.

The punishment was a suspended reduction to the grade of airman first class, forfeiture of $100 per month for one month and 15 days extra duty.

An airman first class from the 74th FS was served an Article 15 for failure to go.

The member continued to come late to work after being counseled about it.

The punishment was a suspended reduction to the grade of airman basic and forfeiture of $50 per month for two months.

Wrongful use of marijuana

A senior airman from the 3rd APS was served an Article 15 for wrongful use of marijuana.

The member used the illegal drug.

The punishment was a reduction to the grade of airman first class and 10 days extra duty.

Simple assault

A staff sergeant from the 43rd Civil Engineer Squadron was served an Article 15 for simple assault.

The member was involved in a domestic altercation with his spouse.

The punishment was a suspended reduction to the grade of senior airman, reprimand and 15 days extra duty.

A staff sergeant from the 43rd Comptroller Squadron was served an Article 15 for simple assault.

The member was involved in a domestic altercation with his spouse.

The punishment was a suspended reduction to the grade of senior airman.

Assault with a dangerous weapon

A senior airman from the 43rd Communication Squadron was served an Article 15 for assault with a dangerous weapon.

The member was involved in a domestic altercation with her spouse.

The punishment was a suspended reduction to the grade of airman first class.

(Courtesy of the 43rd Airlift Wing Legal Office)

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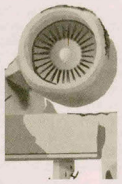
NEWS

Corrosion:
A costly and silent enemy

by Master Sgt. Pete Muzio
43rd Logistics Support Squadron

Damage from corrosion is costly. Much like the expense of getting a new paint job to repair rust damage on a car, corrosion on aerospace equipment taxes numerous resources, such as monetary and human resources.

These costs, much like the costs incurred by a new paint job, can be put to better use in other ways, such as accomplishing daily taskings.



The Air Force has a keen interest in corrosion matters, so much so that Air Force Instructions were written to establish a Corrosion Office. AFIs also address both maintenance and civil engineering requirements.

Air Mobility Command and Air Combat Command Instructions address concerns, allocate levels of responsibility and mandate training of personnel.

Air Force equipment operates in some hostile environments. They are exposed to salt water/marine environments, industrial pollution, and desert conditions. Ironically corrosion can develop in arid climates.

Additionally components are often subject to cyclic stresses during operation.

Ultimately the Air Force could not complete its mission without the assets. If the equipment is allowed to corrode to a degree that they are rendered unfit for service, then the ability to perform the mission has been compromised.

The key is to prevent corrosion before it starts. Following these common sense steps will help keep the Air Force's assets mission ready.

■ **Adhere to technical order or owner's manual inspection checklists:** These tools provide the necessary inspection schedules and components to look at. They often list all the mandated material supplies needed to effectively protect the metallic items.

■ **Protect equipment from the outside elements:** Items such as water and soil collect on the surface and in entrapped areas. They become the key ingredients for starting the corrosion process.

■ **Maintain a washing interval and use only approved cleaners:** The Air Force strictly mandates the use of only Qualified Products Listed cleaners on aerospace equipment. The most up-to-date listing can be found at the Air Force Corrosion Program Office Web site: www.afcpo.af.mil.

■ **Document the discovery of corrosion and share the discovery with personnel requiring training:** Use Air Force Form 59, Department of Defense Form 244, and Aircraft 781 Form as the avenue for documentation. This provides a means of tracking corrosion problems weapon system-wide, as well as a means to initiate the corrosion removal/treatment operation.

■ **Protect equipment during removal, shipment and assembly operations with felting, rubber matting, or other scratch resistant materials:** It makes sense to eliminate further damage to the item after disassembly or routing to repair shop.

■ **Apply only QPL Listed and approved coatings, adhesives, paints and protective sealant on the equipment item:** Non-approved coatings fail to provide the needed barrier of protection for the item, tend to cost significantly more, and often result in costly re-work after a short period of time.

Personnel who wish to learn more about corrosion or have questions can call 394-5074, or the 43rd Maintenance Squadron Structural Maintenance Section at 394-6650.

Preparing children to PCS



SENIOR AIRMAN APRIL D. BLUMER

Children attending the "Kids on the Move" class Monday night at the family support center here simultaneously indicate the best vehicle to move their beds and toys during their upcoming permanent change of station move. Jessica Perez, 5, daughter of Staff Sgt. Julie Rodriguez, 3rd Aerial Port Squadron, and Sheldon Rodriguez, 7, son of Staff Sgt. Richard Rodriguez, 43rd Operations Support Squadron, attended the class to prepare for their upcoming move to Texas.

The class includes a video that addresses the emotions children feel when moving, a discussion time in which children talk about their fears of leaving familiar surroundings, and an interactive time where children create a photo album and identify the location of their new home on a map.

Parents interested in registering their children for the class may call the FSC at 394-2538.

This week in aerospace history

Sept. 28 to Oct. 4

■ **Sept. 28, 1951:** The 43rd Aerial Refueling Squadron of the 43rd Bomb Wing received the first combat sortie credit for aerial refueling. A 43rd ARS aircrew flying a KB-29 refueled a RF-80 over Korea.

■ **Sept. 29, 1971:** Brass Strike VIII ended at Pope AFB. The honorable Dr. Robert C. Seamons, Secretary of the Air Force, and Gen. John D. Ryan, Chief of Staff Air Force, along with 940 officers from the Air Staff and Command College visited Pope to view the demonstration.

Nine C-124 Globemasters provided an unusual site at the base, parked on the flightline. This operation is the predecessor of the modern CAPSTONE missions.

■ **Sept. 30, 1948:** The 41st Troop Carrier Squadron started flight operations in support of the Berlin Airlift as part of Operation Vittles from Wiesbaden AB, Germany. The "Blackcats" of the 41st Airlift Squadron flew C-46 aircraft.

■ **Sept. 30, 1996:** The 43rd Aerial Refueling Group deactivated at Malmstrom AFB, Mont. The group's KC-135 aircraft transferred to McDill AFB, Fla.

■ **Oct. 1, 1942:** The 2nd Troop Carrier Squadron arrived at Pope Field to receive combat flight training in C-47 aircraft.

■ **Oct. 1, 1946:** The 43rd Bombardment Group activated at Davis-Monthan Field, Ariz. The 43rd BG flew B-29 bombers.

■ **Oct. 1, 1965:** The Pope AFB newspaper, The Hercules Herald, announced that more than 100 paratroopers joined the newest society of jet jumpers. The paratroopers performed the first mass jump from a C-141 Starlifter at Fort Bragg.

■ **Oct. 2, 1942:** The Army Air Force's first jet-powered aircraft, the Bell XP-59A, employing General Electric type I-A engines, made its initial flight from Muroc AB, Calif., which is now Edwards AFB.

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Chiefs use military training in real-world situation

by Staff Sgt. Amy Parr
Air Force Print News



COURTESY

A section of the Pentagon was destroyed when the building was struck by a hijacked commercial airliner Sept. 11.

With a hard kick, another fire door came crashing open. Smoke poured out. The fire was getting nearer, but still, the search for survivors continued.

For two Air Force chief master sergeants stationed at the Pentagon, Sept. 11 was a day that required going the extra mile.

It was a day Chief Master Sgt. Ricky Arnold never expected to have while working at the Pentagon. When terrorists turned a commercial airliner into a weapon and crashed it into the Pentagon, the Air Force's survival, evasion, resistance and escape career field manager knew he had to do anything he could to help.

Ironically enough, Arnold said his office was watching the coverage of the World Trade Center attacks when a fire was reported at the Pentagon.

When he first evacuated the Pentagon, Arnold "was in a trance," he said.

It was not until he came across an injured security guard pleading desperately for help in finding others that everything clicked.

When Arnold saw the first of the wounded people being moved outside he identified himself as being trained as an emergency medical technician.

"A call was made for a team to go [back in] and find and bring out survivors," he said. "We went in three different times and brought out the walking wounded and helped put the incapacitated on litters and electric cars in the corridors, providing basic life support along the way.

"We were asked to go in one last time," Arnold said. "We encountered a security guard that had been close to the impact area. He took us in as far as we could get. But, after kicking a couple of fire doors open, the smoke and heat became too intense. We didn't have any protective clothing or masks and, at that point, I knew we had to go back."

For Chief Master Sgt. Paul Miller, pararescue career field manager, the day started in a laid-back fashion. He was on leave and running about a half-mile from the Pentagon.

Miller planned to stop by work, but never expected to be there the whole day and most of the night, he said.

"As I approached the scene, I noticed the building was severely damaged and burning, with several cars, trailers and a fire truck either damaged or on fire," he said. "The heat from the building was intense. After several attempts, I knew there was no way to enter the impacted area."

But after a police officer told him a second plane was inbound, he quickly transitioned into a different mode, running through the south parking lot to let people know to evacuate the area. Finally, when it became apparent there was not a second aircraft, he worked his way back to the impact area where he met with Arnold.

Miller, also trained as an EMT, and Arnold went to the triage area where injured people were divided into three sections — red: requiring immediate care; yellow: delayed care; and green: minimal care.

"We went over to the yellow area," Miller said. "We established a treatment area, gathered supplies, set up equipment and helped get everything organized."

Miller remembers a poignant moment near the end of the day, a moment he said changed his entire outlook on the day.

"A female holding a child walked in front of where I was sitting," he said. "I saw her face and how she was looking at the devastation and I felt in my heart she had someone in there and they probably weren't coming out. A priest came over to talk to her and she started crying.

"That is when the situation shifted for me," he said. "This was now about the families left behind. It was the first time all day I thought of the future picture ... my training in a situation usually keeps me focused on what needs to be done now to fix the immediate crisis, not looking at the aftermath."

AROUND THE AIR FORCE

Secretary, chief of staff: A higher calling awaits

by Master Sgt. Rick Burnham
Air Force Print News

When he took the reins of the U.S. Air Force on Sept. 6, Chief of Staff Gen. John Jumper hardly could have imagined what the future would hold. That a ruthless band of terrorists would attack in less than a week ... that he and his wife, Ellen, would attend a stirring presidential address to the Congress, preparing the nation for war on terrorists everywhere ... that the Air Force would likely play a key role in that war.

Yet, those were the realities as the new chief of staff spoke before a group of more than 200 Air Staff officer, enlisted and civilian people Sept. 21 at the Pentagon. The general was introduced by Dr. James Roche, secretary of the Air Force.

"The events of last week opened up a period for us in the Air Force where we have to adapt what we do well to the circumstances and threats we face," said the secretary.

Jumper spoke of last week's events, saying that the world changed for everyone Sept. 11.

"We're in a different mode. The president said it better than anyone else could — we are going to march forward in a very determined way."

The U.S. Air Force, he added, is ready for the challenge.

"We were on a transformational path already," he said. "In 1997, General Ryan said we're going to take this AEF idea and make it work for the whole Air Force. So we've been in this period of transition for an extended period of time, and in doing so we've made ourselves ready for the events that confront us today," he said.

It helps, he added, that the entire country is now once again behind the U.S. Armed Forces, with a single objective in mind: eradicate terrorism and the people and organizations who generate it. Sitting with the Joint Chiefs of Staff during President Bush's Sept. 20 address to Congress, he saw firsthand the solidarity behind this most important cause.

"If there is any one place where you can feel the power of the nation at work, it's in that body," he said. "And what you saw was a very diverse group of people come together behind the president."

The president's speech, he said, was extremely effective, for a very simple reason.

"His heart is in this," Jumper said. "You get the feeling there is a passion involved in this ... there is nothing clinical about it. But the nation has it now. You get this profound sense that we have just crossed this very difficult bridge ... civilians are now as much a target as people in uniform. It's frightening, but it's also galvanizing.

"The whole nation is looking at us in uniform to do the nation's business. Is there any higher calling than that? I don't think so."

Then, turning to Roche, "Mr. Secretary, I am proud to be a part of this team. We have before us today, the greatest Air Force in the world. And we are soon going to be able to demonstrate that fact once again."

Down the road, the general said, today's airmen are going to look back at this time with pride.

"The things you tend to look back on are the things most important to you," he said. "I can't remember every year I got a pay raise, but I remember the 11th of September and I'll remember the events ahead of us today."

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Come to our offices located at Fayetteville Publishing Company, 458 Whitfield Street in Fayetteville.

BY MAIL...

PLACE OR PAY FOR YOUR AD
Mail your ad and other required information* to: Military Publications, Fayetteville Publishing Company, P.O. Box 849, Fayetteville, NC 28302 *Mail must include contact name, business name, phone number, billing address or credit card number and run date(s).

HOURS...

MONDAY – FRIDAY
8:00 – 5:00

Classifications



EMPLOYMENT 100

Administrative/Professional .110
Bars/Clubs .131
Clerical/Secretarial .115
Domestic .120
Employment Wanted .160
General Employment .145
Medical .125
Part-Time Jobs .150
Restaurants/Institutions .130
Sales .140
Services/Resumes .105
Student/Summer Jobs .155
Technical/Trades .135



SERVICES 200

Business/Prof. Services .205
Daycare-Child/Elderly .245
Home Services .225
Instruction .215
Lawncare/Landscaping .230
Miscellaneous Services .250
Moving/Storage .235
Sewing/Tailoring .240
Tax/Accounting .210
Travel .220



MERCHANDISE 300

Antiques/Collectibles .309
Appliances .306
Arts/Crafts/Hobbies .354
Auctions .372
Audio/Video .321
Baby Items .312
Bicycles .345
Boats/Accessories .348
Building Supplies .357
Business Equipment .360
Clothing .315
Computers/Software (See "Internet" also) .318
Firewood/Fuel .330
Food .333
Furniture .303
Internet .319
Jewelry .351
Lawn/Garden .327
Livestock/Supplies/Services .339
Medical Supplies .361
Miscellaneous .369
Musical .324
Pets/Supplies/Services .336
Sporting Goods .342
Tools/Machinery .363
Utility Buildings .366
Wanted To Buy .374
Yard Sales .375
Estate Sales .377



ANNOUNCEMENTS 400

Birthday Greetings .405
Business Notices .415
Entertainment .430
Estate Notices .402
Legals .401
Lost & Found .420
Personals .425
Public Notices .410
Tickets .435



FINANCIAL 500

Business Opportunity .505
Financial Services .515
Insurance .520
Investments .510
Loans .525
Mortgages .530



REAL ESTATE RENTALS 600

Allotments/Farm Lease .673
Apartment Rentals .647
Business/Commercial .670
Houses For Rent .653
Mfg. Home Rentals .656
Mfg. Home Lot Rentals .657
Office Space .667
Property Management .644
Rentals To Share .661
Resort Rentals .664
Rooms/Efficiencies .659
Townhouse/Condo Rentals .650
Wanted To Rent .676



REAL ESTATE FOR SALE 700

Acreage .717
Building Lots .715
Business/Commercial .724
Condos .706
Farms .718
Houses For Sale .703
Investment Property .727
Mfg. Homes For Sale .709
Mfg. Home Lots .710
Mfg. Home Supplies/Service .712
Real Estate Services .733
Resort Property .730
Timber .721
Townhouses .706
Wanted To Buy .736



TRANSPORTATION 800

Aircraft .805
Antiques .865
Auto Loans/Insurance .810
Auto Parts/Accessories .815
Auto Rental/Lease .820
Auto Services .825
Autos For Sale .875
Buses .840
Classics .865
Four Wheel Drive .855
Motorcycles .830
RV's/Campers .835
Sport Cars .870
Sport Utilities .858
Trucks-Pickups .850
Trucks-Medium/Heavy Duty .845
Vans/Mini-Vans .860
Wanted To Buy .880

5 lines/1 Week $5.25
$15.75 5 lines/4 Weeks

Pay For An Ad

Prepayment is required for all non-contract advertising. You may pay in person, through the mail or by telephone. For your convenience, we accept VISA, MasterCard and American Express credit cards, cash or checks. There is a returned check fee of $20 per check. Monthly billing is available to commercial accounts with pre-approved credit.

Publication Policy

The Publisher reserves the right to edit or reject copy submitted for publication. We reserve the right to classify and index any advertising based on the policies of the newspaper. We will not knowingly accept advertising which discriminates or intends to discriminate based on age, race, color, religion, national origin, handicap, or familial status. All ads accepted are subject to credit approval unless paid for prior to publication.

Adjustments

We make every effort to avoid errors. Please check your ad the first time it appears. If you see an error, call us immediately. In no case will a cost adjustment exceed the cost of one insertion of the ad.

DEADLINE TO PLACE OR CANCEL ADS
Wednesday 5 pm

FREE Classified Ad For Active -Duty Personnel

Unlimited free ads. Up to 5 lines per ad (approximately up to 20 words). Same ad can only run 1x during a 30-day period. Must use mail-in coupon or facsimile of coupon. Can be mailed, faxed or walked in to the Fayetteville Publishing Company. No ads by phone. Late ads will be held until the next week's publication. Ads constructed by the publisher to be commercial or profit making business ventures (i.e. sale of property other than primary residence, rentals, etc.) will not be accepted as free ads. The newspaper reserves the right to correctly classify, edit, reject, or cancel any ad. Only ads typed or printed clearly in ink will be accepted.

110 Administrative/ Professional

CREDIT & COLLECTIONS

Seeking: Recovery Specialist to Work with Military Clients

Financial organization with Military clients seeks individual for Career position in our Fayetteville recoveries department. Must have in-depth knowledge of ARMY MILITARY chain of command, be highly motivated, outgoing and possess excellent phone & people skills. Must have good credit. Great opportunity. Salary +bonus+401K + hol. + vac.

FAX resume: 910-487-2525
Attn: Mr. Mack

****AFFORDABLE**National** "HealthCare" program available nationwide. Plans from $10.00-$55.00 monthly entire family! Need agents-Managers. No license. 25%-90% commissions. Joe Covington,800-282-1343 or 336-996-8843.

125 Medical/Dental

HOME HEALTH NURSES, RN *SIGN ON BONUS*

Full-time positions available for Home Health Nurses, RN to make home visits out of the Fayetteville office. RN must be currently licensed to practice nursing in NC. Minimum of one year experience as a professional nurse in an acute care setting. Excellent benefits, pay-per-visit rate & mileage reimbursement.
Call our 3HC job line at: 1-800-260-4442 ext 119 EOE

NURSE AIDES, LPNs, RNs HOME CARE & STAFFING SERVICES *INTERIM HEALTHCARE* 483-6144 or 1-800-849-6144

RN/LPN
FULL-TIME & CONTRACT POSITIONS
Acute Hospital & Mental Health Facility
Excellent Benefits For Full-Time. A Challenging & Rewarding Career in Health Care.
Send State Application To: Karen Dillow, DON
Central Prison Hospital
1300 Western Blvd.
Raleigh, NC 27606
(919) 733-0800 Ext. 443

RN/LPNs-full/part time. Pediatric Services of America, Inc. 800-268-5586

RN's / LPN's SUPPLEMENTAL STAFFING

- PT to FT Opportunities
- Local Assignments
- Flexible Scheduling

Call Karen Lyle, RN at (910)483-6144 EOE M/F/V/H

Interim HEALTHCARE

www.interimhealthcare.com (employee-owned company)

135 Skilled/Trades

$.50/LOADED & $.25/DH average $1100+/week to qualified FB drivers, home most weekends, benefits available. Must have 2 years experience, good MVR & work history. 800-845-4932 ext 231, www.bulldoghiway.com.

$BIG MONEY$- N.T.S.Placement Company Needs Drivers!! Inexperienced up to $600. Experienced up to $1000. Pay up to .42 cpm. Paid training, If you qualify. 1-888-781-8566. Tractor Trailer Training.

300 IMMEDIATE OPENINGS No Experience Needed. 35K-40K first year. 2-Week CDL Training. No Cost Tuition if qualified. Call Now 1-800-275-6179 Experienced drivers 1-800-958-2353

CDL TRAINING Call for details. *No Money Out Of Pocket, *Earn Up To $42K First Year, *Benefits For You And Your Family, *Local, Regional, OTR, *Full Tuition Reimbursement, *On The Spot Job Placement. 1-800-219-7593

CORRECTIONAL OFFICER
CENTRAL PRISON
Starting Salary: $23,554
Shift Differential Pay
Additional Shift Differential For Weekend Duty.
Excellent Benefits
Contact: Personnel Office
1300 Western Blvd.
Raleigh, NC 27606
(919) 733-0800

COSMETOLOGIST & NAIL TECHNICIAN
Busy location Friendly atmosphere. 826-9944
Dorla's Int'l Hair Design

DRIVER- AIRFREIGHT and DEDICATED ...and lots of it! 3 Immediate OTR openings. Company drivers or contractors. Class-A CDL 800-788-7357 www.lander.com.

DRIVERS. 32¢-43¢/mile top pay, quality hometime, 90% no-touch freight, assigned conventionals. Inexperienced? Tuition reimbursement available. O/O's welcome. USA Truck 800-237-4642.

DRIVERS $35-$45M-I-yr. Conventionals. Home 50 weekends/year. Paid medical and life, dental available. Orientation/trainee pay, $100. weekend. Pay-d-out. 23, 2 years CDL "A". Vance Trucking M-F. 1-800-334-6666.

DRIVERS-CDL TRAINING Get paid while training for placement with major trucking company. Earn big money! Commonwealth Truck Driving School. Call toll free: 877-970-4043

DRIVERS-GREAT PAY/BENEFITS-35 cpm to start. Assigned equipment. Run east of the Mississippi. Good home time and treated right! Ken, 1-800-893-6791. After hours call 1-866-869-5401

DRIVERS-HOME EVERY WEEKEND - No NYC! Company-Start up to 36¢/mile. Superior insurances and benefits. Owner Operator-.83¢/mile, fuel surcharge, paid base plate/permits/ fuel taxes, reimburse tolls/ Scales. Lease www.epestransport.com

DRIVERS-MILES! Great Benefits and Bonuses! Paid Health and Life. Class "A" CDL age 23+, 6 months OTR experience required. Continental Express, Inc. 800-745-9670 www.continentalx.com.

DRIVERS NEEDED - Werner Enterprises is hiring drivers for regional and dedicated runs! Earn up to $30,000 or more as a professional driver. Local CDL training and full tuition reimbursement available. For more information, inexperienced call 800-610-5777 - experienced call 800-346-2618 EOE. www.werner.com

DRIVERS-OTR DRIVERS-Needed. Class A CDL with experience required. Good work record. Clean MVR. Call today Marten Transport LTD AT 1-800-867-1197 OR Visit Our Website at www.marten.com On pay and benefits.

DRIVER. SWIFT TRANSPORTATION is hiring experienced and inexperienced drivers and O/O. CDL Training is available. We offer great pay, benefits and consistent miles. 800-284-8785 (eoe-m/f)

DRIVER TRAINING-$ $ $ Housing, transportation, & meals provided. No money down. Tuition reimbursement available. Earn $30,000+ per year. Call Transportation Training Center. 1-888-776-3748

EARN $38K-$42K per/year! Learn to drive the Big Trucks. Lifetime Placement! No Cost Tuition if Qualified. 2 week CDL Training. Call Today 1-800-897-8527

GET HIRED! Get trained! Get paid! 250 drivers in your area! 14 Day CDL Training avail. 100% financing avail. Call: 1-888-645-8505. Exp'd Drivers: 1-800-958-2353

MECHANICS

Campbell Soup Supply Company
A leader in the consumer packaged goods industry, has immediate openings in the following areas:

Production Supervisor
A Bachelor's Degree in Business, Engineering, or Food Science with two-four years of Supervisory experience in a Manufacturing environment. Must be willing to work any shift.

Container Mechanics
A minimum 2-year degree in Industrial Maintenance and 2 years industrial maintenance experience preferred. Applicants must have own tools and be able to work off shifts. Must be able to maintain and repair all types of high-speed can making equipment and read blue prints.

Boiler House Mechanic
A minimum of 5 years industrial experience or 3 years industrial experience with a 2 year Industrial Maintenance or HVAC degree preferred. Must have experience in HVAC, Ammonia Refrigeration and High Pressure Gas Boilers. Applicants must have own tools and be able to work off shifts.

We offer competitive wages with outstanding benefits to include comprehensive medical, 401K, dental, vision care, etc.

Send resume to:
Campbell Soup Supply Co.
Human Resources Dept.
2120 NC Hwy 71 - North
Maxton, NC 28364
EOE M/F
Principals Only

MILITARY POLICE WANTED!

Kwajalein Police Department has immediate openings for Police & K-9 Officers at the US Army Kwajalein Missile Range, Republic of the Marshall Islands. These are unaccompanied (single status) billets.

Excellent salary is exempt from federal/state income taxes, plus a $6,000 contract completion bonus (2 years). Full benefit package includes medical/dental, annual paid vacation and travel to point of hire, 401K program, free housing/utilities/ meals, and tuition assistance.

To qualify must have completed military police academy, possessed security clearance within past 2 years, and be available for immediate deployment (within 6 weeks).

For additional information contact: D. McBroom, at e-mail cissc@aol.com, or fax resume to: (843) 238-8040.

TO GOOD TO BE TRUE? It's Not! CDL A in 2 weeks! No Cost if qualified! No Up front money. Call:1-800-811-8214 Experienced Drivers 1-800-958-2353

FIND IT in the Classifieds.

135 Skilled/Trades

Special Response Corporation
1 (888) 398-8903
www.specialresponse.com

$2968 - $4928 + $780 per diem per month
Supervisors/ Executive Protection/ Photographers/ Evidence Coordinator/ Tactical Security Officer

Military or Police exp. req'd. We offer top pay, 401K benefits and free training. Call for details.

TRUCK DRIVER TRAINING-4 Weeks or 10 weekends. Job placement assistance, flexible housing available. Call:800-315-8764 Transport Training. 820 Grimes Blvd., Lexington, NC.

WAREHOUSE-SELECTORS
140 Cases Per Hour. Exp. Required. $1,060 per wk/84 hours. Call TeamWorks 1-888-730-8326

A NEW PAY PLAN At J-Mar Trucking! Teams/Solos needed. Freightliner condo fleet 90% no-touch freight. Home often! CDL w/ HazMat, 23 yrs. old. 1 yr. OTR required. 1-888-216-5627. www.j-martrucking.com

A NEW START Get your CDL in 2 short weeks and make 35k to 40K your first year! "0" out of pocket. Transportation, Meals and Lodging provided. Call 1-877-274-7883

STAY CLOSE TO HOME! For 1 Year Experience make $.35/mile Running Regional! More experience pays more! Home most Weekends, Great Miles. Heartland Express 1-800-441-4853 www.heartlandexpress.com

WANT YOUR CDL? Zero Money Down! Training! Housing & Transportation! We Take Care Of It All...Call Mindy: 1-800-995-5832 Experienced Drivers Call 1-800-958-2353

140 Retail/Sales

DUE TO EXPLOSIVE growth Money Mailer a local direct marketing company has an immediate need for two experienced Marketing Consultants in the Fayetteville area. This position is a demanding position selling direct marketing and advertising services to a broad variety of business. The ideal candidate must be a strong closer with a minimum of 1 year of proven sales success, be goal oriented, organized, and able to focus on and meet deadlines. We offer protected territories with a excellent commissioned plan with a potential 1st year income of $40,000 + based on work ethic and desire. We offer an excellent benefit package of company paid health and disability insurance, 401K, vacation and holidays. Fax or email resume to: 910-673-8248 / jmorman@moneymailer.com

REAL ESTATE LICENSE

J.Y. MONK REAL ESTATE SCHOOL
Get your license FAST. Call for FREE BROCHURE:
1-800-849-0932

145 General Employment

Alarm Personnel APPOINTMENT SETTERS WANTED

NO EXPERIENCE NECESSARY
HOURLY + BONUSES!!
CALL TODAY, 910-480-2800

135 Skilled/Trades

PROTECT AMERICA, INC. IS EXPANDING!

Come join a winning and growing team. AM & PM, and weekend shifts available. Hourly rate plus commission. Call today for more info. Ask for Mr. North

Call (910)480-2800

TELEMARKETING
ABSOLUTELY
The Best Phone Job
In Town Exp'd Pros or just beginning-Earn $7-$15 Hour For those energetic, confident people who are driven to success. Top of the line work stations & Cash Spiffs!
Call (910)480-2800

ATTENTION! GET PAID During Our 2-week, C.D.L. Truck Driver Training Program! Hundreds of Job Openings in North Carolina! Earn $800 per week! No Layoffs! 1-800-688-7009

HOST FAMILIES-Sought for High School Foreign Exchange Students. Have own insurance and spending money. Positions available for those interested in screening host families. 1-800-Sibling.

POSITION IDEAL FOR Supplemental Income, Place/supervise international high school students in your community. Training, compensation, international travel incentives. Call today! Toll Free: North Carolina , Glenda: 1-877-238-8727

150 Part-Time Jobs

DO YOU LOVE CANDLES?
Need holiday gift ideas?
Let me introduce you to
Partylite candles
Most hostesses recieve $75 in free merchandise.
Call Resa at 960-0744 or Missy at 875-3977.

205 Business & Prof. Services

AUTOMATED HOME BUSINESS
Pay taxes? Want to pay less? #1 Tax Strategy Home Biz.
retirequickly.com/13131

SAVE UP TO 60% ON VISION CARE!
Includes FREE prescription frames and chiropractic plans! 100% Satisfaction Guaranteed. Call (910) 261-2465 for more info.

SUPPLEMENT YOUR INCOME!
Call (910) 261-2465 for more information!

215 Training/ Instruction

REAL ESTATE LICENSE

J.Y. MONK REAL ESTATE SCHOOL
Get your license FAST. Call for FREE BROCHURE:
1-800-849-0932

UECHI RYU KARATE DO
Now offering @ Pope AFB Fitness Cntr. 8:30-10:30pm Tues. & Thurs. 14- adult. 394-2671

UNEMPLOYED OR NEEDING A CAREER CHANGE?
Learn to drive Tractor-Trailers In 4 weeks. *Job Placement Assistance *Refresher Courses *Tuition Reimbursement *Day & Weekend Classes *Financing Available. Call 1-888-959-7364 United States Truck Driving School.

WILL TUTOR students K-12 + adults for reading, math, etc. Spec. Ed. Masters degree. Pamela. 910-764-9204

145 General Employment

EXPERIENCED CASHIER for convienent store, Cliffdale & Reilly Rd. Area, evening shift. Call 487-1080 ask for Betty

215 Training/ Instruction

BECOME A MEDICAL Transcriptionist. Opportunity to work at home of office typing for doctors. Home study. Free literature. P.C.D.I., Atlanta, Georgia. Call 800-362-7070, Dept. YYK752.

PROFESSIONAL TRUCK DRIVER TRAINING at North Carolina Truck Driver Training School (Johnston Community College). $485.00. (one year in state residents). Call 1-800-691-2220 for nearest location.

225 Home Services

CLEANING HOUSEKEEPER
Professional house keeping Svc., Commercial & resid. Reasonable rates. Happy Homemakers 323-1473

235 Moving/ Storage

STOP!
Don't be afraid of the DIDDIE move. Let the government pay you to move. Need help, call the diddy master 1-910-678-4094.
Moving In Or Moving Out, Give Us A Shout! Ask for Freddie
!! Smooth Move !!

245 Child Care Svcs.

Babysitting, 1 on 1, TLC in my home. Just off Legion Rd. 3.25/hr. Meals provided. 425-0035 or 578-3657

COTTONADE AREA NC Licensed & Experienced. Mon-Fri. Call 868-5051

EARLENE'S HOME DAYCARE
State Licensed, Heart saver. CPR, 1st Aid qualified, Ages-12 years old. All shifts available Monday-Friday 868-9702

LICENSED HOME DAYCARE Ages 2-5, Preschool Curriculum, DSS/USDA, located off post on Wayside Rd in Raeford. Call 848-1035

247 Adult Care Svcs.

ELDER CARE 15 yrs exper- wref. Trustworthy & dependable. Can work P/T. 496-0121

250 Miscellaneous Services

HOME INTERIOR AND GIFTS.
Exquisit merchandise, wall decor, accessories, floral & scented candles. Hostesses earn free merchandise. Call 424-7626

303 Furniture

2 section horseshoe shaped couch. Brown/Black. $200/OBO. Call 423-7225

COMPUTER DESK with file drawer and bookshelves $60. 3 piece living room tables $30. Call 960-1016

GREEN AND DARK finish breakfast table with 2 stools $40. Call 960-4401

KING SIZE MATTRESS and box springs (still in plastic). Great condition! $150. Call 497-7093

MOVING SALE Pool table, Qu size wrought iron bed, Riding lawn mower. Call for prices (910) 868-6405

Oak entertainmentstand. Fits up to 27" TV w/cabinet for stereo. 2 drawers for oth er storage. $175. 436-1629

TODDLER BED; All wood, too cute! $60.00 (910) 860-1186

U PIECE black and gold brass and lacquer bedroom set $500. Black leather sofa and over sized chair $500. Call (910) 860-7651

306 Appliances

HOT POINT Electric Stove, good condition! Almond color. $150. OBO. Call 257-7254

WASHER/DRYER, refrigerator, encyclopedias, CPU and keyboard. Must Sell! Call 484-5970 D, 497-8797 evening or 578-1877

WASHER OR DRYER For Sale $100. and up. Refrigerators $125. and up. Call JD's Repair Service (910) 257-7521

Whirlpool stove. Accubake system w/easy clean ceramic top. Frigidaire, frost proof, energy saver. $300ea/OBO. 436-5078

309 Antiques/ Collectibles

POKEMON- Coins- Cards- Comics - Supplies - State Quarters P & D mint. Cumb Coin Exchange 864-8256. 5701 Yadkin Rd

315 Clothing

Complete Class A Uniform. Used once. SFC. All accessories. Jacket, 43L, 8-prints, 36/33, $150/obo. 850-2153

ENGINEER OFFICERS, mess blues, jacket with knots, $30. Size 40-42R. Call (910) 695-8852

318 Computers/ Internet

ACCLAIM TRAINING- Start a new career today! AIT Acclaim offers day and night Windows 2000 MCSE plus two additional courses for $4999. Choose from A+ Network +, CCNA, CCDA, or Webmaster. Ph.321-1273 or visit www.aitacclaim.com.

LIQUIDATED COMPUTER COMPONENTS. TOO MANY TO LIST! 424-1917

TLC COMPUTER CO. A+ Cert Techs. Repair, upgrade & build to suit. 424-1917

321 Electronics

20" RCA color TV with remote. $40. 764-1864

WEB TV PLUS! enjoy the worldwide web right off your reg.r TV. Wireless kybrd, remote, unit...all wires & guide $60. 487-5120

336 Pets/Supplies/ Services

Cat/Dog kennel. $20 Call 630-3933

DACHSHUNDS
Miniatures. Ready to go. Shorthair. AKC. $200. 910-628-8852 or 910-628-5444

DOGHOUSES - New. A frame roof $35.9 up. 868-1867

FISH TANK-55 gal. with everything. $325.'OBO. Call 864-9312

FREE KITTENS to a good home, 7 weeks old. Please call for more info. 482-8540

Free to a good adult home. Two 9 y/o female cats. Declawed and shots. Must stay together! Please call 960-8771

GOLDEN RETRIEVER MALE PUP. - Registered,, shots & dewormed. $200. 424-9379

IGUANA 8 months old, w/75 gal. aquarium and accessories. $125. Moving must sell! 424-4026

LAB PUPS
Black. 3 males, 2 females. 1st shots, dewormed. $150. Call 826-2827

MINI SCHNAUZER-Free to good home, housebroken. Call: 323-9270 after 5pm

NOW AVAILABLE: Board and professional dressage training at exclusive equestrian facility in Rockfish. Convenient to Fayetteville. Lighted dressage arena 20x60m, 4 board fence pastures, round pens, trails. Daily turnout. 875-5127

Siamese kittens. 6 weeks old. $100 each. 764-0263

New Computers
$0 DOWN
REGARDLESS OF CREDIT
Low monthly payments
Credit problems, Bankruptcy OK!
Military Civil Service All Ranks All Grades
3 year warranty
Call Pat Free 1-888-892-1155
24 hours - 7 days a week

351 Jewelry

ANTIQUE, Preowned & new Jewelry
We Buy & Sell!
WALTER GUY JEWELERS
136 Westwood Shopping Cntr
868-4676, 868-6472 www.walterguyjewelers.com

Paraglide
Ft. Bragg's News Source

FTCC
Fayetteville Technical Community College

FTCC is accepting applications for the following positions:

- **Secretary I** (English Department) - Job #01-48
- **Library Assistant** - Job #01-46
- **Counselor** - Job #01-45
- **Physics Instructor** - Job #-01-39
- **Spanish Instructor** - Job#01-47
- **EMT Basic** - Part time
- **EMT Defibrillation** - Part time
- **EMT Intermediate** - Part time
- **Paramedic** - Part time

Application Deadline: October 1, 2001
Posting date: 9/21/01

Contact the FTCC Job Line at (910) 678-8480 or the Internet at www.faytech.cc.nc.us for minimum requirements.

A completed FTCC application with copies of college transcripts must be received in the Human Resources Office by 4:00 p.m. on the closing date to be considered.

RETURN COMPLETED APPLICATION TO:
HUMAN RESOURCES OFFICE
FAYETTEVILLE TECHNICAL COMMUNITY COLLEGE
PO BOX 35236
FAYETTEVILLE, NC 28303
Phone: (910) 678-8378
Job Line: (910) 678-8480 Fax: (910) 678-8269
Internet: http://www.faytech.cc.nc.us
AN EQUAL OPPORTUNITY EMPLOYER

POST IT HERE!

Name:
Address:
Phone:
Ad (20 words or less; typed or printed clearly):

FREE CLASSIFIED AD for Military and Dependents*

*Same ad can only run 1x during a 30-day period. Ads must be received by noon on Wednesday Late ads will be held until the next week for publication. Ads deemed by the publisher to be commercial or profit-making business venture (i.e., sale of property other than primary residence, rentals, etc.) will not be accepted as free ads. The newspaper reserves the right to correctly classify, edit, reject or cancel any ad. Must submit this ad in person, by mail or fax to:

Military Publications
458 Whitfield
P.O. Box 849
Fayetteville, NC 28302
Fax: 677-0198

235668TM

Advertisements contained herein do not constitute an endorsement by Department of Defense, Department of the Air Force Or Pope Air Force Base. Everything advertised is available without regard to race, color, religion, sex or other nonmerit factor of the purchaser, user or patron.

Buy or Sell Anything in the Classifieds A to Z...

Alligator Shoes  Boats • Cars

Dogs  Employment  Furniture

Golf Carts  Honey • Icemakers

Janitors  Knick knacks  Lava Lamps

Music  Lessons  Needlepoint

Office Space  Party Supplies

Quarter Horses  Real Estate

Strawberries  Trucks • Utility

Buildings • Vending  Machines

Washers  Xena Collectibles

Yard Sales  Zamboni Drivers 

Call to place your classified today!

484.5433 **Paraglide** CAROLINA FLYER

351 Jewelry

ANTIQUE, Preowned & new Jewelry
We Buy & Sell!
WALTER GUY JEWELERS
136 Westwood Shopping Ctr
868-4676, 868-6472
www.walterguyjewelers.com

360 Business Equipment

WANTED TO BUY!
Smith Corona Word Processor. Model 4000 or earlier. Must be in good condition. 800-216-0966

363 Tools/ Machinery

SAWMILL $3895. New Super Lumbermate 2000. Large capacities, more options. Manufacturer of sawmills, edgers and skidders. Norwood Sawmills
252 Sonwil Drive
Buffalo, NY 14225
1-800-578-1363
ext. 300-N

369 Miscellaneous

AMANA DRYER, like new $250. Electric Trolling motor 43 lb. thrust like new $200. Call (910) 867-6732

SLASH HEATING BILLS with Heatmor Outdoor Wood Furnaces! Customers report 1/2 the wood consuption of competitive units. Dealership opportunities. Outback Heating, Inc.
Staunton, VA.
1-800-743-5883.

STORAGE BLDGS
RENT TO OWN
West Storage 497-3220

WICKER SET, 4pc. $100; Patio set, $90; machine asthma treatment. $90; new twin orthopedic mattresses. 2. $125. each 487-3290

ABSOLUTELY THE TAN and price you will love! Wolff Tanning Beds. Suzson's Eend Sale. Residential & Commercial. Financing Available. Free Color brochure. 1-800-786-4671. Tanner's Glass Expressions
www.tannerstanning.com

AMAZINGLY LOW PRICES! Wolff Tanning Beds. Buy Factory Direct. Excellent Service. Flexible Financing Avail. Home/Commercial Units. Free Color Catalog.
Call 1-800-711-0158.
www.np.etstan.com

372 Auctions

ABSOLUTE AUCTION: Liberty, NC. The Chair Company, LLC. Two manufacturing plants, woodworking, sewing and office equipment- Tuesday, October 16, 10am. 10116 Old Liberty Road. Industrial, 5.9 acres, 30,400 sf. building w/offices, 4-dock doors, 15 miles SE of Greensboro. 7/10 mile off Rt. 421. 147 South Asheboro Street. 831 +- acres, 12,650 sf. industrial building, dock and drive-in doors. Woodworking Equipment, etc. Pneumatic dust collection system; Sullair LS-12-50H compressor; (3) Mattison 66 lathes; Rye J2 mortise; (2) Cemco SV8 vertical bores; Mattison 202 rip saw; Whitney 32A planer; Time Saver 2HD325 sander; Jet JWB225 sander; sewing and office equipment, computers, hundreds of other items. Everything Sells Regardless Of Price! Woltz & Associates, Inc., Brokers & Auctioneers (NC#5283). 1-800-551-3588, www.woltz.com

375 Yard Sales

FAYETTEVILLE'S LARGEST Indoor/Outdoor Flea Market
Bragg Blvd Flea Mkt
3315 Bragg Blvd.
Fri, Sat, Sun, 8am-7pm
Call 910-868-3100
100% Cooled For Your Comfort

THE LAKES SUBD. - Multi-Family Garage Sale, entert., coffe table, household goods, baby items, etc. Sat. Sept 29, 8-2PM

425 Personals

LAKE GASTON VA/NC waterfront lots available, Mennymount Subdivision. For more information and other listings, Tanglewood Realty1-800-338-8816, www.tanglewoodRealty.com

Soldiers Need Help? AWOL? Conscientious objector? Need info about your rights, don't ask don't tell or discharge options? Call Quaker House for free confidential counseling 1-800-FYI-95GI

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New party plan division of the magazine is looking for motivated people to launch business. Sell beautiful home, garden and kitchen accessories. Hostess opportunities also available. Call Karen (910) 864-8709

505 Business Opportunity

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647 Apartments for Rent

APPLE CROSS, off Raeford Rd. 1Br, 1Ba, kitchen, stove/refrig., new carpet & paint, $360/mo. Call R.E.I.T. at 323-1241 or 624-4483.

BORDEAUX, Clean. 1br, furn, W/D. Great locale! $430/mo. 484-4017

POPE AFB AREA -located on Little River- beautiful huge brick 2Br furnished, washer/dryer, very nice, $450/mo. 497-9456 or 497-3093

SOUTHWINDS APT HOMES. 1Br 1Ba, 2 & 3Br/ 2Ba Apts. Only 4 min. to Post. Call for Dep. special 497-0550

TIMBERLINE 800 s.f. 1br, very clean, quiet area, 2 mi. to Bragg gate, $325/mo. Call 483-5980, 860-3355.

650 Townhouses/ Condos for Rent

RAEFORD RD. Area- 2 bdr., 1 full bath, 2 1/2 baths. Newly painted, ceramic tile. $500. month. Call 488-5066

653 Houses for Rent

Arran Lakes W 3/2..$695-750
Bonnie Doone 2/1.....$400
McArthur Place 2/2.....$495
Rosehill 2/2.....$500
Loch Lomond 2/2.....$515
Country Squire 3/2.....$525
Devonwood West 3/1.5.$525
Interlake 3/1 3/2...$800-650
Stewarts Creek 2/2..$560-600
Glenwick Village 2/2.....$565
Raymint 3/1.5/1.5....$575-680
Cottonade 3/2.....$645
Robinwood 3/2.....$650
Orchard Crest 3/2.....$650
Beaver Creek N. 3/2.....$650
Ashton Forest 3/2.$575-$675
Hope Mills 3/1.5.....$650
Gates Four 3/2.....$725
Laketree 3/2.....$700
Water's Edge 4/2.....$725
Kings Grt Condo 2/2.700-725
Middle Ck 3/2.....$725
Angier 3/2.....$750
Beaver Run 3/2.....$800
Van Story 3/2.....$875
Edmonton Village 2/2...$895
Rockrest Park 3/2.....$950
Country Club 3/2.....$1100

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HOPE MILLS: 3b/2b...$650.
All American Homes. 864-2472

CLIFFDALE POINT - 3br/2ba, fenced, deck, appl., pets OK, $625. Call 910-574-5993

FORT BRAGG/SIMMONS-A/F 3Br, central heat/air. $475/mo+Deposit Reserved. 822-3026 Any time or 323-1492 8:30a-5:30p

HARNETT CO. 2+ acres. BR/1.5BA. Shaded lot. Work shop. $500/mo. 436-2828

HOPE MILLS- 3Br, 2 full ba. Gar., fncd yd., newly painted, frpl., $675+dep, Sec 8 OK., 875-5576, 429-2630.

IRONWOOD DR. 3BR/1BA, carport. Lg fenced yard. $500/mo. 436-2828

KERR PLACE - 5885 Kerr Pl. 4br-2ba, living, dining, den. Deposit req. 630-0567.

LAKE RIM ESTATES 3br, 2ba, living room, firepl., kit-dining room combo, all appli., 1 car gar., fenced bkyd, 7 mil to Ft Bragg $575. 764-0869 / 308-0112

MONTCLAIR- 3br, 2ba, $600 month, hardwood firs, garage, 1500 sqft. 867-9602

SPARKLING CLEAN
Wayside - 2/2 .....$475
Summerfield - 2/2 .....$500
Winding Creek - 2/1½ $550
Bordeaux - 3/1 .....$595
Karen Lakes Condo -2/2.$650
Glendale Acres - 3/2½ ...$675
Gates Four - 3/2 .....$750

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SPRING LAKE 3Br/1½Ba, Fenced yard, Garage, central heat. Fenced yard. Close to base. $660/mo. Call 960-0370.

WARRENWOOD 3BR/1.5BA. Fenced yard. Brick. Close to Ft Bragg. $650/mo. 910-480-1127

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SPRING LAKE/HWY 210 2Br/2Ba, Garden tub, Ceiling fans, 2 Decks, CH/A, W&D. Free trash, water & lawncare. No pets. $400/mo +$275 dep. Call 497-0959

SPRING LAKE/HWY 210 Nice, 2Br/ 1 ½ Ba, W&D & deck, Free trash, water & lawncare, No pets, $350 /mo+$275dep. 497-0959

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SPRING LAKE/HWY 210 Singlewide/Doublewide lots avail. Military/ county approved, free water, trash & lawncare. Cable ready, security lights, no pets, $135 & up. Call 497-0959.

661 Rentals to Share

BRAGG - 2 people to share 3br, house, heated pool, spa, Price neg. 484-3084

FT BRAGG (10 min post) 1br/1ba, $250/mo, everything incl., Ingr. pool Clean, Quiet & Pet Lover. 875-4377

KINGS GRANT, looking for roommate, preferably female, 2 bdr, 2.5ba, house on 12th green. $350 month. Call (910) 527-5489

LOCH LOMOND- furnished, $300/mo incl. utilities & W/D. Near Bases. 429-1719

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LAKE SPRINGS, Fleetwood, triple wide, $65,000 During Grand Opening. 484-3627

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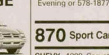
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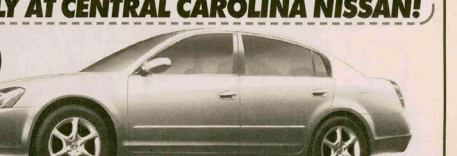
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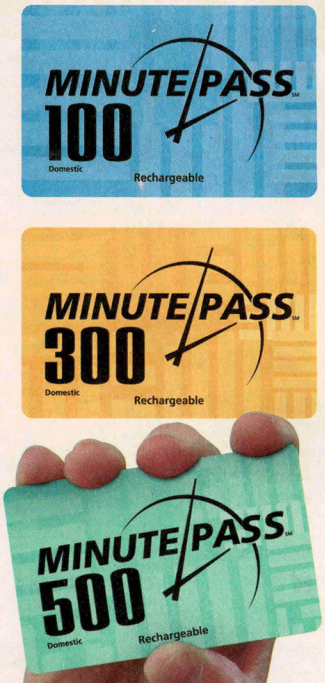
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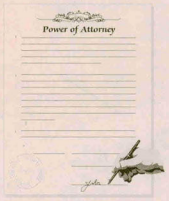
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AROUND THE AIR FORCE

Powers of attorney sometimes needed

by Army Sgt. 1st Class
Kathleen T. Rhem
American Forces Press Service



There are many occasions during the course of a military career that a power of attorney might be necessary. But, legal experts caution, do your homework before granting one to somebody.

"Typically, servicemembers will need a power of attorney when they may be deploying or going overseas and leaving their loved ones behind to handle the affairs of the household," said Navy Lt. Joan Malik, a legal assistance attorney in the Pentagon's joint service legal assistance office.

There are two basic types of power of attorney, special and general. A general power of attorney basically gives the person who holds it the power to conduct business in the servicemember's name.

Servicemembers can grant a special power of attorney, which spells out the specific ways it can be used. Malik said the more specific a power of attorney is the better. This prevents people from using it for purposes other than those the servicemember intended.

"Don't give a general power of attorney to someone you don't trust wholeheartedly," she said.

Base legal assistance attorneys can help servicemembers determine which type of power of attorney will best meet their needs.

Servicemembers commonly need to issue powers of attorney when they change assignments. They often leave their spouses behind to sell cars, move out of government quarters and myriad of other things. Those spouses often need legal authorization to conduct the necessary business.

Servicemembers may also need a power of attorney to provide the person caring for their dependent children during a deployment or exercise. Caregivers may need a power of attorney to enroll children in school or other activities, Malik said. Caregivers would particularly need a power of attorney to authorize medical treatment if a child needs it.

Medical powers of attorney are used if a person becomes incapacitated and someone else needs to make medical decisions.

"This document designates who you want to speak on your behalf regarding your care," Malik said.

She suggested that servicemembers sit down with the person who holds an individual's power of attorney to make sure they understand their wishes in different circumstances.

Generally, Malik said, powers of attorney are granted for one year. She said a member can revoke a power of attorney in two ways if circumstances change.

The first and simpler way is to physically destroy the original document, Malik said.

The second is to write a letter of revocation, have it notarized and send a copy to the person holding the power of attorney. It is best to also send a copy of the revocation to places where the person is likely to use the power of attorney, such as banks or moving companies.

Military servicemembers and their families can have powers of attorney drawn up and notarized at most base legal assistance offices. Malik recommended troops call their legal assistance office if they have any questions about powers of attorney.



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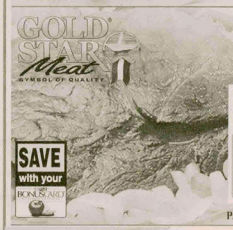
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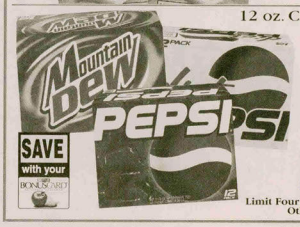
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AROUND THE AIR FORCE

Build a nest egg for retirement

Military members given opportunity to become thrifty with Thrift Savings plan

by Staff Sgt. Matt Miller
Air Force Personnel Center Public Affairs
Randolph AFB, Texas

Beginning Oct. 9, airmen who may have joined the service for education, training, travel or patriotism will now also have the opportunity to amass a retirement nest egg of hundreds of thousands of dollars.

The Uniform Services Thrift Savings Plan, which opens for the first time to military members Oct. 9, is the vehicle for the potential financial windfall. This retirement savings and investment plan, initially established in 1986, is similar to a 401(k) plan in the private sector, according to Lt. Col. David Zeh, chief of the field operations branch at the Air Force Personnel Center.

The TSP allows members to contribute a percentage of their monthly pay towards one of five different investment funds, said Zeh. People can contribute up to 7 percent of their pay initially which can be increased up to 10 percent by 2005. And it's totally separate from, and in addition to, the member's regular military retirement plan.

Members who enroll in TSP will also gain a tax advantage for doing so, said Zeh. This benefit comes via the monthly allocation being taken straight from the member's gross income.

"Not only is the money going into TSP not being taxed, but the member's taxable income is less," he said, "any way you look at it, it means more for you."

Even though members will be able to take out loans against what they've accrued, they should not use their TSP as readily available cash.

"TSP is a long-term savings plan, with financial security during retirement as a benefit of the program," said Zeh. "Those who think they may need their money in the near future, or who don't have money saved for emergencies, might want to consider their needs before enrolling in TSP."

People signing up during this Oct. 9 - Jan. 31 initial "open season" — the initial period where people can enroll in the TSP program — will begin to see the money deducted from their paychecks and deposited into the plan as soon as January. Members will be able to designate where their money goes after their first contributions have been received.

Similar to the civilian TSP program, military members will have the choice of five funds through which their money will be invested.

"The potential is there for someone to increase their retirement reserve with a great deal of flexibility," said Zeh.

The benefit can add up to a significant retirement fund. A six-year staff sergeant for instance, whose annual base salary is $21,351, could decide to invest seven percent of his monthly income, or $125 per month. Assuming he gets seven percent return (not even including any future salary increases) after 10 years he will have saved more than $21,500. After 20 years of investing at this same rate he would save about $65,000. And after leaving it there for 40 years, he would have more than $326,000 in his TSP savings.

"This is an outstanding benefit that the Department of Defense and Congress worked to make available to the military," said Maj. Gen. Michael McMahan, AFPC commander. "The program gives members a flexible financial opportunity that could help with their financial peace of mind during the retirement years."

"Basically, each member needs to devote some time to figuring out their financial status and how TSP can fit into their lifestyle," said Zeh. Economic conditions change and it's up to each person to determine how to invest their money, he said.

People can get help with their financial planning at their local family support center's financial management counselor.

"Although the family support center's financial counselors cannot give advice to which funds one should invest in, they can give investment-type counseling," said Zeh.

Airmen can pick up the enrollment and designation forms at base finance offices, military personnel flights or base family support centers and turn them into their finance office.

"As with the current civilian system, military members will be able to enroll, disenroll and change their allocations over the Web directly through DFAS in the near future," said Zeh. More information is posted on the TSP website at www.tsp.gov.uniserve.

Officials ban uniforms on commercial flights

Air Force people are no longer authorized to wear their uniforms when traveling aboard commercial aircraft, Air Force officials said.

The uniform prohibition, approved by Gen. John P. Jumper, Air Force chief of staff, Sept. 21, is directly related to the Sept. 11 terrorist attacks on New York and the Pentagon.

"The bottom line is force protection," said Lt. Col. Bruce Lovely, chief of Air Force quality of life and uniform activities. "Due to our concern for force protection, we want to make our folks less visible on commercial aircraft."

The policy ends the June 2000 recommendation that colonels and above, and chief master sergeants, wear their uniforms when traveling on official orders within the United States. *(Courtesy of Air Force News Service)*

Patriotism sparks increase in recruiting inquiries

With patriotism running high, Air Force Reserve Command recruiters are seeing a jump in inquiries since the terrorist attacks in New York and Washington.

"We normally average 200 Internet leads a day, which are our most promising leads," said Col. Kevin Reinert, deputy director of recruiting at AFRC headquarters at Robins AFB, Ga.

"In the past week, we've averaged 450 leads a day."

AFRC recruiting's national telephone line usually averages 150 leads per day, Reinert said. During the week after the terrorist attacks, the recruiters averaged 600 to 800 calls a day. That number jumped to 1,600 calls Sept. 17.

Some of the calls were from military retirees wanting to return to Air Force Reserve duty.

"People who contact us through the Internet can type in some remarks," Reinert said. "Usually we receive questions about available benefits or particular job opportunities. That's a lot different now; many people just want to know how they can serve the United States in any capacity."

Some of the comments the recruiters have received include, "I want to serve my country to prevent forever what happened on September 11th." Another person said, "I was thinking about joining the Air Force Reserve for a while since I left active duty. The time for thinking is over; it's time for action. Our country needs everyone's help."

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Air Force Reserve Command has an authorized end-strength of 74,470 reservists.

"We are within a few hundred of our upper limit and are more than 99-percent manned right now," Reinert said. "By the end of September, we will be at 100 percent. But, we are always looking for hard-to-fill, warfighting support positions, such as aircraft maintenance, fuels specialists, air transportation specialists, medical technicians and services personnel."

Air Force reservists range in age from the youngest at 18 to physicians and chaplains in their 60s, Reinert said. The average reservist is about 34 years old with 12 to 14 years of active-duty and Reserve service. *(Courtesy of AFRC News Service)*

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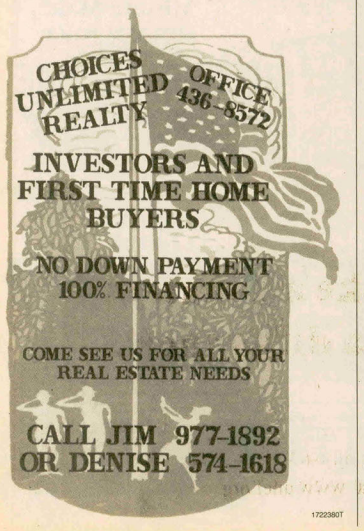
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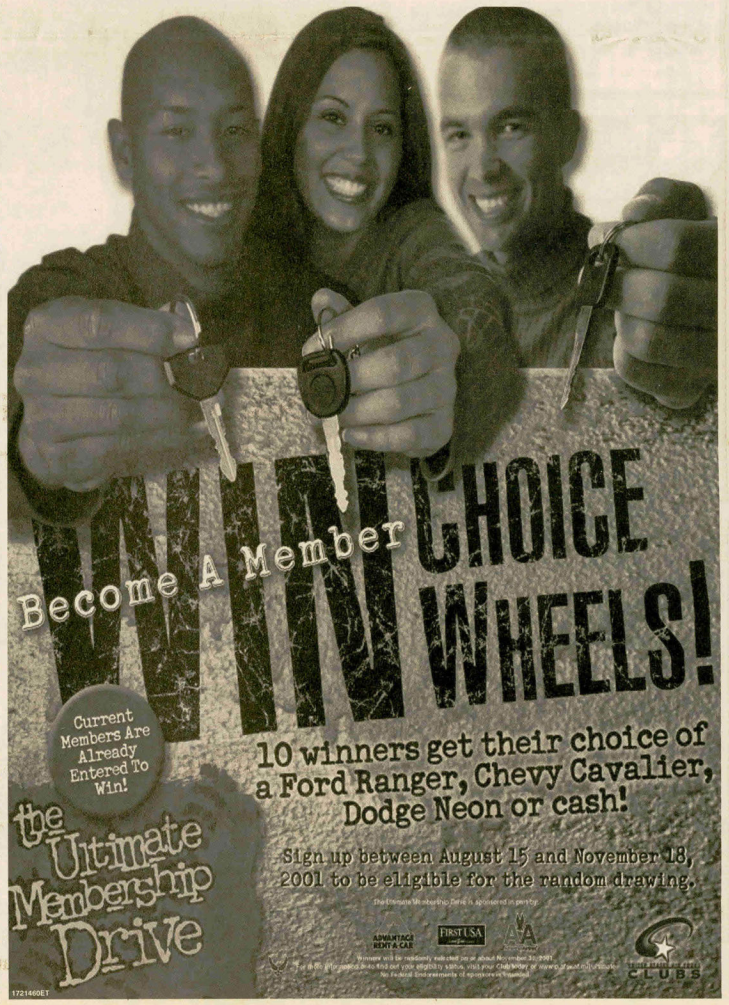
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AROUND THE AIR FORCE

Pentagon couple help ensure children's safety

by Staff Sgt. Amy Parr
Air Force Print News

Frank and Daria Gaillard had an unspoken agreement — if there would ever be a need to evacuate the Pentagon, they would meet at their car.

But that it would ever happen, and that they would spend a day sheltering children from a catastrophe, was beyond their wildest dreams.

Frank is a captain assigned to the directorate of programs as an Air Force intern, while Daria, a first lieutenant, serves as the deputy for contracts for environmental safety and occupational health. Both have been assigned to the Pentagon for little more than a year and, like many others, never expected anything to penetrate what seemed to be an unbreakable fortress.

But once the alarms started going off Sept. 11, following the crash of a terrorist-flown airliner into the Pentagon, Daria evacuated the building with her office mates. She immediately went to the couple's car and left Frank a note telling him where to find her.

Frank said he felt the thud as the aircraft hit the building, and once he arrived to safety, his first thought was of the safety of his wife.

"I needed to make sure she was OK," he said. "Sirens and alarms were going off. I didn't know what was going on. I only knew what I heard by word of mouth."

As he sprinted toward their car, he said he was disappointed and fearful to not find her there. But he felt a tremendous relief to see her note and know she was alive and well and waiting for him to join her.

Not long after the pair met up, they happened across employees and children from the Pentagon's child development center and decided to lend a hand.

About 200 children were evacuated from the center and the Gaillards' help was greatly appreciated, said Seneca Moore, CDC assistant director.

Daria said the two helped employees push cribs and get children further from the site to a nearby park.

"We stayed with them and played and tried to make sure everyone was OK," she said. "We also passed water out and gave them what snacks we had."

Frank said that after reports that a second plane was en route to the Pentagon the Gaillards and CDC employees ran the children farther away, across the highway to the Potomac River bank.

"We also flagged down park police to get someone assigned to help us." Several park police arrived and stayed with the group the remainder of the day.

A makeshift diaper-changing section was arranged with donated diapers.

Frank said people stopped to see if food and water were needed, saying they could run home and get some. Daria said one person even arrived with a wheel barrel full of lunchmeat and beverages.

Finally, for children who had not been picked up by their parents, arrangements were made to transport them to the Department of Transportation.

"We knew we needed to get the children out of the elements," Frank said. "And, we knew parents were concerned (for their children's safety). The (CDC) staff was very good about having phone numbers for parents and trying to contact them and leave messages about where we were. We tried to leave a crumb trail so they would know where to find us."

Once at the DOT, cartoons were put on and pizza arrived.

The couple stayed at the DOT until the last child was picked up. "We made a decision early on that we would stay with the children until they were all with their parents," Daria said.

"We were very heartened to see we could help out in a small way," she said. "We were grateful we were able — given the fact that we were both safe. It was our responsibility to help. We saw they needed assistance and wanted to lend a hand where we could.

"Some of the things people did in their own way — like someone letting us borrow their cell phone to call our families and let them know we were all right — might have meant nothing to them, but it meant a lot to us," she said. "And people helping get the cribs over the bridge — these things might seem very small, but they were significant."

The help the center received by the pair was wonderful, Moore said.

"We had lots of people helping, and having two like them was a great help," she said. "They were strangers to us. We didn't know them. But they were there from beginning to end."

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SPORTS AND FITNESS

Race car owners, sponsor pay tribute to America

The No. 21 Wood Brothers owned NASCAR Ford Taurus race car that the Air Force advertises on had a special paint scheme during the Sunday race at Dover Downs International Speedway in Delaware.

The car, driven by NASCAR Winston Cup driver Elliott Sadler, displayed an American flag with the words "God Bless America" on the trunk.

"After the tragedy in New York, Washington, D.C., and Pennsylvania, we wanted to show support for our partner, the U.S. Air Force, and for America as we all start the recovery process from these terrorist attacks," said Charles Kim, Motorsport manager for Ford Customer Service Division.

The decision to place this decal on the Motorcraft-sponsored Taurus was made by the team and sponsor in anticipation of a race originally scheduled for Sept. 16, in New Hampshire. NASCAR officials postponed that race.

"Since [Sept. 11], American flags have been showing up everywhere as a show of support ... on homes, buildings, cars and trucks, overpasses, and through e-mail and the Internet," Kim said. "We felt that our race car should carry that great symbol too, as we returned to racing in Dover."



COURTESY

The No. 21 Wood Brothers-owned NASCAR Ford Taurus displayed an American flag and the words, "God Bless America" on the trunk of the car.

Eddie and Len Wood, co-owners of the No. 21 Taurus both said that they are proud to show their patriotism by having the flag decal on the race car.

The tribute is the team's way to remember all the families affected by the recent tragedy and encourage everyone to display their flags, they said.

Gen. John P. Jumper, Air Force chief of staff, said he welcomes the tribute.

"The Air Force appreciates the thoughts and concerns of Motorcraft and Wood Brothers Racing," Jumper said. "We join you in saluting and supporting our country."

Eat right to help stress

Everyone knows that eating right is an important part of staying healthy. However, how and what you eat also have a definite effect on your stress levels.

This is because food affects the production of certain chemicals which are vital for brain functioning. Thus, food has a great impact on our mood, energy level, sleep and other behavior.

The following good nutrition tips are especially important in helping your body maintain its defenses in the face of the potentially damaging effects of stress:

- Eat breakfast, lunch and dinner but avoid heavy meals.
- Avoid sugary foods and excessive artificial sweeteners.
- Avoid saturated fats and hydrogenated fats.
- Complex carbohydrates are good, but too much will make you drowsy.
- Get a good daily supply of antioxidants, like beta carotene, selenium, lycopene and vitamins C and E.
- Take a daily multivitamin or a multimineral supplement.
- Follow the Food Guide Pyramid and stay hydrated with water. *(Courtesy of the Army Physical Fitness Research Institute)*

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SPORTS AND FITNESS

Determining the best time to exercise

During the course of a day, one's body fluctuates in core temperature, blood pressure, muscle temperature and heart rate. Energy levels rise and fall throughout the day, largely influenced by everything from mood changes to the natural cycles in the body, or circadian rhythm.

Many experts suggest the body is at its "physical best" for a workout in the latter part of the day. However, this time of the day may not be the best for you. So to answer this dilemma, we shall break a normal day down into morning, lunch time and evening. Try your program at different times of the day and discover what works best for you.

Morning

The biggest obstacle of morning workouts is getting out of bed! Unless you are late for work or getting the kids ready for school, there is not much during this time of the day to distract your effort.

The morning commitment to exercise may give you an extra boost of energy to meet the day's demands. Those who work out during the early time of the day are also more likely to remain faithful to their exercise program over time.

However, the body usually takes a little bit of time to "wake up." Take a bit longer to warm-up, especially before any strenuous exercise, and drink plenty of water.

Research has also demonstrated there is a higher frequency of heart attacks in the morning than other times of the day. This is attributed to the circadian rhythm and the fact your body is at a low point having just come out of deep sleep. If you have coronary risk factors, take extra caution performing strenuous exercise in the morning.

A proper warm-up and cool-down is vitally important as part of your exercise program, but particularly in the early morning.

Lunch time

The average person is about 25 percent hypoglycemic upon awakening. This is due to the production of energy to keep you alive while sleeping.

The body needs glucose, or blood sugar, for exercise. If glucose levels are low, you may experience dizziness, nausea or fainting from exertion.

Some fitness professionals recently claimed that "to burn more fat, exercise on an empty stomach."

Unless you are accustomed to exercising without eating, we would not recommend you try this. You could end up face-down on the floor!

Everyone experiences a lull in energy about mid-afternoon, often resulting in an unscheduled "cat-nap" at work. This is part of the body's natural cycle and is not related to eating. Performing exercise in the middle of the day may actually prevent this "biological sleepy time," by increasing the flow of epinephrine and norepinephrine, hormones that elicit the "flight or fight" response, causing excitability.

This does not mean you should skip your lunch, rather try to eat about an hour or two before exercise and that will get you through the rest of the day!

Evening

The body reaches peak efficiency by late afternoon into the evening. Performing strength exercises during this time is the most optimal, as body and muscle temperature are at their highest. Joints and muscles are more flexible. Breathing is easier because the lungs' airways are more open.

The only disadvantage with performing exercise later in the day, especially close to bedtime, is the potential for some difficulty falling asleep.

Most experts also agree that consuming a meal of both protein and carbohydrates is a good method of replenishing your body after exercise, especially intense exercise. If your exercise bout is late in the evening, try to avoid a large meal, as you may experience some discomfort while sleeping.

Drink some water before retiring and rest well.

(Courtesy of Army Physical Fitness School)

Sports briefs

For more information on any of the fitness center's activities, call 394-2671.

■ **Fayetteville Flag Football:** The Fayetteville Flag City Football season is scheduled to begin Sunday. Games will be played on Sunday afternoon at Reid Ross Middle School on Ramsey Street between 1 and 5 p.m. People interested in joining the Fayetteville Falcons should call coach Tim Young at 394-2827 or 273-6063 for more information.

Sports Fans:

Would you like to see more of your favorite squadron team in the *Carolina Flyer*?

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SPORTS AND FITNESS

Air Force marksman eyes Olympic berth

by Bill Hancock
Air Force Institute of Technology
Public Affairs

An Air Force Institute of Technology faculty member at Wright-Patterson AFB, Ohio, has his sights set on Olympic competition following his recent selection to the Air Force International Pistol Team.

Maj. Stephen Swartz joined his Air Force teammates at the U.S. National Olympic Team fall selection match, which ran through Sunday at Fort Benning, Ga.

The Air Force team selection and the opportunity to try out for the Olympic team are two more steps in a series of accomplishments that have marked Swartz' career since being recruited into the Air Force Shooting Sports Program in the spring of 1998.

"I was just your typical, casual weekend 'plinker' when I stumbled across the USAF National Pistol Team Web site," said Swartz, who teaches in the Graduate School of Engineering and Management.

Starting as a developmental member of the Air Force national team, he advanced to primary status. Shooting the national course of fire involves 270 shots at 50 yards and 25 yards, with various time limits, using .22 and .45 caliber pistols, Swartz said.

He is now ranked nationally as a high master who consistently scores more than 97 percent of the points available in all events. In addition, as a member of the Air Force team, he also competes with the Beretta M-9 service pistol. At the last national championship, Swartz was ranked 42nd in the nation with the M-9, and was recently awarded the United States Air Force Distinguished Pistol Badge. Fewer than 400 of the badges have been awarded since the inception of the Air Force in 1947 and only seven active-duty people are currently authorized to wear it.

The Olympic course of fire involves highly specialized, single-shot .22 pistols with targets at 50 meters. At that distance, the bull's-eye looks very small at just 2 inches across. To be competitive, the marksman must put at least half of all his shots into that 2-inch circle and none outside of a 4-inch circle, Swartz said. A similar course of fire exists using single-shot air pistols at 10 meters with smaller targets.

His hopes are for a berth on the team that represents the United States, Swartz said.

"If possible, I'd like to earn a spot in the World Class Athlete Program and then membership on the U.S. Olympic team," he said. "That's the surest way to get to Athens (Greece) in 2004."

Under the World Class Athlete Program, the Air Force gives people with international ranking the opportunity to train full time in their sport. People are then able to try out for a spot on the U.S. Olympic team.

For more information about the Air Force Sports Program and the World Class Athlete Program, check out the Web site at www.afsv.af.mil. *(Courtesy of Air Education and Training Command News Service)*

Cross train to increase endurance, prevent boredom

Cross training is a means of incorporating different modes of exercise into an aerobic exercise program. The main benefit of cross training is to condition specific sets of muscles. This will increase overall muscle endurance.

Cross training helps prevent overuse injuries and helps prevent boredom.

Start slowly, as you would with any kind of an exercise program. The safest method of cross training is combine or pair activities that work different parts of the body: cycling with swimming, for instance. Choose to alternate activities on a daily basis or change within a single workout. Instead of running for 30 minutes, five days a week, alternate cycling with running, every other day. Or run for 15 minutes and cycle for the remaining 15 minutes in a single workout.

Alternating cycling with running provides a sound balance for the opposing muscle groups, for example, hamstrings and quadriceps.

Cross Training Facts

- In most swimming activities, the body is in the prone position. The combination of body position and temperature of the water will produce a lower exercise heart rate, as much as 10-15 bpm lower than upright exercise, such as walking or jogging.
- For avid runners, cycling is a means of cross training during inclement weather conditions and still provides adequate aerobic conditioning. These two activities provide stability for the knee joint.
- Alternate weight bearing with non-weight bearing exercises to help promote muscle recovery. An example is alternating walking and swimming, or jogging and cycling. A great weight bearing exercise for both men and women is jumping rope. *(Courtesy of Army Physical Fitness School)*

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Lunch hours: Monday through Friday from 11 a.m. to 1 p.m.
Bingo snack line hours: Monday and Wednesday from 5 to 9 p.m.; Friday from 4 to 9 p.m.
Cashier's cage hours: Monday through Friday from 11 a.m. to 3 p.m.
Lunch time buffet: Served Monday through Friday from 11 a.m. to 1 p.m. Includes salad bar, dessert bar and soft drinks.
Today: Mexican Bar
Monday: Pasta Bar
Tuesday: Mexican Bar
Wednesday: Hot Dog Bar
Thursday: Pasta Bar
Oct. 5: Oriental Bar
Bar Bingo: Every Monday, Wednesday and Friday at 5:30 p.m.
Bingo in the Ballroom: Mondays and Wednesday at 7 p.m. Early bird starts at 6:45 p.m.
Pitcher beer night: $3.75 per pitcher every Tuesday.
Club card drawings: Two drawings every Friday at 6 p.m. Participants must be present to win.
End Zone Madness: Watch the NFL Sunday at the End Zone. Football jerseys will be available during the monthly give aways. Doors open at noon.

Community Center
❑ 394-2779
Hours: Monday through Friday from 7 a.m. to 10 p.m.; Saturday and Sunday from 1 to 9 p.m.
Dart contest: The double-elimination play is scheduled to begin at 11 a.m. today. Call to sign up.

Pizza Parlor
❑ 394-2377
Hours: Monday through Friday from 7 a.m. to 1:30 p.m. and 4:30 to 9:30 p.m.; Saturday from 3 to 10 p.m.; and Sunday from 5 to 9 p.m. Holidays from 1 to 8 p.m.
Deliveries: Available Monday through Friday from 5 to 9:30 p.m.; Saturday from 3 to 9:30 p.m.; Sunday from 5 to 8:30 p.m.; and holidays from 5 to 8 p.m.
Pizza buffet: Every Tuesday and Thursday from 11 a.m. to 1 p.m. Cost is $5.50.
Family pizza buffet: Every Friday from 5:30 to 7:30 p.m. Cost is $5.50 for adults, $3 for children ages 8 to 12, and free for children ages 7 and younger.

Information, Tickets and Tours
❑ 394-4478
Hours: Monday through Friday from 10 a.m. to 5 p.m. Closed from 1 to 2 p.m. Service credit cards are welcome.
North Carolina lighthouse tour: Visit three of the most popular lighthouses along the North Carolina coast Oct. 6. Cost is $25 for adults, $10.75 for children ages 6 to 12, and $4.50 for children 5 and under. Price includes transportation and admission for ferries. Sign up and balance due by Wednesday.
Tryon Palace, Mumfest: Travel to New Bern to visit North Carolina's first state capital Oct. 13. This estate includes seven historical buildings and 14 acres of gardens. Historical craft demonstrations will be on the grounds. Cost is $30 for adults, $24 for children ages 6 to 12, and $10 for children 5 and under. Sign up by Oct. 10.
North Carolina State Fair: Travel to Raleigh Oct. 20 to attend the North Carolina State Fair. Sign up by Oct. 17.

Library
❑ 394-2791
Hours: Monday through Thursday from 9:30 a.m. to 7:30 p.m.; Friday from 9:30 a.m. to 6:30 p.m.; and Saturday from 10 a.m. to 4 p.m. Closed Sundays and holidays.
Story time: Story time for children 2 to 6 is scheduled for every Thursday at 10:30 a.m.
Story hour: Story hour for children 7 to 15 is every Thursday at 6 p.m.

Wood Shop
❑ 394-5049
Hours: Wednesday and Thursday from noon to 8 p.m.; and Friday, Saturday and Sunday from 9 a.m. to 5 p.m. Closed Mondays, Tuesdays and holidays.
Woodworking classes: Classes are currently underway. Call for information.

Willow Lakes Golf Course
❑ 394-2325
Golf Shop hours: Monday through Friday from 7:30 a.m. to 7 p.m.; weekends and holidays from 7 a.m. to 7 p.m.
Snack bar: Monday through Friday from 7 a.m. to 2 p.m.; weekends and holidays from 6:30 a.m. to 2 p.m.
Intramural golf: Scheduled for every Tuesday and Thursday. Call for information.
Four-man captain's-choice scramble: Scheduled for every Wednesday at 8:30 a.m.
Golf lessons: Private lessons are available. Call for time and availability.
Ladies golf clinic: Every Wednesday from 9 to 10 a.m. Cost is $15 per person.
Active duty clinic: Every Sunday from 9 to 11 a.m.
Junior clinic: Every Saturday from 9 to 11 a.m. Cost is $15 per person.

Frame and Design Arts
❑ 394-4192
Hours: Tuesday and Friday from 10 a.m. to 5 p.m.; Wednesday and Thursday from 10 a.m. to 7 p.m.; and Saturday and Sunday from 10 a.m. to 3 p.m. Closed Mondays and holidays.
Air Force Photography Contest: The contest is scheduled to be held in October. All entries must be 8 by 10 format. Call for more information.

Youth Programs
❑ 394-2869
Resource and referral office hours: Monday through Friday from 7:30 a.m. to 5:30 p.m.
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Youth Center
❑ 394-4512
Center hours: Monday through Thursday from 3:30 to 9 p.m.; school nights, teenagers only after 7 p.m.; Friday from 3:30 to 10 p.m.; and Saturday from 2:30 to 10 p.m.

Bowling Center
❑ 394-2891
Hours: Monday from 10 a.m. to 9 p.m.; Tuesday from 9 a.m. to 10 p.m.; Wednesday and Thursday from 10 a.m. to 10 p.m.; Friday from 10 a.m. to 1 a.m.; Saturday from 9 a.m. to midnight; and Sunday from 1 to 7 p.m.
Snack bar hours: Monday from 10 a.m. to 8:30 p.m.; Tuesday from 9 a.m. to 9:30 p.m.; Wednesday and Thursday from 10 a.m. to 9:30 p.m.; Friday from 10 a.m. to 12:30 a.m.; Saturday from 9 a.m. to 11:30 p.m.; and Sunday from 1 to 6:30 p.m.
Family bowling night: Every Wednesday night from 7 to 9 p.m. Cost is $9 per lane. There is a minimum of three people per lane.

Equipment Rental
❑ 394-4730
Hours: Monday through Friday from 8 a.m. to 5 p.m.; and Saturday from 8 a.m. to noon. Closed Sundays and holidays. Closed each day from 1 to 2 p.m. for lunch.
Storage space: Storage spaces are available through equipment rental.
Camping packages: Package includes a six-person tent, two sleeping bags, two ground pads, lantern, stove and more. Cost is $25 daily, $40 per weekend and $80 weekly.

Auto Skills Center
❑ 394-2293
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Car repair: Learn how to perform repairs on personal vehicles. Call for more information.
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DAVE DAVENPORT

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Saturday: Planet of the Apes (PG-13)
Sunday: Osmosis Jones (PG)
Oct. 5: American Outlaws (PG-13)
All movies, unless otherwise posted, start at 7 p.m. Tickets are $1.50 for adults and 99 cents for children 12 and under.
Jurassic Park III: Eight years after the InGen incident, Dr. Alan Grant is happy with his life far from any dinosaurs. Unfortunately, he is extremely short in research money, and therefore accepts the offer of wealthy businessman Paul Kirby. A flight takes the group over isolated Isla Sorna, where InGen's second research site was located. What Dr. Grant doesn't know is that Kirby just needs a dinosaur expert to help him and his wife find their 14-year-old son, who crashed on the island while paragliding. What he suspects, but never wanted to witness, is that the Velociraptors have evolved into a communicating species.
Rated PG-13 for intense sci-fi terror and violence.



Pope chapel

315 Ethridge Street
394-2677
For Jewish, Muslim or Orthodox Christian services, contact the chaplains at Fort Bragg by calling 396-1121.
■ **Catholic Baptismal and Matrimony classes available:** For more information and to register, call Chaplain (Capt.) Stanislaw Pieczara or Debi Douglas, Pastoral/Religious Education Coordinator, at 394-2677.

Protestant service
Sunday: Praise Service, 8 a.m.; General Protestant Service, 11:15 a.m.
Logos Bible Study: Second and fourth Thursdays of the month at noon in the annex.
Sunday School: 9:45 to 10:45 a.m., Pope School.

Catholic service
Mass: Sunday, 9:45 a.m., 5 p.m., Tuesday through Friday, 11:30 a.m.
Reconciliation: Sunday at 9 a.m.
Choir Rehearsal: Monday at 7 p.m.
Parish Ministers of Service: Call for schedule.
RCIA: Thursdays, 7 p.m., chapel annex.
CCD: 11:15 a.m. to 12:15 p.m., Pope School

Jewish service
Today: 6 p.m.,Faith Community Chapel, Corner of Ardennes and Messina streets.Hebrew classes are also held at the chapel Today at noon.

Chaplains
Chaplain (Lt. Col.) David Morrow
Wing Chaplain, Congregational Christian Church
Chaplain (Maj.) Dondi Costin
Liberty Baptist Fellowship
Chaplain (Capt.) Stanislaw Pieczara
Roman Catholic
Chaplain (Capt.) Paul Castillo
Conservative Baptist
Chaplain (Capt.) William D. Logan
United Methodist

Menus

Kitty Hawk Inn
Open Monday through Friday, 5:30 to 7:30 a.m. for breakfast, 10:30 a.m. to 1 p.m. for lunch, and 4 to 7 p.m. for dinner. Open on weekends and holidays from 7 a.m. to noon for brunch and 4 to 6 p.m. for dinner. Call 394-1073 for daily menus.

Today
Lunch
Seafood Newburg
Veal Paprika Steaks
Beef and Corn Pie
Dinner
Yankee Pot Roast
Simmered Corn Beef
Pineapple Chicken

Saturday
Brunch
Creole Shrimp
Swedish Meatballs
Dinner
Baked Fish
Barbecue Chicken

Sunday
Brunch
Grilled Mustard Chicken
Cantonese Spareribs
Dinner
Loin Strip Steak
Turkey Nuggets

Monday
Lunch
Pot Roast
Roast Loin of Pork
Baked Stuffed Fish
Dinner
Beef Cannelloni
Chili Macaroni
Southern Fried Chicken

Tuesday
Lunch
Teriyaki Chicken
Veal Parmesan
Salmon Cakes
Dinner
Turkey Ala King
Country Captain Chicken
Meat Loaf

Wednesday
Lunch
Barbecue Ham Steak
Beef Ball Stroganoff
Turkey and Noodles
Dinner
Barbecue Spareribs
Lemon Herb Chicken
Stuffed Pork Chops

Thursday
Lunch
Herbed Baked Chicken
Southern Fried Fish
Stuffed Cabbage Rolls
Dinner
Jaegerschnitzel with Mushroom Sauce
Roast Loin of Pork
Glazed Cornish Hen

Sept. 28
Lunch
Mexican Baked Chicken
Stuffed Green Peppers
Swiss Steak with Tomato Sauce
Dinner
Lasagna
Spaghetti with Meat Sauce
Italian Sausage

Pope AFB/Fort Bragg schools
Breakfast Costs:
Full Pay Pre-K through 9: 50 cents
Reduced Pay Pre-K through 9: 30 cents
Lunch Costs:
Full Pay Pre-K through 4: $1.25, 5 through 9: $1.50
Reduced Pay Pre-K through 9: 40 cents

Monday
Breakfast
Sausage Biscuit with Oatmeal or Cereal
Lunch
Pizza or Crispy Steak with Roll

Tuesday
Breakfast
Grilled Cheese Sandwich or Cereal
Lunch
Spaghetti or Cheeseburger

Wednesday
Breakfast
Scrambled Eggs with Grits or Cereal
Lunch
Foot Long Hot Dog with Chili or Turkey Pastry with Roll

Thursday
Breakfast
Pancake 'n Sausage or Cereal
Lunch
Baked Chicken with Roll or Ham and Cheese Sandwich

Sept. 28
Breakfast
Waffle and Sausage or Cereal
Lunch
Submarine Sandwich or Fish-wich

Crossroads coffee house

The Crossroads Christian Coffeehouse is open from 5 to 10 p.m. every Tuesday and Thursday for Bible study, games, videos and free coffee and cappuccino. Live Christian bands are featured from 5 to 10 p.m. Fridays.
The coffeehouse is at the old engineer dining facility, between Gruber and Ardennes Rd., across from the Hall of Heroes (Grave St.) For more information, call 432-1769, 432-3289 or 396-2684, 394-0256 evenings and weekends.

Self-help center

Water testing: Check with the self-help store to test your water.
Hours of operation: Monday, Tuesday and Wednesday from 7:15 a.m. to 4:45 p.m.; Thursday from 7:15 a.m. to 1 p.m.,; and Friday from 7:15 a.m. to 4 p.m.
Home repair supplies: The self help store offers home repair supplies such as furnace filters, insecticides, herbicides and toilet repair kits. No cost for items needed for minor repairs to on-base housing units (blinds, landscape timbers, lawn care products and other items.) Call 394-2830 for requirements.

Need a safe ride home?
Airmen Against Drunk Driving
Call
Airmen Against Drunk Driving
for a free, anonymous ride anytime from 4 p.m. Friday to 8 a.m. Monday
309-4252


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*with completed application
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CAROLINA FLYER

Vol. 5, No. 40 | Pope Air Force Base, N.C. | Friday, October 5, 2001

INSIDE...

Going bananas for Dole
Base wives can't pass up opportunity to meet North Carolina candidate.
— Page 11

Wedding bell broadcast
Local couple marries on national TV.
— Page 12

Kicking old habits
Soccer addiction has people across the Air Force competing.
— Page 14



Senior Airman Juan Carlos Muñoz, an augmentee from the 43rd Supply Squadron, inspects a truck for suspicious packages.

Gate sentry volunteers ease traffic congestion

Story and photos by
Senior Airman April D. Blumer
Carolina Flyer staff writer

They stand outside in the sun, rain, heat and cold to protect us. They work 13 hours a day to make sure no one comes onto our base who doesn't belong here. They sometimes face verbal abuse, but more often hear words of thanks for their work. They are the security forces personnel and augmentees at the gates who check our military IDs and inspect our vehicles for suspicious packages.

Security forces augmentees began manning the gates shortly after the base went into Force Protection Condition Delta. As the FPCon was lowered to Charlie and Bravo, the augmentees stayed on the gates.

"Without them the job wouldn't be getting done the way it needs to be done," Airman 1st Class Angelina Velez said. "They've helped tighten up security."

Velez is a member of the 43rd Security Forces Squadron.

Partially because of the volunteers, "We don't have six-hour lines at the gate anymore," Tech. Sgt. James Edwards, SFS installation security constable, said.

Security forces personnel and augmentees report to work one hour before their 12-hour gate shift is scheduled to begin. During guard mount, they are briefed on any new information and are issued equipment, among other things.

Edwards said several of the augmentees find they really enjoy the work. "I actually have augmentees calling me after they are rotated out, volunteering to come back to work the 13-hour days."

The augmentees, who represent every squadron in the 43rd Airlift Wing and 23rd Fighter Group, receive specialized training prior to being posted on the gates. Currently, one critical focus is on detecting suspicious pack-

See AUGMENTEES, Page 2



Augmentees stop vehicles at Reilly Gate for ID checks.

Cover the bases — strike out fire

Fire Prevention Week proclaimed

The 43rd Airlift Wing, the National Fire Protection Association, and baseball, America's favorite pastime, have teamed up to provide Pope personnel with important fire safety tips to teach children and their families how to prevent fires.

Brig. Gen. Dick Casey, commander of the 43rd Airlift Wing, proclaimed the week of Oct. 7 through 13 as Fire Prevention Week. The theme for the fire prevention week is "Cover the bases – Strike out fire." This week commemorates the great Chicago fire of 1871. The fire left 100,000 people homeless and destroyed more than 17,000 buildings and homes.

The National Fire Protection Association mascot, Sparky the Fire Dog, will celebrate his 50th birthday this year. Sparky the Fire Dog has played a visible and vital role in teaching and coaching families and communities on the simple steps to prevent fires.

This year, a baseball diamond will be used as a visual symbol. Each base on the Fire Prevention Week baseball diamond represents an important fire safety tip. Cooking, heating and electrical fires account for half of all home fires.

Covering the bases of fire safety will strike out fires. First base will represent "fire safety in the kitchen," second base "heating fire safety," and third base "electrical fire safety." Home plate serves as a reminder to test smoke detectors, develop home escape plans, and practice home fire drills.

The Fire Prevention Week's campaign themes have been recognized by fire safety experts as being extremely useful in delivering fire safety messages to the family. The theme for the past three years, "Fire Drills – The Great Escape," has reached more than seven million families through the collaborative work of the fire services, public and private schools. There are confirmed reports of more than 74 lives that have been saved as a result of these campaign efforts.

An opening ceremony is scheduled to start the Fire Prevention Week Tuesday at 10 a.m. with a cake cutting and the unveiling of the winning fire prevention poster.

To spread the message of Fire Prevention Week, the base fire department will also make several visits to the Pope Elementary School. Each visit will include Sparky the Fire Dog, a fire truck the children can check out, and fire fighters to talk to the children. Sparky will also have story time at the base library Thursday at 10:30 a.m.

The week will end with the annual fire vehicle parade through military family housing.

Throughout the week, the fire department will open its doors from 9 to 11 a.m. and from 1 to 3 p.m. for people interested in touring the facilities. Large groups need to schedule a time to visit with the fire department by calling 394-2467.

Appointments for fire safety inspections of military family housing can be made by calling the fire prevention section at 394-1435 or 394-4778.

The Pope Fire Department, along with more than 40,000 fire departments throughout North America, will distribute fire prevention materials to schools and local communities.

"My goal is to increase awareness and knowledge through education and training, and to prevent loss of life and damage to property as a result of fire," Casey said. "I encourage commanders and supervisors to get involved in the fire safety program at work, school and in the home. Let's keep Pope and the local community a fire-safe place to live, work and play. 'Cover the bases – Strike out Fire!'"

(Courtesy of Pope Fire Department)

"Let's keep Pope and the local community a fire-safe place to live, work and play."

— Brig. Gen. Dick Casey, 43rd Airlift Wing commander

as of Wednesday

Airmen Against Drunk Driving

Total AADD saves this year
115

Total DUIs this year
25

Last DUIs attributed to:
75th Fighter Squadron

14th Air Support Operations Squadron

4th quarter competition began Monday.

As of Wednesday, all groups were in the running for the 4th quarter down day.

For a free, anonymous ride anytime from 4 p.m. Friday to 8 a.m. Monday, call Airmen Against Drunk Driving at **309-4252** or the base operator at **394-1110**.

Columbus Day holiday hours

The following base facilities are scheduled to operate under the following holiday hours Monday:

Shoppette
Sunday: 8 a.m. to 9 p.m.
Monday: 11 a.m. to 6 p.m.

Pope Clinic
Closed

Housing office
Closed

Child development center
Closed

Pope Club
Opens at 4 p.m.

Pizza Parlor
Closed

Fitness center
10 a.m. to 5 p.m.

Community center
1 to 9 p.m.

Information, Tickets and Tours
Closed

Library
Closed

Frame and Design Arts
Closed

Wood shop
Closed

Youth center
Closed

Bowling center
Closed

Willow Lakes Golf Course
8:30 a.m. to 4:30 p.m.

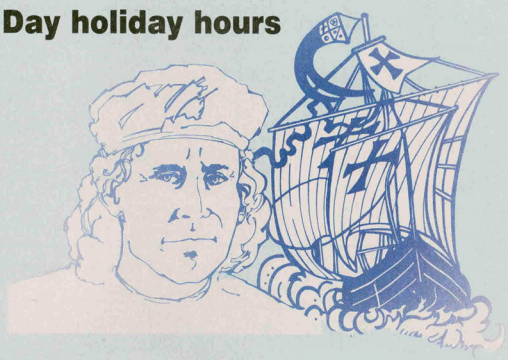
Equipment rental
Closed

Auto skills shop
Closed

Kitty Hawk Inn
Brunch: 7 a.m. to noon
Dinner: 4 to 6 p.m.

Flight Line Cafe
Closed

(Courtesy of the 43rd Services Squadron)



This weekend's weather

as of Thursday

SOURCE: 43RD OSS WEATHER FLIGHT



Today: Clear, high 87, low 58



Saturday: Cloudy with isolated rain, high 80, low 63



Sunday: Mostly sunny, high 68, low 48

AROUND POPE

New CCTs first to experience entire pipeline

by 2nd Lt. Gabe Johnson
Air Force Special Operations Command Public Affairs

The newest Combat Controllers graduated from the Combat Control School here Sept. 25, earning the right to wear the scarlet beret.

Class 01-03 is the first to complete the new training pipeline for Combat Controllers, which now continues after students graduate the school and enter a 12-month Special Tactics Advanced Skills Training program at Hurlburt Field, Fla. The Combat Control School provides training to enlisted and officer Combat Control candidates. It holds four classes a year with an average of 11 trainees per course.



Airman 1st Class Joseph Culbertson climbs up a ladder during an infiltration-exfiltration exercise; part of the school's tactics block.

"We started the course with 13 CCT candidates, and graduated 10," said Senior Master Sgt. Bob Rankin, the Combat Control School Commandant. "Some of the candidates were recycled due to physical injuries, while some didn't make it because they didn't meet our stringent requirements. No matter how we organize the pipeline and training, our ultimate responsibility is to ensure those graduating this course know what it takes to meet the demands of being a Combat Controller."

Rankin said the number of Combat Control candidates is expected to increase as recruiting efforts improve. In fact, he said the January 2002 class is currently projected to be 21 students.

Training at the school is divided up into blocks of instruction that include tactics, communication, land navigation, assault zone and air traffic control labs, demolitions, fire support and a comprehensive field training exercise.

"There are times when you loose track of what day it is just because you are so focused and busy during the week," said Senior Airman Patrick Crow, a former Marine and new Air Force Combat Controller.

Along with the physical intensity of the training, students must also face personal challenges.

"The most difficult aspect of my training has been learning to trust and rely on the concept of teamwork," said Airman 1st Class Gabriel Rogers. "It is a challenge that [the Combat Control School] has helped me overcome."

For one of the officer candidates, the school offered a personal insight to the role of enlisted Controllers in the Special Operations environment.

"Leading our enlisted troops in a team environment is demanding," said 1st Lt. Mason Dula. "In Special Tactics, our airmen operate - often independently - in austere environments; liaising with senior officers as the primary voice for airpower on the forward battlefield. They're smart, motivated and tough. Keeping up with them is a challenge."



PHOTOS: STAFF SGT. JEFFREY GULMAIN

Senior Airman Robert O'Connor and Airman 1st Class Gabriel Rogers assemble an M-4 Carbine during a "Monster Mash," a Combat Controller physical training activity.

Once trainees graduate and don the Controller beret, they head to Hurlburt Field to begin AST. For the next 12 months, they will train to earn a 5-skill level, and their mission-readiness certification. The training, based at Hurlburt Field, focuses on skills and mentorship coaching in Special Operations.

"I'm excited about training at Hurlburt Field," Dula said. "It's an unparalleled opportunity for training, and exactly what the Special Tactics community needs – a program to develop mission-ready airmen, delivering a competent warrior to a unit, and hopefully decreasing on-station training burdens."

Senior Master Sgt. Harvey Perriott, 720th Special Tactics Group, chief of training, said some key benefits of the new training pipeline and AST are the distinction between basic and advanced qualifications and the increased focus on mentoring and coaching the trainees.

"These elements have proven to be extremely successful for our SOF counterparts and will improve critical leadership skills for every trainee," he said.

Combat Control School graduates of class 01-03:

720th Special Tactics Group, Hurlburt Field, Fla.
1st Lt. Mason Dula
2nd Lt. Joshua Hancock
2nd Lt. Jake Miller
Senior Airman Patrick Crowe
Senior Airman Robert O'Connor
Airman 1st Class Jason Copeland
Airman 1st Class Joseph Culbertson
Airman 1st Class Gabriel Rodgers
Airman Jared Hunt

Germany
Master Sgt. Hans Klocker

NCOs gain new stripes, new paycheck

Editor's note: Due to computer program complications, a list of promoted junior enlisted airmen was unavailable.

The following 36 base NCOs were promoted Monday to their current rank:

To master sergeant:

43rd Civil Engineer Squadron
Matthew Bittinger

43rd Maintenance Squadron
Floyd Carpenter Jr.

2nd Airlift Squadron
James Holley III

41st Airlift Squadron
Cheryl Johnson
Christopher Vonvultee

23rd Maintenance Squadron
Raymond Litz

24th Special Tactics Squadron
Kyle Stanbro

Air Force Element Special Operations Command Joint Communications Unit
William Webb

To technical sergeant:

43rd Maintenance Squadron
James Mullen
Michael Windell

43rd Security Forces Squadron
Anita Martin-Jones

43rd Services Squadron
Bernard Ashlock Jr.
Brian Robinson

43rd Supply Squadron
Christopher Echols
William Spellman

2nd Airlift Squadron
David Felicianocortes

41st Airlift Squadron
Russell Freeburg

18th Air Support Operations Group
Riley Elmore



18th Weather Squadron
Charles Schmidt Jr.

23rd Maintenance Squadron
William Elery

24th Special Tactics Squadron
Wilbert Brown

To staff sergeant:

43rd Communications Squadron
Rocco Dipaolo
Martin Molock
Julius Pablo

43rd Maintenance Squadron
Lawrence Bortner
Alvin Hatcher
Eric Hawbaker
Kevin Wright

43rd Supply Squadron
Carina Russo

2nd Airlift Squadron
Lawrence Lee Jr.
Anthony Robinson

3rd Aerial Port Squadron
Ronald Wesley Jr.

41st Airlift Squadron
Darren Saunders

14th Air Support Operations Squadron
Charles Littlefield

74th Fighter Squadron
Warren Taylor II

75th Fighter Squadron
Natia Jordon

(Courtesy of military personnel flight)

Augmentee

From Page 1

ages. Augmentees are taught to look for anything unusual in all vehicles, even those cleared for ID check only.

Senior Airman Melvin Carrasquillo, an augmentee from the 43rd Services Squadron who has pulled augmentee duty before, said he was pleased with the simple, comprehensive training he received. Not only did it provide the skills necessary to serve as an effective gate sentry, it equipped him with knowledge he uses in his personal life. Carrasquillo said he now knows what to look for when he checks his personal vehicle.

Security forces personnel and augmentees admit they are sometimes the target of verbal and symbolic assaults from irate drivers. However, most people seem to understand the delays and the importance of what the gate personnel are doing, augmentee Airman 1st Class William Volk from the 3rd Aerial Port Squadron, said.

"A lot of people offer us drinks and food. The vendors often give us something to eat. And we get lots of words of appreciation," Volk said.

An unofficial poll by the *Carolina Flyer* shows Krispy Kreme doughnuts as the snack of choice among the gate staff.

The show of support helps keep morale up of the more than 30-person volunteer force.

The need for augmentees will continue indefinitely, said Edwards.

U.S. AIR FORCE
"No One Comes Close"

CAROLINA FLYER

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Tech. Sgt. Riley Elmore
18th Air Support Operations Group

PERSPECTIVE

Don't Let Partying End Your Life

by Colonel Kimble Stohry
23rd Fighter Group
Deputy Commander

It was 19 years ago, but it seems like yesterday. The weather was clear, which was a rarity. I was flying out of Suwon Air Base, Republic of Korea, in my A-10 leading a four-ship "Sandy" mission, conducting a search and rescue training mission in central Korea. We heard the beeper on the emergency frequency and quickly offered our services to the Control and Reporting Center to help in the rescue. Unfortunately, a U.S. Air Force F-16 from another base had crashed. There was no parachute — just a smoking hole. Sandys weren't required.

Later that day I found out that Chuck (not his real name) was dead. He has been senior to me when I'd served under him in ROTC at college; he was my idol. Sharp, forthright, ready for any challenge — he was first in his class in every flying school he'd ever attended.

As a captain, he was the assistant operations officer of my OV-10 Bronco squadron at Osan AB, Korea – out in front daily, leading the charge. Others instinctively listened to him; I thought he would be a wing commander someday. During the week we worked hard; Friday nights we played hard — living the life of fighter pilots. But that was a year ago — different base, different situation, now he was dead.

Three days before his death, he and his squadron mates flew their F-16s to Yokota AB, Japan, and gave a splendid air show. Afterward, Chuck went to Tokyo and stayed out all night partying. He didn't follow the mandatory crew rest the next day and flew back to his air base without sleep (and within the 12 hour 'bottle to throttle' rule). The day after returning, he slept off the hangover on a wing-down day.

In the times I had known him previously, I had never seen him break any rules like that. On the day of his death, he was flying a checkride to qualify as a flight lead. Copier problems delayed/hindered some of his mission planning. Maintenance problems delayed his takeoff and forced some en route changes to the briefed mission.

He impacted a mountain that was visible for more than 10 miles just short of the military crest doing more than 400 knots in his F-16. Little of anything was recovered of his remains.

In my opinion, alcohol killed Chuck. I believe it slowed his reactions. His wingman said he saw the plane start to pull up just prior to impact; like his attention had been diverted and he had looked up too late. This hadn't been the first time he'd been seen partying so hard or long according to testimony given to the accident board.

His senior supervisors were shocked because everyone had thought so much of his leadership, flying ability and future potential. I wondered what had changed so drastically in only a year.

His wife lost a husband, his parents a son, and I lost a friend. I really don't think he planned to go out that way.

I want to challenge you to think about why you drink. Do you do it to get away from problems? They won't go away until you figure out a solution. Do you do it to impress your friends? This accident didn't impress anyone; in fact it shattered the confidence senior officers had in Chuck's supervisors, and made them question the judgment of his peers.

After this incident I 'went to school' on my own drinking. I weighed in the balances what drinking had gained me versus what it had cost me. After this review and some searching of the Scriptures, I gave up drinking altogether. Perhaps, I finally grew up.

This is a real life issue and shouldn't be swept under the rug. In the seven years since this article was first printed June 24, 1994, in Osan AB, Korea, I've had the opportunity to see alcohol ruin a few more lives and careers. I've come to the conclusion that alcohol is one of the 'pet sins' of the military. Not many folks want to face up to the power that this drug has (or can have) over them. In less than a year Chuck let alcohol 'take the lead' in his formation.

Is there a lesson here for us? I believe that whether you fly jets, air-drop paratroops, control close air support missions supporting the Army, turn wrenches, or support the mission in many other ways — you definitely need a clear head and a steady hand during your work. As a member of a larger team effort, please remember that others are looking to and depending on you for their very lives.

Most importantly at such a time as this, your nation, your unit and your family want you to come back home — alive. Chuck is still dead. He let partying end his life. Perhaps if I had done some soul-searching earlier, he would be a wing commander today.

Pope talks

by Pamela L. Kehres
Carolina Flyer staff writer

As an augmentee, how is your role important?



"We provide safety for military personnel. Without us, we wouldn't have a clue who came on base."

— Airman 1st Class Marcus Verkler
43rd Maintenance Squadron



"We help security forces secure the base and help fill in the gaps for personnel who are deployed."

— Staff Sgt. Tony Hudson
3rd Aerial Port Squadron



"If we didn't help security forces, it would be that much harder to keep out the people who don't belong."

— Senior Airman Melvin Carrasquillo
43rd Services Squadron

Commander's Helpline

394-HELP (4357) • Commander'sHelpLine@pope.af.mil



The Commander's Helpline is your direct link to Brig. Gen. Dick Casey, 43rd Airlift Wing commander.

If you have worked through normal channels and aren't satisfied, Helplines are an opportunity to ask questions, compliment someone or make suggestions. You must include a name and phone number for a response.

Helplines of general interest will be published in the Carolina Flyer, others will be answered by letter or phone call.

Remember, the most efficient way to solve a problem is to talk directly to the responsible office or follow your chain of command.

You can call the Commander's Helpline at 394-4357 or e-mail to Commander'sHelpline@pope.af.mil.

Helpful numbers

Pope Clinic	394-4258
Pass and Registration	394-2694
Security Forces	394-2800
Legal Office	394-2341
Chapel	394-2677
Military Personnel Flight	394-2276
Pope Club, collocated	497-4031
TRICARE Appointment Line	1-800-931-9501
Civil Engineers	394-2821
Inspector General	394-2302
Family Support Center	394-2538
Child Development Center	394-4323
Kitty Hawk Inn Dining Facility	394-4377
Housing Management	394-4867
Bowling Center	394-2891
Fitness Center	394-2671
Finance (Military Pay)	394-4628
AAFES Shoppette	497-8181
Public Affairs	394-4183



Chief Master Sergeant, Retired

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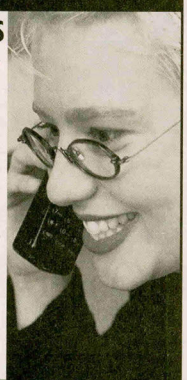
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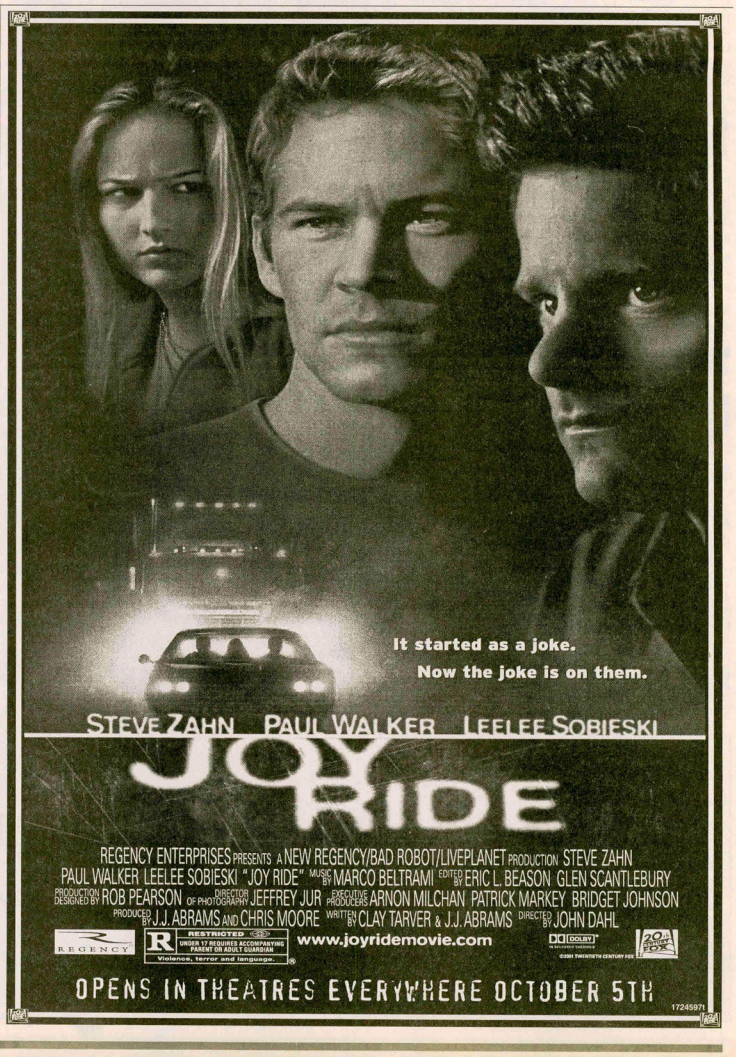
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COMMUNITY

News

Editor s note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there s a need to extend the publication of the brief, please call the editor at 394-4185.

■ **VEAP to MGIB conversion:** A mass briefing is scheduled for Tuesday from 8 to 10 a.m. at the family support center in the conference center to address those who have paid into the Veterans Education Assistance Program. Anyone who entered service between Jan. 1, 1977 to June 30, 1985 and is signed up for or has money in a VEAP account can find out how to convert to the Montgomery GI Bill. A make-up briefing is scheduled for Wednesday from 8 to 9:30 a.m.

Call Alva Anthony or Deborah Neuenschwander at 394-1139 or 394-1140 for more information.

■ **American Red Cross dental assistance course:** The course is scheduled to begin Oct. 29 and is open to adult family members interested in becoming dental assistants. The program requires eight hours a day, five days a week, for six months. The deadline for application is Oct. 12 and interviews will be conducted Oct. 16 and 17.

Call Staff Sgt. Antonia Procter at 394-2155 or 394-1193 for more information.

■ **Command information management office opening:** The 43rd Airlift Wing command information management office is seeking a motivated senior airman who has graduated from airman leadership school and possesses skills preparing correspondence, reading, editing and reviewing. The applicant should also have limited knowledge of computers.

Call Staff Sgt. Chasity Best or Tech. Sgt. Connie Gibson at 394-2357 for more information.

■ **National pharmacy week:** National pharmacy week is Oct. 21 through 27 and the 43rd Medical Group pharmacy is scheduled to collect all outdated and expired medication patients wish to discard. Pharmacists will conduct personal consultation for anyone with medication or health-related questions, called the "Brown Bag Medicine Review." Patients are asked to bring in prescription and non-prescription medicines for a checkup. This year's theme is "Talk to your pharmacist ... your prescription for good health."

■ **Volunteer of the quarter nominations:** Volunteer of the quarter nominations for July through Sept. are now being accepted. Nomination procedures are according to Pope AFB Instruction 36-101. Nomination packages for private organization volunteer selection for the 43rd AW Quarterly Awards program must be received by noon Wednesday at the family support center. Group volunteer selections must be received by noon Oct. 17 at the FSC.

Call Wanda Merical at 394-2538 for more information.

■ **Rental car fraud:** The British Ministry of Defense Police and Air Force Office of Special Investigation are currently investigating a company that rents vehicles to U.S. and other authorized personnel in the United Kingdom. Allegations claim this company may have charged for damage to rental vehicles which did not occur or U.S. personnel may have been deceived into paying other fraudulent charges for vehicles. Those who have been defrauded may not know they paid unnecessary or unlawful fees. Personnel who think they may have been defrauded by this company should call local AFOSI.

■ **Family center dedication:** The base family center is currently in the process of being dedicated. The committee is asking for submissions of an Air Force member, living or deceased, who has made a contribution to the Air Force or to the base in particular. Contributions in the areas of behavioral health, equal employment opportunity, family/human relations, and/or family support are the criteria.

One proposal per person (personnel or family members) will be considered. Submissions should include a brief explanation of why the individual deserves recognition.

All submissions must be received by Oct. 12.

Send to 2nd Lt. Elenah Godbolt, 43rd Services Squadron. E-mailed submissions can be sent to elenah.godbolt @pope.af.mil.

■ **Spouse scholarship:** The Air Force Spouse Scholarship program, sponsored by the Aerospace Education Foundation, is designed to encourage 30 spouses worldwide to pursue associate, bachelor undergraduate, graduate or postgraduate degrees.

Applicants must be the spouse of an active-duty, Air National Guard or Air Force Reserve member to be eligible. Spouses who are themselves Air Force members, or in reserve officers training corps, are not eligible to apply. Applicants who have received this scholarship previously are not eligible to apply.

Undergraduate students must be enrolled in a minimum of six credit hours when the scholarship is awarded in January. Graduate and post-graduate students must be enrolled in a minimum of three credit hours.

The scholarship will be awarded at the end of January.

The $1,000 scholarship may be used to pay for any reasonable cost related to pursuing a degree. This might include tuition or books and any remaining money can be used to pay for either transportation or child care costs.

The deadline for application is Nov. 1. Applications can be obtained from the education center Monday through Friday between 7:30 a.m. and 4:30 p.m. Call Debbie Neuenschwander at 394-1140 for more information.

■ **New education office hours:** Effective immediately, the education office has changed customer service hours to 7:30 a.m. to 4:30 p.m., Monday through Friday. Call the education center at 394-4692 for more information.

■ **No-fee passport requests backlogged:** Due to the backlog at the Depart-

See NEWS, Page 5

Family

For more information on any of the family support center s programs or to register for a class, call 394-2538.

■ **Hearts Apart:** Hearts Apart is a support group for spouses temporarily separated due to temporary duty, remotes and permanent changes of station. Single parents may also become part of the program. A free lunch is scheduled for today at 11:30 a.m. Free child care may be available by calling family services at 394-2119. Call the FSC for details.

■ **Smooth move:** This seminar is designed to help people who are changing duty stations, retiring or separating from service. The seminar is scheduled for Thursday at 9 a.m. at the FSC. Agencies will be available to answer relocation questions.

■ **Bus tour:** The next area bus tour is scheduled for Oct. 16. Tour Pope, Fort Bragg and downtown Fayetteville. Learn the location of medical and recreational facilities, the base exchange, commissaries, schools, chapel, fitness centers, parks and more. The bus leaves the FSC at 8:45 a.m. and returns between 1 and 1:30 p.m. Free child care is provided if available. Pre-registration required.

Volunteer opportunities

Editor s note: To request volunteers, submit briefs to the Carolina Flyer at 394-4185 or e-mail Carolina.Flyer @pope.af.mil.

■ **On-base opportunities:** Volunteers are needed throughout the base. Openings currently exist in the American Red Cross, life skills, dental clinic, Boy Scouts, family services, Pope schools, thrift shop, youth center and more. Some positions require training and orientation.

Individuals wishing to volunteer and organizations/agencies across the base that need volunteers may contact the volunteer resource program manager, Wanda Merical, at 394-2538 from 8:30 a.m. to 12:30 p.m. Mondays, Wednesdays and Fridays, or from 8 a.m. to 4 p.m. Tuesdays.

■ **UPARS needed:** The 43rd Airlift Wing Public Affairs office is looking for anyone who would like to serve as a unit public affairs representative for his squadron. Duties include escorting media and submitting news stories to the base newspaper. Call 394-4183 for more information.

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COMMUNITY

Outside the gate

Editor s note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run four weeks or until the event occurs. If there s a need to extend the publication of the brief, please call the editor at 394-4185.

■ **Oktoberfest:** Oktoberfest Internationale, Fort Bragg's fall fair, is schedule to begin Thursday and continue through Oct. 21 at the fairgrounds on Bragg Boulevard. Unlimited carnival rides and nightly entertainment are offered for one admission price. Gates open at 5 p.m. Monday through Friday and at 1 p.m. on Saturday and Sunday.

For ticket prices or schedule of events visit www.bragg.army.mil/mwr/fun.htm or call 396-6126 or 396-9126.

■ **Candy x-ray:** Womack Army Medical Center's Radiology Department is scheduled to offer x-rays of Halloween candy Oct. 31 from 7:30 to 9 p.m. in the Department of Radiology on the first floor of Womack.

For more information call 907-8304.

■ **Jewish festival of Booths:** The Jewish Festival of Booths is scheduled to run through Wednesday. A booth will be set up near the Fort Bragg Faith Chapel Annex. There will be a service and refreshments daily at noon and at 6 p.m. All are welcome.

For more information call 432-2128 or 868-6469.

■ **Learn to swim program:** The Fayetteville YMCA is now accepting applications for their new Learn to Swim program. The class is taught by trained coaches from the American Swim Coaches Association. Morning, afternoon and evening lessons available.

To register call Deborah Swanson at 323-0800, extension 234.

■ **Diabetes support group:** The Womack Army Medical Center conducts an adult support group for individuals with type two diabetes. This supplemental support group meets the fourth Wednesday of each month from 3:30 to 5 p.m. in the new Womack Army Medical Center family practice conference room.

For more information call 907-9355.

■ **Mail-in prescriptions:** Womack Army Medical Center is offering a new way to fill prescriptions. Chronic medications such as blood pressure, diabetes and heart medications can be refilled using the new mail-in option. Mailed-in prescriptions usually require a three to four day turn around time from the time the prescription is received.

For more information call 907-7427.

To get a prescription refilled call 907-7676 or (800) 316-8639.

■ **Technology show:** A technology show is scheduled to be held at the Fort Bragg Officers Club Oct. 16 from 10 a.m. to 2 p.m.

The event will showcase some of the latest technology in computer automation environment. The show is free and open to the public. Complimentary refreshments will be available.

For more information call 1-888-282-2262.

■ **Toastmasters:** Cape Fear Toastmasters is an organization designed to help individuals overcome their fear of public speaking. Classes are held every Tuesday at 6:30 p.m. at the Golden Coral, Skibo Road. For more information call 868-9533.

■ **Learn Korean:** Free Korean languages classes are being offered at the Bethel Korean Presbyterian Church located at 901 Bunce Road. Four levels are scheduled to be taught. All ages are accepted. Classes are held Saturdays from 9 a.m. to noon. Enrollment is on-going. For more information call 864-5739.

■ **Test preparation resource:** The Cumberland County Public Library and Information Center now offers access to an electronic test preparation resource.

This resource features study courses and practice tests for more than 40 different exams in five different categories such as professional licensing and certification exams, civil service exams, academic exams, academic courses and citizenship exams.

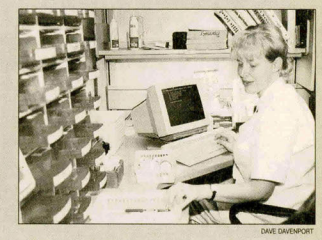
For more information call 483-1580 or log onto www.cumberland.lib.nc.us and select "electronic resources" then "test preparation resource."

■ **Employer Day:** Employer Day on Fort Bragg is conducted regularly from 9 a.m. to noon in building 4-2843 on Normandy Drive. Call 396-7188 to sign-up or inquire about employers who will be present, or visit www.bragg.army.mil/cap.

■ **Reunion:** A reunion of the Air Force Iceland AC&W radar sites H-1, H-2, H-3 and H-4 is scheduled for April 2003 in Dayton, Ohio.

For more information call William Chick at (803) 932-9596 or e-mail littlechick@msn.com.

Rx for health



Staff Sgt. Jennifer Oliver, 43rd Medical Operations Support Squadron, fills a patient's prescription. National Pharmacy Week is scheduled for October 21 through 27. During the week, patients are encouraged to bring outdated medications to the pharmacy for proper disposal. Additionally, personal consultations about medication or health issues will be provided.

DAVE DAVENPORT

News

From Page 4

ment of State processing of dependent no-fee passports, the department is requesting that no submissions of any passports be made unless applicants are within 60 days of departure.

Call the passport agent at 394-2599 for more information.

■ **Use or lose leave carried over:** In light of current events, the Air Force is allowing personnel who, as of Sept. 11, have up to 20 days of use or lose leave to automatically carry that leave over into next fiscal year.

Members carrying over 20 days or less will not have to fill out paperwork. Members with more than 20 days will have to submit an individual request for correction of military records in accordance with Air Force Instruction 36-3003, military leave program, to get those additional days restored. This is not a permanent change to the leave policy. It is for this fiscal year only.

Call the military personnel flight customer service for more information.

■ **Thrift shop co-manager sought:** The base enlisted wives club is looking for a dedicated individual to fill the position of thrift shop co-manager. The volunteer position requires about 10 hours per week and membership in the spouses club. No experience is required.

Call Gina Bahr at 436-2644 or Katherine St. Onge at 323-9310 for more information.

■ **Santa's Attic volunteers needed:** Volunteers are needed for this year's Santa's Attic shopping day. Children of airmen E-5 and below who are 10 and under can shop Dec. 6 for a free holiday gift for their parents. Personnel and family members who can spare a few hours to this event should call Tech. Sgt. Tina Crosby at 394-1719.

■ **HAZCOM class:** The public health office is scheduled to conduct a hazard communication training class Oct. 15 at 1 p.m. in the behavioral health classroom. This class will be open to all industrial shop supervisors who are in charge of training their personnel about the hazards in their shop, safety requirements, material safety data sheets, etc.

The class is a requirement for any supervisor responsible for training personnel on these issues. Supervisors in need of this class, or those needing refresher training should call the public health office at 394-1238 or 394-1233 to sign up.

■ **Turkish experience:** The base officers wives club is scheduled to present the annual Turkish experience featuring Galeria Ikman's carpets, rugs and wares Oct. 31 through Nov. 2. The event will take place Oct. 31 from 11:30 a.m. to 7 p.m. and Nov. 1 and 2 from 10 a.m. to 7 p.m. at the Pope Club.

Proceeds will benefit welfare projects. Call Liz Schneider at 868-0851 for more information.

■ **Civilian of the quarter nominations:** Nominations for this quarter's Civilian of the Quarter (July through September) are due at Civilian Personnel Flight no later than noon Oct. 12.

Nominating commanders must submit an individual action photo and nine copies using AF Form 1206, Nomination for Award. Instructions can be found in Pope AFB Instruction 36-101, Awards, Ceremonies and Honors dated March 20, 1999. Call LaVerne Harper at 394-2418 for more information.

■ **Separatee opportunity:** The Air Force Reserve has many opportunities for retraining, bonus Air Force Specialty Codes, and educational benefits for those separating from the Air Force. For more information, call Master Sgt. Wilson Todd at 394-1099.

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ACE
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Contracting
44th Med BDE
Officers' Club
Normandy House
Officers' Club Golf Pro Shop
MSG Strater Resource Mgmt Ctr
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Fisher House
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NEWS

Fire Prevention Week: Hot tips for candle safety

Candle use is on the rise and so are fires related to candle use as well as deaths and property damage due to candle fires. From 1994 to now, candles in the home caused an annual average of 9,930 fires, 119 civilian deaths, 1,043 civilian injuries and $144.5 million in estimated direct property damage. Home candle fires hit their 19-year high (at 12,540) in 1998.

Candle fires accounted for an average of 2.4 percent of all reported home fires, 3.4 percent of the civilian home fire death, 5.8 percent of the civilian home fire injuries, and 3.3 percent of the direct property damage in reported home fires.

According to the National Candle Association, the industry had an average annual growth of 10 to 15 percent since the early 1990s. Not only have sales been growing, but also the rate of growth has been rising in recent years. U.S. candle consumer retail sales are projected at $2.3 billion this year.

There are more than 300 commercial, religious and institutional manufacturers of candle in the United States, and a typical manufacturer offers between 1,000 and 2,000 varieties of candles. The National Candle Association reports that candles are used in seven out of ten households in this country and roughly 35 percent of the candle business is seasonal around the Christmas holiday.

Remember "Cover The Bases — Strike Out Fire" is this year's Fire Prevention Week motto.

Causes of home candle fires and where they start

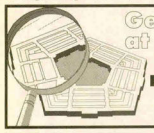
- 37 percent occurred because candles were left unattended, abandoned or inadequately controlled
- 19 percent occurred because some form of combustible material was left too close to the candle
- 9 percent occurred by children playing with candles or something flammable near the candle



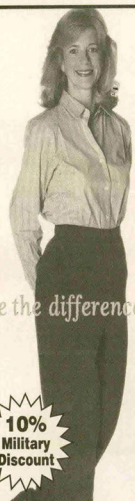
- 4 percent of the home candle fires started when the occupant fell asleep while the candle was burning
- 11 percent of the fires are unknown, unclassified or misuse
- 44 percent start in the bedroom
- 19 percent start in the living room/family room/dens
- 11 percent start in bathrooms
- 7 percent start in the kitchen
- 4 percent start in the dining room

Safety tips for candle use

- Only use candles with adult supervision.
- Extinguish all candles when leaving a room or going to sleep.
- Keep candles well away from items that can catch fire, such as Christmas trees, flammable decorations, clothing, books, paper, curtains, etc.
- Make sure candles are placed on a secure piece of furniture, in sturdy holders that will not tip over. Make sure candle holders are non-combustible and big enough to collect dripping wax.
- Do not place lit candles in windows, where blinds or curtains can close over them.
- Keep wicks trimmed to one quarter inch, and extinguish candles when they burn down to within two inches of the holder.
- Keep candles and all open flames away from flammable liquids.
- Do not use candles in places where they can be knocked over by children or pets.


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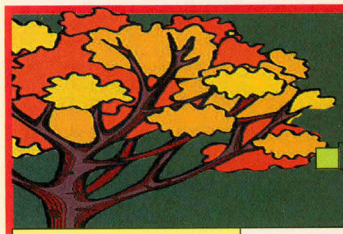

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NEWS

Repair, upgrade of perimeter fence proposed

The U.S. Air Force proposes to repair damaged sections and replace insufficient sections of the Pope perimeter fence and clear 12-foot wide corridors on both sides of the fence. The fence is needed to provide security and to prevent deer and other wildlife intrusion into the active airfield areas. An Environmental Assessment has been prepared in accordance with the National Environmental Policy Act and Air Force directives. This document evaluates potential impacts of the proposed action and alternatives on the environment. This document is available for review and comment at the following locations:

- Pope Library
- John L. Throckmorton Library and Command Reference Center on Fort Bragg
- Fayetteville Public and Information Center Headquarters Library
- Spring Lake Public Library

The Environmental Assessment evaluated the following environmental subjects; noise, air quality, water quality and water resources, biological resources, cultural resources, earth resources and installation restoration program sites.

If you have any comments on this proposed action, send comments postmarked not later than Oct. 20 to: 43 CES/CEV, Attn: Pritpal Hans or Joseph Brown, 560 Interceptor Road, Pope AFB, NC 28308-2314.

Security measures provide protection

Due to the recent traumatic events over the past month, the commissaries were directed to tighten their security requirements. Until conditions change, customers are no longer authorized to sign in guests.

This change applies to family members who forget to bring their ID cards. Children over the age of 10 are also required to have ID cards as well. Backpacks and other hand carried bags are restricted from being brought into the facility.

These actions have been put in place to protect customers as well as employees. As conditions change, commissaries will continue to update its customers on the status of this action as well as other information.

For those who had looked forward to the case lot sale scheduled for today and Saturday at the North Post Commissary, a decision has been made to postpone this event to a date to be determined. As a reminder for those National Guard and Reservists called to active duty, the shopping privileges of the sponsors and their dependents becomes full time. This entitlement is authorized for the entire period the individuals are called to active duty.

As a reminder, both the North and South Post Commissaries will be closed Monday in observance of Columbus Day.

The Carolina Flyer can be reached by e-mail at *carolina.flyer@pope.af.mil*

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In Tribute to our Troops

While the events of September 11 have touched every one of us, it is the brave men and women of our military – our neighbors – who may be called upon to take part in this unfamiliar conflict. From everyone at the Law Firm of Mark Waple & Associates, please know that our prayers and heartfelt appreciation are with you and your families.

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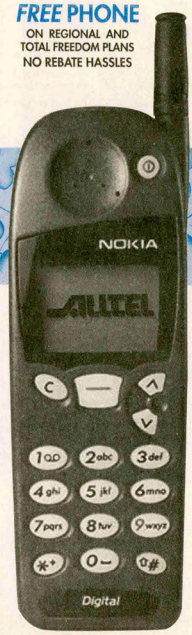
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NEWS

Readiness starts at home

by Tech. Sgt. Edward Rumley
43rd Mission Support Squadron

Mission accomplishment clearly rests on professional readiness. With the events of Sept. 11, military members must ask themselves, "Am I ready to go?" Are America's finest ready to put a combat-ready pilot in a fully mission-capable jet and fly halfway around the world to provide world-class air superiority?

A warrior must be ready to deploy at a moments notice — that is their mission. Personal readiness is a key factor, and it starts at home.

Personal readiness means one's personal life is ready in case he has to go to combat. Whether single or married, one must be ready to pick up and deploy at a moments notice. One must know your family, pets, finances, brand new Mustang, or whatever is important, will be OK while he's gone. One cannot focus on doing the combat mission if he's worried about what's going on back home.

Now is the time for military members to get ready. Is the emergency data card (DD form 93) and insurance correct? Is there a will, and does your family know where that will is? Is everyone prepared financially for a short-notice deployment? Does the family know where to go for help while the member is away?

Fortunately there is a support system in place to help with all of this and more. The Air Force has numerous resources available to ensure personal readiness. The Pope Family Support Centers' Readiness program is one of those resources.

Since its inception four years ago, the scope of service has expanded to cover other separation periods such as school and remote assignments.

The Air Force Aid Society funds three programs that may be worth checking out. For those who have families, the Give Parents a Break program, which provides four hours of free child care, has a designated Friday night when children can be taken care of at the base child development center.

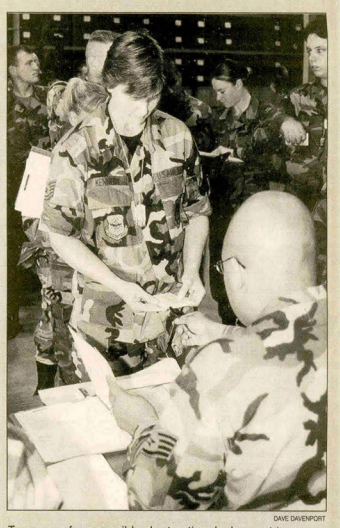
Second, there's the Car Care Because We Care program. The base auto hobby shop provides a free safety inspection and oil change.

Finally, as part of the Phone Home program, deployed members can receive a $20 pre-paid phone card to use from the deployed location.

The Readiness Program offers two other popular programs. Communication is made easy for families, parents, children or friends, with one 15-minute morale call per week from stateside to the deployed location. Then there is the videophone program, which allows families to visit "electronically." Videophones are located throughout the base for convenience.

Call to schedule a deployment briefing today. Whether single, a single parent or married member, let the family support center help. Briefings are held every Friday at 8 a.m. Call the family support center at 394-2538 for more information.

Prepared for what may come



DAVE DAVENPORT

To prepare for a possible short-notice deployment to support President Bush's war on terrorism, Team Pope airmen went through the mobility processing line Sept. 20 to ensure their records were up-to-date.

OPSEC calls for careful measures, discretion

by Capt. John Schrimpf
43rd Operations Support Squadron

Many military members are unaware of the intelligence value of unclassified information and the adversary's capability to decipher important intelligence data from seemingly non-critical information.

Unclassified information, such as base maps, manning information, deployment locations, readiness status and equipment shortages, may provide analytical centers with valuable information regarding the military's capabilities, limitations and operations.

This applies not only to deployment capabilities or plans, but also to the security status here at home. The events of Sept. 11 and the subsequent investigations have shown how adversaries can fuse seemingly "unimportant" information to support operational planning.

By methods as simple as listening to one's casual conversations in restaurants or stores, they can develop a clear picture of security practices and means to get around them.

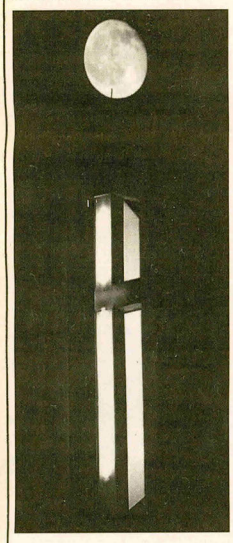
Operational security is everyone's responsibility. Here are three quick tips to good OPSEC:

■ Don't throw anything away that could possibly be valuable information. When in doubt, shred it.

■ Be careful of what you say in open/public forums and on unsecured lines, including cell phones and radios. You never know who is listening.

■ Always be conscious of your actions and conversations and what they convey to an adversary. You never know who is watching.

MC AT NIGHT—EXPECT THE BEST



Evening College Fall Term II Classes
(October 15 - December 8)

ACC25321	PRINC. OF MANAGERIAL ACCT.	M W	1730-2000
ACC25421	PRINC. OF ACCOUNTING LAB	FRI	1730-2240
ACC43121	ACCOUNTING INFO SYSTEMS	T R	2010-2240
ACC48121	ADVANCED ACCOUNTING	M W	1730-2000
BHC35021	ECO/FIN HEALTH CARE ORG.	T R	1730-2000
BHC41021	MANAGED CARE/MED GRP.PRAC.	M W	1730-2000
BUS35321	BUSINESS LAW II	T R	1730-2000
BUS45021	MANAGEMENT SCIENCE	T R	1730-2000
BUS47021	BUSINESS POLICY/STRATEGY	M W	2010-2240
COM35321	DESKTOP PUBLISHING	M W	1730-2000
CSC13221	PROGRAMMING / NON-MAJORS	M W	1730-2000
CSC21022	INTRO. TO PROGRAMMING I	M W	1730-2000
CRJ 32021	CORRECTIONAL PROCESS	M W	1730-2000
CRJ 39921	TERRORISM: A POLICE PERSP.	M W	2010-2240
ECO 26221	PRINC. OF MICROECONOMICS	T R	2010-2240
ECO31121	MONEY & BANKING	T R	2010-2240
ENG10023	SKILLS DEV. IN ENGLISH	M W	1730-2000
ENG10124	COMPOSITION	M W	1730-2000
ENG10125	COMPOSITION	T R	2010-2240
ENG 10126	COMPOSITION	M W	2010-2240
ENG 10224	COMP/INTRO.TO LIT.	M W	1730-2000
ENG10225	COMP/INTRO.TO LIT.	T R	1730-2000
ENG10226	COMP/INTRO.TO LIT.	FRI	1700-2225
ENG10227	COMP/INTRO.TO LIT.	M W	1730-2000
ENG23222	SURVEY WORLD LITERATURE II	T R	2010-2240
GE025222	REGIONAL GEOGRAPHY	FRI	1700-2225
HIS10323	WORLD CIVILIZATION I	M W	1730-2000
HIS10324	WORLD CIVILIZATION I	SAT	0830-1355
HIS10423	WORLD CIVILIZATION II	M W	2010-2240
HIS10424	WORLD CIVILIZATION II	T R	1730-2000
HIS20221	US HISTORY II	T R	1730-2000
HIS37021	CONTEMPORARY WORLD	T R	2010-2240
HIS38522	BALKANS HISTORY SINCE 1989	SAT	0830-1355
HIS38523	RECENT SOUTHERN HISTORY	M W	1730-2000
HIS45521	THE CRAFT OF HISTORY	M W	1730-2000
MKT35121	PRINCIPLES OF MARKETING	T R	2010-2240
MAT10322	INTRO TO COLLEGE MATH	T R	2000-2240
MAT10523	COLLEGE ALGEBRA	M W	2010-2010
MAT10524	COLLEGE ALGEBRA	M W	1730-2000
MAT22022	APPLIED STATISTICS	T R	1730-2000
MAT11021	FINITE MATH	T R	1730-2000
MAT11421	PRE - CALCULUS II	M W	1730-2000
MUS15122	SURVEY OF MUSIC	T R	2010-2240
LAW 32021	LEGAL RESEARCH IN WRITING	M W	1730-2000
LAW39021	ADMINISTRATIVE LAW	T R	1730-2000
PED21822	CONCEPTS FITNESS/NUTRITION	SAT	0830-1355
PED21823	CONCEPTS FITNESS/NUTRITION	M W	1730-2000
PHI41121	MORAL PHILOSOPHY	M W	1730-2000
PSC15122	AMERICAN GOVERNMENT	M W	2010-2240
PSC15123	AMERICAN GOVERNMENT	FRI	2010-2000
PSC34121	CONGRESS & THE PRESIDENCY	T R	2010-2240
PSC40421	POLITICS IN EAST ASIA	M W	2010-2240
PSY10122	GENERAL PSYCHOLOGY	T R	1730-2000
PSY36121	SOCIAL PSYCHOLOGY	M W	1730-2000
REL10221	SURVEY OF NEW TESTAMENT	T R	2010-2240
SCI14122	EARTH SCIENCE	T R	1730-2130
SCI14222	BIO SCIENCE	T R	1730-2130
SCI14322	PHYSICAL SCIENCE	M W	1730-2130
SOC15122	PRINCIPLES OF SOCIOLOGY	T R	1730-2000
SOC15123	PRINCIPLES OF SOCIOLOGY	M W	1730-2000
SOC30121	INTRO TO GERONTOLOGY	M W	2010-2240
SOC 33221	METHODS / SOCIAL RESEARCH	M W	1730-2000
SOC42021	SOCIAL CHANGE	T R	2010-2240
SPA10221	ELEMENTARY SPANISH II	T R	1730-2130
SPA20221	INTERMEDIATE SPANISH II	M W	2010-2240
SPA40221	SPANISH COMP. & TRANSL.	M W	1730-2000
SPC15123	SPEECH COMMUNICATIONS	M W	1730-2000
SPC15124	SPEECH COMMUNICATIONS	T R	1730-2000
SPE25521	EDUC. OF EXCEP STUDENT	M W	1730-2000
SPE45521	NATURE & NURTURE	SAT	0830-1355
SWK23121	INTRO TO SOCIAL WORK	M W	1730-2000
SWK34021	SCHOOL SOCIAL WORK	T R	1730-2000
THE16222	SURVEY OF THEATRE	T R	1730-2000
THE34021	CREATIVE DRAMATICS	M W	1730-2000

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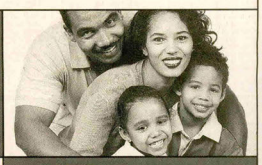
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Furniture 303
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CDL TRAINING Call for details. *No money out of pocket.*Earn up to $42K first year.*Benefits for you and your family.*Local Regional, OTR,*Full tuition reimbursement.*On The Spot Job Placement. 1-800-219-7593.

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140 Retail/Sales

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Alarm Personnel
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205 Business & Prof. Services

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215 Training/Instruction

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245 Child Care Svcs.

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247 Adult Care Svcs.

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303 Furniture

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306 Appliances

WASHER/DRYER refrigerator, encyclopedias, CPU and keyboard. Must Sell! Call 484-5970 D. 497-8797 evening or 578-1877

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309 Antiques/Collectibles

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318 Computers/Internet

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318 Computers/Internet

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Black,2 males, 1 females, 1st shots, dewormed. $150. Call 826-2827

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ROTTWEILER AKC, 22 week female. House-trained & crate trained good w/kids. OFA Cert. $350.neg. Call: 495-0918

342 Sporting Goods

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363 Tools/Machinery

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366 Utility Buildings

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369 Miscellaneous

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369 Miscellaneous

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Fayetteville Technical Community College

POSITION VACANCY: PROGRAM COORDINATOR-BUSINESS ADMINISTRATION/OPERATIONS MANAGEMENT (12 MONTH CONTRACT)

DATE AVAILABLE: January 2, 2002

DUTIES: Responsible for planning, organizing, and implementation of goals and objectives for the Operations Management curriculum and all administrative activities of the department. Available to teach day, evening and weekend courses. Ensures that the department complies with College standards, policies, procedures, and provides highly responsible staff assistance to the Division Chairperson. Additionally, the Coordinator is expected to understand, promote and support the use of instructional technology and provide a learner-centered approach within the academic environment.

QUALIFICATIONS: Minimum Requirements: Masters Degree in Business Administration or related field or a Masters Degree with 18 graduate hours in Operations Management or related field. Working knowledge of Windows 95/98 and Microsoft Office 97 or Office 98. **(Applicants not meeting this minimum requirement will not be considered for this position.)**

Preferred: Two years of teaching experience.

SALARY: Based on college salary scale, plus excellent benefits package.

DEADLINE: October 16, 2001. A completed FTCC application with college transcripts, must be received in the Human Resources Office by 4 p.m. on this date to be considered.

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PO BOX 35236
FAYETTEVILLE, NC 28303
Phone: (910) 678-8378
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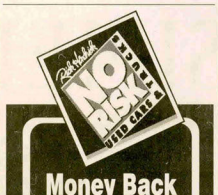
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00 JEEP WRANGLER SPORT $19,688
4x4, 6 Cyl., Hard Top, Fun! #2120

00 JEEP WRANGLER SAHARA $20,888
5 Spd., White, Air., 4.0 Loaded. #2150

01 JEEP GRAND CHEROKEE $23,488
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4 Door, Auto. Air. 46159 Miles

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372 Auctions

ABSOLUTE AUCTION: Liberty, NC- The Chair Company, LLC. Two manufacturing plants, woodworking, sewing and office equipment- Tuesday, October 16, 10am, 10116 Old Liberty Road- Industrial, 5.9 acres, 30,400 sf, building w/offices, 4-dock doors, 15 miles SE of Greensboro, 7/10 mile off Rt. 421. 147 South Asheboro Street- 831 + acres, 12,650 sf. industrial building, dock and drive-in doors. Woodworking Equipment, etc. Pneumafil dust collection system; Sullair LS-12-50H compressor; (3) Mattison 66 lathes; Rye J2 mortise; (2) Cemco SVB vertical bores; Mattison 202 rip saw; Whitney 32A planer; Time Saver 2HD325 sander; Jott JWB225 sander; sewing and office equipment, computers, hundreds of other items. Everything Sells Regardless Of Price! Woltz & Associates, Inc., Brokers & Auctioneers (NC#5283), 1-800-551-3588, www.woltz.com

AUCTION-SATURDAY, 10-6-01, 10:00 AM. Selling from Wake County Home, Country Collectibles, Old Toys, Southern Livestock Center, Oxford NC-HWY 15, 1.6 miles S. I-85-Exit 202 Russell Pergerson # 6613, Cash, Check, Visa/MC, 10%-BP. 919-850-0336

GIANT COLLECTOR CAR AUCTION: in Charlotte, october 27th at Lowe's Speedway. Sell your collector car quick. Low fees,same day pay. 800-468-6999 to enter. Mecum Collector Car Auctioneers.

375 Yard Sales

92 PACKETT CIR. Oct. 6. Multi-family yard sale. 7am-2pm. Kids & adult clothes, toys, household items.

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COMMUNITY YARD SALE
Marvin & Irene Drive,
Saturday, 7:30am-1:30pm.
Household goods, furniture, Christmas decorations, lrg picture window, etc.

SUMMERHILL AREA- Multi family baby sale, everything you need for your baby, brand name items, strollers, toys, apparels, etc. 608 Roundtree Dr. Saturday Oct. 6, 8AM

VILLAGE COMMONS 7116 Dey Spring Dr. Sat. 7am-2pm. (Home Interior Items), Retain glass top table & chairs, baby/children items, oak jewelry armoire, Christmas items, ladies/men's clothing/shoes, curtains, & much more.

425 Personals

HOLY SPIRIT
You who solve all problems fight all roads so that I can obtain my goal. You who gave me the divine gift to forgive and forget all evil against me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you even in spite of all material things. Thank you for your mercy towards me and mine. Say this prayer for three consecutive days. When accomplished, publish prayer immediately. N.V.

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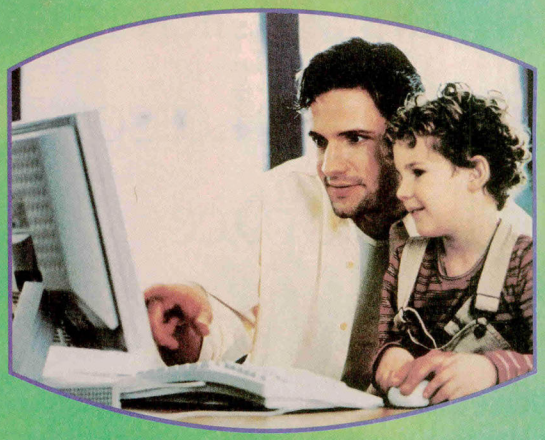
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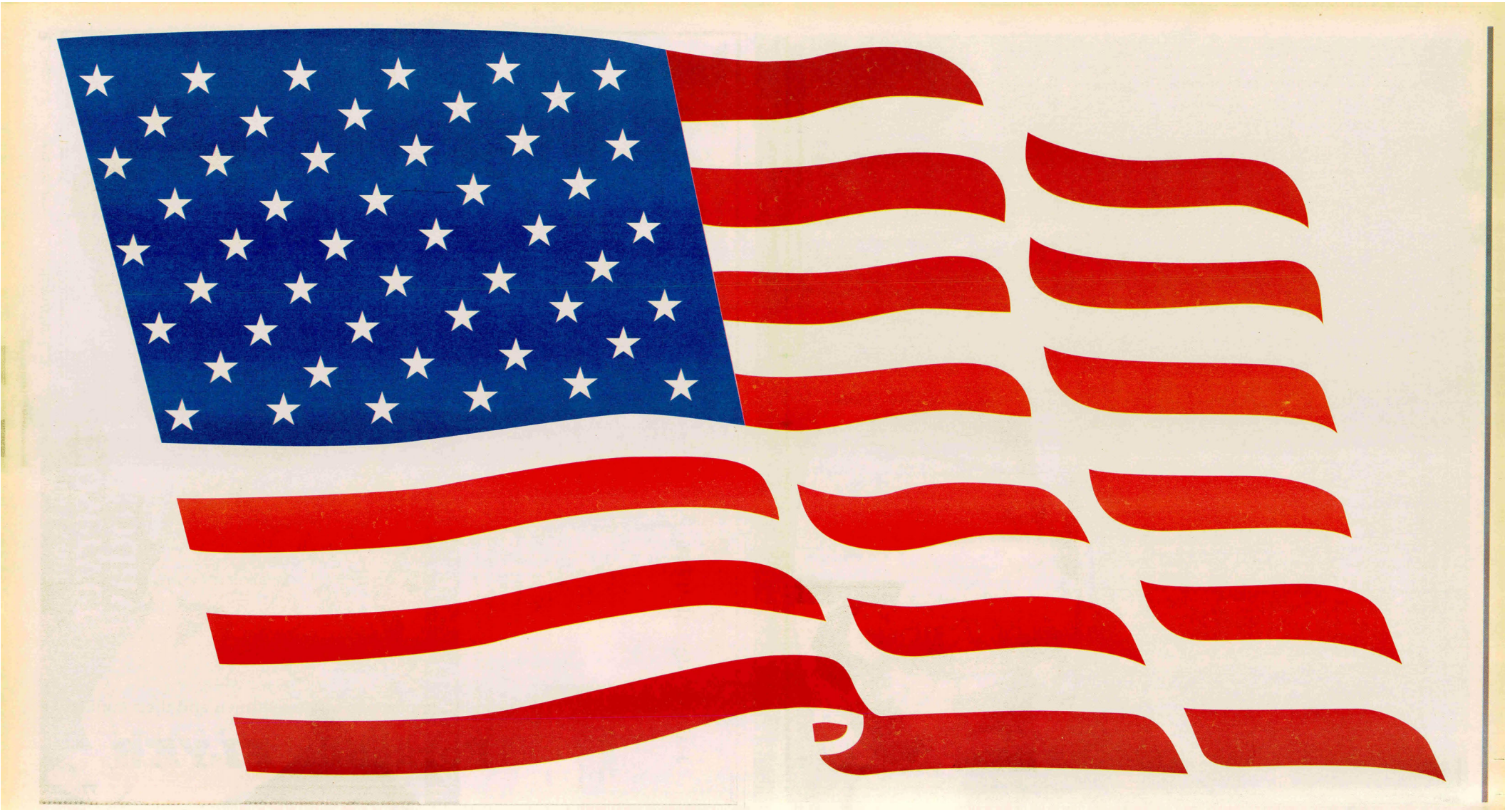
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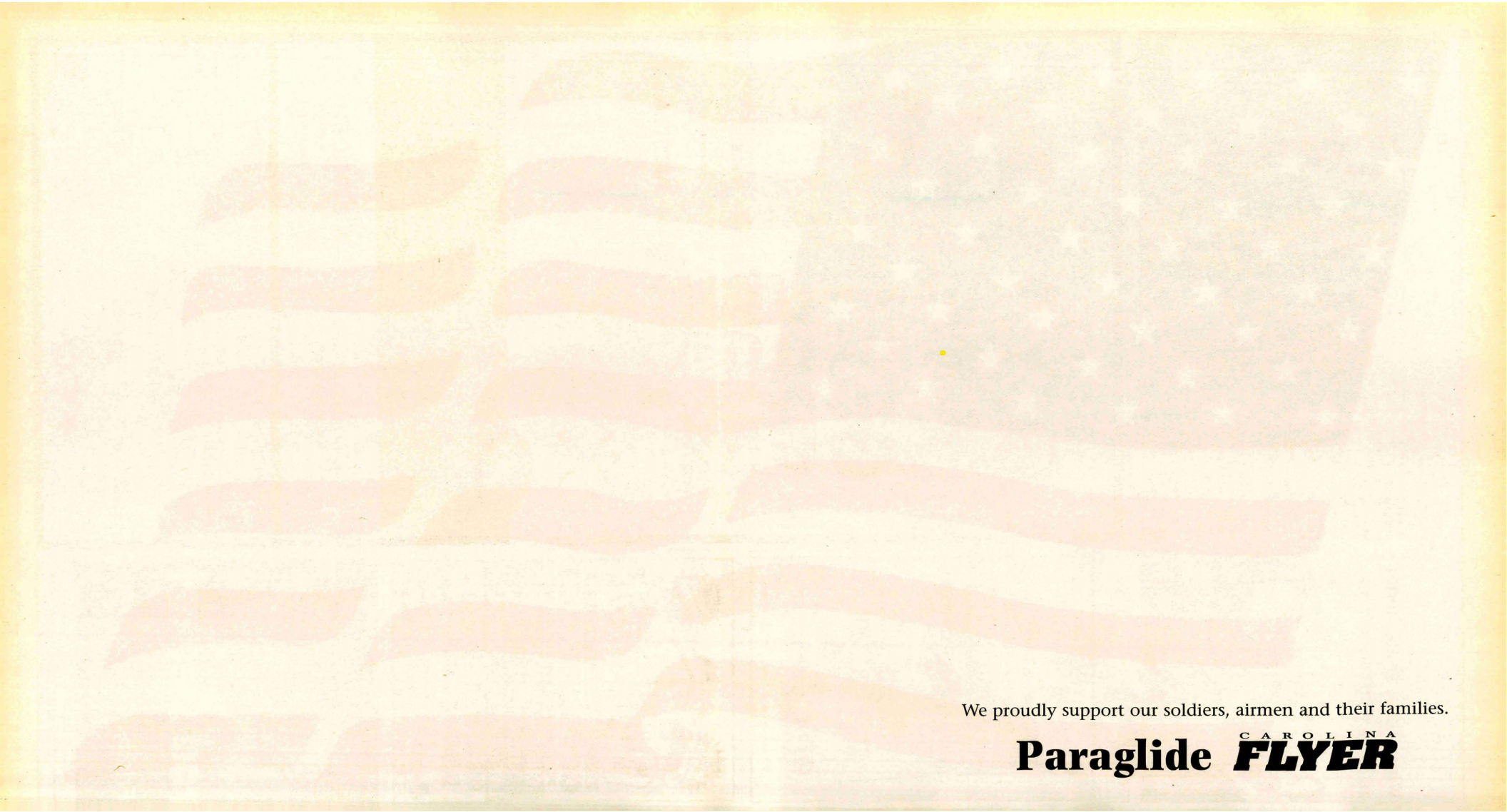
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Wives clubs share honor as Dole visits local area

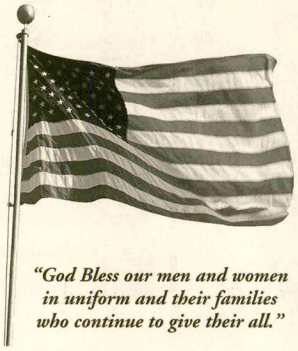


Elizabeth Dole, candidate for the U.S. Senate, interacted with Pope members of the enlisted wives club and officer wives club at the Fayetteville Chamber of Commerce Sept. 26. During the brief meeting, the spouses had the opportunity to express concerns and discuss issues with Dole regarding the Sept. 11 terrorist attacks and future military actions. The visit was in conjunction with her North Carolina tour.



PHOTOS: COURTESY

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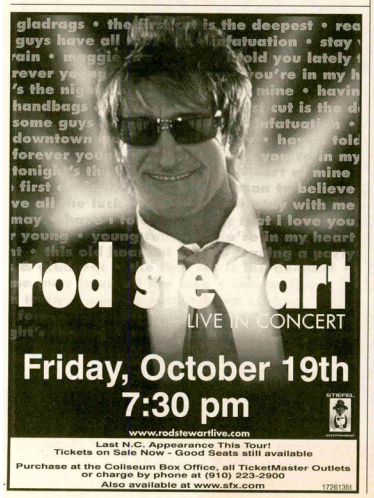
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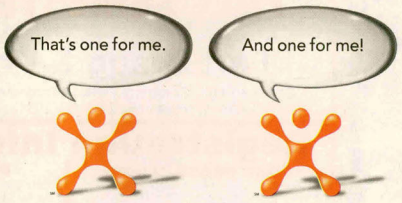
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NEWS

From bars to oak leaf

The following 14 captains were selected for promotion to major:

43rd Aeromedical Evacuation Squadron
David Bradfield

43rd Medical Operations Squadron
Barry Hill
Alina Khalife

43rd Mission Support Squadron
Lisa Dudley

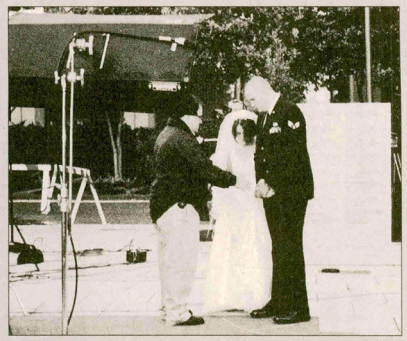
43rd Security Forces Squadron
Donald Dereberry

43rd Supply Squadron
John Greco III

2nd Airlift Squadron
Jeffrey Ausborn
Anthony Burch
Patrick Fultz
Jonathan Shockey
Kirt Stallings
Robert Walker

41st Airlift Squadron
David Dubay
Joseph Francoeur

Televised vows



Senior Airman Thor Myers and Staff Sgt. Carla Bane exchanged vows on national television Sept. 27 outside the Cumberland County Court House while ABC's Good Morning America broadcast the wedding live. (Right) The show's producer sets the couple up in front of the cameras.

COURTESY

Deadlines

The deadline for all new material, stories and pictures to be considered for publication is noon, Friday the week before publication to the 43rd Airlift Wing Public Affairs Office, 259 Maynard Street, Pope AFB, N.C., 28308-2391, e-mailed to: carolina.flyer@pope.af.mil or faxed to 394-4266

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Registration Information

FORT BRAGG OFFICE
Room 11, Fort Bragg Community Center
Corner of Knox and Randolph Street.
Phone: 497-1112/8893.

Dates and Times
October 10 — 9:00 am - 1:00 pm, 2:30 pm - 6:00 pm
October 11 — 9:00 am - 1:00 pm, 2:30 pm - 5:00 pm

Registration/Drop/Add Times
October 15 — 9:00 am - 1:00 pm, 2:30 pm - 6:00 pm
October 16 — 9:00 am - 1:00 pm, 2:30 pm - 6:00 pm
October 17 — 9:00 am - 1:00 pm, 2:30 pm - 5:00 pm

POPE AFB OFFICE
Room 230, Military Personnel Flight (MPF) Bldg.
Maynard Street, Pope Air Force Base.
Phone: 497-0034/0048

Dates and Times
October 8-11 — 9:00 am - 1:00 pm, 2:00 pm - 4:00 pm
October 12 — 9:00 am - 12 Noon

Registration/Drop/Add Times
October 15 — 9:00 am - 1:00 pm, 2:30 pm - 6:00 pm
October 16 — 9:00 am - 1:00 pm, 2:30 pm - 6:00 pm
October 17 — 9:00 am - 1:00 pm, 2:30 pm - 5:00 pm

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4	$693.00	$124.00	$31.00
5	$866.25	$155.00	$38.75
6	$1,039.50	$186.00	$46.50
7	$1,212.75	$217.00	$54.25
8	$1,386.00	$248.00	$62.00
9	$1,559.25	$279.00	$69.75
10	$1,732.50	$310.00	$77.50
11	$1,905.75	$341.00	$85.25
12	$2,079.00	$372.00	$93.00
13	$2,252.25	$403.00	$100.75
14	$2,425.50	$434.00	$108.50
15	$2,598.75	$465.00	$116.25
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To receive a 75% refund, students must submit a written request to withdraw from class on or before the semester 10% point.
All refunds will be mailed.
No cash refunds will be made.

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FTCC reserves the right to cancel classes due to insufficient enrollment, lack of qualified instructors, or inadequate facilities.

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IRMS Irwin Middle School
PAB Pope Air Force Base
BSDC Soldier Development Center

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SPORTS AND FITNESS

Youth put to the test

Base youth center offers karate classes



by Marjorie Egger
Pope Youth Center
youth programs director

After a two-and-a-half-hour test, the task was successfully completed. Three of the nine students currently studying karate here held up to the demanding test for their first belt, which is yellow. Daniel Breakiron, 11, and Charles Clark, 13, were the first to earn their yellow belts. Other students also earned their yellow belts Sept. 20: Brett Parker, 8, Andrew Williams, 8, and one of the tiniest students but not the least dynamic, Nola Anderson, 6.

There was excitement in the air as parents, students and the instructors prepared for the testing. Parents were poised with their cameras, ready to take just the right photo. All eyes were stuck on the students testing. Parents hung on their every action and words and in some cases mouthed the same answers. After the techniques, skill and performance of each required movement, the students waited as the board members, John Jackson, instructor, Stewart Stangle, assistant instructor, and Michael Schlossberg, senior student, recorded their scores.

The anxiety did not end with the physical testing, as there were 50 questions that still needed to be answered. At last the sparring began, but then fatigue began to set in. The test was finally over. Students were sent out of the classroom as scores were totaled. The anxiety continued to build as the students were summoned to find out their fate. Did they pass? One by one they received their yellow belts.

Karate classes are held Tuesdays and Thursdays from 6:30 to 7:30 p.m. at the youth center. Member's fee per month is $30, nonmember's fee per month is $35. There are a few spaces available for ages 6 to 18. For more information stop by the school age program, building 25, on Armistead St., or call 394-2869.

In light of our nation's recent tragedy, Jackson, who retired after 20 years of military service, has offered his time and expertise to provide children with eight free karate lessons during October. For more information, call 394-2869.

Sports briefs

For more information on any of the fitness center s activities, call 394-2671.

■ **Fall horse trials:** The Fort Bragg Riding Stables has scheduled its fall horse trials Oct. 20 from 8 a.m. to 6 p.m. The competition will include dressage, cross country and stadium jumping.

The event is free and open to the public. Call 396-4510 for more information.

■ **Intramural racquetball:** Registration for the fall intramural racquetball tournament, scheduled for Nov. 2 through 4 at the Dahl Physical Fitness Center, is underway. The tournament includes singles and doubles competition for various age and skill classifications and is open to all military/government ID card-holders aged 18 and older.

Entry forms are available at all Fort Bragg fitness centers and at the sports office at building 8-2105 on Knox St.

Enter by Oct. 31. Call 396-1217 for more information.

■ **Mat time available:** Mat time is available at Lee Fitness Center from 6:30 to 9 p.m. so wrestlers can prepare for the 2001 post wrestling meet, scheduled for Nov. 19 and 20.

Matches will begin at 6:30 p.m. during the meet, which is open only to active-duty personnel. To enter, participants must weigh in at Lee Physical Fitness Center from noon to 1 p.m. or from 7 to 8 p.m. Nov. 19. Weight classes are as follows: 119, 127.75, 138.75, 152, 167.5, 187.25, 213.75 and 286 lbs.

Call the sports office at 396-1217 or 396-3568 for more information.

■ **Aerobic classes:** All scheduled classes are subject to change. Call the Pope Fitness Center at 394-2671 to confirm times and classes.

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11 a.m. — kick boxing
noon — spinning
5:30 p.m. — step aerobics

Saturday
10 a.m. — step aerobics

Monday
11 a.m. — step aerobics
noon — spinning

Tuesday
11 a.m. — boot camp
5:30 p.m. — kick boxing

Wednesday
6 a.m. — step aerobics
11 a.m. — step aerobics
noon — spinning
4:30 p.m. — step aerobics
5:30 p.m. — step aerobics

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11 a.m. — step aerobics
5:30 p.m. — kick boxing

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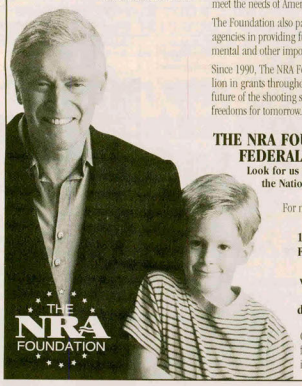
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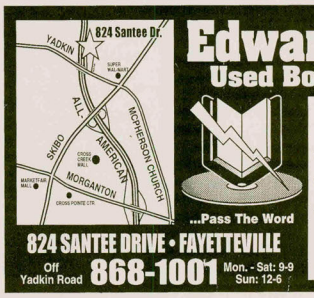
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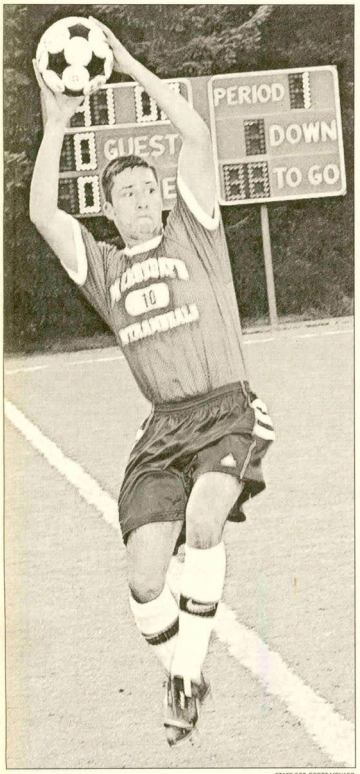
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SPORTS AND FITNESS

AF Soccer Team selected, morale high



STAFF SGT. SCOTT MCNABB

Airman 1st Class Carlos Becerrabrito, from Holloman AFB, N.M., throws an inbound pass during the Air Force Soccer Team practice at McChord AFB, Wash., Sept. 25.

by Staff Sgt. A.C. Eggman
62nd Airlift Wing
Public Affairs Office
McChord AFB, Wash.

Despite the fact that more than five-sixths of the team was unable to reach camp on time, the Air Force Soccer Team's morale was high and they looked forward to the first championship games.

The Armed Forces Soccer Championship games have been held at the Naval Station Everett, Wash., since Sunday. The Air Force's team practiced at McChord AFB, Wash., for more than a week — two weeks less than their service rivals.

"The Air Force camp is three weeks," said Coach Oliver Reid, from F.E. Warren AFB, Wy. "The Army, Marines, and Navy teams' camps are more than a month long. The contingency left us with only two weeks to practice. Competition is going to be quite stiff."

Camp was scheduled to start Sept. 11, the day of the terrorist attacks in Washington, D.C., New York and Pennsylvania. Try-outs started a week late with most flights in and throughout the United States canceled or delayed. The only contenders unaffected by freezing of air traffic were nine McChord airmen and an airman who flew in early from Portugal.

"The Air Force put in a lot of effort to get everybody here," said returnee Matt Castillo from Lajes Field, Azores, who flew in Sept. 8.

Other nominees came from as far away as Japan, Germany and England and as close as California, Texas, Oklahoma, Colorado, New Mexico and Alaska. Two airmen who had submitted packages were called the day prior to camp starting Sept. 19 and were asked if they could make it. Both were surprised. They were under the impression that camp had already started and they weren't selected, said Ismaila Ka, from Altus AFB, Okla, one of the two.

Thirty-two contenders tried out, but only 18 were chosen.

"It was a very competitive selection process," said Reid, a native of Jamaica. "There were many close calls in selecting the final team."

The selection process begins with aspirants sending resumes listing their soccer achievements to Air Force Headquarters. Headquarters makes the decision whom to forward to camp try-outs. Each base can send "walk-ons" to try-out as well, said Reid. There were five walk-ons during this try-out. From there, it is up to the coach who makes the cut. With only two days to assess the majority of candidates, Reid had some tough choices to make.

"I haven't trained like this since I was 17," said defender Danny Hidalgo, from Vandenburg AFB, Calif. "It's hard. You have to be in good shape. You have to fight for a spot," said the native of Costa Rica. "There is a lot of good talent on the field."

Reid, a 30-year soccer player, said there were several areas in particular each player had to demonstrate to be considered. First, he looked at how well they played together. Then, he looked for advance skills to play at this level of competitiveness, coupled with mental toughness and the will power to preserver. Finally, he carefully observed their teamwork and how they supported each other.

Even though team members have at least 10 years of experience playing, the coach said they needed some good practices to make up for the time lost. One of the ways the team made the most of their time is practicing twice a day. Morning practice was three hours and began with a two-mile run. Afterward, the team ran attack, defensive and individual skills to improve confidence. They also practiced shooting drills before scrimmaging. The afternoon practice was one hour longer.

"We're looking pretty strong," said Midfielder Castillo. The Washington native also made the team in 1997. "Our offensive is just as good as the last time I played, if not better. We're going to control the game and score more goals."

Some of that confidence may have come from the other method the team used to ready themselves. They scheduled games and scrimmages against local clubs and semi-professionals to help tool and ready the team, said the coach.

"Personally, everyone is trying to give it their hardest effort," said goalkeeper Jason Shoffit, from McChord's 62nd Aircraft Generation Squadron. While Shoffit has been playing for more than 17 years, this is the first year he has tried out for the Air Force team. He is also the only walk-on to make the team.

"The time lost hindered us a little," said the Texas native. "But all we've lost, we've gained so much. We've come together as a team very fast."

The tournament is a double round robin, with each team playing one game each day of the six-day event. If the Air Force wins the championships this year, it will be their third consecutive crown and a first in the tournament's history, said the coach.

The team beat the Marines 5-0 and the Navy 4-1. "I get the feeling we're going to take the championship," said Hidalgo. The championship game is scheduled for Sunday.



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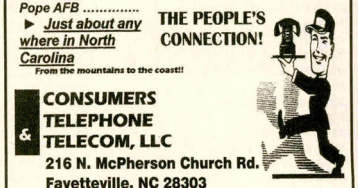
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'00 PONTIAC SUNFIRE 2 Door, Auto, Sunroof! #1T269A	$9860
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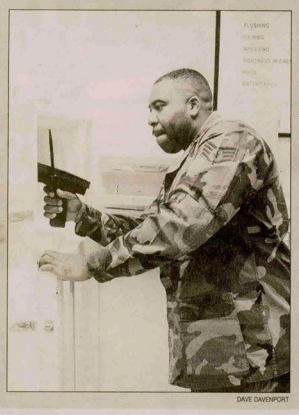
POPE EXTRA

Coming attractions from services

Pope Club
❑ 394-2154
Bar hours: Monday through Thursday from 3 to 11 p.m.; Friday from 2 p.m. to 1 a.m.
Lunch hours: Monday through Friday from 11 a.m. to 1 p.m.
Bingo snack line hours: Monday and Wednesday form 5 to 9 p.m.; Friday from 4 to 9 p.m.
Cashier's cage hours: Monday through Friday from 11 a.m. to 3 p.m.
Bar Bingo: Every Monday, Wednesday and Friday at 5:30 p.m.
Bingo in the Ballroom: Mondays and Wednesday at 7 p.m. Early bird starts at 6:45 p.m.
Pitcher beer night: $3.75 per pitcher every Tuesday.
Club card drawings: Two drawings every Friday at 6 p.m. Participants must be present to win.
Lunch buffet: Served Monday through Friday from 11 a.m. to 1 p.m. Buffet includes salad bar, dessert bar and soft drink.
Today: Oriental Bar
Monday: No buffet. Club closed until 4 p.m.
Tuesday: Cajun Bar
Wednesday: Potato Bar
Thursday: Burger Bar
Oct. 12: Mexican Bar
Tonight: Join the grand opening of the American Cafe, a new fine dining restaurant, from 5:30 to 8:30 p.m.
End Zone Madness: Come in at noon Sunday for the ultimate NFL ticket. Monthly giveaways.
Kid's Bingo: 2 p.m. Sunday. Cost is $5 for children 6 and over and $2 for children 5 and under.

Pizza Parlor
❑ 394-2377
Hours: Monday through Friday from 7 a.m. to 1:30 p.m. and 4:30 to 9:30 p.m.; Saturday from 3 to 10 p.m.; and Sunday from 5 to 9 p.m. Holidays from 1 to 8 p.m.
Deliveries: Available Monday through Friday from 5 to 9:30 p.m.; Saturday from 3 to 9:30 p.m.; Sunday from 5 to 8:30 p.m.; and holidays from 5 to 8 p.m.
Pizza buffet: Every Tuesday and Thursday from 11 a.m. to 1 p.m. Cost is $5.50.
Family pizza buffet: Every Friday from 5:30 to 7:30 p.m. Cost is $5.50 for adults, $3 for children ages 8 to 12, and free for children ages 7 and younger.

Taking stock


DAVE DAVENPORT

Using a SIFA scanner, Staff Sgt. Laderick Lucas, 43rd Medical Support Squadron, takes inventory of in-stock immunizations to ensure enough vaccine is available for required shots.

Community Center
❑ 394-2779
Hours: Monday through Friday from 7 a.m. to 10 p.m.; Saturday and Sunday from 1 to 9 p.m.
Flea Market: Call to reserve a spot in the post office parking lot. The flea market is scheduled to be open from 7 a.m. to noon Saturday.
Three-on-three basketball: Sign up for the Oct. 27 basketball tournament. The games are scheduled to start at 9 a.m. at the youth center.
Office decorating contest: Judging is scheduled to be conducted Oct. 24 at 11 a.m. The contest must have a Halloween theme. Only one entry per squadron is allowed. Deadline to register is Oct. 23. Cash prizes will be awarded. Call for rules.
Pumpkin carving contest: Judging is scheduled to be conducted Oct. 30 at 11 a.m. at the community center. Only one entry per squadron and one carved pumpkin per entry is allowed. Deadline to enter is Oct. 23. Cash prizes will be awarded. Call for rules.

Information, Tickets and Tours
❑ 394-4478
Hours: Monday through Friday from 10 a.m. to 5 p.m. Closed from 1 to 2 p.m. Service credit cards are welcome.
Movie tickets: Tickets for several area theaters are available to ITT.
Armed Forces Vacation Club: The Armed Forces Vacation Club offers a special seven-night stay for $234 at a destination of your choice. Brochures available.
Tryon Palace, Mumfest: Travel to New Bern Oct. 13 to visit North Carolina's first state capital. This estate include seven historical buildings and 14 acres of gardens. A historical craft demonstration is also scheduled. Cost is $30 for adults, $24 for children ages 6 to 12, and $10 for children 5 and under. Sign up by Wednesday.
State fair: Travel to the North Carolina State Fair in Raleigh Oct. 20. Sign up by Oct. 17.

Library
❑ 394-2791
Hours: Monday through Thursday from 9:30 a.m. to 7:30 p.m.; Friday from 9:30 a.m. to 6:30 p.m.; and Saturday from 10 a.m. to 4 p.m. Closed Sundays and holidays.
Story time: Story time for children 2 to 6 is scheduled for every Thursday at 10:30 a.m.
Story hour: Story hour for children 7 to 15 is every Thursday at 6 p.m.
Parents' night out at the library: This program is designed to help parents learn more about the Internet and other research methods to help with homework assignments. Call for more information. Seating is limited.

Frame and Design Arts
❑ 394-4192
Hours: Tuesday and Friday from 10 a.m. to 5 p.m.; Wednesday and Thursday from 10 a.m. to 7 p.m.; and Saturday and Sunday from 10 a.m. to 3 p.m. Closed Mondays and holidays.
Framing class: Learn how to frame photographs Oct. 16 and 23 from 5 to 7 p.m. Call to register.
Scrapbooking workshops: Learn to scrapbook Oct. 13 from 10 a.m. to 2 p.m. or Oct. 27 from 2 to 6 p.m.

Wood Shop
❑ 394-5049
Hours: Wednesday and Thursday from noon to 8 p.m.; and Friday, Saturday and Sunday from 9 a.m. to 5 p.m. Closed Mondays, Tuesdays and holidays.
Holiday lawn ornaments: The wood shop has many patterns available for holiday lawn ornaments.

Willow Lakes Golf Course
❑ 394-2325
Golf Shop hours: Monday through Friday from 7:30 a.m. to 7 p.m.; weekends and holidays from 7 a.m. to 7 p.m.
Snack bar: Monday through Friday from 7 a.m. to 2 p.m.; weekends and holidays from 6:30 a.m. to 2 p.m.
Golf clinics: Clinics are available. Call for time and availability.
S.A.M.E. golf tournament: The Society of American Military Engineers is scheduled to sponsor a golf tournament today. Shotgun start at noon.
CE tournament: The 43rd Civil Engineer Squadron is scheduled to sponsor a golf tournament Oct. 12. Shotgun start at 12:30 p.m.
Club championship: The Oct. 21 and 22 event is scheduled to have an 8 a.m. tee time.

Youth Programs
❑ 394-2869
Resource and referral office hours: Monday through Friday from 7:30 a.m. to 5:30 p.m.
School age program hours: Monday through Friday from 6:30 a.m. to 5:30 p.m.

Youth Center
❑ 394-4512
Center hours: Monday through Thursday from 3:30 to 9 p.m.; school nights, teenagers only after 7 p.m.; Friday from 3:30 to 10 p.m.; and Saturday from 2:30 to 10 p.m.
Stop, Drop and Roll challenge: Scheduled to begin at 5:30 p.m. Wednesday.
Bucket Brigade Competition: Scheduled to begin at 6 p.m. Wednesday.
Instructional classes: The youth center now offers classes in ballet, tap, tumbling, creative movement, hip-hop, jazz and pom cheer. Call 394-2869 to register.

Bowling Center
❑ 394-2891
Hours: Monday from 10 a.m. to 9 p.m.; Tuesday from 9 a.m. to 10 p.m.; Wednesday and Thursday from 10 a.m. to 10 p.m.; Friday from 10 a.m. to 1 a.m.; Saturday from 9 a.m. to midnight; and Sunday from 1 to 7 p.m.
Snack bar hours: Monday from 10 a.m. to 8:30 p.m.; Tuesday from 9 a.m. to 9:30 p.m.; Wednesday and Thursday from 10 a.m. to 9:30 p.m.; Friday from 10 a.m. to 12:30 a.m.; Saturday from 9 a.m. to 11:30 p.m.; and Sunday from 1 to 6:30 p.m.
Cosmic bowling night: Every Friday from 10 p.m. to 12:30 a.m. Cost is $8 per person. Colorama: Every Saturday night at 7 p.m. Entry fee of $11.
Blast From The Past 80's bowling party: Oct. 12 from 10 p.m. to 12:30 a.m. Cost is $8 per person.

Equipment Rental
❑ 394-4730
Hours: Monday through Friday from 8 a.m. to 5 p.m.; and Saturday from 8 a.m. to noon. Closed Sundays and holidays. Closed each day from 1 to 2 p.m. for lunch.
Boat package: Rent any boat, eight horsepower motor, trolling motor with battery, gas can, two paddles or oars, life vest, anchor, trailer and two fishing poles for $30 daily, $45 for the weekend, or $80 for the week. Pontoon boats not included.
Rug Doctor: Rent a Rug Doctor and clean the carpets before the holidays.

Auto Skills Center
❑ 394-2293
Hours: Monday, Tuesday and Thursday from 9 a.m. to 6 p.m.; Wednesday from 9 a.m. to 8 p.m.; and Friday and Saturday from 9 a.m. to 5 p.m. Closed Sundays and holidays.
Car repair: Learn how to perform repairs on personal vehicles. Call for more information.

Movies

Pope Theater
Armistead Street
The Pope theater is closed for renovations. It is tentatively scheduled to reopen in November.

Alvin C. York Theater
Ardennes Street, Fort Bragg
Today: American Outlaws (PG-13)
Saturday: The Princess Diaries (G) *
Sunday: American Pie 2 (R)
Oct. 12: Rush Hour 2 (PG-13)
All movies, unless otherwise posted, start at 7 p.m. Tickets are $1.50 for adults and 99 cents for children 12 and under.
* Showings at 3 and 7 p.m.
American Outlaws: When a Midwest town learns that a corrupt railroad baron has captured the deeds to their homesteads without their knowledge, a group of young ranchers join forces to take back what is rightfully theirs. As their fame grows, so will the legend of their leader, a young outlaw by the name of Jesse James. Rated PG-13 for western violence.

Pope chapel

315 Ethridge Street
394-2677
For Jewish, Muslim or Orthodox Christian services, contact the chaplains at Fort Bragg by calling 396-1121.
■ **Catholic Baptismal and Matrimony classes available:** For more information and to register, call Chaplain (Capt.) Stanislaw Pieczara or Debi Douglas, Pastoral/Religious Education Coordinator, at 394-2677.

Protestant service
Sunday: Praise Service, 8 a.m.; General Protestant Service, 11:15 a.m.
Logos Bible Study: Second and fourth Thursdays of the month at noon in the annex.
Sunday School: 9:45 to 10:45 a.m., Pope School.

Catholic service
Mass: Sunday, 9:45 a.m., 5 p.m., Tuesday through Friday, 11:30 a.m.
Reconciliation: Sunday at 9 a.m.
Choir Rehearsal: Monday at 7 p.m.
Parish Ministers of Service: Call for schedule.
RCIA: Thursdays, 7 p.m., chapel annex.
CCD: 11:15 a.m. to 12:15 p.m., Pope School

Jewish service
Today: 6 p.m.,Faith Community Chapel, Corner of Ardennes and Messina streets.Hebrew classes are also held at the chapel Today at noon.

Chaplains
Chaplain (Lt. Col.) David Morrow
Wing Chaplain, Congregational Christian Church
Chaplain (Maj.) Dondi Costin
Liberty Baptist Fellowship
Chaplain (Capt.) Stanislaw Pieczara
Roman Catholic
Chaplain (Capt.) Paul Castillo
Conservative Baptist
Chaplain (Capt.) William D. Logan
United Methodist

Menus

Kitty Hawk Inn
Open Monday through Friday, 5:30 to 7:30 a.m. for breakfast, 10:30 a.m. to 1 p.m. for lunch, and 4 to 7 p.m. for dinner. Open on weekends and holidays from 7 a.m. to noon for brunch and 4 to 6 p.m. for dinner. Call 394-1073 for daily menus.

Today
Lunch
Mexican Baked Chicken
Stuffed Green Peppers
Swiss Steak with Tomato Sauce
Dinner
Lasagna
Spaghetti with Meat Sauce
Italian Sausage

Saturday
Lunch
Cajun Meat Loaf
Crispy Baked Chicken
Ribeye Steak
Dinner
Fish Almondine
Pork Chops with Mushrooms
Stir Fry Chicken with Broccoli

Sunday
Lunch
Chicken Breast Parmesan
Tuna and Noodles
Sauerbraten
Dinner
Fried Shrimp
Spinach Lasagna
Ginger Barbecue Chicken

Monday
Lunch
Baked Chicken
Swiss Steak with Tomato Sauce
Knockwurst
Dinner
Roast Turkey
Fish
Swiss Steak with Tomato Sauce

Tuesday
Lunch
Yakisoba
Salisbury Steak
Onion-Lemon Baked Fish
Dinner
Barbecue Beef Cubes
Paprika Beef
Pork Chop Suey

Wednesday
Lunch
Beef Porcupines
Caribbean Jerk Chicken
Chicken Enchiladas
Dinner
Pita Pizzas
Country Style Steak
Fried Chicken

Thursday
Lunch
Fried Fish
Liver with onions
Orange-spiced Pork Chops
Dinner
Pepper Steak
Ginger Pot Roast
Mr. Z's Baked Chicken

Oct. 12
Lunch
Seafood Newburg
Veal Paprika Steaks
Beef and Corn Pie
Dinner
Yankee Pot Roast
Simmered Corn Beef
Pineapple Chicken

Pope AFB/Fort Bragg schools
Breakfast Costs:
Full Pay Pre-K through 9: 50 cents
Reduced Pay Pre-K through 9: 30 cents
Lunch Costs:
Full Pay Pre-K through 4: $1.25, 5 through 9: $1.50
Reduced Pay Pre-K through 9: 40 cents

Monday
No school — Columbus Day

Tuesday
Breakfast
Breakfast Pizza or Cereal
Lunch
Meatloaf or Baked Ham on a Bun

Wednesday
Breakfast
Grilled Cheese Sandwich or Cereal
Lunch
Pepperoni Pizza or Fish Nuggets and Hushpuppies

Thursday
Breakfast
Scrambled Eggs or Cereal
Lunch
Turkey Noodle Soup with Grilled Cheese or Ham Sandwich

Oct. 12
Breakfast
Pancake 'n' Sausage or Cereal
Lunch
Chicken Nuggets or Hamburger

Crossroads coffee house

The Crossroads Christian Coffeehouse is open from 5 to 10 p.m. every Tuesday and Thursday for Bible study, games, videos and free coffee and cappuccino. Live Christian bands are featured from 5 to 10 p.m. Fridays.
The coffeehouse is at the old engineer dining facility, between Gruber and Ardennes Rd., across from the Hall of Heroes (Grave St.) For more information, call 432-1769, 432-3289 or 396-2684, 394-0256 evenings and weekends.

Self-help center

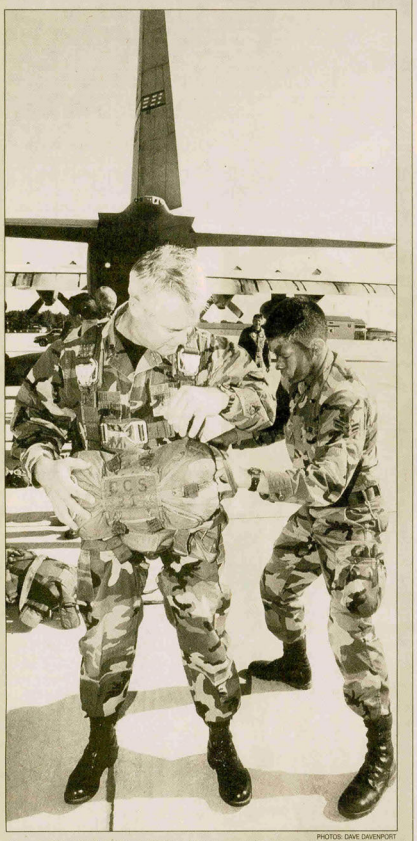
Water testing: Check with the self-help store to test your water.
Hours of operation: Monday, Tuesday and Wednesday from 7:15 a.m. to 4:45 p.m.; Thursday from 7:15 a.m. to 1 p.m.,; and Friday from 7:15 a.m. to 4 p.m.
Home repair supplies: The self help store offers home repair supplies such as furnace filters, insecticides, herbicides and toilet repair kits. No cost for items needed for minor repairs to on-base housing units (blinds, landscape timbers, lawn care products and other items.) Call 394-2830 for requirements.

Deadlines

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E-mail the 43rd Airlift Wing Public Affairs Office: *carolina.flyer@pope.af.mil* or fax the office at: 394-4266

AROUND POPE

Father/son activities



PHOTOS: DAVE DAVENPORT

Airman First Class Fred Baker (right), combat controller candidate, helps his father, Col. Steve Baker, 43rd Airlift Wing vice commander, gear up for a static line jump off one of Pope's C-130s. Brig. Gen. Dick Casey, 43rd AW commander, piloted the plane. The jump is one part of the specialized training the candidates will go through before they graduate the Combat Control School and become combat controllers.



Col. Baker prepares to take his last jump as an Air Force officer before he retires in 2002. He jumped with his son's CCS class 01-04.

Base opens arms, facilities to retirees

by Tech. Sgt. Bob Blauser
43rd Airlift Wing Public Affairs

The fifth annual Pope Retiree Appreciation Day, an event that will include briefings, medical screenings, and information on services and organizations for retirees and surviving spouses is scheduled for Saturday.

Scheduled retiree-focused briefings at the Pope Club will include a welcome by Brig. Gen. Dick Casey, 43rd Airlift Wing commander; remarks by retired Col. Charles West, Pope Retiree Activities Office director and retired Chief Master Sgt. Greg O'Donoghue, Region 11 USAF Retiree Council; and briefings by the 43rd Medical Group, Tricare, Humana Military Health Services, casualty affairs/survivor benefit office, education office, and Veterans Affairs. Also, a variety of medical screenings and information will be available.

"Medical benefits are the single most important point for the retiree community."

— Retired Col. Charles West
Pope Retiree Activities Office Director

Health care will be strongly emphasized during the event, according to West. "Medical benefits are the single most important point for the retiree community," said West," partly because of the changes in medical care when you become a retiree and the change that occurs when the retiree or their spouse reach age 65 and have to go into the Medicare/Medicaid program."

Furthermore, Retiree Appreciation Day provides retirees with a forum to speak out with their concerns, and many of the scheduled activities are a result of what the retiree community has expressed interest in, according to West. Retirees will also be able to update their identification cards, vehicle registration and finances.

West said the importance of Retiree Appreciation Day is twofold. First, it's a source of information for the retiree community where they can come to Pope and get up to speed on what's available to them, take care of administrative concerns, and receive medical screenings, all in one day. Secondly, it simply gives Pope a chance to recognize the retirees for what they've contributed to the country.

According to West, a number of Team Pope members have volunteered to ensure Retiree Appreciation Day is successful. "In the past, the base community has been great in turning out and supporting Retiree Appreciation Day by providing services. This year is obviously going to be the same, and that's greatly appreciated by the retiree community."

More than 230 retirees attended last year's Retiree Appreciation Day, and at least as many are expected this year, West said. For more information about Retiree Appreciation Day, call the Pope Retiree Activities Office at 394-1950.

Thorough medical assessment necessary for deployment

Annual preventive health assessments and dental examinations are tools used by 43rd Medical Group to determine if personnel are medically fit.

by 1st Lt. Angela Blackwell
43rd Medical Operations Squadron

An individual's medical clearance for deployment begins long before the individual is tasked to deploy. Annual Preventive Health Assessments and dental examinations are two tools used by the 43rd Medical Group to ensure personnel are medically fit to deploy.

Unit health monitors assist their personnel by ensuring PHAs are accomplished on time.

The medical clearance process begins with an extensive review of medical, mental health, dental and immunization records. Records are reviewed for medical conditions that would interfere with job performance during deployment. Time permitting, the medical readiness staff coordinates a pre-clearance process to identify and resolve medical needs prior to processing lines. On shorter notice deployments, clearances can be accomplished on the processing line.

The medical clearance processing line is an organized system that ensures all personnel on the line are medically capable of deployment before they pass through to the holding area for deployment. Immunizations are given, blood is taken for laboratory testing, a flight surgeon is on hand for further medical assessment and prescription issue. Dental and life skills clinics review the records and send any information that could affect deployment capability out to the line.

Public Health provides medical intelligence briefings that include area specific health threats and appropriate protective measures. They will also identify the need for medications to prevent malaria and any special vaccine requirements. Deployment health assessments are conducted both before and after deployments. The assessments are used to identify any existing medical issues or issues that develop during a deployment.

There are some key show stoppers for deployment. Overdue dental exams place individuals in a Class 4 status that makes them unable to deploy until an evaluation is accomplished and essential dental work is accomplished. Missing lab work such as DNA, blood type and HIV, or immunizations must also be accomplished before individuals can deploy. At this time, the Department of Defense has directed the halt of routine administration of the following immunizations: Yellow Fever, Meningococcal, Tetanus & Diphtheria, Typhoid, and Japanese Encephalitis. These will only be provided to those individuals who have been given a deployment order.

Finally, it is each individual's responsibility to maintain a healthy general fitness level which is essential for deployment. Physically unfit individuals can have a hard time with the physical demands of long hours, heat or cold, and bare base environments.

Team Pope shines for AMC Base Appearance Competition

The Air Mobility Command Base Appearance Competition team visited here Oct. 1 through 3 to judge the base on six categories including general appearance, building exteriors, building interiors, family housing, dormitories and self-help projects.

Although the visit was delayed due to recent world events, Team Pope managed to impress all members of the AMC team.

One of the unit self-help projects showcased was the renovation of the 43rd Support Group office space. This renovation, led by project leader Tech. Sgt. Zina White, turned an outdated and unappealing office into a beautiful yet functional workspace.

It is estimated that the use of "self-help" as opposed to using contractors enabled savings to the government of $236,000.

"Everywhere we went, you were proud to show us your base," said Col. Brian Lally, the AMC BAC team leader. "Pope is among the very best in the command, obviously actively involved in improving all around base appearance."

During their brief visit, various members from base including Lt. Col. Ken Franklin, 43rd Medical Group; Maj. Leslie Welter, 43rd SPTG; Maj. Clarence Janson, 743rd Maintenance Squadron; Capt. Vince Shelton, 43rd Services Squadron; Chief Master Sgt. Joe Renteria, 43rd SPTG, and 1st Lt. Joel Purcell, BAC project officer; escorted the team around the base to show off specified locations.

The competition is a way to increase base pride and esprit de corps on base, but it also promises winning bases money to apply towards quality-of-life projects.

"Our goal is to improve where we live, work and play," Lally said.

With the BAC, base members learn to appreciate their surroundings more and learn how to make their environments more conducive to productivity and fun.

Purcell said the initiative, hard work and long hours put in by members of Team Pope was very appreciated.

"It showed that we are taking pride in our workplaces in the ongoing effort to make Pope a proud place to call home," Purcell said.

The trophies for winner, second place, third place and most improved will be announced at this fall's Phoenix Rally, a conference for AMC commanders.

"I've never seen the base look better," said Brig. Gen. Dick Casey, 43rd Airlift Wing commander. "It's obvious that every member of this community has adopted our new high standards of base appearance and takes great pride in having their name on the Pope mailbox. Team Pope really pulled together to step up to the challenge to make this base shine. I am very proud of our team members for all their hard work and enthusiasm." *(Courtesy of 43rd Airlift Wing Public Affairs)*

U.S. AIR FORCE
"No One Comes Close"

CAROLINA FLYER

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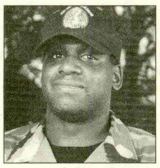
Staff Sgt. Alvin Hatcher
43rd Maintenance Squadron

PERSPECTIVE

Pope talks

by Pamela L. Kehres
Carolina Flyer staff writer

How do you feel about Michael Jordan coming out of retirement?



"I think it's good for the NBA. It might bring a little respect back to the league."

— Senior Airman J.C. Harris
43rd Supply Squadron



"I think he should have stayed retired while he was on top, but I'll go back to watching the NBA because of his return."

— Capt. Gerrod McClellan
41st Airlift Squadron



"I think he needs to allow someone else to enjoy the limelight."

— Senior Airman Nicole Smith
43rd SUPS



"Growing up, he was my favorite player. He will bring a lot of excitement for the fans and challenge to the younger players."

— Senior Airman Frederick Flores
43rd Transportation Squadron

Not In My Air Force!

by Lt. Col. Paul Johnson
75th Fighter Squadron commander

U.S. AIR FORCE

Driving under the influence of alcohol, drug usage, dereliction of duty, failure to go and absence without leave are all subjects certain to get our attention. However, we would rather not spend too much time thinking about them.

Unfortunately, these are all occurring with increasing frequency throughout the Air Force. While each may be a distinct problem, I think we should look at some larger issues first.

As we experience a rapidly changing world with merging cultures and shifting standards of behavior, we, in the military, can feel somewhat out of step with our surrounding society.

There is even talk of the military striving to be a reflection of our society and its associated values. I respectfully disagree with such an idea. The military has historically displayed certain standards of behavior and dedication that often appear out of place in our democratic society.

Our representative system of government was born of a declaration of independence that emphasized individual rights. Unfortunately, the right to the pursuit of happiness can get distorted into a pursuit of personal pleasure without any thought of personal responsibility. Such an idea within the military can be, at best, distracting, and at worst, disastrous.

Within a fighter squadron such as the 75th Tigersharks' we find ourselves performing tasks and operations radically different than what we might find in the civilian sector. We handle a wide variety of highly explosive materials, sometimes in very large quantities. To ensure those explosives detonate on command, we attach volatile fuse assemblies before loading them on our aircraft.

During integrated combat turnaround operations, we attach these high explosives to an aircraft that is holding more than five tons of jet fuel while the aircraft's engines continue to run. We ensure explosives will leave the aircraft on command by inserting impulse cartridges on the bomb racks. These cartridges will fire when electrically charged and force the bomb rack to unlock and release the ordnance.

A reasonable person would conclude such operation is dangerous by any measure — and it is. Now let us add complicating factors such as extreme heat or cold, 24-hour operations, snipers or terrorists on the airfield perimeter, intermittent SCUD missile attacks, and a chemical or biological environment requiring the wear of protective clothing and masks.

The final step is to launch this assembly of aircraft and weapons and fly into hostile fire to employ our system. In peacetime, we labor to get through an exercise anticipating the end of the exercise call by the third day. We forget we could find ourselves conducting combat operations in such an environment indefinitely. While I've described an environment unique to fighter operations, similar conditions can be found throughout the Air Force in particular and in the military in general.

That brings us back to the original matter at hand. The operational environment described above requires a clear mind, sound judgment, and a dedication to duty rarely encountered in the civilian world. To work in the above environment, whether in peacetime or in combat, while mentally impaired by drugs of any kind should be considered unthinkable by every one of us. In addition, if we are unable to display the good judgment to not drink and drive it's reasonable to assume we will be unable to display good judgment while performing inherently dangerous work on a flightline or in the air. Finally, if our fellow Air Force members cannot depend on us to be at our assigned place performing the job for which we are trained, we force someone to take up the slack and threaten everyone's ability to accomplish the mission.

We should take pride that we do not imitate many of the standards of civilian society but, in fact, often set the standards others struggle to attain. Perhaps it is time for us all to adopt a phrase heard in a previous generation: "Not in my Air Force!"

From The Editor's Desk

The entire *Carolina Flyer* staff would like to extend their thanks to all those who wrote to us about the terrorist attacks during the past few weeks.

We received dozens of sincere, heart-felt articles that touched on numerous facets of emotions our people have experienced during the past month: anger, fear and confusion.

All the commentaries we received were reviewed for print, and nearly every article was published. We wish we had the space to print all the commentaries submitted.

Now, as President Bush has requested, we, too, are moving forward with our lives and story coverage. However, do not let that discourage you from continuing to submit commentaries on topics that you feel strongly about.

These commentaries can address anything from an emotional experience to a pet peeve to your opinion on world events to offering a word of thanks for a job well done.

If you have any questions about a topic you are considering, feel free to call the *Carolina Flyer* at 394-4185.

Please keep all submissions to one typed page or less. Also, please ensure submissions are written in a professional tone. Commentaries may be submitted by any member of the Team Pope family.

Commentaries can be e-mailed to Carolina.Flyer@pope.af.mil, and courtesy copied to Victoria.Meyer@pope.af.mil.

Thanks again for sharing your thoughts with us. We look forward to hearing more from Team Pope.

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It's Your Night Out!

It's 1 a.m. and you've got to be up-and-at-'em at 7 a.m. The problem is you're toasted. The party is winding down, and you've got to get home. You look around, and your friends are toasted too. You draw sticks and hope for the best. Darn, you "won." You're thinking it's only a couple of miles to the front gate and you don't feel *that* drunk. You toss a stick of chewing gum in your mouth and off you go.

As you approach the gate you fumble for your ID. You're thinking that if you could just get through the gate you'd be home free! You're hoping for that "quickie" ID check and a friendly wave to proceed.

As you hand the guard your ID card he's observing your every move. He noticed the way you approached the gate - weaving (because you were fumbling for your ID card, of course). He notices your glossy pupils and the way your eyes fail to focus. He notices the slur of your speech when he asks you how you're doing this evening. All of your actions tell the guard to check you out a little closer. He can smell the alcohol emanating from your breath. He knows there's no such thing as Juicy Fruit alcohol-flavored gum. You're busted!

Night after night people are caught drinking and driving. Why? Because they fail to plan. If you take a minute or two to plan the evening you can save yourself great embarrassment, you can save your career, and most importantly, you can *avoid* killing or maiming an innocent human being and you can live to enjoy another one of those great nights out.

While many of us have heard of Operational Risk Management, or ORM, many of us don't use it when we're off-duty. Let's see how we can apply ORM to this scenario. The Air Force has a six-step process:

- **Step 1: Identify the hazard.** Drinking alcohol and operating a motor vehicle is a hazard!
- **Step 2: Assess the risk.** I could get caught, end up in jail, destroy my career, destroy my car, kill or maim an innocent person or myself
- **Step 3: Analyze the control measures.** I could walk, I could take a taxi, I could find a ride with a sober friend, I could set up a designated driver plan, I could sleep over.
- **Step 4: Make control decisions.** Walking is too far, can't afford a taxi, ... Hey, Ken's ugly and can't get a date, but he's a good friend and very reliable. Let's see if he'll be our designated driver and take us to the party or, at least, pick us up later at a predesignated time ... but don't tell him he's ugly!
- **Step 5: Risk control implementation.** Ken's the choice! Even though ugly, he's free, reliable and a good friend!
- **Step 6: Supervise and review.** Evaluate how well your activity went. If you and your friends got home okay, then the feedback is immediate. But don't forget to learn from your mistakes, adjust your future plans as necessary to do things better and smarter next time.

Continuously reaccomplish the 6-step process until you've come up with the plan that makes the most sense.

Remember, there are always alternatives to drinking and driving. Just take a moment before you go partying and apply the ORM process to your decisions. Use good judgment, common sense and the buddy system. Drinking and driving is a choice. Don't you make the wrong one!

(Article taken from the Combat Edge Magazine)

Commander's Helpline



The Commander's Helpline is your direct link to Brig. Gen. Dick Casey, 43rd Airlift Wing commander.

If you have worked through normal channels and aren't satisfied, Helplines are an opportunity to ask questions, compliment someone or make suggestions. You must include a name and phone number for a response.

Helplines of general interest will be published in the Carolina Flyer, others will be answered by letter or phone call.

Remember, the most efficient way to solve a problem is to talk directly to the responsible office or follow your chain of command.

You can call the Commander's Helpline at 394-4357 or e-mail to Commander'sHelpline@pope.af.mil.

394-HELP (4357) • Commander'sHelpLine@pope.af.mil

Helpful numbers

Pope Clinic	394-4258
Pass and Registration	394-2694
Security Forces	394-2800
Legal Office	394-2341
Chapel	394-2677
Military Personnel Flight	394-2276
Pope Club, collocated	497-4031
TRICARE Appointment Line	1-800-931-9501
Civil Engineers	394-2821
Inspector General	394-2302
Family Support Center	394-2538
Child Development Center	394-4323
Kitty Hawk Inn Dining Facility	394-4377
Housing Management	394-4867
Bowling Center	394-2891
Fitness Center	394-2671
Finance (Military Pay)	394-4628
AAFES Shoppette	497-8181
Public Affairs	394-4183

Who is considered mission essential personnel?

Q: I would like to know how it was determined which civilians were considered mission essential once we went into [Force Protection Condition] CHARLIE. For example, none of civilian personnel, 43rd Civil Engineer Squadron or 43rd Communications Squadron, except operators, were working Sept. 13 or returning until Sept. 17.

Some employees were at home on administrative leave getting paid for doing nothing while the civilians in the 43rd Logistics Group and a few other organizations were made to come to work during the same time. However, according to their position descriptions, they are not mission essential.

Under normal conditions, the wing commander is the only one authorized to grant administrative leave or base down days for civilians. We are offered the opportunity to take leave, but not authorized administrative leave. All of the sudden the authority rested on the group or squadron commanders who didn't follow the same rules for everyone.

Why are we making some of our military members work 12-hour shifts on Saturdays and Sundays when other units are not required to come to work? These people are not mission essential either. They are not even getting a day off in 14 days. There is absolutely no flying going on, no mobilization, so why are we burning our folks out this early when we have no idea how long this will go on? What happened to Team Pope?

A: I would first like to address your last question, "What happened to Team Pope?" Brig. Gen. [Dick] Casey, Chief Master Sgt. [Cathi] Durick and I, as well as all the other senior leaders here have been out and about since Sept. 11 as much as our duties would allow. We can personally assure you that Team Pope is alive and well, and its team members are working together even better than before, if that is possible.

These are extraordinary times, and our great American heroes here are enthusiastically up to the test. You can see them out there all the time working long hours to get their work done and then helping out their buddies to complete theirs. The spirit of cooperation, the spirit of comradeship, the spirit of focus on the mission at hand were, and are still all over this base.

Second, I would like to address your first question on how duty positions are determined to be mission essential. Commanders determined who was mission essential. They did that with the support and recommendations of the supervisors who work for them. Brig. Gen. Casey then signed the letter authorizing and approving the commanders recommendations. They told those normally critical people, who they determined we could survive without for those few days, to stay home so we could get the ones we could not live without during that crisis period onto this base. People like aircrews who fly the airplanes, maintainers who get them ready, security forces and fire fighters who protect our base and everything on it, command post folks who orchestrate our operations, and so forth, needed to be at work. The situation required these actions. They were well thought out, and they worked to reduce the challenge of completing our mission.

Col. Steve Baker
43rd Airlift Wing vice commander

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COMMUNITY

Family

For more information on any of the family support center s programs or to register for a class, call 394-2538.

■ **Bus tour:** The next area bus tour is scheduled for Tuesday. Tour Pope, Fort Bragg and downtown Fayetteville. Learn the location of medical and recreational facilities, the base exchange, commissaries, schools, chapel, fitness centers, parks and more. The bus leaves the FSC at 8:45 a.m. and returns between 1 and 1:30 p.m. Free child care is provided if available. Pre-registration required.

■ **Sponsorship training:** This class is for anyone who is, or will be, a sponsor. The class is scheduled from 10 to 11 a.m. Tuesday at the FSC and provides training and a guide. Included is information on initial contact, needs assessment, sponsor letter, base and community resources, permanent change of station programs, meeting and greeting, and settling in services. Pre-registration required.

■ **Single parents luncheon:** A lunch and meeting for all single parents is scheduled for Wednesday at 11:30 a.m. at the FSC. The meeting is open to all active-duty and Department of Defense civilian single parents to discuss issues and share single parenting concerns. Pre-registration required.

■ **Spouse orientation:** In conjunction with the newcomers orientation, the next spouse orientation is scheduled from 8:15 a.m. to 3 p.m. Thursday at the Pope Club. Learn about Pope and the surrounding community. Free child care and lunch will be available to participants. Pre-registration required. Call the FSC for information or to register.

Volunteer opportunities

Editor s note: To request volunteers, submit briefs to the Carolina Flyer at 394-4185 or e-mail Carolina.Flyer @pope.af.mil.

■ **On-base opportunities:** Volunteers are needed throughout the base. Openings currently exist in the American Red Cross, life skills, dental clinic, Boy Scouts, family services, Pope schools, thrift shop, youth center and more. Some positions require training and orientation.

Individuals wishing to volunteer and organizations/ agencies across the base that need volunteers may contact the volunteer resource program manager, Wanda Merical, at 394-2538 from 8:30 a.m. to 12:30 p.m. Mondays, Wednesdays and Fridays, or from 8 a.m. to 4 p.m. Tuesdays.

■ **UPARS needed:** The 43rd Airlift Wing Public Affairs office is looking for anyone who would like to serve as a unit public affairs representative for his squadron. Duties include escorting media and submitting news stories to the base newspaper. For more information call 394-4183.

■ **Tour guides:** The Fayetteville Museum of Art is in need of volunteers for the tour guide program. Volunteers will give tours in the museum as well as help out with other programs. For more information call 485-5121.

News

Editor s note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there s a need to extend the publication of the brief, please call the editor at 394-4185.

■ **Child passenger safety seat checkup:** A child passenger safety seat checkup is scheduled for Oct. 19 from noon to 4 p.m. at Woodland Park. USAA-certified technicians will educate drivers on proper installation, use and care of child car seats. A COSCO car seat will be given away.

■ **Policy regarding children in the clinic revisited:** The base clinic reminds people that children are not allowed in the clinic unless they have an appointment. The policy reflects the clinic's concern for the safety and welfare of the children. Parents should make arrangements for other children in the family not being seen by a medical provider.

Likewise, if a parent is

See NEWS, Page 6

Outside the gate

Editor s note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run four weeks or until the event occurs. If there s a need to extend the publication of the brief, please call the editor at 394-4185.

■ **Public safety day:** The Spring Lake Fire and Police Department are scheduled to sponsor the fifth annual Public Safety Day Oct. 20 at the Southwinds Shopping Center in Spring Lake from 10 a.m. to 4 p.m. Events include a live fire demonstration, vehicle extrications, smokehouse escape trainer, and child find finger printing.

■ **Oktoberfest:** Oktoberfest Internationale, Fort Bragg's fall fair, is schedule to continue through Oct. 21 at the fairgrounds on Bragg Boulevard. Unlimited carnival rides and nightly entertainment are offered for one admission price. Gates open at 5 p.m. Monday through Friday and at 1 p.m. on Saturday and Sunday.

For ticket prices or schedule of events visit www.bragg.army.mil/mwr/fun.htm or call 396-6126 or 396-9126.

■ **Candy x-ray:** Womack Army Medical Center's Radiology Department is scheduled to offer x-rays of Halloween candy Oct. 31 from 7:30 to 9 p.m. in the Department of Radiology on the first floor of Womack.

For more information call 907-8304.

■ **Learn to swim program:** The Fayetteville YMCA is now accepting applications for their new Learn to Swim program. The class is taught by trained coaches from the American Swim Coaches Association. Morning, afternoon and evening lessons available.

To register call Deborah Swanson at 323-0800, extension 234.

■ **Diabetes support group:** The Womack Army Medical Center conducts an adult support group for individuals with type two diabetes. This supplemental support group meets the fourth Wednesday of each month from 3:30 to 5 p.m. in the new Womack Army Medical Center family practice conference room.

For more information call 907-9355.

■ **Mail-in prescriptions:** Womack Army Medical Center is offering a new way to fill prescriptions. Chronic medications such as blood pressure, diabetes and heart medications can be refilled using the new mail-in option. Mailed-in prescriptions usually require a three to four day turn around time from the time the prescription is received.

For more information call 907-7427.

To get a prescription refilled call 907-7676 or (800) 316-8639.

■ **Technology show:** A technology show is scheduled to be held at the Fort Bragg Officers Club Tuesday from 10 a.m. to 2 p.m.

The event will showcase some of the latest technology in computer automation environment. The show is free and open to the public. Complimentary refreshments will be available.

For more information call 1-888-282-2262.

■ **Toastmasters:** Cape Fear Toastmasters is an organization designed to help individuals overcome their fear of public speaking. Classes are held every Tuesday at 6:30 p.m. at the Golden Coral, Skibo Road. For more information call 868-9533.

■ **Learn Korean:** Free Korean languages classes are being offered at the Bethel Korean Presbyterian Church located at 901 Bunce Road. Four levels are scheduled to be taught. All ages are accepted. Classes are held Saturdays from 9 a.m. to noon. Enrollment is on-going. For more information call 864-5739.

■ **Test preparation resource:** The Cumberland County Public Library and Information Center now offers access to an electronic test preparation resource.

This resource features study courses and practice tests for more than 40 different exams in five different categories such as professional licensing and certification exams, civil service exams, academic exams, academic courses and citizenship exams.

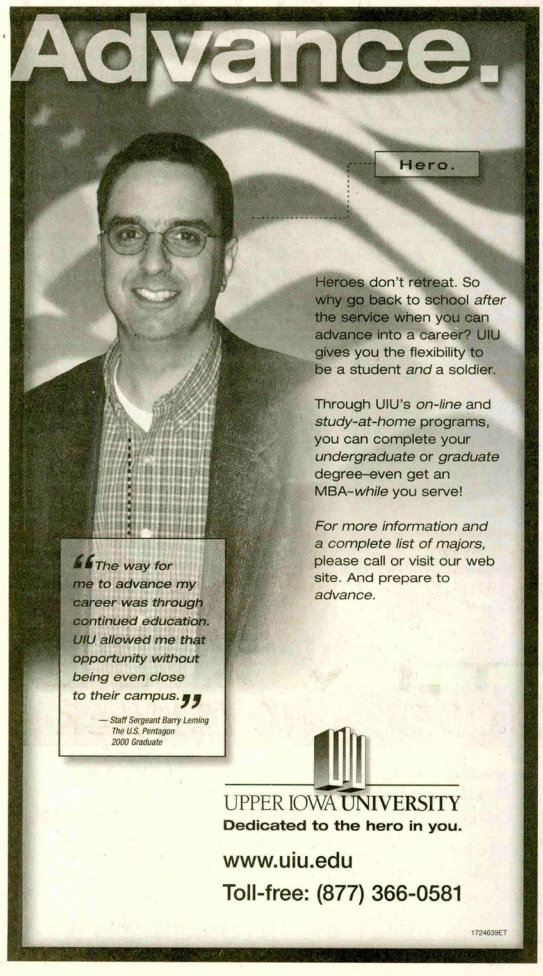
For more information call 483-1580 or log onto www.cumberland.lib.nc.us and select "electronic resources" then "test preparation resource."

■ **Employer Day:** Employer Day on Fort Bragg is conducted regularly from 9 a.m. to noon in building 4-2843 on Normandy Drive. Call 396-7188 to sign-up or inquire about employers who will be present, or visit www.bragg.army.mil/cap.

■ **Reunion:** A reunion of the Air Force Iceland AC&W radar sites H-1, H-2, H-3 and H-4 is scheduled for April 2003 in Dayton, Ohio.

For more information call William Chick at (803) 932-9596 or e-mail littlechick @msn.com.

Air Force Radio News Available Toll Free
The latest Air Force news is available as a daily five minute broadcast at 1-877-237-2346.





COMMUNITY

News

From Page 5

being seen by a provider, a child may not accompany the parent into the exam room. Unsupervised children are also not allowed in the waiting area, unless they are older than 10 years, and then, the sponsor is responsible for anything the child may do while in the waiting area.

If two children under the age of five are being seen by a provider, two adults should accompany them to the clinic.

A parent or legal guardian must accompany all children under the age of 18 to the clinic.

Any parent bringing additional children into the clinic will be asked to reschedule.

■ **Blood drive:** A blood drive is scheduled for Oct. 24 from 8 a.m. to 2 p.m. at the Pope Club. Call 2nd Lt. Elenah Godbolt at 394-9449 for more information.

■ **Halloween party:** A free halloween party is scheduled for Oct. 27 from 8 p.m. to midnight at the Pope Club. Four vacations will be given away.

■ **EWC board meeting:** The October board meeting of the enlisted wives club is scheduled for Oct. 16 at 7 p.m. at the Pope Thrift Shop. New board members should attend and regular members and newcomers are also welcome. Call Katherine St. Onge at 323-9310 or Carman Hinson at 496-1120 for more information.

■ **Case lot sale:** A case lot sale is scheduled for Oct. 25 and 26 from 9 a.m. to 5 p.m. at the parking lot adjacent to the library.

■ **American Red Cross dental assistance course:** The course is scheduled to begin Oct. 29 and is open to adult family members interested in becoming dental assistants. The program requires eight hours a day, five days a week, for six months. The deadline for application is today and interviews will be conducted Tuesday and Wednesday.

Call Staff Sgt. Antonia Procter at 394-2155 or 394-1193 for more information.

■ **Command information management office opening:** The 43rd Airlift Wing command information management office is seeking a motivated senior airman who has graduated from airman leadership school and possesses skills preparing correspondence, reading, editing and reviewing. The applicant should also have knowledge of computers.

Call Staff Sgt. Chasity Best or Tech. Sgt. Connie Gibson at 394-2357 for more information.

■ **National pharmacy week:** National pharmacy week is Oct. 21 through 27 and the 43rd Medical Group pharmacy is scheduled to collect all outdated and expired medication patients wish to discard. Pharmacists will conduct personal consultation for anyone with medication or health-related questions, called the "Brown Bag Medicine Review." Patients are asked to bring in prescription and non-prescription medicines for a checkup. This year's theme is "Talk to your pharmacist ... your prescription for good health."

■ **Volunteer of the quarter nominations:** Volunteer of the quarter nominations for July through Sept. are now being accepted. Nomination procedures are according to Pope AFB Instruction 36-101. Nomination packages for group volunteer selections for the 43rd AW Quarterly Awards program must be received by noon Wednesday at the FSC.

Call Wanda Merical at 394-2538 for more information.

■ **Rental car fraud:** The British Ministry of Defense Police and Air Force Office of Special Investigation are currently investigating a company that rents vehicles to U.S. and other authorized personnel in the United Kingdom. Allegations claim this company may have charged for damage to rental vehicles which did not occur or U.S. personnel may have been deceived into paying other fraudulent charges for vehicles. Those who have been defrauded may not know they paid unnecessary or unlawful fees. Personnel who think they may have been defrauded by this company should call local AFOSI.

■ **Family center dedication:** The base family center is currently in the process of being dedicated. The committee is asking for submissions of an Air Force member, living or deceased, who has made a contribution to the Air Force or to the base in particular. Contributions in the areas of behavioral health, equal employment opportunity, family/human relations, and/or family support are the criteria.

One proposal per person (personnel or family members) will be considered. Submissions should include a brief explanation of why the individual deserves recognition.

All submissions must be received by today.

Send to 2nd Lt. Elenah Godbolt, 43rd Services Squadron. E-mailed submissions can be sent to elenah.godbolt@pope.af.mil.

■ **Spouse scholarship:** The Air Force Spouse Scholarship program, sponsored by the Aerospace Education Foundation, is designed to encourage 30 spouses worldwide to pursue associate, bachelor undergraduate, graduate or postgraduate degrees.

Applicants must be the spouse of an active-duty, Air National Guard or Air Force Reserve member to be eligible. Spouses who are themselves Air Force members, or in reserve officers training corps, are not eligible to apply. Applicants who have received this scholarship previously are not eligible to apply.

Undergraduate students must be enrolled in a minimum of six credit hours when the scholarship is awarded in January. Graduate and post-graduate students must be enrolled in a minimum of three credit hours.

The scholarship will be awarded at the end of January.

The $1,000 scholarship may be used to pay for any reasonable cost related to pursuing a degree. This might include tuition or books and any remaining money can be used to pay for either transportation or child care costs.

The deadline for application is Nov. 1. Applications can be obtained from the education center Monday through Friday between 7:30 a.m. and 4:30 p.m. Call Debbie Neuenschwander at 394-1140 for more information.

■ **New education office hours:** Effective immediately, the education office has changed customer service hours to 7:30 a.m. to 4:30 p.m., Monday through Friday. Call the education center at 394-4692 for more information.

■ **No-fee passport requests backlogged:** Due to the backlog at the Department of State processing of dependent no-fee passports, the department is requesting that no submissions of any passports be made unless applicants are within 60 days of departure.

Call the passport agent at 394-2599 for more information.

■ **Use or lose leave carried over:** In light of current events, the Air Force is allowing personnel who, as of Sept. 11, have up to 20 days of use or lose leave to automatically carry that leave over into next fiscal year.

Members carrying over 20 days or less will not have to fill out paperwork. Members with more than 20 days will have to submit an individual request for correction of military records in accordance with Air Force Instruction 36-3003, military leave program, to get those additional days restored. This is not a permanent change to the leave policy. It is for this fiscal year only.

Call the military personnel flight customer service for more information.

■ **Thrift shop co-manager sought:** The base enlisted wives club is looking for a dedicated individual to fill the position of thrift shop co-manager. The volunteer position requires about 10 hours per week and membership in the spouses club. No experience is required.

Call Gina Bahr at 436-2644 or Katherine St. Onge at 323-9310 for more information.

■ **Santa's Attic volunteers needed:** Volunteers are needed for this year's Santa's Attic shopping day. Children of airmen E-5 and below who are 10 and under can shop Dec. 6 for a free holiday gift for their parents. Personnel and family members who can spare a few hours to this event should call Tech. Sgt. Tina Crosby at 394-1719.

■ **HAZCOM class:** The public health office is scheduled to conduct a hazard communication training class Monday at 1 p.m. in the behavioral health classroom. This class will be open to all industrial shop supervisors who are in charge of training their personnel about the hazards in their shop, safety requirements, material safety data sheets, etc.

The class is a requirement for any supervisor responsible for training personnel on these issues. Supervisors in need of this class, or those needing refresher training should call the public health office at 394-1238 or 394-1233 to sign up.

■ **Turkish experience:** The base officers wives club is scheduled to present the annual Turkish experience featuring Galeria Ikman's carpets, rugs and wares Oct. 31 through Nov. 2. The event will take place Oct. 31 from 11:30 a.m. to 7 p.m. and Nov. 1 and 2 from 10 a.m. to 7 p.m. at the Pope Club.

Proceeds will benefit welfare projects. Call Liz Schneider at 868-0851 for more information.

■ **Separatee opportunity:** The Air Force Reserve has many opportunities for retraining, bonus Air Force Specialty Codes, and educational benefits for those separating from the Air Force. For more information, call Master Sgt. Wilson Todd at 394-1099.

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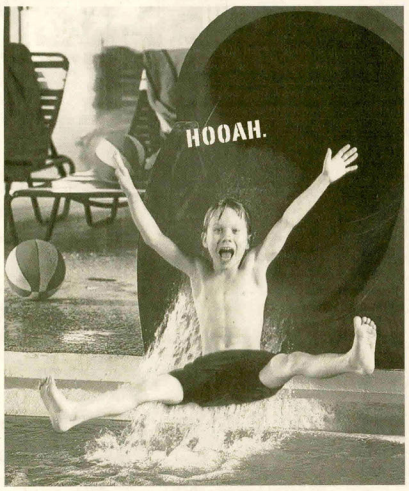
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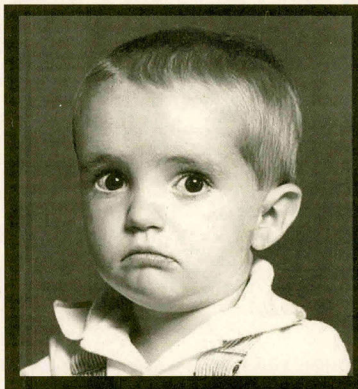


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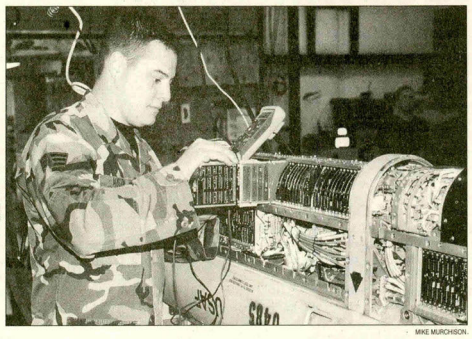
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NEWS



MIKE MURCHISON

Sharp troop

Editor's note: The Pope Chief's Group recognizes enlisted members E-6 and below who positively represent the Air Force. Nominations can be submitted to any chief on base.

Senior Airman
Jason M. Austin
23rd Maintenance Squadron

Job title: Electronic Warfare Journeyman

Hometown: Syracuse, N.Y.

Short-term goals: Make staff sergeant my first time testing. I also want to start taking night classes that will apply toward my Community College of the Air Force and bachelor's degrees.

Long-term goals: Use Air Force resources to obtain a bachelor's degree in electrical engineering. I would also like to apply to Officer Training School.

Advice to others: Always put forth 100 percent effort in your job. Be known for improving the programs you're involved with.

Role model and why: My father, Michael Austin, for always being there to point me in the right direction.

Base Undergoes Environmental Compliance Assessment

The base is scheduled to conduct an evaluation under the Environmental Compliance Assessment Management Program Oct. 29 through Nov. 2. Every one needs to take a good look at their work sections to check for compliance with environmental rules, regulations and policies.

In response to Executive Order 12088, Federal Compliance and Pollution Control Standards, the Air Force instituted the ECAMP to ensure compliance with federal, state and local laws and Department of Defense environmental regulations. ECAMP includes all 43rd Airlift Wing and tenant units located on or off base. The last internal ECAMP was performed during October 2000.

ECAMP helps the base personnel identify problems and develop corrective actions to ensure the installation is meeting the environmental responsibilities as a base. Maintaining environmental compliance requires a full Team Pope effort. It also ensures the base is prepared for the many inspections conducted by State and Federal regulators each year.

This year's assessment will spend the majority of its time in the industrialized shops on base. However, every one must pay close attention to his hazard communication program, hazardous material usage/storage, and hazardous waste management.

The ECAMP evaluation focuses on 14 separate areas which include air emissions management, cultural resources management, hazardous materials management, hazardous waste management, natural resources management, pesticide management, petroleum/oil/lubricant management, solid waste management, storage tank management, toxic substances management, wastewater management, water quality management, pollution prevention and other environmental issues.

The ECAMP Team will take a good look at how the base does business and highlight areas where the base can improve. The goal is to fix any deficiencies so that the regulators do not identify any when they conduct their inspections.

Ultimately, this helps the base avoid receiving notice of violation, which, in turn, could lead to fines and penalties. ECAMP is an in-house Air Force evaluation and needs to be open and informative. Be proactive in helping the team identify potential problems and solutions so the base can maintain its outstanding compliance record.

(Courtesy of 43rd Civil Engineer Squadron)

Wondering about current base operations status? Call 394-WORK.



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October 9, 2001

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At Home Depot this is a small way for us to say thanks for being there. You truly personify what is great about America. I hope your schedule will allow you to visit us between October 9th and October 21st. You may be sure all of us will continue to keep you in our thoughts and prayers in the days ahead.

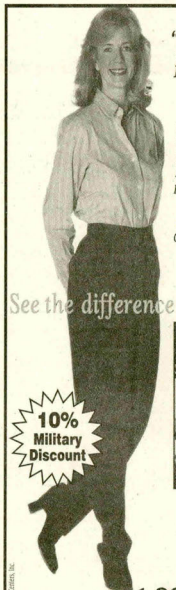
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NEWS

Airmen take responsibility for breaking UCMJ

The following is a summary of the nonjudicial punishments given by commanders under Article 15 of the Uniform Code of Military Justice in September.



Disobeying a lawful order

A senior airman from the 43rd Operations Support Squadron was served an Article 15 for willfully disobeying a superior commissioned officer.

The member was driving his personally-owned vehicle while his license was revoked for a driving under the influence ticket.

The punishment was a reduction to the grade of airman first class, forfeitures of $692 per month for two months and 30 days extra duty.

Use of marijuana

An airman first class from the 43rd Transportation Squadron was served an Article 15 for wrongful use of marijuana.

The member tested positive in a random urinalysis.

The punishment was reduction to the grade of airman basic.

An airman first class from the 43rd Supply Squadron was served an Article 15 for wrongful use of marijuana.

The airman tested positive in a random urinalysis.

The punishment was reduction to the grade of airman basic.

Dereliction of duty

An airman first class from the 74th Fighter Squadron was served an Article 15 for dereliction of duty and false official statement.

The member was viewing pornographic images on a government computer. When officially questioned about it, he lied.

The punishment was a reduction to the grade of airman and suspended forfeitures of $400 per month for two months.

An airman from the 2nd Airlift Squadron was served an Article 15 for dereliction of duty.

The member was 120 days late on payment of his government travel card.

The punishment was a reduction to the grade of airman basic.

Failure to go

An airman first class from the 43rd Maintenance Squadron was served an Article 15 for failure to go.

The member continued to show up late for duty after being counseled several times.

The punishment was a suspended reduction to the grade of airman, a reprimand, and 14 days restriction to base. *(Courtesy of the legal office)*

3 face military judge, jury

An airman first class from the 75th Fighter Squadron was sentenced in a general court martial here Aug. 30.

For violating Article 80 of the Uniform Code of Military Justice, Airman 1st Class Jason Rodriguez was sentenced to 75 days confinement, reduction to airman basic and forfeiture of $500 pay per month for three months.

Rodriguez pled not guilty to using, distributing and possession of ecstasy, and possession of LSD. He elected to be tried and sentenced by court members to include one-third enlisted members.

After reviewing evidence, hearing witness testimony and sentencing arguments, the court members deliberated approximately two hours. They found Rodriguez guilty of attempting to use and possess ecstasy, and attempting to use LSD.

Rodriguez faced a maximum punishment of 15 years confinement, a dishonorable discharge, a reduction to the grade of airman basic, total forfeitures and a fine.

Rodriguez will serve out his confinement at Camp Lejeune.

Capt. Victor Wright, area defense counsel, Andrews AFB, Md., and Capt. Martin Mitchell, circuit defense counsel, Maxwell AFB, Ala., represented Rodriguez. Capt. Brian Persico, 43rd Airlift Wing Legal Office, and Maj. John Taitt, circuit trial counsel, Bolling AFB, Washington, D.C., represented the government.

A senior airman from the 43rd Operations Support Squadron was tried and sentenced in a summary court martial here Sept. 19.

Senior Airman Kimberly S. Cole pled guilty to misuse of the government travel card, failure to obey a lawful order and failure to pay the government travel card.

Capt. Matthew R. Grant, Summary Court Officer, found Cole guilty of the charges and specifications.

In a summary court-martial convened on a senior airman or below, the maximum sentence that can be issued is 30 days of confinement, forfeiture of two-thirds pay for one month and reduction to the lowest enlisted grade.

Grant sentenced Cole to 45 days hard labor without confinement and a reduction to airman.

Capt. Edward Gray, ADC, represented Cole. Capt. Matt Coakley, AW Legal Office, represented the government.

An airman from the 41st Airlift Squadron was sentenced during a general court martial Sept. 24.

Airman Andrew McKenzie was sentenced to confinement for 18 months, a bad conduct discharge and reduction to airman basic for violating Article 112a of the Uniform Code of Military Justice, wrongful use of a controlled substance.

McKenzie was charged with wrongful use and possession of controlled substances under the UCMJ.

McKenzie pled guilty to two specifications of wrongful use of marijuana, one specification of wrongful use of ecstasy, and one specification of wrongful use of methamphetamine.

He elected to be tried and sentenced by military judge alone.

During the court, McKenzie admitted to using marijuana, ecstasy and methamphetamine and he also admitted to using marijuana while on an air expeditionary force deployment in Europe.

The specifications of possession were withdrawn pursuant to the terms of a pretrial agreement.

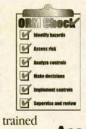
Lt. Col. James Flanary, military judge, found McKenzie guilty of wrongful use of controlled substances. The judge deliberated approximately 90 minutes after hearing witnesses' testimony and the attorneys' sentencing arguments.

McKenzie faced a maximum punishment of 14 years confinement, a dishonorable discharge, forfeiture of all pay and allowances and reduction to the grade of airman basic.

Todd C. Conormon, civilian defense counsel, Fayetteville, and Capt. Brent C. Harvey, ADC, McGuire AFB, N.J., represented McKenzie. Coakley represented the government. *(Courtesy of the legal office)*

Operational risk management made simple

Operational Risk Management or ORM has been around the Air Force for five years now. Yet, surveys still tell us that up to 30 percent of our personnel have never been trained in ORM or were trained and didn't remember it. The 43rd Airlift Wing Safety Office feels part of the problem may be the complexity of the formal Air Force 6-step process. In an effort to simplify ORM and maximize its understanding and use, the base is adapting a 3-step philosophy that should increase understanding and retention of ORM principles. The new process is known as ACT.



Assess environment for risk

A. Be aware of your surroundings, duties, tasks, etc., on and off duty

B. Analyze what could go wrong

C. What are the chances of something happening

Consider options to limit risk

A. What can you do about it?

B. Is it worth the risk to do it?

C. Does the risk require you to elevate the decision making process?

Take appropriate action

A. Implement risk controls (take preventive action)

B. Does your action control the risk; if not, start process again

C. Spread the word! Let others learn from your experience

The safety office said they believe this simplification of ORM principles will help establish the ORM culture in our everyday tasks—both on and off duty, and will gives us the tools required to maximize ORM understanding and use. *(Courtesy of the safety office)*

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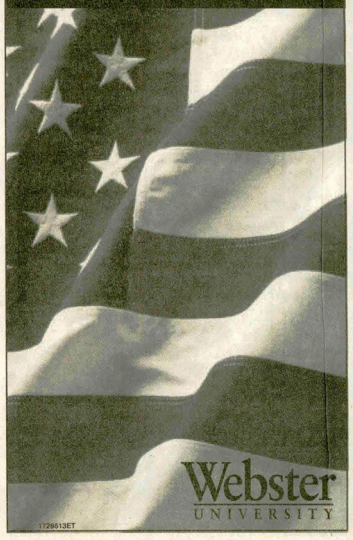
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MIKE MURCHISON

Brig. Gen. Dick Casey, 43rd Airlift Wing commander, signs his Combine Federal Campaign pledge slip Oct. 4 after reviewing the CFC catalog.
The catalog includes more than 1,500 agencies from which base personnel can choose to donate. According to 1st Lt. Philip Farris, 43rd Medical Support Squadron, the CFC drive began Sept. 24 and is scheduled to run through Nov. 5. The base has received a command-directed goal of 100 percent contact by Oct. 26.

Prepare trick-or-treaters with safe costumes

With Halloween creeping up, parents of little ghouls and goblins are most likely getting costumes and plans together for the big trick-or-treat night. Adhering to these guidelines will help keep costumed little, or not so little, ones safe.

■ Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.

■ Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.

■ Secure emergency identification (name, address, phone number) discreetly within Halloween attire or on a bracelet.

■ Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives.

■ When shopping for costumes, wigs and accessories, look for and purchase only those with a label clearly indicating they are flame resistant.

■ Think twice before using simulated knives, guns or swords. If such props must be used, be certain they do not appear authentic and are soft and flexible to prevent injury.

■ Obtain flashlights with fresh batteries for all children and their escorts.

■ Plan ahead to use only battery powered lanterns or chemical lightsticks in place of candles in decorations and costumes.

■ This is also a great time to buy fresh batteries for your home smoke alarms

■ Teach children to how call 9-1-1 (or their local emergency number) if they have an emergency or become lost. Remind them that 9-1-1 can be dialed free at any payphone.

■ Review with your children the principle of "Stop-Drop-Roll" should their clothes catch on fire.

■ Openly discuss appropriate and inappropriate behavior at Halloween time.

■ Consider purchasing individually packaged healthy food alternatives (or safe non-food treats) for those who visit your home.

■ Take extra effort to eliminate tripping hazards on your porch and walkway. Check around your property for low tree limbs, support wires or garden hoses that may prove hazardous to young children rushing from house to house.

■ Learn or review CPR skills to aid someone who is choking or having a heart attack.

■ Consider safe party guidelines when hosting an adult or office party. *(Courtesy of the 43rd Airlift Wing Safety Office)*

NEWS

Enlisted Wives Club inducts new officers

October is an exciting time for the Pope Enlisted Wives Club. Each year at this time, a new executive board is installed. And with each new board comes a host of fresh ideas and a renewed spirit of camaraderie.

The formal induction ceremony for the 2001-2002 board was held at Pope's Log Cabin Oct. 2 at 7 p.m. The ceremony included a traditional candle lighting ritual.

"Each candle color represents a virtue of office, with the center white candle representing the body of membership trust. Each officer takes an oath to perform that duty and assume the responsibility that is entered into at the induction," explained Shelley Casey, honorary first advisor of the EWC.

A potluck dinner followed the ceremony which was attended by members of the advisory council: Trish Trifilo, wife of Col. Richard Trifilo, 43rd Support Group commander, and Senior Enlisted Spouse Advisor Master Sgt. Len Durick.

Newly installed president Katherine St. Onge explained that the current board will continue to build upon the many accomplishments of last year's group which was led by outgoing president, Carman Hinson. Hinson is now serving as the first vice president.

"Our goal is to renew the EWC commitment to promoting friendship as well as to continue to serve the Pope community. We will devote much more energy toward having fun as we reach out to all enlisted spouses," St. Onge said.

However, both Hinson and St. Onge agreed that the base thrift shop will also be a top priority for the club. Loretta Poboy was recently appointed as the EWC thrift shop manager, replacing Margarete Scott who held the position for more than four years.

"Loretta is a long-time EWC member and thrift shop volunteer. I know she'll do a great job, and we intend to give her our full support," said Hinson.

The Pope EWC raises thousands of dollars each year from the thrift shop as well as various fundraising events such as holiday gift wrapping and bake sales. Almost 92 percent of these funds are returned back to the Pope community through several important events like Santa's Attic, the Airmen's Appreciation Dinner, and the Annual Volunteer Appreciation Luncheon.

The EWC treasurer, Christie Poll, said that more than half of the club's income last year went just to scholarships and quarterly award winners.

"Each of these worthwhile causes is vital to Pope, and the EWC has a proud history of support for activities that benefit the base family," St. Onge said.

Regular membership in the club is open to spouses of active duty, reserve or retired enlisted Air Force personnel; associate membership is made available to enlisted active duty members not meeting the criteria. Meetings are held on the first Tuesday of each month at 7 p.m. For more information on Pope's EWC, contact St. Onge at 323-9310 or Hinson at 496-1120. *(Courtesy of Pope Enlisted Wives Club)*



MIKE MURCHISON

Katherine St. Onge, newly appointed president of the EWC, symbolically accepts her position by lighting a white candle. Each officer lit a colored candle that represented a virtue of the office they were to about to accept, white representing devotion.

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NEWS

21st Air Force visit

(Right) Chief Master Sgt. Michael Kerver, 21st Air Force command chief master sergeant (center), discusses force protection issues with Senior Airman Sheresa Poteat, 43rd Security Forces Squadron, and Chief Master Sgt. Kathi Durick, 43rd Airlift Wing command chief master sergeant at Reilly Gate Oct. 3. Kerver also attended a first sergeants meeting and a Crisis Action Team meeting, met the 43rd Civil Engineer Squadron engine recovery team, had lunch with Pope's Top 3, and toured the 43rd Communications Squadron and 743rd Maintenance Squadron.



TECH. SGT. BOB BLAUSER

(Inset) Lt. Col. Stephen Distasio (left), 43rd Aeromedical Evacuation Squadron commander, presents a squadron coin to Brig. Gen. Nick Williams, 21st Air Force commander during the visit.



DAVE DAVENPORT

Shopping in a flash for those in uniform



Airmen who are in a rush and just need to get a few items can go to the front of the express lines Monday through Friday from 11 a.m. to 1 p.m. This policy is to assist military members during the lunch rush hour to get a quick deli lunch or a short shopping list without all the hassle and still make it back to work.

Military members in uniform will be able to get in and out of the commissary even quicker now. Both the North and South Post Commissaries have a policy for military personnel in uniform to go to the front of the line in all express lines. This service is a result of suggestions to better serve commissary customers.

Also, the fall case lot sale is scheduled to be held in the base Post Office parking lot Oct. 25 and 26 from 9 a.m. until 5 p.m. each day. The sale will feature many items including trick-or-treat goodies and pumpkins for carving up.

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AROUND THE AIR FORCE

Food airdrop to Afghans underscores president's humanitarian pledge

by Master Sgt. Randy Mitchell and Master Sgt. Kenneth Fidler
United States Air Forces in Europe Public Affairs



STAFF SGT. A.J. BOSKER

Crew members from the two C-17 Globemaster III airlifters celebrate after returning to Ramstein Air Base, Germany, following a humanitarian airdrop mission over eastern Afghanistan Monday. The cargo planes are supporting humanitarian relief missions associated with Operation Enduring Freedom.

Two C-17 Globemaster III aircraft flew a daring 22-hour mission to airdrop some 35,000 humanitarian daily rations into Afghanistan early Monday.

The airdrop came hours after U.S. and allied aircraft bombed terrorist targets inside the country.

The aircrews flew the 6,500-mile round trip sortie, which originated from Ramstein. They dropped their cargo into the eastern and northern parts of the country.

It was the first U.S. military airdrop of humanitarian aid into the embattled nation, and the first time the Air Force used this kind of airdrop operationally. The aircraft flew under combat conditions at a higher altitude.

That made for a "very dangerous mission," Col. Bob Allardice, the overall mission commander, said at a press conference at the base after the aircraft returned safely.

"This unprecedented mission to deliver aid to the Afghan people was both very difficult and challenging," Allardice told some 50 international media representatives. "This airdrop mission was the first installment of President Bush's $320 million aid package for the people of Afghanistan."

The C-17s parked in front of the press conference area, and the jubilant crews congratulated each other as they exited the aircraft.

Though not identified for security reasons, the airborne mission commander did speak to the assembled media about the rigors involved with the mission.

"This mission required intensive planning, preparation and coordination," he said. "The success of a demanding and dangerous mission like this is a testament to the professionalism and dedication of our crews and the people who support them."

Aircrews depressurized the C-17s and opened their cargo doors on the approach to the drop zone, Allardice said. At the precise time, the pilots pulled the aircraft nose up about seven degrees and the loadmasters released the specially constructed container delivery systems with the rations.

The containers — called the tri-wall air delivery system — have a static line that tightens and flips the containers once they clear of the aircraft. Once open, the pre-packaged food rations disburse and spread over the drop zone.

"We determined our drop zones, taking into account where the people who needed the aid are located, potential threats in the area, and existing wind conditions to maximize accuracy to the best of our ability," Allardice said. "Our goal was to get the aid to the right people, without putting them at undue risk."

Each of the 2,200-calorie ready-to-eat food rations contains two main vegetarian meals based heavily on lentils, beans and/or rice. It also has complementary items such as bread, a fruit bar, a fortified biscuit, peanut butter and spices.

"One meal provides enough nutrition for an entire day for one person, but needs to be supplemented with liquids," said Capt. Dana Whelan, a registered dietician with Ramstein's 86th Medical Group. "The meals are a good source of protein, fortified with vitamins and minerals and are appropriate for someone in a poor state of nutrition."

Keep puzzle pieces apart

by Staff Sgt. Amy Parr
Air Force Print News

Picture a large jigsaw puzzle with many pieces. Sometimes two pieces fit together and sometimes they do not. What happens when a piece does not fit? It is put to the side until a match shows up.

In operations security, each bit of information is a puzzle piece. When alone, some information might seem unimportant. But, when matched with other information, the entire picture can be completed.

According to Master Sgt. David Walker, Air Force OPSEC program manager at the Pentagon, when someone violates OPSEC rules, the military mission could be compromised, resulting in lost lives and equipment.

He said the enemy can analyze small bits of unclassified information from telephone conversations, e-mails and small talk and use them to examine the planning, preparation, execution and post execution phases of any activity. This allows them to see the big picture of military action in any operational environment.

"The picture with bits and pieces of information added together provides the adversary an upper hand," he said. "The enemy now has the information necessary to thwart our planned military operations."

The purpose of OPSEC is to identify information and observable actions relating to mission capabilities, limitations and intentions in order to prevent exploitation by potential adversaries. So, Walker said it is everyone's duty, whether active duty, family member or civilian, to protect the mission.

Some things people should not talk about outside the proper environment include troop movements and locations, equipment locations, operational status of equipment, mission taskings and leadership movement.

Walker said it is also important to remember that the need to know takes precedence over a person's security clearance.

"Even if a person has the proper security clearance, the information may be privy to a small group of people who are responsible for protecting the information," he said. "Prior to granting access to classified material, a person must have the proper security clearance and a need to know."

Walker said following simple OPSEC can make the enemy's job that much more difficult. "A little effort on our part can make it much harder for our adversaries to gain valuable information regarding Air Force military operations."

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AROUND THE AIR FORCE

Secretary Roche discusses terrorism, Air Force mission

by Senior Airman Oshawn Jefferson
Air Force Print News

Secretary of the Air Force Dr. James G. Roche touched on several topics during his visit to Lackland AFB, Texas, Oct. 5.

The Sept. 11 terrorist attacks on America, the Air Force's role in President Bush's war on terrorism, the service's future, and his thoughts on the victims and families affected by the attacks were the main focus during Roche's visit.

The issue of the Air Force's role in the president's war on terrorism intensified when Bush announced Oct. 7 that the U.S. military launched attacks on al Qaeda training camps and military installations of the Taliban regime in Afghanistan. Knowing this is just the beginning of a long campaign, Roche discussed what airmen can expect in the next six to 12 months.

"We are now entering an era in which we need to anticipate and prepare for asymmetric attacks, including but not limited to terrorism," Roche said. "We heard the president say this will be a long campaign, and it will be conducted with both traditional and nontraditional means, with coalition partners and through diplomatic, financial, intelligence, economic and other tools. The Air Force will play a role, above all, by applying our global reconnaissance and strike assets when called upon by the president."


SECAF Roche

Roche also talked about how the aerospace expeditionary force fits into any military operations and how the system was designed to meet changing world crises and will continue to work as planned.

"In 1994, we started the AEF as an experiment of how to deal with ourselves in the contingency world that is much different than the Cold War world we used to live in," Roche said. "[Former Chief of Staff of the Air Force General Michael E. Ryan] formalized it in 1997 and made it into a construct for our entire Air Force. The contingency world we live in now dominates our activity. As we embark on yet another contingency, we have configured ourselves for this sort of thing."

The Sept. 11 terrorist attacks on the United States have shown America's vulnerability to an attack. With America now in a bombing campaign in Afghanistan, and the Taliban regime calling for "jihad," or holy war on any country attacking them, Roche discussed the importance of the Air Force's role in homeland defense.

"Reflecting the reality that homeland defense goes beyond military issues, the mission of the [office of homeland security] will be to develop a coordinated, integrated, comprehensive, national strategy to combat domestic terrorism by strengthening our preparedness and homeland security at all levels."

In light of recent events, Roche said that the Air Force has entered into an era in which it is compelled to rethink its defensive posture in a changed environment.

"We must develop a strategy for a different era," he said.

Although, he added, the recent world events have not changed his initial goals and initiatives since he took office as secretary of the Air Force.

"[Recent events] do not change our priorities because as a contingency force, and as an expeditionary air and space force, we are already configured to deal with any contingencies that arise," Roche said. "We will continue our transformation into an even better force, with superb systems and leaders, as we contribute to this campaign."

As the Air Force tries to look to the future, Roche discussed his top priorities and goals for 2002.

Roche said he had four priorities for fiscal year 2002, the first being people. "We must be able to attract and retain the very best individuals to serve [in the Air Force]."

He said his second priority was strategy. "We must continue, or rebuild, a force structure that, when teamed in joint or combined operations, will be effective in keeping peace and preserving freedom in this century." he said.

His next is efficiency. "We must accelerate our drive to become more modern and more efficient as an organization," Roche said. "The Air Force will never be a business, but it can be more business-like.

Roche ended with innovation and the industrial base as his fourth priority. The Air Force needs to reform, in a constructive manner, its acquisition policies and processes so as to "ensure innovation and competitive vibrancy within the defense industrial base," he said.

Roche added that promoting innovation within the defense industry will help ensure the Air Force acquires the technology necessary to maintain its position as the aerospace leader in the world.

As the Air Force prepares for the future challenges ahead, Roche said, "I want all of you to know that, even as we mourn for our fallen countrymen, we will not be deterred from carrying out our global responsibility as America's expeditionary aerospace force power. We will continue to perform our noble work in the days ahead."

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SPORTS AND FITNESS

Sports briefs

For more information on any of the fitness center s activities, call 394-2671.

■ **Night glow ball:** The 43rd Services Squadron has scheduled a 9-hole, 4-person scramble Nov. 2 at 6 p.m. at Willow Lakes Golf Course. The cost is $20 for members and $30 for non-members. There will be prizes, food and a post-Halloween costume contest. Enter by Oct. 26.

■ **Free karate lessons:** Karate lessons for children have been scheduled for Tuesdays and Thursdays at the youth center. Call 394-2869 or 394-1045 with child's name and age to register.

■ **Fall horse trials:** The Fort Bragg Riding Stables has scheduled its fall horse trials Oct. 20 from 8 a.m. to 6 p.m. The competition will include dressage, cross country and stadium jumping.

The event is free and open to the public. Call 396-4510 for more information.

■ **Intramural racquetball:** Registration for the fall intramural racquetball tournament, scheduled for Nov. 2 through 4 at the Dahl Physical Fitness Center, is underway. The tournament includes singles and doubles competition for various age and skill classifications and is open to all military/government ID card-holders aged 18 and older.

Entry forms are available at all Fort Bragg fitness centers and at the sports office at building 8-2105 on Knox Street.

Enter by Oct. 31. Call 396-1217 for more information.

■ **Mat time available:** Mat time is available at Lee Fitness Center from 6:30 to 9 p.m. so wrestlers can prepare for the 2001 post wrestling meet, scheduled for Nov. 19 and 20.

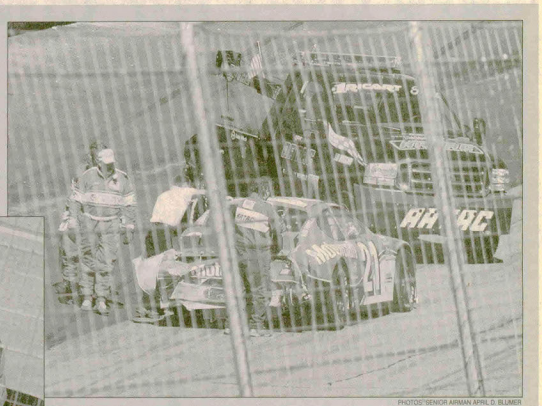
Matches will begin at 6:30 p.m. during the meet, which is open only to active-duty personnel. To enter, participants must weigh in at Lee Physical Fitness Center from noon to 1 p.m. or from 7 to 8 p.m. Nov. 19. Weight classes are as follows: 119, 127.75, 138.75, 152, 167.5, 187.25, 213.75 and 286 lbs.

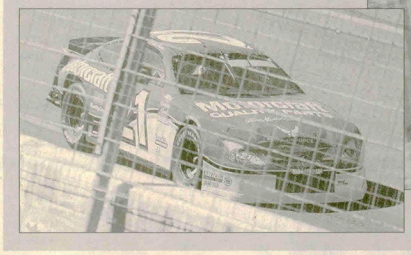
Call the sports office at 396-1217 or 396-3568 for more information.

■ **Fayetteville flag football:** Fayetteville Flag City Football is scheduled to begin Oct. 21. Games will be played on Sunday afternoons at Reid Ross Middle School on Ramsey Street between 1 and 5 p.m. Anyone interested should call Tim Young at 394-2827 or 273-6063 for more information.

Tough time at track

The 21 car (right), sponsored by the Air Force, is towed off the race track Sunday after the driver, Elliott Sadler, hit the wall in turn two at Lowe's Motor Speedway in Concord.
In a radio interview, Sadler criticized himself for losing control of his car in lap 22.
After extensive time in the garage repairing the car, Sadler re-entered the race, finishing the UAW-GM 500 in 37th position, 111 laps behind the lead car.





PHOTOS: SENIOR AIRMAN APRIL D. BLUMER

The damaged 21 car (left) limps slowly around turn two before coming to a complete stop.

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SPORTS AND FITNESS

Vary diet for cancer prevention

by Christine Osterkamp
M.S., R.D., L.D.
Health and Wellness Center

Q: I've heard that this is National Breast Cancer Awareness Month. Are there any nutrition guidelines for preventing cancer?

A: There are several things you can do to reduce your risk of getting cancer. Balanced nutrition certainly plays a big role in staying healthy and protecting our bodies from diseases.

Some people think that healthy eating means just eating iceberg lettuce and drinking water all day long. That is not the case. Starvation diets do not provide enough nutrition for good health. The human body needs a wide variety of food from all food groups on a daily basis.

Each food group provides an assortment of important nutrients.

Therefore, eliminating one group may cause the body to lose out on several essential nutrients.

Fad diets, such as low-carbohydrate, high-protein diets are not ideal for helping in the fight against cancer. They do make people lose weight quickly, but they are not healthy.

When I teach my patients about eating healthier, I always suggest gradual changes. It's best to focus on what you're doing right now and then slowly start to add some foods and habits that can help you protect yourself against cancer.

Fruits, vegetables, whole grains, and legumes are some of the key groups that supply powerful cancer-fighting nutrients. More and more, research is being done on phytochemicals, or plant chemicals, and how they contribute to reducing cancer risk.

Current findings reveal that insufficient intake of fruits and vegetables is linked to 40 to 70 percent of all cancers. That is why it's best to try to get five total servings of fruits and vegetables each day. They are rich in the phytochemicals and antioxidants crucial to good health.

The American Cancer Society has nutrition guidelines to help reduce the risk of getting cancer. When you see advice that says "limit" or "cut down on" something, it does not mean you should eliminate it.

Always remember that moderation is the way to go. Do the best you can on a daily basis to balance your food intake and be active.

For more information, you can call the health and wellness center at 394-4292 or stop in for literature about staying healthy.

American Cancer Society nutrition guidelines:



- Maintain a desirable body weight.
- Eat a varied diet.
- Include a variety of vegetables and fruits on a daily basis.
- Eat more high-fiber foods, such as whole grain cereals, legumes, vegetables and fruits.
- Cut down on total fat intake.
- Limit consumption of alcoholic beverages, if you drink.
- Limit consumption of salt-cured, smoked, and nitrite-preserved foods.

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Lunch hours: Monday through Friday from 11 a.m. to 1 p.m.
Bingo snack line hours: Monday and Wednesday form 5 to 9 p.m.; Friday from 4 to 9 p.m.
Cashier's cage hours: Monday through Friday from 11 a.m. to 3 p.m.
Bar Bingo: Every Monday, Wednesday and Friday at 5:30 p.m.
Bingo in the Ballroom: Mondays and Wednesday at 7 p.m. Early bird starts at 6:45 p.m.
Pitcher beer night: $3.75 per pitcher every Tuesday.
Club card drawings: Two drawings every Friday at 6 p.m. Participants must be present to win.
Lunch buffet: Served Monday through Friday from 11 a.m. to 1 p.m. Buffet includes salad bar, dessert bar and soft drink.
Today: Mexican Bar
Monday: Pasta Bar
Tuesday: Mexican Bar
Wednesday: Hot Dog Bar
Thursday: Pasta Bar
Oct. 19: Oriental Bar
Blues on Tap: Enjoy live entertainment tonight from 6:30 to 10:30 p.m.
American Cafe: Enjoy fine dining at the new restaurant in the Pope Club tonight from 5:30 to 8:30 p.m.
Karaoke: Sing along tonight from 6:30 to 10:30 p.m. in the End Zone.
Retiree's Appreciation Day: Saturday from 8:30 a.m. to 1 p.m.
End Zone Madness: Sunday at noon. Win football jerseys during the monthly give-aways.

Pizza Parlor
❑ 394-2377
Hours: Monday through Friday from 7 a.m. to 1:30 p.m. and 4:30 to 9:30 p.m.; Saturday from 3 to 10 p.m.; and Sunday from 5 to 9 p.m. Holidays from 1 to 8 p.m.
Deliveries: Available Monday through Friday from 5 to 9:30 p.m.; Saturday from 3 to 9:30 p.m.; Sunday from 5 to 8:30 p.m.; and holidays from 5 to 8 p.m.
Pizza buffet: Every Tuesday and Thursday from 11 a.m. to 1 p.m. Cost is $5.50.
Family pizza buffet: Every Friday from 5:30 to 7:30 p.m. Cost is $5.50 for adults, $3 for children ages 8 to 12, and free for children ages 7 and younger.

Community Center
❑ 394-2779
Hours: Monday through Friday from 7 a.m. to 10 p.m.; Saturday and Sunday from 1 to 9 p.m.
Three-on-three basketball: Sign up for the Oct. 27 basketball tournament. The games are scheduled to start at 9 a.m. at the youth center.
Office decorating contest: Judging is scheduled to be conducted Oct. 24 at 11 a.m. The entries must have a Halloween theme. Only one entry per squadron is allowed. Deadline to register is Oct. 23. Cash prizes will be awarded. Call for rules.
Pumpkin carving contest: Judging is scheduled to be conducted Oct. 30 at 11 a.m. at the community center. Only one entry per squadron and one carved pumpkin per entry. Deadline to enter is Oct. 23. Cash prizes will be awarded. Call for rules.

Information, Tickets and Tours
❑ 394-4478
Hours: Monday through Friday from 10 a.m. to 5 p.m. Closed from 1 to 2 p.m. Service credit cards are welcome.
Movie tickets: Tickets for several area theaters are available to ITT.
State fair: Travel to the North Carolina State Fair in Raleigh Oct. 20. Sign up by Wednesday.
Grandfather Mountain: Enjoy nature during this Oct. 27 tour. Cost is $32 for adults, $25 for children 4 to 12, and $9.50 for children 3 and younger. Sign up and full balance due by Thursday.

Library
❑ 394-2791
Hours: Monday through Thursday from 9:30 a.m. to 7:30 p.m.; Friday from 9:30 a.m. to 6:30 p.m.; and Saturday from 10 a.m. to 4 p.m. Closed Sundays and holidays.
Story time: Story time for children 2 to 6 is scheduled for every Thursday at 10:30 a.m.
Story hour: Story hour for children 7 to 15 is every Thursday at 6 p.m.
Parents' night out at the library: This program is designed to help parents learn more about the Internet and other research methods to help with homework assignments. Call for more information. Seating is limited.

Frame and Design Arts
❑ 394-4192
Hours: Tuesday and Friday from 10 a.m. to 5 p.m.; Wednesday and Thursday from 10 a.m. to 7 p.m.; and Saturday and Sunday from 10 a.m. to 3 p.m. Closed Mondays and holidays.
Framing class: Learn how to frame photographs Tuesday and Oct. 23 from 5 to 7 p.m. Call to register.
Scrapbooking workshops: Learn to scrapbook Saturday from 10 a.m. to 2 p.m. or Oct. 27 from 2 to 6 p.m.

Wood Shop
❑ 394-5049
Hours: Wednesday and Thursday from noon to 8 p.m.; and Friday, Saturday and Sunday from 9 a.m. to 5 p.m. Closed Mondays, Tuesdays and holidays.
Holiday lawn ornaments: The wood shop has many patterns available for holiday lawn ornaments.

Willow Lakes Golf Course
❑ 394-2325
Golf Shop hours: Monday through Friday from 7:30 a.m. to 7 p.m.; weekends and holidays from 7 a.m. to 7 p.m.
Snack bar: Monday through Friday from 7 a.m. to 2 p.m.; weekends and holidays from 6:30 a.m. to 2 p.m.
Golf clinics: Clinics are available. Call for time and availability.
CE tournament: The 43rd Civil Engineer Squadron is scheduled to sponsor a golf tournament today. Shotgun start at 12:30 p.m.
Club championship: The Oct. 21 and 22 event is scheduled to have an 8 a.m. tee time.

Youth Programs
❑ 394-2869
Resource and referral office hours: Monday through Friday from 7:30 a.m. to 5:30 p.m.
School age program hours: Monday through Friday from 6:30 a.m. to 5:30 p.m.

Youth Center
❑ 394-4512
Center hours: Monday through Thursday from 3:30 to 9 p.m.; school nights, teenagers only after 7 p.m.; Friday from 3:30 to 10 p.m.; and Saturday from 2:30 to 10 p.m.
Instructional classes: The youth center now offers classes in ballet, tap, tumbling, creative movement, hip-hop, jazz and pom cheer. Call 394-2869 to register.
Family Skate Night: Tonight from 6 to 8 p.m. Cost is $2 for members and $4 for non-members.
Cooking Class: Tuesday at 4 p.m. Make an Old-Fashion Pumpkin Pie.
Arts and Crafts: Thursday at 5:30 p.m. Make Halloween decorations.
Youth Clubs: The youth center offers a variety of youth clubs for different age groups. Call for more information.

Bowling Center
❑ 394-2891
Hours: Monday from 10 a.m. to 9 p.m.; Tuesday from 9 a.m. to 10 p.m.; Wednesday and Thursday from 10 a.m. to 10 p.m.; Friday from 10 a.m. to 1 a.m.; Saturday from 9 a.m. to midnight; and Sunday from 1 to 7 p.m.
Snack bar hours: Monday from 10 a.m. to 8:30 p.m.; Tuesday from 9 a.m. to 9:30 p.m.; Wednesday and Thursday from 10 a.m. to 9:30 p.m.; Friday from 10 a.m. to 12:30 a.m.; Saturday from 9 a.m. to 11:30 p.m.; and Sunday from 1 to 6:30 p.m.
Cosmic bowling night: Every Friday from 10 p.m. to 12:30 a.m. Cost is $8 per person. Colorama: Every Saturday night at 7 p.m. Entry fee of $11.
Nine-pin-no-tap bowling tournament: Every Monday in October, beginning at 6:30 p.m. Cost is $10 per person. Minimum of 10 bowlers.
Blast From The Past 80's bowling party: Tonight from 10 p.m. to 12:30 a.m. Cost is $8 per person.

Equipment Rental
❑ 394-4730
Hours: Monday through Friday from 8 a.m. to 5 p.m.; and Saturday from 8 a.m. to noon. Closed Sundays and holidays. Closed each day from 1 to 2 p.m. for lunch.
Boat package: Rent any boat, eight horsepower motor, trolling motor with battery, gas can, two paddles or oars, life vest, anchor, trailer and two fishing poles for $30 daily, $45 for the weekend, or $80 for the week. Pontoon boats not included.
Rug Doctor: Rent a Rug Doctor and clean the carpets before the holidays.

Auto Skills Center
❑ 394-2293
Hours: Monday, Tuesday and Thursday from 9 a.m. to 6 p.m.; Wednesday from 9 a.m. to 8 p.m.; and Friday and Saturday from 9 a.m. to 5 p.m. Closed Sundays and holidays.
Car repair: Learn how to perform repairs on personal vehicles. Call for more information.

Room service



DAVE DAVENPORT

Sonja Tannahill, who works as a housekeeper at the Carolina Inn, maintains the bathroom in one of lodging's 219 rooms. Room prices at the Carolina Inn range from $17.50 to $29.50 per night.

Movies

Pope Theater
Armistead Street
The Pope theater is closed for renovations. It is tentatively scheduled to reopen in November.

Alvin C. York Theater
Ardennes Street, Fort Bragg
Today: Rush Hour 2 (PG-13)
Saturday: Bubble Boy (PG-13)
Sunday: Summer Catch (PG-13)
Oct. 19: Rat Race (PG-13)
All movies, unless otherwise posted, start at 7 p.m. Tickets are $1.50 for adults and 99 cents for children 12 and under.
Rush Hour 2: Crime fighting has never been so hazardous — or funny. Chop-socky action star Jackie Chan reteams with motormouth Chris Tucker in this "Rush Hour" sequel as the mismatched cop duo investigate several bombings in Hong Kong attributed to Chinese gang leader Ricky Tan (John Lone) and assassin Zhang Ziyi, whose beautiful, balletic kick packs a head-ringing wallop. A fish out of water in exotic Hong Kong, Tucker talks his way into reams of trouble, saved time and again by Chan's frantic fighting. Though the two detectives are taken off the bombing case, unpaid debts between Chan and the criminals lead the detectives back to the U.S. and into the middle of an international counterfeiting racket that only Chan and Tucker can expose.
Rated PG-13 for action violence, language and some sexual material.



Pope chapel

315 Ethridge Street
394-2677
For Jewish, Muslim or Orthodox Christian services, contact the chaplains at Fort Bragg by calling 396-1121.
■ **Catholic Baptismal and Matrimony classes available:** For more information and to register, call Chaplain (Capt.) Stanislaw Pieczara or Debi Douglas, Pastoral/Religious Education Coordinator, at 394-2677.

Protestant service
Sunday: Praise Service, 8 a.m.; General Protestant Service, 11:15 a.m.
Logos Bible Study: Second and fourth Thursdays of the month at noon in the annex.
Sunday School: 9:45 to 10:45 a.m., Pope School.

Catholic service
Mass: Sunday, 9:45 a.m., 5 p.m., Tuesday through Friday, 11:30 a.m.
Reconciliation: Sunday at 9 a.m.
Choir Rehearsal: Monday at 7 p.m.
Parish Ministers of Service: Call for schedule.
RCIA: Thursdays, 7 p.m., chapel annex.
CCD: 11:15 a.m. to 12:15 p.m., Pope School

Jewish service
Today: 6 p.m.,Faith Community Chapel, Corner of Ardennes and Messina streets.Hebrew classes are also held at the chapel Today at noon.

Chaplains
Chaplain (Lt. Col.) David Morrow
Wing Chaplain, Congregational Christian Church
Chaplain (Maj.) Dondi Costin
Liberty Baptist Fellowship
Chaplain (Capt.) Stanislaw Pieczara
Roman Catholic
Chaplain (Capt.) Paul Castillo
Conservative Baptist
Chaplain (Capt.) William D. Logan
United Methodist

Menus

Kitty Hawk Inn
Open Monday through Friday, 5:30 to 7:30 a.m. for breakfast, 10:30 a.m. to 1 p.m. for lunch, and 4 to 7 p.m. for dinner. Open on weekends and holidays from 7 a.m. to noon for brunch and 4 to 6 p.m. for dinner. Call 394-1073 for daily menus.

Today
Lunch
Seafood Newburg
Veal Paprika Steaks
Beef and Corn Pie
Dinner
Yankee Pot Roast
Simmered Corn Beef
Pineapple Chicken

Saturday
Brunch
Creole Shrimp
Swedish Meatballs
Dinner
Baked Fish
Barbecue Chicken

Sunday
Brunch
Grilled Mustard Chicken
Cantonese Spareribs
Dinner
Loin Strip Steak
Turkey Nuggets

Monday
Lunch
Pot Roast
Roast Loin of Pork
Baked Stuffed Fish
Dinner
Beef Cannelloni
Chili Macaroni
Southern Fried Chicken

Tuesday
Lunch
Teriyaki Chicken
Veal Parmesan
Salmon Cakes
Dinner
Turkey Ala King
Country Captain Chicken
Meat Loaf

Wednesday
Lunch
Barbecue Ham Steak
Beef Ball Stroganoff
Turkey and Noodles
Dinner
Barbecue Spareribs
Lemon Herb Chicken
Stuffed Pork Chops

Thursday
Lunch
Herbed Baked Chicken
Southern Fried Fish
Stuffed Cabbage Rolls
Dinner
Jaegerschnitzel with Mushroom Sauce
Roast Loin of Pork
Glazed Cornish Hen

Oct. 19
Lunch
Mexican Baked Chicken
Stuffed Green Peppers
Swiss Steak with Tomato Sauce
Dinner
Lasagna
Spaghetti with Meat Sauce
Italian Sausage

Pope AFB/Fort Bragg schools
Breakfast Costs:
Full Pay Pre-K through 9: 50 cents
Reduced Pay Pre-K through 9: 30 cents
Lunch Costs:
Full Pay Pre-K through 4: $1.25, 5 through 9: $1.50
Reduced Pay Pre-K through 9: 40 cents
National School Lunch Week: By the Book
Monday
Breakfast
Scrambled Eggs or Cereal
Lunch
Pied Piper Pizza or Carl Sandburg Sub
Tuesday
Breakfast
Pancake 'n' Sausage or Cereal
Lunch
Cinderella Spaghetti or Catch 22 Chicken Sandwich
Wednesday
Breakfast
Scrambled Eggs or Cereal
Lunch
Helen Keller Hot Dogs or Harry Potter Pot Pie
Thursday
Breakfast
Grilled Cheese Sandwich or Cereal
Lunch
Tom Sawyer Barbecue Chicken or Encyclopedia Brown Burger
Oct. 19
Breakfast
Scrambled Eggs or Cereal
Lunch
Footnote Fish Sandwich or Table of Contents Tacos

Crossroads coffee house

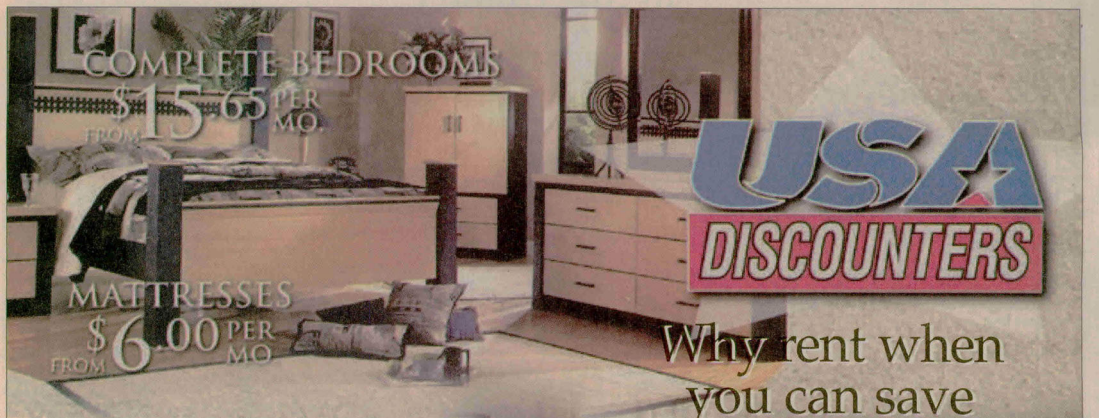
The Crossroads Christian Coffeehouse is open from 5 to 10 p.m. every Tuesday and Thursday for Bible study, games, videos and free coffee and cappuccino. Live Christian bands are featured from 5 to 10 p.m. Fridays.
The coffeehouse is at the old engineer dining facility, between Gruber and Ardennes Rd., across from the Hall of Heroes (Grave St.) For more information, call 432-1769, 432-3289 or 396-2684, 394-0256 evenings and weekends.

Self-help center

Water testing: Check with the self-help store to test your water.
Hours of operation: Monday, Tuesday and Wednesday from 7:15 a.m. to 4:45 p.m.; Thursday from 7:15 a.m. to 1 p.m.,; and Friday from 7:15 a.m. to 4 p.m.
Home repair supplies: The self help store offers home repair supplies such as furnace filters, insecticides, herbicides and toilet repair kits. No cost for items needed for minor repairs to on-base housing units (blinds, landscape timbers, lawn care products and other items.) Call 394-2830 for requirements.

Deadlines

The deadline for all new material, stories and pictures to be considered for publication is noon, Friday, the week before publication
E-mail the 43rd Airlift Wing Public Affairs Office:
carolina.flyer@pope.af.mil
or fax the office at: 394-4266



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CAROLINA FLYER

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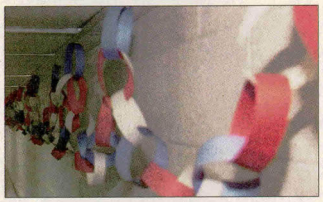
INSIDE...

Showing them their service matters
Airmen give something back to retirees on Retiree Appreciation Day.
— Page 9

Buying power
Treats become available for sale on base.
— Page 11

Experience counts
Young officers take on chiefs ... and lose!
— Page 14

Chain links children with relief efforts



The patriotic chain flows down the entry hallway.

Elementary students show compassion for terrorism victims by donating to American Red Cross

Photos and story by
Senior Airman April D. Blumer
Carolina Flyer staff writer

The students of the Pope Elementary School lined two hallways Oct. 11 to witness the presentation of a $1,000 check made out to the American Red Cross Liberty Fund, a fund that helps support the relief effort associated with the Sept. 11 terrorist attacks.

The pre-kindergarten through fourth grade students, as well as the staff and volunteers at the elementary school, spent 24 days raising money for the American Red Cross Liberty Fund by selling individual paper links for a Chain of Hope. Links were $1 each.

Waving American flags, the students watched as event coordinator, Cindy Childers, presented the check to two local American Red Cross representatives.

During the ceremony, Principal Janey Idell praised the students for their selflessness.

"We were pleased you gave so generously to this cause," Idell told her students as they stood under the red, white and blue chain attractively displayed down both sides of the hall.

"I was told we had a first grader give her savings to the fund instead of buying an Aaron Carter CD," Childers said.

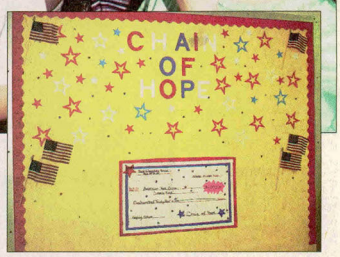
To keep the children involved and excited about the fund, the chain was updated every few days.

Childers said she chose the American Red Cross because they are normally the first people on the scene. Additionally, she felt the American Red Cross would make good use of the funds, getting it to people who needed it.

By donating to the Liberty Fund, the American Red Cross said those proceeds go specifically for the relief efforts in New York City and Washington, D.C., Childers said.

Viana Ziruolo, 7, summed up the importance of the fund. "It will help all those people to get stuff."





(Above) Standing beneath the Chain of Hope, students and staff wave their flags during the check presentation and while singing Irving Berlin's "God Bless America."

(Right) A bulletin board in the elementary school displays the check presented to the American Red Cross. The final $60 was raised the last day of the fund-raising event, bringing the total to $1,000.

43rd CES prepares buildings for heat

A drop in temperature and the changing of the leaves signify that heating season is here once again. The 43rd Civil Engineer Squadron is currently preparing all facilities for the transition to cooler weather.



One of the first steps is to perform preventive maintenance on the systems that have been turned off for several months. This process can range from simple filter changes to complete overhauls.

Preventive maintenance is vital to restart heating equipment for a new season. Compare starting a heating system to starting a vehicle that has been parked in a garage for a year. You shouldn't just jump into it and take a long trip.

North Carolina historically experiences wide swings in temperature between the middle of October and the end of November. These variations can cause discomfort for building occupants who want cooling when the heat is on and heat when the cooling is on.

Unfortunately, the industrial heating systems on base can not be quickly switched from cooling to heating like residential systems. The cooling systems must be shut down for various adjustments to be made to piping and ducting, then the heating systems are brought on line and more adjustments are made.

As in previous years, the civil engineers expect to have all heating systems on by Nov. 15. This gives civil engineers a small window to complete preventive maintenance and affords the base an opportunity to trim the utility bill.

If there are any difficulties in bringing a facility on line, the facility manager will be informed of the problem and given an estimated completion time for repairs.

Dormitories will be the last to have the air conditioning turned off and the first to have heating. As always, the goal is to provide a comfortable living and working environment for the entire base.

For more information, call civil engineering customer service at 394-2821. *(Courtesy of the 43rd CES)*

as of Wednesday



Total AADD saves this year
116

Total DUIs this year
26

Last DUI attributed to:
43rd Services Squadron

Groups with no DUIs this quarter
18th Air Support Operations Group
43rd Airlift Wing
43rd Logistics Group
43rd Operations Group
23rd Fighter Group

For a free, anonymous ride anytime from 4 p.m. Friday to 8 a.m. Monday, call Airmen Against Drunk Driving at **309-4252** or the base operator at **394-1110**.

Blood donations needed as shelf life runs out

by Pamela L. Kehres
Carolina Flyer staff writer

It's never too late to give blood, according to local blood banks, who say supplies are still needed here in the community.

An opportunity to give the ultimate gift will be Wednesday, when the Fort Bragg Blood Donor Center mobilizes efforts and heads for base seeking donations. Between 8 a.m. and 2 p.m., eligible people are encouraged to join their peers at the Pope Club to donate blood.

Blood drive
A blood drive is scheduled for Wednesday from 8 a.m. to 2 p.m. at the Pope Club. Call 2nd Lt. Elenah Godbolt at 394-9449 for more information.

For those not able to participate in the blood drive Wednesday, excuses may be running out. There are other local banks seeking donations on any given day and the Fort Bragg Blood Donor Center has additional hours set up at convenient times.

Army Sgt. Michael Messick, the NCO in charge of the Fort Bragg Blood Donor Center, said there's always a need at his center. "Sometimes we fall short on our blood supply," he said. "Very rarely do we have any blood expire. If we have excess, it can always be funneled to other facilities."

It is Fort Bragg's center's responsibility to collect blood to be used by deployed troops and excess blood is fed into the National Blood Exchange Program to ensure it is used and not wasted, according to Womack Army Community Hospital Public Affairs Office. There is no other center nationwide that maintains a wartime contingency of blood.

In a press release from Womack Public Affairs, Army Capt. Melanie Sloan, the officer in charge of the Fort Bragg Blood Donor Center, pointed out that much of the blood donated after the Sept. 11 tragedies is running out. "We had a huge surge of donations following the attacks, but what we really need is a steady flow of donors," she said. "It is important for family members, Department of Defense civilians and retirees to step up to the plate now," said Sloan. "This is the best way for them to support the war effort."

The Cape Fear Valley Medical Center's Blood Donor Center also insisted it is not too late to give the gift of life. Hope Blanton, the center's manager, said an upsurge in blood drive response has the center's appointment books slightly full, but contended that increased involvement will likely fall off and more donors will be needed. Blood collected at the CFVMC Blood Donor Center is bound for local use, according to Blanton. "That's one advantage we have," she said. "Our blood is used right here in Cumberland County."

To give to the Fort Bragg Blood Donor Center, walk in any Monday, Wednesday or Friday from 7:30 a.m. to noon or any Tuesday or Thursday from 7:30 a.m. to 2 p.m. to donate. The center is located in building 8-2807 on Scott Street at the corner of Macomb and Knox streets. According to Messick, the wait is minimal on Mondays, Wednesdays and Fridays. Call 432-8964 for more information.

Visit the CFVMC Blood Donor Center at 3357 Village Drive in Fayetteville, Monday through Thursday from 9 a.m. to 6 p.m. and Friday from 8 a.m. to noon by appointment. One can be made by calling 609-LIFE.

This weekend's weather
as of Thursday
SOURCE: 43RD OSS WEATHER FLIGHT



Today: Sunny becoming cloudy, high 82, low 56



Saturday: Cloudy with isolated rain, high 80, low 59



Sunday: Cloudy with isolated thunderstorms in the morning, becoming sunny with chance of showers, high 81, low 62

AROUND POPE

CCS updates jump training

by Capt. Tina MacDonald
43rd Airlift Wing Public Affairs

Members of the Combat Control School class 01-04 ran approximately 1,000 meters from the drop zone to the staging area from a static line jump Oct. 5 in order to prepare for another jump.

The jump, from approximately 1,000 feet above ground level, was the CCS students' first since graduating from basic airborne training at Fort Benning, Ga. The jump was intended to refresh the students' parachute skills, as it could be up to six months since their last jump at basic airborne training.

A great deal of the combat control training is accomplished here, preparing the candidates to graduate as combat controllers.

In addition to extensive academic training and physical conditioning, the students execute several jumps that start with a "Hollywood" jump without gear or weapon; progress to a jump with a weapon and gear; and culminates with a night jump during a 10-day field training exercise at Camp Mackall, Fort Bragg.

Although the combat control candidates are not yet qualified High-Altitude, Low Opening parachutists, the jumps they perform at CCS prepare them for Military Free Fall School at Fort Bragg and Yuma, Ariz.

Once they accomplish the jumps and complete the field training exercise, candidates will conclude training with a 15-mile march each carrying a 50-pound rucksack, load-bearing equipment and a weapon. After they graduate from CCS, the combat controllers continue training with Advanced Skills Training, SCUBA training, Military Free Fall School and obtain their 5-level classification.

A group of free fall parachutists jumped right after the CCT candidates from approximately 10,000 feet above ground level to maintain their own jump proficiency.

With the CCS here, leaders such as Col. Steve Baker, 43rd Airlift Wing vice commander; Col. Ronald Watkins, incoming 43rd AW director of staff; and Col. Michael Longoria, 18th Air Support Operations Group commander; enjoy the opportunity to jump with some of the younger Air Force warriors.



PHOTOS: STAFF SGT. VICTORIA MEYER

A Pope airman prepares for landing after an approximate 10,000 foot free-fall jump.

One of the highlights of this particular jump was Baker, taking his last jump as an Air Force officer with his son, Airman First Class Fred Baker, who is part of the current CCS class.

"The privilege and honor of being able to execute my last jump with my son and his CCS team is marked way up on the list of events in my life of which I am most proud," said Baker. "Not many father/son teams get the chance to hand off the baton of tradition in quite an exciting way."

As airmen continue accomplishing CCS, base leaders find comfort in the quality of graduates.

"It's encouraging to see young and motivated troops willing to go through the extensive training to follow in the footsteps of some great airmen and leaders," Watkins said. "The degree of dedication we are seeing in the people who are volunteering to go through the rigorous training required to be a combat controller is admirable."

Instructors said they also enjoy jumping in with the CCT candidates because it brings back some memories from their training days.



Staff Sgt. Terrance Todd, CCS instructor, runs with his CCS flight from the jump zone at Sicily Drop Zone on Fort Bragg.

"It's nostalgic and satisfying to see training hasn't changed for our new combat controllers," Staff Sgt. Duane Sadler said. "We are seeing that the caliber of troops remains the same and although the training itself has seen some changes, the school continues to produce a high caliber of airmen."

Whether in training or maintaining jump proficiency, CCS students and instructors and jump-qualified leaders here work together and jump together as they prepare for the larger Air Force mission.

Pumpkin patrol needs volunteers

by Staff Sgt. Melissa Drop
43rd Security Forces Squadron

Halloween is Oct. 31 and the 43rd Security Forces Squadron is requesting volunteers for the Pumpkin Patrol to help ensure the safest possible environment for trick-or treating children.



Volunteers are requested throughout the base to work during Halloween trick-or-treating in base housing Oct. 31 from 6 to 8 p.m. Proper wear is uniform of the day, a reflective belt (if available), and a flashlight.

The volunteers will work as foot patrols throughout housing in two or three person teams. Additionally, volunteers will operate a centrally located lost and found area.

Volunteers will meet at 5 p.m. at the 43rd Security Forces Squadron parking lot to receive assignments and instructions.

Transportation will be provided to and from the housing areas via bus. Volunteers wishing to drive themselves should be aware parking will be limited.

Children may accompany the volunteers and trick-or-treat during the patrol time.

Anyone interested in participating should call Staff Sgt. Melissa Drop at 394-2691 by close of business Oct. 26.

For a schedule of Halloween events, go to Page 19.

Flu season creeps closer with every sneeze

by Capt. Julie Rafferty
43rd Medical Operations Squadron

With weather changing and days getting shorter, more people start to get the sniffles, sore throats and body aches.

The official influenza season, begining in November and ending in April, is when the flu is most likely to be spread. The peak months for illness from the flu are late December through early March.

Vaccination against the flu, as well as prevention measures such as frequent hand washing with soap, are the best ways to avoid getting sick.

Influenza can be a serious and even deadly disease. Typically, the very young and the elderly have the most severe illness.

The strain of flu changes every year, which is why one needs a new shot each year. The strains that are included in the vaccine are identified through worldwide surveillance, and "grown" at the manufacturer, starting about 10 months before the shots are ever given.

This year, similar to last year, there will be some delay in the base-wide flu vaccination program. A delay in the availability of the vaccine from the manufacturers means that the bulk of the vaccine will not be available until mid-November.

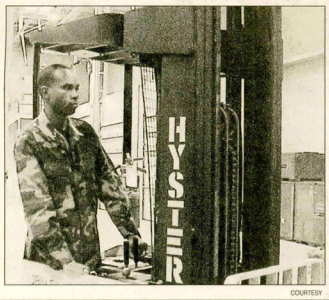
The manufacturers have had a lower-than-expected yield of one of the key vaccine components. Also, the FDA has had some issues with two of the four companies that make the vaccine, one of which supplies a lot of the vaccine to the military.

Pope has currently been sent a small shipment of flu vaccine. The Department of Defense issues a schedule for the distribution of the vaccine.

Currently, the 43rd Medical Group Immunizations Clinic is vaccinating people who are most likely to be exposed to the flu, and people who would likely develop serious illness or possibly even death from the flu. This includes all deploying personnel, the 43rd MDG, people 65 or older who are enrolled in Tricare Prime, and individuals with medical conditions which put them at high risk, such as chronic lung or heart conditions, or persons with suppressed immune systems.

The base expects to receive more than 5,000 doses of the vaccine altogether, with the bulk arriving in November. The times and locations where you can get the flu shot will be released when the mass vaccination program begins.

The flu shot is a safe, effective vaccine, which does not cause the flu in people after it is given. There may be a local reaction, for instance a sore arm, for a few days after it is given. The flu vaccination program has been one of the most successful in the United States each year in preventing disease and lost work time.



COURTESY

Sharp troop

Staff Sgt. Kevin Kennedy

43rd Supply Squadron

Job title: NCO in charge of the mobility element

Hometown: Philadelphia, Pa.

Short-term goals: My short term goal is to make technical sergeant the very first time I test. I recently sewed on staff sergeant and I'm already preparing myself for the next promotion.

Long-term goals: My long term goal is to achieve my bachelor's degree in engineering. I'm close to completing my first two years of engineering classes and I'm staying focused on my goal.

Another one of my personal goals is to eventually retire in south Florida. Most of my family still lives in Jamaica and it would put me close to them.

Advice to others: Take one day at a time. Thank God for each day. Live your life to the fullest. Strive to be successful while you are in the military, and as a civilian.

Role models and why: As far as work is concerned, two people come to mind. There were two senior NCOs that used to be stationed here but have since moved on to new assignments. They took me under their wing, trained me well and always appreciated my work.

My mother has also been a role model to me. She instilled the importance of personal responsibility and taught me to always follow my dreams.

What makes him a sharp troop? "Kennedy definitely took his mother's advice and put it to work. He's one the most responsible and dependable NCOs in his squadron. His mission-focused attitude and ability to get things done proves he's one of Pope's finest.

"He's an outstanding member of Team Pope, and a deserving recipient of the Chief's Group 'Sharp Troop' award." — *Chief Master Sgt. Dave Yungvirt*

U.S. AIR FORCE
"No One Comes Close"

CAROLINA FLYER

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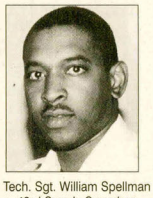
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Tech. Sgt. William Spellman
43rd Supply Squadron

PERSPECTIVE

Pope talks

by Pamela L. Kehres
Carolina Flyer staff writer

What advice would you give a friend who was about to drive after drinking alcohol?



"If you're going to drink and drive, you will affect more than just yourself. The group could lose a down day and your family could lose a loved one."

— Senior Airman Candace Thompson
43rd Mission Support Squadron



"Call your supervisor. They are there to help."

— Airman Manuel Vargas
43rd Maintenance Squadron



"I would tell them to think about their career and the effect it might have on their family."

— Airman 1st Class Rosalyn Couser
43rd MSS



"Call a first sergeant, call Airmen Against Drunk Driving or call a friend. Next time, decide who you are going to call before you go out."

— Master Sgt. Hubert Collins
43rd Operations Support Squadron

An Open Letter To A Batterer

Editor s note: The author of this article wishes to remain anonymous.

You had a plan a plan to make me submissive.

I remember the day you said that the two of us could not be together unless one of us lowered ourselves to the other. I shake remembering the conversation.

That was your way of trying to change an intelligent, realistic, and confident woman into something lower than yourself.

You wanted me to be like the women who brought you up the kind of women you were familiar with. Those women always cooked and cleaned and had babies; had no education, no job, and no opinions. They were women who blindly and silently accepted beatings and other abuses as a way of life. Basically, they existed to serve the immediate family and to cater to your demands.

I learned with you what control, abuse and violence were. My mind vividly remembers horrors of the past and painful thoughts.

I understand now that being submissive to you was psychologically and mentally abusive. Scars never heal completely. I will always see and feel them, but I managed to escape from your very sick lifestyle and world that you and all your family thought was normal. I have survived and I am achieving the life I deserve a life that excludes you, the batterer, the abuser, the tormentor. You are out of my life forever!

My name is Julie.

I am a mother, a veteran of the United States Air Force, and a victim of domestic violence. I am writing to share my domestic violence experience and the steps I took to recovery.

My experience with domestic violence has made me very sensitive to every form of violence and abuse and to the needs of victims. My determination took me away from the abuser and into a safe environment. I became mentally aware of my surroundings and realized that I needed to regain my health, both mentally and physically. I have moved from being a victim to being a survivor.

My checklist for recovery:

- Escape the abuser and contact the police.
- Photograph and document your injuries.
- Get protection orders against the abuser and seek prosecution.
- Do not deny yourself your need for medical attention. Seek advice from a counselor or therapist that specializes in domestic violence.
- Make sure family and friends are aware of your situation so that your symptoms can be recognized and understood.
- Learn which friends and family are willing to help when you need it.
- Get a mentor and/or a support group.
- Be drug- and alcohol-free.
- Use positive affirmations to help you heal the pain.
- Seek support from your church or spiritual organization in your spiritual healing and recovery.
- Reward yourself for every goal accomplished.

Promises to myself

- I promise to never allow my abuser to control me again.
- I will have zero tolerance for verbal, physical, emotional and psychological abuse.
- I promise to inform my children what abuse is, so that they will have the understanding to recognize it. For example: My children understand that people are not allowed to hit them or threaten to hurt them. Cruel and degrading comments are not to be tolerated. Under no circumstances will they tolerate any physical or sexual act forced upon them.
- I promise to always be aware of my emotions, feelings, and needs, and never neglect or ignore them.
- I promise to always demand respect.
- I promise to never allow those who do not accept, recognize, or understand my experience to hinder my recovery.
- I promise to always honor myself.

I ask everyone to take an inventory of their own lives and learn from my experience. Identify any form of abuse and annihilate it from your life. There are people you know that will understand and support you. If they do not cooperate in supporting your needs, disassociate yourself from them and find someone more supportive. These are the people whom you will find that truly care and love you because they want to see you healthy and not abused.

If you are a parent, be aware that you need to raise your children with absolutely no tolerance of domestic violence and abuse. You are your children's role model, so do the right thing. Practice respect and honor with each family member and stop abuse today. Please do not let my experience become theirs.



Commander's Helpline

394-HELP (4357)
Commander'sHelpLine
@pope.af.mil

The Commander's Helpline is your direct link to Brig. Gen. Dick Casey, 43rd Airlift Wing commander.

If you have worked through normal channels and aren't satisfied, Helplines are an opportunity to ask questions, compliment someone or make suggestions. You must include a name and phone number for a response.

Helplines of general interest will be published in the Carolina Flyer, others will be answered by letter or phone call.

Remember, the most efficient way to solve a problem is to talk directly to the responsible office or follow your chain of command.

You can call the Commander's Helpline at 394-4357 or e-mail to Commander'sHelpline@pope.af.mil.

Helpful numbers

Pope Clinic	394-4258
Pass and Registration	394-2694
Security Forces	394-2800
Legal Office	394-2341
Chapel	394-2677
Military Personnel Flight	394-2276
Pope Club, collocated	497-4031
TRICARE Appointment Line	1-800-931-9501
Civil Engineers	394-2821
Inspector General	394-2302
Family Support Center	394-2538
Child Development Center	394-4323
Kitty Hawk Inn Dining Facility	394-4377
Housing Management	394-4867
Bowling Center	394-2801
Fitness Center	394-2671
Finance (Military Pay)	394-4628
AAFES Shoppette	497-8181
Public Affairs	394-4183

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PERSPECTIVE

Human Weapon System: Fit To Fight

by Lt. Col. Norman Forbes
22nd Medical Operations
Squadron commander
McConnell AFB, Kan.

Are you fit to fight tonight? Did you know that under Air Force Doctrine Document 2-4.2 you are classified as a weapon system; just as important as a B-1 or strategic tanker aircraft?

Arguably, some would say, even more important. It requires the same level of life-cycle support and maintenance as other complex Air Force systems. No one would think about not performing the maintenance schedule for a strategic aircraft. Why then do people put off the maintenance on the most complex machines in the Air Force inventory? Maintaining the human weapon system is a four-pronged approach.

- **First, maintain force health protection.**

  This is accomplished by ensuring immunizations are up to date, Preventive Health Assessments are conducted on time, and ensuring annual dental examinations and cleanings are completed.
- **Second, promote health and fitness.**

  This is accomplished by getting regular aerobic exercise at least 30 minutes a day three times a week. I know people say they don't have time, but consider the alternative, which is the breakdown of this complex machine we call our body and possible impairment of the mission. Do you really have time not to exercise?

  Also, promoting fitness includes getting enough sleep every night, taking time to enjoy being with your family or friends, worshiping how you choose, and remembering the basic tenant of "enjoying all things in moderation."
- **Third, prevent illness and injury.**

  Pay attention to medical intelligence surveys and local medical threat assessments.

  Did you know this service is not only available for deployments but also if you are planning a vacation? The public health office, at 394-2751, has access to medical threat and risk conditions for every country abroad, and some areas of the United States. Find out about where you are traveling so you can take the necessary measures to keep you and your family safe.

  Preventing injury means wearing your personal protective equipment properly, wearing your seat belt when you drive, wearing your helmet when riding a motorcycle, and routinely ensuring co-workers do so as well.

  I am constantly amazed at the number of people who disregard the things that are proven to save lives as soon as they drive off base.
- **Finally, conduct health threat surveillance activities before, during and after force deployment.**

  The medical community routinely takes the "pulse" of the force, watching for trends and illness patterns. Ensure that places where food is served is safe and clean. Also, that latrine and washing facilities are up to the highest standards.

  The medical group screens medical records to determine if people are medically fit for deployment and can function in the environment to which they are being sent.

As you can see, the human body is a very important weapon system that the Air Force is counting on to continue our ability to deter aggression well into the future. Its maintenance and preservation is key to our continued success. Without proper maintenance and conditioning of the "Human Weapon System," those other expensive weapon systems are merely "iron on the ramp."

Pope's Puns

by Master Sgt. W. C. Pope



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COMMUNITY

News

Editor s note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there s a need to extend the publication of the brief, please call the editor at 394-4185.

■ **Armistead gate open:** Armistead gate has re-opened from 6 a.m. to 6 p.m., Monday through Friday, to Department of Defense ID card holders and school buses only. No construction or delivery vehicles will be allowed through Armistead gate.

■ **ANG opportunities:** The 157th Air Operations Group, Missouri Air National Guard are filling a variety of positions in the fighter/bomber pilot fields, as well as navs-enlisted specialties. Aviators in the following platforms are encouraged to apply: U2, F-117, RC-135, ABCCC, HH-60, F-16 CJ/CG, F-15E, EA6B, B1B, B-2 and B-52. They are also interviewing intelligence and weather officers and enlisted Air Force Specialty codes 1N4X, 1N5X1, 1C1X1 and 1T0X1.

Maj. Jamie Goodpaster can be reached at (800) 870-2166 or (314)260-8616 or by e-mail at jamie.goodpaster@mostlo.ang.af.mil for more information.

■ **Child passenger safety seat checkup:** A child passenger safety seat checkup is scheduled for today from noon to 4 p.m. at Woodland Park. USAA-certified technicians will educate drivers on proper installation, use and care of child car seats. A COSCO car seat will be given away.

■ **Policy regarding children in the clinic revisited:** The base clinic reminds people that children are not allowed in the clinic unless they have an appointment. The policy reflects the clinic's concern for the safety and welfare of the children. Parents should make arrangements for other children in the family not being seen by a medical provider.

Likewise, if a parent is being seen by a provider, a child may not accompany the parent into the exam room. Unsupervised children are also not allowed in the waiting area, unless they are older than 10 years, and then, the sponsor is responsible for anything the child may do while in the waiting area.

If two children under the age of 5 are being seen by a provider, two adults should accompany them to the clinic.

A parent or legal guardian must accompany all children under the age of 18 to the clinic.

Any parent bringing additional children into the clinic will be asked to reschedule.

■ **Blood drive:** A blood drive is scheduled for Wednesday from 8 a.m. to 2 p.m. at the Pope Club. Call 2nd Lt. Elenah Godbolt at 394-9449 for more information.

■ **Halloween party:** A free halloween party is scheduled for Oct. 27 from 8 p.m. to midnight at the Pope Club. Four vacations will be given away.

■ **Case lot sale:** A case lot sale is scheduled for Thursday and Oct. 26 from 9 a.m. to 5 p.m. at the parking lot adjacent to the library.

■ **American Red Cross dental assistance course:** The course is scheduled to begin Oct. 29 and is open to adult family members interested in becoming dental assistants. The program requires eight hours a day, five days a week, for six months. The deadline for application is today and interviews will be conducted Tuesday and Wednesday.

Call Staff Sgt. Antonia Procter at 394-2155 or 394-1193 for more information.

■ **Command information management office opening:** The 43rd Airlift Wing command information management office is seeking a motivated senior airman who has graduated from airman leadership school or staff sergeant. Applicants should possess skills preparing correspondence, reading, editing and reviewing and should have knowledge of computers.

Call Staff Sgt. Chasity Best or Tech. Sgt. Connie Gibson at 394-2357 for more information.

■ **National pharmacy week:** National pharmacy week is Sunday through Oct. 27 and the 43rd Medical Group pharmacy is scheduled to collect all outdated and expired medication patients wish to discard. Pharmacists will conduct personal consultation for anyone with medication or health-related questions, called the "Brown Bag Medicine Review." Patients are asked to bring in prescription and non-prescription medicines for a checkup. This year's theme is "Talk to your pharmacist ... your prescription for good health."

■ **Rental car fraud:** The British Ministry of Defense Police and Air Force Office of Special Investigation are currently investigating a company that rents vehicles to U.S. and other authorized personnel in the United Kingdom. Allegations claim this company may have charged for damage to rental vehicles which did not occur or U.S. personnel may have been deceived into paying other fraudulent charges for vehicles. Those who have been defrauded may not know they paid unnecessary or unlawful fees. Personnel who think they may have been defrauded by this company should call local AFOSI.

■ **Family center dedication:** The base family center is currently in the process of being dedicated. The committee is asking for submissions of an Air Force member, living or deceased, who has made a contribution to the Air Force or to the base in particular. Contributions in the areas of behavioral health, equal employment opportunity, family/human relations, and/or family support are the criteria.

One proposal per person (personnel or family members) will be considered. Submissions should include a brief explanation of why the individual deserves recognition.

All submissions must be received by today.

Send to 2nd Lt. Elenah Godbolt, 43rd Services Squadron. E-mailed submissions can be sent to elenah.godbolt@pope.af.mil.

■ **Spouse scholarship:** The Air Force Spouse Scholarship program, sponsored by the Aerospace Education Foundation, is designed to encourage 30 spouses worldwide to pursue associate, bachelor undergraduate, graduate or postgraduate degrees.

Applicants must be the spouse of an active-duty, Air National Guard or

See NEWS, Page 6

Family

For more information on any of the family support center s programs or to register for a class, call 394-2538.

■ **Transition assistance program:** The next 3-day TAP workshop is scheduled for Nov. 5 through 7. The workshop is designed for those expecting to retire or separate from the Air Force within the next year. Reservation letters should be picked up from the FSC and signed by supervisors and commanders, authorizing the absence of participants from their work sections for the three-day session. The letter should be hand-carried to the FSC, where the participant will be registered for the class. Priority for those within six months of retirement/separation will be granted. Call the FSC for details.

■ **Kids on the Move:** The Kids on the Move seminar is scheduled for Oct. 29 from 4 to 5:30 p.m. at the FSC. It is open to children age 5 to 9 and provides an opportunity for them to enjoy games and activities relating to their next permanent change of station. Prizes and refreshments will be available. Call for more information.

■ **Halloween costume contest:** A costume contest is scheduled for Oct. 31 from 4 to 6 p.m. at the youth center. Hot dogs, door prizes and activities will be available. Food will be served from 4 to 5 p.m. and costume judging is scheduled for 5:15 p.m. Call family services at 394-2119 or the youth center at 394-4512 to register.

Volunteer opportunities

Editor s note: To request volunteers, submit briefs to the Carolina Flyer at 394-4185 or e-mail Carolina.Flyer @pope.af.mil.

■ **On-base opportunities:** Volunteers are needed throughout the base. Openings currently exist in the American Red Cross, life skills, dental clinic, Boy Scouts, family services, Pope schools, thrift shop, youth center and more. Some positions require training and orientation.

Individuals wishing to volunteer and organizations/ agencies across the base that need volunteers may contact the volunteer resource program manager, Wanda Merical, at 394-2538 from 8:30 a.m. to 12:30 p.m. Mondays, Wednesdays and Fridays, or from 8 a.m. to 4 p.m. Tuesdays.

■ **UPARS needed:** The 43rd Airlift Wing Public Affairs office is looking for anyone who would like to serve as a unit public affairs representative for his squadron. Duties include escorting media and submitting news stories to the base newspaper. For more information call 394-4183.

■ **Tour guides:** The Fayetteville Museum of Art is in need of volunteers for the tour guide program. Volunteers will give tours in the museum as well as help out with other programs. For more information call 485-5121.



COMMUNITY

News

From Page 5

Air Force Reserve member to be eligible. Spouses who are themselves Air Force members, or in reserve officers training corps, are not eligible to apply. Applicants who have received this scholarship previously are not eligible to apply.

Undergraduate students must be enrolled in a minimum of six credit hours when the scholarship is awarded in January. Graduate and post-graduate students must be enrolled in a minimum of three credit hours.

The scholarship will be awarded at the end of January.

The $1,000 scholarship may be used to pay for any reasonable cost related to pursuing a degree.

This might include tuition or books and any remaining money can be used to pay for either transportation or child care costs.

The deadline for application is Nov. 1. Applications can be obtained from the education center Monday through Friday between 7:30 a.m. and 4:30 p.m. Call Debbie Neuenschwander at 394-1140 for more information.

■ **New education office hours:** Effective immediately, the education office has changed customer service hours to 7:30 a.m. to 4:30 p.m., Monday through Friday. Call the education center at 394-4692 for more information.

■ **No-fee passport requests backlogged:** Due to the backlog at the Department of State processing of dependent no-fee passports, the department is requesting that no submissions of any passports be made unless applicants are within 60 days of departure.

Call the passport agent at 394-2599 for more information.

■ **Use or lose leave carried over:** In light of current events, the Air Force is allowing personnel who, as of Sept. 11, have up to 20 days of use or lose leave to automatically carry that leave over into next fiscal year.

Members carrying over 20 days or less will not have to fill out paperwork. Members with more than 20 days will have to submit an individual request for correction of military records in accordance with Air Force Instruction 36-3003, military leave program, to get those additional days restored. This is not a permanent change to the leave policy. It is for this fiscal year only.

Call the military personnel flight customer service for more information.

■ **Thrift shop co-manager sought:** The base enlisted wives club is looking for a dedicated individual to fill the position of thrift shop co-manager.

The volunteer position requires about 10 hours per week and membership in the spouses club. No experience is required.

Call Gina Bahr at 436-2644 or Katherine St. Onge at 323-9310 for more information.

■ **Santa's Attic volunteers needed:** Volunteers are needed for this year's Santa's Attic shopping day. Children of airmen E-5 and below who are 10 and under can shop Dec. 6 for a free holiday gift for their parents. Personnel and family members who can spare a few hours to this event should call Tech. Sgt. Tina Crosby at 394-1719.

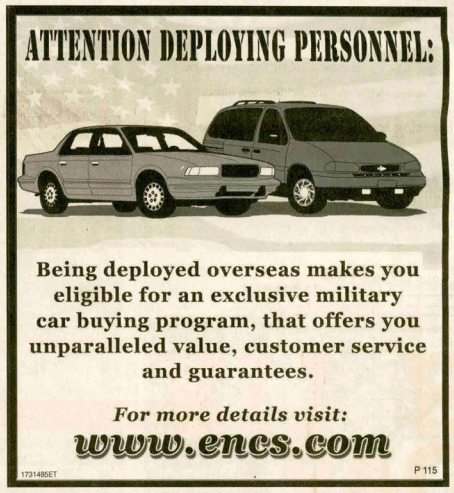
■ **Separatee opportunity:** The Air Force Reserve has many opportunities for retraining, bonus Air Force Specialty Codes, and educational benefits for those separating from the Air Force. For more information, call Master Sgt. Wilson Todd at 394-1099.

See BIRTHS, Page 7

Did you know? The Carolina Flyer's deadline for submissions is Friday, the week before publication









COMMUNITY

Births

From Page 6

September births

Sept. 5

Casey Anne, daughter of Cristen and Capt. Mark August, 41st Airlift Squadron

Sept. 10

Cody Joseph, son of Kelly and Staff Sgt. Timothy Lewing, 75th Fighter Squadron

Sept. 11

Lena Marie, daughter of Tia and Staff Sgt. Raymond Jones, 43rd Maintenance Squadron

Sept. 20

Riona, daughter of Chikako and Master Sgt. Colin Virtue, 23rd MXS

Sept. 21

Finn Clark, son of Heather and Staff Sgt. Mark Kosanko, Joint Special Operations Group

Sept. 24

Antonio Levone Jr., son of Tiffany and Airman Antonio Counts, 361st Transportation Squadron

Sept. 25

Jonah Alexander, son of Christina and Senior Airman Nicholas Craddock, 43rd Communications Squadron

(Courtesy of the 43rd Medical Support Squadron)

Outside the gate

Editor s note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run four weeks or until the event occurs. If there s a need to extend the publication of the brief, please call the editor at 394-4185.

■ **Newborn classes:** Womack Army Medical Center is scheduled to offer newborn and infant care classes Nov. 15, Dec. 20 and Jan. 17. Parents interested in attending a class should meet at 2 p.m. in the Watters Religious Education Center at the corner of Knox and Randolph streets. No pre-registration is required.

For more information call 907-6865.

■ **Public safety day:** The Spring Lake Fire and Police Department are scheduled to sponsor the fifth annual Public Safety Day Saturday at the Southwinds Shopping Center in Spring Lake from 10 a.m. to 4 p.m. Events include a live fire demonstration, vehicle extrications, smokehouse escape trainer and child find finger printing.

■ **Oktoberfest:** Oktoberfest Internationale, Fort Bragg's fall fair, is schedule to continue through Sunday at the fairgrounds on Bragg Boulevard. Unlimited carnival rides and nightly entertainment are offered for one admission price. Gates open at 5 p.m. today and at 1 p.m. Saturday and Sunday.

For ticket prices or schedule of events visit www.bragg.army.mil/mwr/fun.htm or call 396-6126 or 396-9126.

■ **Candy x-ray:** Womack Army Medical Center's Radiology Department is scheduled to offer x-rays of Halloween candy Oct. 31 from 7:30 to 9 p.m. in the Department of Radiology on the first floor of Womack.

For more information call 907-8304.

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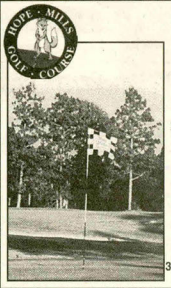
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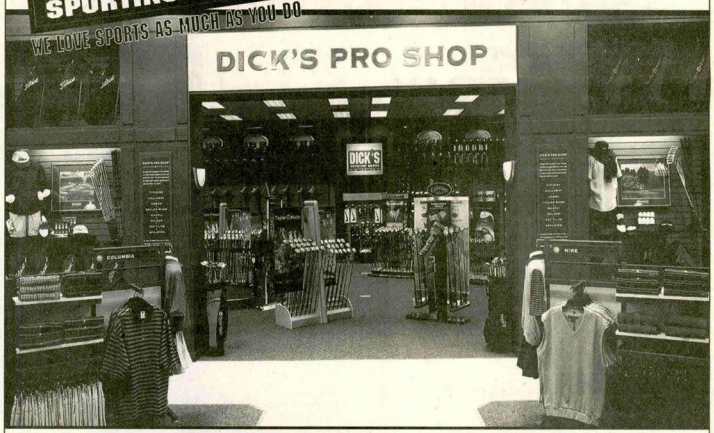
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NEWS

Fire prevention on parade



PHOTOS: DAVE DAVENPORT

This year's Fire Prevention Week ended with the annual parade through the streets of the military family housing. Sparky the Fire Dog and volunteers tossed candy from the local fire trucks and other fire vehicles to the children enjoying the parade.
The theme for the week was "Cover the bases — Strike out fire."



Driving the front fire truck, Brig. Gen. Dick Casey, 43rd Airlift Wing commander, leads the Fire Prevention Week parade through the base housing areas Oct. 11.



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NEWS

Serving those who've paved the way





PHOTOS: TECH. SGT. BOB BLAUSER

(Above)Airman 1st Class Pamela LaBella, 43rd Mission Support Squadron, prepares new identification cards for retired Master Sgt. Kenneth Rogers and his wife during Pope's fifth annual Retiree Appreciation Day Saturday.

(Left) Staff Sgt. Monica Holcomb, 43rd Medical Operations Squadron Health and Wellness Center, explains the risks involved with high blood pressure to one of more than 280 retirees who visited here Saturday. The annual event included retiree-focused briefings, a buffet lunch, and a variety of screenings, services and information.

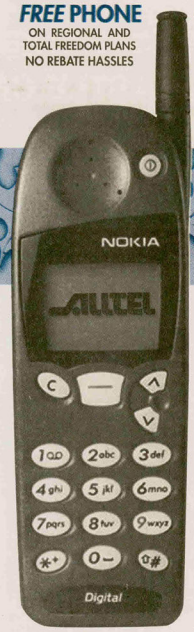


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NEWS

Be legally prepared for possible deployment

by Capt. Brian Persico
43rd Airlift Wing Legal Office

The 43rd Airlift Wing is capable of deploying a self-sustaining war fighting package anywhere in the world at a moment's notice.

Along with the Army's XVIII Airborne Corps, Pope forms the nation's premiere forced entry capability. It can also provide theater airlift for other contingencies and humanitarian missions around the world such as Operation Joint Endeavor in Bosnia or Operation Southern Watch in Southwest Asia.

Life can get complicated, particularly for those left behind. There are things which both the individual as well as spouse should get done beforehand. Advance planning now will minimize any legal problems upon mobilization.

Preparing an inventory of personal and real property is the starting point for pre-mobility planning. Gather important documents such as birth, marriage and divorce certificates and place them in a safe, accessible place. Someone you trust should have access to the place you select, or at least be informed of its existence.

Active duty personnel have the right to legal assistance, including preparation of a will and powers of attorney. Experienced judge advocate attorneys in the legal office are also available.

Death is an unpopular subject. However, in the event of one's death, proper estate planning and the execution of necessary legal documents can ease an unnecessary burden on the family.

A will is a legal document which directs how the personal representative shall distribute the deceased person's property. In the event one is married, property held in joint ownership will pass to the spouse at death by operation of law.

By making a will, one ensures his assets go to the persons chosen. Keep the will current and make changes when events may warrant revising one's desires. Do not make a will without first seeking legal advice.

Powers of attorney designate another individual to act on the member's behalf as his agent or "attorney-in-fact." A power of attorney should be executed only if there is a reasonable or immediate need, such as an overseas deployment, and then only to the extent necessary. Because a power of attorney legally authorizes another to act in one's stead, and because revocation of a power of attorney is extremely difficult unless it contains a revocation date, one should first seek a legal assistance attorney for preparation.

If one receives notice for a deployment, he may not have time to organize his personal affairs. You will be required to devote your full attention to the military mission, and may not be present to help his family make a variety of important, and sometimes unexpected decisions. Members currently have an opportunity to put their personal legal affairs in order. One's commander, first sergeant and others can help as planning resources, however, the airman is ultimately responsible to plan his affairs.


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NOTE: Initial Cutoff for receipt of resumes is 10/19/01. Additional cutoffs will be established as needed through 9/30/02.

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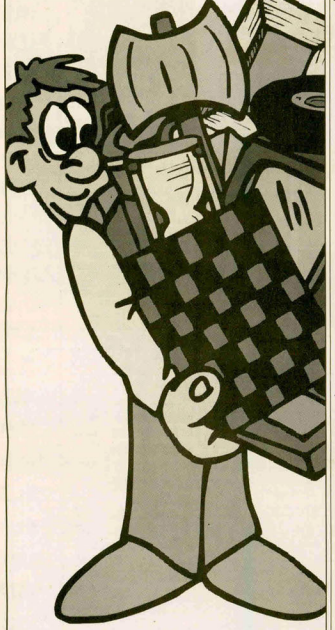
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703 Houses for Sale

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369 Miscellaneous

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372 Auctions

AUCTION: Thursday, October 25, 11am, 4590 sf. waterfront home, Pine Knoll Shores, NC (Carteret County). Free brochure. Mendenhall Auction Co., High Point, NC. Call 336-887-1165

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REAL ESTATE AUCTION Webster Farm-Madison, NC. 280 +/- acres subdivided into 23 tracts. Saturday, October 27, 2001. Attn: Builders, Hunters, Investors, Homebuyers and Brokers. Long river frontage on Dan River. Long road frontage on Mineral Springs Road and Nell Road. Information/terms, 336-789-2926, or www.rogersrealty.com **Sale subject to sell analysis of septic systems. **NC#685-VA#2 Keith Gunter, Sales Mgr.

375 Yard Sales

1/2 PRICE SALE! Baby & Children's clothes, Bargain Bags, Misc. Items. Friday 1-5, Sat 10-5 (910) 485-5783

3 FAMILY YARD SALE, SAT. Lots of baby & misc items. McDougal Downs. Follow pink signs from Raeford Rd.

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MACDOUGALD DOWNS- Saturday 10/20/01, 3 Huge 3 family yard sale. Follow signs from Raeford Rd.

WILDEWOOD Moving Sale 3525 Beechnut Court. Sat. 7:30-1:30pm., Clothing, household, computer, toys, ect. Rain or Shine! 823-2243

377 Estate Sales

ESTATE SALE Sat. Oct. 20th, 8am-5pm 819 Marchland Dr., Fayetteville (Scotty Hills S/D)

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425 Personals

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SOUTH POST MALL AREA 1br furn. CATV, WD. No pets or smoking. $475. 867-8947

653 Houses for Rent

ANDERSON CREEK: 2br, 1ba, Pvt lot, C/A, $450. No Pets. 624-5837 or 488-7727

ASHTON FOREST For Rent/Sale, 3 bdr, 2ba, sec. alarm, fenced yard, cul-I-de-sac. Available 10/27/01. $675. mo. 423-0234

BLACK & DECKER RD. AREA 3Br/2ba, LR, DR, gar. appl's, $695.mo. + dep. 424-6935.

BRAGG area, duplex 2Br 1Ba. Carport, shed, washer. Water incl. $390. 875-2590

BRAGG BLVD. 2Bd. Private fence. Close to post. For info. 484-8827 or 487-5115.

CAMERON, 3BR/2BA, 1300 sqft, With deck & front porch. $695/mo. Ready now! 919-404-2524

CAROLINA HILLS- 3/ 2, new carpet and appl, great condition. $545. mo., 875-2490

CEDAR CRK Spacious..$580. HOPE MILLS..Like new. $650. All American Asso. 864-2472

CLIFFDALE POINT . 3br/2ba, fenced, deck, appl., pets OK, $625. Call 910-574-6993

GRAYS CRK, duplex, furn 2br frp, W/D, D/W, UTIL INCL c/h/a, extras. $600. 425-2703

HARNETT CO. 2+ acres, BR/1.5BA. Shaded lot. Workshop. $500/mo. 436-2828

IRONWOOD DR. 3BR/1BA, carport. Lg fenced yard. $500/mo. 436-2828

Loch Lomond, 3BR/2BA. Located on 6970 Timberwood Dr. $525/mo. Available. Nov 1st. Call Levi, 875-6984 (N), 394-1030 (D).

MEADOWBROOK 3/2, dbl gar., sec. dep. disc. $700/mo 764-9351 Amazon RE

SPRING LAKE- 2 bdr, 1ba homes for rent. All w/ ceiling fans, gas/heat, window A/C, carpet and vinyl. $360. a month. Less than 2 minutes from Ft. Bragg. (910) 868-2248

SPRING LAKE 3Br/1½Ba, Fenced yard, Garage, central heat. Fenced yard. Close to base. $560/mo. Call 960-0370.

WAYSIDE - 2/2.....$475
Summerfield - 2/2.....$500
Winding Creek - 2/1½.....$550
Bordeaux - 3/1.....$595
Karen Lakes T.H. - 2/2½ $600
Karen Lakes Condo -2/2 $650
Ponderosa - 3/1½.....$650
Gates Four - 3/2.....$750
Elk Run - 3/2.....$800

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656 Mfg. Homes for Rent

BRAGG AREA
Dyer/Mercer Rentals
Furnished & Unfurnished
Apts also, No Pets 488-3344

BRAGG/Pope-Speranza MHP14x60 Mobile homes. 2br, 1ba, W/D, A/C, cable, water, sewer, & garbage. $260-$375. 497-6716

CFV HOSPITAL area
1ST MO RENT FREE w/ approved credit. 2br 2ba, c/a, Wa/Dr, water/ sewer /& garbage. $395 up. 425-6307

FARMVIEW MHP. MOVE IN SPECIAL. 1/2 Mo **FREE**. 2 & 3 BR, Clean & Peaceful. Military Welcome, 436-5042

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No violence-clean & peaceful
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527-2962, 480-6254
★ Free Rent ★ Free Rent ★

ROCKFISH- all to yourself, clean, quiet, on 3 acre pond, 2br, 2 full ba, heat pump, screen porch, $430. Call 875-6144

SPRING LAKE/HWY 210 2Br/2Ba, W&D, Garden Tub, Ceiling fan, Central stereo, Deck, C/H/A, Free water, trash & lawncare. No pets. $400/$275 dep. 497-0959.

SPRING LAKE Pineview Mobile Home Park has 2 &3 Br MH's for rent. Call 919-557-4982 or 910-497-0447.

657 Mfg. Home Lots for Rent

BRAGG & CLIFFDALE area
- 12 / 14 / 8 Doublewides.
77-924-0606, par 480-6254 77

CFV HOSPITAL area
water, sewer, garbage incl., $150/mo. 425-6307

SPRING LAKE/HWY 210 Singlewide/Doublewide lots avail. Military/ county approved, free water, trash & lawncare. Cable ready, security lights, no pets. $135 & up. Call 497-0959.

661 Rentals to Share

COTTONADE Non smoker, Fem. pref. No pets, Br & own bath, garage, cable hook-up & phone, all utils included $300 + $150 dep. 867-6051.

CROSSINGS CONDOS. Officer wanted to share 1/3 of 3br, 2ba. condo, W/D, pool, FP, 5 min. from post. No pets. $250 per mo + 1/3 utilities. 864-5141

LOCH LOMOND- furnished, $300/mo incl. utilities & W/D. Near Bases. 423-3851

ROOMMATE WANTED- 3Bd, 2Ba. Nice neighborhood $425/mo Includes utilities. Call: Terri @ 864-4746

703 Houses for Sale

$500 DOWN 3br, 2ba, brick home in Fay., great area, 829-0380 Mon-Fri, 9-5.

$500 DOWN • Nice area, brick home, Lake's Edge S/D, N. side of Fay. off Ramsey. 3br/2ba. 829-0380.

AARON LAKES. FSBO. 3BR/1.5BA. Fenced yard. New driveway, water heater, range. Great locale. Close to school/shopping. Call 424-9119 for more info.

ALL AMERICAN ASSOC. PROTECT Your Investment! Home Inspection. 492-8751.

BRAGG/ POPE. 3 bdrm, 1.5 bath, $515 P & I w/ 0 down on 6.5% VA. Free washer/dryer if bought first visit. To help you get settled, we make first 3 payments if you pay asking price. Open House Sunday 11-2. 710 Dandridge. Kathy work 867-3227, home evenings & wknds 868-4512

Beaver Run

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Open
SUNDAY
Oct. 21st, 1 to 6

Last new home in Beaver Run
Ready to move into! 3 BR, 2 BA, large family room, finished bonus room, 2 car garage, large lot, natural gas heat - county. Brick veneer & siding, large deck. Carolina Mortgage will be on site to qualify you for any price home. Take Cliffdale Rd west to Beaver Run Rd - turn right and follow signs - for more info call Clarence, Mobile: 309-4441 Prudential / John Koenig Realtors

BUNNLEVEL Area- Newly renovated country home, 3 bdr, 2 bath, 1/2 ac. 1200sqft. 30 min. from Post. Below appra. $70,000. 814-3976

Carolina Lakes
Homes Sales Info. Only $1000 closing cost. Choices Unlimited.436-8572.

CAROLINA LAKES- waterfront 2340sf., 3Br, 2ba, bonus rm, boat slip w/lift and prvt beach. Beau View! $244,900. 499-4500

EASTOVER Baywood Rd. Ranch, 3br2ba, frpl, dbl gar., deck, satellite, sec. syst, $103K. Must See! 321-6033

HOKE CO/Stone Ridge. VA assumption. 3BR/2BA, dbl gar, frml LR & DR w/FP. All appl except W/D. Take over payments. 910-848-0252

HOPE MILLS. Charming 4BR/2BA home. In family neighborhood. Corner lot. fenced in yard, FP, patio, 1450sq'. **Easy to qualify! No closing cost!** Seller offering $500 moving allowance. Move in today! Call Magnolia Properties, 868-2555 or 868-5948.

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ROLLING SPRINGS-1458 sq ft -square feet. 4Br; 1.5 Ba. $64,900. Newly painted in & out. 496-0632/491-4009.

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1600 + sf, new rmfd, 2br, suites w/dens, 2ba, lvg rm w/fp, eat in kit., gar w/workshop, $1100. C-Z1 Prime Prop. Binky 315-2622

AMAZING BANKRUPTCY Opportunity! Defaulted Subdivision: 12 super pre insulated homes. Fast /simple construction. Your foundation / floorplan. Proven quality/lifetime warranty. Local references/details: Ben, 1-888-966-4866. Sacrifice!!

709 Mfg. Homes for Sale

$500 DOWN • ROCKFISH area. 4br, 2ba, move in Oct. Call 850-9292 for info.

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available with purchase of new homes. Pymts start as low as $399 per mo.
Call Sherman 423-0672

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Fleetwood, 28 x 80
4BR, 2BA, $39,900. Grand Opening Special! 484-3627

LAKE SPRINGS, Fleetwood, triple wide, $65,000 During Grand Opening. 484-3627

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OAKWOOD 16x80, $23,999. set-up & delivery Call: 910-223-0692

OAKWOOD 1792 sq.ft. 3br, 2ba, land/home $1000 down Call: 910-223-0692

OAKWOOD, 1996, 14x70. 3BR/2BA. On 2 1/2 acres of land. Cedar Creek area. $44,000. obo. (704) 238-9910 or (910) 872-9054

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718 Farms

4AC: farm, hdwd flrs, 3br+2ba, lrg rms, 2Zac farm incl. 1Aac. lake out bldgs, barn. $125K Binky C-21 Prime Prop. 315-2622

727 Investment Property

RENTAL UNITS FOR SALE: 7 units near Bragg. Call 910-893-2749

730 Resort Property

MOUNTAIN LAND Near Boone, Blowing Rock, Blue Ridge Parkway. Beautiful views, utilities available. Some areas less restrive. Low down payment. Owner Financing. (828) 396-3491 www.mtnproperties.com

NEW LOG CABIN on 3 acres with free boat slip and private lake access. Tennessee moutains. Near 18 hole golf course. $69,900. Terms. Call 1-800-704-3154 ext. 241

815 Auto Parts/ Accessories

FIREBIRD 1984 Firebird parts, hood, natchi doors, fenders, steering box, louvers. Make offer. (919) 498-0858

MAT FOR FORD F150 Truck Bed, good condition. $35. Call 864-1102

OLDSMOBILE 1976 Cutlass Salon, parts car, 350 engine, turbo 400 trans, needs body and interior work. $275. obo. (919) 498-0858

Parts to sell: 1989 Trans Bird, 3.8 eng, and assorted parts. 1988 Olds, 307 V8 & 4 spd AT overdrive & assorted parts. Call Al 919-258-0707.

PONTIAC 1984 Trans Am, no motor or trans, t-tops, flowmaster, straight body, 15 in. wheels. $300. obo. (919) 498-0858

830 Motorcycles/ Dirt Bikes

ATLAS 1999 ROAD RUNNER, custom from ground up, 80 cubic inch engine, YIWIN S & S, dual disc front, 2K miles. $15,000. 814-2922

SUZUKI 2000 Intruder. 800cc. 5000 miles. $5000. Call to see! 910-764-9151

835 RV's/Campers

BOUNDER 1989, 454 Chevy engine, 34 ft., 20272 actual mi. queen bed, 2 TV's, VCR, 4 burner stove w/oven, frig. w/freezer, dual stainless sinks, micro., awning, antenna, 6.5 KW Onan generator, great cond! $20K OBO. Call 424-9821 btw 5-9PM.

850 Trucks

DODGE 1976 D100, pickup, runs, $1,500. or best offer. Call 486-9241

GMC 1998 Sonoma SLS. Shortbed. 27K mi. 5 sp, 4 cyl, AC, PS, AM/FM/Cass. Great cond. Must sell! 704-541-6892/588-1100

858 Sport Utilities

CHEVY-1996-Blazer-Green 44K Miles. Loaded, leather 4 Wheel drive. $11,500. Call: (910)497-2225.

GMC 1995 SIERRA. Like new inside and out! 5.7L, v8,PS/W/D/L, pwr seats. Extended cab. SLE package. New tires. 814-2922

MITSUBISHI 2001 Montero limited, 9700 mi., fully loaded, full warr., $29,500. Call 910-947-1264.

870 Sport Cars

CHEVY 1998 Corvette, exc. cond. loaded, 52K, $29,995. Days: 323-3315 or Nights: 867-2443.

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'01 Buick Park Ave.....$20,990
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'96 Chev X-Cab Z-71.$14,990
'00 Sierra 1500 WT ...$15,990
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2000 Chev Suburban 4x4
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1999 Chev Camaro
2001 Chev Cavalier 4dr
2001 Buick Regal LS
2001 Pont Sunfire 4dr

AUTOS

1999 Cadillac Deville
2000 Pont Grand Prix GT 4dr
1999 Chev Camaro
2001 Chev Cavalier 4dr
2001 Buick Regal LS
2001 Pont Sunfire 4dr

Olds 1995 Achieva. 4 door, v6, automatic. Loaded! Runs good. $1800. Must sell! 495-0840

875 Cars for Sale

CHEVY 1985 Camaro. Burgandy, AT, AM/FM. Asking $1500. 488-4768 or 432-5114

CHEVY 1991 Camaro Z28, 350 TPI, blue w/black int, new everything, runs great, very well kept, asking $5000. 910-309-1548, Rick

HONDA 2000 ACCORD V6 black, 18K miles, fully loaded! leather, abs, keyless entry, 17" chrome rims. $24,500. 424-1862

PONTIAC 2000 Grand Prix SE, 4dr, loaded, drk green, 10,600 miles, $15,000 OBO. Call 860-1458

Re-Establish Credit
Call 860-1286

SATURN 1996 SL2, 4 dr, leather, loaded, 5 sp, 40 mpg, $5650. Auto Plus, 485-6004

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The dramatically redesigned 2002 Sonata puts other midsize sedans on notice, with dual front airbags, front side airbags, air conditioning, six-speaker CD, power steering, power windows, locks and mirrors, a split fold-down rear seatback, and the freedom of America's Best Warranty. All standard.



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00 JEEP WRANGLER SAHARA Auto, AC, CD, 13K, #2150	$20,888
00 JEEP WRANGLER SPORT Auto., AC, 2K, #N1689A	$20,988
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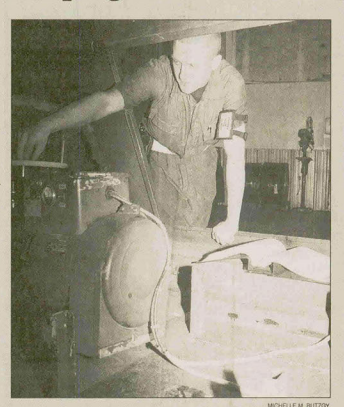
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NEWS

Keeping it rollin'



MICHELLE M. BUTZOY

Performing a service inspection on a piece of aerospace ground equipment, Airman 1st Class Michael Corum, 43rd Maintenance Squadron, tightens the air filter on a light cart.

Corum arrived here in April 1999 and will soon be permanently changing stations to Kunsan Air Base, Korea, with a follow-on assignment to Ramstein AB, Germany.

TRICARE news online

Stay informed about the ever-changing TRICARE program by visiting the Humana Military Healthcare Services Web site, www.humana-military.com. The site can assist with TRICARE program information, health and wellness advice, claims updates, TRICARE forms that can be downloaded, or assistance in locating a network provider.

The HMHS Web site, is continually being enhanced with new and improved beneficiary features. For example, HMHS recently added a "Hot News" section, which provides the latest TRICARE news and information, including features about TRICARE for Life, the elimination of Prime active duty family member copayments and pharmacy program changes.

Visitors find the site is clearly organized and easy to navigate. It even includes a "Site Search" feature that will take the user right to the topic of his choice.

So make the Humana Military Healthcare Services Web site a "go to" resource for TRICARE program information and services.

Other helpful Web sites one may want to visit include the TRICARE Web page, www.tricare.osd.mil., the Retired Officers Association Web site, www.troa.org, and the National Mail Order Pharmacy Web site, www.pec.ha.osd.mil/NMOP/NMOPhome.

Prices fall at fall sale



While the Pope Commissary may be gone, the Fort Bragg Commissaries are bringing the savings to Team Pope by the truckload. The upcoming sale will feature many of the regular popular items and some other items to get families ready for the Halloween and Thanksgiving holidays.

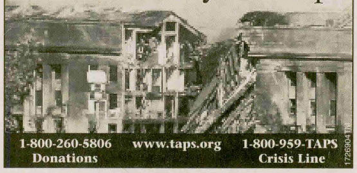
The sale will be located in the Pope Post Office parking lot, 251 Apollo Street, and will open from 9 a.m. to 5 p.m. Thursday and Oct. 26.

Treats for ghosts and goblins will also be available for a sale price. Quantities may be limited, so shop early for the best selection. *(Courtesy of Fort Bragg Commissary)*

The Tragedy Assistance Program for Survivors is America s only national, non-profit Veterans Service Organization whose sole mission is to provide emotional support services to all those coping with the death of a military loved one.

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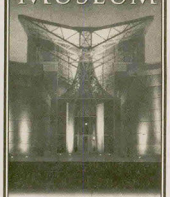
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AROUND THE AIR FORCE

Air Force doubles humanitarian airdrops

by Maj. Mike Young
U.S. Air Forces in Europe
Public Affairs
Ramstein Air Base, Germany

Airmen supporting the Operation Enduring Freedom humanitarian airdrop mission delivered twice the number of meals — about 70,000 — to Afghanistan refugees Oct. 12 making military airlift history in the process.

"(October 12) was the first time we conducted a four-ship — four C-17 [Globemaster III cargo aircraft] — in a high-altitude combat drop of humanitarian supplies," said Col. Bob Allardice, humanitarian airdrop mission commander.

Since Oct. 8, two C-17s flew each day's mission, each loaded with about 17,500 humanitarian daily rations.

The C-17s, each with a crew of about 10 airmen, fly about 10,000 miles round trip to make the drops.

"It's significant because it takes a tremendous effort to assemble four airplanes with all the supplies in one place and to fly the great strategic distances that are flown to deliver 70,000 humanitarian daily rations," Allardice said.

While he said these missions involve loadmasters, physiology technicians, combat camera teams, as well as the flight crews, the support from the ground crews is "absolutely essential."

"In this particular case, we're flying out of Ramstein Air Base," Allardice said. "The host wing, the 86th Airlift Wing, is supplying both tactical planners to help us plan our missions, as well as riggers to work with the Army's 5th Quartermaster Company."

More than 40 soldiers with the 5th Quartermaster Company have teamed with Air Force airmen from the 37th Airlift Squadron to help assemble the delivery containers and load them onto the C-17s.

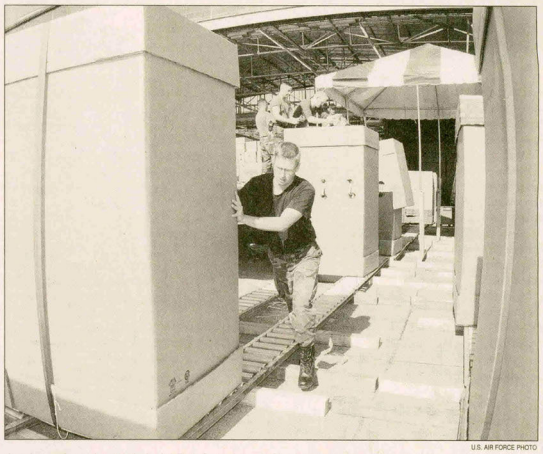
Even with the help of the dozens of airmen and soldiers from the Ramstein area, cooperation among the coalition partners is necessary for the airdrop mission to be totally successful.

"It takes a broad coalition in order to carry out a humanitarian effort like this," Allardice said. "Obviously, we flew long, hard distances. To do the air refueling that's required to fly these kinds of distances, we need the cooperation and agreement of multiple countries."

Operation Enduring Freedom's war on terrorism has multiple facets. Allardice said for the humanitarian part of the war, his team is focused on the Department of Defense's goal to feed those in Afghanistan who are in need.

"I couldn't claim that it's my mission or my people's mission," Allardice said. "It's our mission — a military mission — and I think we're all doing a tremendous job."

(Courtesy of U.S. Air Forces in Europe News Service)



U.S. AIR FORCE PHOTO

An airman from the 437th Aerial Port Squadron at Charleston Air Force Base, S.C., moves containers full of humanitarian daily rations Oct. 10 at Ramstein Air Base, Germany. Airmen supporting the Operation Enduring Freedom humanitarian airdrop mission delivered twice the number of meals — about 70,000 — to Afghanistan refugees Oct. 12 making military airlift history in the process.

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AROUND THE AIR FORCE

Some families may qualify for FSSA increase

by Staff Sgt. Amy Parr
Air Force Print News

After the Department of Defense's family subsistence supplemental allowance started in May, eligible military families received a new allowance designed to help put food on their tables.

With the U.S. Department of Agriculture's recently released gross monthly income eligibility standards, more families may now be eligible for additional money.

Some people may see an increase because FSSA is directly impacted by USDA figures, said Master Sgt. Tamra Miller, travel and contingency policy chief. However, the maximum amount someone can receive is still capped at $500. People will need to re-certify using the new income eligibility standards.

The program, designed to help families currently on food stamps, is available to all military people. Some families on food stamps will qualify, while others will not, Miller said. The allowance is designed to bring household income to 130 percent of the federal poverty line for the household size. People may qualify for both food stamps and the FSSA program.

However, unlike food stamps, FSSA income qualification thresholds include housing allowances, regardless of residence. Also included are basic allowance for subsistence and all bonuses, special and incentive pays.

Once approved, people must re-certify every February, regardless of when they were originally certified, Miller said. They must also re-certify when promoted, when household income increases by $100 or more, when household size decreases and when making a permanent change-of-station move.

It is important that people keep in mind that receipt of the allowance is considered income and will affect their eligibility for USDA's income-assistance nutrition programs, such as food stamps, income-based day care programs and earned income tax credit, she said.

"For those who pre-certified and were close before, it could be worth their while to check (the program) out again," she said.

For more information, contact local commanders' support staffs or the Air Force directorate of personnel Web site at www.dp.hq.af.mil.

People may fill out automated applications at the Defense Manpower Data Center Web site at www.dmdc.osd.mil/fssa.

'Use or Lose' extends leave

Special leave accrual authority, previously granted because of operations resulting from the Sept. 11 terrorist attacks in the United States, has been extended through the end of fiscal 2004.

With this extension, people from the U.S. armed forces who accumulate 60 to 90 days of leave, as a result of being recalled from or not allowed to take annual leave, will be able to retain those extra days until Sept. 30, 2004, said Charles S. Abell, assistant secretary of defense for force management policy.

Under normal circumstances, military people are only allowed to maintain 60 days of leave, as of the beginning of each fiscal year.

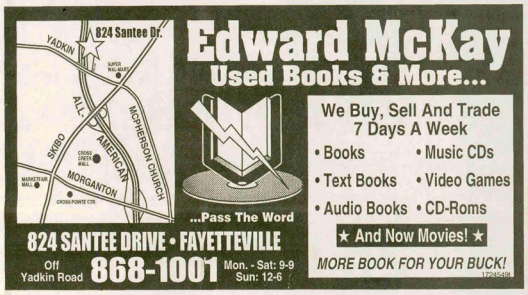
Any scheduled leave that was lost between Sept. 11 and Sept. 30 will be restored, said Maj. Karen M. Corrente, chief of Air Force travel, transportation and benefits policy at the Pentagon.

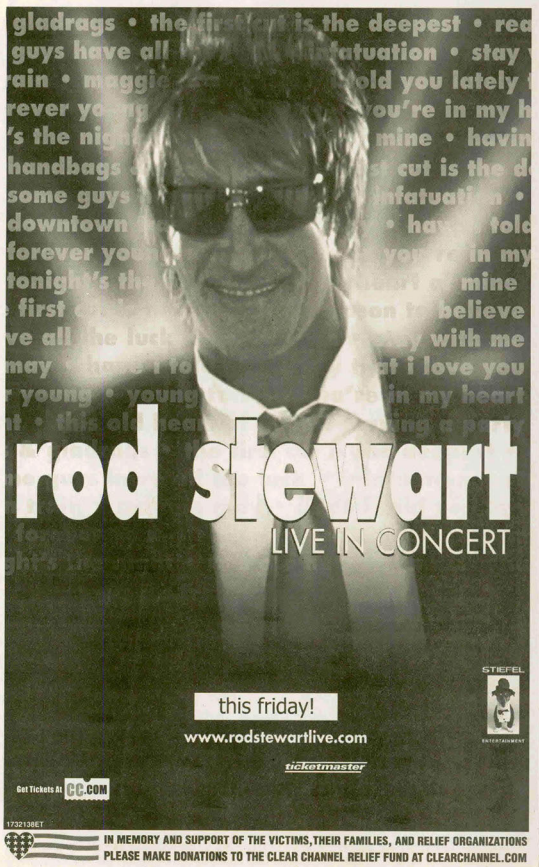
Military people should contact their local military personnel flight for more information about the annual leave policy. *(Courtesy of Air Force News Service)*

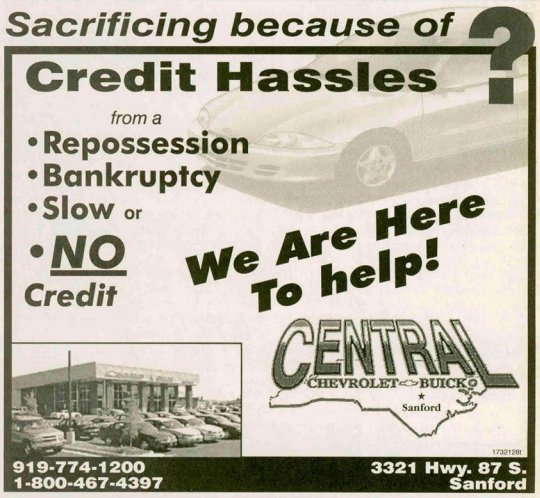
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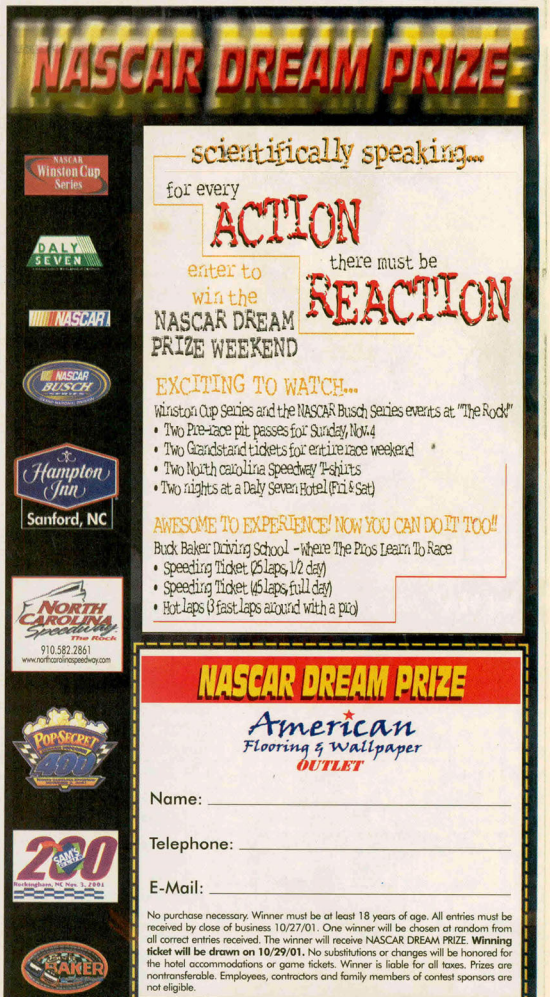


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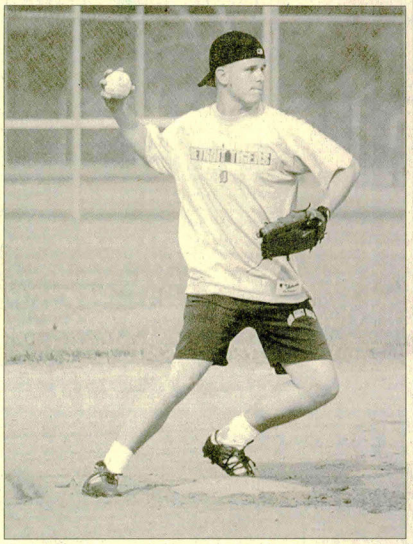








SPORTS AND FITNESS



Second baseman for the CGOs, Adam McBride, reels it in for a throw to first base during the softball challenge between the base chief master sergeants and the company grade officers.

DAVE DAVENPORT

Chiefs whip young guns

by 2nd Lt. Tom Montgomery
43rd Airlift Wing Public Affairs

It was billed as the Chiefs vs. CGOs Softball Game. As I settled in to watch, I expected to see a friendly bout between young and old. But what happened Oct. 12 was not a game. By the end, I was wondering who in their right mind started this war.

"Honorary Chief" Dick Casey, chief's third baseman, was the first to cross home plate as the chiefs went up 3-0 in the top of the first.

The young officers weren't fazed though. Kenneth Sumler retorted with an infield home run as the first company grade officer at bat. In the bottom of the second, Ernie Wearren put the CGOs up 4-3 by dropping a home run into left field.

The chief's Cathi Durick remained calm, cool and confident going into the third. "The chief's are gonna win; two days of practice," she said. She based her optimism on two qualities chiefs have, "experience and crustiness," she said.

Durick's prediction started to materialize as chief after chief circled the proverbial wagons around CGO pitcher Sarah Nicklas. Going into the bottom of the third, the chiefs had scalped an 11-4 lead.

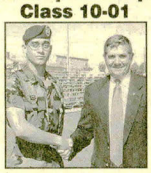
The captains and lieutenants began to scratch their heads and hoped that a strong

See CHIEFS, Page 16

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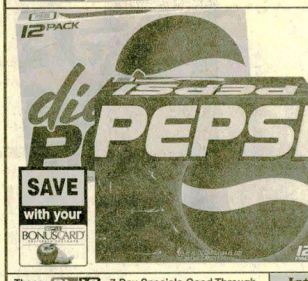
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SPORTS AND FITNESS



DAVE DAVENPORT

Rounding the bases with impunity, the chiefs' Richard Caisse eyes home en route to victory.

the game was going. "Well, we're kicking butt, as expected," he said. When I asked why he was playing for the chiefs he said, "I've never been made an honorary CGO." Wonder if the general would even accept an induction as an honorary CGO? I'm sure he would, just to be polite.

Mercifully, the game only lasted seven innings. Fans and players for the CGOs had bitter reactions. Elegear Primus, a CGO sympathizer, eventually had to put it bluntly. "The CGOs are getting their butts whooped," he said.

Josh Foxwell had an optimistic reaction to the 12-5 spanking. "We may have lost, but they're still old," he said.

To top off the embarrassment, the Chiefs dropped RMOs (round metal objects). On realizing they had no RMOs to retort with, the CGOs ran from the field in disgrace with their tails between their legs as the chiefs laughed.

There was one person among the chiefs who was not laughing though. It was "Chief" Casey. He shook his head, looked at the ground, and said "makes me want to resign my commission."

If the general does resign his commission, that's OK because we'll make him an honorary CGO. Second lieutenant, first lieutenant, or captain, Sir?

showing at bat would save the third inning. Hopes were dashed when chief's pitcher Rob Miller took down the first three CGO batters with ease. Watching the third inning was like watching an A-10 round go through a grapefruit.

"It's obvious that all the chiefs took their medications this morning," said Elenah Godbolt.

After seeing that some of the chiefs were getting walks at bat, Brandi McBride, a CGO fan, remarked that "we are letting them walk because if they ran they'd all get tired."

Brian Brech, chiefs' second baseman, didn't see it that way. "I enjoy the walking; I get to touch all the bases," he said.

In the sixth inning, I asked "Chief" Casey how he thought

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99 FORD ESCORT SE Air, Alloys, Spoiler, 30K, #13054A Was $9,695 • SALE PRICE $7,330	97 JEEP CHEROKEE 4x4 AT, Loaded, 6 cylinder, Alloys #11981 Was $12,995 • SALE PRICE $10,864	98 DODGE STRATUS Air, CD, 40K Miles, #12042A Was $9,995 • SALE PRICE $7,432	98 BUICK REGAL GS Lthr, Loaded, CD, #11169 Was $15,995 • SALE PRICE $14,436	2000 DAEWOO NUBIRA SE AT, Air, Power Pkg., 11K Miles Was $11,995 • SALE PRICE $9,995
00 PONTIAC GRAND AM SE V6, Loaded, Alloys, 4 Dr., #13011B Was $14,495 • SALE PRICE $11,965	99 TOYOTA RAV-4 4X4 AT, Loaded, Alloys, New Tires Was $11,995 • SALE PRICE $11,839	99 FORD ESCORT SE Wagon, Loaded, 21K Miles! Was $11,995 • SALE PRICE $9,995	98 CHEVY VENTURE LWB Loaded, Rear Air, 4 Dr., New Tires Was $15,995 • SALE PRICE $12,979	95 MERCURY GRAND MARQUIS Loaded, Alloys, 47k miles Was $11,995 • SALE PRICE $8,995
98 TOYOTA TACOMA 4X4 Air, Alloys, Bedliner, 4Dr, #13250B Was $15,995 • SALE PRICE $12,976	96 SATURN SL2 AT, Air, Pwr. Sunroof, #13050A Was $8,995 • SALE PRICE $6,984	95 FORD RANGER SUPERCAB AT, V6, Air, Alloys, Dual, #13073A Was $10,995 • SALE PRICE $8,229	98 DODGE GRAND CARAVAN SE Quad Seats, Rear Air, Loaded, #19181 Was $17,995 • SALE PRICE $14,390	00 DAEWOO LEGANZA SX Leather, Loaded, #11001 Was $14,995 • SALE PRICE $11,840
00 DAEWOO LANOS S AT, Air, Only 9K Miles, #11820 Was $9,995 • SALE PRICE $7,934	99 GMC 1500 CARGO VAN V8, AT, Only 10K Miles! Was $18,995 • SALE PRICE $15,839	97 BUICK SKYLARK CUSTOM AT, V6, Alloys, CD, Only 28k miles! Was $12,995 • SALE PRICE $8,995	99 TOYOTA TACOMA Prerunner, Xtra Cab, V6, Loaded, 36K Was $21,995 • SALE PRICE $15,342	97 MITSUBISHI GALANT ES AT, Loaded, Cass, CD, #11014 Was $11,495 • SALE PRICE $9,338
98 DODGE 1500 SLT QUAD CAB AT, V8, Loaded, 34K, #11752 Was $21,995 • SALE PRICE $15,366	00 DODGE 2500 CARGO VAN V8, Air, Alloys, Dual, #13047 Was $19,995 • SALE PRICE $15,487	97 TOYOTA TACOMA XCAB 4X4 V6, Loaded, 4WD, #11705A Was $17,995 • SALE PRICE $13,946	98 PONTIAC GRAND AM SE AT Power Options, Air, #28803A Was $10,995 • SALE PRICE $8,995	96 TOYOTA CAMRY LE Leather, Sun Roof, Loaded, Was $12,995 • SALE PRICE $10,995
01 HONDA CRV LX AT, Loaded, CD, 11K Miles, Was $20,000 • SALE PRICE $16,764	99 ACURA 3.0 CL Leather, Sunroof, Control, #11679 Was $21,995 • SALE PRICE $16,943	98 CHEVY BLAZER LS AT, V8, Loaded, Alloys, New WC Tires, Was $16,000 • SALE PRICE $12,995	99 FORD MUSTANG Loaded, Convertible, CD, 20k Miles, #13776A Was $13,995 • SALE PRICE $11,995	00 DODGE GRAND CARAVAN SE Quad Seats, Rear Air, Loaded, #11808 Was $20,995 • SALE PRICE $16,988
99 DODGE CARAVAN AT, Air, CD, 44K Miles, #13040A Was $13,495 • SALE PRICE $11,450	99 DODGE CONVERSION VAN Hi-Top, V8, Loaded, #13401A Was $17,660 • SALE PRICE $15,695	Voted #1 Place to Buy A Used Car	99 DODGE GRAND CARAVAN SE Loaded, Rear Air, #13405A Was $16,995 • SALE PRICE $14,450	00 SATURN LS2 V6, AT, Loaded, CD, 14K Miles! Was $17,995 • SALE PRICE $14,928

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During aerobic exercise, the lungs deliver oxygen to the circulatory system, where the heart delivers the oxygen to the working muscles.

Aerobic exercise is sustained, rhythmic activity using the large muscle groups of the body. Some of the most significant benefits of aerobic exercise are weight control, lower cholesterol levels, controlled blood pressure, prevention of type II diabetes and stress reduction. Even moderate aerobic activity, in small increments, can reduce one's risk of cardiovascular disease and other related diseases.

Aerobic exercise:

- keeps blood pressure and resting heart rates at lower levels, as one indication of cardio respiratory fitness,
- reduces your risk of heart disease by lowering total cholesterol levels,
- decreases your risk of type II diabetes by controlling blood sugar levels,
- helps you control weight gain when combined with a reasonable, healthy diet,
- increases your HDL cholesterol (the "good" cholesterol),
- improves your self-esteem, as you look and feel better,
- reduces stress and anxiety by reducing muscle tension while exercising your heart,
- assists in the fight against osteoporosis by placing a "stress" on the bones, and
- may produce two different responses in the immune system, which may determine the frequency of colds and infections.

(Courtesy of the Army Physical Fitness Research Institute)



Deadlines

The deadline for all new material, stories and pictures to be considered for publication is noon, Friday the week before publication to the 43rd Airlift Wing Public Affairs Office, 259 Maynard Street, Pope AFB, N.C., 28308-2391, e-mailed to: carolina.flyer@pope.af.mil or faxed to 394-4266

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Sports briefs

For more information on any of the fitness center's activities, call 394-2671.

■ **Night glow ball:** The 43rd Services Squadron has scheduled a 9-hole, 4-person scramble Nov. 2 at 6 p.m. at Willow Lakes Golf Course. The cost is $20 for members and $30 for non-members. There will be prizes, food and a post-Halloween costume contest. Enter by Oct. 26.

■ **Free karate lessons:** Karate lessons for children have been scheduled for Tuesdays and Thursdays at the youth center. Call 394-2869 or 394-1045 with child's name and age to register.

■ **10k Run for Kids' Sake:** Enter by Oct. 31 to participate in the Nov. 17 10 kilometer Run for Kids' Sake, beginning at 10 a.m. at McKellars Lodge on Fort Bragg. Call Big Brothers Big Sisters at 323-8537 to pick up an entry form or for more information. Entry forms can also be downloaded from the Internet at www.oldmp.com/bigbrothers-bigsisters/.

■ **Fall horse trials:** The Fort Bragg Riding Stables has scheduled its fall horse trials Sunday from 8 a.m. to 6 p.m. The competition will include dressage, cross country and stadium jumping.

The event is free and open to the public. Call 396-4510 for more information.

■ **Intramural racquetball:** Registration for the fall intramural racquetball tournament, scheduled for Nov. 2 through 4 at the Dahl Physical Fitness Center, is underway. The tournament includes competition for various age and skill classifications and is open to all military/government ID card-holders aged 18 and older.

Entry forms are available at all Fort Bragg fitness centers and at the sports office at building-8-2105 on Knox Street.

Enter by Oct. 31. Call 396-1217 for more information.

■ **Aerobic classes:** All scheduled classes are subject to change. Call the Pope Fitness Center at 394-2671 to confirm times and classes.

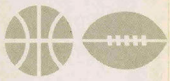
Today
6 a.m. — spinning
11 a.m. — kick boxing
noon — spinning
5:30 p.m. — step aerobics

Saturday
10 a.m. — spinning
11 a.m. — kick boxing

Monday
6 a.m. — step aerobics
11 a.m. — step aerobics
noon — spinning
4:30 p.m. — step aerobics
5:30 p.m. — step aerobics

Tuesday
11 a.m. — boot camp
5:30 p.m. — kick boxing

Wednesday
6 a.m. — step aerobics
11 a.m. — step aerobics
noon — spinning



4:30 p.m. — step aerobics
5:30 p.m. — step aerobics

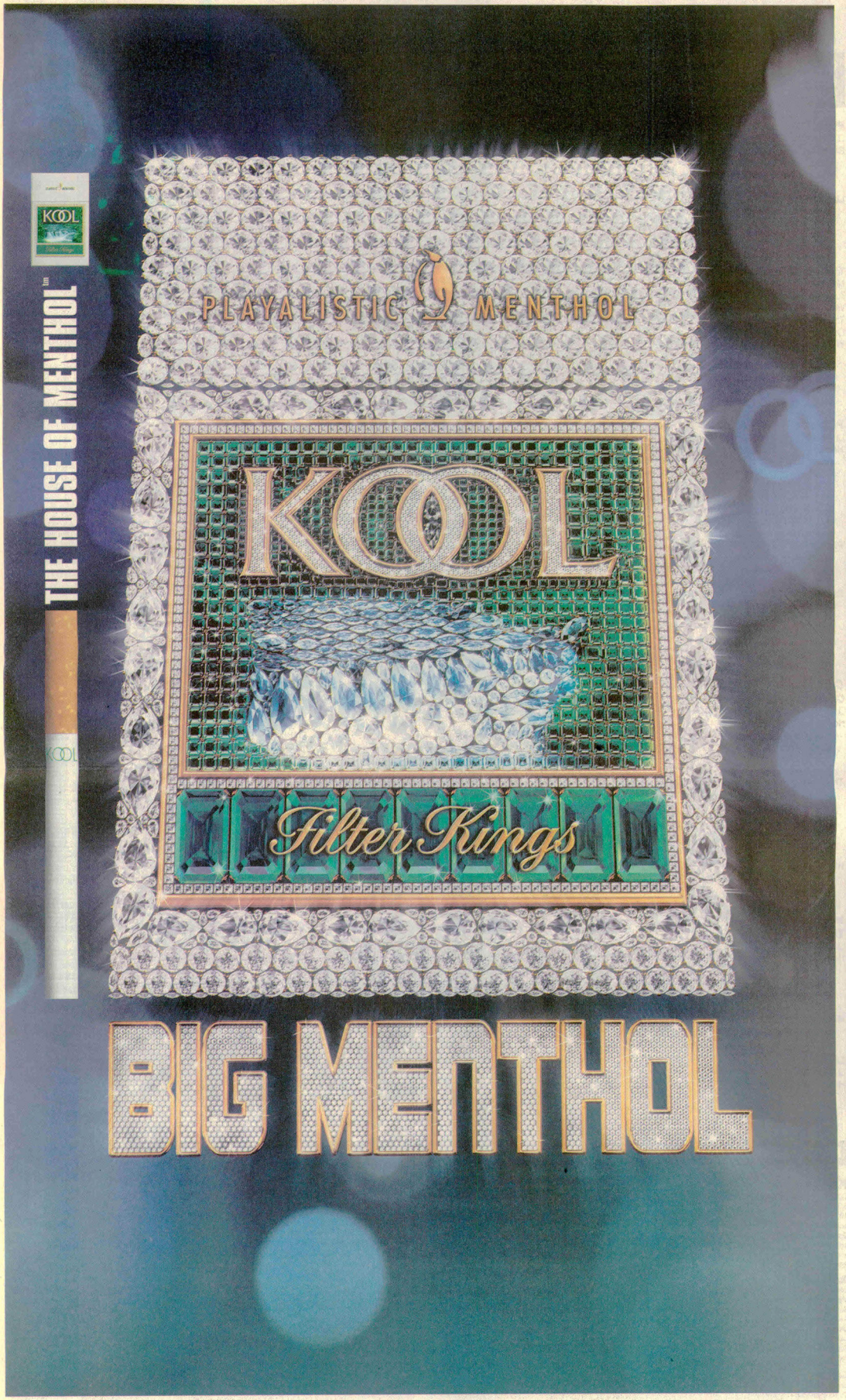
Thursday
6 a.m. — step aerobics
11 a.m. — step aerobics
5:30 p.m. — kick boxing

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POPE EXTRA

Coming attractions from services

Pope Club
❑ 394-2154
Bar hours: Monday through Thursday from 3 to 11 p.m.; Friday from 2 p.m. to 1 a.m.
Lunch buffet: Served Monday through Friday from 11 a.m. to 1 p.m. Buffet includes salad bar, dessert bar and soft drink.
Today: Oriental Bar
Monday: Pasta Bar
Tuesday: Cajun Bar
Wednesday: Potato Bar
Thursday: Burger Bar
Oct. 26: Mexican Bar
WWF "No Mercy": Watch the pay-per-view telecast Sunday at 7:30 p.m. Cost is $1 for members and $5 for non-members.

Pizza Parlor
❑ 394-2377
Hours: Monday through Friday from 7 a.m. to 1:30 p.m. and 4:30 to 9:30 p.m.; Saturday from 3 to 10 p.m.; and Sunday from 5 to 9 p.m. Holidays from 1 to 8 p.m.
Pizza buffet: Every Tuesday and Thursday from 11 a.m. to 1 p.m. Cost is $5.50.
Family pizza buffet: Every Friday from 5:30 to 7:30 p.m. Cost is $5.50 for adults, $3 for children ages 8 to 12, and free for children ages 7 and younger.

Community Center
❑ 394-2779
Hours: Monday through Friday from 7 a.m. to 10 p.m.; Saturday and Sunday from 1 to 9 p.m.
Three-on-three basketball: Sign up for the Oct. 27 basketball tournament. The games are scheduled to start at 9 a.m. at the youth center.
Hip Hop Night: Tonight from 6:30 to 10:30 p.m. at the community center.

Information, Tickets and Tours
❑ 394-4478
Hours: Monday through Friday from 10 a.m. to 5 p.m. Closed from 1 to 2 p.m. Service credit cards are welcome.
Movie tickets: Tickets for several area theaters are available to ITT.

Library
❑ 394-2791
Hours: Monday through Thursday from 9:30 a.m. to 7:30 p.m.; Friday from 9:30 a.m. to 6:30 p.m.; and Saturday from 10 a.m. to 4 p.m. Closed Sundays and holidays.
Parents' night out at the library: This program is designed to help parents learn more about the Internet and other research methods to help with homework assignments. Call for more information. Seating is limited.

Frame and Design Arts
❑ 394-4192
Hours: Tuesday and Friday from 10 a.m. to 5 p.m.; Wednesday and Thursday from 10 a.m. to 7 p.m.; and Saturday from 10 a.m. to 3 p.m. Closed Sunday, Monday and holidays.
Framing class: Learn how to frame photographs Tuesday from 5 to 7 p.m. Call to register.
Scrapbooking workshops: Learn to scrapbook Oct. 27 from 2 to 6 p.m.

Wood Shop
❑ 394-5049
Hours: Wednesday and Thursday from noon to 8 p.m.; and Friday, Saturday and Sunday from 9 a.m. to 5 p.m. Closed Mondays, Tuesdays and holidays.
Holiday lawn ornaments: The wood shop has many patterns available for holiday lawn ornaments.

Willow Lakes Golf Course
❑ 394-2325
Golf Shop hours: Monday through Friday from 7:30 a.m. to 7 p.m.; weekends and holidays from 7 a.m. to 7 p.m.
Snack bar: Monday through Friday from 7 a.m. to 2 p.m.; weekends and holidays from 6:30 a.m. to 2 p.m.
Club championship: The Sunday and Monday event is scheduled to have an 8 a.m. tee time.

Youth Programs
❑ 394-2869
Resource and referral office hours: Monday through Friday from 7:30 a.m. to 5:30 p.m.
School age program hours: Monday through Friday from 6:30 a.m. to 5:30 p.m.

Youth Center
❑ 394-4512
Center hours: Monday through Thursday from 3:30 to 9 p.m.; school nights, teenagers only after 7 p.m.; Friday from 3:30 to 10 p.m.; and Saturday from 2:30 to 10 p.m.
Instructional classes: The youth center now offers classes in ballet, tap, tumbling, creative movement, hip-hop, jazz and pom cheer. Call 394-2869 to register.
Youth Clubs: The youth center offers a variety of youth clubs for different age groups. Call for more information.

Bowling Center
❑ 394-2891
Hours: Monday from 10 a.m. to 9 p.m.; Tuesday from 9 a.m. to 10 p.m.; Wednesday and Thursday from 10 a.m. to 10 p.m.; Friday from 10 a.m. to 1 a.m.; Saturday from 9 a.m. to midnight; and Sunday from 1 to 7 p.m.
Snack bar hours: Monday from 10 a.m. to 8:30 p.m.; Tuesday from 9 a.m. to 9:30 p.m.; Wednesday and Thursday from 10 a.m. to 9:30 p.m.; Friday from 10 a.m. to 12:30 a.m.; Saturday from 9 a.m. to 11:30 p.m.; and Sunday from 1 to 6:30 p.m.
Cosmic bowling night: Every Friday from 10 p.m. to 12:30 a.m. Cost is $8 per person. Colorama: Every Saturday night at 7 p.m. Entry fee of $11.
Nine-pin-no-tap bowling tournament: Every Monday in October, beginning at 6:30 p.m. Cost is $10 per person. Minimum of 10 bowlers.

Equipment Rental
❑ 394-4730
Hours: Monday through Friday from 8 a.m. to 5 p.m.; and Saturday from 8 a.m. to noon. Closed Sundays and holidays. Closed each day from 1 to 2 p.m. for lunch.
Boat package: Rent any boat, eight horsepower motor, trolling motor with battery, gas can, two paddles or oars, life vest, anchor, trailer and two fishing poles for $30 daily, $45 for the weekend, or $80 for the week. Pontoon boats not included.
Rug Doctor: Rent a Rug Doctor and clean the carpets before the holidays.

Auto Skills Center
❑ 394-2293
Hours: Monday, Tuesday and Thursday from 9 a.m. to 6 p.m.; Wednesday from 9 a.m. to 8 p.m.; and Friday and Saturday from 9 a.m. to 5 p.m. Closed Sundays and holidays.
Car repair: Learn how to perform repairs on personal vehicles. Call for more information.

Iron Monkey worth the price and the wait

by Airman 1st Class Jelani Liggins
43rd Operations Support Squadron


COURTESY
Still from the set of the 1993 production of "Iron Monkey."

Who remembers all the old classic kung-fu movies? Who can forget "The 5 Deadly Venoms," "Return of the 5 Deadly Venoms," or "Kid With the Golden Arms?" — classic kung-fu movies, complete with the subtitles, flashy costumes and characters who have special names for all their super kicks and punches. If you don't have any clue of what I'm talking about, my condolences and sympathies. You have truly missed out on some classic martial arts cinema, but it's not too late.

"Iron Monkey" brings those kung-fu traditions back with some new improvements. It's almost a kung-fu version of "Robin Hood." By night, a mysterious, masked hero named Iron Monkey steals from the greedy and corrupt rich and gives it all back to the poor, but by day, Iron Monkey is actually Dr. Yang (Yu Rong Guang), who is assisted by Miss Orchid (Jean Wang).

None of the authorities can stop Iron Monkey's escapades until Wong Kei-Ying (Donnie Yen), a Shaolin Monk, arrives in town along with his son. Government officials arrest them both and hold his son hostage until Wong Kei-Ying can track down and capture Iron Monkey. When Wong Kei-Ying and Iron Monkey finally meet, they both learn that they have a few things in common; most importantly, an unstoppable enemy.

Movie review

Director Yuen paces the movie well. No scene lasts too long and none of the important fighting scenes are cut too short. The fighting is outstanding, and to any martial arts fan, the final battle is worth any ticket price the theaters ask.

The story itself is pretty tame and predictable, but let's be honest — you want to see this film for the action. And you should! The fighting sequences are top-notch and will leave you saying "Whoa!" throughout the movie. A lot of people would like to compare this movie to last year's "Crouching Tiger, Hidden Dragon," and in all honesty, that's somewhat insulting. This film's story is nowhere near as good as "Crouching Tiger, Hidden Dragon," and "Iron Monkey" was made back in 1993 (several years before "Crouching Tiger, Hidden Dragon").

Overall, if you like action and kung-fu, you need to see this movie. And don't worry about the subtitles. There really isn't a whole lot of talking going on. A definite DVD-buy will be necessary when it's released.

"Iron Monkey" is rated PG-13 for kung-fu violence and brief subtitled profanity.

Movies

Pope Theater
Armistead Street
The Pope theater is closed for renovations. It is tentatively scheduled to reopen in November.

Alvin C. York Theater
Ardennes Street, Fort Bragg
Today: Rat Race (PG-13)
Saturday: Planet of the Apes (PG-13)
Sunday: Rock Star (R)
Oct. 26: American Pie 2 (R)
All movies, unless otherwise posted, start at 7 p.m. Tickets are $1.50 for adults and 99 cents for children 12 and under.
Planet of the Apes: A pilot finds himself in a world turned upside down after landing on a strange planet - with Tim Burton's unique vision and style breaking new ground in story, design, makeup and visual effects.
Rated PG-13 for some sequences of action and violence.

Halloween happenings

Office decorating contest: Judging is scheduled to be conducted Wednesday at 11 a.m. Entries must have a Halloween theme. Only one entry per squadron is allowed. Deadline to register is Tuesday. Cash prizes will be awarded. Call the community center for rules.
Pumpkin carving contest: Judging is scheduled to be conducted Oct. 30 at 11 a.m. at the community center. Only one entry per squadron and one carved pumpkin per entry. Deadline to enter is Tuesday. Cash prizes will be awarded. Call for rules.
Monster Mash: Join the bowling and costume party scheduled for Oct. 26 from 10 p.m. to 12:30 a.m. Cost is $10 per person. Door prizes will be awarded.
Halloween carnival: Scheduled for Oct. 26 from 5:30 to 9:30 p.m. at the youth center. The free event includes games, music, prizes and a cake walk challenge.
Pumpkin designing contest: Scheduled for Oct. 27 at 4 p.m. at the youth center. Free pumpkins will be provided to the first 10 children to sign up.
Halloween social: Scheduled for Oct. 27 from 7:30 p.m. to 12:30 a.m. at the youth center Cost is $2 for members and $4 for non-members. The first 25 to arrive will receive a glow worm.
Halloween costume contest: Scheduled for Oct. 31 from 4 to 6 p.m. at the youth center. Wear the costume to the youth center for judging.
Family pumpkin carving contest: Scheduled for Oct. 27 from 10 a.m. to noon at the Pope Club.
Family Cosmic Bowling: This Halloween alternative, sponsored by the Pope Chapel, is scheduled for Oct. 27 from 4:30 to 6:30 p.m. All ages are welcome.
Basewide Halloween party: Scheduled for Oct. 27 from 8 p.m. to midnight at the Pope Club.
Haunted House: Scheduled for Oct. 28 through 30, beginning at 6 p.m. each night across from 2nd Airlift Squadron.

Menus

Kitty Hawk Inn
Open Monday through Friday, 5:30 to 7:30 a.m. for breakfast, 10:30 a.m. to 1 p.m. for lunch, and 4 to 7 p.m. for dinner. Open on weekends and holidays from 7 a.m. to noon for brunch and 4 to 6 p.m. for dinner. Call 394-1073 for daily menus.

Today
Lunch
Mexican Baked Chicken
Stuffed Green Peppers
Swiss Steak with Tomato Sauce
Dinner
Lasagna
Spaghetti with Meat Sauce
Italian Sausage

Saturday
Lunch
Cajun Meat Loaf
Crispy Baked Chicken
Ribeye Steak
Dinner
Fish Almondine
Pork Chops with Mushrooms
Stir Fry Chicken with Broccoli

Sunday
Lunch
Chicken Breast Parmesan
Tuna and Noodles
Sauerbraten
Dinner
Fried Shrimp
Spinach Lasagna
Ginger Barbecue Chicken

Monday
Lunch
Baked Chicken
Swiss Steak with Tomato Sauce
Knockwurst
Dinner
Roast Turkey
Fish
Swiss Steak with Tomato Sauce

Tuesday
Lunch
Yakisoba
Salisbury Steak
Onion-Lemon Baked Fish
Dinner
Barbecue Beef Cubes
Paprika Beef
Pork Chop Suey

Wednesday
Lunch
Beef Porcupines
Caribbean Jerk Chicken
Chicken Enchiladas
Dinner
Pita Pizzas
Country Style Steak
Fried Chicken

Thursday
Lunch
Fried Fish
Liver with onions
Orange-spiced Pork Chops
Dinner
Pepper Steak
Ginger Pot Roast
Mr. Z's Baked Chicken

Oct. 26
Lunch
Seafood Newburg
Veal Paprika Steaks
Beef and Corn Pie
Dinner
Yankee Pot Roast
Simmered Corn Beef
Pineapple Chicken

Pope AFB/Fort Bragg schools
Breakfast Costs:
Full Pay Pre-K through 9: 50 cents
Reduced Pay Pre-K through 9: 30 cents
Lunch Costs:
Full Pay Pre-K through 4: $1.25, 5 through 9: $1.50
Reduced Pay Pre-K through 9: 40 cents

Monday
No school — staff work day

Tuesday
Breakfast
Breakfast Pizza or Cereal
Lunch
Pepperoni Pizza or Turkey and Cheese Sandwich

Wednesday
Breakfast
Super Donut with Oatmeal or Cereal
Lunch
Chili or Turkey Pastry

Thursday
Breakfast
Scrambled Eggs or Cereal
Lunch
Fried Chicken or Ham and Cheese Sandwich

Oct. 26
Breakfast
Waffle or Cereal
Lunch
Fishwich or Corndog

Crossroads coffee house

The Crossroads Christian Coffeehouse is open from 5 to 10 p.m. every Tuesday and Thursday for Bible study, games, videos and free coffee and cappuccino. Live Christian bands are featured from 5 to 10 p.m. Fridays.

The coffeehouse is at the old engineer dining facility, between Gruber and Ardennes Rd., across from the Hall of Heroes (Grave St.) For more information, call 432-1769, 432-3289 or 396-2684, 394-0256 evenings and weekends.

Self-help center

Water testing: Check with the self-help store to test your water.
Hours of operation: Monday, Tuesday and Wednesday from 7:15 a.m. to 4:45 p.m.; Thursday from 7:15 a.m. to 1 p.m.,; and Friday from 7:15 a.m. to 4 p.m.
Home repair supplies: The self help store offers home repair supplies such as furnace filters, insecticides, herbicides and toilet repair kits. No cost for items needed for minor repairs to on-base housing units (blinds, landscape timbers, lawn care products and other items.) Call 394-2830 for requirements.



Pope chapel

315 Ethridge Street
394-2677

For Jewish, Muslim or Orthodox Christian services, contact the chaplains at Fort Bragg by calling 396-1121.
■ **Chapel now open:** The Pope Chapel is open for normal duty hours. Their parking lot is blocked off for security reasons but personnel can access to the facility to conduct normal business. There will be Sunday services. For more information, call the chapel at 394-2677.
■ **Catholic Baptismal and Matrimony classes available:** For more information and to register, call Chaplain (Capt.) Stanislaw Pieczara or Debi Douglas, Pastoral/Religious Education Coordinator, at 394-2677.

Protestant service
Sunday: Praise Service, 8 a.m.; General Protestant Service, 11:15 a.m.
Logos Bible Study: Second and fourth Thursdays of the month at noon in the annex.
Sunday School: 9:45 to 10:45 a.m., Pope School.

Catholic service
Mass: Sunday, 9:45 a.m., 5 p.m., Tuesday through Friday, 11:30 a.m.
Reconciliation: Sunday at 9 a.m.
Choir Rehearsal: Monday at 7 p.m.
Parish Ministers of Service: Call for schedule.
RCIA: Thursdays, 7 p.m., chapel annex.
CCD: 11:15 a.m. to 12:15 p.m., Pope School

Jewish service
Today: 5 p.m.,Faith Community Chapel, Corner of Ardennes and Messina streets.Hebrew classes are also held at the chapel Today at noon.

Chaplains
Chaplain (Lt. Col.) David Morrow
Wing Chaplain, Congregational Christian Church
Chaplain (Maj.) Dondi Costin
Liberty Baptist Fellowship
Chaplain (Capt.) Stanislaw Pieczara
Roman Catholic
Chaplain (Capt.) Paul Castillo
Conservative Baptist
Chaplain (Capt.) William D. Logan
United Methodist

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For more information, call the Carolina Flyer at
394-4185



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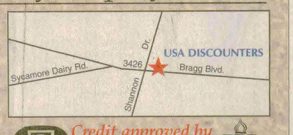
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