



FLIGHT LINES

SERVING HOMESTEAD AIR RESERVE BASE AND THE SURROUNDING COMMUNITY

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482d Fighter Wing, Homestead Air Reserve Base, Fla.

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February 2005

New alert mission commander



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Photo by Lisa Macias

Left to right: Col. Scott K. Stacy, Commander of the 125th Fighter Wing, Florida Air National Guard, passes the Detachment 1 unit guidon to Maj. Michael Birkeland. Maj. Birkeland is the incoming commander of the NORAD Air Defense Alert site at Homestead Air Reserve Base, Fla. This alert site provides armed F-15 aircraft capable of intercepting, identifying, and, if necessary, destroying unknown aircraft that penetrate sovereign U.S. airspace.

Taking charge of your career

By Col. Randall G. Falcon,
482d Fighter Wing Commander

Those of us serving in our great Air Force for many years know that, in many ways, the success of our careers is squarely in our own hands. We know that it's up to us to seek challenging assignments, successfully complete assigned and implied tasks and to excel at them.

Unfortunately many of our Airmen, enlisted and officer alike, think that time-in-grade and time-in-service requirements are all it takes for promotion. Nothing could be further from the truth.

Each of us bears the professional responsibility to successfully and in a timely manner complete the professional requirements placed before us by our Air Force leadership. Our requirements include Squadron

Officer Course, Tech School, Career Development Courses, Airmen Leadership School, NCO Academy, War College, Fit to Fight, Associates Degree, Baccalaureate Degree; I could go on and on.

Individually they are quite difficult and time consuming, but collectively they are vital components that construct the highly competent corps of commissioned and non commissioned officers we enjoy today. We can't survive as a professional world class fighting force without these professional milestones. Combine these with our strongest component - the individual Airmen - and we have the most powerful and most professional Air Force in the world today.

Take these requirements seriously and take your career seriously. I do.



Air Force Reserve photo

Col. Randall G. Falcon
482d Fighter Wing Commander

HELP WANTED:

Unit Public Affairs Representatives

PAID TRAINING IN PORTABLE SKILLS -

- News, feature and creative writing**
- Photography**
- Media Relations**
- Employee Recognition**

SKILLS THAT WILL MOVE YOU AHEAD

Interested candidates must have an energetic interest in identifying and communicating good news and achievements of wing members and their families - both at home station and while deployed.

UPARs have opportunities to assist the PA office staff with high-profile media events, have work published in military and civilian publications, and qualifying work entered in military media contests.

Contact Tech. Sgt. Paul Dean via base e-mail or stop by the 482d PA Office (in the headquarters building) during any primary UTA weekend.



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Government Travel Cards

Use them but don't abuse them

By Jake Shaw

The Government Travel Card (GTC) program is mandatory for all military and civilian personnel in the Department of Defense who travel on Temporary Duty orders.

The travel card is a credit card that benefits the military traveler by allowing them to pay for reimbursable TDY related expenses such as lodging and rental cars. The travel card also benefits the Department of Defense because it reduces the administrative workload and improves DoD financial management techniques.

Now that you know why it's good for you as an individual traveler and good for the DoD as a whole, here are some rules concerning the issuance and use of the travel card.

All DoD military and civilian employees are eligible to receive the card. To sign up for the card, see your squadron program

coordinator, who is normally your 1st Sgt. or commander. Although everyone is eligible for the card, some with credit problems or those who travel infrequently may be denied a card. Once you are signed up and receive your card, you have to follow the rules, or else you'll suffer the consequences.

Perhaps the most important rule concerns what you can and cannot purchase. A good guide to use before making a purchase is to ask yourself, "is this reimbursable on my travel voucher?" If the answer is no, don't use the travel card to make the purchase.

When you return from TDY, file your travel voucher quickly and use the split disbursement option to pay off any items you charged on your card. Filing quickly will increase your chances of not having to pay out of pocket for the charges you

made on the card. If you drag your feet filing your travel claim, you will have to pay the GTC expenses out of your own pocket.

For those who really procrastinate filing travel claims and paying their bill, several unpleasant things may happen. If you are 30 days late paying your bill, expect to be standing tall in front of your 1st Sgt. and/or commander. If you are 90 days late, actions may be taken to discharge you. These same things may happen if you make unauthorized purchases on your card.

Using common sense will keep you out of the hot seat when using the GTC. Just remember the rules – it's mandatory to use the card, you have to pay it off quickly, and you can only use it for official TDY expenses that will be reimbursable on your travel voucher. For further guidance, call your squadron program coordinator, or refer to DoD Financial Management Regulation Volume 9, Chapter 3.

Split disbursement mandatory for all military travelers

By Staff Sgt. A.J. Bosker, Air Force Print News

12/23/2004 - WASHINGTON — All military travelers must select the split disbursement option on their travel voucher claims to directly pay their government travel card expenses, according to finance officials.

Split disbursement requires travelers to tally up their GTC expenses and authorize enough funds to be sent automatically to Bank of America to pay off their charges, said Michael G. Weber, Air Force travel card program manager at the Pentagon. Any remaining travel settlement will still be sent to the traveler's personal account.

"Although this change was mandated by the 2003 National Defense Authorization Act to reduce the number of delinquent travel card accounts, split disbursement really is a win-win for everyone," Weber said. "It simplifies the payment process for travelers, gets the bank their money more quickly and reduces the number of delinquent accounts."

Nearly half of all Air Force travelers already use split disbursement on a regular basis when filing their vouchers because it simplifies the process for them, Weber said.

"Airmen no longer have to wait for their travel money to be credited to their personal accounts before they can mail a check to the bank," he said. "It saves them the cost of a stamp or a trip to a bank branch and gets the money to the bank within two or three days."

By having all travelers pay off their travel card bills automatically, the Air Force should see a decrease in the number of delinquent accounts, he said. This is especially true if a traveler returns from a TDY as a billing cycle is about to turn over, because they can pay off the card before their account becomes 30 days past due.

If a traveler charges more to their GTC than they were authorized, they still must select split disbursement and also reimburse the bank any additional charges, he added.

"Selecting split disbursement on a travel voucher, whether done manually or on an automated travel system, is easy and requires only a few clicks of the mouse or one block to be checked on a form," Weber said.

Supervisors and approving officials are required to verify travelers selected split disbursement before signing off on any voucher, he said.

"If split disbursement is not selected on a voucher, it will be returned to the traveler to be redone," he said. "This may delay the processing of the claim and potentially put the traveler's GTC account into a past-due status."

Although split disbursement is not yet mandatory for civilian employees, Weber encouraged them to take advantage of its timesaving benefit.

For more information, contact the 482d Fighter Wing travel pay office at (305) 224-7060.

Pilot duo share special relationship, understanding of mission

Story and photo by Lisa Macias

(Editor's note: the name and rank of Capt. Heber's wife are withheld for security reasons.)

It's not something you often see in the Air Force, an AC-130U gunship pilot strapping in for a ride in an F-16 Fighting Falcon. Yet, as part of the Patriot Spouse Program at Homestead Air Reserve Base, Capt. Chris "Bro" Heber's wife was given the unique opportunity on Dec. 30 to fly in an F-16 with the Makos of the 93d Fighter Squadron.

Capt. Heber is an F-16 pilot at Homestead ARB's 93d Fighter Squadron, while his wife is an AC-130U gunship pilot assigned to the 4th Special Operations Squadron at Hurlburt Field, Fla. Although this was her first time flying

in an F-16, she is definitely not new to the flying community.

Capt. Heber's wife is an experienced combat pilot. As an AC-130 gunship pilot for the past four years, she has conducted missions in support of Operations Iraqi Freedom and Enduring Freedom.

Because Capt. Heber and his wife are both pilots, they share a special respect and understanding for each other's duties.

Capt Heber is familiar with the rigors of flying, and understands the importance of the mission his wife frequently supports. According to Capt. Heber, it is this understanding of her important mission that earns his respect and unconditional support for his wife.

Capt. Heber and his wife met in flight school, where she was training to fly gunships and he was training to fly fighter jets. "It wouldn't have worked out between us if I had pressured him to fly gunships, because he was set on flying fighters," said Capt. Heber's wife "and he knew I was set on flying gunships."

After four years of marriage, the missions and separations have not undermined their commitment to each other. Although they look forward to their schedules slowing down so they can spend time together, Capt. Heber's wife doesn't appear ready to give up her AC-130U wings anytime soon.

When asked how she feels about flying the AC-130, she enthusiastically replies, "I love it!" With that said, it's obvious that even pulling nine G's at mach two is not enough to lure her away from her gunship duties.



Capt. Chris "Bro" Heber, an F-16 pilot from the 93d Fighter Squadron at Homestead ARB, Fla., stands with his wife, an AC-130U pilot from the 4th Special Operations Squadron at Hurlburt Field, Fla.

Building our future

Get One Program gives reservists a way to refer potential recruits to the Air Force Reserve

By Master Sgt. Marilyn Campiz, Superintendent,
Air Force Reserve Affairs, U.S. Southern Command

"I believe we all have an invisible recruiter's badge when we wear the uniform," said Master Sgt. Marilyn Campiz, Superintendent of Air Force Reserve Affairs at U.S. Southern Command

In the past when a person wanted to know about the Air Force Reserve, the standard answer was to send a person straight to a recruiter. You never knew if the person was serious about the inquiry. With the Get One program you can provide contact information to the recruiter in their area to reach the interested applicant. The recruiter's job is to qualify and counsel applicants regarding different program options.

The Get One program is an effective tool for me in the Joint Command environment since so many personnel meet with me on a daily basis from all branches of the service. Some personnel that look at the Air Force quality of life and decide to leave one of our sister services to join us. They don't want to lose their investment of active duty time, so the Air Force Reserve is an easy sell.

I believe recruiting is everyone's responsibility. We need to build the future of our forces. When it is time to leave the Air Force, we want to make sure we contributed to finding quality Airmen for the

future. Is your unit undermanned? How many vacancies are out there? There are many vacancies we need filled, whether in your unit or in another unit in AFRC. We build our future and effectiveness by finding and training our replacements.

When you talk to future Air Force Reservists, take the time to listen to their questions, concerns and needs; mentor them. You may not want to be bothered, but take a moment and give them your number. Invite them to call you, answer their questions, and refer them via the Get One program to a reserve recruiter to finalize the process. Let them know their recruiter will contact them and they will not have to hunt for a recruiter. If they are not contacted by a recruiter, show some compassion and help them contact their recruiter.

There are so many people I see now in an Air Force uniform because of this program. Take an active part in building your Air Force Reserve. The future of our Air Force is in our hands.

For more information about the Get One program, visit <http://www.afreserve.com/getone/> or contact your local recruiter.

(Editor's note: Master Sgt. Campiz helped recruit 10 candidates in 2004 through the Get One Program)

Happenings at Services

New year brings improvements at club, outdoor recreation and fitness center

By Jess Holcomb, Chief of Services

The Falcon's Nest Club, Outdoor Recreation and the Fitness Center all have exciting changes that will improve our service for you.

The club has an all new look with new carpet, wall covering and new lobby/dining room furniture. With these new additions and renovations, the old place looks great! We will also have a new full size pool table in the lounge very soon. And of special interest to our reservists, we have developed a more convenient way of serving lunch during Unit Training Assemblies. Our services staff serves

your main entrée, and all other items are "self serve". During our trial run in January, this system worked great.

Outdoor recreation continues to offer a wide variety of tickets for local attractions and sporting events. The rental center is also growing by leaps and bounds. We have ordered and expect delivery in the near future of many new rental items including covered trailers, RV trailers, pressure washers, a new boat, blow up games for the kids and folding tables and chairs. This is a short list of items you can look forward to renting from outdoor recreation in the near future.

The base fitness center recently received \$78,000 worth of the latest and

greatest weight equipment, two new treadmills and nine new spin bikes. Not only is the equipment fresh and new but so is the programming. Everything from aerobics to flag football is offered through your sports and fitness center. Best of all, you can now work out on Sundays, that's right, the fitness center is now open on Sunday too!

We have a brand new Services Marketing Director, Mr. Jeff Carney, who arrived on Jan. 24. You will see him around base spreading the word for Services. He will also be writing these articles in the future. Everyone please make him feel welcome.

Education benefits – take your pick to further goals

By Master Sgt. Tina Davis,
482d Fighter Wing Career Assistance Advisor

Are you interested in pursuing an advanced degree or are you currently enrolled in school and paying for it out of pocket? Educational assistance is one of the best incentives available to members of the Air Force Reserve. Several programs can help you pay for and complete your education.

College Level Examination Program (CLEP) and Dantes Subject Standardization Tests (DSSTs)

These exams are free for Air Force Reserve members. The CLEP and DSST program consists of a series of examinations that test college level knowledge you may have gained through your job, reading, travel or hobbies. You can use up to thirty semester hours toward your Community College of the Air Force (CCAF) degree. Contact the 482d Fighter Wing Education and Training office at (305) 224-7595 to check on the availability of tests and how to sign up.

Montgomery GI Bill-Selected Reserve (MGIB-SR)

The MGIB is an educational assistance program enacted by Congress to help military personnel pay for college. Your initial six-year enlistment made you eligible for this benefit as an Air Force Reserve member. Benefits are paid based on the number of semester hours you enroll for. Reservists have fourteen years from their date of eligibility to use entitlements. If you served on

active duty, your entitlements and the time you have to use the entitlements may be different. For more information, visit the GI Bill website at www.gibill.va.gov or call the Department of Veterans Affairs at 1-877-823-2378.

Tuition Assistance (TA) Program

TA is available to all participating members of the Air Force Reserve (except Active Guard Reservists who are covered under the Active Duty program). Benefits for courses leading toward an associates or bachelors degree offer 100 percent tuition reimbursement, not to exceed \$250 per semester hour, with a maximum cumulative benefit not to exceed \$4,500 per fiscal year. Benefits toward a masters degree offer 75 percent tuition reimbursement, not to exceed \$187.50 per semester hour with a maximum cumulative benefit not to exceed \$3,500 per fiscal year. Tuition assistance is an incentive, not an entitlement and is offered each fiscal year as long as funding is available. Contact the 482d Fighter Wing Education and Training office at (305) 224-7595 for more information.

Scholarships

Scholarships offer another avenue for financing your education. Websites that offer scholarships are:

www.military.com www.fastweb.com www.scholarships.com

The above sites are just a few examples. If you access a search engine on the internet and type in "scholarships," you will find many others.

Higher HQ Awards



Photo by Jake Shaw

Left: 482d Fighter Wing Commander Col. Randall Falcon presents Julie Hudson with the Air Force Reserve Command Supply Technician of the Year Award. Right: Col. Falcon presents the AFRC Supply Civilian Supervisor of the Year award to Dave Burney.



Photo by Jake Shaw

LOX OF WORK

Pilots perform knowing they're safe in the sky

Story and photos by Senior Airman Sandra Bueno

Without fuel, pilots are merely pedestrians. Just ask Donald B. "Mac" McNeal. "If they can't breathe, they can't fly," says the superintendent of fuels and operations. He is responsible for ensuring pilots have fuel and oxygen on board every aircraft departing Homestead Air Reserve Base.

Falling under the umbrella of Fuels Operations, Liquid Oxygen and Liquid Nitrogen (LOX/LIN) are what keep pilots in the lifeline. Without safe handling by trained personnel, these volatile materials can cause severe damage to aircraft and facilities, as well as injury or death to those in its immediate area.

Highly combustible and unstable, LOX is stored in 3,000 gallon tanks, at a temperature of 297 degrees below zero. Its volatility is such that a drop of oil can cause it to explode.

LIN, on the other hand, is an inert gas, which is not highly compressible. This makes it safer than air to use to fill the struts or shocks in aircraft. Aircraft mechanics use nitrogen rather than air when verifying pipes for leaks; the purging or blowing of pressurized air can cause the pipe to blow with the air inside damaging or injuring whatever or whomever is in its path.

Mechanics also use nitrogen to test jet fuel. This seems like an easy task, but nitrogen is quite lethal. Nitrogen is stored at a temperature of 300 degrees below zero and

(continued next page)



Safety is of utmost importance when handling liquid oxygen. 482d Maintenance Squadron Crew Chief, Senior Airman Sean Powers prevents contact of body oils with oxygen by wearing gloves and using brass tools. Handling oxygen requires three weeks of technical school and three weeks of cryogenics training.

touching it will cause any body part it touches to freeze immediately and fall off, according to McNeal.

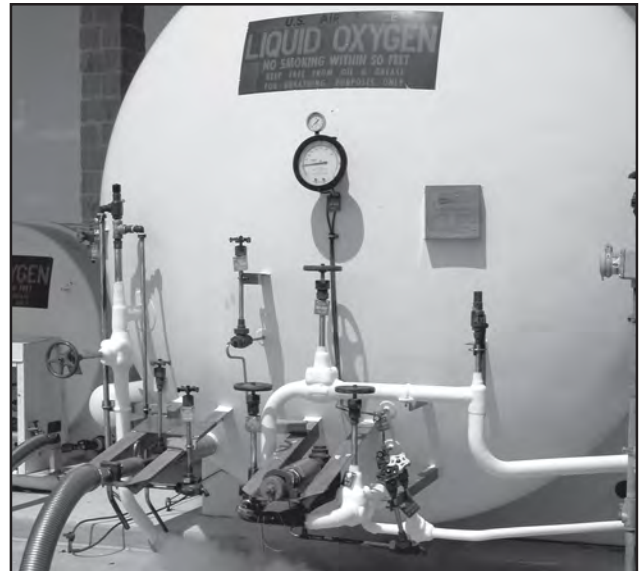
Keeping a pure supply of oxygen is an important task for the 482d Fuels Operations section. To keep the necessary supply, specialists take odor samples from the stainless steel oxygen storage tanks daily.

The Fuels Operations section distributes more than 8,000 gallons of liquid oxygen per year. The oxygen is dispensed to pilots via converters that hold five liters of oxygen, which yields about four hours of breathing time.

As planes land, crew chiefs of the 482d Aircraft Maintenance Squadron transport the oxygen-filled converters from the aircraft to a Multiple Servicing Unit (MSU). Four converters can be filled within ten minutes, and made ready for use in the next aircraft.

“There is no room for error when it comes to LOX. If we don’t do it right, the pilots and the fuels specialists can all be in danger,” McNeal said.

With Mr. McNeal and his oxygen experts, pilots are breathing easy.



While liquid oxygen is vented, vapors are combustible if ignited by the static electricity of things such as cell phones.

Air Force Secretary retires

*By Staff Sgt. April Lapetoda
89th Airlift Wing Public Affairs*

1/18/2005 - ANDREWS AIR FORCE BASE, Md. (AFPN) —

Airmen, along with servicemembers from more than 14 nations, bid farewell to the 20th Secretary of the Air Force here Jan. 18.

Deputy Secretary of Defense Paul Wolfowitz presented Air Force Secretary Dr. James G. Roche the Department of Defense award for distinguished public service upon his retirement. His wife, Diane, was recognized with the exceptional civilian service award.

Flanked by Airmen with an F/A-22 Raptor in the background, Air Force Chief of staff Gen. John P. Jumper was the host of the event and spoke on changes the Air Force has seen under the direction of Secretary Roche. He said the secretary’s personal touch affected each Airman’s life.

“(Secretary Roche will be remembered for) all he has done for them, for our Air Force and for our nation,” the general said.

Mr. Wolfowitz presided over the ceremony and hailed the secretary for his “out of the box” thinking, using the Air Force in a new combat role with the Army and for instilling unique improvements in education for enlisted Airmen.

The secretary was appointed in 2001 and has been responsible for the affairs of the Department of the Air Force, including the organizing, training, equipping, and providing for the welfare of its nearly 370,000 Airmen on active duty, 180,000 Air National Guard and Air Force Reserve Airmen, 160,000 civilians and their families.

Secretary Roche spoke of leadership lessons he learned in his earlier Naval career from Navy Adms. Arliegh Burke and Hyman Rickover in solving complex problems, and how those lessons have stood the test of time. The secretary closed by emotionally reading a verse from the Navy hymn, “Eternal Father, Strong to Save.” The alternate verse, which begins, “Lord guard and guide the men who fly,” was written by Mary C. D. Hamilton in 1915.



Photo by Staff Sgt. Amber K. Whittington

ANDREWS AIR FORCE BASE, Md. — Air Force Secretary Dr. James G. Roche speaks during his retirement ceremony here Jan. 18.

Veteran Homebuyer's Seminar

The 482d Fighter Wing Family Support Office is scheduled to host a Veteran Homebuyer's Seminar on Sat. Feb 5 at 4:30 p.m. in building 360, room 131. A representative from the Veteran's Homebuyer Network will cover topics such as obtaining certificates of eligibility, finding a lender, and the benefits of using your Veterans Administration homebuyer's eligibility. A question and answer session will follow this informative briefing. Seating is limited, and is offered on a first-come, first-serve basis. Please sign up in advance by emailing the Family Support Office Director, Deana Jacobs at deana.jacobs@homestead.af.mil, or call (305) 224-7329.

5K Fun Run Tribute to the Military

The Association of U.S. Army (AUSA) Florida Gulf Stream Chapter will host the third annual tribute to the military 5K fun run at Crandon Park, Key Biscayne, Fla. on Sat. Feb. 26, at 8 a.m. There is a \$20 early registration fee for the race (\$25 on race day), which includes after race refreshments. All military personnel will receive a 50 percent discount. The purpose of the race is to honor all military personnel for the fantastic job they are doing to keep Americans safe and free during the Global War on Terror. Proceeds from the race will support families of deployed personnel, family support groups, Operation Brave Kids and other charitable organizations. For more information, or to register for the race, call (305) 667-9322 or email laurie@footworksmiami.com

— Newly assigned —

Airman

Michael Valois, 70th APS

Airman 1st Class

James Laubaugh, 482d AMXS

Harris Taylor, 482d AMXS

Alan Walsh, 482d AMXS

Leonard Gajewski, 482d AMXS

Randall Pasquarelli, 482d MSS

Stephen Hertzfeld, 482d MXS

Lawatha Cherrenfro, 70th APS

Senior Airman

Justin Sleeth, 482d AMXS

David Smith, 482d AMXS

Casey Knotts, 482d COMM

Liana Hansen, 482d MXS

Darrell Williams, 482d MXS

Staff Sgt.

Ivanosky Robleto, 482d LRS

Gregory Crumb, 482d MXS

Ivan Suazo, 482d MXS

Tech. Sgt.

Paul Dean, 482d FW

Scott Roberts, 482d MDS

Leslie Brandt, 482d AMXS

— Promotions —

To Airman

Matthew Laforrest, 482d MXS

Jeffrey Curl, 482d CES

Christopher Mescher, 482d COMM

To Airman 1st Class

Carmel Lumia, 482d CES

Eric Espinal, 482d AMXS

Jennifer Trimble, 482d MSS

To Staff Sgt.

Thomas Egan, 482d LRS

Mary Harris, 93d FS

Michael Sitjar, 482d MXS

Theodore Yoder, 482d AMXS

Steven Hook, 482d SFS

Jeronimo Cepero, 70th APS

Natasha Jamass, 70th APS

Tracy McGill, 70th APS

Gavin Sinclair, 482d CES

To Tech. Sgt.

Carlos Jarquin, 70th APS

Ralph Hood, 70th APS

Charles Mahoney, 70th APS

Veronica Lozoyaricharte, 482d SFS

Leslie Brandt, 482d AMXS

Johan Gapusan, 482d COMM

— Promotions —

To Tech. Sgt.

Frank Hellman, 482d CES

Trifle Averett, 482d MXS

Hope Styles, 482d MXS

Jorge Ospina, 482d COMM

To Master Sgt.

Lester Frasure, 482d AMXS

David Alarcon, 482d CES

To Senior Master Sgt.

Kenneth Rogers, 482d CES

Claudio Quirozdiez, 482d CES

Wilfredo Vargas, Jr., 482d SFS

— Retirements —

Tech. Sgt.

Mario O. Rosado, 482d CES

Master Sgt.

Terry A. Conrad, 482d CES

Chief Master Sgt.

James M. McGowan, 482d MXG

Profiles of reserve members

The Human Resource Development Council (HRDC) profiles outstanding members of the 482d Fighter Wing as motivational success stories and to set an example for the Air Force Reserve community.

*By Airman 1st Class Karilyn Santiago
482d Fuels Flight*

I was born in Rio Piedras, Puerto Rico on March 3, 1976. My parents moved to Miami in 1980 in search of a better economic opportunity and environment to raise a family. In 1989, when I was thirteen years old my parents moved to West Palm Beach, Fla., where I still live today.

Thirteen was an awkward age for me. I was insecure and had no clue why things were happening to me. I was no longer a child, definitely not a teenager and far from being an adult. I felt out of place and began searching for ways to fit in.

I've never considered myself a social butterfly and it was very difficult to make friends during my years at Lake Worth Community High School. Then one day I enrolled in the Air Force Junior Reserve Officer Training Corps and things took a turn in the right direction.

I finally found something that made me feel like I fit in, and something I was good at. I was never athletic, so joining a sports team was out of the question. Band was out of the question too, because I didn't play an instrument. The Air Force Junior ROTC program became my source of pride, belonging and friendship.

Because I enjoyed JROTC so much, I excelled. I had numerous accomplishments; I participated as a squadron commander, deputy wing commander, and as a member of the drill team. The confidence and leadership skills I learned in JROTC also helped me become student body president during my sophomore year. The possibility of joining the Air Force seemed feasible for me in 1994.

I graduated and earned an Air Force ROTC scholarship to the University of Central Florida for environmental engineering. My future was set. The road was paved and all I had to do was walk. However, I didn't walk, I ran.

I ran in the other direction. Despite all of the accomplishments, I always felt that something would abruptly end my success. Because of this fear, I forfeited my scholarship in 1995 and came home.

It wasn't because I was stressed from being away from home or the fact that I was taking chemistry and calculus during the same semester. In reality, I was deathly terrified of the 1.5 mile run in Air Force basic training.

Ten years, twenty pounds, one divorce and two kids later I decided to stop running and finish what I started. I wanted to be part of the military. My father served in the Army and my brother is a Marine who did two tours in Iraq before the age of

twenty.

Still, the decision to join the Air Force Reserve was not easy. I was a single mother of two, above the maximum weight requirement and I was not in good physical shape. If I made the choice ten years sooner, it would have been much easier. I headed to basic training in March 2003, leaving my three-year-old son and seventeen-month-old daughter.

I reported to the 482d Fighter Wing's Fuels Flight in August 2003, where I've had the privilege of working with the greatest group of gentlemen, both reservists and civilians. In the beginning, being the only female in the flight was a challenge and a barrier I had to overcome. I didn't want to feel like I couldn't carry my portion of the weight.

I'm not mechanically inclined. I have a hard time parking a Ford Focus, so it was definitely a challenge driving a 6000-gallon fuel truck. But I volunteered for mandays as much as possible, and participated in several inspections and exercises in my first few months on the job. All this helped me master my job quickly, and I was rewarded with Airman of the Quarter, and then Airman of the Year. I was also named an Outstanding Performer during the Operational Readiness Exercise in October 2003 and the Operational Readiness Inspection in March 2004.

Joining the Air Force Reserve was a decision I made and never regretted.



Air Force Reserve photo

Airman 1st Class Karilyn Santiago stands with Air Force Reserve Commander Lieutenant General John A. Bradley at the Human Resource Development Counsel workshop in Colorado Springs, Col. Airman Santiago was selected to attend the HRDC workshop by the AFRC Command Chief, participating on the First Term Airmen Panel. Due to her sincere responses as a panelist, she was selected to participate at the 2005 HRDC workshop to share her military and civilian experiences.

Looking to get fit?

New fitness machines at gym may help

Story and photo by Lisa Macias

If getting fit and toning down is one of the priorities for you this new year, beginning an exercise program with the new strength machines at the base fitness center may be the ticket. The new "Hammer Strength" machines are considered some of the best and most effective weight machines on the market today.

Initially developed for professional athletes looking to improve their performance, the machines benefit all—from those just beginning an exercise program or rehabbing from an injury to hard-core lifters. A unique characteristic with these machines is how they provide the option of working out each side of the body individually, thus allowing for greater gains in muscle size and strength.

Having these machines at the base gym will assist many Airman who are preparing for the Fit to Fight test. By increasing endurance and cardiovascular efficiency through consistent and regular use, the challenges of push-ups, sit-ups and running will not seem so threatening when test time comes around.

Herb Tiedeman, Fitness/Outdoor Recreation Director, along with the gym staff are excited to have the new equipment. "This is the new generation of weight machines," states Mr. Tiedeman, "We have replaced outdated machines which were fourteen years old."

Bob "the bulldog" Andry was one of the first individuals to try the new ab machines, and was surprised at their efficiency. "It's like night and day," he states. "They are ten times more efficient and I was extremely sore the day after. With these new machines, we stepped from the dark ages into the new millennium."

As for those unfamiliar with these machines, the gym staff will assist them in getting started. Furthermore, in February, they also plan on having a cardio endurance hour which will offer a variety of intense exercises on the machines. So don't get left behind, begin your workout program today. Your health and well-being will definitely improve from it.



Herb Tiedemann, Fitness Center Director, demonstrates proper use of the new fitness equipment to Dan Rivera. The base fitness center received nearly \$80,000 worth of new equipment recently.

Gym etiquette 101

- * Excess chatter can interrupt other lifter's focus; limit your conversations and turn off your cell phone.
- * If someone is waiting for your machine, let them work in while you're resting.
- * Always bring a towel and wipe the machines when you're finished.

- * Avoid wearing heavy cologne or perfume.
- * Be aware of those using mirrors and avoid positioning yourself between the mirror and the person working out.
- * If you think you need some help, get someone to spot (watch and help), but don't monopolize his or her time—they want to work out too.

- * Recognize not everyone in the gym shares the same goals as you.
- * Only offer advice if someone asks or if someone is doing something hazardous to their health.
- * Avoid slamming or dropping weights—not only is it annoying, but it can damage the gym equipment.
- * Put weights in their appropriate places; if left lying around they can be a safety hazard and a hindrance to others searching for them.