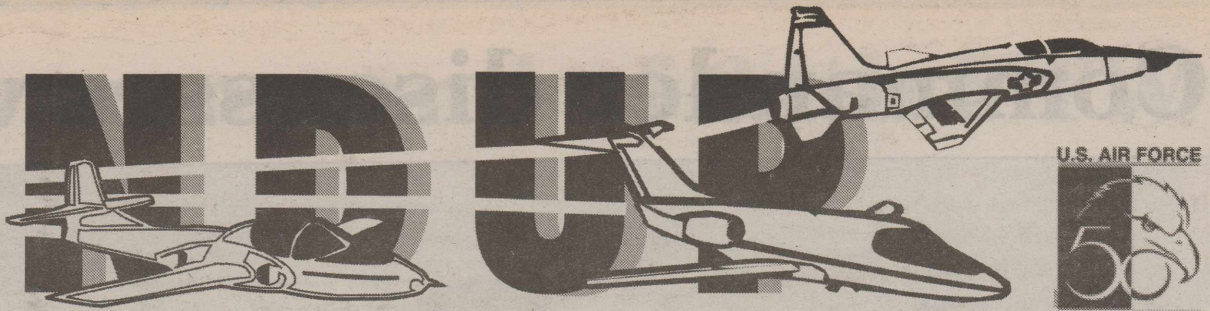


# ROUNDUP



"Air Force people building the world's most respected air and space force ... global power and reach for America"

Vol. 49, No. 1

Jan. 10, 1997

Reese AFB, Texas

## Horton new wing commander



Photo by Tech Sgt. Dave Brown

Col. Henry "Kodak" Horton, center, assumes command of the 64th Flying Training Wing, taking the reins from Col. Randy Gelwix, right, who is departing for the Pentagon and his new assignment. Maj. Gen. W. Thomas West, left, 19th Air Force commander, was the presiding officer at the change of command ceremony held Wednesday in Hangar 82. Horton will command the wing through base closure. Chief Master Sgt. Dave Ptomey, far left, 64th FTW senior enlisted advisor, stands ready with the wing ceremonial flag. See the change of command story on page 3.

## Newton succeeds Boles as new AETC boss

### Boles retires, Newton comes to AETC from Pentagon

RANDOLPH AIR FORCE BASE, Texas—Lt. Gen. Lloyd "Fig" Newton has been named to succeed Gen. Billy Boles as commander of Air Education and Training Command when Boles retires April 1. He has been nominated for promotion to full general.

The change of command is scheduled for March.

Boles has been the AETC commander since June 1995. He retires after more than 35 years of service.

Newton is currently the assistant vice chief of staff for Headquarters U.S. Air Force in Washington, D.C. He has held that position since July 1995.

Newton is no newcomer to

San Antonio. He was at Randolph AFB from May 1990 to August 1991 as the commander of the 12th Flying Training Wing. He also served as commander of AETC's 71st Air Base Group at Vance AFB, Okla., from July 1988 to May 1989.

He was the commander of the 71st Flying Training Wing

at Vance from May 1989 to May 1990.

He is a command pilot with more than 4,000 flying hours in the T-37, T-38, F-4, F-15, F-16, F-117 and the C-12 aircraft.

Newton is a native of Ridgeland, S.C. He earned his commission through the Reserve Officer Training Corps

at Tennessee State University, Nashville, where he was a distinguished graduate in 1966.

Following completion of pilot training at Williams AFB, Ariz., in June 1967, he attended F-4D qualification training at George AFB, Calif.

(See Newton on page 6)



# Commander discusses wing's future



Col. Kodak Horton, the new 64th Flying Training Wing commander, discusses six goals for successful mission completion as the Reese flying mission transitions to base closure.

**Col. Kodak Horton**  
64th Flying Training Wing commander

Over the next nine months there will be numerous changes at Reese, culminating in base closure and inactivation of the 64th Flying Training Wing on Sept. 30. Between now and then we all must stay focused on the following six goals:

□ Provide the same quality pilot training to the

last class of students that the previous 25,331 graduates of Lubbock Army Air Field and Reese Air Force Base received; to do otherwise would be cheating them, our Air Force and our country.

□ Safely and effectively transfer our remaining T-38s and T-1s in "Fully Mission Capable" status.

□ Complete the "best closure seen to date."

Both the Air Education and Training Command commander and the assistant secretary of the Air Force for Military Installations commended the 64th FTW during visits in 1996 for being the "best seen," one year out from closure. Implementing the plans we've established, properly

maintaining our resources, and keeping a positive attitude and spirit will guarantee accomplishment of this goal.

□ Reward our top performers with proper levels of recognition. We will not let closure negatively impact our people; we must continue to nominate our personnel for local, NAF, MAJCOM, and AF level awards. Additionally, supervisors must submit recommendations for appropriate decorations, and make the time to write accurate and meaningful performance reports with proper levels of endorsement.

□ Appropriately discipline those who can't or won't meet standards; to do otherwise negatively impacts good order and morale.

□ Strive for excellence in all we do, with integrity and by placing service before self. Don't accept just doing something, "OK." This is the first step toward mediocrity.

My duty for the next nine months is to eliminate the distractions that keep you from focusing 100 percent of your efforts on these goals. It's you, the men and women (military, civilian and contractor) of the 64th FTW, who will do the work to make these goals reality. Charge ahead!

## Safety Tip of the Week

With the snow accumulation that comes with winter, it is extremely important to remember to take a break every 10 to 15 minutes when shoveling snow from the sidewalk near your home.

## Using 2-4-6 rule in winter driving helps keep safe distance

**Senior Airman Monte Ealy**  
64th Civil Engineer Squadron

As you know, the winter season is upon us, and it is time to review some basic driving safety tips.

With winter's arrival, not everyone is accustomed to the blowing and drifting snow, reduced visibility and freezing rain that comes in the winter months.

Plan your trip by getting the weather forecast for the places you will be traveling through. Keep in mind, the weather can change at the drop of a hat. It is a good idea to have places along your route where you can stop if needed. Take your

time and remember, there are no prizes awarded for getting there the fastest.

Another hint for making your trip safer is vehicle maintenance. You cannot get there if the old beast is belching smoke and running on four bald tires.

Getting your car winterized is very important.

Have the coolant checked and tested. Check and, if necessary, change the oil. Make sure the heater works. Do not forget your tires. Make sure that if they are not all-season tires, you bring along the snow chains.

Lastly, do not forget the gas. You would not want to spend the night on the side of U.S. 287 because you forgot to fill up in Amarillo, Texas

would you?

Although it is one of the basic tenets of driving, the 2-4-6 rule helps with a lot of situations.

Under normal driving conditions, the closest you should follow the car in front of you would be at least two seconds behind. For rain, the time increases to four seconds and for snow and ice the distance increases to at least six seconds.

Remember, you are not out to drive the Indianapolis 500. Slow down to a speed that is safe enough for the conditions present.

Should you become involved in an accident on the highway or get stuck in a snow bank in a low traffic area, there are some items that you should carry in your vehicle.

Blankets, some canned or dehy-

drated food, flares, jumper cables, candles, matches and water are basic items to keep in your car. Some companies make winter survival kits for you to put in your car.

Avoid alcoholic beverages -- the "warm fuzzy" feeling is an illusion.

Remember, if you have to run your vehicle, clear the snow from around the exhaust to keep the fumes from backing up into the cab.

A little common sense, both in planning the trip and during the trip, could mean the difference between life and death on the side of the road.

Think about what you need to survive.

**ROUNDUP**

Printed for  
Reese personnel

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Bldg. 11, 885-3843

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# Horton takes command of 64th FTW



Col. Kodak Horton, 64th Flying Training Wing commander, right, stands for the playing of the Air Force song with Maj. Gen. Thomas West, 19th Air Force commander, during the 64th FTW change of command ceremony here Wednesday.

**Tech. Sgt. Dave Brown**  
*Editor*

Col. Henry "Kodak" Horton became the base's 33rd and last wing commander during a 64th Flying Training Wing change of command ceremony here Wednesday.

Horton succeeded Col. Randy Gelwix, a brigadier general selectee who has been reassigned to the Pentagon as the deputy director of the Secretary of the Air Force's Office of Legislative Liaison, Washington, D.C.

Maj. Gen. W. Thomas West, 19th Air Force commander, who presided over the hangar ceremony, praised the accomplishments of the wing under Gelwix's guidance and predicted similar success for the wing and Horton in the fu-

ture.

The general cited the many accomplishments of the 64th FTW under Gelwix as the impetus for the outstanding unit the wing is.

In accepting command of the wing, Horton said there are six goals to be met. The first goal is to continue the top quality training for the last class of student pilots. He also stated that Reese would complete the "best closure seen to date."

The colonel also talked about his commitment to keeping people informed about personnel actions. In that respect, he has scheduled two mandatory commander's calls for all military and civilian personnel. Personnel are required to attend one of these commander's calls. The first is scheduled for today at 1 p.m. and the second is sched-

uled for Tuesday at 3 p.m. in the base theater. During the commander's calls, Horton will outline his views as the new wing commander and answer questions on Reese issues.

Prior to assuming command of the 64th FTW, Horton was the wing's vice commander since October 1995.

Horton began his flying career in 1971, graduating from pilot training at Williams Air Force Base, Ariz. During his career he has logged over 3,500 hours in the F-4E/D, RF-4C, F-16 and a variety of trainer aircraft.

Prior to becoming the vice wing commander, he served as the inspection division chief of the command inspector general team, Air Education and Training Command.

Horton and his wife, Deborah, have two daughters, Heather and Heidi.



**Remember to change your filters at least once a month and prevent the smoke alarm and carbon monoxide alarms from making that resounding and disturbing noise!**

## Feeling Fit!

Seventy five percent of Air Force members rate their own health as very good or excellent.

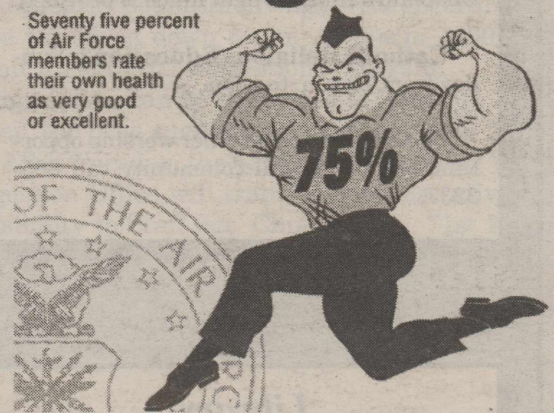


Photo by Tech. Sgt. Michael Briggs



Two members of Reese Air Force Base graduated from the Air Education and Training Command Noncommissioned Officer Academy at Goodfellow Air Force Base, Texas. Tech. Sgts. John O'Conner, left, and Donald Porter were graduates of Class 97-1, graduating in December 1996.

Photo by Ron Bailey



## Information Managers of the year recognized

The 1996 Information Managers of the Year were recognized in a ceremony recently at the Reese Club. The winners from left to right are Senior Airman (now Staff Sgt.) Jim Dempsey, 64th Communications Squadron; 1st Lt. Antoine Banks, 64th CS; Desiree Huffman, 64th Operations Group; Paula Johnson, 64th Mission Support Squadron; and Tech. Sgt. Jan Cutrona, 64th Civil Engineer Squadron. Each winner now competes at Air Education and Training Command.



## Around Reese

### Ruby's Lounge (3156)

**Today:** Social hour begins at 4:30 p.m. with free hors d'oeuvres and beverage specials. Shuffleboard tournament with prizes at 7 p.m. Variety DJ from 9 p.m. to 2 a.m.

**Saturday:** Frog Pond opens at noon.

**Sunday:** Frog Pond opens at noon.

**Monday:** Main lounge opens at 3 p.m.

**Tuesday:** Main lounge opens at 3 p.m.

**Wednesday:** Main lounge opens at 3 p.m. Taco night from 5 to 7:30 p.m. Free for members.

**Thursday:** Main lounge opens at 3 p.m. with beverages specials.

### Reese Chapel (3237)

**Catholic services:** Mass -- Monday, Wednesday and Friday at 11:30 a.m., Saturday at 5 p.m. and Sunday at 9:45 a.m. Confessions -- Saturday from 4:15 to 4:45 p.m. and weekdays by appointment.

**Protestant services:** Sunday worship at 11:15 a.m.

\*\*\*

**Bible Study:** Wednesday at noon with Chaplain Janner. A light lunch is provided.

**Catholic Religious Education** is Sunday from 11 a.m. to noon.

For information on other worship opportunities in the local community call 885-3237.

### Library (3344)

**Hours of Operation:** Monday through Thursday from 11 a.m. to 6:30 p.m., Saturday from 10 a.m. to 2 p.m., and Sunday from noon to 5 p.m. The library is closed on Fridays, holidays and goal days.

### Auto Skills Center (3142)

**Hours of Operation:** Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday from 9 a.m. to 4 p.m. The center is closed on Sunday, Monday and holidays. Open on goal days from 9 a.m. to 4 p.m.

The facility is designed for self-helpers. All self-helpers must obtain a safety card to be authorized use of the facility and equipment.

### Simler Theater (4888)

#### NOW SHOWING

**Today:** "The Mirror Has Two Faces," (PG-13) 7:30 p.m. Mirror is a touching romantic comedy that explores the myths of beauty and sex and how they complicate relationships. Jeff Bridges is the man whose failures in romance drive him to seek a purely platonic relationship. Barbra Streisand is the lady who reluctantly agrees to being friends -- only for a while.

**Saturday:** "Romeo and Juliet," (PG-13) 7:30 p.m. Two modern day lovers are doomed by a force beyond their control, the Montagues and the Capulets, their families (starring Leonardo DiCaprio and Claire Danes).

**Sunday:** "To Gillian on Her 37th Birthday," (PG-13) 6:30 p.m. David, a reclusive man, is desperately in love with his wife Gillian. They talk on the beach every night for hours. The only problem is she's been dead for two years, and everyone thinks it's about time David gave up the ghost (starring Peter Gallagher and Claire Danes).

Ticket price for adults is \$1.50 and \$1.25 for children under 12 years old.

### Caprock Cafe

(6027 - voice / 6028 - menu)

**Today:** Lunch—Grilled Salisbury Steak, Tempura Fried Shrimp, Oriental Chicken Stir Fry. Dinner—Baked Chicken, Roast Loin of Pork, Ground Beef Cordon Bleu.

**Saturday:** Lunch—Spaghetti with Meatsauce, Southern Fried Catfish, Chicken Parmesan. Dinner—Baked Ham, Jaegerschnitzel with Mushrooms, Lemon Baked Fish.

**Sunday:** Lunch—Country Style Steak, Chicken Fajitas, Tuna Noodle Casserole. Dinner—Barbeque Beef Cubes, Tomato Meatloaf, Lemon Basted Sole.

**Monday:** Lunch—Stuffed Green Peppers, Fried Shrimp, Roast Turkey. Dinner—Pepper Steak, Herbed Baked Chicken, Stir Fry Chicken with Broccoli.

**Tuesday:** Lunch—Country Style Steak, Baked Ham, Macaroni, Tomato, Chinese Five Spice Chicken. Dinner—Spinach Lasagna, Veal Paprika Steak, Simmered Corned Beef.

**Wednesday:** Lunch—Sauerbraten, Grilled Bratwurst, Spicy Baked Fish. Dinner—Salisbury Steak, Roast Ham, Mexican Baked Chicken.

**Thursday:** Lunch—Roast Beef, Herbed Baked Fish, Chicken A La King. Dinner—Lasagna, Roast Veal, Szechwan Chicken.

\*Menu subject to change.

### Skills Development Center and Equipment Rental

(3141)

The Center has framed photos and prints. It has reduced prices on wood furniture sets and displays. Custom framing is available.

Christmas sale is ongoing. Look for super discounts on Reese commemorative items.

Camping equipment, pop-up trailers, gardening tools and camcorders with tripod for rent.

### Reese Club (3466)

**Today:** Short order line from 11 a.m. to 1 p.m. Smokin' Hole opens at 4 p.m. Social hour at 5 p.m. with free hors d'oeuvres and beverage specials.

**Monday:** Short order line from 11 a.m. to 1 p.m.

**Tuesday:** Texas Barbeque Buffet from 11 a.m. to 1 p.m. Cost is \$3.95.

**Wednesday:** Short Order Line from 11 a.m. to 1 p.m. Smokin' Hole opens at 4:30 p.m. Taco night from 4:30 to 7:30 p.m. Cost is \$2 for members and \$5 for non-members. Thirty-minute drink special.

**Thursday:** Chicken Fried Steak from 11 a.m. to 1 p.m. Cost is \$3.95. Smokin' Hole opens at 4:30 p.m. with 30-minute beverage specials.

### Youth Center (3820)

**Today:** Movie from 4:30 to 6 p.m.

**Monday:** Computer Club for ages 8 and up from 5 to 6 p.m.

**Tuesday:** Science club and indoor activities for ages 5 and up from 5 to 6 p.m.

**Wednesday:** Arts and crafts and chess club from 5 to 6 p.m.

**Thursday:** Cooking Club for ages 5 and up from 5 to 6 p.m. Spanish Club from 5 to 6 p.m. This program is beginning conversation and is open to children 5 and up. Parents are welcome to attend.

### Bowling Center Breakfast Specials

(6555)

**Today:** Biscuits and Sausage Gravy. Cost is \$2.30.

**Saturday:** Hot cakes with Bacon. Cost is \$2.30.

**Monday:** Bacon and Cheese Omelet, Toast and Jelly. Cost is \$2.80.

**Tuesday:** Silver Dollar Pancakes with One Egg and Ham. Cost is \$2.25.

**Wednesday:** Breakfast Burrito with Bacon. Cost is \$2.30

**Thursday:** Two Eggs with Bacon, Hashbrowns or Grits, Toast and Jelly. Cost is \$2.60.



## Community notes

### Honor guard slates awards luncheon

The Reese Honor Guard awards luncheon is scheduled for Jan. 17 at the Reese Club. Cost is \$4.95 per plate at the luncheon. To pay by Club Card, or make reservations, contact Master Sgt. David Bridges at 3006. Reservations are required by today.

### Deadline for base housing drawing near

The housing office will no longer accept applications for base housing as of March 1. Exceptions will be considered on a case-by-case basis and approved or disapproved by the 64th Support Group Commander. Any questions should be referred to the housing office at 3606.

### ROCC holds skills assessment seminar

The Reese Options Career Center is offering a Skills Assessment Seminar Thursday from 11:30 a.m. to 12:30 p.m. The seminar will be in the family support flight classroom (Bldg. 310). Members are allowed to bring lunch. To sign up, for more information, call Kay Dyer at 3305.

### ROCC schedules resume seminar

The Reese Options Career Center will be offering a two-part resume class entitled Beginning A Resume-Part I and Finishing A Resume-Part II Seminar. Part I is scheduled for Jan. 22 from 12:15 to 1 p.m. and Part II is scheduled for Jan. 23 from 12:15 to 1 p.m. Attendance is mandatory for both sessions of the seminar. The seminar will be in the family support flight classroom (Bldg. 310). Members are allowed to bring lunch. To sign up or for more information call Kay Dyer at 3305.

### ROCC offers letter writing seminars

The Reese Options Career Center is offering Cover Letters/Broadcast Letters Seminar Jan. 29 from 12:15 to 1 p.m. The seminar will be in the family support flight classroom (Bldg. 310). Members are allowed to bring lunch. To sign up or for more information call Kay Dyer at 3305.

### Delaware guard has vacancies

The Delaware Air National Guard has openings for qualified C-130H pilots.

Delaware Air National Guard enlisted members



Photo by Tech. Sgt. Dave Brown

Irene Johnson completes her housekeeping duties as her supervisor, Janie Rodriguez looks on. Both are NonAppropriated Funds employees who work at the Reese Inn. Johnson and Rodriguez were the first Reese personnel to complete their GED high school diplomas through the Reese Options Career Center. The GED program was instituted through the 64th Services Squadron enabling Reese employees who haven't completed requirements for their high school diploma to do so at the ROCC in the family support center.

can now qualify for a \$5000 enlistment bonus and/or more than \$20,000 in educational assistance.

Please contact the recruiting office by calling 1-800-742-6713 for more information.

### D.C. guard has openings

The District of Columbia Air National Guard has part time openings for individuals leaving active duty. Openings include Air Force Specialty Codes: 1W0X1, 2A3X3B, 2A6X4, 2A6X6, 2T1X1, 2W0X1, 2W1X1, 2E0X2, 3E0X2, 3E1X1, 3E4X1 and 3E4X2. Retraining is available if qualified. For more information call DSN 858-2820 or 1-800-610-4921.

### Closure T-shirt still available

Closure T-shirts are still available. Anyone interested in purchasing a shirt should contact Staff Sgt. Mary Gates at 6062.

### Continue submitting those ideas

Many situations and processes will arise during

base closure when members may have the opportunity to identify potential savings to the government. Write the ideas down on an AF Form 1000 and submit them in the suggestions program.

Suggestions can be submitted to Staff Sgt. Rick Carter, the base suggestion manager, until Tuesday. After Tuesday, the 64th Flying Training Wing Suggestion Office will transfer administrative responsibility to Staff Sgt. Chuck Lewis, 71st FTW/MQ, 246 Brown Parkway Suite 225, Vance AFB, OK 73705-5016. His DSN is 448-7558.

If anyone has questions or needs guidance, they should contact Carter at 3713.

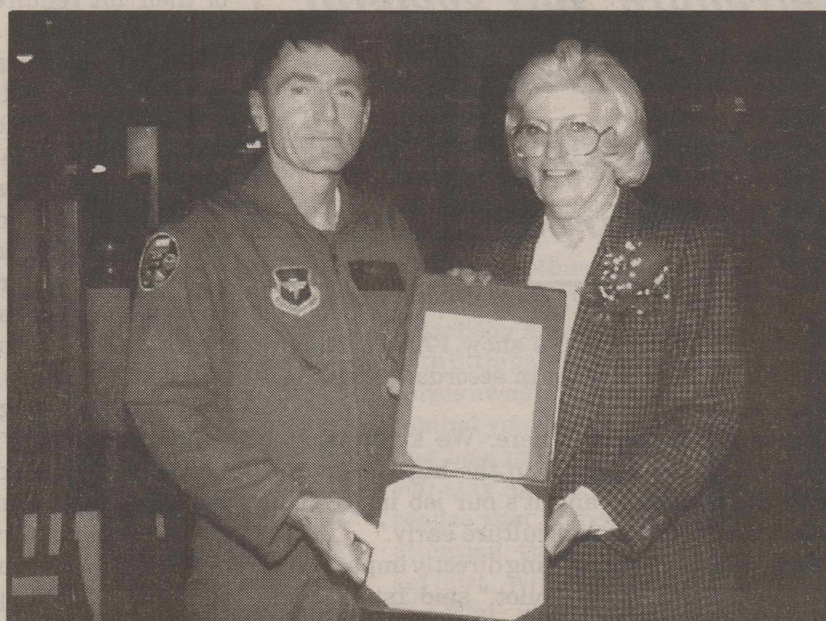
### SEA sponsors essay contest

Chief Master Sgt. Dave Ptomey, 64th Flying Training Wing senior enlisted advisor, is sponsoring an essay contest for all base personnel (military, civilian and contractors). The winner's essay and a photo will be published in a February issue of the *Roundup*.

The essay topic is: "Explain why the Air Force has a 'Golden Legacy and a Boundless Future.'" The deadline for submissions is 4 p.m. Jan. 31.

Essays must be typed and double-spaced on plain letter-size paper and no longer than two pages. Essays must have a separate cover sheet with the author's name, duty section/unit and duty phone number. Submit essays to the 64th FTW public affairs office in Bldg. 11. The entries will be randomly numbered and given anonymously to the chief for judging by him and a committee.

Essays not meeting the above criteria, including cover sheet, will not be judged. For more information call 2nd Lt. Chris Breighner at 3410.



Col. Kodak Horton, 64th Flying Training Wing commander, presents a certificate of service to Nancy Gregorio, 64th Manpower Office, Jan. 2 upon her retirement at a luncheon at the County Line Restaurant. She retired after 30 years of civil service.

Photo by Staff Sgt. Rick Carter



# Newton takes next command of AETC

(Continued from page 1)

Newton flew 269 combat missions from Da Nang Air Base, South Vietnam, including 79 missions over North Vietnam.

The general was selected to join the U.S. Air Force Aerial Demonstration Squadron, the Thunderbirds, in November 1974. He held several positions including narrator, slot pilot and right wingman.

From 1978 to 1982, he was assigned as an Air Force congressional liaison officer with the U.S. House of Representatives, Washington, D.C. He has commanded three wings and an air division, and held numerous staff positions. From 1993 to 1995 he was director of operations, J3, United States Special Operations Command.

Newton is married to the former Elouise M. Morning of St. Petersburg, Fla. They have five children.



Boles



Newton

## FACP helps pilots complete rigorous flying training Program adds anaerobic training, defeats 'G-LOC monster'

Staff Sgt. Toni Governor  
AETC public affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Future fighter pilots now have a program in place to increase their chances of completing rigorous pilot training and defeating the "G-LOC monster."

Over the past year, Air Education and Training Command officials have monitored more than 1,000 fighter pilots participating in its Fighter Aircrew Conditioning Program (FACP), and promising findings have emerged.

FACP is a goal-oriented program that adds scheduled anaerobic training to AETC aircrew physical conditioning programs to better prepare students for the stresses of high-gravity flight. It includes a Fighter Aircrew Conditioning Test, or FACT, that is administered during each phase of flying training to determine a person's anaerobic fitness as it applies to operating high-G aircraft. It also identifies muscle strength and endurance weaknesses that can be improved through specific physical conditioning.

The program was implemented as a result of a 1994 F-15 accident at Tyndall Air Force Base, Fla., where a student pilot experienced a G-induced loss of consciousness, or G-LOC, and had to eject. The pilot survived, but the incident forced AETC to focus additional efforts on reducing the risks of G-LOC.

G-LOC has been responsible for at least 17 Air Force deaths since 1983.

When pulling Gs, the blood is being pushed away from the brain, which is where it's needed most, according to Maj. Rick Sharpe, AETC F-15/F-22 training program manager. When this happens, a person can lose consciousness.

By contracting the skeletal muscles and performing a proper anti-G straining maneuver, the blood is forced back to the brain and the pilot remains conscious; this is called "fighting Gs." "It takes a lot of physical strength to do this again and again over time; not Arnold Schwarzenegger strength, but skeletal muscle strength and endurance," Sharpe said. FACP is designed to provide both.

Since FACP's implementation in October 1995, FACT pass rates have steadily increased; centrifuge pass rates have increased; and fewer students are experiencing G-related difficulty in training.

Test results show real progress in strength from the time a student starts undergraduate flying training to the beginning of fighter training.

Testing results for women are lower initially as expected because of less previous anaerobic train-

ing at Eglin AFB, Fla. "FACT testing is a valid, gender-neutral gauge to measure a person's endurance in the cockpit.

"The aircraft doesn't know whether the pilot is male or female; it operates on the weight of the individual," said Bope. "This test is based on a percentage of your body weight, similar to the aircraft."

Bope said she didn't do much weight training while at UPT because it wasn't required.

"I became more active (in weight training) after I started fighter training because I was fatigued from flying and my neck was sore from pulling Gs" she said. "I'm glad three hours of weight training is required for UPT students; it's a definite move in the right direction."

FACT contains eight exercises divided into two categories: strength and muscular endurance. The strength events involve arm curls, bench presses, lateral pulls, leg presses and leg curls. The endurance events are push-ups, abdominal crunches and endurance leg presses.

To meet FACT goals, individuals must complete a minimum of 10 slow six-second count repetitions of their lift requirements in each strength event, plus 20 push-ups, 30 abdominal crunches, and 20 endurance leg presses each in 60 seconds with a one-minute rest period between each event.

Weight factors for the strength events are determined by lift requirements and multiplying each weight factor times the body weight.

"Numbers are only valid for Cybex weight equipment," said Sharpe. "But individuals who participate in any regular program of moderate anaerobic conditioning will have no problem passing the FACT."

Air Force Pamphlet 11-404, "G Awareness for Aircrew," provides weight training guidance.

AETC is moving to a more scientific approach of preparing pilots by providing them not only with the academic flying skills — the how-to's and the maneuvers — but also with the physical tools needed to succeed and survive.

"FACP is a valuable addition to the physical tools package. If it helps save just one life, we hit a homerun," Sharpe said.

***"It takes a lot of physical strength to do this again and again over time; not Arnold Schwarzenegger strength, but skeletal muscle strength and endurance," -- Maj. Rick Sharpe***

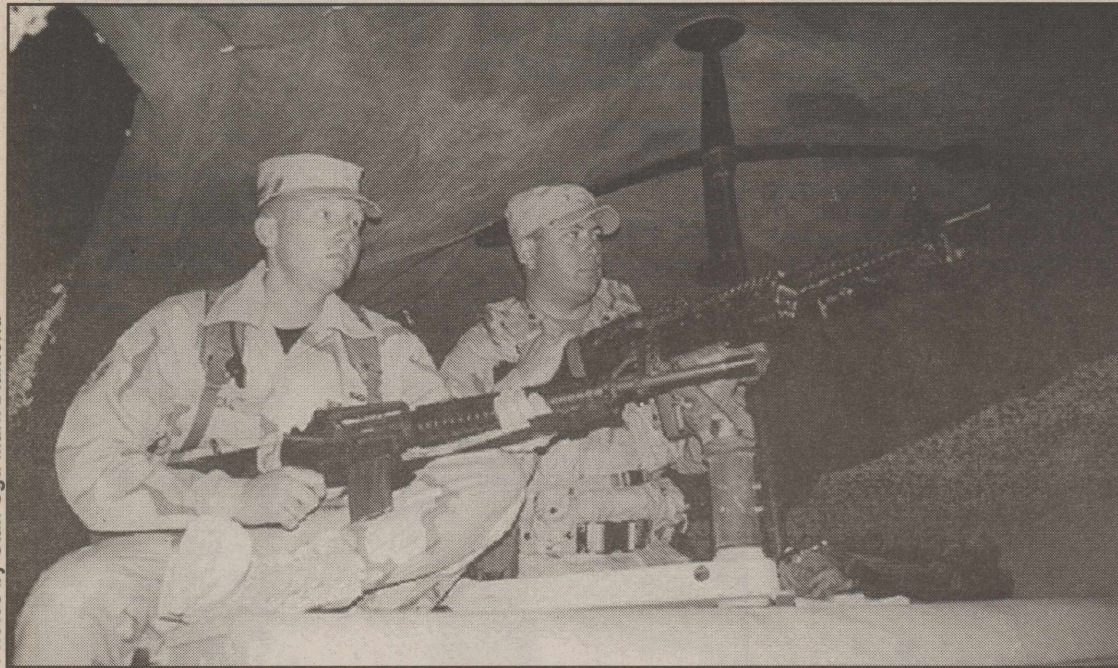
ing experience, but results show FACT goals are attainable to all who train in accordance with program guidance.

"There are no secrets here. We know what it takes to survive and excel in the high-G environment," Sharpe said, "and it's our job in AETC to provide that training and culture early."

"Good physical conditioning directly impacts your performance as a fighter pilot," said 1st Lt. Lynn Bope, FACP participant and an F-15C fighter pilot



# Eskan 'Nightwatchers' keep site troops safe



Photos by Staff Sgt. Mark Diamond

Airman 1st Class Brian Wical, left, and Staff Sgt. Scott Whitteker, perch atop their HUMMER all-terrain vehicle overlooking Eskan village's front gate. With an M-60 machine gun at their side, the two Eskan "Night Watchers" said they'll stop anything that gets through the gate. Whitteker is an Air Force Reservist from Selfridge, Mich., and Wical is on temporary duty from Laughlin Air Force Base, Texas. Whitteker and Wical are two members of the Eskan nighttime security police force.

**Staff Sgt. Mark Diamond**  
4409th Air Base Group  
public affairs

ESKAN VILLAGE, Saudi Arabia — They are nocturnal animals of sorts. They work in the shadows of the night, strategically posted throughout the area. Some are constantly on the prowl; many others stand silently, waiting for the worst, yet hoping for the best.

They are the Eskan NightWatch — a group of about 70 Air Force security police members who work throughout the night ensuring the rest of Eskan sleeps safely.

From listening and observation posts to gate sentries, to over-watch posts and roving fire teams, these Eskan elite provide a safe resting environment for all Eskan personnel.

"We don't have any aircraft at Eskan, and we're not here to protect sensitive resources," said Tech. Sgt. Milton Houseman, a flight sergeant assigned to the 4409th Security Police Flight. "We're here to protect our most valuable resource — the men and women of Eskan."

Houseman said his flight's mission is extremely important because it affords the people here a secure environ-

ment to rest. And traditionally, the hours of darkness are when air bases are most vulnerable.

"All the way back to Vietnam, our enemy's military strategy was to attack us at night," explained Houseman, who is on temporary duty here from Keesler Air Force Base, Miss. "Our folks know they can go to bed at night, rest, and get up the next morning to perform their missions because we were out there at night making the environment safe for them. Sure, the hours are long, and it's tough on our guys. And after awhile, we begin feeling like a nocturnal animal. But we know Eskan is safer because of what we do."

And Houseman assures Eskan troops they are safe.

"Because of the number of cops we have posted on the perimeter, and because of the stringent procedures we use for entry control, Eskan is definitely safe," he said. "I don't think many people realize how many SPs are out there each and every night working to keep them safe."

"On a base this size back in the states, there may be eight to 10 cops on duty each night. At Eskan, we have about 70 cops on duty every night, and," said Houseman, "these folks pack a lot more fire power than their stateside counterparts."

Between the roving fire teams carrying M-60 machine guns, sentries wielding M-203 grenade launchers, and individually armed SPs, Houseman said they could easily repel a small attack on the base.

Staff Sgt. Scott Whitteker, a sentry assigned to the over-watch post at the front gate, said between his post and the M-203 post, they can stop just about anything that gets past the front gate.

"Once the bad guys get on base, they have free reign. It's our job to stop them, and they can't outrun our M-60," said Whitteker, an Air Force Reservist from Selfridge, Mich. He said part of their vigilance is that they don't want to be the ones who let the "bad guys" on base. "The safer the base is, the safer we feel," added Whitteker.

Keeping Eskan safe is what keeps the security personnel on their toes, according to Houseman.

"We sometimes listen to the radio to keep alert. And cops have been known to come up with little games to keep themselves awake. But mostly you remind yourself of the threat and how important it is that you stay awake. These guys realize that if they don't pay attention, their friends could get hurt. When you think of it like that, it's actually pretty easy to stay awake," House-

man said.

Staff Sgt. Victor Wright, part of a two-man walking patrol, said he takes his job very seriously.

"I'm an old USAFE (United States Air Forces Europe) troop," said Wright, "so I know all about terrorist threats, and I take it damn serious. The threat is out there, but if we use our heads, and if we use common sense, we'll be alright."

"When you're on one of these posts, you know what you're doing is important," added Houseman. "You motivate yourself, and people do amazing things when properly motivated."

As an added security measure, the nighttime cops rotate shifts — three hours on, three hours off, and so forth.

Houseman said the theory of three-hour shifts was taken from Army field manuals.

He said, according to the manuals, a listening post/observation post sentry loses 50 percent of his ability to detect after the first four hours on post.

"When you're out there at four o'clock in the morning, looking at the same pattern in front of you for three or four hours, you start seeing double. If we didn't rotate shifts every three hours, we wouldn't be nearly as effective," added the flight sergeant.

Houseman said although he and his troops work long hours, their reward — the

safety of Eskan personnel — is well worth the price they pay.

"I know I couldn't live with myself if someone got past me on my post," said Houseman. "Personally, I'd have a hard time knowing that I not only let my country down, but also these folks who are over here risking their lives."

"Eskan troops have expectations, just like we have expectations," he said. "Just like I expect to go into finance tomorrow and cash a check, these folks — our customers — expect a secure environment to live in. They support us by providing us administrative functions, and we support them by providing them a safe place to live and rest."

Houseman said it was an SP manning a listening post/observation post sentry who noticed the truck outside the Khobar housing complex in Dhahran. "He got a lot of people out of that building who wouldn't have made it if it weren't for him," said Houseman.

According to the sergeant, the Dhahran bombing is a constant reminder of why he and his troops must stay vigilant while performing their nighttime duties.

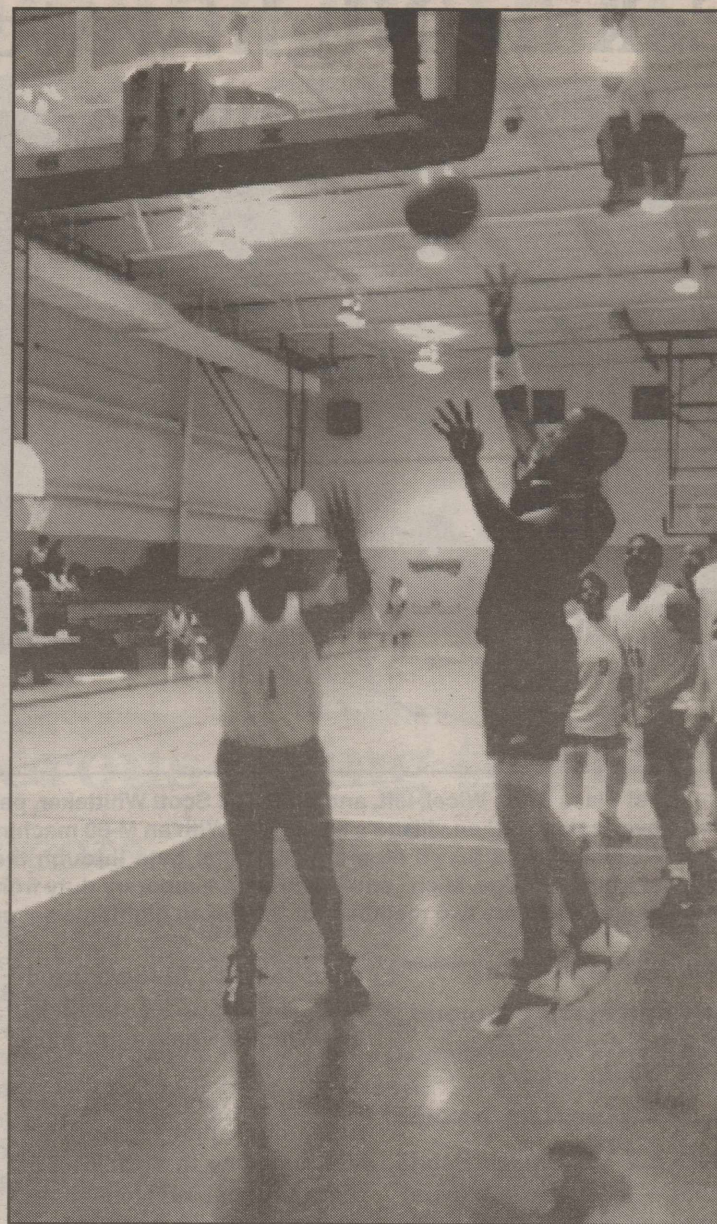
"We train and practice for the worst, but we hope and pray for the best," said Houseman. "Actually, we hope we never have to do anything but check individual identification for 90 days and then go home."



Staff Sgt. Eric Stere, an entry controller, checks a service member's identification prior to letting him into Eskan Village. He is responsible for controlling traffic in and out of Eskan. Stere, responsible for searching vehicles before they are allowed entry, said he searches anything that can be searched without tearing a car apart.



Photos by Senior Airman Tim Dempsey



## Teams battle on hardwood in intramural basketball playoffs

Seven intramural basketball teams took to the hardwood Tuesday night to open the playoffs. Above, Tracey Jones, 64th Communications Squadron/Services Squadron, tries to avoid a 64th Flying Training Wing defender. The 64th CS/SVS won the game, 42-37. Left, Eric Bass, 64th FTW, goes for a rebound inside the paint. The championship game is scheduled for Wednesday.

## Sports update

### Athletic tickets available to Reese

Special \$5 tickets are available to Reese personnel who would like to attend Texas Tech Lady Raider basketball home games during the remainder of the regular season.

The seats are available thanks to a special program promoted by the Committee for Champions. If you are interested in purchasing tickets, contact David Miller at 797-3162. Be sure to identify yourself to Miller as a Reese employee and give your squadron or contractor affiliation.

The special tickets are available for the following games:

Wednesday	vs. Oklahoma	at 7 p.m.
Jan. 18	vs. Kansas State	at 2 p.m.
Jan. 25	vs. Iowa State	at 2 p.m.
Feb. 12	vs. TexasA&M	at 7 p.m.
Feb. 15	vs. Baylor	at 2 p.m.
Mar. 1	vs. Missouri	at 3 p.m.

All games will be played in the Lubbock Municipal Coliseum.

### LCU opens conference play

During the next two weeks, Lubbock Christian University men's and women's basketball teams will play three games on campus in the LCU Fieldhouse at 5601 West 19th Street in Lubbock.

Each game is a men-women doubleheader against

the same opponent and all games are against tough Sooner Athletic Conference opponents. On Saturday, The Wayland Baptist Pioneers and Queens from Plainview, Texas, will provide the competition. The women's game starts at 6 p.m. and the men start at 8 p.m.

Thursday, John Brown University of Siloam Springs, Ark. will be the opponents. Starting times are 6 p.m. for the women and 8 p.m. for the men.

Saturday, Jan. 18, Oklahoma Baptist from Shawnee, Okla., will oppose the Chaparrals. Starting times for these games are 1 p.m. for the women and 3 p.m. for the men. Doubleheader admission is \$4 for adults and \$2 for children.

Reese personnel have the added incentive of rooting for one of their own during Lady Chaps games. Rhonica Banks, a senior forward, is the wife of 1st Lt. Antoine Banks, information systems flight chief with the 64th Communications Squadron.

### Recreational bowling league standings

(as of Dec. 17, 1996)

64th CES-A	39-21
64th SVS	37-23
64th MSS-1	36-24
Navy	36-24
LMLM	33-27
64th LS	33-27

64th MDG	33-27
52nd FTS-1	32 1/2-27 1/2
64th CS	30-30
64th SPS	28-32
64th CES-B	26-34
54th FTS	26-34
64th MSS-2	26-34
64th CONS/FM	25 1/2-34 1/2
64th MSS-3	21-39
52nd FTS-2	17-43

## Equal Opportunity 101

Q. When was the first time since World War II that U.S. military women, other than nurses, were put to the test of enemy fire in a combat theatre?  
(Look for the answer in next week's Roundup.)

Last week's question:

Q. Who was the first Jewish-American Commodore of the U.S. Navy?  
A. Uriah P. Levy  
(Submitted by Capt. Eric Bass, 64 FTW/SA)

Submit equal opportunity questions and answers to 64 FTW/SA. The name will be published along with the information provided.