



McConnell troop drives convoys through heat of Iraq

By Jack Lee
22nd ARW Public Affairs

Maybe one of the most dangerous places to be in Iraq currently is on the road, in a military vehicle in a convoy.

To one McConnell Airman, that's exactly how he passed his time.

Tech. Sgt. Billy Patrick, 22nd Logistics Readiness Squadron vehicle operations training noncommissioned officer, never dreamed he would be driving for the U.S. Army, but that's what happened.

"I was assigned to the 2632nd Transportation Company, an Army National Guard unit out of California," he said.

All the Army folks left and about 250 Air Force personnel took their place."

That Air Expeditionary Force included Airmen from the active duty, guard and reserve.

Notified in November 2003 of his pending deployment, he started his journey meandering through Fort Leonard Wood, Mo., Fort Dix, N.J.,

then to Fort Benning, Ga., for transportation to Central Command. He spent about four weeks in Kuwait before convoying into Iraq in January 2004.

Sergeant Patrick downplays the dangers in the road and his time spent in Iraq, reflecting on three Air Force personnel who didn't make it back. "They're the heroes," he said.

An unassuming young man, he's just glad he got through it ... "It's just something I had to do – just part of it," Sergeant Patrick said, referring to the job of just being in the military and all that comes with it – the good and the bad.

He credits the training he received with preparing him for what lies ahead. While in Kuwait, Delta Force and Special Forces' retirees shared the knowledge that goes with being in a hostile fire area.

"They taught us close quarter marksmanship, land navigation – things we would need to use to survive," Sergeant Patrick said.

Sergeant Patrick spent about six months in Iraq, most of the time on



Photo by Airman 1st Class Angelique Smythe

Tech. Sgt. Billy Patrick and Airman 1st Class Robert Bledsoe, continue their duties as McConnell's 22nd Logistics Readiness Squadron vehicle operators after a recent 7-month deployment.

the road either as a driver or on a gun truck providing security. Convoys ranged in size from ten to 45 trucks. Some days the road was smooth and a two-hour drive took two hours, but other times two-hour drives took six

hours or more. "It was pretty intense being on the road," Sergeant Patrick said. "It's something I dealt with and moved on. "It definitely was an experience," he finished.

Children, parents have fun at fourth annual fall carnival

Story and photo by Staff Sgt. Kristine Dreyer
22nd ARW Public Affairs

On a usual raining day, the children would be cooped up inside with nothing to do. That wasn't the case for the McConnell children and parents Sunday.

The Family Child Care Provider Outreach held their fourth annual Fall Carnival Sunday at the Youth Center.

"It turned out awesome," said Eddie Portz, Family Child Care Provider Outreach president. "We had lots of participation – even families from outside the Family Child Care program showed up."

"We also had donations from the Family Support Center, the youth center and other on- and off-base sponsors," said Mrs. Portz. "That was a great help."

The event started with a costume parade, led by Mrs. Portz dressed as a Thomas the Tank Engine train conductor. As the children marched around the building, they sang "The Wheels on the Bus" and all the parents cheered.

After the opening festivities, the games began. Eight Airmen from the Airman Leadership School and teenagers from the youth center volunteered their time to conduct games for the children.

There was even a bouncy castle for the children to play in.

After the children played the games, Mrs. Portz called everyone over for the judging of the pumpkin carving contest.

The nine pumpkins were judged by the audience. As Mrs. Portz and the other Family Child Care Provider Outreach members pointed to the pumpkin the audience cheered for the one they liked.

The winner was the reigning pumpkin carving champion, Jane Bowman. Jane Bowman is one of Mrs. Portz affiliated families.

"I had tougher competition this year, so it feels good to win again," said Mrs. Bowman. "Last year, there were only two entries."

It took her about one and a half hours to carve the cat on the pumpkin, she said.

"The hardest part was cleaning the pumpkin out. It was extremely gooey this year," she added.

To finish the event, a piñata was brought out. "To be fair and give everyone a chance, we want the little ones to go first," said Mrs. Portz.

After the younger children took their turn, the older children had their turn.

It didn't take them long to accomplish their mission.

As Alex McGill, 4, son of Tech. Sgt. Jodi McGill, 22nd Aircraft Maintenance Squadron, stepped up



Joshua Fraley, 7, son of Capt. Lance Fraley, 22nd Logistic Readiness Squadron, retrieves his prize at the Family Child Care Provider Outreach Fall Festival Sunday. More than 40 families attended the festival.

and whacked the piñata, the children dived for the candy as it flew everywhere.

He said it felt great to be the one who broke the piñata, and practicing baseball is what helped him do it.

After all the candy was gathered and the last game was played, the children gathered their prizes and gift bags and headed home.

Your impact on the world

We are extending the peace by supporting the rise of democracy – and the hope and progress that democracy brings – as the alternative to hatred and terror in the broader Middle East. In democratic and successful societies, men and women do not swear allegiance to malcontents and murderers; they turn their hearts and labor to building better lives.

Pumpkin Patch Page 7

All-Star Sports Pages 8-9

Apples Page 11

First Term Airmen's Center



Photo by Staff Sgt. Kristine Dreyer

Team McConnell welcomes the newest Airmen currently assigned to the First Term Airmen's Center. Pictured, Senior Airman Wayne Faunteroy, FTAC team leader, inspects Airman Rafael Price during their open ranks inspection. FTAC's newest airmen are Airmen Rafael Price and James Harrison, Airmen 1st Class Michael Gardner, Jordan Curtis, Kickey Kelly and Chantal Allard.

McConnell's Person of the Week



Photo by Senior Airman Cheyenne Williams

**Airman
Jessica O'Connor**
22nd Medical Support Squadron
Pharmacy Technician

From Anchorage, Alaska, with one year in the military and eight months at McConnell, she enjoys going to the movies, eating, sleeping and going to church.

What do you enjoy most about McConnell Air Force Base?

I enjoy meeting the people of McConnell because I have a chance to get to know people from a lot of different places.

Why is serving in the Air Force important to you?

It makes me feel like I have a true meaning in life.

What would you like to accomplish during your Air Force career?

I would like to make a difference in both mine and the lives of others.

Who is the most positive influence in your life and why?

My mother is the most important person in my life because she always supports the decisions I make.

SAFETY SENSE



RUNNING SAFELY

70% **30%**

The percentage of runners who experience injuries each year

The increase in running injuries reported by AMC Physical Therapy since the start of the new Air Force fitness program

To decrease your chance of injury ...

- ✂ Invest in good-fitting, shock-absorbing running shoes
- ✂ Gradually increase frequency and duration
- ✂ Warm up before & cool down after (e.g. walking)

Posture pointers ...

- ✂ Keep head level & avoid bouncing; lean forward slightly from ankles, not the waist
- ✂ Keep shoulders down & relaxed
- ✂ Strike ground heel first, roll to ball of foot and push off from toes
- ✂ Take a break if you have pain -- "Rest & Recuperate!"

Action Line

759-4601



Photo by Airman 1st Class Angelique Smythe

Col. Cathy Clothier, 22nd Air Refueling Wing commander, donates to the Combined Federal Campaign Fund.

The Action Line is your direct line to the 22nd Air Refueling Wing commander and provides an avenue for you to voice concerns about unsolved problems, share good ideas or provide constructive criticism.

As a reminder, the Action Line is not a replacement for using your chain of command.

If that route has been exhausted or is unavailable then please use this valuable resource.

Items of general interest will be published.

TDY Travel

Question:

I recently went on Temporary Duty and drove my Privately Owned Vehicle because it was at less cost to the government when compared to airfare. When I returned and filed my travel voucher, I was told that in the future I won't be allowed to drive my POV to those areas within a "one-day drive" radius, so my choice is to fly or what?

Answer:

Great question. Due to budgetary constraints, anyone wishing to drive versus fly on TDYs to Scott AFB and other "one-day drive" locations will use a Government Services Administration fleet vehicle on loan from 22nd Logistics Readiness Squadron, using Voyager Fleet cards for all gas purchases.

This saves us a great deal of money, as our Carlson Wagonlit contract piggybacks on a contract negotiated by United States Army Reserve Command. The Army Reserve does not go to Scott often, so the contract ticket price to St. Louis is high.

Why use GSA fleet vehicles? Here's a few important reasons: there is no rental car cost, no reimbursement of POV mileage, GSA charges us for a certain amount of miles/month -we may as well use them- and using Voyager fleet cards for refueling avoids reimbursement to the individual traveler (use of precious budget dollars for "fuel").

That said, TDYs to Scott via POV (if fleet vehicles are available) will be considered "for the traveler's convenience" on a case-by-case basis, but mileage will not be reimbursed.

**Troops Deployed:
More than 340**



Are you part of an NCO story?

By Lt Col Tim Valladares
22nd Medical Support Squadron

At the most recent Senior Non-commissioned Officer induction ceremony, I had the opportunity to hear former Chief Master Sgt. of the Air Force, retired Chief Master Sgt. Sam Parrish, speak to our newest SNCO inductees on what it takes to be successful.

I found one thing he said to be quite interesting. He said "every chief has an NCO story," but what exactly does that mean?

In every military career, we all have to go through a learning process. There is no way to replace the experience you garner over time, but if you are to achieve any level of success, you are going to need some help along the way.

Having a seasoned NCO in your corner can be priceless. There is no extra pay for devoting countless hours in grooming a young Airman, but an NCO that is willing to make a difference quickly becomes part of an NCO story.

Whether by providing the required praise to motivate or the

tough love to get someone refocused, there is a critical time in every young person's career when an experienced NCO can ultimately influence an Airman's fate.

I personally recall in a previous unit where there was an Airman who had some potential. He scored very well on his Career Development Course test, but obviously had some maturity issues.

After receiving a mediocre EPR, he was seriously contemplating separating from the Air Force.

However, a SNCO in the unit must have seen some potential in this young Airman because he lobbied to have the Airman reassigned to his section and took a personal interest in helping this unfocused Airman succeed.

The SNCO provided the "boot" this Airman needed and the coaching required for the Airman to understand the Air Force way of life.

He encouraged the Airman to attend after-hours education and postured him to succeed in the unit.

The Airman wound up winning the Airman of the Year award for the unit and eventually earned a com-

mission in the Air Force.

As I reflected on Chief Parrish's thought provoking remarks that night, these events came rushing back into my memory. This is the essence of the NCO story that he was talking about and the message he was trying to share with our newest SNCOs.

It's about being a guiding force and a true leader. It is about taking on a mentoring challenge to sustain a high quality force.

Of course, the easy thing to do is nothing. It is only the NCOs that are willing to give of themselves that will leave a lasting legacy of success.

I will never forget that SNCO in my unit and the impact he had on "this Airman."

Every time I have been fortunate enough to get promoted or achieved any milestone in my career, I have personally called and thanked that SNCO.

He took the time to develop "this Airman," and I will always be grateful.

He will always be part of my NCO story! So seize the opportunity and you too can become part of an NCO story!



Rock the vote

Dear Cassie,

Who are you going to vote for in the upcoming election? Senator John Kerry or President George W. Bush?

Why must you people continually paint me into a corner? Don't you know that if you want to remain my friends you shouldn't discuss religion or politics?

Before I divulge my prediction, let's start with the process of voting

and the candidates. You'll see me use the term political party numerous times where I'm referring to the Democrats and Republicans.

The basic process is outlined in the Constitution and has been modified by the 12th, 22nd and 23rd Amendments. Additional steps have been added either by custom or law. Sorry, but the Governor won't become the President anytime soon. The President and Vice President must be native-born citizens and have lived in the country for at least 14 years and be at least 35 years old.

Political parties hold conventions, which are attended by delegates. A majority of delegate votes is required to win the party nomination. Most of the time delegates let the chosen presidential candidate select a running mate.

Now, here is the part that gets people a little lost. I'll use Big Toe's fat crayons and small words. The Presidential election is held on the Tuesday after the first Monday of November in years which are divisible by four. Voters do not vote directly for the president but instead select Presidential Electors.

Voters choose a body of electors who run in the name of the Presidential and Vice Presidential candidates of their party and are pledged to cast their states electoral votes for these candidates.

The outcome is usually known immediately after the popular votes

(yours) are counted, however; the election is not officially settled until a best of three paper-rock-scissors match, or the electoral votes are cast and counted in early January of the following year.

How many Electors are in each state you wonder? Each state has the same number of electors as it has senators and representatives.

Each state has two senators, and representatives are determined by the population of the state by the most current U.S. Census.

Kansas, for example, has a total of six electoral votes, two for the senators and four for its representatives.

For a candidate to be declared the winner, they must have received a majority of the electoral votes, the magic number of 270 out of a current total of 538.

So, there you have it. A very condensed version of the Presidential Election process.

By my calendar, Nov. 2 is fast approaching. Get out and exercise your most powerful right and privilege as an American - VOTE.

And, who I choose to vote for is my business, but the fact that I can vote is the important point to take home here.

If you have a question for Ms. Cassie, send it to cassie@mcconnell.af.mil.

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McConnell celebrates Hispanic heritage

Story and photos by
Staff Sgt. Kristine Dreyer
22nd ARW Public Affairs

Food, music, dancing and fun were all present during the McConnell Hispanic Heritage Celebration held at the base chapel Oct. 6.

As McConnell members and guests entered the room, the smell of homemade food from Puerto Rico, Mexico, Panama and other Hispanic countries filled the air.

Lt. Col. Manny Maldonado, 22nd Comptroller Squadron, began the festivities with a prayer in Spanish followed by a few opening words from Lt. Col. Laurie DeGarmo, 22nd Air Refueling Wing director of staff.

"We are happy to take this opportunity to bring everyone together to share the diverse Latina culture with everyone through dance, music and food," said Colonel DeGarmo.

After the opening remarks, everyone made their way through the buffet line that had everything from enchiladas to bacalitos to bring the culture to McConnell.

"The food was delicious. It brought me back home," said Airman Vanessa Marin, 344th Air Refueling Squadron and native of Colombia.

While everyone enjoyed their food, Airman Fredy Pasco, 22nd Maintenance Operations Squadron, performed on the Zampoña, a Peruvian double-rowed panpipe.

The entertainment did not end there.



Staff Sgt. Schavonne Scott, 22nd Air Refueling Wing, serves Staff Sgt. Joshua Watkins, 22nd ARW, chicken from the buffet line at the Hispanic Heritage Month celebration Oct. 6 held at the base chapel. The celebration included food, music and dancing demonstrations.

Glorimar Calderon, wife of Army Sgt. Luis Calderon, 387th Army Replacement Battalion, demonstrated the Bomba, a folkloric dance created in Puerto Rico during the 17th century.

Tech. Sgt. Carlos Ortiz, Jr., 184th Air Refueling Wing, and his wife, Madeline, danced for the audience as well. After Sergeant Ortiz and his wife demonstrated the Salsa, he danced the meringue with his daughter, Brittanica.

The afternoon ended with a final performance from Airman Pasco and the announcement of the winners of a drawing. Agustin Bonaparte, a retired Army staff sergeant and Meiling Familo,

wife of Sgt. 1st Class William Familo, both won piñatas.

The empty food trays and smiling faces explained it all.

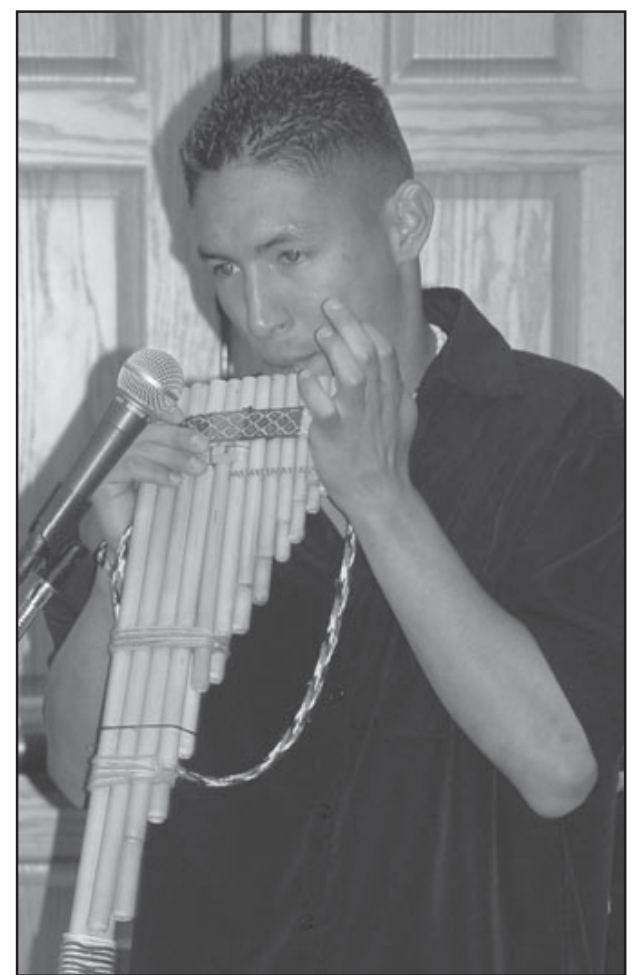
"It was an unbelievable success," said Lt. Kristin Mullen, 22nd Maintenance Squadron and the Hispanic Heritage Month committee chair. "The active duty and the guard of McConnell came together for this event. It was definitely a team effort."

"The whole event gave me the warm feeling of the land and culture that I miss," added Airman Marin.



Left: Glorimar Calderon, wife of Army Sgt. Luis Calderon, 387th Army Replacement Battalion, demonstrates a Puerto Rican folkloric dance called Bomba. Bomba is 17th century dance created by West Africans in Puerto Rico. The enslaved Africans held Bomba dances to celebrate baptisms and marriages and also plan rebellions.

Center: Team McConnell members experience a taste of Hispanic food during the celebration.



Airman Fredy Pasco, 22nd Maintenance Operations Squadron, plays the Zampoña at the Hispanic Heritage Celebration. Airman Pasco, a native of Peru, started playing the instrument when he was seven. He started playing as a school requirement and continued ever since.

Tankers fuel war on terror

By Tech. Sgt. Gino Mattorano
Public Affairs

SOUTHWEST ASIA – The 380th Air Expeditionary Wing's tanker squadron plays an essential role in the global war on terror, and Team McConnell's planes with people are a key part of the wings' mission to provide allied aircraft greater range and endurance for missions over Iraq and Afghanistan.

The 908th Expeditionary Aerial Refueling Squadron flies KC-10 Extenders and KC-135 Stratotankers, and is the only Air Force squadron flying both aircraft.

"KC-10s have been here since the first Gulf War," said Lt. Col. Mike Winters, 908th EARS commander and commander of the 344th Air Refueling Squadron at McConnell. "In 2003 we brought in a squadron of KC-135s, but because the two aircraft integrate so well together, we combined the two units into one squadron."

The squadron's KC-10s and KC-135s refuel aircraft flying missions for Operations Iraqi Freedom and Enduring Freedom.

"On a daily basis we refuel everything from F-15s and F-16s to Marine Harriers and British Tornados," said Maj. Mark Ustaszewski, director of operations for the 908th EARS KC-10s. "You name it – we refuel it."

Coalition aircraft average 40 combat sorties daily in Close Air Support missions for main and alternate supply routes, and for troops in contact situations. The 908th EARS provides in-flight refueling capability to ensure that coalition aircraft have enough fuel to perform their mission.

"Our intelligence officers brief us on the aircraft we refueled that hit targets," said Major Ustaszewski. "That feedback helps our crews understand just how important the missions they fly are."



Courtesy photo

McConnell's KC-135 Stratotanker refuels a F-16 Fighting Falcons. Tankers play a key role in the global war on terror by refueling various aircraft in support of Operations Iraqi Freedom and Enduring Freedom.

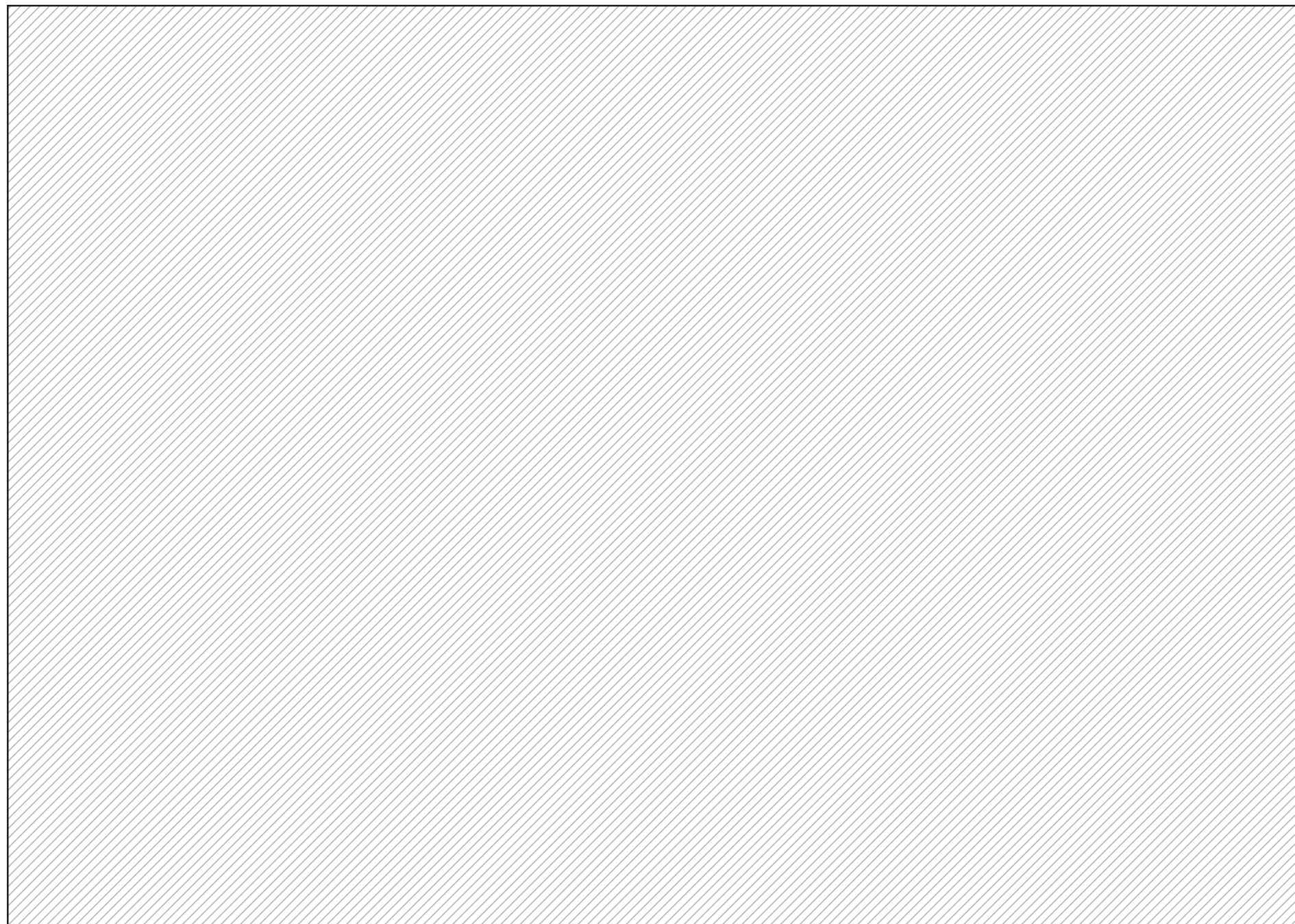
An average refueling mission is 6 to 8 hours, and crews may refuel as many as 10 aircraft, and deliver 80-100,000 pounds of fuel, according to Major Ustaszewski.

A key feature of both the KC-10 with some of McConnell's KC-135s that make them ideal for combat operations is the capability to refuel nearly any aircraft. While Air Force jets can be refueled in-flight through a refueling boom, other U.S. military and NATO aircraft are refueled through a hose and drogue system.

In addition, the KC-10, like some of McConnell's KC-135s, can also be refueled in flight, which gives it the ability to take on fuel from another aircraft to increase its delivery range.

Working together, the KC-135s and KC-10s make up a crucial element of the coalition's ability to wage war on terror.

"Having both airframes in the same squadron creates a great deal of synergy," said Major Ustaszewski. "It gives us the ability to do a lot more, a lot quicker."



Bruce Willis thanks troops



Courtesy photo

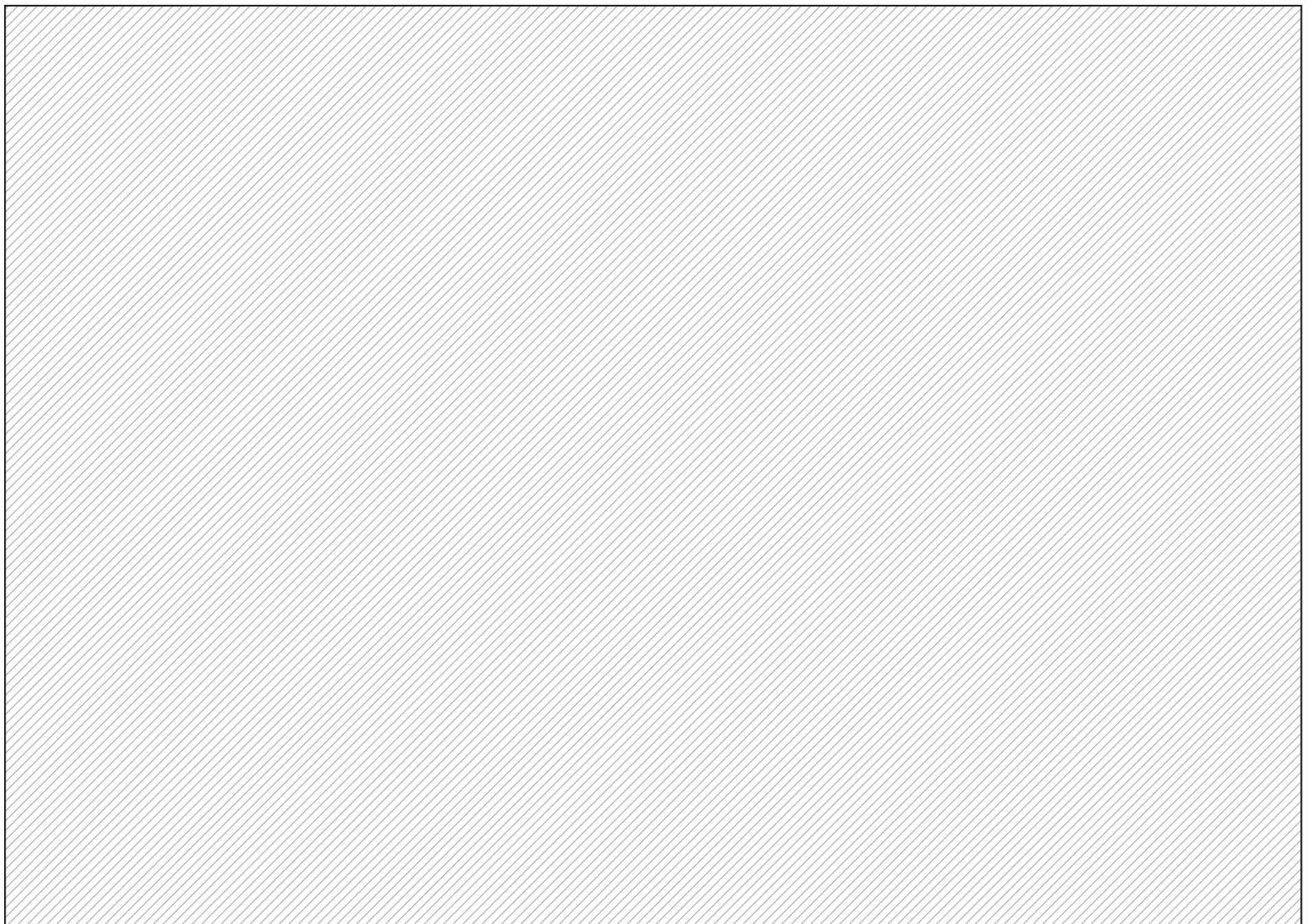
Senior Airman Benjamin Abbott, 22nd Communications Squadron, shakes hands with Bruce Willis at a deployed location in September 2003. Bruce Willis visited the area of responsibility with the United Service Organization. While deployed, Airman Abbott worked with the 380th Air Expeditionary Wing information infrastructure shop. At McConnell he performs network and computer maintenance.



Graphic by Airman 1st Class Harold Barnes III

Saluting vehicles

If a government vehicle has rank displayed (on either a bumper plate or plate on the dashboard inside the windshield), salute as soon as the vehicle is recognized and hold the salute until the vehicle has passed or the salute has been returned. Do not salute an empty staff car.



Pick a pumpkin

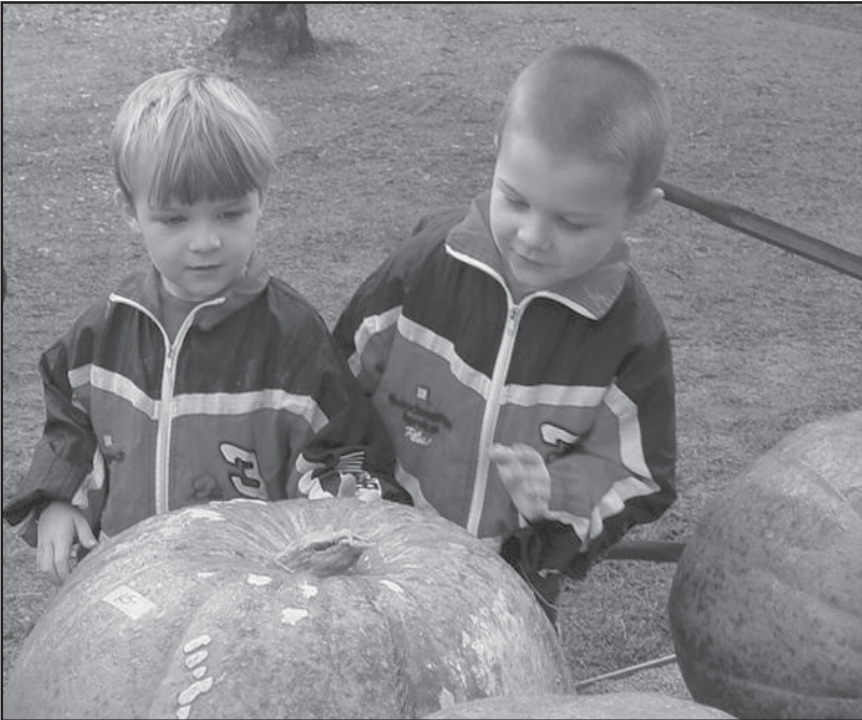


Photo by Staff Sgt. Kristine Dreyer

Jakob Watts, 3, and Josh Watts, 6, sons of Staff Sgt. Richard Watts, 22nd Aircraft Maintenance Squadron, try to decide which pumpkin to bring home at the Family Child Care Provider Outreach pumpkin patch visit Oct. 8. There were 18 children, 12 parents and four grandparents who participated in the event. The pumpkin patch visit is one of the many events the FCC Provider Outreach has planned this fall. Their next event is to participate in the Veterans Day Parade in downtown Wichita Nov. 6.

Legal explains debt collector's process

By Capt. Lauren Torczynski
22nd ARW Legal

As consumers in today's economy, most military members use one or more types of credit.

Credit cards, money owed on a personal loan, or payment on a home mortgage, makes a person a "debtor." Anyone who falls behind in repaying creditors or has an error made on their accounts may be contacted by a "debt collector." In either situation, the Fair Debt Collection Practices Act requires that debt collectors treat each person fairly by prohibiting certain methods of debt collection. Of course, the law does not forgive any legitimate debt that is owed.

The act covers personal, family and household debts, including money owed for the purchase of an automobile, for medical care or for charge accounts. A debt collector is any person, other than the creditor, who regularly collects debts owed to others.

A collector may contact debtors in person, by mail, telephone, telegram, or fax. However, they may not call or visit at unreasonable times or places, such as before 8 a.m. or after 9 p.m., unless it was agreed to. A debt collector also may not contact debtors at work if the collector knows that the employer disapproves. Within five days after first being contacted, the collector must send a written notice telling the amount of money that is owed, the name of the creditor to whom it is owed, and what action to take if the debtor believes they do not owe the money.

A collector may not contact the debtor if, within 30 days after they are first contacted, they send the collection agency a letter stating they do not owe

money. However, a collector can renew collection activities if proof of the debt is sent, such as a copy of a bill for the amount owed.

Debt collectors may not harass, oppress, or abuse anyone. They may not use any false statements when collecting a debt. Debt collectors may not engage in unfair practices when they try to collect a debt.

A collector can be stopped from contacting a person after a letter is written to the collection agency telling them to stop. Once the agency receives the letter, they may not contact the individual again except to say there will be no further contact. The agency may then send notification only if the debt collector or the creditor intends to take some specific action. The debt collector may not contact anyone other than the attorney if the individual has one. If there is no attorney, a collector may contact other people, but only to find out where the debtor lives and works. Collectors usually are prohibited from contacting such permissible third parties more than once. In most cases, the collector may not tell anyone other than the individual and the attorney that money is owed.

If a debt collector has violated the law, the violation can be reported to the state Attorney General's office and the Federal Trade Commission. Many states have their own debt collection laws and the Attorney General's office can help determine the individual's rights.

For specific questions about the Fair Debt Collection Practices Act or rights under the Act, write to:

Correspondence Branch
Federal Trade Commission
Washington, D.C. 20580.

Let the games begin

Story and photos by Staff Sgt. Kristine Dreyer
22nd ARW Public Affairs

McConnell's Chief's Group and Route 56 sponsored Armed Forces Day at All Star Sports Oct. 8 from 3 until 8 p.m.

"The purpose of this event is to give McConnell AFB -- to include active duty, family members and guests -- a day of fun at an unbeatable price," said the president of McConnell's Chief's Group, Chief Master Sgt. Calvin Peterson, 22nd Mission Support Group.

The \$10 tickets included pizza, drinks and unlimited access to go cart rides, bumper boats, miniature golf, batting cages and driving range.

"This is really a great deal," said Senior Master Sgt. Denise Mikolajczyk, 22nd Mission Support Squadron. "My boys stayed on the race tracks for hours."

This event is put together for McConnell twice a year-- once during the fall and again in the spring.

"We come every time they hold this event," said Katrina Vondenstein, wife of Master Sgt. Chris Vondenstein, 350th Air Refueling Squadron. "It is a good value and good family time where my kids can run around and enjoy themselves."

"This event was definitely a group effort," said Chief Peterson. "We couldn't have put it together without the support of your wing leadership."

He also wanted to send a special thanks to Staff Sgt. Samuel Alva, 22nd Security Forces Squadron, and the members of Route 56 for making this event happen.



Airman 1st Class Donnavon Jones, 22nd Logistics Readiness Squadron, straps himself into his go-cart during Armed Forces Sports Oct. 8. Team McConnell members and guests enjoyed pizza, drinks and unlimited rides at the park for only \$10.



Charlotte Redden, wife of Master Sgt. Kevin Redden, 22nd Maintenance Squadron, takes advantage of the opportunity to soak her kids with a water gun.



Tech Sgt. Dong Kim, 22nd Mission Support Squadron, takes a break around the bumper cars.



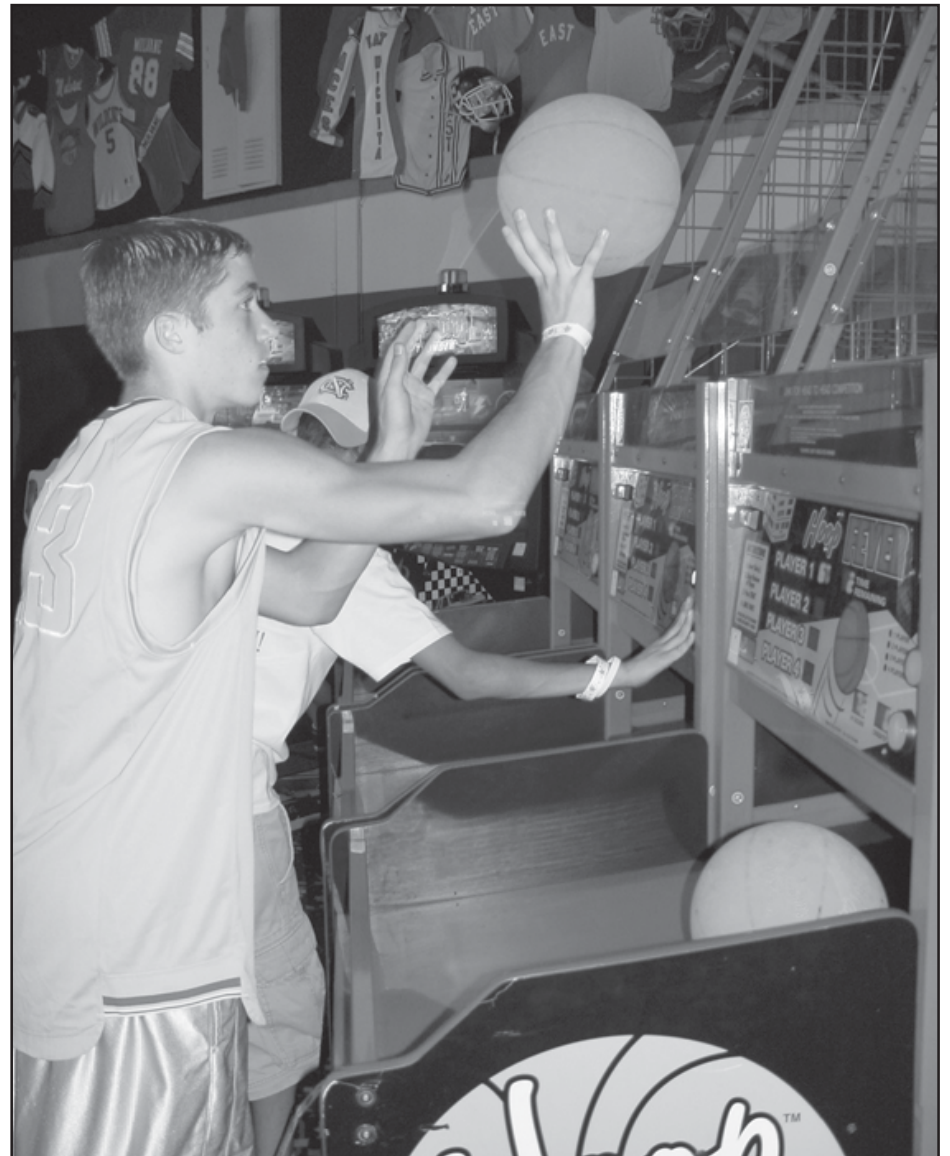
es Day at All Star



quadron, maneuvers



Andrew Castellanos, 5, son of Maj. Jonathan Gastellanos, 384th Air Refueling Squadron, putts the ball into the hole.



Gabriel Roach, 17, nephew of Master Sgt. Perry Gilbert, 22nd Maintenance Squadron, tests his basketball skills in the arcade of All Star Sports.



Shelby Vondenstein, 9, daughter of Master Sgt. Chris Vondenstein, 350th Air Refueling Squadron, bumps into her sister, Kelsey Vondenstein, 9, and family friend, Kennedy Long, 7.

New dorm managers lay down rules, regulations

By Airman 1st Class Angelique Smythe
22nd ARW Public Affairs

The McConnell AFB dormitories have recently had a change of managers.

Dorm 316 is now under the care of Master Sgt. Diana Nelson, who is also the superintendent of all the dormitories at McConnell. Dorm 342 is being managed by Tech. Sgt. Andrew Chavez. Dorm manager for dorm 350 is Master Sgt. Maricela Martinez-Torres, and a manager for dorm 340 has not yet been assigned.

The dormitory managers are here to help Airmen feel at home and live in a safe, well-kept and comfortable environment.

To make this possible, a policy letter, which includes McConnell AFB Instruction 36-6001, is provided to all Airmen as soon as they are assigned to a dormitory.

The policy letter establishes guidance for inspection, maintenance, living standards and conduct of occupants visiting dormitories on McConnell AFB.

Here are a few things outlined in the policy letter:

On one main subject – safety – the policy letter states:

Nominal quantities of flammable or other combustibles intended for personal use are permitted in individual rooms when stored properly in their original container. Examples include rubbing alcohol, hair spray, nail polish remover, lighter fluid, and other similar personal care products.

Fuel for internal combustion engines and camp stoves or grills, to include Coleman fuel, propane and gasoline, is prohibited.

Incendiary devices such as ammunition and fireworks are prohibited in the dormitory.

Incense and candles may not be burned. Electrical cooking appliances are not authorized except for hot air popcorn poppers, small microwaves, and coffeepots.

If utilizing these items, you must submit a request in writing to the dorm manager for approval.

Auto parts will not be stored, painted or cleaned in rooms.

Residents must be familiar with fire escape routes and locations of fire extinguishers and fire alarms (See Dormitory Safety bulletin board or dorm manager). The emergency number for the Fire Department is 911.

Smoking in bed is prohibited. Report violators to the dormitory manager or the first sergeant immediately.

Extension cords or power strips must be UL approved if used and must be fused or have a circuit breaker device built in. All other types of extension cords are unauthorized.

"It's important to follow these rules because what one person does affects others," said Sergeant Nelson. "With such large members of people living in a confined area, safety violations literally affect hundreds of people – a fire, for example."

To follow up with safety, the policy letter also lets Airmen know that in accordance with MAFBI 36-6001, paragraph 4.2, weapon storage in the dormitory is prohibited. A few examples are knives longer than three inches, nun-chucks, guns, clubs, switch-blades and butterfly knives. If found, they will be confiscated. Read the regulation to determine definitions of more



Photo by Airman 1st Class Angelique Smythe

Airman 1st Class Lysa Long, 22nd Maintenance Squadron, vacuums the carpet in her dormitory room. Airmen who live in the base dormitories are encouraged to keep their rooms clean and decorated in a tasteful manner.

prohibited weapons and where they are stored.

The dormitories are created to make Airmen feel comfortable and at home, but remember it is still a military installation. The policy letter even explains the rules on personal standards, room decorations, conduct, pets, smoking and visitation.

Airmen must keep the rooms clean. To ensure that Airmen do so, there are three types of inspections: informal, formal and VIP. Informal inspections are conducted by dormitory managers on a quarterly basis. Formal inspections are conducted by first sergeants and supervisors. VIP inspections are done by colonels or higher headquarters who visit McConnell. VIP inspections may be done with no notice, thus allowing little or no time for preparation. Standards for each type of inspection are listed in the dormitory standards policy letter provided by the dormitory managers.

Airmen are encouraged to decorate the interior of their rooms in a tasteful manner, which creates a "homelike" atmosphere. However, keep in mind that any pornographic, inflammatory or any material that promotes the use of a controlled substance or an illegal drug will not be openly displayed. In all cases, room decorations will display good taste, pleasant texture, proper application, and be non-prejudicial to good order and will not directly violate any Air Force Instruction.

Airmen must respect the rights of others living in the dormitory. Keep the volume of appliances, such as televisions and stereos, at a level that does not disturb neighbors.

No barking, purring or chirping

should be heard in the dormitory rooms either. The only pets allowed are fish. Aquariums are limited to a 55-gallon capacity and should be maintained in a clean and healthy condition.

"Keeping cleanliness and health standards are very important because germs can be passed around like crazy," said Sergeant Nelson. "If one to ten people don't maintain health standards, it could attract rodents and insects, which could move from one room to the next and affect everyone living in the building."

Also, remember smoking is prohibited in common areas, including hallways and stairwells. Smokers are allowed to smoke in their rooms and smoke decks only.

"Even though smokers have the right to smoke in their rooms, the rights of nonsmokers prevail over smokers," said Sergeant Nelson.

If the smoke bothers a nonsmoking suitemate while in a shared kitchen or shared bathroom, the nonsmoker has the right to request that his suitemate smoke outside, she said.

All residents must maintain dress and appearance standards outlined in AFI 36-2903. Everyone, including guests, must be fully attired with shoes and shirt when outside or in common areas of the dormitory.

All common areas and appliances such as the kitchen and study room, microwaves, washing machines, dryers, pool tables, foosball tables, area furniture, television sets, study rooms, are provided free of charge for comfort and convenience. Residents are expected to keep these items in good working order and clean them after each use. Report damages or repairs

Dorm Council

Voice ideas, concerns, likes or dislikes to the dorm council, consisting of a selected few Airmen who also live in the dormitories.

Dorm 316:

President:
Airman 1st Class Valerie Michel
Vice President:
Airman Eric Rager
Secretary:
Airman 1st Class Shanna Averyhart
Treasurer:
Airman 1st Class Bradley Mader

Dorm 340:

President:
Airman Tiffany Scott
Vice President:
Airman Sharnai Skinner
Secretary:
Airman Jessica Higgins
Treasurer:
Airman Vanessa Marin

Dorm 342:

President:
Airman 1st Class Eric Meyer
Vice President:
Airman 1st Class Brandon Blodgett
Secretary:
Airman 1st Class Jamie Shultz
Treasurer:
Airman 1st Class Derico Hood

Dorm 350:

President:
Airman 1st Class Hilda Carbajal-Acevedo
Vice President:
Airman 1st Class Connie Vaughn
Secretary:
Airman Crystal Newsome
Treasurer:
Airman 1st Class Deon Garrett

needed to the dormitory manager right away.

"We want the Airmen to know that this is their home, and they should treat it as such," said Sergeant Nelson. "We've got to take care of things when we get them so they can last because we really don't get a lot of money to replace things in the dormitories."

Airmen must also remember that sponsoring a visitor onto the installation means they are responsible for both themselves and the visitor while on the base.

Keeping Operations Security in mind, remember each sponsor is responsible for signing their visitors on base at the Visitor's Center. Sponsors must ensure their guests maintain proper dress, language, courtesy and behavior while in the dormitory. Guests are not allowed to sleep in or reside in the dormitory and should not be left unattended at any time.

Anyone less than 18 years old is prohibited from entering dormitory rooms unless accompanied by a parent, guardian, member of the immediate family or unless specified in writing by the unit commander or first sergeant. This does not apply to a member of the Armed Forces with a valid identification card.

The dormitory standards policy letter lists these instructions and more that all Airmen living in the dormitories must follow. For more information, and to prevent any misunderstanding, contact a dorm manager.

"We are all brand new managers, and we want everyone to feel at home and have fun," said Sergeant Nelson.



Photo by Staff Sgt. Kristine Dreyer

Tech. Sgt. Jay Young, 184th Air Refueling Wing, picks out a bag of Red Delicious apples from the McConnell Commissary. Aside from the eight varieties of fresh apples, the commissary also carries caramel and candy apples.

Base commissary offers apples for fall

By Kay Blakely
DeCA Europe

Every year as the trees begin to turn brilliant, beautiful colors, and those crisp, cool autumn days are filled with a slight chill, some may find the urge to spend some "quality time" in a warm and cozy kitchen.

Quality kitchen time may mean producing dishes that provide an aroma that's every bit as delectable as the taste of the finished product.

The one food that fills both those requirements is apples. Baked apples, apple pie and applesauce are all surprisingly easy to make.

The McConnell commissary offers the very best of this year's apple crop.

Apples happen to be the fourth most widely produced fruit in the world after bananas, oranges and grapes.

"Right now, we carry eight varieties of single apples and four varieties of bagged apples," said Mike Howell, McConnell Commissary produce manager.

The loose apples they carry are Gala, Jonathan, Granny Smith, Fuji, Red Delicious, Golden Delicious and Braeburn.

The bagged apples they carry are Jonathan, Granny Smith, Red Delicious and Gala.

McConnell is also featuring a new apple called the Grapple.

"The Grapple is an apple infused with grape juice," said Mr. Howell.

While Washington state is the apple capital of the United States, apples are produced in commercial quantities in 35 of the 50 states.

Washington state production accounts for more than half of the U.S. total, and the state consistently markets 70 percent or more of its apple production fresh.

"Most of the apples in the McConnell Commissary come from Washington State," said Mr. Howell, "but our Jonathan apples come from Michigan and Missouri."

Contrary to popular belief, the United States is not the largest apple producer in the world. China is actually the world's largest apple producing country, with the United States a distant second. France, Germany, Italy, Poland and Russia are among the top 10 apple producers in other parts of the world.

"Our imported apples primarily come from New Zealand and South America," said Mr. Howell.

Average per capita consumption of apples and apple products is reported to be 45.5 pounds for

Americans. A couple reasons may be because apples are fat-free, only about 80 calories each for a medium-sized fruit, and a great source of fiber.

"People's taste in apples vary," said Mr. Howell. "The most popular apples sold here are the Red Delicious, Braeburn and Fuji."

"I prefer the Granny Smith, but my wife likes the Fuji apples, so we usually go with her choice," said Tech Sgt. Kent Niebuhr, 184th Air Refueling Wing.

"I prefer the Red Delicious because they are sweeter," said Tech Sgt. Jay Young, 184th Air Refueling Wing. "I don't care for the sour apples."

Whatever variety is chosen, apples that are free of bruises and firm to the touch are ready to eat.

Apples will last up to 10 times longer if refrigerated than if left at room temperature. Apples emit ethylene, a naturally occurring gas that promotes ripening, but can damage ethylene-sensitive items such as asparagus, broccoli, cucumbers, lettuce and others. To eliminate this problem, it's best to store them in a refrigerator crisper drawer of their very own or in a plastic bag. Storing apples away from foods with reputations as "stinkers" will keep them from absorbing the odors.

That old saying: "One rotten apple spoils the whole bunch," is definitely true, so take the rotten apples away immediately. Unbruised apples, handled and stored well, can have a storage life of at least 90 days or longer.

Most American apple consumers will eat raw Red or Golden Delicious or Granny Smith.

For cooking, Mr. Howell recommends the Jonathan or Granny Smith apples because of their firmness and tartness.

Even though September through December is the peak time of year for apples, the apple industry has perfected controlled-atmosphere storage to the point that most varieties of apples are available year round.

But, finding the taste or quality can't get any better than right now, said Mr. Howell.

The McConnell Commissary's goal is to send the customer home satisfied, so Mr. Howell encourages customers to try before they buy.

"We are more than happy to give our customers samples," added Mr. Howell.

Visit the McConnell commissary, grab a few apples and get cooking. Fill your home with the sweet aroma of apples cooking on the stove or baking in the oven, and you just can't help but love them.

(Article localized by Staff Sgt. Kristine Dreyer)

Apple Recipes



Apple Pie

6 cups of thinly sliced, peeled cooking apples
1 cup sugar
2 tablespoons all-purpose flour
½ to 1 teaspoon cinnamon
Dash of nutmeg
Pastry for double crust pie
1 tablespoon of butter or margarine

Combine sugar, flour, cinnamon and nutmeg; add to sliced apples and gently toss to coat. Fill a 9-inch pastry-lined pie pan with apple mixture; dot with butter. Adjust top crust. Seal and flute edge. With a sharp knife, cut a few steam vents in the top crust. Lightly brush crust with milk, water or melted butter and sprinkle with sugar. Cover edges of crust with strips of foil to prevent over-browning. Bake in a 375 degrees oven for 25 minutes. Remove foil and bake 20 to 25 minutes more or until crust is golden brown.



Apple Sauce

1 pound of apples (about four apples)
½ cup sugar
¼ cup water

Wash apples, then peel, core, quarter and cut them into thin slices. Place them in a saucepan with sugar and water and simmer covered until apples are soft and somewhat transparent (about 10-15 minutes). More water may be needed with some varieties of apples. Add enough to prevent scorching, but not so much that the sauce becomes soupy. Serve warm as a side dish with pork chops, or make a double batch and serve the leftovers as a chilled desert accompanied by freshly baked gingersnaps.



Baked Apples

6 large baking apples
½ cup brown sugar (packed)
½ cup water
1 tablespoon of butter or margarine
½ teaspoon of cinnamon
½ teaspoon of nutmeg
Light cream or vanilla ice cream

Core whole apples and remove about a half-inch strip of peel from around the top of each. Place apples in a 10x6x2 baking dish. In a saucepan, combine brown sugar, water, butter or margarine, cinnamon and nutmeg; bring to boiling. Pour hot sugar syrup around apples, and bake uncovered at 350 degrees for about 1 hour, basting occasionally with the sugar mixture. Serve warm with light cream or ice cream



Now showing at the base theater



All movies – adults \$3.50, children ages 6-11 \$1.75



Vanity Fair (PG-13) - The new film version of the classic novel by William Makepeace Thackeray centers on Rebecca Sharp who can rely only on her wit, guile and sexuality while making her way through London society.

Time Showing: Friday at 7 p.m.
Running Time: 2 hours, 35 minutes

Anacondas: The Hunt for the Blood Orchid (PG-13) - A scientific expedition is sent to the jungles of Borneo to search for a rare black orchid by a pharmaceutical company.



Time Showing: Saturday at 7 p.m.
Running Time: 1 hour, 33 minutes



Cellular (PG-13) - A random wrong number to his cell phone sends a young man into a high-stakes race against time to save a woman's life. Her life is in his hands, but what is waiting for him on the other side of the line?

Time Showing: Oct. 22 at 7 p.m.
Running Time: 1 hour, 31 minutes

Paparazzi (PG-13) - When an overzealous group of four paparazzi photographers cause a car accident that injures his wife and son, a hot young movie star named Bo Laramie concocts a revenge plot against them.



Time Showing: Oct. 23 at 7 p.m.
Running Time: 1 hour, 25 minutes

Photos and synopses courtesy of movies.yahoo.com

Open House

The McConnell Fire Department will host the 14th Annual Fire Prevention Week Open House Saturday from 11 a.m. until 2 p.m. at the fire department.

There will be crash truck demonstrations, Sparky the Dog appearances, fire truck rides, a fire safety presentation and refreshments.

Make and Take Day

Make and Take Day Halloween Crafts will be held Saturday from 2 p.m. until 3:30 p.m. at the base library for children in kindergarten through 6th grade.

For more information, call ext. 4207.

Enlisted Spouses' Club

The Enlisted Spouses' Club will hold a meeting Monday at 7 p.m. at the Youth Center. Baby-sitting will be available.

For more information, call Anna Martinez at ext. 5000.

Heritage Committee

The American Indian/Native Alaskan heritage month committee will hold a meeting Tuesday at 1 p.m. in the executive conference room of the Medical Group.

For more information, call Master Sgt. Rob Jones at ext. 6141.

CDC Harvest Festival

The Child Development Center will hold their annual Harvest Festival Oct. 21 from 3 until 5 p.m. at the CDC.

Parents are invited to visit the

rooms with their children and enjoy activities such as face painting and cookie decorating.

For more information, call the Child Development Center at ext. 4223.

Fright Night Storytelling

The base library will host a fright night storytelling event Oct. 21 at 7 p.m. at Emerald City in Signatures.

Julie Tomlianovich will tell chilling tells for ages six and up.

Bring a flashlight and a friend to this free event. Not recommended for children under six.

For more information, call ext. 4207.

Volunteers needed

Derby High School is looking for volunteers willing to judge Derby High School Senior Research Paper presentations Oct. 25 to Oct. 29.

Judging schedules run Monday through Friday.

Volunteers will only be needed a couple hours for one day. The times to choose from are 8 to 9:33 a.m., 9:39 to 11:12 a.m., 11:18 a.m. to 1:21 p.m., or 1:27 to 3 p.m.

Active duty members, family members and civil service employees interested in volunteering can call the Public Affairs office at ext. 3141.

Haunted House

Outdoor recreation will be hosting a haunted house Oct. 27 through 30 from 6 to 9 p.m. The cost is \$4 per person.

Chapel Harvest Festival

The base chapel will be holding a

harvest festival Oct. 31 at 6:30 p.m.

The event will offer children an alternative to Halloween.

There will be candy and games.

For more information, call the base chapel at ext. 3562.

Free Candy Screening

The 22nd Logistics Readiness Squadron will be hosting a free candy screening Oct. 31 from 6:30 until 9 p.m. in Bldg. 1090.

Look for the pumpkin on the east side of the building.

Halo Tournament

The McConnell Airman's Center will be holding a Halo Tournament Nov. 13 at 11 a.m. in the center.

The winner will receive an Army and Air Force Exchange Service gift certificate for a movie and the runner-up will receive an AAFES gift certificate for a CD.

Halo 2 will be on display at the tournament also.

To sign up, call Airman Nicholas Taylor at ext. 3643.

One Stop Shop

The 22nd Logistics Readiness Squadron Customer Service Section assists customers in ordering supplies or equipment and inquiring on ordered supplies or equipment.

They can also assist people with research materials, smart card issuing, bench stock support, supply listings support, DRMO withdrawals, turn-ins and overall supply guidance.

To use these services, go to Bldg. 1090 or call ext. 5535.

Free Child Care

The Family Child Care program offers up to 16 hours of free child care to families with troops returning home from deployment in support of the Global War on Terror.

For more information, call the Family Child Care Program at ext. 5783.

Extended Duty Day Care

The Family Child Care Program offers free day care for active duty, reserve or guard on active duty and DOD civilians who have to work long or unusual hours during exercises, drill weekends or other mandatory events.

To sign up, call the Family Child Care Program at ext. 5783.

Commissary Lunches

As an alternative to fast food, the commissary offers made to order sandwiches, rotisserie chicken, fresh fruits and vegetables, microwave meals and sushi.

For deli/sandwich orders, call ext. 5226. For special orders, call ext. 5408 or for general information, call ext. 5627.

Flu Vaccine

Due to circumstances beyond their control, the 22nd Medical Group Immunization Clinic does not have the flu vaccine available.

When the vaccine does become available, active duty and high risk patients with a prescription from their doctor will have priority.

Active duty will be notified through their Squadron Unit Deployment manager when the vaccine arrives.

Chapel schedule



Catholic

Lord's Day Masses	Saturdays 5 p.m., Sundays 9:30 a.m.
Children's Church	Sundays during Mass
Confessions	Saturdays 4 p.m., Sundays 8:30 a.m.
Daily Eucharist	Weekdays 11:35 a.m.

Religious Education

Rights of Christian Initiation for Adults	Thursdays 6:30 p.m.
Pre-K through 8th grade	Sundays 11 a.m. in Emerald City
High School	Wednesdays 6 p.m.
Bible Study	Wednesdays 10 a.m.

Protestant

Gospel Service	Sundays 8 a.m.
Traditional Service	Sundays 11:05 a.m.
Evangelical Praise Service	Sundays 5 p.m.

Religious Education

Sunday School	Sundays 9:30 a.m. in Emerald City
AWANA (a workman approved not ashamed)	begins Sept. 19
Godly women, wives and mothers	Tuesdays 10 a.m.

For more information, call the base chapel at ext. 3562.

McConnell soccer team trains for Texas

Story and photo by 2nd Lt. Christina Starling
22nd ARW Public Affairs

Soccer practice is up and running at McConnell AFB.

The McConnell soccer team is preparing for the Defender's Cup Soccer Tournament to be held at Lackland AFB Dec 9 through 11.

Staff Sgt. Brian Williamson, 22nd Comptroller Squadron and assistant coach, said, "We really need support for this to be a success."

McConnell's coach, Master Sgt. Gene Jackson, 22nd CPTS, is enthusiastic about sending a team to represent McConnell in San Antonio.

All active duty members, dependents who are 18 years or older and civilian employees are eligible to try out for the team.

"We need at least 16 committed players to show up for practice by the end of this month in order to qualify for Lackland." Sergeant Williamson said.

New team member Airmen 1st Class Michael Gardner, 22nd Aircraft Maintenance Squadron, said he's looking for a bunch of people who just enjoy playing soccer.

Veteran McConnell soccer player Airmen 1st Class Orville Jackson, 22nd CPTS, said, "My hopes for this years team is to improve training, physical conditioning and to play and work as a team."

Practices and try outs are currently being held on Wednesdays, Fridays and Saturdays at 6 p.m. at McConnell's soccer/football field.

The tournament fee will be covered by the 22nd Services Squadron.

Because the tournament is a permissive TDY, travel and lodging expenses will be the individuals responsibility, but leave will not be charged.

For more information on the tournament and practices, contact Staff Sgt. Brian Williamson at ext. 4623 or Master Sgt. Gene Jackson, McConnell Soccer Team coach at ext. 6225.



Staff Sgt. Brian Williamson, 22nd Comptroller Squadron, and Airman 1st Class Michael Gardner, 22nd Aircraft Maintenance Squadron, kicks the ball around during the McConnell soccer team practice. The McConnell Soccer Team is preparing for the Defender's Cup Soccer Tournament to be held in San Antonio Dec. 9 through 11. The team is looking for players interested in playing. Try outs/practices are held Wednesday, Friday and Saturdays at 6 p.m.

