

September 2012

# FIGHTER LINE

301st Fighter Wing, AFRC NAS Fort Worth JRB, Texas



Integrity First  
Service Before Self  
Excellence In All

TO CONTINUE  
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# A letter to the Airmen

**Gen. Mark A. Welsh III**  
Chief of Staff, United States Air Force

To the Airmen of the United States Air Force:

Earlier today (August 10, 2012), I was sworn in as the 20th Chief of Staff of our Air Force. It was a pretty humbling experience. Since I haven't met most of you, I thought my first move as CSAF should be to say hi. You'll probably get tired of hearing me say that "every Airman has a story," but it's true, and I'm no different.

My story starts with family. My dad, who was the greatest patriot, officer, and leader I've ever known, taught me that no rank or title would ever be as important as the unit patch I wore. Today, I wear the Air Force patch, and my family has grown to 690,000 active, Guard, Reserve, and civilian Airmen, all serving as part of an unbeatable Joint team.

YOU are what makes our Air Force the best the world has ever known!

Thank you for your service, your sacrifice, your dedica-

tion and commitment. Most of all, thank you for the privilege of serving beside you and your families. Betty and I are so honored to represent you and will do everything in our power to do it in a way that makes you proud.

From Tooey Spatz's drive and vision in 1947, to General Norty Schwartz's steady hand and thoughtful leadership over the past four years, our Air Force has benefited from strong Chiefs of Staff throughout its rich heritage. I wish I could tell you I bring the same IQ and talent level to the job as they did, but that would be a stretch. So I just promise you I'll do my very best, every day, every task...just like you do.

You need to know that I care about each of you, your mission, your training, your equipment, your professional development, your career, and your family. My job is to prove it to you.

I'll get back to you after I've had a chance to sit down with Secretary Donley and benefit



**Gen. Mark A. Welsh III**

from his wise counsel. I'll let you know what my focus areas will be and where I think we're headed. In the meantime, you take care of the "Fly, Fight, and Win" part...and I'll ensure that "Integrity, Service, and Excellence" aren't just buzz words I use in speeches.

**On the Cover:** *The Air Force Core Values are on display for all who pass through this bridge to see at the Air Force Academy, Colorado Springs, Colo. (U.S. Air Force Graphic/SrA Jeremy Roman)*

## FIGHTER LINE

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Articles should be typed, single-spaced, and submitted via email to the public affairs office at [301fw.pa@carswell.af.mil](mailto:301fw.pa@carswell.af.mil).

For more information about the Fighter Line, call the 301st Fighter Wing public affairs office at 817-782-7170.

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# Reserve pilot exceeds flying milestone

SrA Melissa Harvey

301st Fighter Wing Public Affairs

There's something to be said for goals – whether big or small, they motivate a person to keep going, to take one more step when quitting would be so much easier. Sometimes, it's hard to tell if all this hard work will lead to something worth the effort. For Col. Kurt J. Gallegos, 301st Operations Group commander, it's led to reaching milestones that only come with hard work and time.

Gallegos first flew an F-16 Fighting Falcon in July 1991, he said. It would take him the next 14 years to reach the goal of flying more than 1000 hours in October 2000. He doubled that number in August of 2001, and then tripled it in December of 2006. Finally, with a total of 21 years as an F-16 pilot, he hit 4000 hours as a 457th Fighter Squadron Spad Wednesday, Aug. 8, flying 85-0484, the plane that bears his name.

By reaching this milestone, he is part of a small group of pilots able to say they have achieved this goal. "I am one of 36 pilots in the F-16 community world-wide who have reached this milestone," he said. "It's very hard to accomplish on active duty, most pilots who have this much flying time in a major weapon system are in the Guard and Reserve."

Wingmen are essential to flying and on this important day, his was none other than 10th Air Force Commander, Brig. Gen. William B. Binger who hit the 4000 hour goal while flying with a 457th Fighter Squadron Spad, in Balad, Iraq in 2005 as the 332nd Air Expeditionary Flight Operations Groups commander.

"For the Reserve command, it's a



301st Operations Group Commander, Col. Kurt J. Gallegos taxis to the runway to begin the flight where he will achieve the milestone goal of flying more than 4000 hours in an F-16 Fighting Falcon Wednesday, Aug. 8, 2012. Reaching this point in his career, Gallegos joins a small group of pilots that currently hold this designation. On average, 4000 hours translates to 166 days in flight. His wingman for the occasion was none other than 10th Air Force Commander, Brig. Gen. William B. Binger. (U. S. Air Force photo/SrA Melissa Harvey)

testament to the amount of experience we have in the weapons systems that we fly," Binger said. "It takes an incredible amount of time and effort to build up that many hours when you think about flying the air plane at about an average of 1.3 to 1.5 hours per flight. You can do the math and figure out that it takes a long time. It takes most people a 20-plus-year career to amass that many hours. We are very proud of him. It is just a testament to the amount of experience that we have here in the Reserve command."

Gallegos recognizes he hasn't arrived at this momentous occasion on his own. "Without life support, all the maintainers, crew chiefs, avionics, the back shop, including the wing leadership... I could not have done any of this," he said. Included in this group is Tech. Sgt. Todd McMillan, F-16 dedicated crew chief, who prepared Gallegos' jet to be flown for the 4000th hour milestone.

During his 4000 hours, approxi-

mately 166 days in the air, he has seen and been a part of things only that kind of time can give.

"I had the opportunity to fly the 5-millionth-flight hour for Lockheed Martin in the F-16 on Dec. 4, 1996 when I was the F-16 West Coast demonstration pilot stationed at Hill Air Force Base, Utah," he said. "I was also the first pilot to drop bombs in Afghanistan after Sept. 11, 2001."

After so many years of flying, Gallegos hasn't lost his passion for the F-16.

"I'm still flying and that's the best thing, I love every minute of it," he said.

Even though he has experienced success, he already has a new goal in mind.

"To become a [wing] commander is what I'd like to do and continue to fly the F-16," he said. "That would be the premier job for me."



# Chaplain candidates look to serve

**SrA Jeremy Roman**  
301st Fighter Wing Public Affairs

Nearly forty members from the Air Force Chaplain Candidates Program visited Naval Air Station Fort Worth Joint Reserve Base as part of their Chaplain Candidacy Tour Thursday, August 2, 2012. The 33-day tour allows program candidates the opportunity to visit five military installations while experiencing ministry in Air Force active duty, Reserve and Air National Guard components.

Besides seeing how they would like to serve, the chaplain candidacy program is also used to evaluate the candidates' compatibility and potential for serving in the Air Force Reserves. While here, they were treated to a base tour, met members from the 301st Fighter Wing and took photos with F-16 Fighting Falcon jets. But the focus of this part of the tour was the exposure to total force integration through Patriot Defender deployment training at Fort Wolters in Mineral Wells, Texas.

Chaplain (Lt. Col.) Bill Wiecher, Air Force Reserve Command interim chaplain candidate program manager, said his goal for this part of the tour is to help the candidates understand the tools needed for deployed ministry.

"It's a vital part of the chaplain mission," Wiecher said. "I want the candidates to come away with a broad appreciation of what all goes into a day-to-day mission and various components of the average airman."

Second Lieutenant Justin Thomas, an AFRC chaplain candidate, particularly enjoyed the land navigation and improvised explosive device course.

"It gives me a better understanding of the dangers and stressors that are out there for the Airmen down-range," said Thomas. "Learning what the enemy is trying to do helps



Members from the Chaplain Candidates Program were welcomed to Naval Air Station Fort Worth Joint Reserve Base on Thursday, August 2, 2012 by the 301st Fighter Wing Chaplain Corp. After a short base tour, the candidates would experience Patriot Defender deployment training, which was the purpose of this stop in their tour. (U.S. Air Force photo/SrA Jeremy Roman)

me be able to empathize and support our Airmen."

Part of this tour intentionally puts them in the field helping them to understand the experiences of those to whom they will be ministering.

"Interacting with security forces and understanding the stresses and hazards of the mission gives them insight into another side of chaplaincy that is a physically, mentally and spiritually demanding part of ministry into which we are called," Wiecher said. "This experience gives them the tools to survive and be successful as chaplain candidates and future chaplains."

This tour's purpose is not just about what they learn in the field, but also what they learn about themselves.

"Though it can be hard and stressful at times, they have the resiliency to press forward and in doing so be examples of the Holy and motivators in support to the men and women in the Air Force community," Wiecher

said. "Especially in training here with security forces and civil engineers and all those other folks that sometimes do the hard work that is unsung in our Air Force."

Each of the five military installations toured provided a different aspect in which candidates can serve in ministry. This stop at NAS Fort Worth JRB was the fourth base they toured. It focused on deployment with training courses that included a land navigation, IED, and counter insurgency classes.

"Seeing the different challenges that come with being a warrior Airman, shows us the different ways that we can provide ministry," said Thomas. "I'm grateful for the opportunity because it gives a full idea of what ministry will be like in the Air Force. It's an excellent tour."

Aside from their visit to NAS Fort Worth JRB, the other Air Force bases on the tour included Robins, Ga., Lackland, Texas, Barksdale, La., and Charleston, S.C.



# SO WHAT'S NEXT?

James Pettus & Kjersti Mackubbin

301st Fighter Wing Office of Special Investigations

Once again, we look back at the unprecedented event that occurred eleven years ago on Sept. 11, 2001. A comment was made to me recently regarding how people have forgotten the emotions that most Americans felt that day. Sept. 11 was a tragic, eye-opening event that unwillingly propelled the world into a different spectrum of violence.

Since 9/11, there have been numerous incidents of terroristic attacks that have been thwarted. Several attacks have been stopped by old fashion intelligence work, some by luck and some by the incompetence of the terrorist. The bottom line is the 9/11 attacks placed security into another mindset ... of playing "what's next?" What types of targets are at risk? Targets such as value - added targets, key links to transportation, infrastructure, and mass causality may be next. Let's look at some past events and how they were prevented since 9/11.

**Transportation:** December 2001, the notorious shoe bomber Richard Reid attempted to light his explosive-laden shoe on an aircraft en route to Miami, Fla. On another occasion in August 2006, a liquid explosives plot to blow up 10 U.S.-bound aircraft was stopped by British law enforcement. In the aftermath, the British brought 24 suspects to justice before the nefarious act was conducted. Most recently thwarted, Umar Farouk Abdulmutallab, the underwear bomber. He was a Nigerian engineering student who tried to blow-up a U.S.-bound aircraft in explosives-laden underwear in December 2009. Investigators found the explosive was constructed by Pentaerythritol tetranitrate (PETN) and Triacetone Triperoxide (TATP) which had

*"... people have forgotten the emotions that most Americans felt that day."*

similarities to Richard Reid's bomb. Once again, as luck had it, the device failed. In retrospect, these acts brought us modifications in the testing for explosives and the drastic upgrades to airport screening devices.

**Infrastructure:** In May 2002, Jose Padilla, an American citizen born in Brooklyn, N.Y. planned to manufacture



a bomb that was laced with radioactive material. He was arrested prior to carrying out this deed and later convicted of conspiring against the U.S. The Fort Dix Six, in 2007, trained to attack US soldiers at Fort Dix, N.J. This plot was foiled after an employee reported what was considered suspicious behavior on a tape and immediately alerted law enforcement.

**Mass gathering areas:** In November of 2003, Nuradin M. Abdi, a Somali citizen from Columbus, Ohio, plotted to bomb a local shopping mall. The plan was prevented by law enforcement. In August of 2004, Dhiren Barot, with seven other terrorist members, were arrested for plotting to blow up the New York Stock Exchange and other financial sites located in New York, N.Y., Washington, D.C., and Newark, N.J. Finally a plot that nearly hit close to our home, September 2009, Hosam Maher Husein Smadi, a Jordanian living in the Dallas, Texas area, attempted to detonate a vehicle bomb under the Dallas high rise office building, Fountain Place. The scheme was stopped through intensive investigative work by the FBI Joint Terrorism Task Force.

**So what's next?** The threat still exists. We should stay vigilant every minute of the day. You never know what may be important. When I do briefings, I usually ask the question, "How many cops do I have in the audience?" The reply always comes from a few beret - wearing Airmen raising their hands proudly. The correct answer is ... everyone. Everyone is a cop. We should never be complacent. We need to always remain vigilant and ask, "What's next?" Never forget Sept. 11, 2001 and always protect our country and our freedoms!

(continued)

Remember a terrorist event usually is preceded by the following:

**Surveillance:** Someone recording or monitoring activities. For example, a suspicious person who is standing at the front gate or the perimeter fence line watching our operations.

**Elicitation:** A person(s) asking questions about military operations, number of military deployed, base entry procedures or when a deployed unit is returning. All this information is valuable for enemy intelligence. Sometimes it's difficult to know when you are being elicited, but be careful

and practice OPSEC at all times. An example would be someone asking questions at a local restaurant or sitting at an airport waiting for a flight.

**Tests of Security:** Any measuring of the reactionary time of security is a test. As an example, sending unauthorized personnel through control points or over fences such as our front gate, flight line or our perimeter fence.

**Acquiring Supplies:** The theft of military identifications, purchasing detonators, purchasing military uniforms or timers may be an indicator.

**Suspicious persons out of place:** People who just don't belong.

Example, a contractor walking around a building, a new person delivering mail or a new vendor may just not look right. Trust your instinct. Ask questions or report it.

**Dry run:** The enemy is putting their people into position and practicing without committing the act.

**Deploying assets:** This is your last chance...the event is likely to occur soon. Personnel loading vehicles with explosives or weapons, leaving suspiciously parked vehicles or people who don't belong in the area acting nervous or anxious.

**Use the Eagle Eyes program.**

**Report it to your nearest Law Enforcement, the Emergency Communication Center (817-782-5200), AFOSI (817-782-7969), or the 301 FW Antiterrorism Officer (817-782-7365). Tell someone. You may save lives!**



# To save lives

**SrA Melissa Harvey**  
301st Fighter Wing Public Affairs

The ability to save lives is essential, especially when deployed. During a 2009 deployment to Joint Base Balad, Iraq, saving lives is exactly what a 301st Medical Squadron member set out to do.

Lieutenant Colonel Thomas A. Jordan, 301st MDS laboratory flight commander, serving as a platelet apheresis chief in Balad, developed the platelet-air-bridge.

This process, "Sent our excess unused platelets, outside-the-wire, where they were needed most, to Tikrit, Mosul, Al Asad and Camp Victory," he said. Lastly it would, "Get the pipeline connected so that [platelets] could go even further to

Kandahar, Afghanistan."

The reason why this development is so important is due to the vital function platelets perform.

"What platelets do is plug holes and save lives," said Jordan. "Joint Base Balad is the sole platelet provider in Iraq outside-the-wire."

In order to make this mission successful, Jordan and his team had to figure out a way to get platelets from one location to the other intact.

First they had to, "Increase production, this would help us to practice surge capability, that would support Operation Enduring Freedom by being able to send platelets to Kandahar, when the time was right," said Jordan. They

also had to "Maintain present Iraq outside-the-wire facility commitments."

According to Jordan, once they had the proper equipment at both locations, they were able to make the groundbreaking first shipment in October 2009.

Carrying on the work Jordan started, Lt. Col. Margaret Valejo, Maj. Dale Olivo, and Lt. Col. Isreal Bennett all from the 301st MDS deployed and the made the process what it is today, he said .

It was the "First time in the history of warfare, platelets were collected in one operational battlefield and sent to another, saving lives on both fronts," said Jordan.



# Striving to be the best

**Tech. Sgt Christopher Bolen**  
301st Fighter Wing Public Affairs

Team members from the 301st Sustainment Services Flight (FSV) turned up the heat as they competed for the Hennessy Trophy, which is awarded to the Air Force installation with the best food services program, during the August unit training assembly at Naval Air Station Fort Worth Joint Reserve Base, Texas.

The Department of the Air Force, National Restaurant Association, Society for Food Service Management, and International Food Service Executives Association established the Hennessy Trophy Program in 1956. The award is designed to improve foodservice operations while recognizing the best dining halls in the Air Force.

The trophy is named in honor of the late John L. Hennessy, a respected hotel and restaurant executive, who encouraged a competition among military food service facilities to inspire better management and support of food services.

"This is a really good opportunity for us to get recognition for our base," said Master Sgt. Treka Bunkley, facility manager for the 301st competition team, and non-commissioned officer in charge of the FSV. "Coming off our Operational Readiness Inspection performance, our Airmen have the right mindset and motivation to go after this award."

Many of these team members were recognized as outstanding performers during the wing ORI earlier this year.

For this competition, the FSV was evaluated by Technical Sgt. Shakela McNeill, 951st Force Support Squadron, Dobbins Air Reserve Base, Ga., and R. Steven Watson, representing the National Restaurant Association.

"We are now including field kitchen operations in the competition due

to the limited number of actual dining facilities in the Reserves," said McNeill.

"We are looking to find the talent and the best teams out there."

Watson, who manages the food services department at the Mendakota country club in St. Paul, Minn., adds his civilian experience to the evaluation.

"It is a really cool thing for a private sector type like me to watch the camaraderie and team work of these young Airmen," said Watson. "I try to reinforce that what they do is important because when you are down range, it may be 12 to 18 hours before you get another meal."

"The main thing is to get the timing down and then step up and get that first meal out for our Airmen," said Staff Sgt. Robert Hughes, services journeyman and team member.

Readiness applies to all deployed Airmen, whether inside or outside the wire, to successfully accomplish the mission.

"After the pallet inspection we have only an hour and a half to erect the Single Pallet Expeditionary Kitchen tent including 32 feet of flooring and install all the equipment," said Senior Master Sgt. Grace Vargas, 301st FSV superintendent. "After that, we have to get the first meal out in just two and a half hours."

The attitude and teamwork reflected



Team members from the 301st Sustainment Services Flight race against the clock to erect the tent component of the Single Pallet Expeditionary Kitchen during an evaluation by Hennessy Trophy evaluators at the August UTA. (U.S. Air Force photo/Tech. Sgt Chris Bolen)

the team's score in this competition.

"Exciting," is how team member Senior Airman Monica Noorhasan described it. "I've heard a lot about the Hennessy Trophy and we're very excited to be in consideration," she said.

From their competition, four superior performers; Senior Airmen Brandon Wyrick, Gabriel Flores, Angel Agosto and Airman Selina Saenz, all received coins in recognition of their performance.

"The evaluators gave our team very high marks," said 1st Lt. Julian Glover, FSV commander. "They noted the exceptional team spirit, great attitude and camaraderie. The support of our senior management was huge for us in this competition."

"Our team was and still is excited," said Vargas. "We came in on Saturdays, ran through our process and it paid off."

Overall Hennessy Trophy winners will also be announced during the NRA show in Chicago, Ill.

# Train to survive

**SrA Melissa Harvey**  
301st Fighter Wing Public Affairs

With little notice a pilot can find himself ejected from his aircraft and in need of rescue. This situation is exactly what 457th Fighter Squadron pilots trained for recently at Naval Air Station Key West, Fla.

“The purpose of our water survival training is to replicate a very critical phase of recovery and educate aircrew in the procedures required to ensure a successful recovery,” said Maj. Blaine Tompkins, 457th FS pilot. “In a real world ejection or downed aircraft scenario, the ejection and subsequent parachute ride are certainly dangerous and life threatening.”

Making it through ejection or a crash, does not ensure survival. There are still circumstances that could endanger the life of a pilot.

“Equally dangerous are the events and threats once the aircrew has landed in the water,” he said. These include, but are not limited to: being drug at high speeds by a moving parachute if the pilot does not disengage from the harness; being covered and drowned by a sinking parachute; being unable to overturn and/or enter a life raft in rough seas; not following proper connection procedures by a rescue aircraft and falling or becoming injured; not using proper flotation or swimming procedures and drowning.”

Preparing pilots to survive situations like these is exactly what

301st Aircrew Flight Equipment personnel do.

In order for training of this caliber to be accomplished, 301st AFE members dedicated time to ensure each detail was complete. “All the guys spent a couple of months getting everything built up specifically for this,” said Senior Master Sgt. Robert Safley, 301st AFE superintendent.

In addition to getting equipment ready, there were schedules, flights, and moving 35 pilots and support personnel from Texas to Florida, he said.

“There are a lot of logistics involved around scheduling everything, to ensure maximum participation,” Safley said. “Achieving a successful joint training event with the Navy and the 920th Rescue Wing from Patrick Air Force Base, Fla. requires a lot of coordination and some rigid flexibility.”

Once training began, AFE instructors emphasized vital steps that will assist in keeping pilots safe in hazardous water environments.

“Usually pilots don’t perish parachuting into the water or anything else; it’s the small things like getting from underneath the canopy and getting into the life raft, especially if they have any injuries,” he said. “Again, we have to give them the tools and techniques so they can survive to fight another day.”

From Tompkin’s point of view, having a refresher course in water-

survival training mitigates risk.

If a parachute lands on top of a downed pilot, it usually begins to sink and will ultimately take the pilot under water if he does not know the proper procedures to disengage from the parachute,” he said. It is very disorienting and has taken more than a few pilot’s lives. Only a pilot prepared by proper training and confident in his ability to remove himself from the sinking parachute will remain calm and follow these procedures correctly.”

According to Tompkins and Safley, this continuation training is among several courses pilots must complete on a regular basis. Examples include: combat survival, aircrew chemical defense, parachute descent, emergency egress, local area survival, and flight equipment training.

In order for any 457th FS mission to be accomplished, it takes the seamless partnership of several units, not the least of which is AFE, who provides all of the survival training.

“Aircrew Flight Equipment is charged with educating aircrew in both the risks of water survival and the proper procedures to mitigate these risks and increase the chances of survival,” Tompkins said. “The training we experienced at Key West, in the ocean, with the assets we will see real world, could very well prove the difference in saving one of the lives of the pilots flying at this squadron.”



# Nutrition Hot Topics:

## *To Eat or Not To Eat Organic ...*

This past week Stanford University published a meta-analysis study that asked “Are Organic Foods Safer or Healthier Than Conventional Alternatives?” [Ann Intern Med. 4 Sep 2012;157(5):348-366]

Physicians and researchers analyzed 17 human studies and 223 studies looking at nutrient and contaminants in foods. **The conclusion?**

- No nutritional difference between organic and conventional products; the vitamin and mineral content is very similar
- There is a lower level of pesticides in organically grown produce; but the levels found on conventional foods are still within current legal limits
- Exposure to antibiotic resistant bacteria was 33% less in organic chicken and pork, but there was no means to conclude if there were any health benefits

Recommendation:

- Grow your own or shop at local farmers’ market; this is always the first choice for health and environmental consideration
- If nutrition is your primary concern, purchase fresh or frozen; wash fresh produce (even if you are going to remove the peel)
  - o Firm skin: use a soft brush under running water
  - o Loose leaf and small fruits: fill a sink with water and 1 tsp liquid dish soap, swish around then rinse
- Consider organic produce if you want to decrease your family exposure to pesticides and antibiotic resistant bacteria



Maj. Holly Brewer  
301st Nutritional Medicine  
Flight officer in charge

## *Are you getting enough Vitamin D?*

Vitamin D is a fat soluble vitamin that acts like a hormone in our bodies. It is not naturally found in many foods so it’s a good thing our bodies produced it when skin exposed to sunlight. We need Vitamin D to absorb dietary calcium, for bone growth and remodeling, to support immune function, and to reduce inflammation. Recent studies have found that many Americans have less than optimal blood levels of Vitamin D and researchers hypothesize this may be playing a role in many chronic diseases.

Recommended intakes range from 400 IU (International Units) for infants, up to 800 IU for adults over 70 years old. To meet our needs, most of us rely on the 10-25 minutes per day of sunlight exposure and fortified foods (milk, some breakfast cereals and soy beverages). Natural sources include fatty fish and liver. You may need a supplement if you spend the majority of your day indoors, have dark skin, take anti-seizure medications, live in a northern climate or only go outside when it’s cloudy. Look for Vitamin D2 (ergocalciferol) or D3 (cholecalciferol) and do not exceed 1000 IU/d without a doctor’s recommendation.

For more information: <http://ods.od.nih.gov/factsheets/list-all/VitaminD/>

For answers to nutrition questions, an evaluation of your current habits, a personal counseling session, or to arrange a squadron presentation contact the 301st Nutritional Medicine Flight officer in charge, Maj. Holly Brewer at 817.782.7785 or [holly.brewer@us.af.mil](mailto:holly.brewer@us.af.mil). or Capt. Melissa Shoup, [melissa.shoup@us.af.mil](mailto:melissa.shoup@us.af.mil)

# FINISHING WELL

Chaplain (Maj.) Ted Nicholson

301st Fighter Wing Deputy Wing Chaplain

There was an interview on the television of a man who had his 100th birthday. The reporter asked him, “If you had the opportunity to change one thing in your life, what would it be?” Without even a pause he said, “Nothing. I wouldn’t change a thing.” I don’t know about you, but there are many things I would change. Unfortunately, we can’t go back and erase the consequences of past mistakes, but we can control how we decide to finish our lives.

As we approach the end of preparations for the Operational Readiness Inspection and enter into the execution phase, we must keep our focus clear in order for us to finish well. There are many things that need changing and many things that need strengthening. Having a successful ORI is similar to being successful in our own lives.

So, how do you finish well? By doing *today* what you should *always* be doing.



Chaplain (Maj.) Ted Nicholson

1. **Keeping your head in all situations.** Always know what is going on around you (situational awareness). Learn how to do the right thing and be around the right kind of people. Know how to steer clear of bad situations. If you are feeling weak, pray for strength and wisdom.

2. **Enduring hardship.** You *will* go through some sort of suffering when you are doing what is right. Something worth having will always require some sort of sacrifice. Once the ORI is over, you’ll look back and say to yourself, “Although it was painful at the time, I’m glad I did it.” Don’t give up. Endure this present hardship.

3. **Building up your co-workers.** As you prepare for the ORI, it’s easy to see that it is not all about you. It’s about others, it’s about teamwork, it’s about the Air Force and where you fit in. You’ll find that respecting each other, helping each other, and encouraging each other is how your team excels.

4. **Discharging your duties.** You have a job to do. Right now, it’s to continue doing your job and preparing for the ORI. Whatever your specialty is, you must always live the **Air Force Core Values: Integrity first, service before self, and excellence in all we do.**

If you can learn to do these four things, you will be able to end well, whether in the ORI or in life.





301st Tactical Fighter Wing, Carswell AFB, Texas

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### ADAMS OF AVIONICS ACES AIRMAN AWARD

Our latest Airman of the Month is TSgt Kenneth E. Adams, of the Navigation/Doppler Section, Avionics Branch, 506 CAM Sq. His Selection is based on the outstanding job he has accomplished in maintaining the training records for his section while keeping abreast of his technical requirements.

Resembling the typical old style military man, Sgt Adams is the son of a retired Army Officer who very much believed in the disciplinary way. A native Californian, he completed high (See ADAMS, pg. 4)

## NEW WING UDL IN-SOME SLOTS OUT

### 301st Adopts Wing-Squadron Setup

The new UDL, released in March blew through the unit with the force of a March wind and removed 157 authorizations. Personnel Officer Major Billy R. Lingo stated, "We lost 136 airman slots and 21 officer airman slots and 21 officer slots." Lingo said the new UDL brings the 301st more in line with active duty units.

Effective in March the 506th Supply Squadron was deactivated and replaced with the 506th Mobility Support Flight. The main function of the newly created support flight is to bolster existing support for any main line base.

continued on pg. 4



SIR, I KNOW WE EXPECTED SOME CUTBACKS ON THE NEW UDL, BUT...

PAGE 4

THE TIGER

MAY 1973

**ADAMS** (From pg. 1)

school in Denver CO where his major sport was skiing.

Subsequent to four (4) years of service in the Navy, a position that demanded a great quantity of SEA duty, he entered the Air Force Reserve as a member of the New Mexico Air National Guard.

Service at Carswell was opened when he volunteered for a 9-day tour of active duty as a member of a joint service exercise and heard of the possibility of an F-105 unit being located here. After returning home, he submitted an application for an ART position and was accepted in July 1972.

He feels that the ART program is the backbone of a volunteer service concept but that the personnel can only be retained if more benefits are made available to them. In his words - "We use them - Why not reward them!"

Sgt Adams is married and the proud father of two daughters - 2 years and 2 months and is presently living in Fort Worth.



"OK! OK! I'm a pantywaist!  
But you're, you're . . . Rado!"

**457th Outstanding**

Another milestone for the 301st TFWg/457th TFSq was reached last UTA as the 457th came through a Stand Board Team inspection with flying colors.

Two 12th Air Force team members and two TAC augmentees spent five days thoroughly inspecting the 457th's standardization both in air and ground functions.

Not only did the 457th receive an overall "satisfactory", but they were rated "outstanding" on the flying evaluation.

Our congrats to the fighter squadron and their chief of standardization board evaluation program, Capt. Frank E. Peck.

**UDL**

MSgt Bobby L. Craton personnel superintendent told the Tiger that enlisted personnel would be retained and retrained into various vacancies within the unit. The sergeant said certain personnel would become involved with cross training. Craton noted that the supply area received the largest number of reductions.

Captain E.R. Arterburn when contacted by the Tiger said it appeared that some people could be placed into existing openings within the unit. The Captain said all parties concerned were taking a long hard look at the situation in a concentrated effort to minimize cross training.

The realignment is expected to be completed by June of this year.

**UDL BLUES?**

Get cut by the new UDL?

Well, while you are looking for a new slot, you may be able to stay on as an overage long enough to get in one good year. You may qualify to stay, so long as your point year began before 25 March, the official date of the new UDL.

This would allow most overages to stay through the summer tour. By that time, with the 15 gratuitous points, you'll have one good year.

To see if you can qualify, check with your commander. Also, there are a number of positions available throughout the Reserves including M-Day assignments, CAP, ROTC and others.

For complete details, contact SMSgt Fish at the recruiting office, Bldg 1654, ext. 7022.

**Give blood, brothers.**

It's so easy to give  
... yet so precious.  
Help someone else  
with the gift of life.  
Today.

 **the good neighbor.**  
The American Red Cross





# Welcome to the 301st Fighter Wing...

# Promotions

## Maintenance

SrA Robert T. Husted  
SrA Paul M. Sayre  
SrA Lamar O. Small

SrA Garrett W. Williams  
A1C Cosme Gallegos  
AB Ashley L. Lee



## Logistics Readiness

1st Lt. Chelsea M. Migura  
Staff Sgt. Nimi D. Peterson  
Staff Sgt. Jolyn C. Schwartz (73 APS)  
Staff Sgt. James J. Wojcik(73 APS)

A1C Stacey A. Torres (73 APS)  
A1C Laurell Wardworth  
A1C Alexander J. Zamora (73 APS)  
AB Lesara P. Green

Roman G. Campos, 301 FW  
Joseph A. Edwards, 44 MXS  
Lindsay S. Estell, 301 MDS  
Samuel J. Gerard, 44 MXS  
William J. Manning, 44 MXS  
Christopher M. Newark, 301 OG

## Medical

2nd Lt. Alyssa R. Kelly

SrA Kissel A. Rivera  
Amn Joanne R. Laguana

## Civil Engineers

SrA Teklay G. Legese

## Historian

SrA Donald W. Cooper



# Welcome 20th Operations Group...

Tech. Sgt. Scott R. Kennett  
Tech. Sgt. Kayla E. Leabo  
Tech. Sgt. Michael J. Stewart  
Staff. Sgt. Randy D. Lewis

Staff. Sgt. James D. Underwood  
SrA Mark A. Chapin  
SrA Carl P. Pratt  
A1C Orion E. Darley

Frank Bernardo, 301 OG  
Viviana M. Molina, 73 APS  
Denise Lopez, 301 LRS  
William R. Price, 44 AMDS  
James R. Sellis, 301OG  
Nakita L. Williams, 301MXG

## Helpful Links

*Dress and Appearance*

*Retroactive Stop Loss Pay*

*Fitness Program*

*Post - 9/11 GI Bill*

## Social Media



Jacob E. Dykstra, 44 FG



Jeremy P. Mize, 301AMXS  
Catherine F. Taylor, 73 APS



Craig T. Sadler, 301 AMXS



Award your employer! Recognize your boss for his or her support of National Guard and Reserve members. Nominate him or her for a "Patriot Award". Your employer will receive a Department of Defense Certificate of Appreciation and a Patriot lapel pin. To nominate, click on the following link, **Award Your Employer**. For more information on the Patriot Award click [HERE](#).