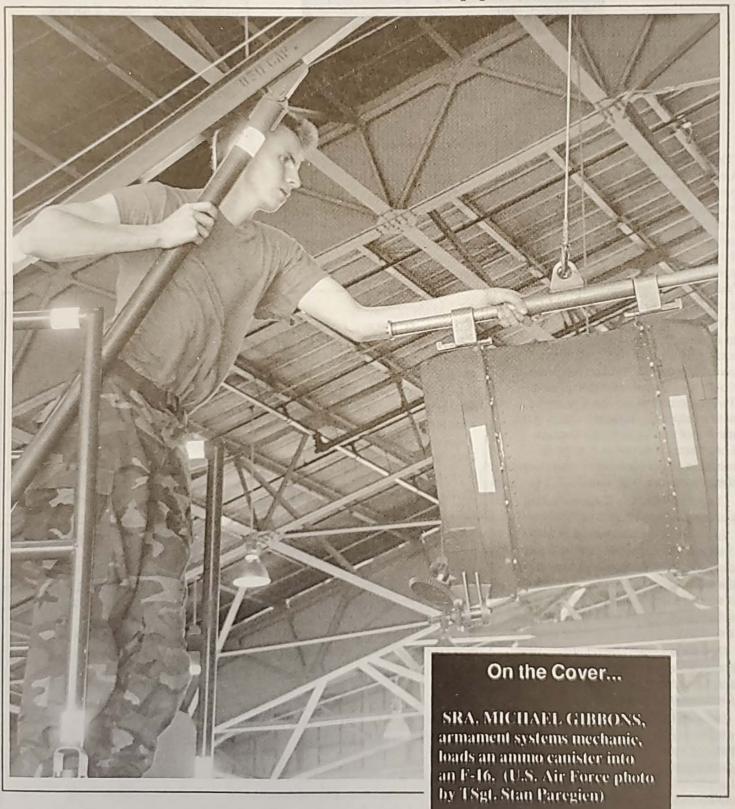
# Your Air Force Reserve Newspaper





## Smoking: Enemy Number One

by Capt. (Dr.) David Vu 507th Medical Squadron

First, the good news. The percentage of Americans who smoke has declined to 22 percent. That's much better than 42 percent in the mid-1950s, when Dr. Richard Doll demonstrated that smoking can cause lung cancer. Lung cancer is a deadly disease. Avail able treatments have disappointing success rates, and no "mira cle" cure is in sight. The best way to avoid it is to quit smoking.

We still have a long way to go, though, to achieve our goal of a "smoke-free" society by the year 2000. While the percentage of male smokers has declined, that of women smokers has increased. Twenty percent of women now smoke, with an especially notable increase in the number of teen-aged female smokers. Lung cancer is second only to breast cancer in cancerous killer of women, and it may soon take first place.

Cancer isn't the only disease smoking can cause.

Emphysema — a progressive deterioration in breathing ability — can claim smoking as a primary cause. If you think it's "cool" to smoke, ask yourself if it's cool to carry around an oxygen bottle and eventually wind up in bed attached to a ventilator.

Then there's heart disease. Every year almost 1.5 million Americans have heart attacks, and about a half-million of them are immediately fatal.

Smoking has also been linked to stroke, which is right behind heard disease as a killer of American adults. "Second-hand smoking" has definitely been proven harmful to family members and co-workers who don't smoke themselves. Given that, your own choice to commit

suicide by smoking might logically be extended to you're murdering nonsmokers. No wonder the U.S. surgeon general pronounced smoking the most common preventable cause of premature death in America.

As if cancer, respiratory and cardiovascular diseases weren't enough, studies have shown that smoking can cause impotence in men and premature menopause in women. It lowers testosterone levels in the male

bloodstream and otherwise lowers the sex drive by vascular constriction. Eighty percent of those complaining of sexual dysfunction are smokers. The "macho" and seductive images of some cigarette advertising seems pretty silly, don't they?

Mark Twain once said "Quitting smoking is easy. I have done it a thousand times." Many, if not most, people who smoke really want to quit, but nobody said it's easy.

Nicotine is highly addictive; according to many authorities, more so than alcohol and most illegal narcotics. But where there's a will, there's a way. Most medical facilities in the United States now have programs to help you quit smoking. Coun seling and group therapy can help with the motivation, while nicotinic chewing gum and adhesive patches will help soothe the withdrawal symptoms.

If you are interested in quitting, please contact your unit's health professional officer. He or she will be more than happy to help.

#### A father's letter

Dear members of the 507th Fighter Group,

I could truely write thousands of words on my feelings about the loss of my daughter Dana and son-in-law Chris.

I have often talked to them about the 507th and Reserves and my pride in it. But most of all it was the feeling of family that I have had with the 507th, and this is what they felt also.

I can only say thank you for all of your caring prayers and love. We must always keep the family feeling here in the 507 th.

With love,

Robert Kellington and Byrne families and most of all...from Dana and Chris.

# 507th Fighter Group Editorial Staff COMMANDER, 507TH FG Lt. Col. Robert E. Lytle DIRECTOR, Public Affairs 1st Lt. Richard Curry IMA Officer Maj. Don Klinko EDITOR, On-Final TSgt. Stan Paregien Staff writer TSgt. Melba Koch On-Final is an authorized Air Force publication for members of the 507th Fighter Group. Tinker Air Force Base, Oklahoma City, OK 73145-5000.

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# **Promotions**





To MSgt. Nixon, Richard W.

To TSgt. Cunha, William P. Harris, Carl W. Jr. Lewis, Louis L. Sis, James K. Stangl, Frank B.

To SSgt.

Alston Jimmie L. Jr. Ashworth, Leslie J. Bennett, Richard A. Brown, Agnes C. Chew, James L. Cox. Andrea L. Ervin, Jami L. Fullingim, William Gant, Leonard H. Jr. Goforth, Carl A. Grider, Tony D. Hall, Loren D. Little, Monica M. Lucas, Glynn D. Jr. Ludrick, Brad B. Malatestinic, Roy A. Morris, William A.

Newell, Terri N.
Ogilvie, David A.
Parks, Floyd E.
Peck, Johnny R.
Peyton, Hoyt E. P.
Sokolove, Melanie J.
Tilschner, Debora F.
Vaughn, Paul J. Jr.
Ziesmer, Mark A.

To SrA.
Day, John W.
Harden, Jonathan L.
Henson, Stephen S.
Kim, Jun H.
Pagel, Christopher
Parret, Kathleen M.
Summers, Mark R.

To AIC Albert, John A. Britton, Arron K. King, Timothy D. Samuels, Emi B. Snider, Brian K. Stiers, Kenneth W. Strasburg, David M. Taylor, Beverly A.

## Airman, NCO of quarter recognized

TSgt. Clyde D. Hankins and SrA Hoyt E.P. Peyton have been selected as the 507th Fighter Group's NCO and Airman of the Quarter for the second quarter. Sergeant Hankins, NCOIC, Customer Service Section, with the consolidate base personnel office oversees the inprocessing of newly assigned personnel. His supervisors praised Sergeant Hankins for his on-the-job performance.

Sergeant Hankins developed several unique programs such as a quality review checklist for unit monitors of the awards and decoration program and refined the customer service program, supervisors said

In civilian life he is an elementary school teacher in Mustang, Okla. He is active in the Oklahoma Education Association and

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has developed a variety of educations programs for his students. For his efforts, he was awarded the Oklahoma Best Honor Roll, Project Challenge, for Outstanding Achievement by a local television station. He also received the Award of Educational Excellence for Oklahoma by another local tv station. He holds a Bachelors and Masters Degree in Elementary Education from Central State University.

Airman Peyton is a jet engine mechanic with the 403rd Combat Logistics Support Squadron. Supervisors praised Airman Peyton's superior work and his abilities to work with others and impart knowledge and experience. As a result, they said, Airman Peyton was selected as a member

of the Aircraft Battle Damage Repair Training Section as an evaluator/instructor. He is the first selected to hold this position below the rank of staff sergeant.

In civilian life, Airman Peyton is a student at Rose State College, pursuing a degree in Criminal Justice. He is an involved member of church and church youth programs as well as the head coach of his church softball team. He has received letters of appreciation for his contributions to the Youth Softball program for the Oklahoma City Metro area.

"Airman Peyton is an exceptional young man who has successfully balanced civilian life with a distinguished Air Force Reserve career," his supervisors said.

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Lt. Col. Walter Reed and TSgt. Janet McPike assist a "wounded" soldier at Sheppard AFB in Texas.

# 507th Medical Squadron tests its mettle

Story & Photos by TSgt. Ami Jackson 507th Medical Squadron

Forty-one Medical Squadron members celebrated July 4th with renewed appreciation of home and family, of sodas and ice, and especially, of air conditioning and real beds. Two weeks in the field at Sheppard AFB, TX, had produced a longing for the little things in life so often taken for granted.

Arrival at "Camp Skeeter" on June 29 brought immediate responses of "I want to go home," and "What am I doing here?" Sheppard's Medical Readiness Training Site is situated well away from the base populace. No private vehicles are allowed, neither is going outside the perimeter during the fifteen days of training and exercises. Eight canteens of water a day is minimal to prevent dehydration. One is to 'feel' the experience, to deal with the impact of contingency operations in a hostile environment. While no human terrorists surrounded the emcampment, hostile forces of nature did: mesquite

trees, poison ivy, chiggers, snakes, tarantulas, and monster mosquitoes. Intense emotions and intense heat surfaced, but the squadron united with its sister squadron, the 944th Medical from Luke AFB, AZ., to take full advantage of a great training opportunity.

Required triennial Continued Medical Readiness Training consisted of various elements of field treatment of sick and wounded. A course in Pre-Hospital Trauma Life Support taught basics to non-medical personnel and gave medical personnel a chance to sharpen their skills and help instructors. Pre and post-test scores reflected the quality and depth of training 65 percent versus 98 percent. The end of classroom and hands-on training brought cheers as time for the actual exercise approached, and as the countdown began toward packing for

Setting up an Air Transportable Hospital (ATH) was also part of training. Guided by instructors, the two squadrons erected temper tents in record time.

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With teams in place to triage, decontaminate, treat and air evacuate patients, the medical RED FLAG raised at 1900 hours on June 30. Throughout the next eighteen hours, tensions mounted as instructors threw scene after scene at players, testing communications and skills. A security team comprised of 507th members received challenge after challenge: terrorists, hostage situations, combat stressed soldiers, POWs, media teams, and visits from politicians. After donning chemical gear several times during the night and early morning hours, players also wore it to breakfast, and then resumed RED FLAG. By the end at 1200 on July 1, eighty-six wounded had been treated resulting in only one casualty. Players jubilantly captured the red flag before leaving the site to get some much needed sleep in the afternoon heat before ATH teardown.

Instructors thoroughly critiqued RED FLAG. They found few errors and gave an overall 'excellent' rating. Again, the 507th Medical Squadron proved its readiness



As part of their Air Hospital training, Maj. Laura Talbott, left, and 944th MSgt. Frashier maintain medical records.



(Left to right) MSgt Leroy Dancy, Capt. Danny Shepard, and Capt. Larry Curtis work as a team to save a life in a simulation.



SSgt Andy Fair with rifle in tow, radios back to headquarters.



507 maintenance crews check the little details, as well as the big ones to guarantee mission success.

# Aviano -- Revisited

(Editor's Note: The following is a collection of thoughts on the Aviano deployment from Lt. Col. "Bugs" Forsythe. Hopefully it will bring back memories while it serves as a 'thank you' for all the hard work.)

Planning, meetings, telling your boss you're going to Italy for military duty, telling your family that you'll be in Italy on military duty, more meetings, anticipating the long trip over, pallet build-up, getting shots, in-processing, box lunches, which support aircraft will get to Aviano first; a 1-o-o-o-n-g flight over, "\*#!\* piddle-pac and poopie-suit," lots of refuelings, unplanned landings, frustration and long delays, having one more roll call, stopping in the Azores, staying over due to an engine problem, being amazed at the quality of work our maintenance personnel provide, finally getting to Italy, beautiful mountains, good wine, long work hours, noisy hotels, small beds, no shower curtains, getting the jets ready, waiting for the bus, wishing Dachshunds were mute, rough towels, "special" beaches, Italian airspace, long missions, schedule changes, camaraderie with Group personnel, waiting for the bus again, food service personnel's smiles at 0500, excellent pasta, small streets, friendly people, weekend break, gondola rides, historical buildings, missing

home, what's lire worth:, personnel exchange at mid-tour, going through customs, Lt. Col. Lytle's grin, Army cots at the Bugsy Hilton, paychecks on returning, seeing loved ones at Tinker, still waiting for the bus, laughing with good friends, crying for Billy, telling your family that you really did military duty in Italy, glad you went to Italy, happy to be back home.

I hope you experienced some of the memories mentioned above, The large overseas deployment we completed this summer was invaluable for training and development. There was a tremendous amount of work provided by many individuals to guarantee the success of this very large undertaking. Thanks to everyone for the effort and support you provided so we could fly some very important missions. There were some mistakes made, but we all learned from them and the Group gained valuable experience. The overall success of the deployment was outstanding! Each member of the 507th Fighter Group should be very proud of how you conducted yourself on this exercise. We all know the Okies are "SH" (as our tail-fins display) — we just went out and showed the rest of the world.

#### Special Feature

Photo Feature by TSgt. Melba Koch, Public Affairs



Planes land, refuel and takeoff again on schedule at Lajes Field. Reservists spent several nights there on the way to Italy.



A sleepy crew heads off to a new destination.



"I'm leavin' on a jet plane; don't know if I'll be back again..."

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#### **Special Feature**









Top Left: Although free time was limited, these tired sergeants took time out for a breather in Aviano, Italy. Along with adequate rest, the humid climate made it imperative that all troops drink plenty of the bottled water provided.

Middle: An active duty security dog and his customs master inspect outgoing baggage in the hangar area. The entire customs process took several long hours to complete. Troops passed the time by reading books and magazines, playing cards and laughing about good memories of Italy.

Bottom: Safety in Italy and all points in between was a main concern for Lt. Col. Lytle and all supervisors. Here, members inspect cargo nets and safety procedures to be sure everything goes according to plan. Smart thinking and pre-planning kept the Italy deployment a safe one.

# Direct deposit now standard payment method

WASHINGTON (AFNS) — Direct deposit is now the standard method of payment or most Department of Defense military and civilian employees, Defense Finance and Accounting Service officials said.

The direct deposit-electronic funds transfer policy for DOD went into effect Aug. 1. It allows people to have their pay check sent directly to designated account at a bank, credit union or other financial institution of their choice.

More than 84 percent of Defense Department employees are currently enrolled in the system.

Direct deposit is a money-saving move for DOD, officials said. The program eliminates the costs of printing, mailing, processing and replacing individual checks.

Estimated direct deposit-electronic funds transfer transactions cost the department 1 to 6 cents per payment. Processing a check costs between 40 and 81 cents per check.

The new policy covers people already enrolled in a similar program, civilians hired from other DOD or non-DOD agencies on or after Aug. 1 and civilians promoted or reassigned after that

New active-duty military and prior service people will be covered by the program when they get to their first permanent-duty station, and active-duty when they re-enlist or are commissioned.

Reserve and Air National Guard members entering or re-entering a reserve component when they get to their first assignment or are mobilized or recalled to active duty will also participate. Those mobilized or recalled will have to participate in the program after demobilization or deactivation.

Also included in the program will be military retiring on or after Aug. 1, and retirees who were recalled to active duty after they return to retirement.

New service academy and ROTC cadets, midshipmen, and Armed Forces Health Professions Scholarship Program participants who enroll on or after the effective date will participate.

Once affected, individuals have 60 days to enroll in the program.

## Sergeant graduates after serving country in wartime

By MSgt. Tom Clapper 507th Civil Engineering Squadron

TSgt. Georgeanne Daidone, Services Specialist with the 507th CES, finally graduated May 9, 1992. We Say 'finally' because there were some circumstances which delayed completion of her course work and graduation.

Operation Desert Shield and Desert Storm called her to serve her country while she was trying to graduate. TSgt. Daidone was working on her final semester to receive a degree in Clinical Dietetics at the University of Oklahoma. At the point where she was two-thirds finished with her final courses, Uncle Sam and President Bush requested her presence in a more pressing matter.

Her Prime RIBS team was recalled to active duty. SSgt. Daidone joined the RIBS team in Offutt AFB in Nebraska, at HQ SAC, missing the very last portion of her final semester.

While there were only 30 days left to complete her course work and degree, she left her school work for a higher calling—defense of her country.

"Everyone was very helpful and understanding from my advisor at school and all the teachers, especially Kay Stanfill and those in the Air Force Reserve, starting with Lt. Col. Lytle all the way up to General Closner. They were especially supportive," said TSgt. Daidone.

The 507th Prime RIBS team stayed in Nebraska four months before returning to Oklahoma. However, since the courses were only offered once a year, TSgt. Daidone had to wait to take them over again during the spring semester.

There have been many changes in her

life besides a late graduation. She was promoted to Technical Sergeant, and after graduation, the RIBS team was transferred to 507th Mission Support Squadron. Other changes include her husband leaving active duty Air Force and seeking employment in the civilian sector. While she was in Nebraska, her husband was serving in Saudi Arabia with the 964th AWACS.

#### Upcoming UTA schedule

Opcoming	1 O I A Solice
Sept. 26-27, 92	Mar. 20-21, 93
Oct. 17-18, 92	Apr. 17-18, 93
Nov. 14-15, 92	May 15-16, 93
Dec. 12-13, 92	Jun 26-27, 93
Jan. 9-10, 93	Jul. 17-18, 93
Feb. 20-21, 93	Aug. 14-15, 93

#### REMEMBER:

THE NEXT UTA IS SEPTEMBER 26 AND 27

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#### **EDUCATION**

## Nominations needed for ROA scholarships

The Reserve Officers Association will begin accepting nominations this month for a scholarship program.

The program offers two \$150 scholarships, one to 507th member and another to a 507th dependent.

The scholarship program was created by ROA's local Chapter 66, consisting of officers from the 507th Tactical Fighter Group, 403rd Combat Logistics Support Squadron and 72nd Aerial Port Squadron. This will be the second scholarship award being offered by the local chapter and includes reservists and dependents from the 507th TFG, 403rd CLSS and 72nd APS.

According to Lt. Col. Don Shaw, ROA member, "We saw this scholarship program as a new way to serve the people of the 507th."

The chapter has spnsored a fund-raising in the past to help support the program. This year the chapter agains plans to sponsor an activity, offering door prizes to participants.

"We're very excited about this program and hope to continue it." Colonel Shaw said. The chapter will accept one nomination apiece from each qualified reservist or reserve dependent, he said. Nominations will be placed in a container and the scholarship awards will be drawn at the September UTA.

The random drawing selection process was decided upon as best selection method. Members stated this would eliminate the possibility or perception of favoritism in this award program.

#### How to Apply

\*Oualified applicants for the reserve scholarship must be reservists in good standing within either the 72nd APS. 403rd CLSS or 507th TFG.

\*They must be registered as a full-time student at a college or university.

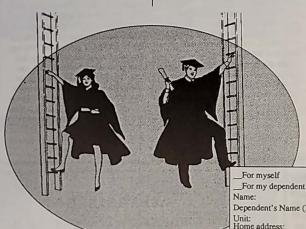
\*Only one nomination per individual will be accepted.

\*In the case of more than one dependent, each dependent may be nominated.

\*Nominations will be accepted prior to the beginning of each fall and spring semester.

\*Winners are eligible to resubmit for the next semester.

In order to apply for the program, reservists should fill out the application form on this page or ask any officer within their squadron for a nomination form. The form may be turned in to any officer within your organization or sent to the 507th Tactical Fighter Group's Public Affairs Office, Tinker Air Force Base, Oklahoma 73145-5000 prior to noon. September 28.



Dependent's Name (If applicable):

College/University:

(You may file an application for each of your college dependents.)

# Training questions highlight summer calls

By Col. Nick Dawson

The summer has yielded a predictable flurry of calls concerning time-off for annual training tours. Section 2024(d) of Title 38 provides that, upon request, a member of the National Guard or Reserve shall be granted the time off necessary to perform active or inactive duty for training.

According to the U.S. Department of Labor (DoL), the "request" really constitutes notice of upcoming duty, since the employer may not deny the Reservist the time off. Issues that have been raised by employers concerning training duty include the following:

\*Employers sometimes complain that the employee gave such short notice of upcoming duty that they (employers) didn't have enough time to make adjustments to accommodate the absence. While the law does not impose a timeliness standard on the request, DoL and the National Committee for Employer Support of the Guard and Reserve strongly urge Reservists to give their employers as much advance notice as possible of upcoming duty. In the case of weekend drills, employees should provide their employers their unit's annual drill schedule as soon as it is available

\*Some employers tell us that they are willing to give time off for mandatory annual training tours but feel that they have the option to deny time off for

voluntary training tours. The law makes no distinction between "mandatory" and "voluntary" training duty. The same protections apply in either case. The point could be made that since everyone who joins a military service, active or Reserve, does so voluntarily, all training duty is, in effect, "voluntary."

\*In a handful of situations, civilian employers are being greatly inconvenienced by Reservist-employees who take advantage of the legal protections afforded them by performing duty far in excess of what is really necessary.

Last December, the Supreme Court ruled that there is no limit to the amount of duty protected by section 2024(d). However, in cases where the duty creates a particular hardship for the employer, ombudsmen should recommend that he or she contact the unit commander to explain the hardship and ask if the duty can be canceled, rescheduled, or performed by someone else in the unit. When dealing with these situations, ombudsmen need to listen to both sides

of a situation with an open mind. Sometimes the right thing to do is to side with the employer when conflicts arise. In cases where a civilian employer is being unfairly inconvenienced by an employee performing excessive duty, taking steps to curtail that employee's military activities will often win that employer's support and make him or her

willing to hire Reservists in the future. -- ESGRam.

### Answers available on Veteran benefits

Do you have questions about benefits you're entitled to?

If so the answers are available free.

You have served your country well. Now it is time to go back to civilian life.

How can you make sure you get all the benefits you deserve?

In response to the new generation of veterans from Desert Storm and the military force reduction. The American Legion has pre pared a special handbook about veterans benefits.

The booklet includes articles about education and employment assistance and much more. If you or a veteran you know need a FREE copy of the book "The American Legion Handbook of Veterans Benefits," write to:

The American Legion National Headquarters

ATTN: Veterans Handbook Requests

P.P. Box 1055

Indianapolis, IN

46206-1055

Be sure to include name, address, and what branch of service you or your friend served in.



TSgt. Ronald Mitchell. aircraft mechanic, works atop an F-16 in the 507 Fighter Group phase dock.

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# Reserve News you can use

# Reservists meet for first training assembly

ROBINS AFB, Ga. -- About 50 Air Force Reservists assigned to the 8600th Air Force Reserve Command Support Group met for their first unit training assembly here July 11-12.

Formation of the group is the result of the Air Force Reserve's reorganization of its numbered air forces.

Some 61 additional air reserve technician positions and about 56 Category A reservist slots have been added to the Headquarters AFRES staff since the start of 1992. Before then, only a handful of key positions were held by ARTs and there were no Cat B reservists.

Officials expect most of the positions will be filled by October. (AFRESNS)

# Reservist among Air Force's 12 Outstanding Airmen

ROBINS AFB, Ga. -- An Air Force Reservist and Gulf War veteran from the 37th Aeromedical Evacuation Group, MacDill AFB, Fla., is one of the Air Force's 12 Outstanding Airmen of the Year for 1992.

During the war, SSgt. Dean P. Handy was assigned to an aeromedical evacuation liaison team supporting the 18th Airborne Corps during its ground campaign into Iraq. The communications systems radio operator was responsible for providing communication for the team and came under Iraqi Scud missile attacks.

The 29-year-old sergeant joined the Air Force Reserve in 1987 after a four-year active-duty tour. He was one of five reservists representing the Air Force Reserve in the 12 Outstanding Airmen of the Year competition.

"To have my name brought up in the company of this year's winners is indeed a honor," Sergeant Handy said.

# Senior Service Schools procedures change

ROBINS AFB, Ga. -- It is easier for Air Force Reserve officers to apply for senior and intermediate service schools.

Those applying for upcoming schools must follow new procedures and submit applications to their numbered air force by July 31.

"With the modifications in place, applying for schools should be better and easier for officers," said Tom Obenland, AFRES chief of training and education, deputy chief of staff for personnel.

"Some portions of the process will not be changed even though less paperwork is needed. The biographical sketch used in the older process is no longer required. Neither will the application form be used." Obenland said the applications will flow through the NAF to arrive at Headquarters AFRES by Aug. 27.

Officers interested in applying for these schools should contact their local training and education office. (AFRESNS)

### AFRES bases renamed

Effective June 1, 1992, Westover AFB, Mass., and Dobbins AFB, Ga., were renamed air reserve bases. Reserve units at municipal and international airports, except Portland IAP, Ore., were renamed air reserve stations. To be renamed an air reserve base, the installation had to be a self-supporting center of operations with all land, facilities and support needed to accomplish the mission.

## MWR merges with services

Morale, Welfare and Recreation will integrate with Services to form MWRS on Sept. 30, according to HQ AFRES deputy chief of staff for plans officials.

The merger will enhance readiness capabilities during wartime and total quality service programs during peacetime.

## AFRES to pick up ACC UEIS

If all goes according to plan, the AFRES Inspector General team will begin conducting unit effectiveness inspections of Air Combat Command-gained units. The ACC IG currently has that responsibility. According to the AFRES IG, the details have not been finalized for full implementation.

# Accepting the peacekeeper challenge

Air Force Reserve security police personnel from states throughout the country are packing their bags in preparation for the command's annual Peacekeeper Challenge. They will go head to head Sept. 7-11 to select 12 competitors, and then hone their skills and narrow the field to eight team members and one alternate Sept. 11-25 at Fort Huachuca, Ariz. The AFRES team will compete in team and individual events in the Air Force worldwide competition at Kirtland AFB, N.M., Sept. 27 to Oct, 3.

# Recycling projects gearing up soon

Recycling solid waste products may soon be on the rise in Air Force Reserve units nationwide. Maj. Gen. Robert A. McIntosh, AFRES vice commander, has asked the 507th Commander and other major flying unit commanders to establish resource recycling programs in their units to aid in attaining national pollution prevention program goals. "A strong and environmentally sound recycling program is a necessary tool for success," the general said. "Recycling reduces waste disposal costs, eliminates future liabilities, and provides good community support and public relations for our organizations. In short, it just makes good sense."