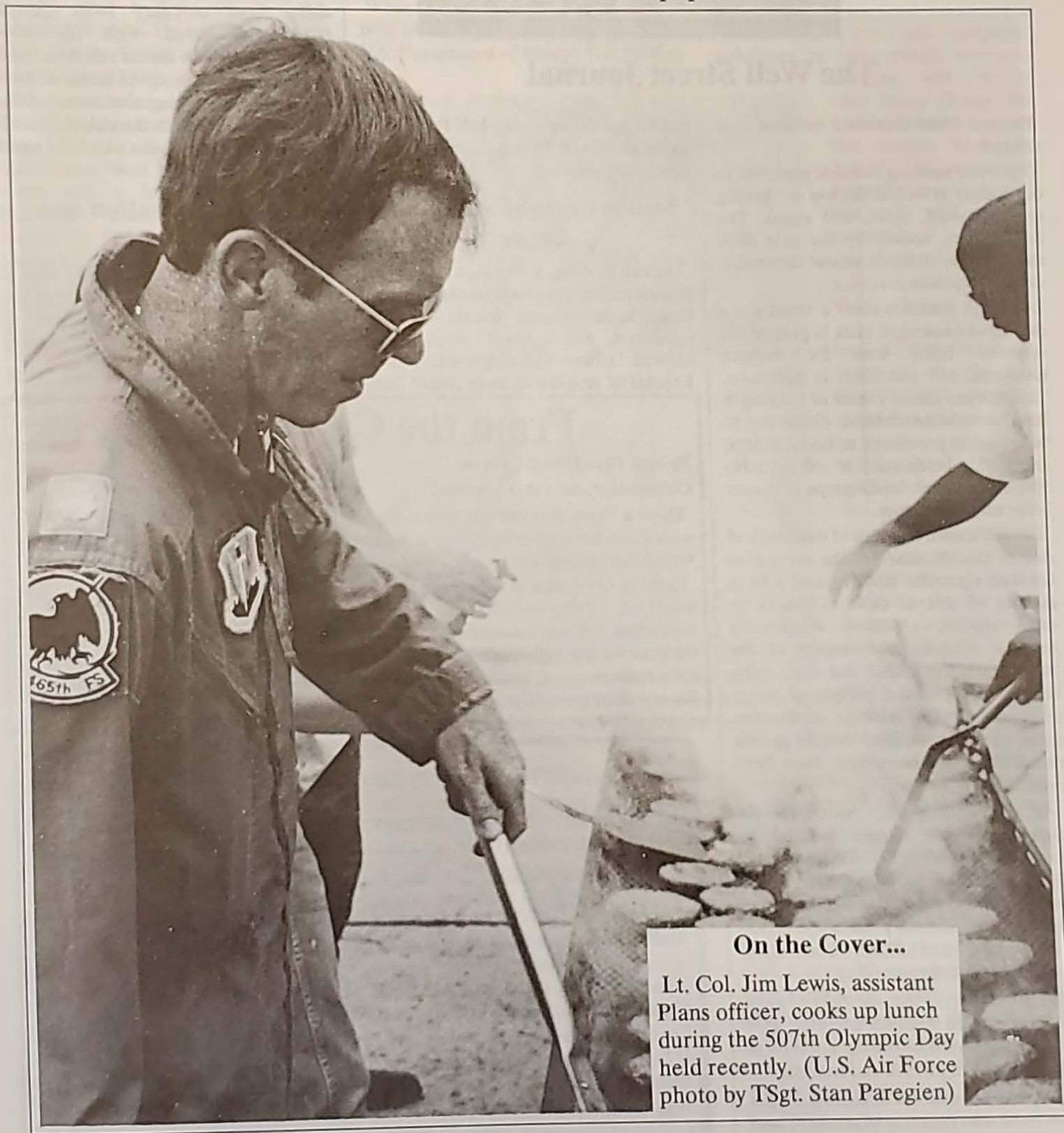


ON-FINAL

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Your Air Force Reserve Newspaper



On the Cover...

Lt. Col. Jim Lewis, assistant Plans officer, cooks up lunch during the 507th Olympic Day held recently. (U.S. Air Force photo by TSgt. Stan Paregien)

Editorially Speaking

The Well Street Journal

Beware! Your cherished wellness is in danger!

Cigarette smoking remains prevalent in our society as well as the use of chewing tobacco, snuff, pipes, and cigars. The Smoke Free Society by the year 2000 seems a very difficult, almost impossible dream, but, there is hope.

Although statistics show a trend for a decline of smoking in men, in general the opposite holds true for women, teenagers, and minorities in particular. This fact has placed cancer of the lung in females with the dubious distinction to be second in prevalence to breast cancer, and if this holds true, it will probably take over as their leading type of cancer in the very near future.

It is well known that tens of thousands of studies have documented the association between cigarette smoking and a large number of serious diseases. Based on these studies, a causal relationship between smoking and cancers of the lung, larynx, esophagus, and oral cavity; heart disease; stroke; peripheral artery occlusive disease; chronic obstructive pulmonary disease; intra uterine growth retardation; bladder cancer, have been established.

An estimated 390,000 Americans die each year from diseases caused by smoking, about 115,000 die from heart disease; 106,000 from lung cancer; 31,600 from other cancers; 57,000 from obstructive pulmonary disease; 27,500 from stroke, and 53,000 from other conditions related to smoking.

The good news is that the risks of most smoking related diseases decrease after cessation and with increasing duration of abstinence for both men and women.

People who quit smoking live longer than those who continue to smoke. These data show that persons who quit smoking

before age 50 have one half the risk of dying in the next 15 years compared with continuing smokers.

Smoke Cessation and Lung Cancer

The risk of dying from lung cancer is 22 times higher among male smokers and 12 times higher among female smokers compared with people who never smoked. In those who quit smoking after 10 years of abstinence, their risk of lung

cancer is about 30-50 percent of the risk for continuing smokers. Lung cancer is the most common cause of cancer death in both men and women combined.

Smoke Cessation and Coronary Heart Disease

Smokers have about twice the risk of dying from coronary heart disease (CHD) compared with life time non-smokers. This excess risk is reduced by about half among ex-smokers after only 1 year of smoking abstinence - After 15 years of abstinence the risk of CHD is similar to that of persons who have never smoked.

Smoke Cessation and Stroke

Smokers have about twice the risk of dying from stroke. After cessation, the risk of stroke returns to the level of people who have never smoked. In some

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From the Commander

By Maj. Gen. John J. Closner
Commander, Air Force Reserve

The Air Force Reserve did well in the fiscal 1993 defense authorization bill. We were given funding authority for a Selected Reserve end strength of 82,300, along with dollars to operate, train and maintain our forces.

Looking at change in all services, Congress inserted several personnel support initiatives. They include early retirement benefits for selected reservists, and separation pay and education benefits for others who are involuntarily separated. Because we are within our authorized strength, it's unlikely we will need to offer early retirements or involuntarily separate anyone from the Air Force Reserve in the near future.

507th Fighter Group Editorial Staff

COMMANDER, 507TH FGLt. Col. Robert E. Lytle
DIRECTOR, Public AffairsCapt. Richard Curry
IMA Officer.....Maj. Don Klinko
EDITOR, On-FinalTSgt. Stan Paregien
Staff writer.....TSgt. Melba Koch

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507th bids farewell to Lieutenant Colonel Alfred Nolting

by Major Donald W. Klinko
507 FG/PA

At the close of the October UTA, Lieutenant Colonel Alfred R. "Fritz" Nolting retired from the Air Force Reserve after a distinguished career spanning 28 years. He had served as the 507th Fighter Group's Judge Advocate for nearly four years.

Born in the famous Old West cattle town of Dodge City, Kansas-- "Just two blocks from 'Boot Hill'," he notes with a laugh--Col. Nolting's family soon moved to Oklahoma. He received his Bachelor of Arts degree, with a combination mathematics and history major, from Northwestern Oklahoma State University at Alva. After completing Officer Training School at Lackland AFB, Texas, in 1964, he attended Undergraduate Navigator Training at Mather AFB, California.

Col. Nolting completed navigator training with such distinction that he remained at Mather AFB as a navigator-instructor for five years. The colonel entered law school at the University of the Pacific in Sacramento while he was on extended active duty, but transferred to the University of Oklahoma when he left active duty in 1969.

He immediately joined the 137th Military Airlift Group, Oklahoma Air National Guard, and flew on C-124 aircraft. Ironically, perhaps, it was the Air Reserve Forces that sent him for the first time into Southeast Asia in support of the Vietnam War.

After receiving his Juris Doctorate degree from OU in 1971, Col. Nolting moved to Washington, D.C., to become the Environmental Trial Counsel to the Secretary of Agriculture. At that time, he transferred to the 167th Military Airlift Group, West Virginia Air National

Guard, where he initially served as a navigator on board the classic C-121 "Super Constellation" aircraft. The colonel later participated in the unit's conversion to C-130 aircraft, which it still flies.

When he moved back to Oklahoma in 1976 to become a trial counsel for the U.S. Department of Energy, Col. Nolting



Lt. Col. Alfred Nolting, spends a last day at his desk in the legal office during the October UTA. Colonel Nolting retired from the Air Force last month. (U.S. Air Force photo by TSgt. Stan Paregien)

joined the Judge Advocate General corps as an Individual Mobilization Augmentee reservist. He served as an IMA at Vance AFB, Altus AFB, and finally at Wright-Patterson AFB, Ohio, before coming to the 507 FG. His civilian job changed in 1980 when he left the Department of Energy to become a corporate counsel to a private concern, but he returned to civil service as Environmental Counsel at Tinker AFB.

Although his civil service job took him to Headquarters Air Force Materiel Command at Wright-Patterson AFB, he maintained his residence in Norman, Oklahoma. Col. Nolting will become the Supervisory Attorney for Environmental

Contracting at Brooks AFB, Texas, late this year.

Twenty-eight years was time enough to see many changes in the Air Force. And what does Col. Nolting think of those changes?

"Change is and has been a certainty in the Air Force. I've seen equipment, techniques of doing things, acronyms, uniforms, and lots of other things change. But it's what remains constant that matters most: the 'basics' of teamwork, integrity, and dedication that will still get us through."

When asked about what achievements in the Air Force Reserve mattered most to him, Col. Nolting replied that he would rather talk about his "most satisfying experiences":

"After all, the Air Force is a team and, while individual personal achievements are nice, it's the teamwork that gets the mission accomplished. I'd say my most satisfying experiences involved watching the Air Force Reserve team in action. Before the '91 ORI, I remember watching the unit's people work together as a team. They maintained a positive attitude despite cold, wet weather. It was that teamwork that made the unit shine and earned us a fantastic rating."

"During Operations Desert Shield and Desert Storm, our legal office prepared over 500 legal documents for active duty and reserve folks. And it didn't end there for me. I was very proud when I saw what a great job the people who were called up did. The Persian Gulf operation proved that reserve mobilizations do happen, and that we can do the job. Let me tell you, I go out of my way to tell people I'm a reservist in the 507th."

Cycle testing begins at unit

By TSgt. Melba Koch
Public Affairs

The 507th Fighter Group has been selected as a test site for the new cycle ergometry fitness program. Recent tests of the Air Force's fitness program suggest up to 70 percent of Air Force members lead inactive lifestyles.

The 403rd Combat Logistic Support Squadron conducted a squadron-wide test last month.

The new fitness evaluation involves 6 to 8 minutes of moderate exercise on a precision cycle ergometer. The work load will be adjusted according to an individual's physical capability, but it will never be raised to a level that will impose either fatigue or exhaustion.

Before and during the exercise, the individual's heart rate will be carefully recorded and a fitness level will be calculated from the combination of heart rate and workload. Since maximum exertion is not required by this type of testing, the risk of heart attack is reduced.

According to medical officials, unless a person has been regularly participating in a conditioning program, there is a

good chance they will not pass the test. Those not meeting standards will be placed in a self-paced fitness program, to be retested in 90 days. The ergometry cycle provides a more accurate prediction of cardiovascular fitness, whereas the current method of the aerobic run only demonstrates an ability to run 1.5 miles in a given amount of time. The cycle will show a member's oxygen uptake, which is directly related to cardiovascular fitness, health and stamina.

Medical officials encourage reserve members to participate in a year-round conditioning program. This should include continuous rhythmic exercise of

Knowing heart attack symptoms is first defense

Heart attack means the heart has stopped pumping blood. It is the leading cause of death in adults. But, if you know the symptoms and what to do first if heart attack strikes, you may be able to save the life of a friend, coworker, or loved one.

It is a good idea to take a class in CPR (Cardio Pulmonary Resuscitation).

With CPR training, older children and adults alike may be able to help a heart attack victim.

A heart attack can happen anytime, and within 4-6 minutes death or serious damage can take place. But, someone trained in CPR can greatly improve the victim's chances of surviving a heart attack.

Heart attack symptoms vary.

There are many possible symptoms of heart attack.

The more symptoms a person has, the more likely it is that he or she is having a heart attack. Even if a person has only one or two symptoms, though, it is important to seek medical attention as soon as possible. The most common symptoms of heart attack are listed in the box above.

What to do:

Call an ambulance immediately. If the victim is conscious, help him or her to a sitting position. Keep the victim warm and comfortable, using pillows for support and loosen tight clothing (especially collars).

Ask if the person is taking medication and if you can get it for him or her. If the person is unable to speak, look for an emergency medical ID card or bracelet. If breathing has stopped, give mouth-to-mouth resuscitation. If breathing and pulse have stopped, and if you are trained, perform CPR.

Preventing heart attack:

There are many things you can do to lessen your risk of suffering a heart attack. Speak with your doctor if you have questions about how to:

1. Quit smoking
2. Avoid fatty foods
3. Exercise regularly
4. Reduce stress, learn to relax;
5. Control blood pressure

Comm Flight supports southern Florida

by SSgt. Lynn Reagan

Even though it has been several weeks since the hurricane forces hit Florida, there are still people in need and problems to be solved.

TSgt. Richard Hammonds and SSgt. Gary Russell recently deployed to provide support to Homestead Air Force Base and Tamiami Airport in southern Florida.

Sergeants Hammonds and Russell provided communications support in the form of a public address system and expanded telephone network.

Their support also included training FW personnel in the maintenance and operations of these communications systems. Their efforts also included the salvage and restoration of damaged computer systems located at Homestead.

The 301 Air Rescue Squadron at Tamiami Airport commended Hammonds and Russell for their installation of a civilian telephone network. This network is essential for the daily operations of the 301st who has flown over 130 rescue missions since hurricane Andrew ravaged south Florida.

Lt. Col. Hudspeth of the Air Rescue Squadron expressed sincere appreciation to the 507th personnel for their efforts on behalf of the 301st.

Commissioning goal stokes promising career

By SSgt. Larry Wilson
72nd Aerial Port Squadron

From the onset of his military career in 1975, Randy Stokes had a goal: to get a commission in the United States Air Force. On July 22, 2nd Lieutenant Stokes achieved that goal and is now an Air Freight officer with the 72nd Aerial Port Squadron.

Lieutenant Stokes spent 4 1/2 years on active duty, during which time he attended night school. After leaving active duty, he continued to pursue his degree in business management while working a full-time job.

When Lieutenant Stokes joined the Air Force Reserve in 1989 as an enlisted member, he renewed his goal.

"Setting a long range plan was the beginning step," Lieutenant Stokes said. "Getting a 4-year degree while working full-time was absolutely the hardest part of all. I would not have made it with out the drive and determination a long range goal gives you."

But, the lieutenant added, the support of fellow workers proved vital to achieving his dream. "MSgt. Dave Hernandez and MSgt. Lane Jones were extremely helpful in getting me through the essential steps of getting my commission," he said.

"Relationships are also very important in helping to achieve your goals. Without help from my wife, Lorrie, our religious



Lorrie Stokes, wife of newly commissioned 2nd Lt. Randy Stokes, assists with putting on his new rank. (U.S. Air Force photo by SSgt. Larry Wilson)

Heart attack takes 507th member

Master Sergeant Jerry L. Patrick suffered a heart attack on the evening of October 26 at his home. He was pronounced dead by emergency medical technicians early on the 27th. MSgt Patrick was a member of the Quality Assurance Branch of the Maintenance Squadron. He had been a member of the 507th since May of 1981.

His funeral was held October 29 at Del City.

Contributions for family will be accepted by Marilyn Llanusa, 4-5101, in the Group Commander's office.

Florida reservists' needs continue

ROBINS AFB, Ga. -- Reservists from across the nation continue to donate funds to heal wounds and help reservists dig out of the destruction caused by Hurricane Andrew which ravaged southern Florida Aug. 24 -- and the financial needs of reservists there continue.

As of Oct. 1, some \$40,000 had been collected for reservists at Homestead AFB. Besides cash contributions, reservists from across the nation took on special projects, including organizing, collecting and packing relief supplies.

"I'm extremely proud of our Air Force Reserve family. When the call went out to help our people suffering from Hurricane Andrew's destruction, you responded in a big way," said Maj. Gen. John J. Closner, Air Force Reserve commander and chief of Air Force Reserve.

"To date, you've donated more than \$36,000 to help our reservists in south Florida. Thank you for caring and for your willingness to help. I'm proud to serve with you," he said.

A fund was set up following the hurricane to give reservists the opportunity to contribute. Unit commanders were encouraged to establish a single point of contact within each unit.

Between working at the Passenger terminal and processing cargo and passengers headed to the Far East as well as to the States, 72nd APS members were also able to enjoy some scenery.



72nd APS members travel the World

By SSgt. Larry Wilson
72nd APS

The Azores Islands, Germany, Italy, Japan, Korea, Hawaii and many destinations inside the continental United States are ordinary annual tours for aerial porters.

Members of the 72nd APS enjoy world travel as one of the many benefits of the aerial porter. In addition to great training opportunities, world travel and sight seeing are on the agenda every year for the 72nd. The Air Force Reserve supports the Total Force Concept and to be sure that freight can be moved any where in the world, training needs to be as realistic as possible.

The 72nd has answered the call to arms and was even mobilized to support Desert Shield/ Desert Storm. The world wide training was proven to be invaluable as they stepped up to mobilize and support Tinker AFB., the freight was moved and the mission was accomplished.

And while the work is rewarding, as you can see, so are the sights,



Scenes like this German church (above) where 72nd members were stationed to support Desert Storm, or Italian mountains (left), where members supported the 507th's overseas deployment, are enjoyable benefits to Aerial Port duty. (U.S. Air Force photos by SSgt. Larry Wilson)

Communications flight creates a volleyball dynasty

by MSgt. Valerie Frye
and SSgt. Lynn Reagan

The 507th Communications Flight (CF), once again proved to be volleyball wizards with their third consecutive Family/Olympic Day tournament win.

As one of the smallest units of the group (with just 24 assigned personnel), the CF team battled against such titans as the Hospital team and both Maintenance teams.

The finals of the tournament pitted the CF team against the 403rd CLSS.

The Comm Flight was able to pull out victories though they trailed early in both games and receiving no byes. TSgt. Rich "Air" Hammonds credited the CF victory to "good basic volleyball skills, excellent teamwork, and a 'killer instinct'."

SrA. Jeremy Overton, the team's newest member, said he loved the experience.

"Playing on the team was comparable to playing with the 1927 New York

Yankees or the 1970's Pittsburgh Steelers; in essence, playing for a dynasty," said the airman.

Major Collins, CF Commander, noted that, "Not only are we tops in volleyball, but we also took first and second place in horseshoes."

Indications are that the CF netters will be just as tough next year as in years past, despite the rumors of the retirement of the teams oldest and most prolific scorer, Jimmy, the "Sultan of

507th focusing on increasing recycling efforts

By 2nd Lt. Ralph Hawkins
507 Fighter/CCE

It's no secret that Tinker AFB is one of the leading DOD installations in the world in recycling. Once a person learns of all the different items that can be recycled, it's easy to walk around and notice all the waste.

How many times have you thrown out clear or colored glass, bond or computer paper, newspapers, aluminum cans or cardboard. We here in the 507th go through massive amounts of paper and cardboard, not to mention the daily can of pop to keep the sugar fix coursing through the veins. What can we do, and how can we do our part to conserve?

Let's take a look at the smallest 507th unit, the Communications Flight. With only 23 folks, they are busy recycling, thanks to the efforts of John Michalski.

If units and offices would like to recycle, then contact my office at extension 45101. We will establish a program to gather the materials and make the run across base to the various bins.

If you would like to save paper, cardboard or any of the other materials for a weekly or twice-monthly run, then give this

office a call. We will find containers for your recyclables. There's also a school system that receives a brand new book for it's library for every 1,000 pop or beer can tops (from aluminum cans) donated. We can coordinate this, so remember to pull the tops off before you recycle the can. We MUST do our part to save the environment. Your assistance will be appreciated.

Blood drive thanks you

by Dave Mugg, Chief Executive Officer

Our last blood drive of 1992 will be held on Saturday, November 14. The Bloodmobile will be parked in the normal place at the end of Hanger 1030. Hours will be 0900-1130 and 1300-1600.

Since this is our fourth drive of the year, all donors will be given a free T-Shirt.

We have a lot of people in the unit who are donating blood at the donor centers and say they are telling them to credit it to Group 13, the 507th FG.

Smoking-related problems on increase

Continued from page 2

studies this occurred within 5 years, but in others, 15 years of abstinence was required.

oxygen to be able to carry on very simple tasks like walking from one room to another.

Smoke Cessation and Chronic Obstructive Pulmonary Disease

Smoking accelerates the age related decline in lung function contributing to severe breathing difficulties that require, in many instances, portable

Smoke Cessation and Peripheral Artery Occlusive Disease

Complications of this condition include leg pain after walking short distances ((claudication), pain at rest, and gangrene with loss of limb. Smoke cessation reduces the risk compared with continued smoking.

Smoke Cessation and Influenza/Pneumonia Bronchitis

Cessation reduces the risk.

The mortality rate from abdominal aortic aneurysm is 2 to 5 times higher in current smokers than in people who have never smoked. Former smokers have half the excess risk of dying from this condition relative to current smokers.

Air Force Reserve news you can use

Homestead's future still unsettled

While Congress has yet to fund any reconstruction activities at Homestead AFB, Fla., Air Force Secretary Donald B. Rice envisions building a new base on that site for possible dual military and civilian use. Rather than building a replica of the original base, Rice suggested creating a master plan to more efficiently develop the Air Force presence in that area. He spoke at the annual Air Force Association convention Sept. 15.

Hiring freeze imposed

Headquarters Air Force Reserve has imposed hiring restrictions for air reserve technician and non-ART civilian positions in AFRES headquarters and the unit program. The immediate action

was taken to help offset a projected \$60 million shortfall in funds for operations and maintenance activities for fiscal year 1993. Procedures and guidelines for hiring civilians were sent to local civilian personnel offices Oct. 28.

Diners Club Card policies tighten

Policies for using the Diners Club Card for temporary duty are tightening. For example, if you have declined to use the card or have had it revoked or suspended, you will not be able to draw cash advances from the accounting and finance office. More changes are coming. Further information on using the card is available at your AFO.

Use the exchange often

Reservists and their families have unlimited shopping privileges at military

exchanges throughout the United States. The Army and Air Force Exchange Service encourages reservists to take advantage of this privilege and the 20 percent overall savings exchanges offer. Exchange officials will visit units upon request and explain, face-to-face, the added value of shopping at AAFES. Call Capt. Alan Burton, DSN 967-3021 or (214) 312-3021, to arrange visits.

Jobs open in Oregon, Florida

The 939th Rescue Wing's units in Portland, Ore., and southern Florida have openings for Reserve HH-60 pilots and flight engineers, and HC-130 flight engineers, loadmasters and radio operators. In Florida, call Maj. Anthony M. Durant, 301st Rescue Squadron, at (305) 253-2671. In Oregon, call Maj. Steven D. McHan, 304th RQS, DSN 638-4731 or (503) 335-4731.

Holiday season calls for unit generosity

The 507th is unifying its community support program efforts this holiday season. In response to past years, where members saw a repeated requests to support different programs, a single collection point was established at each squadron.

"We're still going to support as many programs this year as we can, but rather than having our members getting asked by different people to support different causes, we're asking our people to donate just once," said Capt. Mary Roehl, Mission Support Squadron Executive officer.

Money, toys, clothing and food items will be collected at each squadron to support, Operation Christmas Spirit, Toys for Tots, Project Positive Tomorrow, as well as help the elderly in Oklahoma. Donations received at each collection point will be divided among the charities.

Captain Roehl said it was hoped that creating a single collection point at each squadron, would encourage members to give generously.

"We're trying this to reduce pressure on our people, but at the same time, we want this to be a success. We really need everyone's support to help make the holiday's brighter for those less fortunate," she said.

Following is a list of the charities the squadron collection points will support.

Operation Christmas Spirit

Operation Christmas Spirit is a Tinker AFB-run fund raising program. Each year donations are gathered and money is distributed to needy Air Force members and their families.

During the several years that the 507th has been involved in this program, unit members have received more in donations than were raised.

Toys for Tots

Toys for Tots is a locally-run toy-collection program. Toys collected go to needy Oklahoma area families. New toys for all ages of girls or boys are requested.

Project Positive Tomorrow

Project Positive Tomorrow is a locally run school for homeless children in grades kindergarten through 12th. The aim of the school is to "mainstream" children back into the public school system with minimum delay. Needed items include toys or clothing.

Elderly Food Drive

TSgt. Tadea-Everett, who is employed by the Dept of Human Services (DHS), explained that the elderly is the most neglected group in the local area. The group has decided to have a food drive to help the elderly at Christmas. Either money or non-perishable food items are needed. Following is a non-inclusive list of food items suggested by DHS: flour oatmeal, sugar cereal, salt cooking oil, rice beans (dry, bagged), honey, peanut butter, canned goods, powdered milk, crackers, dried fruit, or cookies.

Check with your squadron commander or first sergeant to donate money for these programs. Because the cut off dates for most of the charity programs is prior to the December UTA, members are asked to support the program in November.