

# THE CARGO COURIER

Standiford Field ANGB, Louisville, Ky.

123rd Airlift Wing, Kentucky Air National Guard

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## The Price of Success

### From Operation Desert Storm to Restore Hope, AMC aircraft have been on the move, showing fatigue, and in need of a rest

By Sgt. James Davis  
AMC News Service

The Air Mobility Command is paying the price for its successes as it struggles to maintain an air fleet that is tired and in need of a rest, said Gen. Ronald R. Fogleman, the AMC commander.

From Desert Storm to Restore Hope, the command's aircraft have provided the global reach for the United States on a daily basis, most recently in Operation Restore Hope, as they spanned a 10,000-mile air bridge to Somalia.

"Our strategic and tactical airlift forces have not had a rest since Desert Storm, and as a result the condition of the fleet is not good. We have more C-5s and C-141s in depot maintenance than should be. In the case of the C-141, they are clearly showing signs of fatigue with window frame cracks and wing cracks. In both aircraft we're experiencing the fallout of a very deliberate decision that had to be made during Desert Storm to postpone the periodic maintenance on those airframes. We're paying that price now by trying to catch up on maintenance," Fogleman said.

The general said the command won't be able to catch up on the maintenance requirements for the C-5 and C-141 until the end of 1994, but AMC should have resolved the flight restriction problems on the C-141 fleet by the end of this calendar year.

In a recent interview, the general was quick to sum up his impression of the rest of the command's air fleet.

"The C-130, while it continues to perform very well, is an old aircraft that requires a lot of maintenance and a lot of crewmembers. We need a procurement line for newer C-130s. As far as our refueling aircraft, we're in better

shape. The KC-135s have been re-engined and they have a good airframe life. I think they're probably underutilized, so we're looking at some things to improve their utilization as both airlifters and tankers.

"The KC-10 is a fairly modern piece of equipment that is performing very well, but we cannot afford to ignore what the cumulative impact of greater

use in both an airlifter and tanker role will have on it."

The command's newest aircraft, the C-17 Globemaster III, will play an important role in the kind of military attributes it brings to the airlift system, according to Fogleman. "This aircraft offers more than just increased ton miles. It represents the core of our airlift program as we move into the 21st century."



KyANG photo by Tech Sgt. Charles Simpson

A Kentucky Air Guard jet engine specialist inspects a C-130H for damage last month. With the number of flying hours this year, along with possible malfunctions in some of the engines, most of the aircraft have been temporarily grounded for repairs. See related column on Page 2.

# Commander's Column



## Mishap shows how TQM, teamwork assure success

I just returned from our jet engine shop where teams of workers are tearing down and rebuilding engines off of our new C-130H aircraft.

As you probably know, we had three engine failures in close succession, resulting from fifth-stage compressor blade failures. The crewmembers detected the malfunctions quickly in each case and shut down the engine before appreciable damage had occurred. Failure of fifth-stage compressor blades in the T-56-A-15 engine is unusual, with only six known failures reported since 1985.

Upon investigation by the manufacturer's engineers it was determined that some of the compressor blades were thinner toward the trailing edge than required, resulting in a fatigue crack which caused the blades to fail. The engines are under warranty and will be rebuilt by the manufacturer.

As the company looked closely for the reason why the blades were thinner than usual, they suspect that the person whose job it was to hand burnish the blades apparently got a little heavy-handed. This seems like a minor error, but look at the loss in capability to the country and the man-hours expended, not to mention the expense involved.

I don't know enough about the details, nor do I care to judge who is at fault, but it should be apparent to each of us how important each person can be in any process. As we get deeper into Total Quality Management, you will see just how important you are to the

success or failure of our unit. If you are not getting enough out of UTA weekends, maybe you are not putting enough into them. Your appearance, knowledge, attitude and preparation all contribute to a success of the training assembly and ultimately to the success or failure of the unit.

This unit has always been filled with people who are proud to wear the military uniform and selflessly serve the country. Look at how many of you volunteered this year to represent our country and help people in need. No other unit has come close to what we have accomplished. I could not be more proud of what you have done and are continuing to do.

Our success depends on each of us



Brig. Gen. Stewart R. Byrne  
Wing Commander

pulling together. I challenge each of you to become familiar with the principals of Total Quality Management, or TQM, and to look at what you contribute in the process to assure you are not making the part or providing the service that is going to fail.

## NGAUS conference set Oct. 10; Biloxi to offer Gulf Coast pride

The 115th National Guard Association of the United States' annual conference is scheduled for Oct. 10-13 in Biloxi, Miss.

Activities planned by the Mississippi Conference Planning Committee include an adjutant general's reception, company grade mixer, governor's reception, retirees dinner, spouse activities and state dinner. The NGAUS President's Recognition and Awards Luncheon will not be held this year.

A side activity has been scheduled

for the Kentucky delegation on a Biloxi schooner. There has been a supper time excursion set for Oct. 9, and the boat will depart from the dock at 4 p.m. and return at 6:30 p.m. The hospitality committee will provide meals and beverages. Military air transport may be offered, but details are not yet known.

The Royal d'Sberville will be the Kentucky delegation hotel. The hotel is close to casinos, fishing, golfing and fine restaurants. For registration and information, call 800-251-2333.

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# Women in uniform play growing role in defense

American Forces Information Service

Women play an ever-increasing role in today's armed forces. More than 11 percent of the active force and 13 percent of the ready reserves are women.

In real numbers, almost 235,000 women are currently on active duty, while about 151,000 serve with the reserve components. Another 4,300 women are on duty with the Coast Guard -- 2,600 on active duty and the remainder with the Coast Guard Reserve. During Desert Storm more than 33,000 women were assigned to combat zones.

The combat exclusion laws and service policies were in effect during these operations. As part of the largest U.S. military operation -- over half a million service members since establishment of the all-volunteer force -- women filled every type of job required.

They were not assigned to administrative and medical missions. They piloted and crewed helicopters and reconnaissance aircraft, and pulled security, construction and intelligence du-



Photo is from the KyANG historical archive. During the Pueblo crisis call-up of 1968, women made up only a small minority of the total Air Guard roster. Today more than 150,000 women serve in the ANG and reserve forces alone. Above, 2nd Lt. Tina Kline, left, and 1st Lt. Bev O'Bryan check the blood pressure of Allen Miller.

ties. Women were assigned to Patriot missile battalions and served as unit commanders. They drove trucks and were responsible for chemical and biological defense and decontamination. Women were killed in action, and two were held prisoners of war by the Iraqis.

The role of women in future conflicts may be determined during the next few years. A presidential commis-

sion meets this year to make recommendations on women in combat. Recommendations may include opening all or some of the currently closed fields, or leaving the service policies in effect.

Currently, 52 percent of Army positions are open to women; Navy, 59 percent; Marine Corps, 20 percent; Air Force, 97 percent; and Coast Guard, 100 percent.

## Pistol team sweeps state match, prepares for WPW

For the first time ever, the Kentucky All Air Combat Pistol Team won all individual and team matches during the Kentucky National Guard State Championships.

Held April 24-25, the KyANG team of six was never seriously challenged. The winners will now represent Kentucky at the Winston P. Wilson National Championships in October.

Master Sgt. Gary Stormes won the individual "Top Gun" match, while Maj. Mike Johnson captured the Novice and Excellence in Competition commanders match. Johnson also took third place in the Top Gun competition.

Lt. Col. Larry Zettwoch won the Commanders Match and took second place in the Top Gun match, while Staff Sgt. Christopher Burt earned second place in the Novice and EIC matches.

The remaining participating team members were Staff Sgt. Perry McDaniels and Staff Sgt. Rich Martin. The team began practicing last October when the new "battlefield focused combat training" was implemented. BFCT is a more realistic training scenario with emphasis on correct and timely employment of the sidearm.

Additional team members are needed. Those members interested may contact Stormes at on-base 495 or Zettwoch at DSN 366-3489.



Kentucky National Guard photo. Lt. Col. Larry Zettwoch, left, shared several trophies and awards with Maj. Gen. Robert DeZarn, the Kentucky adjutant general. The Kentucky Air National Guard's pistol team won all individual and team matches during the state National Guard championships in April.



# Reserve components and the 1994 budget

By Rudi Williams  
American Forces Information Service

If approved by Congress, the fiscal 1994 DoD budget will go easier on the reserve components than the Bush administration proposed.

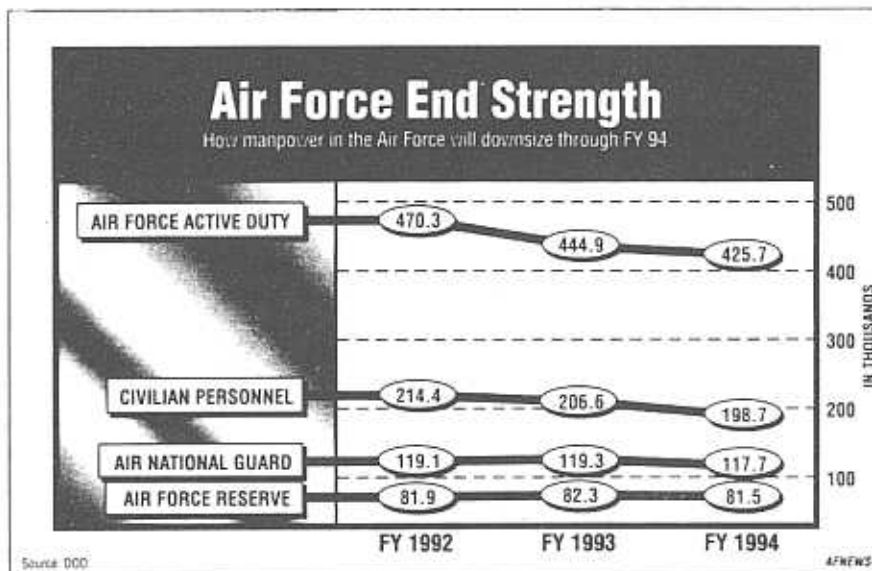
The fiscal 1994 Clinton budget asks for 90,000 more reserve component end strength than the previous Bush proposal.

But the full impact of the budget on weapons, equipment and other programs will not be realized until after administration policy makers finish their scrutiny, said Jennifer Buck.

"Quite a bit of manpower was restored to the Guard and Reserve that was proposed to be eliminated," said Buck, acting deputy assistant secretary of defense for reserve affairs (program, budget and systems). "Under the Clinton administration budget, the Guard and Reserve will be 38.6 percent of the total military manpower, or about 1 million people."

Reserve components had been slated to be sliced to 930,000 in fiscal 1994. In the Selected Reserve, fiscal 1994 end strength will drop marginally to 1,019,500, from the fiscal 1993 end strength set at 1,079,900.

Buck said past budget requests were less than what Congress ended up restoring. "We hope the new budget is one Congress can accept," she added. "There's always more work to be done once the budget goes to the Hill be-



cause Congress' concerns and priorities don't always completely jibe with DoD's. There's also a lot more work to be done for the future. That's the focus of the bottom-up review -- to determine how the administration will prioritize funding in the future."

In fiscal 1994, the total military personnel budget is being cut about \$6 billion, or 9 percent. The reserve component military personnel funding will be about \$100 million less than fiscal 1993. Secretary of Defense Les Aspin explained the move during a recent press conference.

"What we're trying to do is make the cuts in this budget pretty consistent with what Congress has done in the past and, of course, pending the bottom-up

review," he said. "And one of the important things in the bottom-up review is to try and figure out what is the relationship between the Guard and Reserve, particularly in the Army and particularly in the issue of combat arms in the Army."

Aspin said fully integrating Guard and Reserve forces with active component forces remains vital to the effectiveness of America's total defense posture.

"This conviction will be reflected in President Clinton's defense budgets and in reforms that will be developed in the coming months," the secretary said. "Selected Reserve end strength will continue to fall, but at a slower rate than planned previously."

## Waivers considered for some UTA commuters

Kentucky Air Guard members residing outside the commuting area, and who believe their commute is either unsafe or presents an unusual hardship, may request a waiver of the existing regulation. This year the commute-distance rules that affect free lodging during UTA weekends was revised. A state Guard rule changed the commuting area for contract quarters to an 80-mile radius from the previous 50 miles.

Effective April 1, members request-

ing the waiver consideration are responsible for submitting written justification to their unit commanders. Unit commanders will make recommendations to the appropriate group commander after coordination with the base comptroller's office.

The comptroller is responsible for verification of fund availability. After fund verification, the comptroller will forward unit commander recommendations to the appropriate group command for final consideration and decision. Waivers may be granted, pro-

vided the following criteria are met:

- \* Is in the best interest of the government;
- \* Eliminates undue safety hazards to mission and member;
- \* To retain critical skills;
- \* Sufficient funding is available to cover costs.

Waivers are granted on an individual basis and funds are limited. Please cooperate by not requesting a waiver unless it is absolutely necessary. To obtain the application, contact your orderly room or call on-base 620.

## Heaton retires from NGAKy post

An era ended March 31 when retired Col. Jerry Heaton resigned as executive director of the National Guard Association of Kentucky, ending 26 years there.

Heaton was the first and only executive director of the NGAKy, which named him to the position in 1967. Heaton joined the Kentucky Army National Guard after leaving active duty in 1953. He

served as a public affairs officer, an aid to the adjutant general, and he served as commandant of the Kentucky Military Academy before coming to the NGAKy.

Heaton plans to remain active in the association. In light of strong military cutbacks, Heaton said the association is closely tied to the military community and will continue to be.

## Persian Gulf blood deferral lifted

WASHINGTON (AFNS) -- Military people who served in the Persian Gulf area are now free to donate their blood with some modifications, the Pentagon announced. The deferral on blood donations had been ordered in November 1991 to preclude the risk of transmission of Leishmaniasis, a parasitic infection caused by the bite of a sandfly.

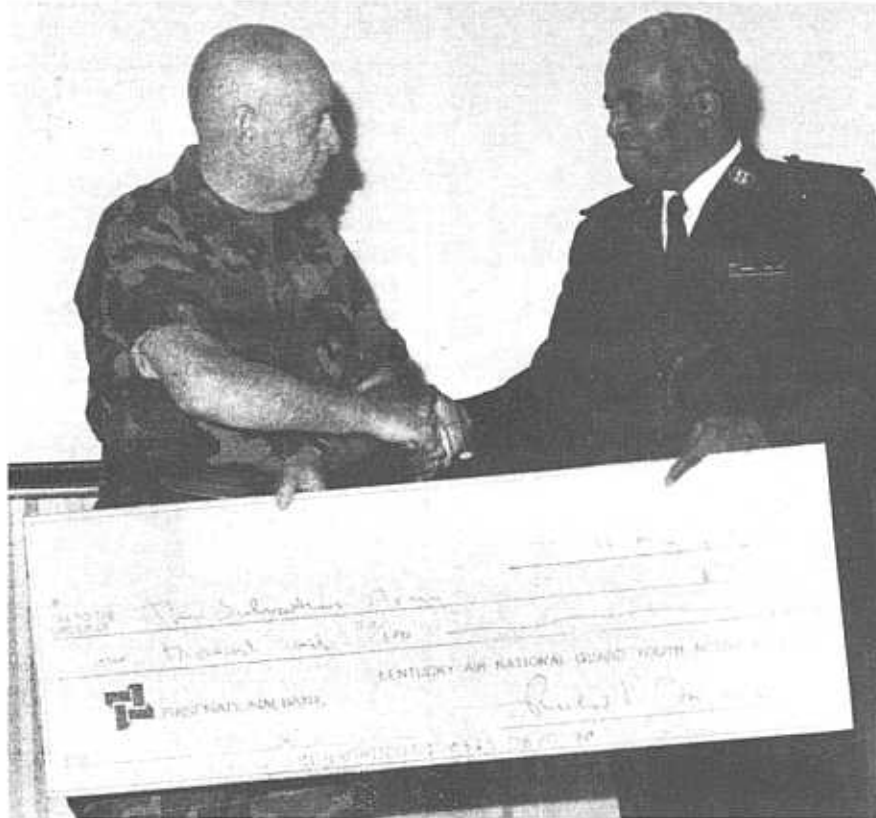
Dr. Enrique Mendez Jr., assistant secretary of defense for health affairs, lifted the ban on donations effective Jan.

1 after a 14-month deferral period showed no scientific evidence that the viscerotropic form of Leishmaniasis is a serious threat to the blood supply.

During the deferral period, only 28 cases of Leishmaniasis were confirmed in members of the military participating in Desert Shield and Desert Storm.

In addition, the Pentagon said no cases of transmission of Leishmaniasis involving blood donations of military personnel have occurred.

## KyANG donation makes big difference



KyANG photo by Staff Sgt. Drew Fritz

Maj. Gen. Robert DeZarn, the adjutant general of Kentucky, presents a \$1,000 check to Maj. Robert Byrd of the Salvation Army during last month's drill weekend. Other groups that shared proceeds from the KyANG's recent Bean Soup Feast were recognized during the May 16 ceremony here.

## AFSC undergoes major restructure

The Air Force classification system will be going through major changes beginning in October. Under the new system there will be fewer Air Force specialty codes. The revised AFSCs will be grouped under new alpha-numeric designations, and career groupings will better align with the structured Air Force.

Each new AFSC will represent a broader range of skills and knowledge. This means the Air Force will have more generalists and fewer specialists. Base newspapers and other Air Force Internal Information products will provide updates over the summer.

## BDU sleeve rank returns after poll

The return of sleeve chevrons and collar insignia to battle dress uniforms has been approved by the Air Force chief of staff. Gen. Merrill A. McPeak has given the go-ahead for service members to sew stripes back on BDU sleeves or put officer rank back on the collar but retain the aircrew-style name patch with rank designator.

The mandatory date for adding the rank insignia is Oct. 1, 1995. Results of a computer-assisted telephone interview conducted in January and feedback from the field showed a strong positive response for putting the rank back on the BDUs and field jacket. The original plan of changing to the name patch was to reduce the cost to maintain BDUs for both the service member and the Air Force. The aim is still to keep costs to a minimum, officials said. Units will still use operations and maintenance funds to cover name patch, chevron and sew-on costs for enlisted people.

# Tough roles make easy script for actor

By Airman 1st Class Fred Michaels  
123rd Mission Support Flight

It was 1973, and Tech Sgt. Rick Robinson of the 123rd Mission Support Flight discovered a love to his life in a small Texas town which has remained a part of him since. Rick graduated from Air Force basic training that year and was in school at Goodfellow AFB near San Angelo, Texas, to become an information management specialist.

At the urging of a friend, Rick devoted some of his spare time to working voluntarily with a theatre group at Goodfellow. The group was associated with San Angelo State University. He recalls that his first acting experience was a modest one, involving five lines in a one-act play.

Rick spent much of his childhood in Germany, as his father had a 27-year career with the Army. On an exchange program, Rick attended a German elementary school, learned the language and gained an appreciation for German music. His father later retired and settled the family at Fort Knox, Ky.

**"Once, after having played the part of a wicked individual, an elderly woman stopped me on the street and told me off."**

Rick's acting experiences include diverse roles, with many having themes pertaining to social issues. He played the role of an alcoholic father, abusive toward his child; a lawyer concerned with racial prejudices; and a retarded adolescent learning to live on his own.

"I like playing bad guys," Rick says with a grin. "One can be different from one's self and take risks socially on stage. It's a good release for negative aggression."

Rick once played an elderly father dealing with his sons and some harsh realities of life; at age 19, he played an entire act in a bedroom scene while

wearing only boxer shorts. These roles forced introspection and enabled him to become in touch with the feelings of a character different than himself.

Rick also has improvised through some of his acting experiences. In the play *Godspell*, he played the role of a storyteller and narrator for the biblical occurrences of the Good Samaritan. A small, inattentive boy in the audience was disturbing the play by roaming the aisles. Much to the surprise and entertainment of the audience, Rick lifted the small boy onto his knee and related the Good Samaritan story to the child. "The director did not appreciate me doing that," Rick says, "but the audience loved it."

Getting along with one's fellow actors is critical to a play's success, Rick says. "Feigning affection is difficult,

more so than playing roles of hatred toward one's fellow characters when one actually likes them."

In his civilian occupation, Rick works at the Fort Knox Directorate of Information Management as a date tape librarian. Although most of his acting experiences have been to military audiences at Fort Knox, Rick has performed before audiences ranging from 200 to 800. During a six-week period, he participated as a member of the chorus in the running of the play *Mame* at the Derby Dinner Playhouse.

Rick has definite roles that he would like to perform. These include the captain in the play *Cain Mutiny*, originally done in film by Humphrey Bogart, and Judge Frye in the play *Oklahoma!*

For the Army, Rick played the part of a doctor in a training film pertaining to drunk driving. This effort and some of his other acting experiences have afforded him recognition in the Fort Knox community. "Once, after having played the part of a really wicked individual, an elderly woman stopped me on the street and told me off," he remembers. "I felt good in that I knew my role had moved her emotionally."

Crying on stage and being real with it is one of the most difficult tasks in acting, Rick believes. Some actors use tear soap or onion slivers to arouse crying, he says, but these can have detrimental effects with one's further acting during the course of a play. Eating lightly prior to a performance and refraining from soda or milk before a musical are recommendations he offers to actors.

This summer Rick will end 20 years of military service with the Kentucky Air National Guard. During his Guard career, he has served as an information management specialist and as an intelligence specialist, working at the communications center for the 123rd MSF.

Rick believes that professional acting would change his attitude toward the art; in so doing, he might be forced to compromise his creative energies for profitable gain. "Acting is a love affair for me," he admits. "But I'm not ready for marriage to it."



KyANG photo by Tech Sgt. Jeff Sansbury  
When not in uniform, Tech Sgt. Rick Robinson might be at a theatre near you. "I like playing bad guys," says the 20-year veteran. "It's a good release for negative aggression."



# KyANG in Bosnia is far historic step

By Maj. Jeff Butcher  
KyANG Public Affairs Officer

RHEIN-MAIN AB, Germany -- Operation Provide Promise for the Kentucky Air National Guard was more than a routine humanitarian C-130 airlift. The operation served as a backdrop for a historical step into the future for multi-nation cooperation.



KyANG photo by Maj. Jeff Butcher

At Rhein-Main AB in Germany, Tech Sgt. Ken Ashby, a crew chief for Kentucky's 123rd CAM Squadron, guides Operation Provide Promise cargo onto a Louisville-based C-130H aircraft.

## History of the KyANG

By Tech Sgt. John Martin  
Wing Historian

On June 11, 1960, a memorial ceremony was held, officially declaring the KyANG site as "Shewmaker Air National Guard Base." This was in tribute to one of the KyANG's own, Capt. John Shewmaker, of the 165th Fighter-Bomber Squadron, who was killed in combat over Korea in 1951. This name remained in effect until 1976, when a federal law required the name changed back to Standiford Field.

Two years later, Louisville welcomed a national hero to the city -- astronaut Virgil "Gus" Grissom. Grissom, America's second man in space, was greeted with a motorcade through downtown and cheered by an estimated 10,000 spectators. Among the honors bestowed

Fifty years ago the American and French were fighting German aircrews. The latter was launched from Rhein-Main airfield to attack the allies, including portions of the former Yugoslavia (today's Bosnia and Serbia).

Spring 1993 saw all three -- American, French and German -- launch aircraft together from Rhein Main. Bomb loads and fighter attack aircraft were

replaced with cargo aircraft carrying medical supplies, clothing and food. Their mission was to save lives and preserve societies. A far different motive from earlier times.

On Feb. 28, Kentucky Air Guard crews and maintenance support personnel moved their entire humanitarian airlift operations from the arid Africa to the chilly German countryside.

About 53 Guard members and three C-130H aircraft were part of the first rotation. The KyANG joined 73 Air Force Reservists who represented six units. All were C-130H model trained. They formed the Air Reserve Component, known as ARC.

"It's important that these people eat and survive," said Maj. Bill Ketterer, the 123rd Airlift Wing's director of training. These words typified the feelings that ran through the entire ARC.

"We have been training for this forever," added Capt. Ed Parero, the mission commander. Parero led his crew into the dark sky on March 28 to deliver nearly eight tons of supplies.

His aircraft was part of the cadre which made history. His crew used the standard container delivery system over Zepa. On that history-making night the crewmembers knew the threat existed, the extent of which was not known. The Serbs had threatened to blow the German planes out of the sky if they participated in an airdrop mission.

Master Sgt. Ken Faust, a loadmaster, said, "We can't worry about it. It's not the same as flying around St. Matthews. I just don't dwell on it."

The aircrew's flight engineer, Master Sgt. Dan Fuller, stated, "We're training for these conditions all the time, and when we get in a real-world situation, it's difficult to explain the satisfaction that comes with doing the best job you can. It's just real hard to explain."

"Ever since we got here, the crews have really been up for the missions," Parero said. "The sortie lasted six to seven hours. The two hours over the target area were the most strenuous."

upon Colonel Grissom that day were a key to the city presented by Mayor William Cowger and a certificate proclaiming his Kentucky Colonelcy, presented by another colonel, Verne Yahne.

Drama occurred over Standiford Field on June 19, 1965, when Capt. John Volkerding discovered that his aircraft's landing gear was inoperable just moments prior to landing. After circling the field for an hour to consume fuel, Volkerding made a forced landing, causing his RB-57 Canberra to skip down the runway into a patch of grass -- without incident to pilot or aircraft.

**TRIVIA FOR JULY:** In honor of June 14 as Flag Day, the following is presented: Though there are many vehicles on base at any given time, there is only one truck. Where is it? Answer in July's Cargo Courier.

# Running injuries: millions discover truth

## Knee is most common site of injury to runner

By Capt. Bill Adkisson  
123rd Tactical Hospital

Over the past 15 years, this country has decided that being overweight and out of shape has become a thing of the past.

Millions of Americans now have taken up some form of physical fitness program. Running has become the most popular form of exercise because of its inexpensiveness and ease of availability.

Seventy percent of the running population will experience some type of running-related injury. Although many of these injuries are minor sprains and strains, some are major. Even minor injuries can become chronic problems if left untreated or treated with some home remedies.

The knee is the most common site of injury in runners, accounting for about 40 percent of injuries. Achilles tendonitis, plantar fasciitis, shin splints (stress fracture of the tibia) and hip problems account for about 15 percent each of the injuries seen in running. The injuries are usually the result of faulty training techniques, biomechanical abnormalities, congenital or acquired conditions, or a combination of these factors.

Training errors are the most frequent cause of running injuries. Excessive mileage, intensive workouts with interval training, increased training on hills and a rapid increase in mileage all can overwhelm the body's ability to adapt to new levels of stress. Inadequate warm-up can also predispose to stress injuries. Running surfaces are very important. A soft, level dirt path is ideal. Running on concrete sidewalks and up and down



curbs exaggerates the shock transmitted to the legs, feet and back. Asphalt roads, on the other hand, provide more cushioning; grassy surfaces are irregular and sand is unstable.

The ideal management of running injuries is prevention, and the best time to

prevent injuries is when the person begins to run. The essential factors in prevention are an appropriate level of training, proper running surface, good quality running shoes and warm-up exercises performed in preparation for running.

Remember, if you start running, start off at a low mileage and pace. As you get in better shape you can slowly increase mileage and your pace. Stretching is the key to avoiding injuries. The hamstring and heelcord (achilles tendon) are the most important groups to stretch before and after running. Stretching should be done with the muscle groups warm. This can be accomplished by running in place or riding a stationary bike for several minutes before stretching is initiated.

Remember to stretch, run and then stretch again during the cool-down phase. Have fun and progress your running program slowly. Not only your body, but your heart will thank more of you.

## PME rules allow reserves to graduate in-residence

ROBINS AFB, Ga. (AFNS) -- Unlike their active-duty counterparts, Air Force reservists can still meet promotion requirements by completing professional military education courses by correspondence.

Active-duty people, on the other hand, now have to attend PME courses in-residence to be promoted to chief master sergeant, master sergeant and staff sergeant, said Master Sgt. Ed Messmer, headquarters Air Force Reserve promotions branch chief.

PME requirements for reservists and active-duty members are:

\* Senior NCO Academy -- reservists must complete the academy by correspondence or in-residence to sew on senior master sergeant stripes. Unlike active-duty members, they don't need to attend the academy in-residence to put on chief. Depending on their work sched-

ule, availability of class slots and other requirements, reservists may apply to attend the academy in-residence.

\* NCO Academy -- reserve technical sergeants have had to take the academy in-residence or by correspondence since Jan. 1, 1991, to sew on master sergeant. Active-duty technical sergeants will need to go to the academy in-residence starting Aug. 1 to sew on their sixth stripe.

\* Leadership School -- reservists can complete various courses, including some by correspondence, in order to make staff sergeant. Active-duty members have to attend the airman leadership school or similar in-residence training to put on staff.

More information about course requirements is available at base personnel offices.