

PATRIOT

439TH TACTICAL AIRLIFT WING · AIR FORCE RESERVE · WESTOVER AFB

VOLUME XIV, NUMBER 8

AUGUST 1986

Drug analysis program to start in the fall

By SSgt. Tom Allocco

About a dozen Westover Reservists, randomly selected by computer, will undergo urinalysis testing during the last quarter of 1986 as part of an ongoing Air Force Reserve-wide drug testing program.

"Drug testing will become a regular part of Reserve duty, with individuals to be selected at random and notified on the day that they will be tested," said Maj. Charles Curci, Wing social actions officer. "No one can ever be sure they will not get the call on Saturday morning to report to the base hospital."

"The purpose of the drug testing program throughout the Air Force Reserve is not so much to catch people using drugs as it is to be a deterrent," Major Curci said. "It is Air Force policy that those who use drugs recreationally in the military are endangering themselves and others. Drug abuse will not be tolerated in the Air Force — period."

Urine samples will be taken at the 439th Tactical Hospital and testing for drug abuse will be done by military technicians at a testing center at Brooks AFB, Texas.

During the September UTA, the Wing Social Actions Office and the 439th Tactical Hospital are scheduled to rehearse the drug testing procedures. The program will begin with a group of about a dozen starting in the last quarter of the year, with numbers tested to increase as the program expands, according to Major Curci.

"I don't believe that we have a drug problem and we're not starting the testing because of a drug problem at Westover," said Col. Frederick D. Walker, 439th TAW commander. "This new testing program is a part of an Air Force and Air Force Reserve wide program and we are doing our share. Everyone on the base will be subject to the random sampling, including myself."

Those to be tested will be picked at random by a computer each month and will not be notified until a few hours before the urine sample is to be taken.

Those selected will not have the option of refusing to take the urinalysis. A refusal could be prosecuted under Article 15 as a violation of a direct order. The drug testing program is expected to continue indefinitely throughout the Air Force.

The drug testing at the Brooks labs is done under conditions of rigid quality control and monitored by the Armed Forces Institute of Pathology, said MSgt. Martha Shea, NCOIC of the 439th Tactical Hospital labs. Court rulings have upheld the tests as accurate in determining drug abuse.

The urinalysis will be used primarily to detect marijuana and cocaine abuse, but there may also be tests for other drugs. The testing procedure is considered sensitive enough to detect if marijuana has been smoked within a period of up to a month in some cases.



Antique Modelers at Westover

A competitor in the Society of Antique Modelers contest prepares his rubber band powered craft during the Fourth of July weekend. The Society's 20th annual competition attracted more than 500 spectators to Westover. More photos appear on page 5.

(USAF photo by Maria Bull.)

EDITORIAL

439th again scores well in MEI

For six days, every nook and cranny, every office procedure, and every training record of the 439th TAW came under the close scrutiny of 48 inspectors sent by AFRES Headquarters. When they successfully completed their exhaustive, Management Effectiveness Inspection, on July 17, Westover personnel were breathing a collective sigh of relief and congratulating themselves for a job more than well done.

Five work areas received very special commendation from the MEI team led by Col. Marcus Cooper, Jr.

Members of the Safety Office were recognized for their development of a Pre-Mishap plan while the Transportation Section received praise for its automated hazardous cargo certification form; and the maintenance staff earned similar comments for their development of a replacement software system. The comptroller's audits of time and attendance cards also were singled out as exceptional.

They were not the only ones basking in the MEI spotlight. Others receiving highly complimentary evaluations were: Airfield Management; the chaplains' section; clothing issue; the historian's office; Intelligence; maintenance's system analysis and training; Recruiting; Resource Plans; Safety and Transportation.

"The inspectors' findings were not a surprise to anyone who has worked at Westover or who is familiar with the unit's accomplishments," remarked Col. James Handy, base commander. "The excellence of Westover's personnel is known throughout the Air Force. The MEI's findings, besides pointing out the few areas requiring some remedial improvement, validated that long-standing reputation."

MSgt. Larry Lentz
Public Affairs Office

PATRIOT

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Briefs

Final C-123 retired

The Air Force's last operational UC-123K Provider aircraft was retired June 17 after being flown from Rickenbacker ANGB, Ohio to the Aerospace Maintenance and Regeneration Center at Davis-Monthan AFB, Ariz. Maj. Gen. Sloan R. Gill, commander of the Air Force Reserve, flew the aircraft on its final flight.

The Reserve's 907th Tactical Airlift Group at Rickenbacker has flown the plane in aerial spray operations since 1973. The 907th TAG is the Air Force's only aerial spray unit.

Maj. Gen. Parrott named

A former vice commander of the 439th Tactical Airlift Wing has been named the new mobilization assistant to the commander in chief, Military Airlift Command, Scott AFB, Ill.

Maj. Gen. Charles R. Parrott, who commanded the 731st Military Airlift Squadron at Hanscom AFB, Mass. when it converted from C-124s to C-123Ks and relocated at Westover, assumed his new duties June 30, replacing Maj. Gen. Donald McGann who retired.

Air Force tests for AIDS

AFNS — A \$4.4-million contract has been awarded to an Arizona firm to test Air Force personnel for AIDS antibodies, according to Col. William Wolfe, chief of the Aerospace Medical Division.

He said active duty, Reserve and Air National Guard members with Social Security numbers ending in an odd digit will be tested, beginning in September, during the month of their birth. Personnel with even digits will be tested during the second year.

Testing at Westover has not yet been scheduled at the 439th Tac Hospital.

Colonel Wolfe noted that exposure to AIDS does not necessarily mean the person will develop the disease, but the epidemiology division will track the health care given to people who test positive.

The screening contract is designed to study the health care provided to those Air Force personnel identified as having AIDS antibodies in their blood.

Capt. Gilbert captures conservation award

(AFRNS) — Capt. Mallory N. Gilbert of the 439th Civil Engineering Squadron has been awarded a certificate of achievement called the Gen. Thomas D. White Natural Resources Conservation Award, for 1985.

"Captain Gilbert is recognized Air Force wide for his expertise in protection of the environment and conservation of natural resources. His recognition of achievement for this prestigious award is well deserved," said Maj. Gen. James E. McAdoo, vice commander, Air Force Reserve.

As a member of a planning team, Captain Gilbert was instrumental in the evaluation of the hydrology, point source pollution, geology, erosion and sedimentation control, landscaping and wildlife at the AFRES facility at Greater Pittsburgh International Airport. His recommendations concerning these areas will aid the base in areas of construction, grounds maintenance and natural resource conservation. In conjunction with this study, Captain Gilbert assisted in an environmental



Capt. Mallory Gilbert

audit which identified base areas of neglect in meeting state, federal and Air Force environmental regulations.

He also prepared a fish and wildlife management plan and cooperative agreement for Westover. In addition to covering wildlife management and plan implementation, the plan encourages the theory of multiple use. This theory is important to Reserve bases which have a small forest management area, limited recreational areas and wildlife management in an urban setting. His plan also identified bird-aircraft strike hazards, endangered species and the possible impacts of a proposed mission change.

"We are anticipating utilizing his talents to prepare base land management plans for Minneapolis-St. Paul International Airport, Minn., and Richards-Gebaur AFB, Mo., in 1986. Captain Gilbert has offered his assistance to the Air Force Engineering and Service Center to aid other installations in preparing natural resource plans Air Force wide," said Lt. Gen. Leo Marquez, Air Force deputy chief of staff, logistics and engineering.

Westover develops Hazardous Materials Guide

By MSgt. Larry Lentz

A rash appears on the arm of a photo darkroom technician after developing some prints; cans of methyl ethyl ketone are transported within base supply; a few gallons of JP-4 spill during C-130 refueling.

These dissimilar events do have one thing in common. Each involves a chemical considered hazardous and is included in Westover's Hazardous Materials Guide, a part of the base's compliance with the Massachusetts "Right to Know" Law.

"Under the two-year-old legislation, which took effect last month, all employers must provide employees and the community with adequate information and training about hazardous materials and chemicals either used or handled," explains Ron Wortelboer, Westover's safety and occupational health manager. "The law encompasses many existing federal regulations ranging from OSHA (Occupational Safety and Health Act); the EPA (Environmental Protection Agency) to the Clean Water Act. Because the Massa-

chusetts law is more stringent than the federal guidelines, the base must comply with the state regulations. Air Force policy requires each base to follow the individual state's laws and thus Westover had to create its own procedures."

That process began with the identification of hazardous chemicals on base. The Massachusetts Department of Environmental Quality Engineering lists more than 2,600 such materials used in the work place. The base civil engineers and Safety Office then compiled a 13-page Hazardous Materials Guide detailing which chemicals are used at Westover and their proper use, handling and disposal.

"Next, we had to determine exactly who on base had any contact with these chemicals. We identified 370 Reservists, technicians and civilian workers and asked them to attend hazardous material training during the December UTA," said Wortelboer. "Refresher educational programs will be conducted annually. The training details the procedures required by the Right to

Know and other hazardous safety legislation.

"Anyone on base wanting more information about any hazardous material should file a Hazardous Material Data request at the Safety Office. That request will be returned within four days. It will explain the substance's proper handling, use, storage and disposal."

Many of the materials on file, however, may not seriously effect an individual, but may harm the environment. Therefore, they are labeled as hazardous. For example, waste motor oil is not a skin irritant. But if spilled or dumped in a drain, it could seep into the ground water table and create a pollution problem.

"The Massachusetts law complements the moral obligation we have, not only to those who work at Westover, but those who live on or near the base," said Wortelboer. "With proper precautions and handling, hazardous materials are not hazardous. We only need to respect them, ourselves and our environment for today and tomorrow."

"You've got to believe in yourself"

Westover warehouseman has come a long way

By SSgt. Sandra Michon

People may progress further in their careers, but few have overcome as many obstacles to get there.

Franklin Surrette, 41, works at Westover, drives his own car, is married, supports himself and his wife, and owns his own home. Some might not be impressed with that, but read on and judge for yourself.

Born with a hearing defect that greatly affected his speech, Franklin says he grew up with rejection and ridicule. His eyes are cast down as he recounts his story, but when he looks up, his gaze is filled with a mixture of warmth and pain. "A lot of people made fun of me," he said, "I remember getting into a lot of fights."

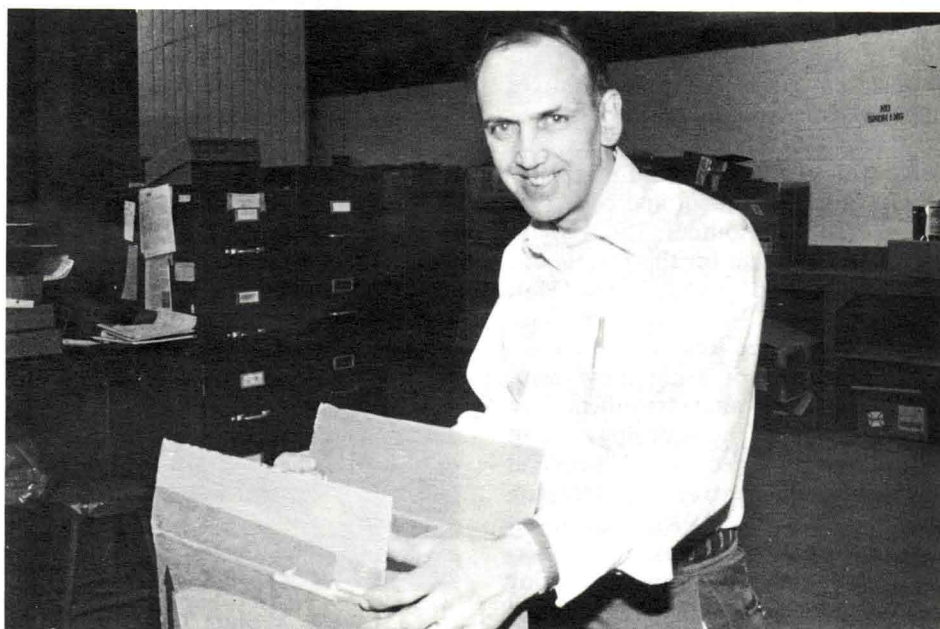
Franklin, the youngest of five children, began his struggle with life early and things only seemed to get worse. His father left the family while Franklin was very young and he remembers constant mocking from some of his brothers and sisters.

It was five years before Franklin received any remedial education for his hearing deficiency and school represented another trauma. "My mom was the only one who cared for me," explained Franklin. "I knew if something ever happened to her, I couldn't stay at home." As he struggled to keep up in school, he mentions his mother's constant help as a main reason for passing each grade — that is until fourth grade when his mother died.

"A lot of people made fun of me. I remember getting into a lot of fights."

After two months of living with an aunt, Franklin was signed over to the state at age 11. After a year spent in three different foster homes, he was "institutionalized" at Belchertown State School, a few miles north of Westover.

Franklin commented on his experience in the foster homes. "I was just a foster kid," he recalled. "I was always aware of not being a real part of the family, and I always knew the priority natural children had over me."



Franklin Surrette reviews an incoming package at Westover's warehouse receiving area.

(USAF photo by SSgt. Sandi Michon)

A fighting incident involving his foster brothers at school got him kicked out of public school in the fourth grade.

Life at Belchertown State School was another major adjustment in Franklin's life. His immediate supervisor at Westover, Janet Lemieux, knew Franklin when she worked at the school in the 1960's and she recalled the environment. "It was just a 'people warehouse' back then," she said.

As Franklin witnessed and received abuse from the school attendants, he developed attitudes that shaped his future. "I've never been one to sit still or keep quiet," was a thought he echoed throughout his story. Another adage he learned to live by was, "motivate yourself and never quit."

After fighting back when an attendant beat him, Franklin was moved to another building and his efforts to get away from the school intensified. At age 15, he began working on the school printing press and also helped teachers with the younger children. "I enjoyed working because I had more freedom," he said. "I also love helping people."

Seven years later, Franklin worked for an outside printing company only to be laid off two months later due to lack of work. At age 23, he finally re-

alized his long-term goal of leaving the institution when he began working at Westover and moved in with a family in nearby Granby.

Franklin is extremely proud of attaining that goal and doesn't hesitate to say so. "For many people, institution is the end of the line," he related, "but I was determined I was going to make something of myself. I really pressed the issue to get out of there."

Franklin lived with the family in Granby for ten years and said it was the first time he felt like a real member of a family.

In his 19 years work experience at Westover, Franklin has worked as a food service worker, janitor, tool and parts attendant, and became a warehouseman in 1978.

In 1975, he faced yet another challenge. "I needed to get my driver's license in order to keep my job. Once again, I had to believe in myself. I put my mind to it and got my license," he stated proudly.

Franklin was promoted to his present position in 1985. He is in charge of the local purchase/receiving unit where he handles an average of 400 orders per month. He is in charge of receiving all

(continued on page 5)

Lofty hobbies

Westover's drop zone buzzed for four days over the July 4th weekend as more than 500 people watched the 20th annual national championship of the Society of Antique Modelers.

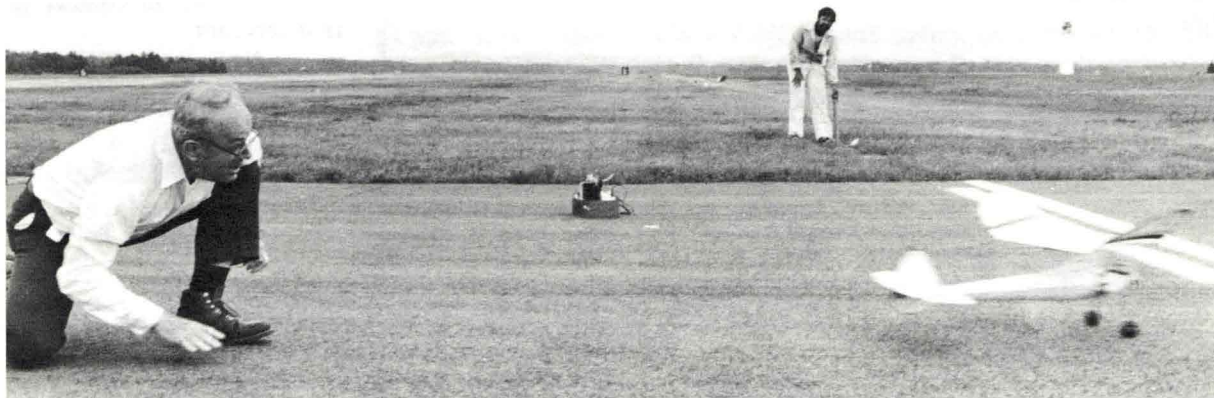
The society's president, George Armstead of Glastonbury, Conn., organized 40 events for models of aircraft which flew before World War II. Replicas of the vintage planes ranged from large engine-powered models — some with wingspans beyond 80 inches — to smaller rubber-band craft and gliders with spans less than 20 inches.

In the free flight contests, planes are judged by duration aloft. Timing begins after all gas has been exhausted and the planes are riding the thermals unaided.

Most of the participants, in their 50's, first learned of model airplanes on the radio. "It was in the thirties, right after Lindbergh. You might call us 'Lindbergh babies,' Armstead said. "We listened to Jimmy Allen, Jack Armstrong and Captain Midnight every evening before supper and that's where the kits were advertised," he said. Most of the participants maintain the tradition of constructing today's models from kits designed in those early years.

The success of this competition reflected what Armstead saw as a "growing resurgence of interest in model aircraft."

(USAF photos by Maria Bull.)



(Surrette: continued from page 4)

supplies and equipment ordered from private industry and his job includes researching suppliers, cross referencing orders, follow-up of late orders and supervision of all incoming orders. "Franklin takes pride in his work," said his supervisor Janet Lemieux, "and he consistently does a great job."

Franklin added to the growing list of milestones in his life when he married the former Loretta Reginald, of Belchertown four years ago. They reside

in Chicopee in the house they purchased in 1985.

As Franklin Surrette looks to the future, he doesn't forget what he left behind. He was recently appointed a member of the Mass. Developmental Disabilities Council by Gov. Michael Dukakis and is a long-time member of the Western Mass. Advisory Group on Developmental Disabilities. He has served on the board of directors for Friends & Associates and Community

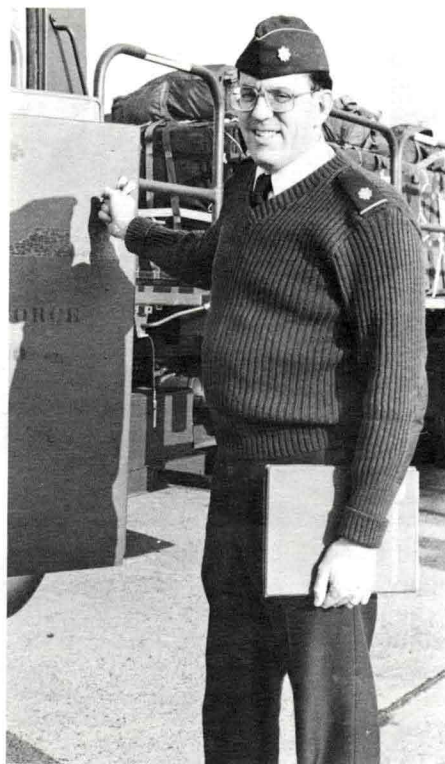
Options, Inc. and has been a member of the Pioneer Developmental Center since 1977.

"I'm always trying to get people to stick up for themselves," said Franklin. "Too often their mind is set on failure and they need someone to turn them around."

Franklin Surrette's life is evidence that he practices what he preaches. His message to others is one he lives by: "You have to believe in yourself."

"Patriot People"

Name: Barry F. Monahan
Rank: Major
Age: 40
Address: Wellesley, Mass.
Unit: 42nd MAPS
Position: Commander
Civilian Occupation: Business
 Manager at Wellesley College
Favorite Food: Fish
Favorite Beverage: Scotch
Favorite Sport: Tennis
Ideal Vacation: Cape Cod with
 my family
Best Way to Relax: Walking
Preferred Entertainment: Reading
Favorite Music: Oldies
Favorite Book: Exodus
Favorite Color: Green
Favorite Car: Buick
Pet Peeve: Last minute hassles
Best Thing About Westover: People
Worst Thing About Westover:
 Getting up Monday morning
 after the UTA



Maj. Barry F. Monahan

AFA begins drive for new members

The Air Force Association, a national, nonprofit organization that fights for better benefits for Air Force people and supports a strong national defense posture, is conducting its annual membership drive at Westover.

According to Base Membership Drive Chairman Capt. Robert White, AFA's effectiveness in support of Air Force needs is directly related to the size of its national membership. All active-duty, Reserve and civilian Air Force personnel are urged to join. It is the only organization that represents the entire Air Force family.

The AFA helps the Air Force through its 310 chapters located throughout the country and overseas. It provides a civilian-military forum for building support for Air Force needs that exists through no other organization.

Westover Reservists are urged to join the Chicopee chapter. Their yearly membership dues are \$18 or \$42 for three years and entitles them to a variety of benefits including low cost group insurance.

For more information, interested Reservists should contact their unit's first sergeant.

Promotions — Reenlistments — Enlistments

Promotions

MSgt. Glenn R. Thayer
 TSgt. John W. Giles
 TSgt. William J. Jordan
 SSgt. David D. Anderson
 SSgt. Leonard E. Blaida
 SSgt. Kenneth R. Hamel
 SSgt. James H. Keay
 SSgt. Thomas A. Kovacs
 SSgt. Mary L. Martin
 SSgt. Byron B. Phillips
 SSgt. David F. Rannikko
 SSgt. Timothy W. Stanton
 SSgt. Linda A. Thornholt
 SrA. Beverly D. Carlson
 SrA. Scott A. Dyer
 SrA. Donald R. Goddard
 SrA. Peter C. Hodgdon
 SrA. John A. Masaitis
 SrA. Christine Reardon
 SrA. Peter Rosica
 SrA. Stephen J. Tyburski
 A1C Scott E. Early

SSgt. Karen C. Barber
 SSgt. Allen Richard Bardos
 SSgt. Roy K. Cobleigh, Jr.
 SSgt. Annette Marie Dipietrae
 SSgt. Scott O. Dudley
 SSgt. Earl Eugene Duncan, Jr.
 SSgt. Michael J. Healy
 SSgt. James Richmond Kellen
 SSgt. Robert Ernest Lemelin
 SSgt. Richard Tadao Nii
 Sgt. James P. Carrano
 Sgt. John J. Lupien
 Sgt. Paul Lewis Pelka
 A1C Dante J. Artioli
 A1C Dawn Marie Sanocki
 A1C Michael R. Watts
 Amn. Lisa Jane Goetsch
 AB Jeffrey A. Green

Re-enlistments

CMSgt. Joseph S. Dimartino
 CMSgt. Paul N. Dube
 SMSgt. Robert S. Hamilton, Jr.
 SMSgt. Ronald A. Ploof
 SMSgt. Louis Rampolla
 SMSgt. Vincent Viglione

SMSgt. Paul D. Wood
 MSgt. James H. Alexander
 MSgt. Martha A. Daugherty
 MSgt. Frederick A. Flood
 MSgt. Lawrence Lentz
 MSgt. Robert A. Patzelt, Sr.
 MSgt. George A. Perrault, Jr.
 MSgt. Robert A. Whitman
 MSgt. Charles E. Woodruff
 TSgt. Gareth W. Balch
 TSgt. Gary J. Brougham
 TSgt. Joseph I. Demers, Jr.
 TSgt. Lovell H. Dunton
 TSgt. Walter C. Hahn
 TSgt. Nancy J. Haskins
 TSgt. Steven H. Holloway
 TSgt. Theodore J. Holly, Jr.
 TSgt. Peter E. Jensen
 TSgt. Wilfred J. Lacas, Jr.
 TSgt. Chris J. Mellas
 TSgt. Joseph M. Norton
 TSgt. Jeremiah J. Peters
 TSgt. Carl H. Quist
 TSgt. John A. Sudol
 TSgt. Dianne M. Wise
 SSgt. Mary Jane Amam
 SSgt. Ernest Anelunde III

SSgt. Santiago J. Begue
 SSgt. Wayne E. Britto
 SSgt. Carol B. Carrington
 SSgt. David M. Costello
 SSgt. Ricardo T. Degrace
 SSgt. Donald D. Devincenzo
 SSgt. Judith L. Ericson
 SSgt. Mark A. Gagnon
 SSgt. John W. Giles
 SSgt. Francis I. Johnson, Jr.
 SSgt. Thomas F. Markham
 SSgt. Michael J. May
 SSgt. Sandra Michon
 SSgt. Anne R. Perfetto
 SSgt. Andrew J. Pietras
 SSgt. Anelda C. Smith
 SSgt. Edward R. Vincent, Jr.
 SSgt. John F. Wagner
 Sgt. Bonita J. Belcher
 Sgt. Julie A. Horwedel
 Sgt. Gerard M. Lafleur
 Sgt. Lawrence P. Trionfi
 SrA. Susan F. Castrelowixon
 SrA. Luis F. Carvalho
 SrA. Judith L. Hensley
 SrA. Leo P. Wiedersheim

Enlistments

TSgt. Lawrence A. Garwacki

Recent award presentations

Meritorious Service Medals

Lt. Col. Arthur J. Sorenson
Maj. Frank L. McCormack
Maj. Roger A. Peltier
SMSgt. Ludwig H. Schwechheimer

Air Force Commendation Medals

Maj. Dorothy H. Donnelly
MSgt. Paul F. Alexander
MSgt. Robert Fetherston
MSgt. Ralph Summerer
TSgt. Jill A. Himelick
TSgt. Randy L. Humphries
TSgt. Donald M. Lahue
TSgt. Robert L. LePage
TSgt. James J. Marrone
TSgt. James E. Stone

Air Force Achievement Medal

Maj. Rocky Quintana
Capt. Armand P. Tourangeau
TSgt. Edwin G. Ross
SSgt. Sharon A. Benoit
SSgt. George P. DeJesus
SSgt. Michael D. Hurley
SSgt. John J. Precht

CCAF Degrees

TSgt. John F. Watkins II
SSgt. Philip S. Delaney III

Freedom Foundation Certificate

Capt. Jack M. Sanocki, in recognition of an outstanding contribution in the category of military essay: PRESERVING THE PEACE.



Capt. Jack Sanocki, 439th CSG ground safety officer, recently enlisted his daughter Dawn, 17, into the Air Force Reserve Program. Dawn is scheduled to leave for basic training in August and, following technical training at Shepherd AFB, Texas and Pease AFB, N.H., will return to Westover as a medical technician with the 74th AES.

(USAF photo by Maria Bull)

Westover personnel earn AFRES honors

Excellence at Westover was once again recognized as several people won AFRES awards.

For John Wilson, Chief of Disaster Preparedness, this hasn't been the first time. In 1979, 1980, 1983, and presently for 1985, he has received the award of Best Disaster Preparedness Manager in AFRES.

Wilson said, "I attribute the winning of the award from the support received by staff; both civilian and reserve, as well as the support from the unit."

Also recognized was Edward Sierzego, the Base Casualty Assistant Officer. His leadership qualities earned him the award of Outstanding AFRES Military Personnel Manager of the Year.

The Chief of Customer Assistance, Sharon Gill, was recognized for her dedication from 1 April 1985 to 31 March 1986. She received the award of Outstanding AFRES Military Personnel Specialist.

Certificates of program excellence for the recreation supply, the sports program and for the bowling center were also presented to David Michaud, Administrative Officer.

Last Words:



Smoking: an expensive, deadly habit

By Lt. Col. (Dr.) Brooks W. Booker
Maxwell AFB, Ala.

The Institute for the Study of Smoking Behavior and Policy at Harvard University, Cambridge, Mass., indicated the price of cigarettes is a major factor in whether young people start smoking. In fact, the institute shows that if the cost of a pack of cigarettes drops 8 cents a pack, one-half million people will be likely to start smoking.

A pack of cigarettes is about 20 to 25 cents per pack cheaper at the commissary than off base. But are our "cheap" smokes really a bargain?

A two-pack-a-day smoker spends about \$500 to \$600 each year on his or her habit. If a 30-year-old quit smoking, he or she could save about \$200,000 by age 65 if the money was invested at 10 percent interest. That's money that could be used on college education, trips to Europe or on a fleet of expensive cars.

The Congressional Office of Technology Assessment estimates that smoking cigarettes cost the United States about \$65 billion last year. Direct health care costs to treat sick or dying smokers accounted for \$22 billion of that figure. The remaining \$43 billion was the cost of lost productivity because the sick smoker was not on the job or couldn't handle the task.

Men age 45 or younger incur an average of \$56,000 in additional illness costs during their lifetimes and would gain about \$34,000 from quitting. Younger smokers incur the greatest cost and stand to gain the greatest economic benefit from quitting.

One-third of all deaths of people between 35 and 39 years of age are smoking related.

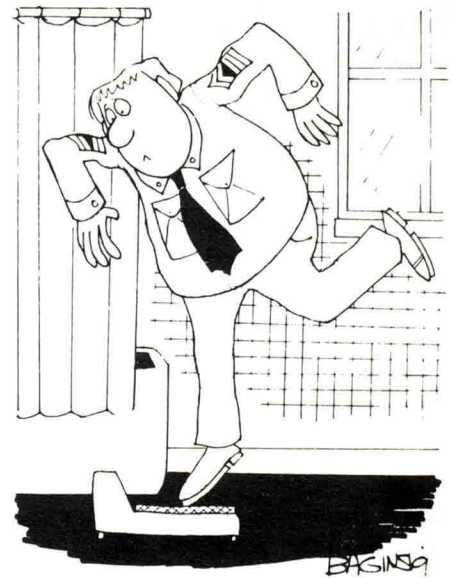
A person who has smoked a pack a day for 20 years has irreversibly damaged his heart, lungs and other tissues and may have no idea that this has happened. By the time the smoker feels bad, it's often too late.

According to the February 1984 issue of American Family Physician, about 30 percent of coronary heart disease deaths are attributable to cigarette smoking. Death from lung ailments like emphysema, bronchitis and many types of cancer are far more common in those who smoke.

You should know the Air Force weight limits

How much do you weigh now? How close are you to your maximum permitted weight?

The chart below shows how much Air Force personnel are permitted to weigh. However, according to Capt. Peter H. Fowler, chief of MWR, the chart is more than just an Air Force standard. "It's a guide to a healthier heart," said the captain. "Simply put, extra weight means extra work for your heart."



Height	Maximum Allowable Weight		Recommended Weight	
	Women	Men	Women	Men
58	126	—	113	—
59	128	—	115	—
60	130	153	117	138
61	132	155	119	139
62	134	158	121	142
63	136	160	122	144
64	139	164	125	148
65	144	169	130	152
66	148	174	133	157
67	152	179	137	161
68	156	184	140	166
69	161	189	145	170
70	165	194	148	175
71	169	199	152	179
72	174	205	157	184
73	179	211	161	190
74	185	218	166	196
75	190	224	171	202
76	196	230	176	207
77	201	236	181	212
78	206	242	185	218
79	—	248	—	223
80	—	254	—	229

HQ 439TH TACTICAL AIRLIFT WING (AFRES)
WESTOVER AIR FORCE BASE, MA 01022

OFFICIAL BUSINESS
PENALTY FOR PRIVATE USE \$300



THIRD CLASS - BULK RATE