

GULF DEFENDER

WING MISSION: TRAIN THE WORLD'S BEST AIR SUPERIORITY TEAM FOR THE AIR FORCE
WING VISION: TEAM TYNDALL - TAKING AMERICA'S PREMIER AIR SUPERIORITY TRAINING INTO THE 21ST CENTURY

Vol. 61, No. 1

Tyndall Air Force Base, Fla. *Gulf Defender*

Jan. 11, 2002

Tyndall welcomed new operations commander Monday

2ND LT. RYAN FITZGERALD
325th Fighter Wing public affairs

Col. Mark Barrett took command of the 325th Operations Group from Col. Charles Shugg in a ceremony presided over by Brig. Gen. William Hodgkins in Hangar 4 Monday.

Prior to bestowing command upon Colonel Barrett, General Hodgkins took time to reflect upon Colonel Shugg's tenure. "This is the third group change of command since I've been here, and it doesn't get any easier to watch great leaders leave. Make no mistake, Colonel Shugg has been a great leader." General Hodgkins also had praise for the incoming OG commander. To Colonel Barrett he said, "You are inheriting a world-class operations group, and I know that you are ready (to command it)."

Colonel Barrett returns to Tyndall where he served as an instructor pilot and flight commander in the then-95th Fighter Interceptor Squadron nearly 18 years ago. He comes to the operations group after a stint as the 1st Operations Group deputy commander with the 1st Fighter Wing at Langley Air Force Base, Virginia.

In an interview with reporters minutes be-



Lisa Carroll

Brig. Gen. William Hodgkins passes the 325th Operations Group guidon to Col. Mark Barrett in a change of command ceremony Monday in Hangar 4.

fore assuming command, Colonel Barrett lauded Tyndall and noted the teamwork. "1,000 things have to go right to get an F-15

airborne. It's not just the pilots—it's everyone. Our enlisted folks out on the flightline, they're very smart, very intelligent people."

Colonel Barrett is also clearly excited to be commanding the operations group of an F-15 fighter wing. "I'm like a little kid when I get in the seat of the F-15. It's amazing. It can do so many things very, very well." He is also humble about his success. "This is a great opportunity to be back here. I never thought I'd be coming back to Tyndall as the operations group commander."

The colonel has a busy future in store, as Tyndall prepares to stand up its first squadron of F-22s early next year and faces the several challenges involved in the beddown of a new plane and squadron.

"It's very exciting...the F-22 is an evolutionary thing, but it has a revolutionary jump in it. It will be a great addition to the military and specifically, the United States Air Force."

Colonel Barrett was commissioned through the ROTC program at North Carolina State University, where he graduated in 1979 with a B.S. degree in engineering.

The previous OG commander, Colonel Shugg, is headed for Yokota Air Base, Japan, where he will serve as the U.S. Forces, Japan director of operations.

Air Force begins process to streamline headquarters

COURTESY OF AIR FORCE PRINT NEWS

The Air Force announced recently a new initiative to transform Headquarters Air Force (HAF) into a more streamlined and effective organization. This will allow processes and staff arrangements to be put in place to cultivate efficiencies. The goals of this reorganization are to improve business processes, eliminate unnecessary bureaucratic duplication and oversight, and align appropriate head-

quarters functions in support of the nation's warfighters.

"Along with our colleagues in the U.S. Army, we are closely aligning our civilian and uniformed staffs to speed decision making and to facilitate effective handling of multiple issues ranging from Air Force Department management issues to providing support for Operations Noble Eagle and Enduring Freedom," said James G. Roche, secretary of the Air Force. "This headquarters transformation reflects the need for all of us in government to be more agile and efficient," said Secre-

tary Roche. "The secretary of defense has charged us with the task of working effectively together to execute our joint responsibilities to provide global reconnaissance and strike capabilities for this nation."

One such enhancement will be the formation of a new deputy chief of staff for Warfighting Integration. Highlighting the growing importance of Intelligence, Surveillance and Reconnaissance (ISR), especially as a result of the war on

●SEE CHANGE PAGE 6

2002 a big year ahead for Team Tyndall

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander



Happy New Year! I hope your holidays were safe and memorable and that you've returned well rested and ready to achieve

all your goals for 2002.

There's absolutely no shortage of opportunities to excel in the year ahead. We'll be wrapping up a final full calendar year of preparations before bedding down the F-22 here in 2003.

Speaking of preparations, we're already moving full speed ahead in readying for **Gulf Coast Salute 2002**, our annual open house and air show March 23-24. The **U.S. Navy's Blue Angels** are this year's featured aerial performers.

There will be dozens of military and civilian flying demonstrations, not to mention a wide range of static display aircraft and special exhibits throughout our flightline.

It is important to note that this year's



"The American public will get an unprecedented and uniquely intimate view of the Air Force, the Checkertail Clan and its air superiority training mission."

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander

Gulf Coast Salute, especially in light of current force protection conditions resulting from the Sept. 11 attacks, will require more teamwork than ever to make it happen. Unfortunately, it's not business as usual, as in past open house events. Obviously, folks such as our security forces and augmentees will be heavily relied upon to ensure a safe show for all spectators.

For all who will be laboring to plan and execute this year's open house, thank you in advance. Your efforts will definitely give a powerful boost to the Air Force's recruiting and retention programs.

Similar to the way we open our gates to the community during open houses, our mission will be spotlighted – nationwide this time — as the CBS series **"American Fighter Pilots,"** launches this year. Production film crews continue to visit Tyndall from time to time, ensuring they have plenty of background footage to accommodate a series that promises to be at least eight episodes. Thanks to all of you who have directly and indirectly supported this film project here. With each broadcast, the American public will get an un-

●SEE NEW YEAR PAGE 3

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander

Tax tips

Combat zone exclusion

Did you serve any part of 2001 in an officially declared combat zone? If so, you may be eligible for a tax break. If you served in a combat zone for one or more days in a particular month, you are entitled to exclude that entire month's pay from your income. You are also eligible to exclude military pay earned while in a hospital as a result of wounds, disease or injury incurred in the combat zone.

Enlisted members, commissioned officers, warrant officers and commissioned warrant officers are all eligible to receive the exclusion; however, the maximum exclusion that a commissioned officer may take is limited to the highest rate of enlisted pay. To qualify as a combat zone, the area must have been designated as such by an Executive Order signed by the President of the United States.

For more information on whether an area is designated as a combat zone, consult IRS Publication 3, *Armed Forces' Tax Guide*, or log on to www.irs.gov.

TSP a golden opportunity for all airmen

GEN. JOHN JUMPER

U.S. Air Force chief of staff

The Thrift Savings Plan is a new benefit that our members need to understand to appreciate the opportunity this program provides them for long-term savings. I need your help to ensure all our people are aware of the TSP and the tremendous opportunity this new benefit presents.

The TSP is a savings plan that members can use to supplement their retirements — up to \$11,000 in 2002. Contributions are made to the TSP with pre-tax dollars, thus reducing current taxes, and earnings grow tax deferred until withdrawn. In other words, if your pre-tax income is \$30,000 and you contribute \$5,000 to TSP... your income tax for that year is based on the remaining \$25,000.

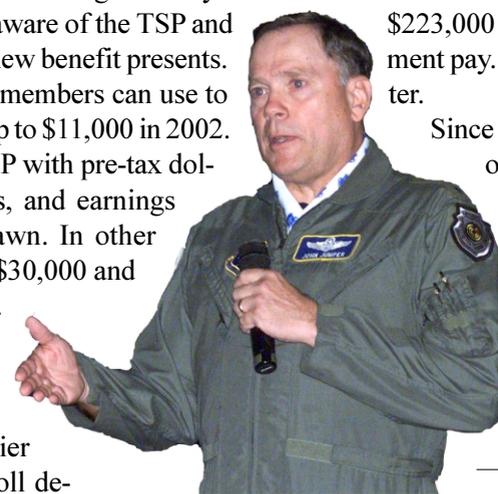
While saving can be a challenge for many, TSP will make it easier since it is all done through payroll de-

duction. It is easy to build a substantial, supplemental nest egg. A member who contributes as little as \$40 a month (or \$20 a paycheck) to TSP for 20 years, and then lets the contributions accumulate tax-deferred earnings for an additional 20 years, could have more than \$223,000 available to supplement his/her retirement pay. Obviously, the earlier they start, the better.

Since members contribute to TSP from their own pay, their contributions and earnings in TSP belong to them immediately, even if they separate before retirement. Members who do not serve long enough to earn a military retirement will find this an important benefit of service.

Airmen can enroll one of two ways: visit the local pay office and submit a TSP-U-1 form or log into the Employee/

●SEE TSP PAGE 4



Gulf Defender Editorial Staff

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chaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

●FROM NEW YEAR PAGE 2

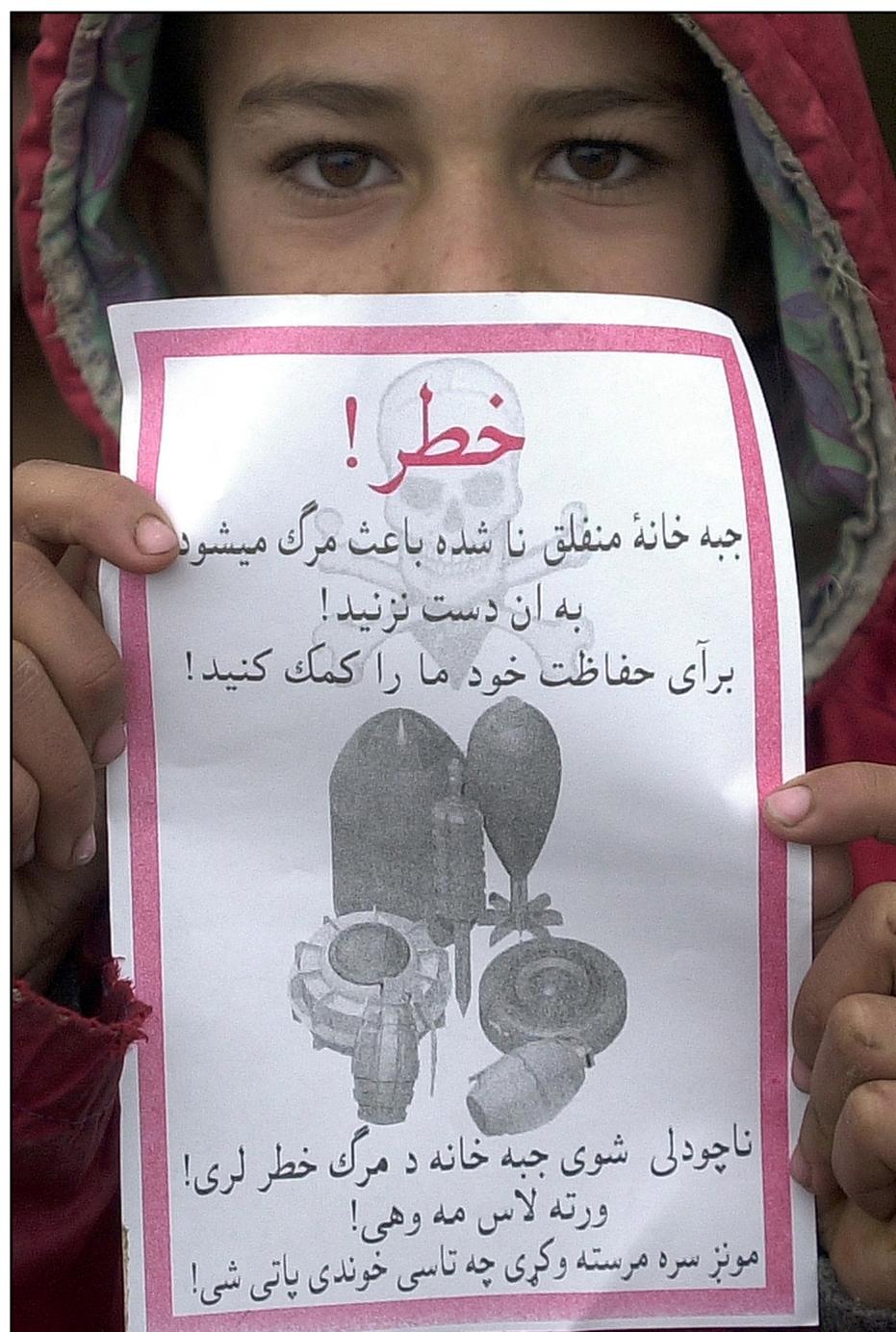
precedented and uniquely intimate view of the Air Force, the Checkertail Clan and its air superiority training mission.

On Monday, the 325th Operations Group conducted a change of command ceremony. A special welcome to **Col. Mark Barrett**, his wife, Karen, and their three children, Dane, Caroline and Elizabeth. Colonel Barrett replaces **Col. Charlie "Bones" Shugg**, who moves on to a new assignment at U.S. Forces Japan, where he will serve as U.S. Forces Japan director of operations (J-3) at Yokota Air Base. Good luck "Bones" and Susie, it has been a pleasure

serving with you.

Colonel Barrett comes to Tyndall from Langley Air Force Base, Va., where he served as 1st Operations Group deputy commander. The colonel is returning to Tyndall where he once served as an instructor pilot and flight commander with the then-95th Fighter Interceptor Training Squadron. Mark, we're glad you are on board, and know you come well prepared for this challenge. We look forward to gathering you and your family into the Tyndall family.

To the all the men and women of Team Tyndall, have a great week and a successful, rewarding new year!



Staff Sgt. Cecilio Ricardo

Heads up

A local Afghan child in Mazar-e- Sharif, Afghanistan, holds up a leaflet displaying a warning not to pick up unexploded ordnance. U.S. soldiers in Mazar-e Sharif have handed out more than 7,000 leaflets to help protect and warn the local populace of the dangerous conditions.

Take time to renew vehicle registration

Deadline is Jan. 18 for airmen to renew vehicle identification decals

STAFF SGT. TODD HEBERT
325th Security Forces Squadron

The 325th Security Forces Squadron, Pass & Registration, would like to remind all Tyndall Air Force Base registered motorists to check their vehicle identification decals. Operators of vehicles with a 2001 expiration decal now have until Jan. 18 to renew their registration through the Pass and Registration section per Air Force Instruction 31-204, *Air Force Motor Vehicle Traffic Supervision*. After the 18th, individuals will have to stop at the visitor center to obtain a pass.

Active duty, permanent civilian personnel working on base, retired military, Reserve and National Guard

personnel and family members who possess a current Department of Defense identification card are eligible to register vehicles on base.

To obtain decals for your vehicle or update your current ones, you must present to Pass and Registration a valid form of DOD identification; a valid state vehicle registration form; a valid state, international or overseas driver's license; current proof of insurance; and write down the current decal number for each vehicle to be registered.

By keeping vehicle registration current, you can avoid delays when entering the installation. This becomes particularly important dur-

ing peak traffic periods and increased force protection conditions.

All personnel are reminded that when a registered vehicle is sold, shipped overseas, or a windshield is replaced, the vehicle decals must be removed and turned in to Pass and Registration.

The Pass and Registration section is located on the second floor of Building 662, Base Support Center, Room 220, directly across from the MPF Customer Service section. Hours of operation are 7:30 a.m. - 4:30 p.m. Monday, Wednesday and Friday; 8:30 a.m. - 4:30 p.m. on Tuesday, and 8:30 a.m. - 5 p.m. on Thursday. Please feel free to call them at 283-4191 if you have any questions.

●FROM TSP PAGE 2

Member Self Service on the Web (<http://emss.dfas.mil/emss.htm>), utilizing your Social Security Number and pre-established PIN. If you don't have or forgot your PIN, there are procedures within question # 30 of the FAQ area of that Web site to help you reestablish one. After the TSP gets the member's first contribution, they'll send a letter with a TSP PIN explaining how to allocate contributions among the funds using the TSP Web site or Thriftline.

There are a number of TSP information resources available. The official TSP Web site (www.tsp.gov) has a wealth of information. The AFPC Contact Center (DSN 665-2949) is one phone call away to answer general TSP questions. And, members can contact their family support center for assistance in their personal financial planning needs.

TSP is a good deal for our airmen! Please help me get the word out on this important new benefit.

Today in history

1843 Francis Scott Key, author of "The Star-Spangled Banner," dies in Baltimore.

1861 Alabama secedes from the Union.

1916 Russian General Yudenich launches a WWI winter offensive and advances west.

1923 The French enter the town of Essen in the Ruhr valley, to extract Germany's resources as war payment.

1934 The German police raid the homes of dissident clergy in Berlin.

1941 Adolf Hitler orders forces to be prepared to enter North Africa to assist the Italian effort, marking the establishment of the Afrika Korps.

1940 Benjamin O. Davis, Sr., becomes the U.S. Army's first black general; his son would later become a general as well.

1942 Japan invades the Dutch East Indies at Borneo.

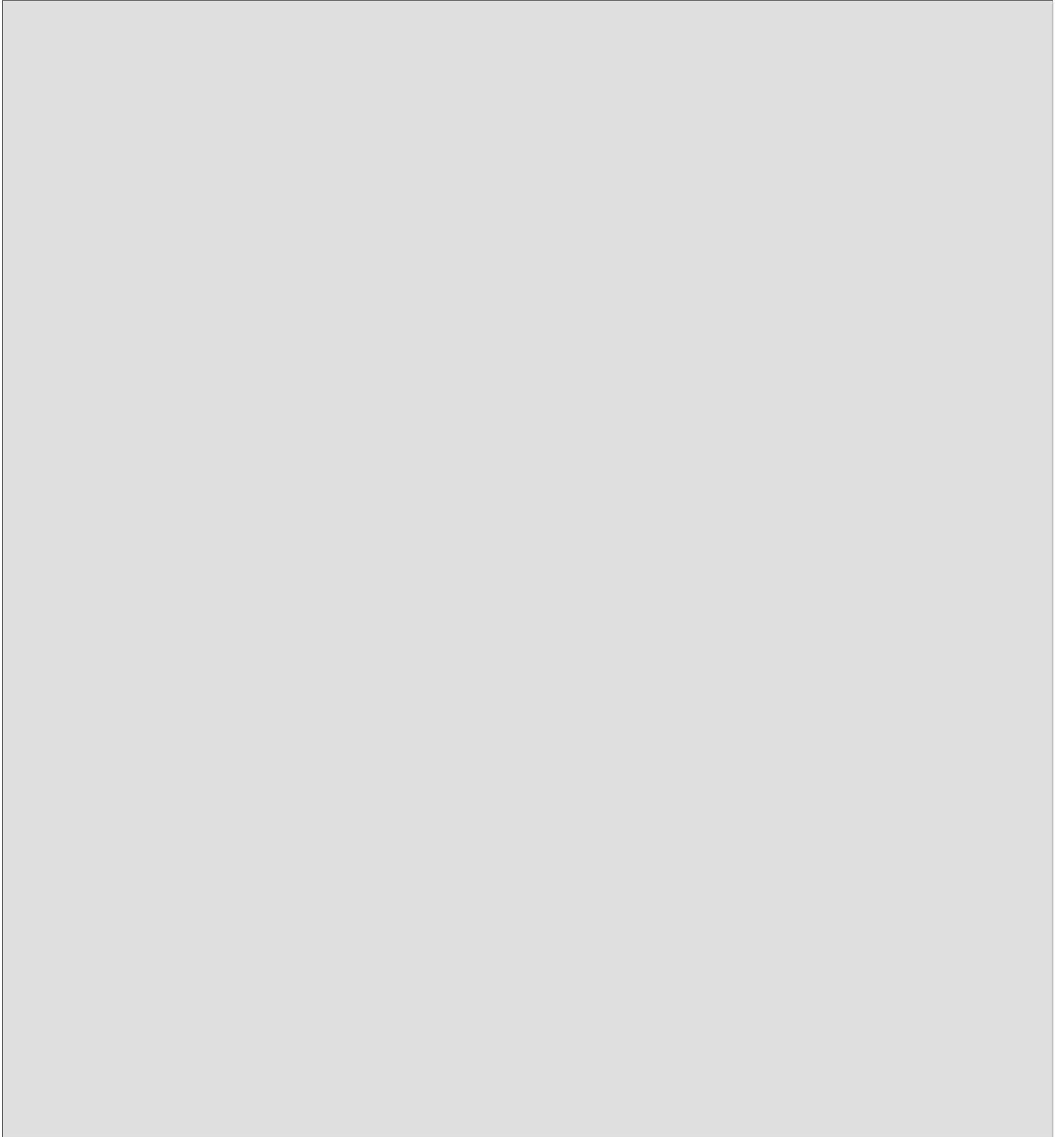
1943 The Soviet Red Army encircles Stalingrad.

1948 President Harry S. Truman proposes free, two-year community colleges for all who want an education.

1949 Negotiations in China between the Nationalists and Communists open as Tientsin is virtually lost to the Communists.

1964 A collection of previously unexhibited paintings by Pablo Picasso are displayed for the first time in Toronto.

1980 Honda announces it will build the first Japanese-owned passenger-car assembly plant in the United States — in Ohio.



Drug abuse survey to hit 23 bases

COURTESY OF THE AIR FORCE PERSONNEL CENTER

The Substance Abuse and Mental Health Services Administration will be conducting their annual congressionally mandated National Household Survey on Drug Abuse and mental health issues at several Air Force bases this month.

This year, based on geographic sampling, the study includes 23 Air Force bases in the United States. The first phase begins this month as military family addresses for each base are identified. Typically eight to 10 households are selected on any given base.

Interviews also begin in January. Representatives from the Research Tri-

angle Institute, the contractor conducting the study, will identify and solicit the voluntary participation of eligible family members living in selected households across the United States — including those on military bases. Individual participation is voluntary.

The 23 bases selected are listed below in alphabetical order; Beale, Bolling, Columbus, Dover, Eglin, Ellsworth, Elmendorf, FE Warren, Hickam, Laughlin, Luke, Malmstrom, Minot, Nellis, Pope, Seymour-Johnson, Shaw, Sheppard, Travis, Tyndall, the USAF Academy, Whiteman and Wright-Patterson.

Questions about the survey can be directed to the Air Force Survey Branch, AFPC/DPSAS, at DSN 665-2448.

●FROM CHANGE PAGE 1

terrorism, this office will focus management attention, allow for the modernization and integration of C2, C4 and ISR systems and provide an effective approach for managing this critical capability.

Another objective of the headquarters transformation is to fully enable the Air Force, through the undersecretary, to fulfill its responsibilities as the Department of Defense's executive agent for space programs. This will facilitate the effec-

tive management of all classified and unclassified space programs in the DOD and the National Reconnaissance Office.

The Air Force headquarters transformation is entirely consistent with existing legislation. The effort reflects an integrated product team approach that has proven to be highly successful in private industry. This enterprise architecture for managing our department will extend this same teamwork concept throughout the secretariat and

Air Staff by closely linking military and civilian organizations.

"We owe it to our people to reduce workload by ending duplicative staffing efforts on the secretariat and Air Staff," said Gen. John Jumper, Air Force chief of staff. "We are confident this initiative will help us break down barriers, improve communication and create a more integrated and effective staff."

For more information, contact Air Force Public Affairs at (703) 695-0640.



Master Sgt. Dave Nolan

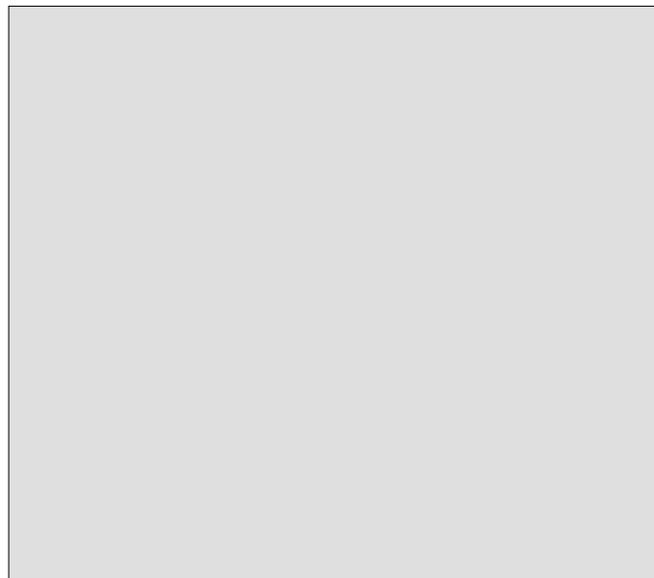
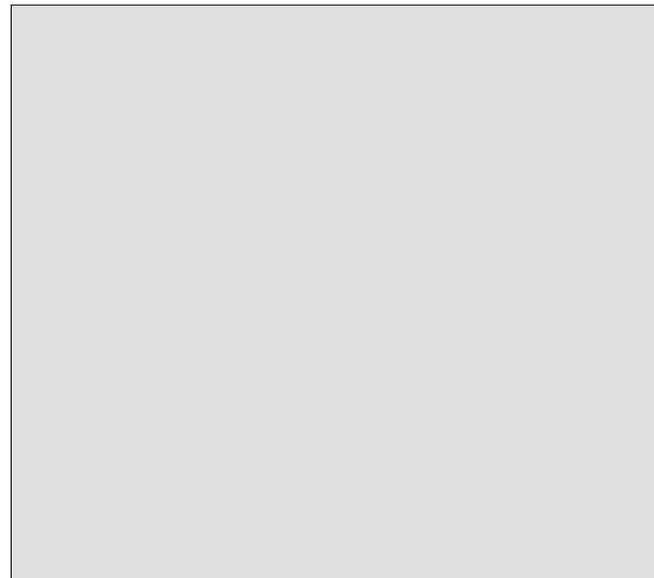
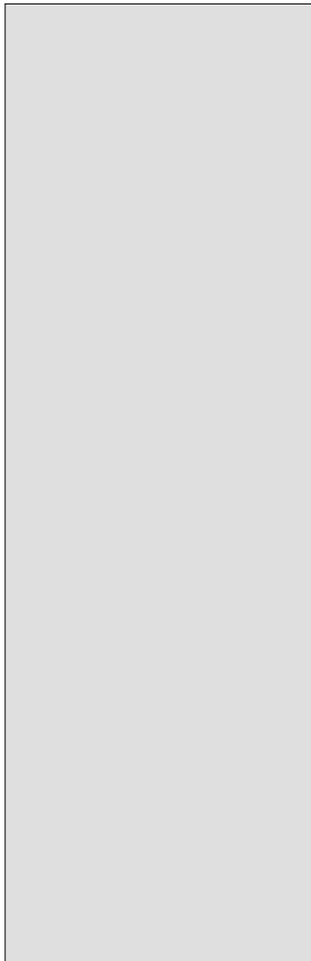
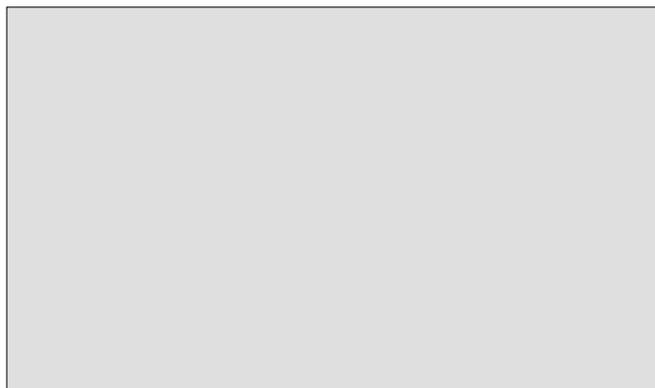
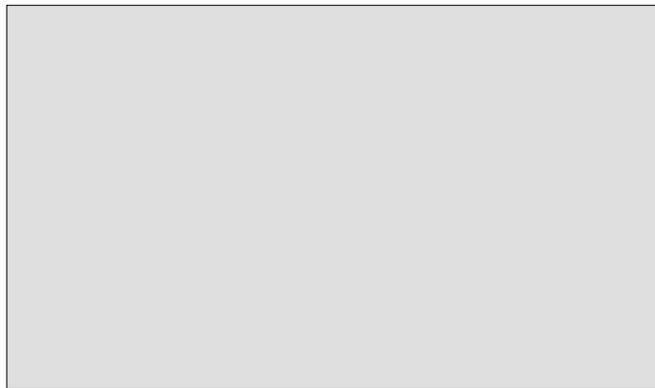
Tonight, tonight

NBC's Tonight Show host Jay Leno shows his true colors while country music sensation Dwight Yoakam (left) learns about aerial refueling from Master Sgt. Cody Crowder aboard an Air Force KC-10A Extender aircraft from the 60th Air Mobility Wing, Travis Air Force Base, Calif.

There's only one way to come out ahead of the pack.

QUIT

American Heart Association
WE'RE FIGHTING FOR YOUR LIFE



Driver distraction a problem, but DUI remains number one killer

KEN JOLLEY

325th Fighter Wing ground safety manager

Based on articles from various national news sources located on the Internet, some interesting stats were put together. All the data came from the California highway patrol for the year of 1999 and also for the first quarter of 2001.

In 1999, 3,559 persons died in car crashes.

Root

causes listed were 27 percent driving under the influence, 14 percent improper turn and 13 percent speeding. From the 2001 stats which are from a special effort to track driver distractions, out of 115,939 crashes, tuning the radio or changing CDs/tapes accounted for .09 percent, cell phone use .08 percent, and other distracters such as eating, grooming one's hair, reading the newspaper, shaving, putting on makeup, disciplin-

ing kids in the car, and others, accounted for another .03 percent.

Of course there are laws in every state that make the top three illegal especially DUI and speeding. Some states now have laws restricting cell phone use. Funny though, it is not illegal to listen

to your car radio. People's perceptions are not always based on factual data, but a lot of it has to do with emotional

“We’ve all encountered the cell phone user who is talking, driving too slowly or erratically. Most of us want to honk the horn, react negatively and speed up around them.”

KEN JOLLEY

325th Fighter Wing ground safety manager

reactions to things encountered. Taking the number of persons killed in California in 1999 and applying the mathematics gathered in 2001 to those numbers, then it can be statistically inferred that one person may have died as the result of cell phone usage or $3,559 \times .0003 = 1.0677$. You may argue the point and state that the reasoning is flawed (you may be correct); the data is from a fairly

●SEE DUI PAGE 10



Tech. Sgt. Cedric H. Rudisill

Controlling the skies

An E-3D Sentry Electronic Combat officer from the 405th Air Expeditionary Wing coordinates the electronic air war during a 14.5-hour mission over Afghanistan on Jan. 4 during Operation Enduring Freedom.

Kicking the habit

QUIT SMOKING FOR GOOD

CAPT. ANGELA COOEY

Health and Wellness Center health promotions manager

Tobacco is the number one cause of preventable death in society today and contributes to 400,000 deaths annually. One out of every five people who die this year will die because of tobacco-related illnesses. In the military, one in three active-duty members are still smoking. In the Air Force alone, 893,000 man-hours are lost annually to smoking-related illnesses. The health risks are obvious, but unfortunately, breaking the habit is very difficult because tobacco is a very addictive substance.

Here are some tips for quitting:

- Prepare yourself mentally. Think of the positive aspects of not smoking—better health, social acceptance, better living space, more money in your pocket. Think of yourself as a non-smoker.

- List your reasons for quitting and your triggers. Make a list of the most important reasons for quitting and keep it somewhere you will see it every day. Keep a list for a

couple of days to help identify the triggers that increase your smoking urges. Arm yourself with the 4 D's of quitting—Delay, Deep breathing, Drink water, Do something.

- Set a target date for quitting. Pick a date when you are

not under stress and stick with it. Sign a contract with a support person stating your quit date, reasons for quitting, your support people, ways to deal with cravings and celebrate that day!

- Prepare yourself and your environment. Be prepared for tobacco urges and have a substitute for your tobacco products. Get hard sugarless candies, toothpicks, straws, mints, sugarless gum, etc. Increase your water intake. Get rid of your ashtrays, lighters and extra packs of cigarettes. Avoid triggers. Increase your exercise or start a new hobby.

- Find a support partner or system to provide motivation and encouragement. If you have children, let them know that you are committed to becoming smoke-free. Children often are great supporters and motivators to parents who smoke.

- Reward yourself. After you have successfully quit smoking, find a way to personally reward yourself. Detail your car, purchase new clothes, take a spa day, a mini-vacation, etc.

- Try a tobacco-cessation class. Going to a tobacco cessation class provides increased support, allows you to share your experiences and learn from others' ex-

periences. Some classes provide tobacco-cessation therapy such as the patch or the Zyban pill. Studies have shown that smokers are more successful at quitting when both medication and behavior therapy are used.



Resources to help quit smoking

While no one can give you all the answers, the Internet can provide some literature that should answer some of your questions.

QuitNet's Original Guide

www.quitnet.com/library/guides/Quitnet/g_toc.jhtml

The first, and in our opinion, classic, document on the Web to guide people through the quitting process.

Pharmaceutical Guide

www.quitnet.com/library/guides/NRT/Index.jhtml

QuitNet's guide to medications used for quitting tobacco. Information on what they do, how they work, and how to use pharmaceutical products properly.

Life After Cigarettes

www.quitnet.com/library/guides/ICQ/

Written by the Massachusetts Tobacco Control Program, this concise guide explains the steps to quitting and suggests certain ways to make it easier.

The Quitting Calendar

<http://www.quitnet.com/library/guides/dynamicCalendar/>

A simple calendar that can be printed out and posted, this page shows what you can expect at each stage of the quitting process.

Surgeon General's Guidelines

www.surgeongeneral.gov/tobacco/

New findings about the latest drugs and counseling techniques for treating tobacco use and dependence. A great site with lots of information on different aspects of quitting.

Beat The Smokeless Habit

www.quitnet.com/library/guides/Beat_The_Habit/ A step by step guide to quitting smokeless tobacco use among youth and young adults.

New Year's

Sticking to it

FITNESS PLANS THAT LAST

2ND LT. SERENA CUSTIS
325th Fighter Wing public affairs

A new year's resolution is like the flavor in a piece of bubble gum. It starts off strong, but doesn't last for long. Take the "I'm going to get in shape" resolution. The base gym is probably never as crowded as it is in January. Then, slowly but surely, attendance

dwindles down to the dedicated few. The treadmill gets old, the trek to gym gets one missed turns into

crastination. Soon, you've missed so many days of exercise that you've lost the benefit of your past workouts. So what can you do to stay motivated enough to make exercise a habit instead of a fad?

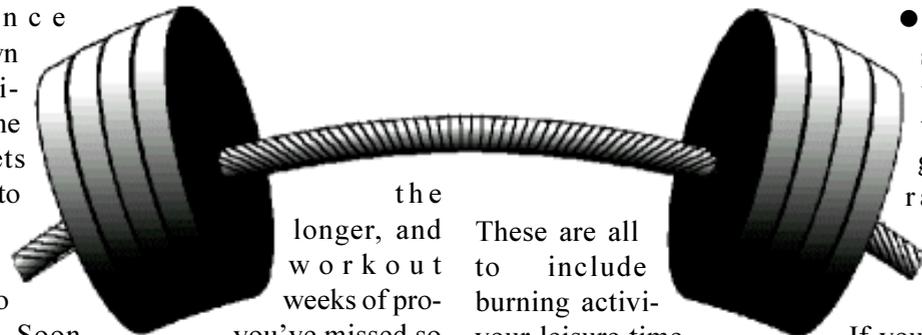
Tadd Stout, an exercise physiologist at the Health and Wellness Center, offers several tips on how to stick to your fitness plan. He says, "the benefits of exercise outweigh the effort it takes to get in shape, but those benefits go away if you don't maintain your fitness routine."

Tips to maintain a fitness plan

- **Find a workout partner:** Exercise doesn't have to be a lonesome chore. Turn it into a social hour and encourage a friend to get in shape with you. A friend can help motivate you on those days when you want to find any excuse why you

shouldn't work out.

- **Diversify your workout:** One of the main reasons people quit exercising is because they get bored with their workout routine. Try changing your exercise regimen by alternating between aerobics and weight-training, or running outside instead of on a treadmill.



These are all to include burning activity your leisure time.

If you are more of an adventurous type, take dance lessons, go hiking or roller-skating. Who says exercise can't be fun!

- **Recognize and track progress:** People often measure their fitness success by how many pounds they lose, but be sure to note other benefits of exercise. Track improvements in areas such as how well you sleep, how much more energy you have, how well your clothes fit, how many more push-ups you can do or how much faster you can run your miles. Noticing daily progression can encourage you to keep working toward your fitness goals.

- **Remember why fitness is important:** Always remind yourself why you make such an effort to take care of your body. You will be healthy, strong, energized and confident in knowing that you put your mind to something...and actually stuck with it!

- **Enjoy leisure time activities:** Walk the dog, play golf, tennis or racketball. great ways calorie-ties into

Keeping a healthy diet

Here are a few suggestions from Capt. Carma Pauli, the base dietician, on how to develop healthy eating habits.

- The first step is to start by writing down everything you eat AND drink. This will help to identify "problem" areas.

- Many people consume LOTS of additional calories throughout the day in their beverages (i.e., fruit drinks, power drinks, whole milk, regular sodas...which by the way have 9 teaspoons of sugar each, sweet tea and alcohol). Switching to more water (your weight in pounds divided by two is the amount of fluid you should drink), low calorie drinks like

sugar-free Koolaid, Crystal Light, or flavored water is preferred.

- Boosting the number of fruit and vegetable servings per day to a minimum of five total is a good starting goal (between five and nine is recommended). The fiber in fresh fruits and vegetables will help to fill you up more and allow you to cut back on other high calorie foods.

- Limiting fried foods and other high fat items (i.e., full fat dairy products, fatty meats, meat portions, cakes, cookies, pies,

added margarine or butter and regular salad dressings) will reduce calorie intake because fat is extremely concentrated in calories.

- Eat only half the portion you're served when dining out and either share the other half with someone or take it to go.

- Even the best eating plan may not produce continued weight loss if the physical activity piece is missing.

Resolutions

Caption contest



Courtesy photo

Name this photo!

Caption this photo! Send your entries to the safety office by Jan. 25 and you might win a free lunch at the officers' club.

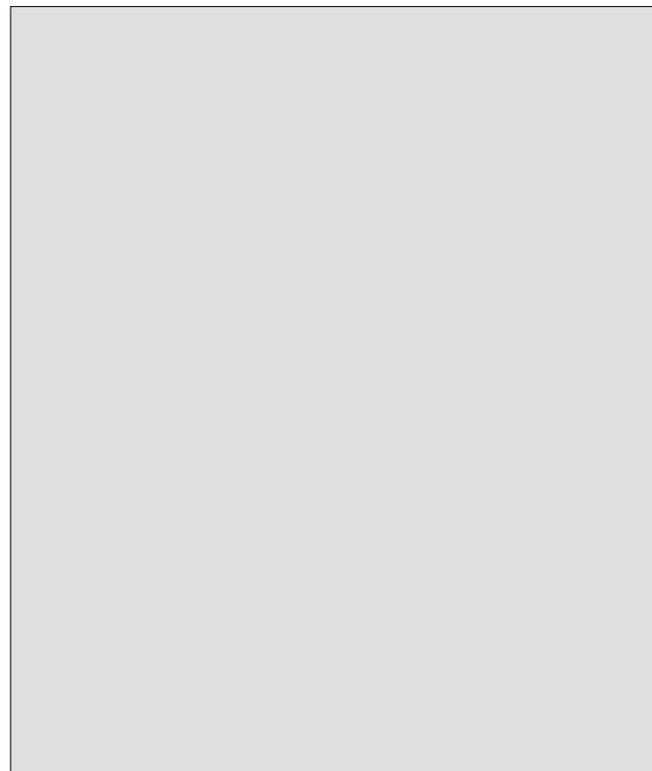
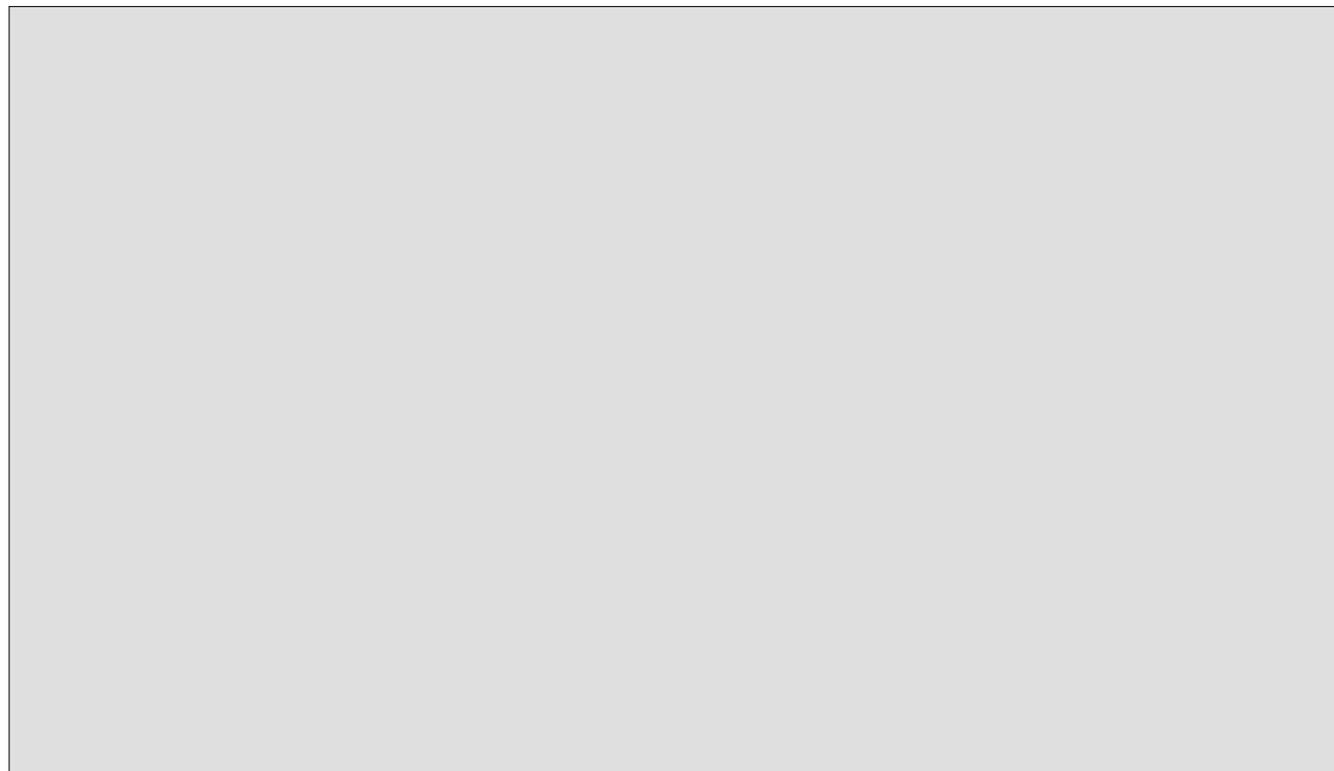
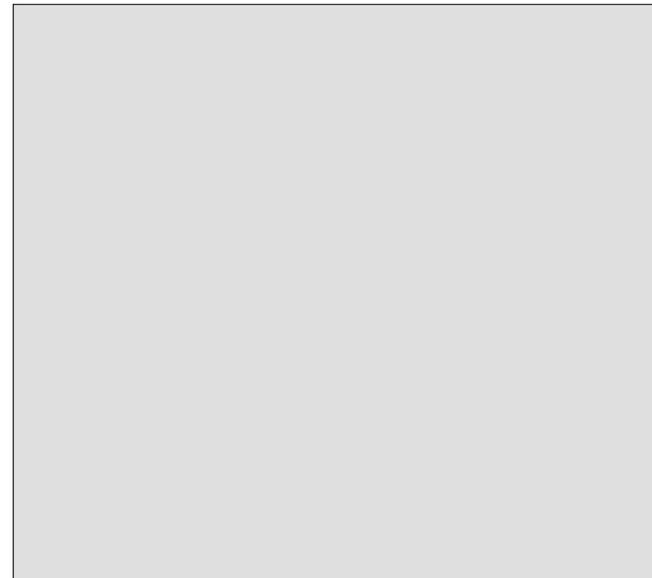
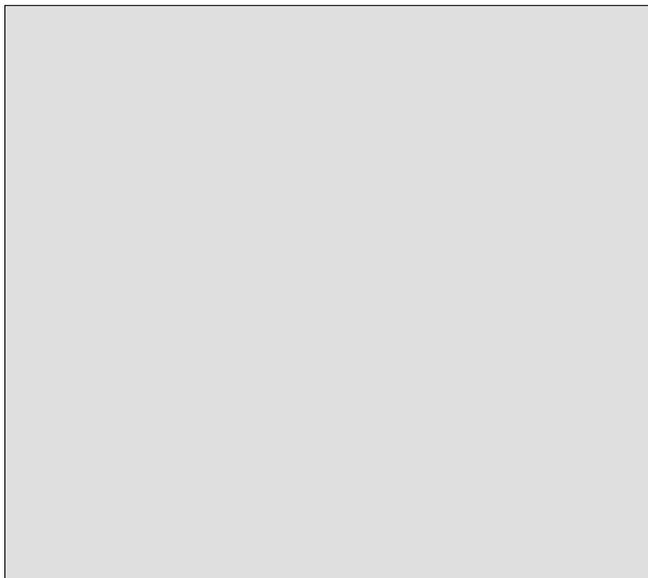
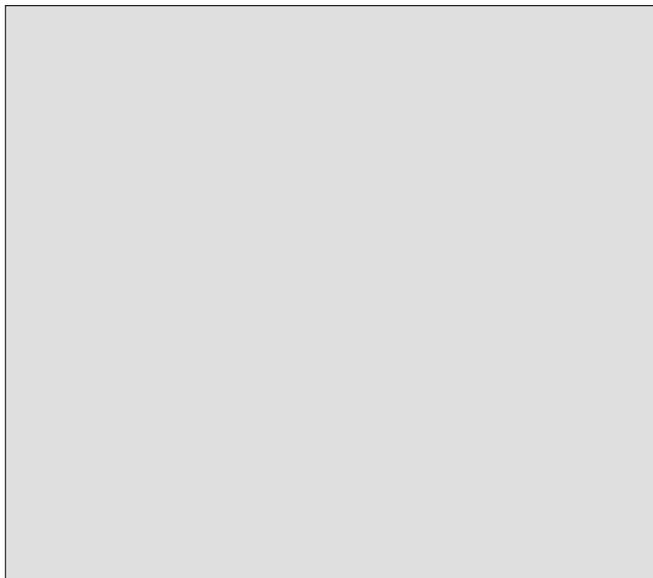
●FROM DUI PAGE 7

small sampling.

Applying the same possibly flawed statistics, it can also be inferred that lawmakers should also outlaw car radios and CD players. We've all encountered the cell phone user who is talking, driving too slowly or erratically. Most of us want to honk the horn, react negatively and speed up around them. It often makes us a little mad and we may react somewhat violently. As bad as that can be, give me 1,000 cell phone users any day over just one drunk driver!

As one journalist stated, on any given day we might encounter a 90-year-old driver who doesn't want to give up driving, a 16-year-old driver with little

experience and a fast car, and drivers doing all kinds of things other than driving the car. The hard and fast facts are, no matter the statistics, we live in a dangerous world when we are on the road; we have done this to ourselves, by inventing all kinds of things that take our minds off the critical task of controlling a 2,000-pound weapon, and we have to share the blame and personal responsibilities for it. Considering all the above, who in their right mind would drive under the influence of alcohol or drugs? Far too many, that's who. Don't drink and drive, watch out for the distracted driver, and don't be part of the problem. The life you save may be mine.



Experts explain proper, improper use of government e-mail

CAPT. JENNIFER CLAY

325th Fighter Wing Staff Judge Advocate office

You arrive at work, log on to your computer and find an e-mail from an old friend. The e-mail is an electronic petition lobbying Congress to pass a certain law. Your friend asks you to add your name to the electronic petition and then pass it to other members of your squadron. What should you do?

An individual in this command was recently faced with this situation and used his government e-mail account to circulate the "electronic petition" he received from a friend in another command. He should have stopped and reported the e-mail to his chain of command. Unfortunately, this member learned the rules regulating use of government e-mail the hard way. Many people do not know it is a federal crime under 18 USC, 1913 to use your government e-mail or any appropriated fund resource to lobby Congress. Additionally, the Joint Ethics Regulation (JER) prohibits the use of government re-

sources, such as e-mail, to support political activities. The JER also forbids a military member from participating in any lobbying activities. Finally, it is a violation of Air Force policy to use government e-mail systems for unofficial purposes such as supporting political activities. In fact, only the installation commander or his designee may authorize the use of e-mail to distribute unofficial messages to base personnel.

The consequences of misusing a government e-mail system for unauthorized activities are very serious. You can lose your e-mail privileges and may face disciplinary or criminal action against you. For military members, misusing an e-mail account may result in nonjudicial punishment, administrative discharge or even court-martial. Civilian employees may face disciplinary action, losing their job or position, or criminal charges in federal court.

If you receive an improper e-mail, do not forward it. Instead, ask for guidance from your supervisor or the legal office.

Statistics, demographics highlighted in new Airman

COURTESY OF AIR FORCE
PRINT NEWS

SAN ANTONIO (AFPN) — Demographics, statistics and a wide-range of compiled numbers about the Air Force highlight the first issue of Airman Magazine in 2002, available now on the Web.

"Transforming the Force" is the theme for this first issue, traditionally called "The Book." The issue focuses on the facts of the blue-suit service, offering a wealth of information and data.

It includes:

- Organization of the Aerospace

Forces: A complete breakdown of the service by its leadership, commands, bases and more. Each command listing describes its function, lists its commander and provides insight to its function within the Air Force;

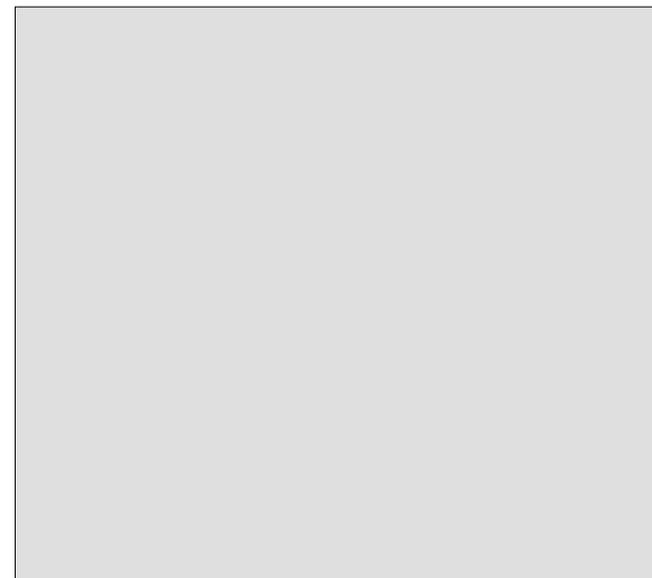
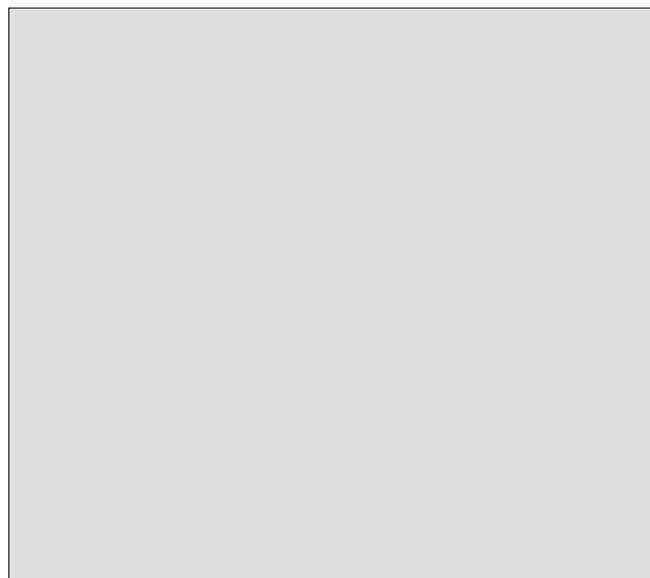
- Fact and Figures: Maps, charts and graphs breaking down the various demographics of the service highlight the Air Force's place in national defense. The section includes maps of major installation locations, personnel strength numbers, military pay charts, a full-color awards and decorations chart, badges and more; and

- Aerospace Weapons: Aircraft are

but one part of what makes our aerospace force of the 21st Century work. The "Aerospace Weapons" section highlights a majority of the weapon systems at the service's disposal, including aircraft, satellites, bombs and missiles.

The issue also includes messages from key leaders, a listing of the various Air Force tail markings and much more.

Extra copies of "The Book" are available to Air Force units by sending the unit's mailing address and the total number of Air Force people (military and civilian employees) via e-mail to afnspub@afnews.af.mil.



Your link
to what's going on

Gulf Guide

in the
Tyndall community

JANUARY

FRI 11

Service station closure

The base service station will remain closed for gasoline purchases today. Retail sales and the service bay will be open from 6:30 a.m.-4 p.m. New dispensers with credit card readers are being installed. For more information, call 286-5826.

Will appointments

The base legal office is currently scheduling will appointments 9-11 a.m. for Jan. 26. The number of appointments available for wills is limited. Prior to the appointment, a will worksheet must be completed at the legal office or on the office's Web site. To schedule a will appointment, call the legal office, 283-4681.

Chiefs' induction

The Tyndall Chiefs' Group's Annual Chief Master Sergeant Induction Ceremony will be Thursday at the Pelican Reef Enlisted Club. The social hour begins at 6 p.m. followed by dinner at 7 p.m. For more information or to RSVP by today, call Chief Master Sgt. Sam Kimbrell, 283-7729, or Chief Master Sgt. Glenn Deese, 283-4291.

Free concert

A free concert featuring the Texas A&M University Wesley Foundation Crossbound Choir will be 7 p.m. today at Chapel 2.

Weapons briefing

Tyndall's disaster preparedness experts will hold the last Weapons of Mass Destruction threat-awareness briefing for military retirees, active-duty dependents and civilian workers 8 a.m. today in the NCO Academy auditorium. For more information, call 283-2010.

SUN 13

Commissary closure

The Tyndall Commissary will be closed Sunday-Monday for restructuring. The store will reopen Tuesday.

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets on Mondays. For more information and meeting locations, call 286-5812.

MON 14

Focus 56 meeting

A Focus 56 meeting for staff sergeant selects through technical sergeants will be 3 p.m. Tuesday in the NCO Academy auditorium. The guest speaker is Chief Master Sgt. Julio Morelos. For more information, call Tech. Sgt. Bryon Nelson, 283-8742.

TUE 15

Coastal navigation course

The Coast Guard Auxiliary Flotilla 16 basic coastal navigation course will be 7-9 p.m. Tuesdays and Thursdays in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The course begins Tuesday and ends Feb. 28. For more information, call John Clark, 271-3828, or visit the flotilla Web site at: <http://clik.to/USCGAUXFlotilla16>.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

WED 16

Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 5-7 p.m. Wednesdays at Chapel 2. For more information, call the Chapel 2 office, 283-2925.

THU 17

Antiterrorism training

Mandatory antiterrorism training is provided by the Air Force Office of Special Investigations on a walk-in basis 8 a.m. every Thursday in Building 656. The training will last approximately 45 minutes. Anyone with a permanent change of station or temporary duty assignment to an overseas location who has not received Level-I Antiterrorism training within six months of their departure date is required to receive this training prior to out-processing. Out-processing checklists should be brought to the training session. Military dependents are encouraged to attend. For more information, call Special Agent Doug Hartwell, 283-3261 or 283-3262.

CMF Bible study

Christian Military Fellowship Bible study and fellowship will be 6-7 p.m. the first and third Thursday of each month in Building 1476, across from the wellness center. For more information, call Staff Sgt. Cindy Abbott, 283-4045 or 871-5089.

NOTES

JSOU education

Joint Special Operations University, established in September 2000, provides intermediate and senior level joint special operations education to Special Operations Forces leaders and other selected personnel. For enrollment information and specific course descriptions, contact the registrar at DSN 579-4731 or (850) 884-4731. Additional information can be obtained at the JSOU Web site: www.hurlburt.af.mil/milonly/usafsos.

Essay and art contests

The Armed Services YMCA is seeking entries from military children for its 2002 art contest and readers' essay contest. Artwork from children in kindergarten through sixth grade depicting their active-duty, Guard or Reserve military families will be accepted. The top art prizewinner will receive a \$500 Savings Bond. The entry deadline is Jan. 28. The essay portion is open to first through 12th graders and offers Savings Bond prizes of up to \$1,000. The contest highlights the joys of reading. The entry deadline is March 28. For contest guidelines, call (703) 866-1260 or send an e-mail to: essaycontest@asymca.org.

Guardians ad Litem training

The next training session for anyone interested in joining the Guardians ad Litem program will be Monday. Guardians ad Litem represent abandoned, abused and/or neglected children in court. For more information, call 747-5180.

Rent musical

The Pulitzer Prize and Tony Award-winning musical, "Rent" will be performed at the Panama City Marina Civic Center 8 p.m. Jan. 18 and 2 p.m.

and 8 p.m. Jan. 19, 2002. Tickets can be purchased at Ticketmaster.com., the Marina Civic Center box office or by phone. Prices range from \$32.50 to \$25. To charge by phone, call (850) 434-7444, (904) 353-3309 or (334) 434-0033.

Military Mardi Gras ball

The 10th Annual Military Mardi Gras Ball will be 6 p.m. Feb. 2 at the Adam's Mark Hotel, 64 S. Water St., downtown Mobile, Ala. For more information, call Lt. j.g. Laughlin, (251) 441-6333.

Apalachicola Chefs Sampler

The 6th Annual Forgotten Coast Chefs Sampler will be 6-9 p.m. Feb. 10 at the Fort Coombs Armory, located on 4th Street and Avenue D in Apalachicola. In addition to a wide selection of food, there will be a silent auction featuring weekend accommodation packages and gift certificates. For ticket information, call the Apalachicola Bay Chamber of Commerce office, (850) 653-9419.

SSN on checks

Effective immediately, Social Security Numbers will no longer be required on checks written at services' facilities. For more information, call the 325th Services Resource Management Flight, 283-2207.

RETIREE NEWS

Eye appointments available

The Tyndall Optometry Clinic has announced that there are appointments available for active-duty members, retirees and their families, including non-prime and Medicare-eligible (over 65 years old) beneficiaries. Routine eye care, including testing for glasses and an eye health exam, can often be obtained within one week. The clinic can also monitor and treat eye disease such as glaucoma, diabetic eye disease, early cataracts, eye infections and inflammation. To make an appointment, call the 325th Medical Group central appointments, 283-2778.

Updating DEERS information

The Defense Eligibility Enrollment Reporting System stores medical benefit data for military personnel, retirees and eligible family members. Service members and retirees are the sponsors for their family members' medical benefits and are responsible for the accuracy of the DEERS information. Correct, up-to-date DEERS information is essential, since the data define your medical benefits.

When an eligible family member receives an identification card, that information is deposited in DEERS. However, the sponsor must ensure the information is correct. If you marry or re-marry, move, have a new baby or have a child who becomes an adult, you must make sure that DEERS data reflect those changes as well as any others. If you marry but neglect to register your spouse in DEERS, that person is not eligible for medical benefits until the sponsor updates the information. If you move, but don't submit the current address of each family member to DEERS, your family may not receive essential messages regarding medical benefits, such as information about the mail-order pharmacy or TRICARE For Life.

Changes to DEERS information can be made through the military support office. Any applicable documentation, such as marriage or birth certificates, should be brought to the office. Changes can also be made by telephone, (800) 538-9552, or by mail to: The Defense Manpower Data Center Support Office, Attention COA, 400 Gigling Road, Seaside, CA, 93955-6771.

YARD SALES

There are no yard sales scheduled for Saturday.

BASE THEATER

Today: "Black Knight" (PG-13, language, sexual/crude humor and substance abuse)

Saturday: "Harry Potter" (PG-13, some scary moments and mild language)

Sunday: "Black Knight"

Thursday: "Out Cold" (PG-13, language and crude, sexual humor and substance abuse)

All movies start at 7 p.m.

CLASSIFIEDS

1993 Toyota MR2, 5 speed, T-tops, CD stereo, AC, alloy wheels, leather interior, PW, PL, cruise control, alarm system. Fast, sleek car, 72,000 highway miles, \$8,000. Call Trish, 276-8235.

Tigers remain perfect at home, sweep first place Fort Benning

COURTESY OF THE TYNDALL TIGERS

The Tyndall Tigers Men's Varsity Basketball Team returned to the hardwood after the holiday break in Southeastern Military Athletic Conference (SEMAC) action this past weekend. The Tigers extended their home winning streak to 10-0, as they defeated the first-place Fort Benning Mustangs to move into second place, two games behind Fort Benning, as the race for the SEMAC regular season crown heats up.

Tyndall-89, Fort Benning-72

In Saturday's game, the Tigers jumped out to an early lead behind the scoring of Marcus Baucom and Redd Batiste, who had 12 and 10 points respectively, to take a 41-34 lead at the intermission. In the second half, Tyndall steadily extended their lead as they played aggressive defense that forced numerous turnovers by the Mustangs that led to fast-break opportunities.

Mike Roy led the Tigers in scoring with a game-high 23 points, followed by Marcus Baucom with 18, Batiste with 17 and Scott Moore with 10 points. Keith Castille led the Tigers in rebounding with 10; Al Overton had five steals, and Batiste and Baucom tied in assists with six each. Ty Hermon led Fort Benning in scoring with 16 points.

Tyndall-76, Fort Benning-74

On Sunday, Fort Benning came out fired up, determined to avenge their loss on Saturday. The Mustangs took an 11-point lead, 30-19, before Tyndall came storming back to pull within six, 39-33, at the half. In the second stanza, Fort Benning stubbornly held onto the lead as they maintained a 6-8-point lead for the majority of the half. Fort Benning held a five-point

lead with 1:35 remaining, 73-68, when Tyndall forced two consecutive turnovers which led to a basket by Marcus Baucom and a three-pointer by Mike Roy to tie the score at 73-73 with 33 seconds remaining. After yet another Mustang turnover, the Tigers patiently worked their delay game until Baucom found Malik Taylor open for an uncontested three-pointer to give Tyndall a 76-73 lead with 12 seconds remaining. Ty Hermon connected on a free throw to complete the scoring as the Tigers took the come-from-behind vic-

tory and completed the sweep.

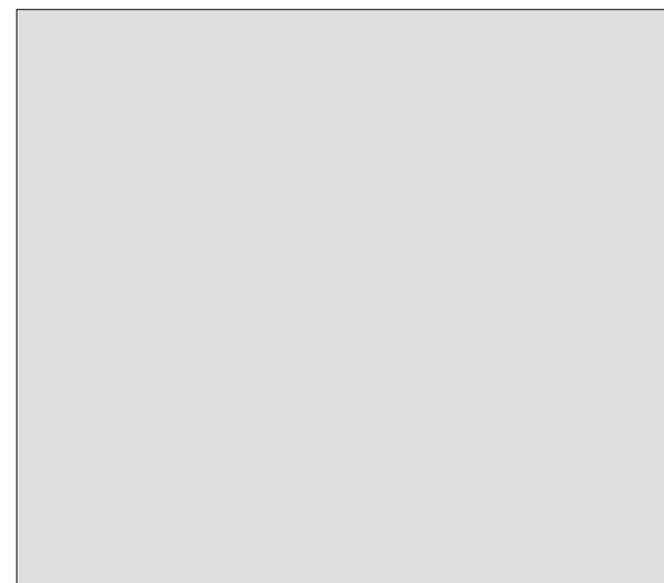
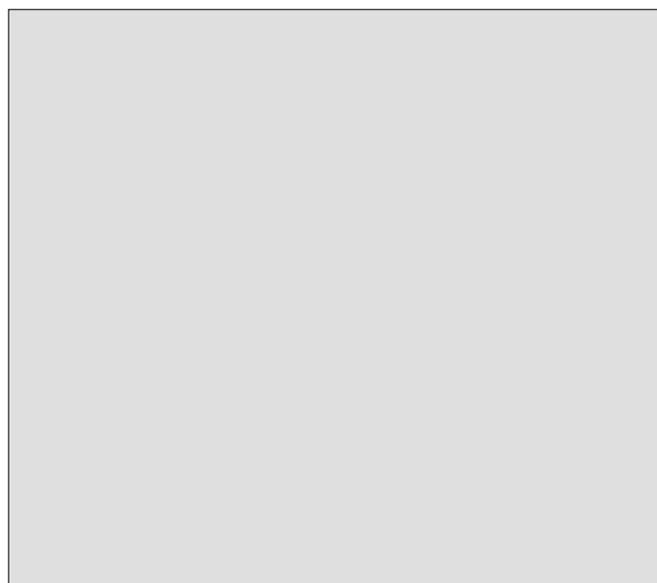
Redd Batiste led a balanced Tigers scoring attack with a game-high 17 points; followed by the foursome of Baucom, Taylor, Roy and Lance Clark who all had 10 points. Batiste led in rebounding with 12, Baucom led in assists with six and Taylor led in steals with four. Chris Harvey led Fort Benning in scoring with 16 points.

The Tigers will travel to Valdosta, Ga. this weekend to take on the Moody Falcons.



Courtesy photo

A Tyndall player tries to sink a free throw in one of two games against first-place Fort Benning this weekend.





Funshine NEWS

January 11, 2002

This page is produced by the 325th Services Marketing office, 283-4565.

Sports Page Pizza Pub
All-You-Can-Eat

Pizza Buffet: \$4.75

Monday & Thursday
10:30 a.m. - 1:30 p.m.

Includes drink, salad bar,
and a variety of hot, fresh pizza
Call 283-3222 for more information.

Skeet & Trap

☎ 283-2499

Squadron Sports Days

The range is available for squadron sports days. Prior arrangements can be made through Wendy at 283-2499.

Family Child Care

☎ 283-2266

New Provider Training

Register now for orientation and New Provider Training. Classes begin Jan. 23. Contact the Family Child Care office for additional information.

Space Available

Child care spaces available in Family Child Care homes.

Child Care for Volunteers

Child care for most base volunteers is available through Air Force Aid. Contact Family Child Care for additional information.

Information, Tickets & Travel

☎ 283-2499

Orlando Attractions Tour

January 24-27: Choice of parks includes: Walt Disney World, Universal Studios, or Islands of Adventure. Cost per person, double occupancy is \$225. Full payment is due by January 18.

Let Us Help You...

Call 283-2864 for all your airline, hotel and rental car needs.

Bonita Bay

☎ 283-3199

Winter Boat Rental Rates

Stop by Bonita Bay and rent a boat for half price, not including fuel. Call for details and availability.

Vet Clinic

☎ 283-2434

Holiday Hours

Closed Fri., Jan. 18 and Mon. Jan. 21.

Graphic Impressions

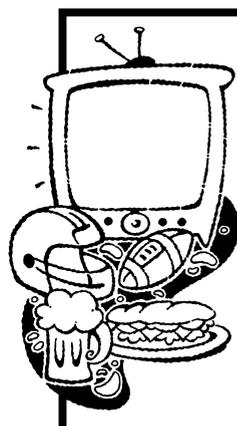
☎ 283-2228

Business Cards

Your photos or color logos can be included on our Full Color cards for just \$20 per 200.

Color Copies Special

Every Friday 8 1/2" x 11" color copies are just 65¢ each.



ALL RANKS
Super Bowl
Sunday

at the CAC
Pizza Pub Feb. 3
4 p.m. until...

283-3222

The Marina Club
now offers **Pizza on**
Friday Nights, 5-8 p.m.
Carry out or Dine-In
Call 283-3059
for more information.

Skills Development Ctr.

☎ 283-4511

Woodworking Class

Coffee Table and End Tables

Jan. 12, 19, and 26; 10 a.m.-5 p.m.
Free Lessons! Cost of wood at 10%
above cost and use of machines at
\$2.00 per hour. Includes glue, nails,
screws, etc. Limit four students.

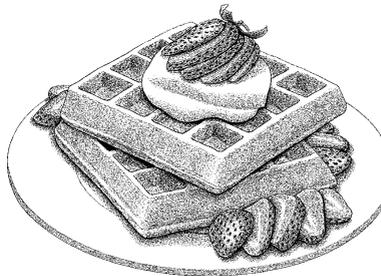
Ceramics Class

Jan. 12, 10 a.m.-noon, Learn to make
a jewelry box. Cost is \$15 and
includes lesson, greenware & firing.
Maximum number of students is four.
Call for more information. Must
register by Jan. 11.

Don't miss the All Ranks O' Club Super Sunday Brunch!

January 20

Menu Includes: Omelets made
to order, Belgian waffles, sausage,
bacon, hash browns fresh fruit, muffins
Danish, and biscuits & gravy



Community Activity Ctr.

☎ 283-2495

Tae Kwon Do Class

Get in shape and learn self defense.



Pelican Point Golf Course Sweetheart Couples Tournament

February 10, 2002

Shotgun start at noon
Format: 2 person best ball
Wine & Cheese tasting after play
Deadline for signups: Noon, February 8

Tyndall Fitness Center

MUSCLE BEACH 2002

March 30, 2002

Competition begins at 10 a.m. Weigh-Ins begin at 8 a.m.
This competition is open to all Active Duty, Reservist, DOD employees,
Government Contractors, Retirees, family members and all local residents.
Participants must be 16 yrs. of age or older.

Events Include:

- Power Lifting: Bench Press, Squat & Dead Lift
- Bench Press

Register by Mar. 15, 2002

For more information call 283-2631.



Re-enlistments

The following members of the 325th Fighter Wing recently re-enlisted. For more on career opportunities, etc., contact Chief Master Sgt. Ron Georgia, 325th FW career assistance adviser, at 283-2222.

SSgt. David Ash, MSgt. David Ashley, TSgt. Gregory Brown, SRA Timothy Crawford, TSgt. Paul Denton, SSgt. Scott Fowble, TSgt. Robert Fox, MSgt. Michael Husava, SRA Gavin Iteen, SSgt. James Kindall, SSgt. Matthew Mullin, TSgt. Dianna Peace, SSgt. Benito Perezcochran, TSgt. Sean Pederson, TSgt. Carlos Rojas, SSgt. Anthony Scuvotti, SSgt. Mark Thomas, SRA Everett Taims, TSgt. Brian Warner, SSgt. Kris Waterman, TSgt. Michael Adams, MSgt. Bruce W. Ash, TSgt. Joseph W. Berlectic, SSgt. Timothy M. Burke, SRA Damon L. Byrd, TSgt. Nikki N. Calton, SRA John C. Castle, SRA Todd R. Cessna,

SSgt. Adam J. Clark, TSgt. David J. Fischer, TSgt. Mark A. Gladhill, TSgt. David C. Harp, TSgt. Randolph, J. Hodges Jr., MSgt. Terence R. Jacobs, TSgt. Earcell Jennings, SSgt. David P. Martin, SSgt. Sonja K. Martin, TSgt. Sherriel. Matthews, SRA Leslie A. McGrew, SRA Christopher W. Moore, MSgt. Perry S. Newberry, TSgt. Johnny C. Rapier, SRA Jeffery A. Rex, SMSgt. Yolanda R. Richardson, SRA Shirley J. Riggs, SSgt. David W. Scott, SRA James H. Sterling Jr., SRA Mathew J. Tabor, SRA Larry J. Teel Jr., SSgt. Stacy L. Warner, SSgt. Robert L. Wheatlet, TSgt. Bobby A. Wilkerson



Courtesy photo

Raptor facts

- Counters threats from enemies: air-to-air and surface-to-air missiles.
- First look, first shot, first kill capability.
- More maneuverable, more reliable and less detectable than the F-15C.
- Elevates U.S. technological advantages and updates 1970s technology.
- The F-22 will be as much as 80 times less visible than the current F-15.
- Future programs like Joint Strike Fighter can leverage technologies from the F-22 program.
- Ability to supercruise—fly better than Mach 1.5 without using afterburner.

