

GULF DEFENDER



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March 15, 2002

In brief

Frequent flyer miles

Section 1116 of the National Defense Authorization Act for Fiscal 2002 now permits federal military or civilian employees to accept promotional items such as frequent flyer miles earned while traveling in an official capacity. Personnel on official travel may now use frequent flyer miles - because they belong to the individual - to upgrade to business or first class. Air Force personnel who elect to use their flyer miles to upgrade to business or first class will not wear a uniform or allow a rank or grade to be associated with an upgrade.

W-2 forms

Anyone who has not yet received a W-2 form may request one at the finance office. The request should then be ready within 24 hours.

Hospital volunteers

The American Red Cross is in need of volunteers at the base hospital. Help is needed in the pediatrics, internal medicine, family practice and physical therapy clinics. For more information, call Naomi Woodruff at the American Red Cross, 283-2770 or 763-6587.

Inside



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Ken Hackman

Fly like an angel

The U.S. Navy Blue Angels aerial demonstration team brings its unique brand of high-flying entertainment to the Tyndall Air Force Base Gulf Coast Salute 2002 March 23 and 24. Gates will open to the public at 8 a.m. both days. For more information, check out the story on Page 8.

Internet surfers can 'ask Mr. Bones' on new Web site

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

Inquisitive minds now have a source for information about the Air Force's reality television series, *American Fighter Pilot*. The Tyndall homepage, www.tyndall.af.mil, has a new link to a site that highlights background information about the project and the work it took to create the show. It also contains production photos, a history of the 95th Fighter Squadron and a special feature called "Ask Mr. Bones."

When site searchers click on the "Ask Mr. Bones" icon, they can send and receive e-mail about the series, Tyndall and the Air Force in general. Mr. Bones is the mascot of the 95th Fighter Squadron — the squadron that the student pilots featured in the series trained with.

Following the series premiere at 7 p.m. March 29, Tyndall is expected to receive heightened attention from the public and more 'hits' on the Tyndall homepage.

"This Web site is a great opportunity to potentially educate a national audience on the Tyndall and Air Force mission," said Capt. Chris Karns, 325th Fighter Wing chief of public affairs. "We wanted to give people an opportunity to ask questions concerning the American Fighter Pilot series as well as answer any Tyndall or 95th Fighter Squadron-unique type of questions that might be generated from the show."

The series, fully supported by the Air Force, is a real-life documentary about three Tyndall students training to be F-15 pilots. The CBS Television Network has agreed to air at least eight episodes.

"This show holds tremendous recruiting potential for the Air Force," said Brig. Gen. William Hodgkins, 325th Fighter Wing commander. "Any opportunity we can take to educate the public about our people and mission is welcomed."

Bush creates homeland security advisory system

LINDA D. KOZARYN

American Forces Press Service

Federal, state and local authorities, law enforcement agents and the American people need to know about terrorist threats as quickly as possible.

To ensure that happens, President George W. Bush recently signed a directive creating the homeland security advisory system. White House officials say the system is the foundation for building an effective communications structure.

Part of a series of initiatives to improve coordination and communication in the fight against terrorism, the advisory system would provide a national framework for federal, state and local governments and private industry, allowing officials to communicate the nature and degree of terrorist threats.

Government officials would determine if a threat is credible and whether it has been corroborated. They would also determine the grav-

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"American Fighter Pilot" debuts

The CBS "American Fighter Pilot" series begins with the first of eight one-hour episodes at 7 p.m.

March 29 on Dothan affiliate WTVY, Channel 4. The series captures the training, culture and lifestyles of three student pilots as they face the challenges of the F-15 basic course as part of Tyndall's 95th Fighter Squadron. For more information, contact Capt. Chris Karns, chief, 325th Fighter Wing public affairs, at 283-2937.

Tyndall moves forward, but looks back

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander



As the first day of spring gets closer, so do our annual open house and many other events here at Tyndall. In fact, starting this weekend we kick into high gear with all kinds of projects that will take us right into summer. Starting them all off is the Special Olympics. This great event is happening tomorrow and it wouldn't be possible without the work of so many dedicated professionals - people like **Capt. Lori Vessels** and **2nd Lt. Ryan Nash**, who have devoted countless hours to this great cause. Last week I said all you need to see is a smile on the face of one of these special athletes to understand why it's important to volunteer, but the satisfaction we get from participating is something that makes us feel great about ourselves and reflects positively on the wing. That in turn makes us an even more effective unit by fostering camaraderie, a sense



“By attending an event like the Special Olympics you don't just better yourself, you better the Air Force. That's something we all should strive to do.”

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander

of self-value and a level of compassion to us in both our personal and professional lives. By attending an event like the Special Olympics you don't just better yourself, you better the Air Force. That's something we all should strive to do.

In terms of bettering the Air Force, the annual Gulf Coast Salute, which is only eight days away, is a great opportunity to highlight the wing and maybe spark the interest of a few future airmen. This is a chance for us to invite out the people we really work for, our friends from the civilian community, and give them a

taste of what the military, the Air Force and Tyndall are all about.

I know a lot of folks are putting in some long hours in preparation for the air show. So let me go ahead and say on behalf of the wing and the tens of thousands of visitors who will be enjoying the fruits of your labor, thank you. If you're going to be working during the open house, now more than ever, it's important for the community to know just exactly who the men and women of their U.S. Air Force are. Therefore, I'm asking members of the

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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

Don't allow apathy to replace empathy in Sept. 11 aftermath

TECH. SGT. ROGER DRINNON

81st Training Wing public affairs

Sometimes television news can make us numb — we're inundated with so much violence, scandal and dysfunction. However, with regard to the war on terrorism, we Americans, and especially servicemembers, can't afford to grow numb to the atrocities of Sept. 11, 2001.

Although some might believe the video footage of the events of Sept. 11 has been shown too much, I don't think we can allow those images to be dulled in our minds. We can't afford to lose our empathy with the victims and their loved ones.

Before you grow weary of those somewhat redundant newscasts, consider this: Innocent non-combatants were slaughtered, and the masterminds behind these hate-crimes dare to see themselves as warriors, martyrs and among the religiously enlightened. Most of all,

“The threat of radical terrorists escalating such attacks will remain for some time to come. The war on terrorism will be a protracted conflict that challenges our resolve to be tenacious in the long-term.”

TECH. SGT. ROGER DRINNON

81st Training Wing public affairs

the threat of radical terrorists escalating such attacks will remain for some time to come. The war on terrorism will be a protracted conflict that challenges both our personal and national resolve to be tenacious in the long-term.

Imagine what it was like going to work and being murdered simply because you worked at the World Trade Center. Imagine the heroic rescue workers who made the ultimate sacrifice.

Imagine what it was like for passengers on United Flight 93, when they realized their plane was going to be crashed into the nation's capital, possibly even the White House. They knew their deaths were imminent. Some passengers had the courage to challenge the terrorists and send the plane into a field 80 miles southeast of Pittsburgh. Imagine how their loved ones felt, exchanging their last words via cellular or airplane phones.

Imagine the children who will grow up without one of their parents. Imagine the pain of the parents who lost their children. Imagine the spouses who lost their partners for life.

I'll never forget, nor let apathy set in simply because the situation has been stabilized. We fight this good fight, not to vindicate those who were murdered, but to save lives in the future.

What we need is long-term empathy, not apathy.

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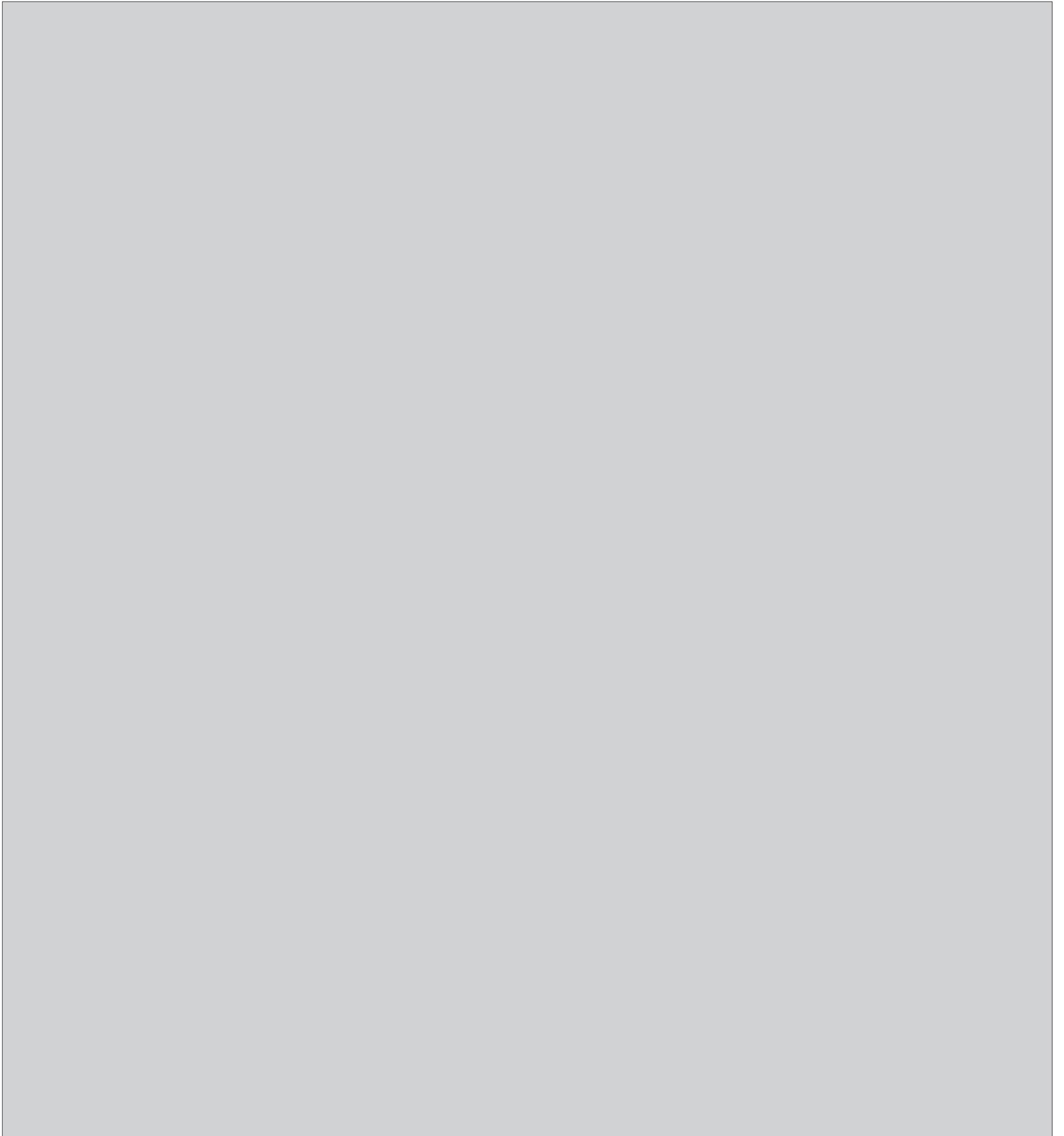
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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

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.



Interactive technology replaces FormFlow

MASTER SGT. RON TULL

Air Force Print News

WASHINGTON — The program Air Force people use to fill out electronic forms on computers has been around since the early 1990s, but it will soon be a thing of the past.

The modernization effort combines an automated information system with extensible markup language, or XML, a standard electronic language. The conversion is scheduled to begin in July with the 100 most commonly used forms. By year's end, about 14,000 forms used by Air Force people in nearly a dozen functional areas will be converted.

"FormFlow was state-of-the-art technology when it was implemented, but the old system was proprietary; you couldn't add to it or customize it," said Carolyn Watkins-Taylor, director of the Air Force Departmental Publishing Office at Bolling Air Force Base, Washington, D.C.

"When we looked at FormFlow technology, we realized it was obsolete," she said. "We always knew that we were heading toward something more data-

"FormFlow was state-of-the-art technology when it was implemented, but the old system was proprietary; you couldn't add to it or customize it."

CAROLYN WATKINS-TAYLOR
Air Force Departmental Publishing office

base-interactive and something more Web-based."

The new format will allow the forms to be smart and interactive.

"A form is there to give you information or to get information," Ms. Watkins-Taylor said. "We're going to expand the options for getting and giving information and make them more Web-based to have direct interaction with the application."

The interaction means the user will not be filling in personal information over and over again. Within the automated information system, or AIS, the boxes on the form will be "self-populating," meaning they will link to the functional area responsible for them. In many cases, what the customer sees on the screen will not look like a form, but instead will be a series of prompts.

The XML has a small footprint and can be used with several types of media such as pagers and personal data assistants. Forms can be filled out on these and uploaded to the Internet at a later time. This makes the technology portable for the office, flightline or battlefield.

In order to accommodate the needs of the warfighter, as well as the office worker, the AFDPO used four scenarios to base the new process on:

- Interacting with the AIS in real time with full Internet and database capabilities;
- Filling and printing from a stand-alone delivery channel, such as a personal data assistant, and interacting with the AIS at a later time;
- Filling and printing with "ad hoc routing," using e-mail or other methods at a later time; and
- Original filling and printing paper form with traditional routing or processing.

Building a form such as a staff summary sheet or performance report will be easier because the formatting will be

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Today in history

44 BC Julius Caesar is assassinated by high-ranking Roman Senators.

1493 Christopher Columbus returns to Spain after his first voyage to the New World.

1820 Maine is admitted as the 23rd state.

1862 General John Hunt Morgan begins four days of raids near the city of Gallatin, Tenn.

1864 The Red River Campaign begins as the Union forces reach Alexandria, La.

1904 Three hundred Russians are killed as the Japanese shell Port Arthur in Korea.

1916 General John Pershing and his 15,000 troops chase Pancho Villa into Mexico.

1935 Joseph Goebbels, German Minister of Propaganda, bans four Berlin newspapers.

1955 The U.S. Air Force unveils the first self-guided missile.

1960 Ten nations meet in Geneva to discuss disarmament.

1967 President Lyndon Johnson names Ellsworth Bunker as the new ambassador to Saigon. Bunker replaces Lodge.



2nd Lt. Serena Custis

Special Olympics

Members of the Tyndall Special Olympics Committee raise a banner Wednesday at the Illinois Gate. The Special Olympics, which are hosted at the Tyndall Youth Center annually, will begin at 8 a.m. Saturday. For more information on the event, contact Capt. Lori Vessels, 283-3899, or 2nd Lt. Ryan Nash, 283-2218.

●FROM EVENTS PAGE 2

Wing to wear their appropriate duty uniform (BDUs or flight suit) when you are at the Air Show and help show our pride in our service. This will have a strong secondary benefit of adding to our force protection posture. Of course the exception to this rule is for folks who'll be manning food booths and working behind the grill. What a great way for our community friends to be able to spot you, ask questions and learn a little bit more about what each of you brings to the fight. If somebody thanks you for your great service to our nation, be sure and return the compliment by thanking these great Americans for supporting us. Without them, we couldn't accomplish the mission.

Prior to the open house itself, there are a few things going on across the base people can participate in.

If you're into sailing don't forget to check out the annual Regatta at 11 a.m. Saturday. On Wednesday the annual Pelican Point four-person select-shot golf tournament takes place at 11 a.m. Also, our services folks are hosting the fun-run again this year at 8 a.m. March 23. As you can see, there are many ways to enjoy what hopefully promises to be

fantastic weather or to get a little exercise, have a little fun or show your competitive spirit. For more information on these events, contact our services folks at 283-4565.

On a much more somber note, Monday was the six-month anniversary of the attack on America. Most of us watched the memorials on television and reflected privately on what Sept. 11 has meant to us. It also served as a great reminder of why we're here and why our mission is so important. It's easy to lose sight of the big picture when you're working 14 or 16 hours a day, facing an upcoming deployment or keeping watch in the cold during the middle of the night. Watching those two beams of light shine toward the heavens from where the World Trade Center once stood was a great reminder of why we're all here and why we volunteered to serve our nation. Thank you for your commitment. You have given so much of yourselves over the last six months and so selflessly. We've asked you to do a lot, and you've done it without pause, without complaint and with a smile on your face. The Air Force couldn't do it without you.

Be safe and have a great week.

Start planning now for summer travel fun

MARCIA A. ROBERTSON

325th Services Squadron marketing office

Summer is fast approaching and with it comes vacation time. Now is not too early to begin looking at the various destinations and travel options available this year. To assist the military with making plans, the Information, Tickets and Travel office will once again host the annual travel fair. Travel Expedition 2002 is scheduled from 10 a.m.-1 p.m. March 22. The location for this year's event has been moved from the Community Activities Center to the FamCamp.

"We're expecting at least 40 vendors," said Wendy Poppell, 325th Services

Squadron ITT manager. "We'll have representatives from places like Disney World and Universal Studios, but also from areas like the Atlanta-Dekalb Convention and Visitors Bureau. We'll be selling hamburgers and hot dogs so people can visit during their lunch."

One addition to this year's group of participants is the ITT travel specialist. Maria Smith was hired as the specialist last summer when ITT took over the leisure travel service. Prior to that time, ITT could only provide information and tickets about various leisure options, but now, customers can arrange all aspects of their trips through the ITT office.

"We can make reservations for airlines

and cruises as well as tours," said Ms. Smith. "At the travel expedition, I'll have lots of information about travel packages from around the world although I won't be able to give any quotes at that time."

When a customer wants to use ITT's leisure travel service, Ms. Smith will meet with him or her to get an idea of what the individual is looking for.

"If people aren't sure about where they would like to go, I ask about their preferences," said Ms. Smith. "I try to find out what kind of activity or environment appeals to them. Often, I can make suggestions that might not have occurred to them."

Financial limits are also considered. While travel can often be expensive, special deals are available, depending on destination and travel dates.

"Deals change all the time," said Ms. Poppell. "But they are also out there all the time. If someone is flexible, you can get some awesome savings."

"We work within a person's budget," Ms. Smith added. "We can arrange a trip that is all inclusive or we can just make airline or rental car reservations. We do whatever the customer prefers."

Regardless of one's travel goals, planning ahead is essential.

"Three months is the minimum of time

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ON
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Women's History Month

Who has been the most influential woman in your life?



"The most influential woman in my life is my mother. Her determination, courage and strong will taught me that anything in life is possible if you really want it."

STAFF SGT. MARTA NIXON
325th Support Group



"My mother is my best friend. She has been there through thick and thin...she is definitely the most influential woman in my life."

DERISKA DUPLCHAIN
325th Operational Support Squadron



"The most influential woman in my life is my stepmom because she has always motivated me to achieve my goals and has always supported me in everything I do."

SENIOR AIRMAN VIRGINIA BOAK
325th Operational Support Squadron



"My mom — she came to the U.S. from Germany during World War II. She gained citizenship and knows more about this country and its values and traditions than anyone I know."

MAJ. PATRICIA LESLIE
325th Fighter Wing Military Equal Opportunity office

●FROM FORM PAGE 4

built in. The user will simply respond to prompts. The system will automatically forward the application to other users for their review and digital signatures. Public key interface technology will assure the security of all forms by encrypting the signatures.

"The system will be intuitive to users across all functional areas because each area will supply its own needs and rules," Ms. Watkins-Taylor said.

The transformation means new training for the people tasked with developing new forms.

"They'll need to be able to talk common data elements, know that an AIS is an automated information system, and what a screen shot is," she said.

Officials expect it will take nearly five years to realize the full potential of the conversion.

Thinking about getting out? **THINK AGAIN!**

Make sure you've got all the facts first! Contact **Chief Master Sgt. Ron Georgia**, 325th Fighter Wing career assistance adviser, at **283-2222** for information on your career and its future.



Courtesy photo

Travel fair patrons get information at Travel Expedition 2001.

●FROM TRAVEL PAGE 6

to allow," Ms. Smith emphasized. "It takes that long to get all of the reservations coordinated for any major trip."

The ITT office is open from 10 a.m.-5 p.m., Monday through Friday and from 9 a.m. until 1 p.m., Saturday.

The travel specialist is available from 9:30 a.m.-4:30 p.m. during the week. For more information about ITT and Travel Expedition 2002, call 283-2499. The travel specialist can be reached directly at 283-2864.

Re-enlistments

Staff Sgt. Clayton Abbott, 325th OSS	82nd ATRS	Senior Airman Michael Olson, 2nd FS
Tech. Sgt. Hector Alarcon, 1st FS	Master Sgt. Russell Duffey, 1st AF	Master Sgt. Daniel Page, 325th ACS
Staff Sgt. Thomas Anderson, 325th CES	Tech. Sgt. Scott Fortune, NCOA	Staff Sgt. Joseph Pedone, 325th CS
Senior Airman Mark Armstrong, 95th FS	Master Sgt. James Foster, 95th FS	Tech Sgt. Steven Peyer, 1st FS
Staff Sgt. Jennifer Barbaccia, 325th OSS	Senior Airman Nathaniel Furman, 95th FS	Senior Airman Elise Pilat, 325th CS
Senior Airman Deiredre Bird, 325th CONS	Staff Sgt. Jeremy Garrett, 28th TS	Tech Sgt. Henry Poe, 2nd FS
Staff Sgt. Paul Bradley, 95th FS	Senior Airman Amanda Grissom, 325th SVS	Senior Airman Joshua Richolson, 325th CS
Staff Sgt. Jeffrey Carsten, 325th MXS	Tech. Sgt. Joseph Hakos, 325th ADS	Tech. Sgt. Calvin Ridley, 325th MSS
Senior Airman Jason Cerullo, 2nd FS	Master Sgt. Craig Henderson, 325th OSS	Senior Airman James Sampson, 95th FS
Senior Master Sgt. Daniel Chaney, 325th MXS	Staff Sgt. James Horak, 1st FS	Master Sgt. Mark Sanders, 325th CS
Tech. Sgt. Ramon Coriano, NCOA	Tech. Sgt. David Howland, 325th OSS	Tech. Sgt. David Shaw, 325th CS
Staff Sgt. Richard Crim, 325th SFS	Senior Airman Chasidy MacDonald, 325th OSS	Senior Airman Chris Smith, 325th MXS
Staff Sgt. Travis Davis, 325 MXS	Senior Airman Sean Madlin, 95th FS	Staff Sgt. Sheilam Stenson, 325th OSS
Tech. Sgt. David Delmar,	Tech. Sgt. Steven Majors, 1st FS	Staff Sgt. Steven Swanson, 325th SFS
	Staff Sgt. Dorian Mastro, 28th TS	Senior Airman Mitchell Thomas, 325th SFS
	Senior Airman Michelle McMenamin, 325th SVS	Senior Airman Marcus Thompson, 95th FS
	Tech. Sgt. Robert Motz, 81 TSS	Staff Sgt. Robert Walsh, 1st FS
	Tech. Sgt. Jennifer Nelson, 95th FS	

Tyndall welcomes Bay County, Gulf Coast Salute

TECH. SGT. DAN NEELY
325th Fighter Wing public affairs

The United States Navy's Aerial Demonstration Team, the Blue Angels, will bring their special brand of high-flying excitement to Team Tyndall's annual Gulf Coast Salute. Gates will open at 8 a.m. March 23 and 24. Tyndall's Security Forces and signs will direct people to parking locations. If you have a handicapped permit, please make it visible to security forces directing traffic.

The air show is open to the public with free admission and parking. Shuttle bus transportation will be provided to the flightline show area. Tyndall officials invite everyone to come out and enjoy this year's special event. However, security will be emphasized, according to base officials, who remind attendees that no pets, weapons, glass bottles or containers will be allowed and all hand-carried items are subject to search.

Joining the Blue Angels in the air show lineup will be several military demonstration teams and civilian aerial shows. Invited demonstration teams include: the C-17, F-14, F-15, F-86 and MiG-15, F-16, Dave Dacy Airshows Inc., Patty Wagstaff, The Showcat, WWII Air Demo, the



Heritage Flight (P-51/F-86/F-15) and various other aerial demonstrations. Flybys will include the QF-4, F-117, B-52 and B-1.

Not all of the Gulf Coast Salute's 2002 activities will be in the air. Numerous ground displays and attractions will be available for young and older people. Aircraft currently slated to be on static display include the P-40, P-47, E-3, E-8, T-1, MH-53, UH-1, Hover Craft, F-16, E-9, T-38, T-37, MiG-23, MiG-29, F-18, Sub-scale Drones, MU-2 and of course Tyndall's primary aircraft the F-15C.

An entire hangar is being dedicated to free events and activities for children including pedal planes, face painting, moonwalks and an F-22 display booth. There'll be great food, games and plenty of attractions making this year's event a memorable one. And don't forget about the Jet Truck, Jump Team, military working dog demonstration, the Air Force Experience and its F-16 simulator.

All spectators should expect to encounter increased security or airport-style processing points en route to the air show area. Those carrying few or no items will be able to process through security checkpoints without significant delays. Express lines will be available for those carrying minimal or no items.

Prohibited items include weapons, ammunition or fireworks, alcohol, pets, coolers, glass bottles/containers, bicycles, mopeds, skateboards, roller skates/roller blades and scooters.

Cameras, strollers and backpacks **are permitted**.

To see how this year's Gulf Coast Salute is shaping up, check out the official Web site at www.gulfcoastsalute.homestead.com or call 283-8579.

Wing readies for environmental audit

**COURTESY OF THE 325TH FIGHTER WING
CIVIL ENGINEER SQUADRON**

The 325th Fighter Wing Civil Engineer Squadron Environmental Flight is preparing for an Environmental Compliance Assessment and Management Program audit to be performed May 6-10, 2002.

The ECAMP Team, whose members will be composed of personnel from Air Education and Training Command headquarters and other Air Force bases, will be reviewing Tyndall's environmental programs to assess how well the base is complying with federal, state, and local regulations, as well as Air Force instructions. Unlike an Operational Readiness Inspection, the ECAMP Team is not here to "give out tickets" for problems they might find. The goal is to help Team Tyndall find and correct problems that could cause or contribute to Notices of Violation, possibly including fines, from regulatory agency inspectors. If resources are needed to help correct a deficiency, the ECAMP Team can help validate the problem and the resources needed to correct it.

ECAMP audits, which are required for all installations by the Department of Defense, are conducted to improve environmental management. The ECAMP Team assesses the base on 13 areas ranging from water and air issues to cultural and natural resources. The assessment is a snap-shot-in-time of how well Team Tyndall is performing its environ-

mental duties.

"Everyone whose job involves any part of the environmental process has the potential to be looked at," said Ann Garner, Flight Chief of the 325th Civil Engineer Squadron Environmental Flight. "For example, anyone who handles hazardous materials or hazardous waste, which includes a sizable number of locations and people here at Tyndall, is eligible to be visited by the ECAMP Team. Solid waste disposal and recycling will also be reviewed, probably including what we refer to as 'dumpster diving' - sorting through dumpsters to determine if there are items in the trash that should have been disposed of in a different manner."

In most instances, problems identified by the ECAMP Team are corrected almost immediately, even before the ECAMP Team leaves Tyndall. If a more complicated solution is needed that cannot be implemented immediately, the Environmental Flight tracks the progress of the correction and works with the responsible group and squadron to identify and implement the corrective actions needed.

"Team Tyndall has a very good environmental program," said Ms. Garner. "The visits we are making are verifying we don't have major problems, and the base personnel, from the wing commander to the people in the shops, are very supportive of accomplishing our mission while still protecting our beautiful environment."



Senior Airman Brett R. Ewald

On alert

A Minnesota Air National Guard pilot from the 148th Fighter Wing in Duluth speaks with his crew chief recently. Pilots and other personnel are flying and maintaining the unit's F-16 Fighting Falcons at Detachment 1 at Tyndall Air Force Base.

National Nutrition Month

The Gulf Defender, along with Tyndall Health and Wellness officials, celebrates National Nutrition Month

The **CREATINE** Craze

Weighing in the facts about this muscle-building supplement

2ND LT. MICHAEL TRUST

Walter Reed Army Medical Center dietetic intern

In the world of jocks and weight-lifters, one would be hard-pressed to find an athlete who hasn't heard of creatine – that muscle-building diet supplement that promises to transform the scrawniest of sticks into the most Herculean of hunks.

In fact, a recent awareness-assessment survey conducted by the Nutrition Care Directorate showed that one in twelve active duty personnel at Walter Reed Army Medical Center consumes creatine supplements on a regular basis. So what's the skinny on creatine?

Well, here's how the facts weigh in. If you've put more effort into your PhD than into your biceps, then you probably already know that the body uses creatine phosphate, or CP, from creatine-rich meats and phosphorus sources to synthesize adenosine triphosphate, or ATP. As an energy-rich compound used in muscle contraction, continual

production of ATP occurs during normal activity and intense exercise. Used-up ATP becomes adenosine diphosphate, or ADP, which becomes ATP again when phosphorus is added from creatine phosphate. The ADP-CP combination that produces ATP quickly restores muscular energy.

In the 1990s the nutrition supplement industry jumped on this early knowledge about creatine and, based on theoretical premises, successfully produced a high-dose creatine delivery product. However, because of current laws that allow a food substance classified as a "dietary supplement" to forego testing by the Food and Drug Administration, many of these products went on the market without any verification by the scientific community of the products' claims.

Until quite recently, that is. For instance, last August the *American Journal of Clinical Nutrition* found that the ingestion of creatine monohydrate, the edible form of cre-

atine, at a rate of 20 grams per day for five to six days improves performance during repeated bouts of maximal exercise. Another study published in *Medicine and Science in Sports and Exercise* last March concluded that creatine supplementation significantly improved power output in weight-lifting routines, accompanied by increases in lean body mass after just one week of creatine supplementation. The same journal reported in February that the benefits were greater for men than for women, but just as significant.

Now, before you go out and guzzle a jug of creatine for your next marathon run you may want to consider some other findings. A recent report in the *Clinical Journal of Sports Medicine* warned that, because of its weight-gaining effects, creatine should not be used for endurance training. Also, high levels of creatine in muscle tissue from supplementation increase the prevalence of dehydration.

In other words, this supplement is not the miraculous power potion some may think it is. Bottom line: creatine will slow you down if you're into any sport that relies on speed and long-term endurance. Additional problems may occur when excess creatine in the muscle converts to creatinine which gets purged into the blood stream and filtered in the kidneys. Current theories that have yet to be tested speculate on whether the additional stress on the kidneys causes long-term damage. So far, only isolated case studies cite possible links between creatine usage and kidney dysfunction.

A March 1999 letter to the *New England Journal of Medicine* described an otherwise healthy 20-year-old patient who suffered from kidney inflammation due to elevated creatinine levels in his blood after consuming a creatine supplement. Another column printed by *Lancet* in April 1999 discussed a 25-year-old patient who suffered a deterioration in kidney function after ingesting supplemental creatine for seven weeks. In both cases, after stopping creatine consumption, kidney function returned to normal. Neither of these cases developed into long-term kidney damage. So how do we know how much creatine is safe to consume?

A 1999 study in the *Journal of the American Pharmaceutical Association* showed that an initial week-long "loading period" with no more than 20 to 30 grams of creatine per day was necessary to show performance and muscle gains. To maintain a maximum level of creatine in the muscle, only two grams per day after the initial loading period were needed.

If you're already part of the population who uses creatine, check your labels to make sure you're not consuming – and wasting – too much. If creatine continues to live up to its promises, you may be able to maximize your physical results with less effort and time. And after you're done with your biceps, perhaps then you can work on that PhD.

ARTICLES ¹⁵

The following 325th Fighter Wing members received non-judicial punishment at Tyndall Air Force Base in February. This list is not published to single out individuals or to draw attention to specific squadrons or units. Therefore, member names and units will not be published. Information is published to familiarize members of Team Tyndall with conduct that can result in disciplinary action.

Articles 15:

- An airman first class was reduced in rank to airman (suspended) and reprimanded for failing to obey a lawful order.

- An airman first class was reduced in rank to airman basic for willful dereliction of duty.

- An airman first class was reduced in rank to airman (suspended), given 30 days correctional custody and re-

rimanded for disrespecting an NCO.

- A staff sergeant was reprimanded for unauthorized use of their Government Travel Card.

- A staff sergeant was reprimanded for communicating a threat.

Discharges:

- An airman basic received an under-other-than-honorable-conditions discharge for conduct prejudicial to good order and discipline and discreditable involvement with military and civilian authorities.

- An airman first class received a general discharge for minor disciplinary infractions.

- An airman first class received a general discharge for conduct prejudicial to good order and discipline.



Tech. Sgt. Christopher Ball

Wanna race?

A NASCAR Wood Brothers stock car visited Edwards Air Force Base, Calif., recently for a photo session with the F-22 Raptor, which is currently undergoing flight testing. The stop is part of the Air Force's ongoing partnership with the National Association of Stock Car Auto Racing aimed at recruiting young fans of motor sports racing. The Air Force has advertised on the No. 21 car, driven by Elliott Sadler, since the start of the 2001 racing season.

●FROM DEFENSE PAGE 1

ity of the threat and whether it is specific and imminent.

Government officials would also characterize levels of vigilance, preparedness and readiness in a series of graduated threat conditions. These threat conditions would help federal, state and local government officials, law enforcement agents and citizens decide what action they could take to help counter and respond to terrorist activity.

Based on the threat level, federal agencies would then implement protective measures that the government and the private sector would take to reduce vulnerabilities. States and localities would be encouraged to adopt compatible systems.

The advisory system would also include public announcements of threat ad-

visories and alerts and inform people about government steps to counter the threat. The announcements would also provide information to help people respond to the threat.

Heightened threat conditions could be declared for the entire nation, for a specific geographic area or for a functional or industrial sector, White House officials said. Officials would use a color-coded system: conditions green, blue, yellow, orange and red.

Condition green would indicate a low threat of terrorist attack. Government and law enforcement authorities would refine and exercise protective-measure plans and regularly assess facilities for vulnerabilities and take steps to reduce them.

Condition blue would indicate a general risk of terrorist attack. Among other precautions, authorities would check commu-

nications with emergency response and command locations. They would also review and update emergency response procedures and provide the public with necessary information.

Condition yellow would indicate significant risk of terrorist attacks. Protective measures would include increasing surveillance of critical locations; coordinating emergency plans with nearby jurisdictions and implementing contingency and emergency response plans, as appropriate.

Condition orange would indicate a high risk of terrorist attacks. Authorities would coordinate security efforts with armed forces or law enforcement agencies and prepare to work at an alternate site or with a dispersed work force and restrict access to essential personnel only. Additional precautions would be

taken at public events.

Condition red would indicate severe risk of terrorist attacks. In this case, emergency response personnel would be assigned and specially trained teams would be pre-positioned. Authorities would monitor, redirect or constrain transportation systems, close public and government facilities and increase or redirect personnel to address critical emergency needs.

The president has given the attorney general responsibility for developing, implementing and managing the homeland security advisory system. Government and law enforcement officials and the public will have 45 days to comment on the plan. Ninety days later, in coordination with the Office of Homeland Security, the attorney general will present a system to the president for approval.



Your link
to what's going on

Gulf Guide

in the
Tyndall community

MARCH

FRI
15

Top 3 meeting

A Tyndall Top 3 meeting will be 3:30 p.m. today in the Pelican Reef Enlisted Club's Classics Lounge. All eligible personnel are welcome to attend.

Logistics-Operations Group banquet

The 325th Logistics-Operations Group's Professional of the Year Banquet is today at the enlisted club. The social will be 6 p.m. followed by dinner at 7 p.m. For more information and tickets, see a unit representative.

OSC luncheon

The Tyndall Officers' Spouses' Club luncheon will be 10:30 a.m. Tuesday in the officers' club. A member of the Florida Tourism Council will be the guest speaker. To make a reservation, call Susan Reents by noon today, 286-2890.

Embry-Riddle registration

Today is the last day of registration for Embry-Riddle Aeronautical University's Spring B term. Registration hours are 8 a.m.-4:30 p.m. in Room 49 of the education center. The class dates are Monday-May 18. For more information, call the ERAU office, 283-4557.

Olympics escort briefings

Special Olympics escorts who have not yet attended a mandatory briefing should attend either the 10 a.m. or 4 p.m. briefing today in the Weapons Evaluation Group auditorium. For more information, call Capt. Lori Vessels, volunteer coordinator, 283-3899.

SAT
16

Special Olympics

The Florida Area 2 Special Olympics will be hosted by the Company Grade Officer's Council Saturday at the youth center. The games will officially start at 9 a.m. with volunteer sign-in at 8 a.m. All volunteers and spectators, not including security forces, committee members and VIPs, will park at the base support center, with 30-minute shuttles to and from the youth center. Sabre Drive will be closed for the majority of the day. All committee, security forces, VIPs and youth center personnel will be issued passes from security forces to park at the youth center.

Black heritage variety show

The Tyndall Black Heritage Committee's annual scholarship dinner program will be Saturday at the enlisted club. This year's program will be a variety show featuring talent from the base and local community. For more information, call Committee Chairman Tech. Sgt. Calvin Ridley, 283-4249, or Master Sgt. Terrell Reid, 283-2670.

MON
18

Women's History Month luncheon

A Women's History Month luncheon will be 11:30 a.m. Monday in the Tyndall Officer's Club. For more information, call 283-3016.

'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.

Embry-Riddle A&P classes

Embry-Riddle Aeronautical University's classes for the Federal Aviation Administration Airframe and Powerplant certificate begin Monday. For more information and to determine eligibility, call the ERAU office, 283-4557.

Commissary air show hours

The commissary will remain open an additional hour, 6-7 p.m., on Monday, Wednesday and March 22 to accommodate all patrons prior to the weekend air show. The store will maintain regular operating hours March 23-24. For more information, call store administrator, Steve Paros, 283-4825.

TUE
19

Focus 56 meeting

A Focus 56 meeting for all staff selects through technical sergeants will be 3 p.m. Tuesday in the NCO Academy auditorium. The guest speakers will be Special Agent Pearl Suntonvipart, Office of Special Investigations, and Mrs. Sherri Ward, Tyndall Family Advocacy Outreach Manager.

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. Tim Jones, 283-8018, or Master Sgt. Perry Newberry, 283-4189.

WED
20

NCOA meeting

A Noncommissioned Officer Association general membership meeting will be 11:30 a.m. Wednesday in the community activities center. For more information, call Tech. Sgt. Robert Barnett, 283-8734.

SAT
23

Medical group closure

The 325th Medical Group will be closed on March 23 in support of the 2002 Gulf Coast Salute air show. Anyone needing to talk to the primary care manager on-call may phone 283-7591.

NOTES

VEAP to MGIB conversion

The Veterans Education Assistance Program to Montgomery G.I. Bill election had to be made no later than Oct. 31, 2001. Payment of

\$2,700 must be made within 18 months of the election date, when an individual signs the DD 2366. The payment can be made by pay reduction, lump sum or a combination of the two. A pay reduction can be in any amount. For more information, call the education center, 283-4285.

Fire extinguishers available

Fire extinguishers are available for military family housing residents at the DGR self-help center. The center is open noon-7 p.m. Monday-Friday.

New York Air Guard positions

Traditional Air Guard positions and full-time active-duty openings exist with the 109th Airlift Wing in Scotia, New York, home of the C-130 ski-birds. For more information, call Master Sgt. Wesley Ryerson, DSN 344-2456 or (800) 524-5070, or e-mail: Wesley.Ryerson@nyscot.ang.af.mil.

RETIREE NEWS

Pamphlet for survivors of retirees

Air Force Pamphlet 36-3028, Benefits and Entitlements for Family Members of Retired Air Force Deceased, prepared by the Casualty Assistance staff at the Air Force Personnel Center was published Nov. 1, 2001 and is now available online at: <http://afpubs.hq.mil/pubfiles/af/36/afpam36-3028/afpam36-3028.pdf>. The pamphlet provides general information about most federal benefits and entitlements available to eligible family members of deceased retired Air Force personnel and explains the application process.

Subjects included in the pamphlet range from the procedures to report the death of retired Air Force members to burial benefits and entitlements due the next of kin or beneficiary from the military, Department of Veterans Affairs and Social Security. It also lists various agencies the survivor can call on for possible assistance if needed.

Although it's designed primarily for the beneficiary upon the death of the retiree, every retiree may want to review the pamphlet with his family members and discuss anything about which they might be unsure. They can also discuss these matters with the nearest casualty assistance representative who will explain the matter or refer them to the agency concerned. Mr. Ernest Hooper is the casualty assistance representative for Tyndall Air Force Base and can be reached at 283-1680.

Members of the retiree community should note that government agencies outside the Air Force administer most of the benefits discussed in the pamphlet, determine eligibility for such benefits and establish the amount paid, if any.

RAO needs volunteers

The Retiree Activities Office is still in need of volunteers. If you have as little as three hours a week you can contribute, please call 283-2737 or stop by the office in Building 662, Room 245. The RAO is open 9 a.m.-noon Monday-Friday.

YARD SALES

Yard Sales

The following yard sale is scheduled for Saturday: 3531 Andrews Loop. All yard sales are held between 8 a.m.-4 p.m.

MOVIES

Today: "Count of Monte Cristo" (PG-13)

Saturday: "The Mothman Prophecies" (PG-13)

Sunday: "Slackers" (R)

Thursday: "Count of Monte Cristo"

All movies start at 7 p.m.

Tyndall girls share love of horses

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

Two girls have a dream of riding into Olympic glory. Amanda Huckle and Amelia Cook share both a passion for and a remarkable talent for equestrianism. They train with hunter/jumpers, horses bred for a style of riding that is ancient and tremendously difficult.

Hunter-jumper horses are a series of horses that do exactly what their name implies. Some of the breeds are used for fox hunting and other forms of gamesmanship, while others are used for the pure sport of jumping. Both Amanda and Amelia use their horses for jumping.

Amanda is the fifteen-year-old daughter of Col. Don and Cindy Huckle, and says she got her interest in jumping horses from her mother.

"I knew it was something my mom had done, and I just sort of picked it up," says Amanda.

She "picked it up" quickly. Amanda began competing in local and regional horse shows just a few months after she got her horse, Toby. Amanda has found a great deal of success over the past two years. In fact, only one time in her first year of jumping did she walk away without an award of some

sort. That day was an example of the growing pains that come along with competing in equestrian circles.

"At the end of our 2000 show year, he bucked me off," explained Amanda.

"It was the first time she didn't win a ribbon at a show," said her mom, Cindy.

Her setback notwithstanding, Toby and Amanda cruised to a double-championship last year when they won their division at a regional competition.

Amanda's accomplishment was a mirror image of the double-championship won by Amelia Cook during the 2000 season.

Amelia is the daughter of Col. Mike and Hope Cook, and the seventeen-year-old has been riding since she was just eight years old.

Toby was given to her when her dad was stationed at Hill Air Force Base, Utah. When asked what drew her to the sport at such a young age she said, "Working with an animal that can do so much when you train it — I just really enjoy the challenge." She and Amanda both look forward to moving beyond regional arenas and into the national spotlight.

"My goal is the Olympics," states Amanda firmly.

Amelia spends about 25 hours a week working with her horse, Quinn, as does Amanda with Toby. In addition, both girls are high-school students at Rutherford High School and Amelia will be starting a part-time job soon.

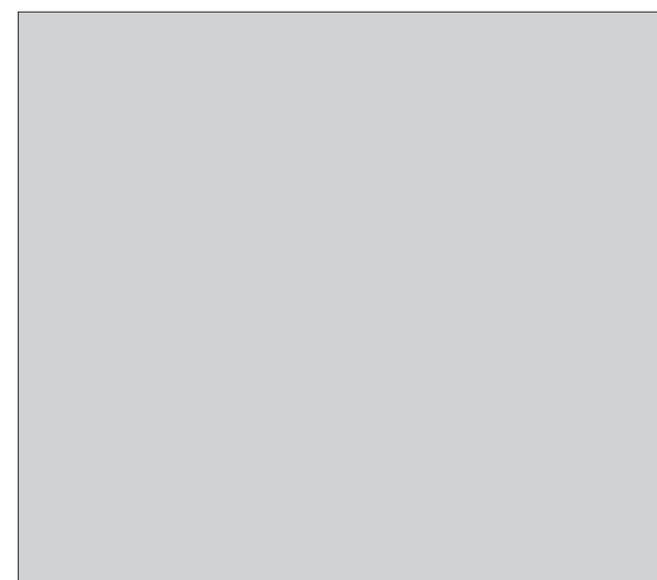
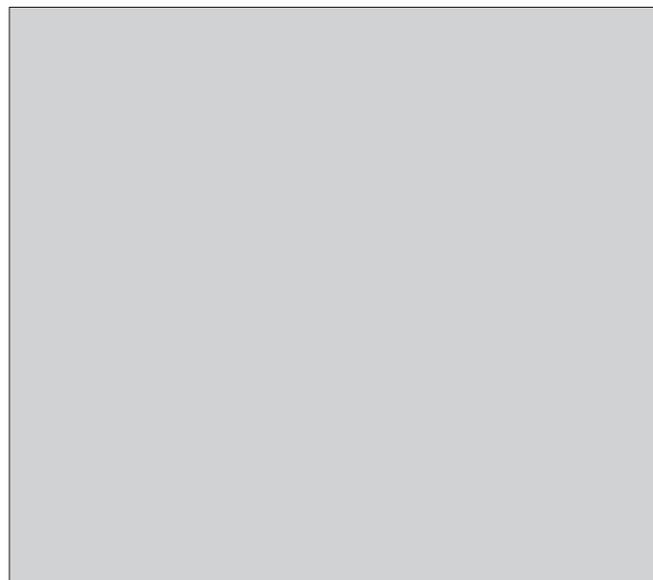
Perhaps the most impressive story about these two girls is not the championships, but the dedication they show in everyday life. Both Amanda and Amelia are International Baccalaureate program students at Rutherford. The IB program is an advanced honors curriculum filled with time-consuming projects and essays that awards its graduates with scholarships upon graduation, but is summed up best by Amelia, who simply said, "Balancing the demand is hard."

●SEE HORSES PAGE 15



2nd Lt. Ryan Fitzgerald

Amanda Huckle guides her horse, Toby, over a gate recently.



Funshine NEWS



March 15, 2002

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

Vet Clinic

☎ 283-2434

Vet Clinic Closed

The vet clinic will be closed March 22 due to a vaccination clinic to be held at the Naval Coastal System Station from 9 a.m. to 1 p.m.

Air Force Teen Aviation Camp

Spend a week at the Air Force Academy in Colorado

Scheduled activities include:

- Piloting an aircraft
- Flight simulator training
- Survival training
- Team-building exercises
- Horseback riding
- Ropes course
- Swimming
- A visit to the Olympic Training Center
- Tours of the Academy
- Meeting with cadets and much more...

For more information contact:
Youth Center: 283-4366
Teen Center 283-0295

Family Child Care

☎ 283-2266

Arriving or Departing?

Air Force Aid offers free child care in Family Child Care Homes. Contact the relocation personnel in the Family Support Center for your PCS certificate. A list of FCC providers is available through the FCC office in building 1309.

Marina Club

☎ 283-3059

NASCAR Sundays

Enjoy NASCAR Sundays at the Marina club with food and beverage specials and door prizes. Call for details.

Bonita Bay

☎ 283-3199

Sealed Bid Auction

Sealed bids will be accepted from March 1 to March 17 for a 24' pontoon boat (P-30). There is no motor or trailer for this boat and it is sold as is.

Enlisted Club

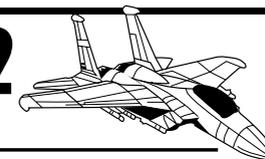
☎ 283-4146

All Ranks Barbershop Hours

Beginning April 1 the barbershop hours will be: Mon., Tue., Thur. and Friday, 8 a.m.-4 p.m.

Gulf Coast Salute 2002

Airshow March 23 & 24



Other Events Include:

Golf Tournament (Format will be 4 person select shot)

March 20, 2002 • 11 a.m. Lunch • Noon Shotgun

Entry Fees: \$20 members • \$32 nonmembers

Fees Include: Lunch, Range Balls, Cart, Green Fees & Prize Drawing

Prizes will be given for the closest to the pin on holes #9 and #15, best score and other prizes will be determined on the amount of teams entered.

Deadline for sign up is noon, March 19. For more information call Pelican Point at 286-2565.

Beacon Beach Marina Club

Sailing Regatta

Friday, March 15: 7 p.m. Social Hour (with snacks and pay as you go bar) • 8 p.m. Skippers' meeting and registration at the Beacon Beach Marina Club

Saturday, March 16: 11 a.m.: Race start (subject to change due to weather)

6 p.m.: Seafood Buffet (\$6.50) and pay as you go bar

Entry Fee \$25 per boat. For more information call: 283-3059

Fitness & Sports Center

5K Fun Run March 23, 2002 • 8 a.m.

Open to all ages and fitness levels so bring out the entire family for a run or walk around Tyndall. This is a "Fun Run", not a competitive race. All who participate in the walk/run will be eligible to win prizes awarded through a random drawing. Everyone, young in strollers, wheelchair assisted and older walkers are invited to take part.

Cost is \$10 if registered before March 9 or \$12 if registered after March 9. (Includes T-Shirt)

For more information call: 283-2631

Tyndall Fitness Center

MUSCLE BEACH 2002

March 30

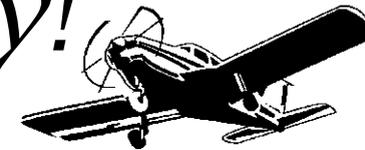
Competition begins at 10 a.m.
Weigh-ins begin at 8 a.m.

Register by Mar. 15, 2002

For more information
call 283-2631.

Learn to Fly!

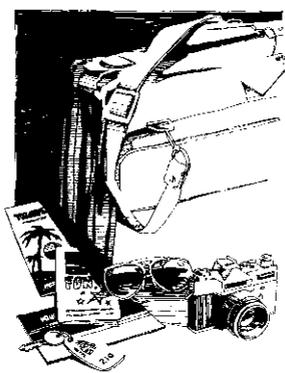
with the Aero Club



■ Private Pilot Ground School begins April 8

■ Commercial Instrument begins April 9

For more information call 283-4404



INFORMATION, TICKETS AND TRAVEL

Travel Expedition

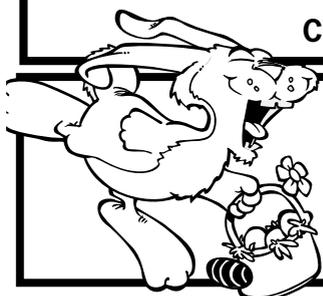
Friday, March 22, 10 a.m. - 1 p.m.

AT THE TYNDALL FAMCAMP

Door Prizes • Over 50 Vendors • Freebies

Vendors representing a variety of travel destinations will be present.
Call 283-2499 for more info.

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



Tyndall Youth Programs Big Bunny Egg Hunt • Saturday, March 30

at the Youth Center, Bldg. 3223 on Sabre Drive. • BYOB (bring your own basket)

11 a.m. age categories 1-2 & 3-4 • 1 p.m. age categories: 5-6, & 7-8 • 3 p.m. age categories: 9-10 & 11-12

Glow in the Dark Egg Hunt (For Teens only) Age categories: 13-15 at 6:30 p.m. & 16-18 at 7:30 p.m.

Prize filled eggs will contain candy, toys, or coupons for a variety of prizes.

For more information call 283-4366.

Tigers finish season fourth following SEMAC tourney

COURTESY OF THE TYNDALL TIGERS

The Tyndall Tigers Men's Varsity Basketball Team saw their Southeastern Military Athletic Conference season come to an end with a fourth place finish in the SEMAC Post-Season tournament.

Keesler -82, Tyndall-76

In their first game of the tournament the Tigers took on the Keesler Dragons. The two squads battled evenly for the first ten minutes of the contest. The momentum shifted to Keesler as the Dragons outscored the Tigers 27-12 to take a 39-27 lead at the intermission. In the second half, Tyndall rallied behind the red-hot shooting of Redd Batiste and aggressive defense of Israel Figueroa and Tarrance Garner to pull within three points. With 2:36 remaining Keesler held a five-point lead (70-65) and went into its delay offense, forcing Tyndall to foul. Keesler connected on 10 out of 11 free throws down the stretch to seal the victory.

Tyndall-75, Hurlburt Field-65

Tyndall (0-1) took on the Hurlburt Field Commandos (1-0) in their second game of

the day. In a must-win situation, the Tigers displayed their A-game against the eventual tourney champion Commandos. Behind Marcus Baucom's 13 first-half points and an aggressive in-your-face defense, Tyndall led 41-37 at the intermission. In the second half, the two teams battled back and forth until Tyndall stepped up the intensity on the defensive end and executed on offense to capture the lead and extend it to as many as 14 points, before winning comfortably 75-65.

Eglin-70, Tyndall-64

On Sunday, Tyndall met the Eglin Eagles in a semi-final game with the winner advancing to play Hurlburt Field in the championship game. Behind Israel Figueroa's 11 first-half points, the Tigers took a 37-31 advantage into the intermission. In the second half, Tyndall continued to maintain its lead. With 6:34 remaining to be played, the Tigers enjoyed a 58-50 lead when the Eagles went on a 12-2 run to take a 62-60 lead with 1:56 remaining. Tyndall trailed by four points, 68-64, with 18 seconds remaining, and attempted a three-point shot, but it rimmed out and Eglin came away with the victory.



Courtesy photo

A Tyndall player shoots a three-pointer during tournament action.

Hurlburt Field defeated Eglin 70-64 to claim the title. Tyndall's Redd Batiste was named to the all-tournament team along with Keesler's Robin Sykes, Israel Boyd from Eglin, and Byron Young and Walter Fitzgerald from Hurlburt Field. Fitzgerald was also

named Most Valuable Player of the tournament. Tyndall swept the SEMAC regular season awards as Coach Rica Page was named SEMAC men's Coach of the Year and Redd Batiste was named men's Most Valuable Player.

●FROM HORSES PAGE 13

"It's a big commitment," says Cindy Huckle, "from the entire family." In the future, Amanda plans to go on to Auburn University where she wants to study to be a veterinarian. Amelia has plans for college as well, hoping to go somewhere she can take her horse with her and continue to train and compete.

