

GULF DEFENDER



Vol. 61, No. 9

Tyndall Air Force Base, Fla. *Gulf Defender*

March 8, 2002

In brief

TMO/CTO relocates

The traffic management office and commercial travel office will relocate Monday from Building 542 on the south side of the base to the first floor of Building 662. To facilitate the quick relocation of these offices, TMO/CTO services will be limited to emergencies only today. Normal services will resume in TMO/CTO's new location Monday. For more information, call Ralph Haire, 283-8161, or Debra Baublis, 283-2174.

Claims notification

Brig. Gen. William F. Hodgkins, 325th Fighter Wing commander, expresses his condolences to the friends and families for their loss of Senior Airmen Robin Anne Taylor, 325th Contracting Squadron and Corey Gene Vaughan, 325th Communications Squadron. Anyone having claims against, or indebtedness to the estate of Airman Taylor should contact Capt. Allen K. Martin, 325th CONS at 283-3375. Anyone having claims against, or indebtedness to the estate of Airman Vaughan should contact 2nd Lt. Kelly R. Just, 325th CS, at 283-1055.

Inside

STRESSED Out?

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Staff Sgt. Justin D. Pyle

Fallen heroes

A C-17 from McChord Air Force Base, Washington, arrives at Ramstein Air Base, Germany, carrying the remains of seven servicemen killed in action Monday during Operation Anaconda in Afghanistan. They were met by a multi-service honor guard that performed a fallen-soldier ceremony to honor those killed.

Special events set for Gulf Coast Salute

MARCIA A. ROBERTSON

325th Services Squadron marketing

The 325th Services Squadron has planned several special events in support of the Gulf Coast Salute 2002 open house and airshow scheduled for March 23 and 24. Beginning with a regatta on March 16 and continuing throughout the airshow, services' activities are designed to involve both adults and children in the excitement of this annual event.

The regatta, which has attracted up to 15 competing sailboats in the past, starts at 11 a.m. at the Beacon Beach Marina. Advanced registration is required for civilians. Participants must enter through the Sabre gate and be prepared to show a driver's license, proof of auto insurance and vehicle registration. Those sailing to the marina club must carry a picture ID.

Trophies and door prizes provided by area sponsors will be given out at a sea-

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Team Tyndall takes time to test crisis response

MASTER SGT. ROB FULLER

325th Fighter Wing public affairs

Tyndall airmen participated in several different scenarios this week as part of Exercise Crown Prince, a full-blown week-long exercise developed by the 325th Fighter Wing's Exercise Evaluation Team.

The exercise was based on annual requirements meant to test Team Tyndall's ability to respond to some of the worst-case scenarios the EET team could dish up.

"We've recently changed our basic approach to conducting wing exercises," explained Lt. Col. Dennis Delaney, chief of wing plans. "Instead of evaluating the full spectrum of potential contingencies on all exercises, the wing has elected to take a more focused approach to the way we train and

evaluate. The exercise we are currently conducting focuses on Tyndall's response to Major Accidents, or 'MAREs.' Three more week-long exercises are planned for the remainder of 2002. The next will focus on Natural Disaster Response, with the remaining two practicing Tyndall's response to domestic security threats and international security threats, respectively."

The first of three scenarios the base responded to this week dealt with a simulated explosion in the munitions storage area that resulted in mass casualties.

"Our folks responded well," explained Senior Master Sgt. Ken Townsend, 325th Fighter Wing chief of exercise plans. "With regard to contingency responses, overall proficiency within the wing appears to be very high. Our new approach to exercising,

coupled with Tyndall's real-world experience over the past six months and the outstanding personnel we have in the wing seem to have come together to bring us up to peak efficiency."

Mid-week the base was tasked to react to a mock aircraft crash in the vicinity of the Apalachicola Municipal Airport in Franklin County. The scenario not only tested Tyndall's emergency response, but also added the wrinkle of working hand-in-hand with a civilian emergency operations center.

"We were very pleased with the cooperation our friends in the Franklin County Emergency Management Agency gave us; they were extremely enthusiastic to support and play in this scenario. We worked hand-in-hand with them and logged a lot of hours

●SEE EXERCISE PAGE 8

Tyndall heats up despite cold spell

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander



Even though temperatures across the Panhandle have been plummeting lately, here at Tyndall things are continuing to heat

up. From airshow preparations and a television series on the horizon, to successfully handling a week-long exercise, you guys continue to prove to the Air Force that we are truly something special here at Tyndall.

We started the week off with a bang, literally, as we simulated a building explosion on base during a major accident response exercise. I'm proud to say we performed very well throughout all the scenarios. One of the great things about an exercise is that it allows us a chance to find any problems and fix them in the event we ever find ourselves in a real-world situation. This exercise gave us the chance to continue testing the wing's capabilities and fine-tune our processes. In a post-Sept. 11 world, we never know



“When you're out enjoying all Bay County has to offer, keep in mind that no matter if you're in uniform or swimming trunks, you still represent Tyndall.”

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander

when we might be called on to utilize this training, and without a doubt, we achieved our mission objectives.

Speaking of heating up, as this cold weather slowly gives in, and spring creeps into the sunshine state, so do thousands of students for their spring break celebrations. If and when you're out enjoying all that Bay County has to offer, keep in mind that no matter if you're in uniform or swimming trunks, you still represent the Air Force and Tyndall. There are thousands of potential recruits and probably many future airmen among the crowds enjoying their vacation – you might be

the only military member they see while they're here. I know we'll show them why Tyndall is known for its hospitality and is considered one of the top bases across the Air Force.

And right in the middle of the spring break madness is Gulf Coast Salute 2002. What a great event for our spring break visitors, friends in the local area and troops right here on base. We're only a couple of weeks away and preparations are well underway. This is a great opportunity for folks to come out and see what we do, how we do it and why it's important to the na-

● SEE HEAT PAGE 11

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

Preventing discrimination key to organizational success

LT. COL. PAUL D. GOVEN

27th Medical Support Squadron

CANNON AIR FORCE BASE, N.M. (AFP) — Successfully accomplishing an organization's mission is critical.

It takes a team of dedicated and knowledgeable individuals who can focus all their energy on maximizing the goals that support our ability to do America's business any time and in any place. We all know this takes hard work to accomplish, even in the best of conditions.

One of the quickest ways to destroy the morale of an organization and its ability to accomplish the mission is to tolerate discrimination in any form.

Discrimination can have serious consequences on unit teamwork, which is the main ingredient we need to succeed as an Air Force. Discrimination will destroy the fabric that binds the common good of its members and deprive the organization of its ability to accomplish the goals

it strives to achieve.

Discrimination is ugly. Whether discrimination is based on race, color, national origin, religion, sex or age, it should not be tolerated by anyone. The good news is it's within the control of each of us to put a stop to it just as soon as it raises its ugly head.

If you believe discrimination is practiced within your work environment, in whatever form, do not tolerate the condition. Take immediate action, speak up and seek help. Here are a few helpful hints.

Consider using an informal method of resolution if the behavior is minor. Speak with the individual in person, or you may want to write a letter. But, in either case, send a clear message that you want the behavior to stop.

Warn the individual that if the behavior doesn't stop, you will take further action. You can also go to your supervisor or others in your chain of command and ask for their assistance in resolving the situation.

Always maintain records of what happened that include dates, times and locations.

In many instances, using an informal approach will resolve the problem. If you feel uncomfortable with the informal process or are not able to resolve the issue at that level, then seek the advice of the military equal opportunity office.

The MEO staff can guide you through the process and assist you with filing a formal complaint if you believe one is needed.

Remember, as an Air Force team, we have a national security strategy to execute. As we focus on the nation's objectives, there are many variables beyond our control, but discrimination is not one of them.

One of the Air Force's greatest strengths is the diversity of its people, the Air Force's most precious resource. Let us continue to respect different backgrounds, cultures and beliefs and most of all take care of each other.

Gulf Defender Editorial Staff

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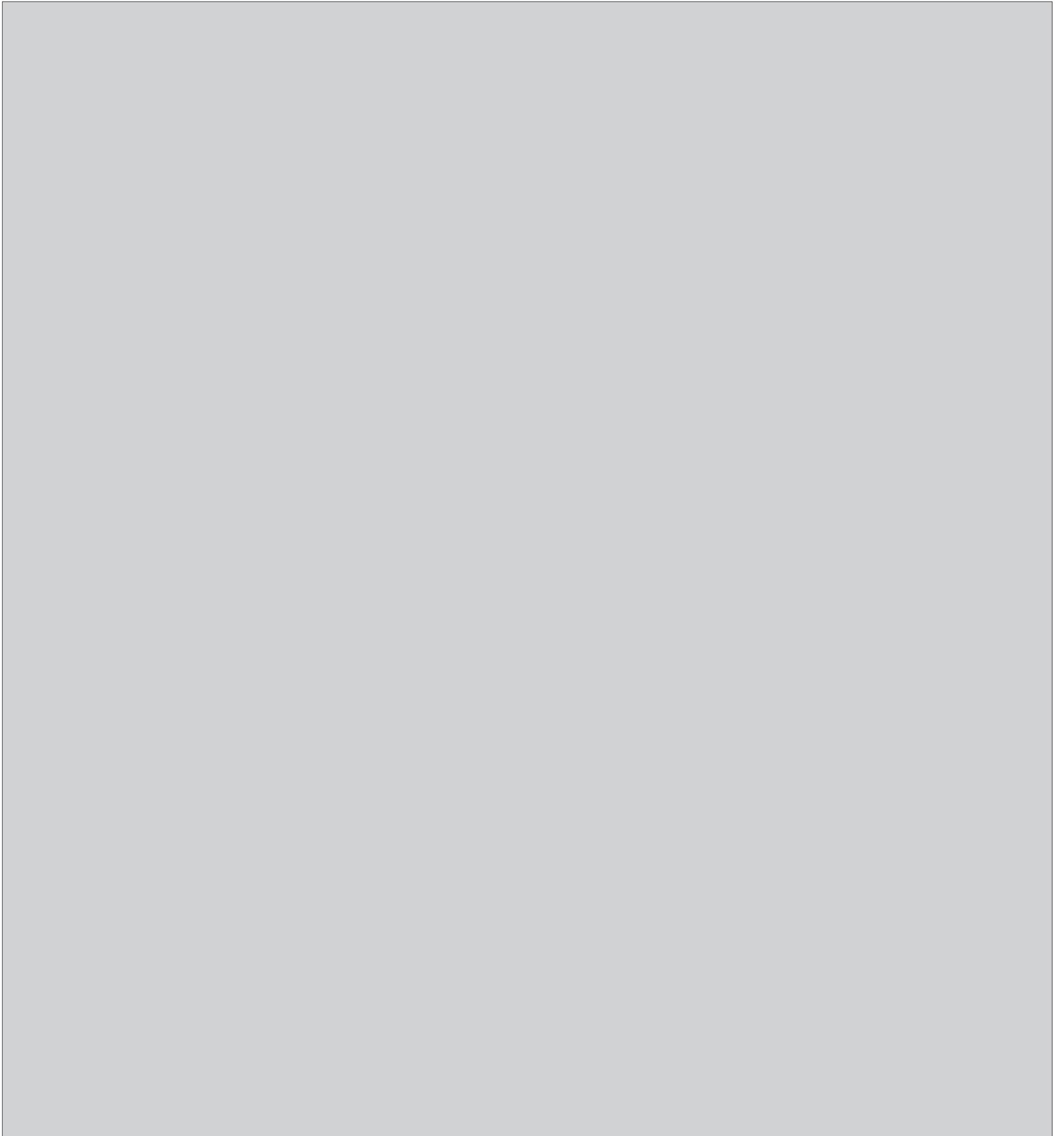
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chaser, user or patron.

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.



Day of events helps to set 'record straight'

STAFF SGT. ROEL UTLEY

325th Fighter Wing public affairs

About 20 local media members converged on Tyndall Feb. 28 to learn more about the military and its mission so they can improve their reporting of base activities to the people who live in the community.

Media day, hosted by the 325th Fighter Wing public affairs office, gave representatives of local print, radio and television media a chance to receive mission briefings by Brig. Gen. William Hodgkins, 325th Fighter Wing commander, and Lt. Col. Robert Hinkle, F-22 Integration Office chief. Maj. Gen. Larry Arnold, 1st Air Force commander, also provided an Operation Noble Eagle briefing.

According to Jim Weslowski, Tyndall public affairs chief of media, after the four-hour visit to the base, all media members pledged their continued support of the Tyndall mission through accurate and objective coverage in their respective media outlets.

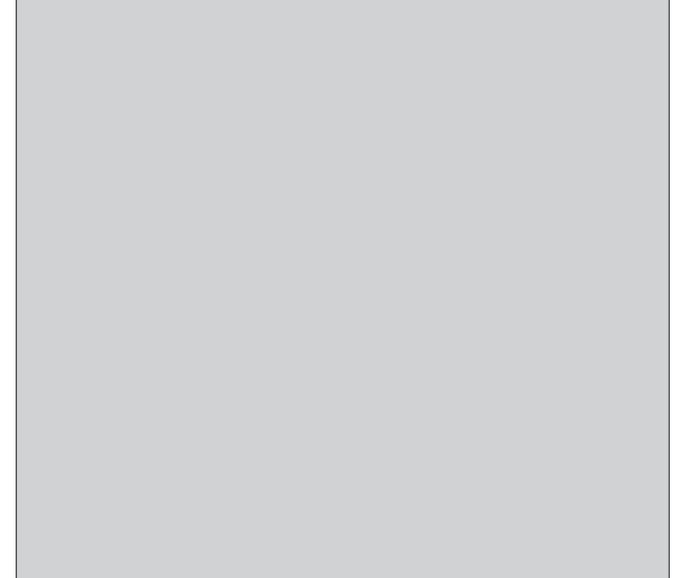
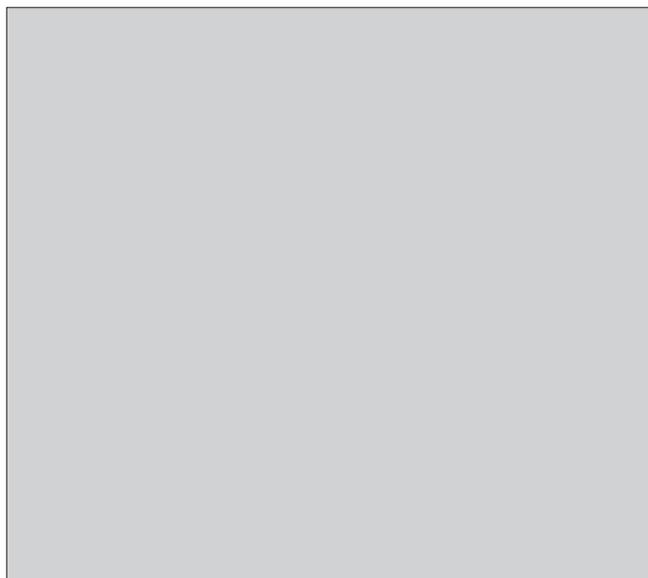
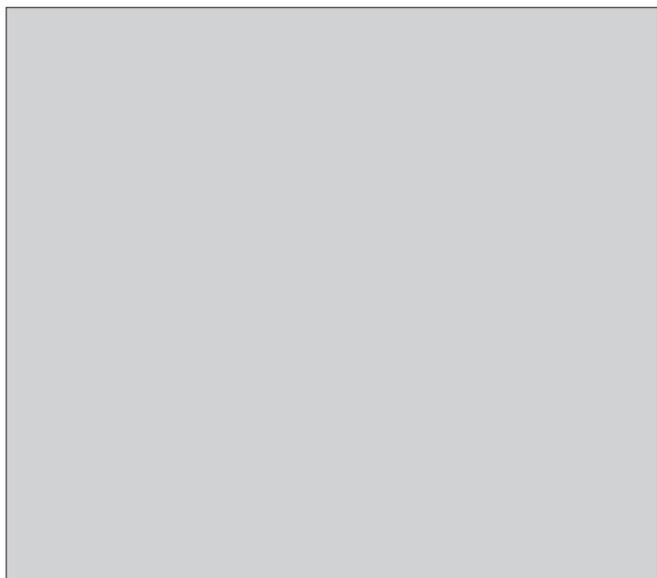
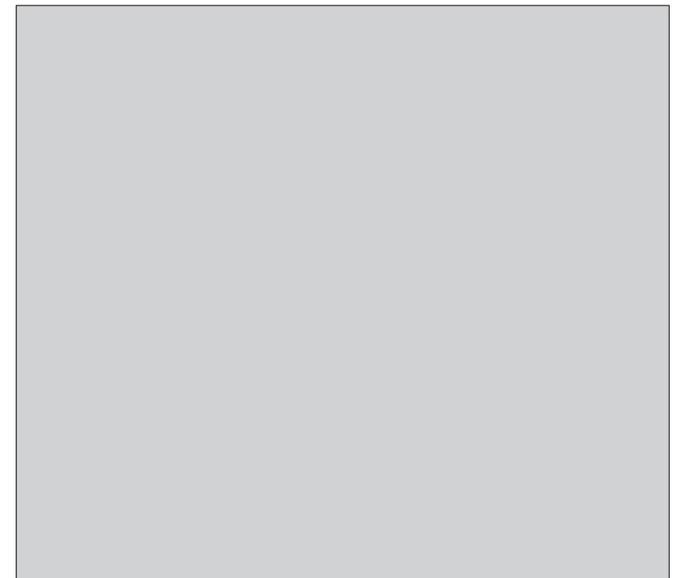
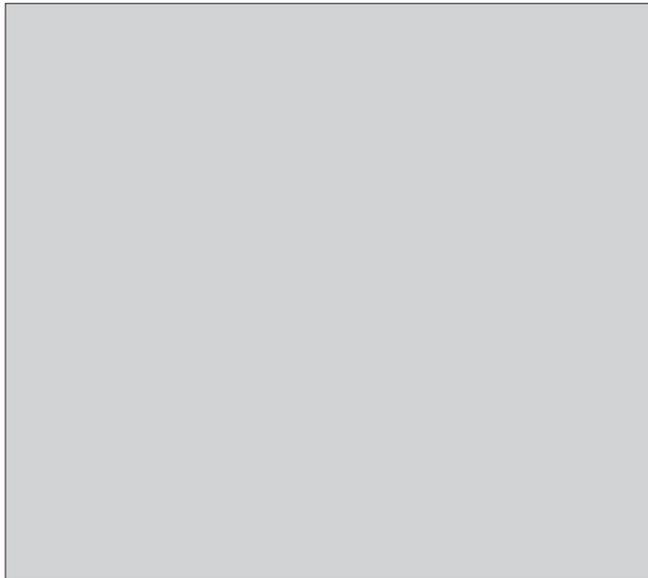
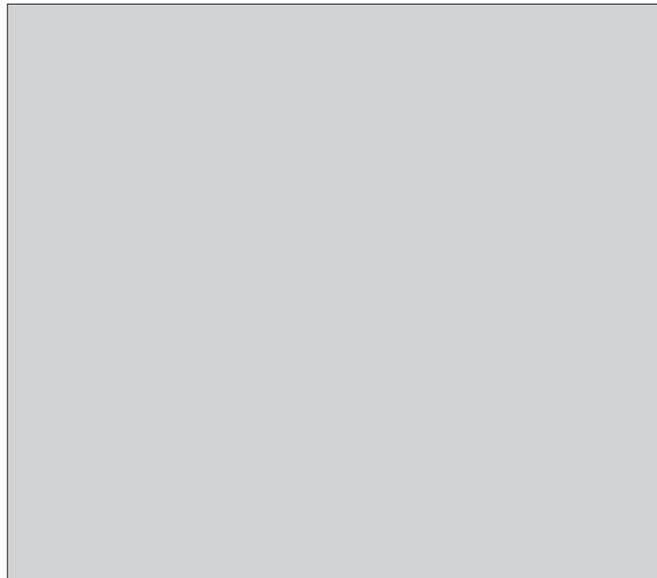
“With the large turnover in young reporters in

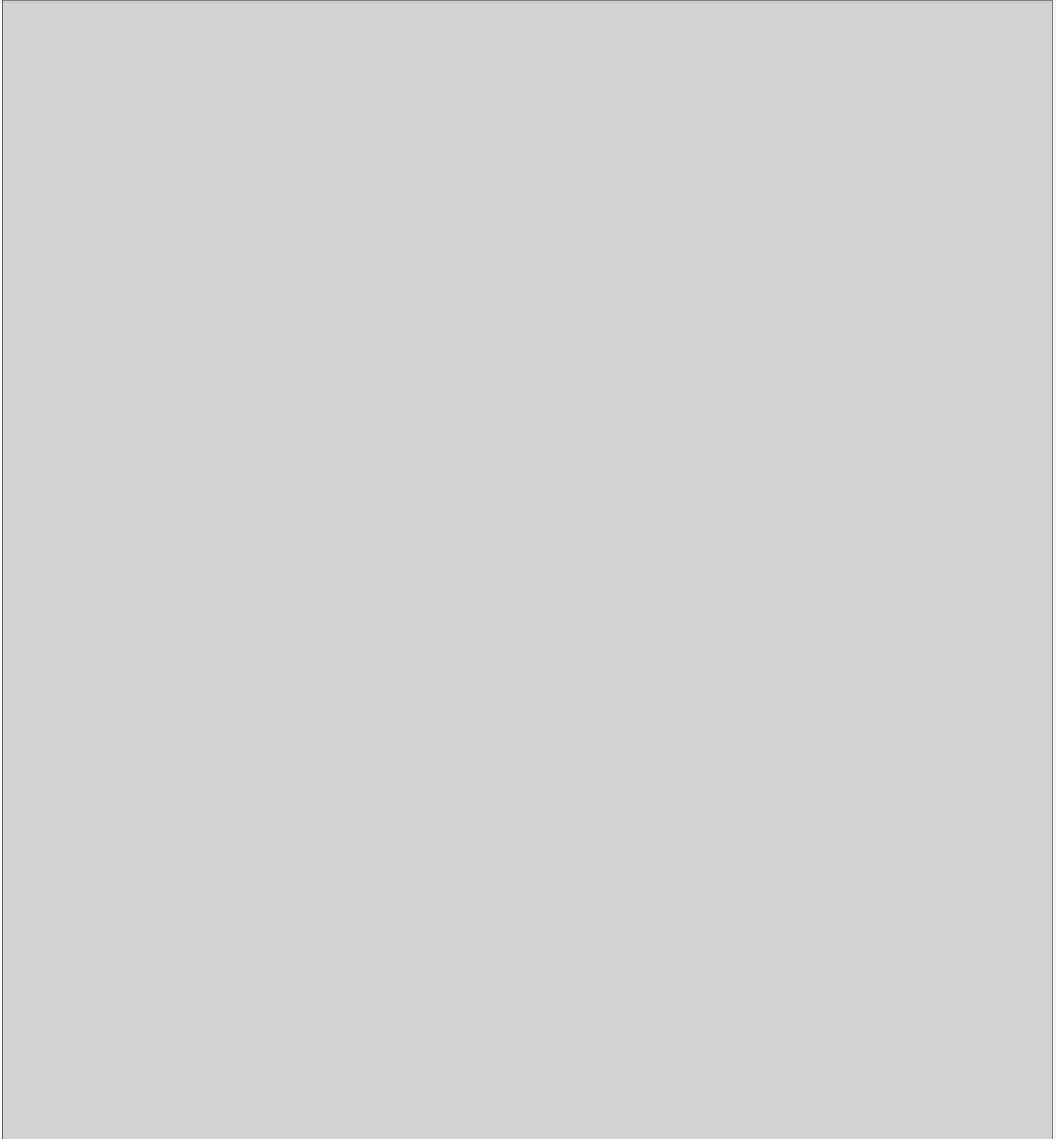
●SEE MEDIA PAGE 10



2nd Lt. Serena Custis

Lt. Col. George Biondi, 82nd Aerial Target Recovery Squadron, entertains questions from Panama City News Herald reporter Mohammad Faruqui during media day Feb. 28.





●FROM AIRSHOW PAGE 1
food buffet on Saturday evening.

“We’ve decided to run the race around Shell Island this year,” said John Knight, 325th Services Squadron marina manager. “We wanted to show our appreciation for the opening of the East Pass.”

On March 20, the Pelican Point Golf Course hosts the Gulf Coast Salute Golf Tournament. The tournament begins with lunch at 11 a.m. followed by a shotgun start at noon. The entry fee for the event covers lunch, cart, balls and greens fee. Drawings for door prizes will follow the day’s play.

As a kick-off to the official opening of the open house and airshow on March 23, a Fun Run/Walk commences from the fitness center. The walk begins at 8 a.m. and the run begins at 8:30 a.m. People of every skill level are encouraged to participate. There will be prize drawings at the end of the event.

“This is strictly for fun,” said Norm Childs, 325th Services Squadron athletic director. “People can bring kids in strollers or pets on leashes.”

Participants coming onto base for the Fun Run/Walk should enter through the main gate. Pre-registration is encouraged. Those who have not pre-regis-



Courtesy photo

Jacksonville Jaguar cheerleaders sign autographs at Gulf Coast Salute 2001.

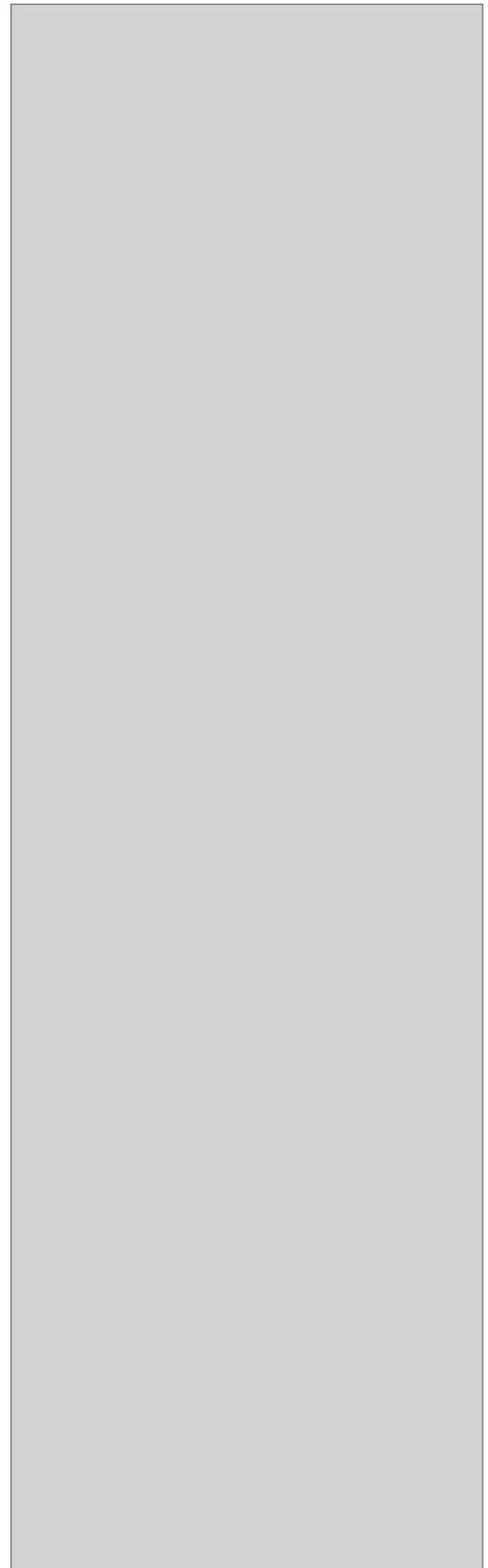
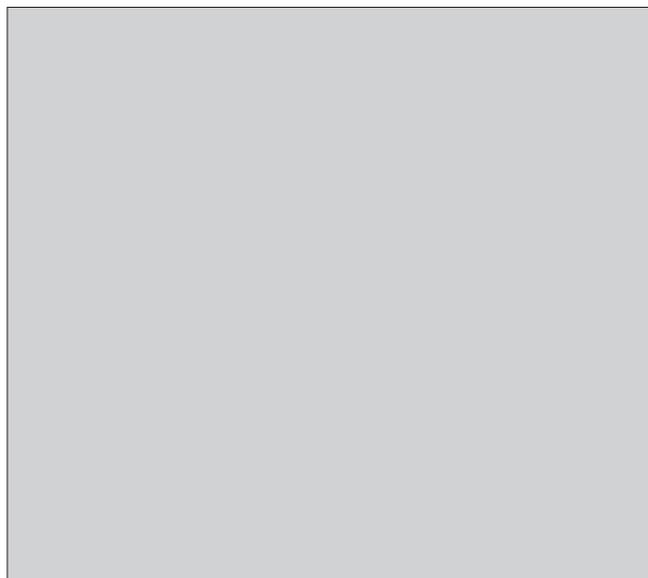
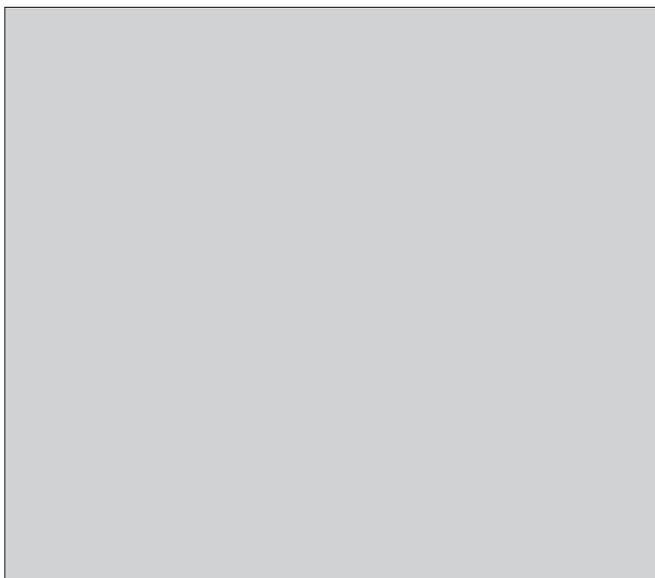
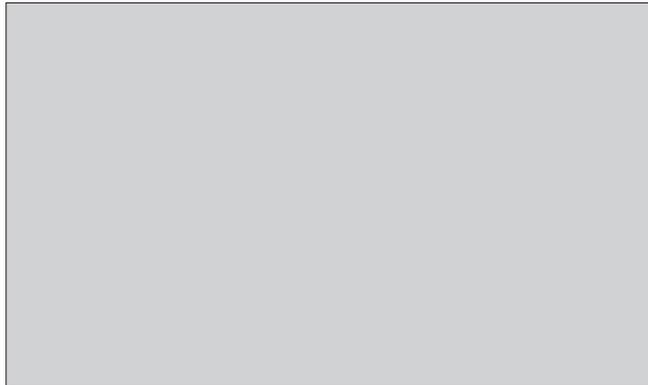
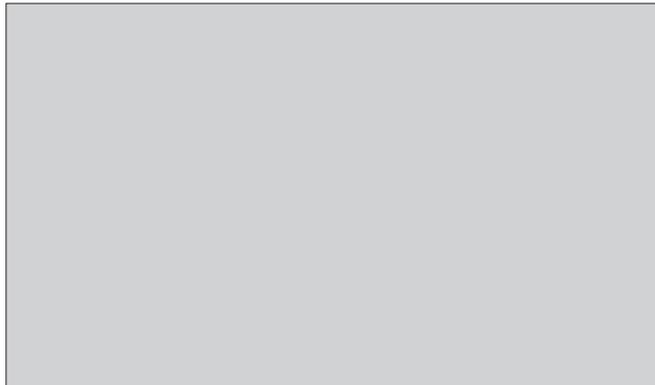
tered will be required to do so at the base theater prior to being allowed onto the installation. As with the regatta, individuals should be prepared to show driver’s license, proof of auto insurance and vehicle registration.

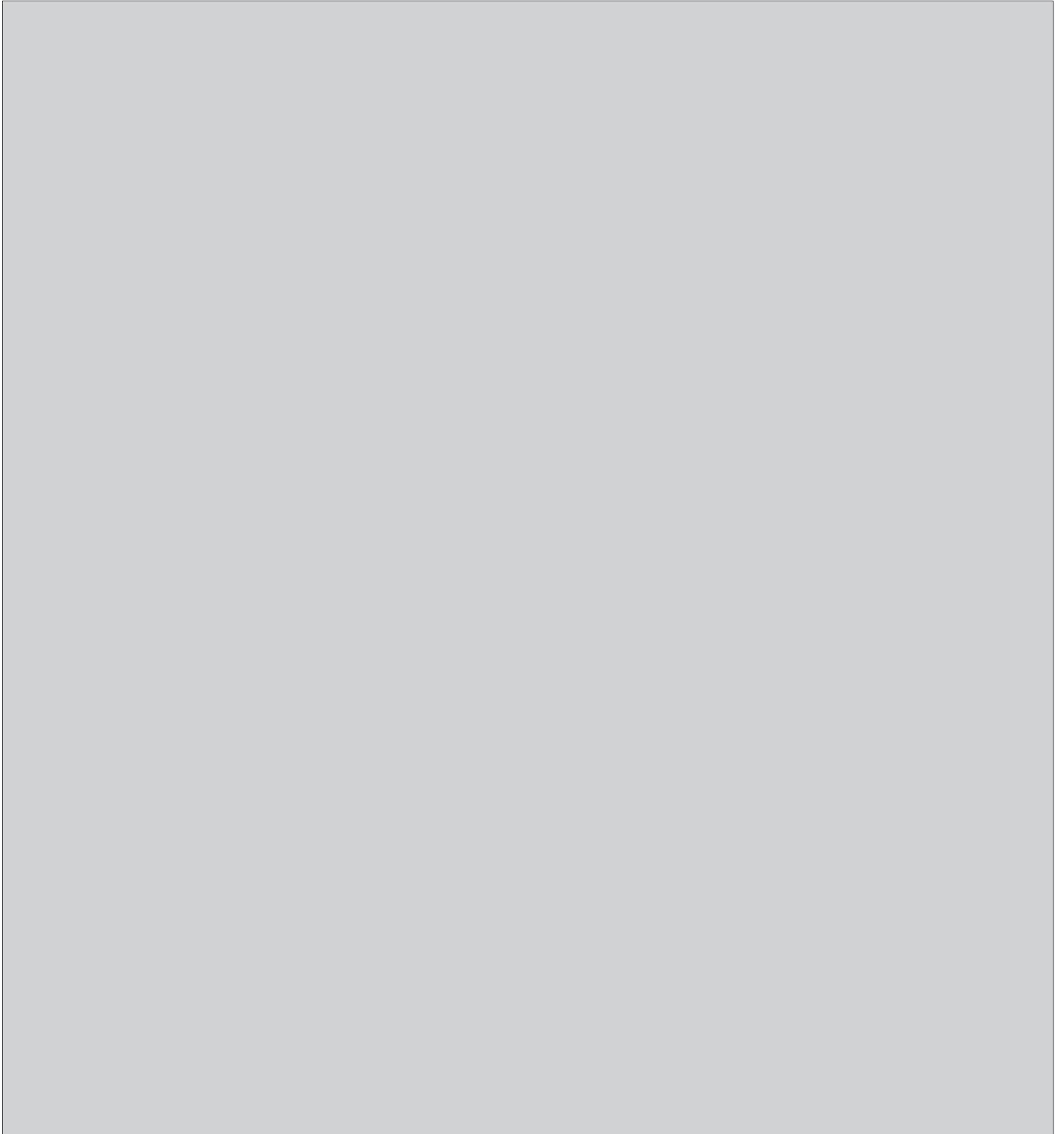
In addition to these pre-open house and airshow events, the kiddie area provides a unique place for children with face painting and a bouncy tent during the airshow itself. A special feature will be the Stepping Stones to Aviation Airport. Using realistic simulators of miniature airplanes like the

F-17 Stealth Fighter and P-51 Mustang, Stepping Stones gives children the chance to earn their pilot certificates by successfully “flying” a mission.

On Saturday only, children can build a helicopter or airplane with folks from the Home Depot in Panama City. And players and cheerleaders from the Jacksonville Jaguars will be on hand again this year to meet with fans.

For more information about services’ events, contact the marketing department at 283-4565.





Exercise Crown Prince

● FROM EXERCISE PAGE 1

putting together the exercise to make it realistic and challenging for all participants,” said Sergeant Townsend.

The scenario in Apalachicola pulled out all the stops, employing a full-size aircraft decoy, smokes and pyrotechnics. These tools gave responders some visual points of reference to help get the adrenaline pumping.

“Overall the week was very successful,” said Colonel Delaney. “We fulfilled our exercise requirements, evaluated capabilities and conducted some quality training with a valued local civilian emergency response organization.

“I’d also like to thank the members of the Exercise Evaluation Team,” he added. “Their expertise and efforts are always the single biggest factor in pulling off a quality exercise, and they did a fine job on this one.”

“We fulfilled our exercise requirements, evaluated capabilities and conducted some quality training with a valued local civilian emergency response organization.”

LT. COL. DENNIS DELANEY
325th Fighter Wing chief of wing plans



Senior Master Sgt. Ken Townsend

Tyndall firefighters administer first aid to an ‘injured’ airman during the mass casualty exercise at the munitions storage area Monday.



2nd Lt. Ryan Fitzgerald

Members of the Apalachicola Volunteer Fire Department spray foam on the crash site during Wednesday’s exercise.



2nd Lt. Ryan Fitzgerald

Purple smoke is used to mark the simulated crash site of an F-16 during Exercise Crown Prince Wednesday. Exercise evaluators use an inflatable F-16 mock-up during wing exercises.

National Nutrition Month

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

high-carbohydrate diets may be one reason. Uninformed consumers may think that low-fat means they can eat as much as they want; however, low-fat does not mean calorie-free. Consuming more calories from any source than is expended will lead to weight gain.

Another reason people may be turning to low-carbohydrate, high-protein diets is that they may seem easier to follow. These diets are very restrictive, eliminating important nutrients such as fiber, calcium, potassium, thiamin and vitamins C and D.

Sound research shows that carbohydrates are not bad, but allow the body to function at its best. There is little to no research on low-carbohydrate diets, which are often high in protein and fat. Although you can lose weight on these diets, you need to be aware that the risk for heart disease, cancer, gout and kidney stones increases when following a high-protein diet, and weight loss is generally caused by calorie restriction, lean muscle tissue loss and fluid loss. The high amounts of protein in these diets do provide energy, but the body uses it less efficiently than energy from carbohydrates, and it puts added stress on the liver and kidneys. Once the diet is stopped, individuals usually gain back the lost weight.

Some authors of these diets, such as the Atkins diet, state that people on protein diets have a decrease in cholesterol; however, any time there is an energy deficit, cholesterol will decrease.

So how can you avoid dangerous or ineffective diets and still lose weight? Beware of diets that make the following claims:

- Quick and easy weight loss
- Diets that specify what should be eaten at what time, with no exceptions
- Diets that limit or avoid certain foods
- Diets that are short-term
- Eliminating food groups or not combining certain foods simply decreases variety and nutrition, not weight
- Buying special products, supplements or formulas will only decrease the weight of your wallet
- If it sounds too good to be true, it probably is

Although some special groups of people require special diets, for most people dietitians recommend following a diet that is balanced (with about 55 percent of energy coming from carbohydrates), varied, and contains all food groups. This can be done using the food pyramid guide. Following these recommendations along with exercise is the best route to a healthy weight and good health. So, now what do you think of carbohydrates?

Please call the health and wellness center at 283-6850 or 283-5772 for more information or to enroll in "The Sensible Weigh" program.

Carbohydrates: the truth revealed

Did you know that carbohydrates provide the major source of dietary energy for all peoples of the world? The recent revival of low-carbohydrate diets has put carbohydrates on trial. Many of these diets state that carbohydrates and insulin make people fat. Before passing judgment on carbohydrates, there are some basic pieces of information you need to know.

Carbohydrates provide an important source of energy for our bodies, and they consist of three types (sugars, starches and fibers). Food sources include fruits, vegetables, grains, legumes, dairy products and sugary foods. The body breaks down carbohydrates to glucose, the brain's primary source of fuel and the

best source of fuel for our bodies. If you consume too much, the body stores it in the liver and muscles as glycogen or as fat.

Low-carbohydrate diets claim that increased levels of insulin make people fat. Although some people do have insulin problems, there is no good evidence that increased insulin levels make people fat. Insulin is needed in order for the body's cells to use sugar as energy. For people who do have insulin problems or diabetes, losing weight and increasing exercise will manage insulin resistance better than strictly reducing carbohydrates.

If carbohydrates fuel our bodies so efficiently, why are they on trial? The apparent failure of low-fat,

●FROM MEDIA PAGE 4

the local media, this event was a necessity. We want to educate them on Tyndall's mission and familiarize them with some of the more visible equipment we operate such as the F-15 and QF-4 drones," he said. "For reporters who have been here a while, it was an update to bring them current on Tyndall's mission today."

"It was great from a reporter's standpoint," said Chris Cato, a reporter from WMBB Channel 13. "It was very informative. All the missions were explained and we were able to see how they worked together even though they have independent missions. It will help with generating future stories and it will be very helpful in performing my reporting duties."

In addition to covering many aspects of Tyndall's mission,

the reporters were briefed on the role that 1st Air Force plays in homeland defense and the swell of personnel that has been required to maintain that posture. Before breaking up to tour the base, media representatives were briefed on the progress that has been made in preparing for the arrival of the F-22 next year as well as some of the capabilities of the new aircraft.

"Media day served as a great opportunity to communicate all the great stories we have at Tyndall and build a better relationship and understanding of the various missions here," said Capt. Chris Karns, 325th Fighter Wing chief of public affairs. "Telling the Tyndall story takes a base-wide effort and this day would not have occurred without base-wide support."



2nd Lt. Serena Custis

Meeting the MAC

David Miller, owner of Modern Solutions, Inc., engages in conversation with Team Tyndall award winners during the Military Affairs Committee (MAC) social last Thursday. The committee presented the Team Tyndall award winners with a special MAC award.

●FROM HEAT PAGE 2

tion. Every year we have a great turnout, and I expect this year will be the best yet. I can't wait to see the show that you folks do such a marvelous job putting together.

The weekend before the air show we have another very special event going on. The Special Olympics is March 16 at the Tyndall Youth Center. So far, more than 400 folks have signed on to volunteer during this event. I'd love to see twice that number. This is one of the most rewarding projects someone can be involved in. The feeling of self-satisfaction you get from giving something as simple as your

time and attention to these children is completely indescribable. If you've never been involved in a program like this, and even if you have, please consider taking a little time from your busy schedule to lend a hand – even if it's just for set-up or tear-down. Your help means so much to so many. For more on the event, contact 2nd Lt. Ryan Nash at 283-2218.

Thanks for your hard work on all these events and thanks for doing what you do for the Air Force every day. It takes professionals just to accomplish our mission, and we make it look easy. Have a great week and be safe!

Caption contest



Submit an entry for this month's Safety Caption Contest and win a free lunch from the 325th Services Squadron! Send your caption to 2nd Lt. Cecil Woolard at 283-4231 or e-mail the safety office.



Last month's winner

“Fruit of the Loom strength test.”

TECH. SGT. DOUGLAS R. GUERETTE
325th Logistics Group

Your link
to what's going on

Gulf Guide

in the
Tyndall community

MARCH

FRI 8

Climate survey

Today is the last day to complete the 2002 Air Force Chief of Staff Climate Survey. For more information, visit the survey Web site at: csafsurvey.af.mil.

ASE exams

Today is the last day to register for the Continental United States Automotive Service Excellence Exam. The ASE exam dates are May 7, 9 and May 14. There are 56 different certification exams offered this year. To review the listed exams and register, visit the education center, Building 1230.

Bay County job fair

The 15th Annual Bay County Job Fair is 8 a.m.-1 p.m. today at the Haney Technical Center, 3016 Highway 77. Employers from across the country will be on hand to offer job opportunities in a wide range of career fields. The job fair is free and open to the public. For more information, call the family support center, 283-4204.

MON 11

'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 registration

Registration for Embry-Riddle Aeronautical University's Spring B term will be 8 a.m.-4:30 p.m. Monday-March 15 in Room 49 of the education center. The class dates are March 18-May 18. For more information, call the ERAU office, 283-4557.

TUE 12

CPR class

An American Red Cross adult CPR class will be 6-10 p.m. Tuesday. The class is designed to give individuals the knowledge and skills necessary to provide basic care due to illness and injuries until advanced medical care arrives. For more information and to register, call the Red Cross, 763-6587.

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 13

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 14

Olympics escort briefings

Special Olympics escorts should attend a mandatory briefing. Briefings will be 4:30 p.m. Thursday in the NCO Academy auditorium and 10 a.m. or 4 p.m. March 15 in the Weapons Evaluation Group auditorium. Lead county coordinators, sign-in tent volunteers and bus drivers will meet 7 a.m. Wednesday in Hangar 2. For more information, call Capt. Lori Vessels, volunteer coordinator, 283-3899.

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.

Palace Chase briefing

Palace Chase briefings for all those interested in the Palace Chase program will be 1 p.m. on the second and fourth Thursday of each month in Room 222 of Building 662. For more information, call in-service recruiter Master Sgt. Bill Beasley, 283-8384.

Health fair

A Women's History Month health fair will be 1-4 p.m. Thursday at the community activities center. For more information, call 283-2021.

FRI 15

Logistics-Ops Group banquet

The 325th Logistics-Operations Group's Professional of the Year Banquet will be March 15 at the enlisted club. A 6 p.m. social will be followed by dinner at 7 p.m. For more information and tickets, see a unit representative.

NOTES

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.

Free Kaleidoscope admission

Kaleidoscope Theatre is offering free admission for all active-duty military members for the production of "A Few Good Men." Reservations must be made by calling 265-3226 and indicating military membership. The performance will run at 7 p.m. today, Saturday, March 15 and 16 and at 2 p.m. Sunday and March 17. Kaleidoscope Theatre is located at 207 E. 24th St. in Lynn Haven.

Air Force news online

Two special editions of Air Force Television News are available on the Air Force link at www.af.mil - the program's annual "Senior Leadership Special" and "The Making of a Recruiter. To view these special editions, click on 'TV' at the top of the home page and scroll to the bottom of the TV page.

Gulf Coast Salute

Tyndall's Gulf Coast Salute open house and air show will be March 23-24. The show is open to the public with free admission and parking. The United States Navy's Aerial Demonstration Team, the Blue Angels will highlight the event in addition to several military demonstration teams. The show will also feature civilian aerial demonstrations, numerous ground displays, events, children's activities, food and games. For more information, visit the official Web site at: www.gulfcoastsalute.homestead.com or call 283-8579.

RETIREE NEWS

Advance medical directives

It is the right of every person to have an advance medical directive. An advanced medical directive is a written document that sets forth a person's desires concerning what medical care is to be provided should he or she become incapable of making health-care decisions for themselves. It can also give another person the legal authority to make health-care decisions on behalf of a person who has become mentally incapacitated.

Living wills and durable health-care powers of attorney are both advanced medical directives. A living will is a written document that sets forth a person's desires concerning the medical care that he will receive should he become terminally ill or when his death is imminent. A living will may specify which medical treatments should be provided, as well as which medical treatments should not. A durable health-care power of attorney is a written document which gives another person (known as the agent, proxy or surrogate) legal authority to make health-care decisions. This document is valid for any period of mental incapacitation.

All competent adults have the moral and legal right to participate in their medical treatment decisions and to refuse medical treatment even in life-saving or life-sustaining situations. This includes the right to prepare advanced medical directives concerning their medical care. Anyone having advanced medical directives must inform their primary care managers accordingly. They must also provide copies to their physicians or the outpatient records room. Anyone who desires to make cadaver donations must coordinate with the medical institutions of their choice. Advance arrangements must be made between the donor and the medical institution that will be receiving the body.

An advanced medical directive may be revoked or changed at any time. You can verbally inform your primary care managers or providers if they wish to change it. To formally change an advanced medical directive contact your legal assistance office. If you do not currently have an advanced medical directive and would like to get one, the legal assistance office at your nearest military facility is available to provide legal advice and assist in the preparation. Since local laws vary from state to state, it is suggested that you verify that an advanced medical directive prepared in one state continues to be valid when a move to another state has taken place.

Flag display guidelines

An online source of information concerning the display of the United States flag is available at: www.ctssar.org/flag_etiquette.htm.

Tips to help cope with stress

COURTESY OF 325TH BEHAVIORAL SCIENCE FLIGHT

Tragedy can strike at any time, as the recent deaths of two Tyndall airmen proved. Many parents wonder how to speak to their children about death and how to help them make sense of a tragedy that we have difficulty comprehending ourselves. Several factors affect a child's response to a disaster.

The way children see and understand their parents' responses are important. Children are aware of their parents' worries most of the time, but they are particularly sensitive during a crisis. Parents should admit their concerns to their children, and also stress confidence in their abilities to cope with the situation.

A child's reaction also depends on how much destruction and/or death he or she sees during and after the disaster. If a friend or family member has been killed or seriously injured or if the child's school or home has been severely damaged, there is a greater chance that the child will experience difficulties.

A child's age affects how the child will respond to the disaster. For example, six-year-olds may show their worries about a catastrophe by refusing to attend school, whereas adolescents may minimize their concerns, but argue more with parents and show a decline

in school performance. Parents should explain the event in words the child can understand.

Parents should be alerted to these changes in a child's behavior:

- Refusal to return to school, "clinging" behavior, shadowing the mother or father around the house
- Persistent fears related to the catastrophe (such as fears about being permanently separated from parents)
- Sleep disturbances such as nightmares, screaming during sleep and bedwetting, persisting more than several days after the event
- Loss of concentration, irritability
- Behavior problems, for example, misbehaving in school or at home in ways that are not typical for the child
- Physical complaints (stomachaches, headaches, dizziness) for which a physical cause cannot be found
- Withdrawal from family and friends, sadness, listlessness, decreased activity and preoccupation with the events of the disaster

Professional advice or treatment for children affected by disaster can help prevent or minimize adjustment problems. Parents who are concerned can call the pediatric clinic at 283-2778 or the life skills support center at 283-7511 for help.

Just say No to drugs!

Funshine NEWS

March 8, 2002

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

Marina Club

☎ 283-3059

NASCAR Sundays

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

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

Bonita Bay

Lawn Equipment Rental

It's time to start thinking about sprucing up your yard and Bonita Bay can help. We offer a variety of lawn equipment which may be rented for a nominal fee.

Call or stop by today!

283-3194



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. Call Bonita Bay for more information.

Skeet & Trap

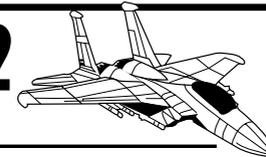
☎ 283-3855

Squadron Sports Days

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

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

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

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

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

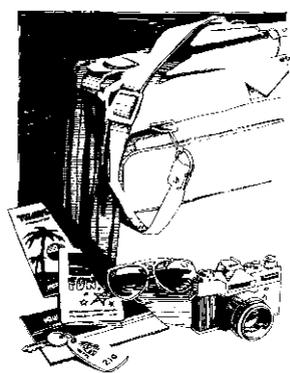
Tyndall Fitness Center

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.



INFORMATION, TICKETS AND TOURS

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.



Stop by the Officers' Club and catch the CBS premier of

American Fighter Pilot

March 29

Refreshments at 5:30 p.m. Show time: 7 p.m.

We are arming Checkers' Lounge

with an assortment of hors d'oeuvres including a Steamship Round Carving Station **on the house!**



Call 283-4357 for more information.

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

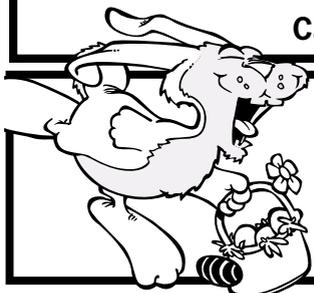
at the Youth Center, Bldg. 3223 on Sabre Drive. • BYOB (bring your own basket)

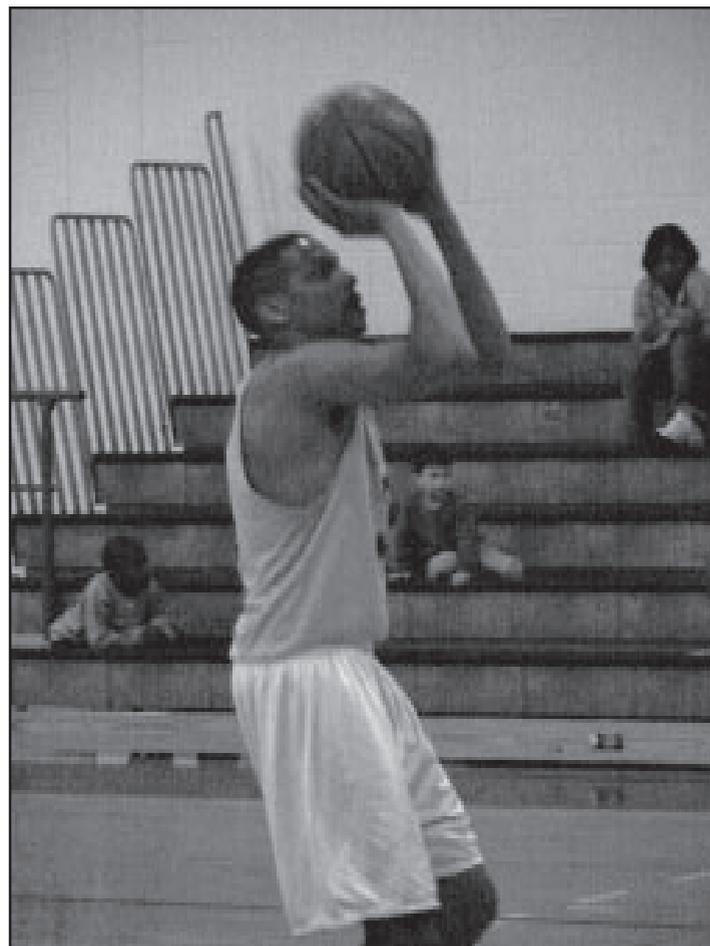
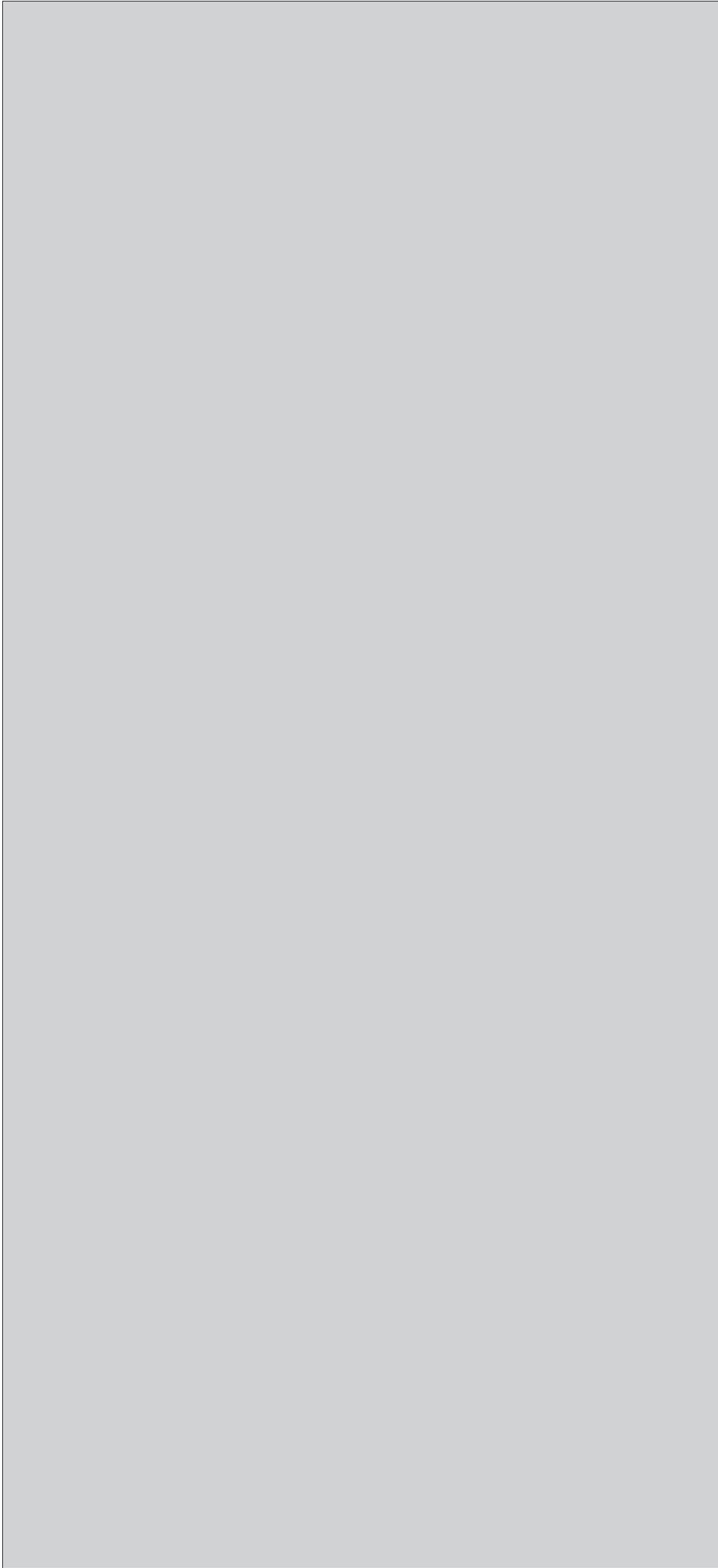
11 a.m. age categories 1-2 & 3-4 • 1 p.m. age categories: 5-6, & 7-8 • 3 p.m. age categories: 9-10 & 11-12

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.





Don't mess with MSS

A l p h o n s o Overton, 325th Staff Judge Advocate office, drops some free throws during the over-30 league playoffs between the Mission Support Squadron and the Air Control Squadron. Overton led the MSS to a 57-49 victory Tuesday, scoring 17 points.

2nd Lt. Serena Custis

