

GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

May 24, 2002

In brief

Memorial Day service

Kent-Forest Lawn Cemetery will hold a Memorial Day service at 10 a.m. Monday at the cemetery on 23rd Street in Panama City.

The uniform of the day is service dress. Parking is at a premium and will be first-come, first-served. Carpooling is highly encouraged.

MPF closure

The military personnel flight will close at noon Thursday for an official function.

In case of emergencies or for those who have driven a long distance and need assistance, call 774-6020, 774-6021 or 774-6022.

Free ride home

Airmen Against Drunk Driving offers free rides home in the local area to military members who cannot drive.

Call 867-AADD (2233).

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Checkertail Clan greets new vice commander

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

The 325th Fighter Wing commander has a brand new right-hand man. The Checkertail Clan recently welcomed Col. Doug “Roach” Cochran as the wing’s new vice commander, replacing Col. William Bledsoe, who moved on to become 1st Fighter Wing vice commander at Langley Air Force Base, Va.

Colonel Cochran comes to Tyndall from his previous assignment as the director of assignments, Headquarters Air Force Personnel Center, Randolph AFB, Texas, where he was responsible for all assignment actions affecting more than 350,000 active-duty members in grades O-5 and below.

The colonel and his wife, Resa, have two children — Julie, a graduating senior at Ithaca College in Ithaca, N.Y., and David, a junior at Duke University in Durham, N.C.

Earning his commission through Air Force ROTC at the University of Maryland, the Ellicott City, Md., native began his Air Force career as a security police officer, serving three years in the role before entering undergraduate pilot training and later becoming a T-38 instructor pilot.

The vast majority of his 2,900 flying hours have been logged in F-15C cockpits at four different assignments. He was a former 58th Fighter Squadron commander at Eglin AFB, and more recently the Operations Group commander at Kadena AB, Okinawa, Japan. Although his previous experiences at



Tech. Sgt. Dan Neely

Col. Doug Cochran, 325th Fighter Wing vice commander, meets Senior Airman Benito Colon, 325th Security Forces Squadron entry controller, while getting to know base members recently.

Tyndall were brief upgrade training stints, the colonel said he’s long been aware of the Checkertail Clan’s excellence in air superiority training.

“I’m excited about being part of this mission and a member of this team,” he said. “Tyndall has a tremendous reputation, and I’m looking forward to working with the folks here and carrying out the various training missions. These are exciting times — there’s a lot going on now with the F-22 coming on board, and I’m looking forward to getting involved in all aspects of that as well as the F-15, air battle manager, intelli-

gence and crew chief training missions.”

The colonel was quick to point out what he felt were Tyndall’s greatest attributes and what it takes to achieve mission success.

“Leadership and teamwork,” he said. “Outstanding leadership is a hallmark of Tyndall. From the commanders at all levels, the supervisors, chiefs and first sergeants, effective leadership is very evident throughout all the base organizations.”

About the attribute of teamwork Colonel Cochran added, “None of us can do any of this by ourselves — it takes the com-

plete composite of all areas. If you’re not directly touching the aircraft to get it in the air, then you’re indirectly touching the aircraft to get the missions airborne. We need everyone on the team involved. Each member plays an integral part.”

Concerning Tyndall’s training mission, the colonel made the bottom line clear.

“We’re all here for the same reason — and that’s combat readiness. Our focus is to train pilots, air battle managers, intelligence officers and maintenance crews to become combat ready.”

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Events show 'Critical Days' start early

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander



I want to begin by extending a warm welcome to Col. Doug "Roach" Cochran and his wife, Resa, to Tyndall Air

Force Base and the Checkertail Clan. He officially assumed his duties as our new 325th Fighter Wing vice commander May 17.

"Roach," on behalf of all the men and women of this great team, it's a pleasure to have you on board here in such a vital senior leadership role for this wing, especially as we accelerate preparations to receive our F-22 Raptors. We definitely look forward to serving with you and receiving the tremendous benefit of your leadership and expertise.

Memorial Day weekend kicks off the Air Force's 101 Critical Days of Summer safety campaign, which continues through Labor Day weekend. Statistically, this is the time of year when the Air Force sees a spike in injuries and fa-



"Bottom line, this year, the Air Force has already lost 40 of its own, mostly due to off-duty mishaps, and naturally even one is far too many. Last weekend was a devastating period for all of us."

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander

talities, primarily in off-duty motor vehicle and recreational activities.

Bottom line, this year, the Air Force has already lost 40 of its own, mostly due to off-duty mishaps, and naturally even one is far too many.

Last weekend was a devastating period for all of us. In just a two-day period, Team Tyndall experienced two vehicle accidents —one fatal — and a second in which the driver escaped without injury. Our thoughts and prayers go out to Doug and Sonja Crownover, on the loss of their 18-year-old daughter Amanda on Saturday. (Ms. Crownover, a member of the

325th Mission Support Squadron, is our civilian personnel officer.)

According to our security forces investigators, both weekend accidents were primarily attributed to slick roads from recent rainfall. We've experienced a fairly lengthy drought over the past few months. With this weekend's showers, months of slippery, vehicle-oil residues that gradually built up on the pavement combined with water created an extremely hazardous road surface every bit as slick as ice.

These recent accidents are painful re-

●SEE SAFETY PAGE 4

Top 10 quotes on leadership say it best

LT. COL. JOHN SIEVERLING

308th Fighter Squadron commander

LUKE AIR FORCE BASE, Ariz. (AETCNS) — What better way to explain what leadership means than by sharing several quotes that have left a lasting impression on me during 10 assignments spanning 18 years of military service.

10. "Take care of your people, and they'll take care of you." I'm not sure who came up with this early version of "putting people first." It should be rather obvious, but too many superiors, myself included at times, spend too much time passing e-mail back and forth

instead of getting out of the office and personally interacting with people. Loyalty and trust work both ways.

9. "If Mama ain't happy, ain't nobody happy." Yes, this is a leadership quote, even if I read it on my mother-in-law's potholder. The obligations of military duty often conflict with achieving marital bliss, but take every opportunity to make sure your significant other is enjoying the ride. Also, a quick "How's it going?" phone call to that deployed member's spouse will do more for retention than you will ever know.

8. "A good plan, violently

executed now, is better than a perfect plan next week." General Patton was obviously speaking in terms of land combat, but I contend this certainly applies in peacetime as well. Nothing can be more frustrating than waiting days or weeks for the boss to make that perfect decision. Get the best information available, make the call and move ahead.

7. "Treat others like you want to be treated." A very famous Jewish carpenter said this over 2000 years ago, but the "Golden Rule" holds true in leadership situations as well. When you

think that your rank permits you to be rude or disrespectful, please seek alternative employment — you are now demanding respect instead of commanding it. That sucking sound was your departing credibility.

6. "Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity." This is General Patton's ultimate anti-micromanagement quote. Although it's often easier to tell your subordinates exactly how to do a particular task, who says you know the smartest way to do it?

●SEE QUOTES PAGE 3

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 2nd Lt. Serena Custis chief, internal information
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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.

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.

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

Kudos

It is with our deepest appreciation that we thank all of the volunteers at Tyndall Air Force Base who participated in the March of Dimes 2002 WalkAmerica.

Tyndall is a very community-oriented group of individuals who work together as a team to help give all babies a healthy start in life. This year, more than 13 squadrons committed their time and energy to raise \$7,000 for the Campaign for Healthier Babies. Team Tyndall placed in the top 10 as a combined team and can be very proud that they were instrumental in helping the March of Dimes raise \$108,000.

Tyndall showed that they can not only set goals but exceed them as they contributed to the overall success of WalkAmerica. We are very pleased that they could be such a big part of this annual event.

Sue Singleton

March of Dimes division director

Kim Castriotta

March of Dimes community director

Personal digital assistants pose many security risks

ELBY JONES

Air Education and Training Command Computer Systems Squadron

RANDOLPH AIR FORCE BASE, Texas (AETCNS)— Several years ago a coworker brought one of his newly purchased technology “gizmos” into the office for everyone to see. We all looked at his new personal digital assistant and went “Ooh!” and “Aah!”

However, our only thought was, “What could you do with this little hand-held device that had a small screen, minimal applications and a stylus that kept falling out of the holder when he needed to write on the screen?”

Little did we know that we were on the verge of a handheld computer explosion that is still growing in capability, but is considered one of the weakest links we

have for maintaining security of our information and networks.

I have been to several working groups and conferences where I felt like an outsider since I didn’t have a personal handheld device to annotate my notes, recall names, phone numbers and addresses, impress everyone around me with all the neat applications and tell them how much better my device was over theirs. Most people who use the devices say they can’t live without them and others would rather just use a pen and notepad.

I never expressed too much concern over these new electronic toys, since in their current configuration they were not a significant risk to our network until PDAs with e-mail capability started becoming popular. Then, the warning bells started going off.

Handheld computers and their applications were built for cool new functions, not security. They lack the processing power for strong encryption, memory management and solid password security. When they were just electronic organizers, it didn’t matter. Now they’re an open door to the network, and that matters a lot.

We now have the ability for people to receive their official mail from our government e-mail servers directly to their handheld devices for real-time communications or the ability to synchronize e-mail with their desktops. While synchronizing via a cradle is allowed, AFI 33-202 currently prohibits synchronizing via infrared transmission.

While many bases have gone as far as procuring and installing their own “Blackberry” server to provide an official wire-

less e-mail capability for their customers, others are still accepting the risks of having their official e-mail being sent and received through a commercial server.

The idea of forwarding your e-mail from your desktop to a commercial Internet service provider e-mail account, and then accessing that account from your handheld devices sounds great and easy until you realize the security implications of having everyone being able to read your official e-mail and the possibility of someone accidentally sending a classified e-mail message to your unclassified mail box. Then, you not only have classified information on your handheld device, but you now have classified information being stored on a commercial mail server.

Who really wants to tell the multi-

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Micromanagement stifles initiative and kills motivation. The folks in the trenches know the best way, so practice “centralized control and decentralized execution” and get out of the way.

5. “You don’t get promoted; your records do.” I’m not sure when I first heard this one, but it makes enormous sense. Your subordinate may, in fact, be the sharpest officer or non-commissioned officer meeting that board, but if his or her records don’t say so, too bad. Individually, make sure your records are error-free months before that board convenes.

4. “You catch more flies with honey than vinegar.” I’ve seen too many junior NCOs and officers try to use their rank to solve problems instead of using kindergarten basics like courtesy and respect. While you don’t have to “sell” your guidance, there is no reason to immediately pull rank or talk down to a subordinate. Always reach for the carrot first; use the stick only as a last resort.

3. “When the eagles are silent, the parrots will begin to jabber.” Winston Churchill offered some great advice to those in leadership positions: glaring problems in your unit won’t go away by ignoring them and get worse as

the rumor mill cranks up. Know what your airmen are concerned about and confront those issues head-on, however unpleasant it may be.

2. “Be an example to your men in your duty and in private life. Never spare yourself, and let the troops see that you don’t in your endurance of fatigue and privation. Always be tactful and well-mannered, and teach your subordinates to be the same. Avoid excessive sharpness or harshness of voice, which usually indicates the man who has shortcomings of his own to hide.” I wasn’t too fond of this long quote I had to memorize 22 years ago at the Air Force Academy, but Field Marshall Erwin Rommel puts leadership by example in a nutshell. Enough said.

1. “The three Fs of priorities: Faith, Family and Air Force.” Not many commanders will say your job comes in third place behind your relatives and your spiritual health, but I contend this is the proper priority for a successful Air Force career of any length. Ask any former prisoner of war what carried them through their ordeal. If you are not actively growing in your faith, visit your local chaplain or place of worship as soon as possible — there is nothing more important.

Three airmen convicted in May

CAPT. KRISTIN PETERSEN
325th Fighter Wing legal intern

The Tyndall Air Force Base Judge Advocate General Department conducted three courts-martial in May. The following summaries offer an insight into the military justice system and hopefully serve as a crime deterrent.

Malingering

Cases of malingering have been on the rise in the Air Force. Malingering is defined in the Uniformed Code of Military Justice as feigning "illness, physical disablement, mental lapse or derangement" or intentionally inflicting "self-injury" for the purpose of avoiding duty. A Tyndall airman was found guilty by a special court-martial for malingering in violation of Article 115, as well as for violations of Article 92, dereliction of duty; and Article 80, attempting to wrongfully possess a Schedule II substance May 1.

Airman Basic Edward A. Barkley II, 325th Security Forces Squadron, was sentenced by a jury of officers to 60 days confinement and given a bad conduct discharge. He was found sleeping on duty on two separate oc-

casions in February. Airman Barkley also attempted to purchase Tylox, a controlled substance, and on three occasions, feigned a mental illness.

Cocaine use

Staff Sgt. John P. Ward II, 2nd Fighter Squadron, pleaded guilty before a judge-only court to two charges of cocaine use in violation of Article 112a of the UCMJ. Sergeant Ward was selected to submit to a urinalysis after being found to have used cocaine on or about Jan. 18. He then tested positive for his second use a couple of weeks later.

In a general court-martial held May 6, Sergeant Ward was convicted and received a reduction in rank to airman basic, nine months confinement and a bad conduct discharge.

Burglary, rape, damage

Before a mixed jury of at least one-third enlisted members, a Tyndall airman's career came to an end at the age of 24 with convictions for violating Article 129, burglary; Article 108 for damage to military property in excess of \$100; and Article 120, rape.

Senior Airman Joshua Hilyard, 1st Fighter Squadron, was sentenced to

six years confinement, reduced in grade to airman basic and received a dishonorable discharge in a general court-martial May 8. The prosecution argued that there are few actions that warrant a dishonorable discharge. But, rape was one of them.

In October 2001, Airman Hilyard crawled through the window of a female airman's dorm room. The female airman had been out with a group of airmen, including Airman Hilyard, earlier that night and had been assisted back to her room because she was intoxicated. Her friends did not leave until they heard her door lock behind them. Airman Hilyard admitted entering the room and having sexual intercourse with the victim after he was connected to DNA evidence taken from the room. Because of the victim's intoxication, it was held that the rape was conducted "by force" as she was found unable to resist Airman Hilyard's attack.

Airman Hilyard was also convicted of burglary in connection to the rape. The jury found that Airman Hilyard

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minders that we all need to drive with extreme caution, especially when weather impacts the roadways.

Last weekend was also a bad one for us for another reason – drinking and driving. While it had been about two months since one of our members was charged with driving under the influence of alcohol, I'm deeply disappointed to report that three Tyndall military folks — two airmen and a senior NCO — were charged with DUI offenses.

Folks, let me make this crystal clear: There is NO excuse for DUIs, ever! Especially with the resources available to help prevent these kinds of incidents – supervisors, first sergeants, coworkers and buddies as designated drivers, Airmen Against Drunk Driving and other organizations – there should never be a reason for any of our people to get behind the wheel under the influence of alcohol. It's a no-win situation any way you look at it. Drinking and driving will jeopardize your Air Force career and set you up for a potentially deadly accident.

I fully expect all our front-line supervisors to continue to carry out this critical message, not just periodically, but daily. No one should ever have to tell their commander "I just didn't have a ride," or "I didn't know there were any alternatives." We must do better.

With a weekend like the last one it's hard to imagine a more appropriate time to hold our Wing Safety Day today. The 325th FW Safety Office is hosting this event from 9 a.m. to 3 p.m. at Heritage Park.

All Team Tyndall members and their families are invited and encouraged to attend. In addition to recreational and sporting events, food and beverages, entertainment and displays, there will be federal, state and local safety and law enforcement agencies participating. One of these agencies, the Panama City Police Department, will give briefings on Florida DUI laws. Make no mistake about it, driving under the influence is a crime, and can have a potentially devastating and deadly effect.

We should take last weekend's events and put them at the front of our minds as we refocus on the actions we can take to help prevent accidents and DUIs.

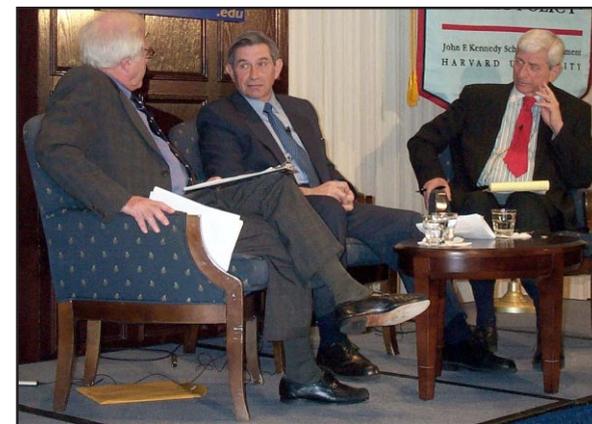
With the upcoming three-day weekend, it is essential that people exercise care and caution on our roadways. And lest we forget, this weekend is more than just a three-day holiday period. Monday is Memorial Day – a time we should all pause to remember the sacrifices of all Americans who gave, as Abraham Lincoln put it, "the last full measure" for their country. As we continue to prosecute our nation's war on terrorism in Afghanistan and elsewhere around the globe, those sacrifices will no doubt continue. I hope we all reflect on how great it is to live in a nation of freedom and democracy, being ever mindful of what we already know and appreciate – that freedom is never free.

Do whatever you can to stay safe this week and beyond, and help those around you stay equally safe. Have a great week!

Leadership line

"So this truth we also affirm: That the future does not belong to the terrorists. It belongs to those who dream the oldest and noblest dream of all, the dream of peace among nations."

PAUL WOLFOWITZ
Deputy Secretary of Defense



Gerry J. Gilmore

Deputy Secretary of Defense Paul Wolfowitz (middle) discusses the decision to cancel the Army Crusader artillery system and other issues at a press conference in Washington's National Press Club.

DON'T DRINK AND DRIVE

Civilian award idea becomes reality

DARREN HEUSEL

Oklahoma City Air Logistics Center public affairs

TINKER AIR FORCE BASE, Okla. (AFPN) — When Maj. Gen. Charles L. Johnson II, the installation commander, assumed his current post more than two years ago, one of his top priorities was to recognize both his military and civilian workers for jobs well done.

The general has since made good on his promise when he came up with the idea for a new Civilian Achievement Award that has now become a reality Air Force-wide.

General Johnson's idea for the new award has been approved by the Army's Institute of Heraldry, the approving authority for all medals of all the services, and should be available for presentation late this summer, said Shirley Lambert, deputy chief of civilian personnel for Air Force Materiel Command.

Ms. Lambert said the dies and hubs for the



The new Civilian Achievement Award should be available for presentation late this summer.

medal, which accompany the award, were approved Jan. 11 and "historically, it takes six months from the initial bid process to have a medal set available in the supply system."

The certificates to accompany the medal set have been printed, she said, but will not be available until the medal sets are

completed.

The Air Force Civilian Achievement Award closely resembles the Air Force Achievement Medal and will recognize civilian personnel "who go above and beyond the call of duty for a specific act that supports the unit's mission and goals."

"Skilled and dedicated civilian professionals have always been part of the total force," General Johnson said, "but until now, we haven't had an appropriate way to honor their service for a very specific achievement."

"Establishing a Civilian Achievement Award is just a fantastic way for us to publicly recognize the many outstanding contributions of our superb civil service work force," he said.

General Johnson conceived the idea for a Civilian Achievement Award late last year and the task of researching the project and seeing it through to fruition eventually fell to Capts. Dana McCown,

Dana Pelletier and Rob Triplett.

Working as a team, the three officers began reviewing Air Force Instructions to come up with a list of qualifications and developed the language to support the accompanying certificate.

The trio also worked with AFMC officials and the Army's Institute of Heraldry to design the medal.

"It was a natural project for some promising young officers who understand the meaning of teamwork and the value of recognizing civilian and military workers alike," General Johnson said of their efforts.

All three officers said it was an honor and privilege to be involved in the process and that an award of this magnitude was "long overdue."

"We were tasked with coming up with an award that would span the difference between the Air Force Certificate of Appreciation

●SEE MEDAL PAGE 6

ANONYMOUS. DEPENDABLE. FREE RIDE.

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867-AADD (2233)

✂

Airmen offer safe ride home

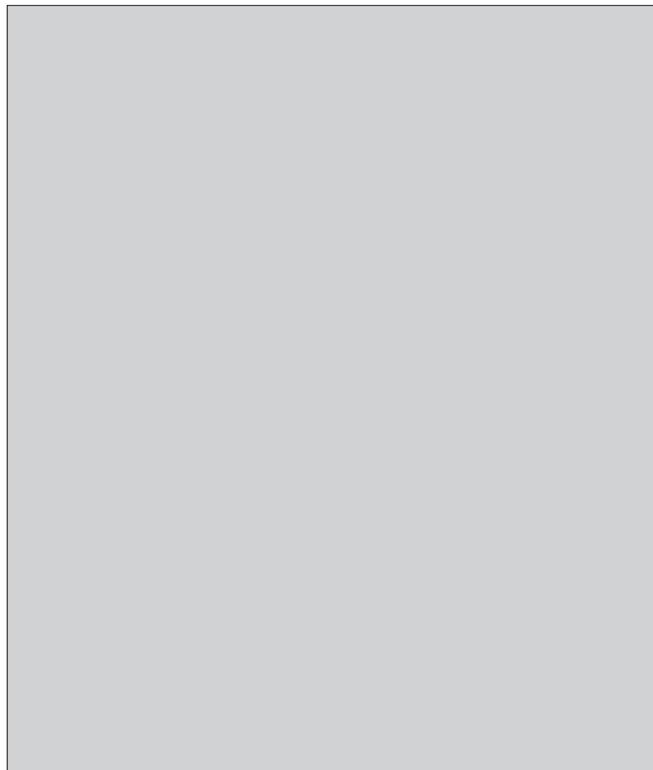
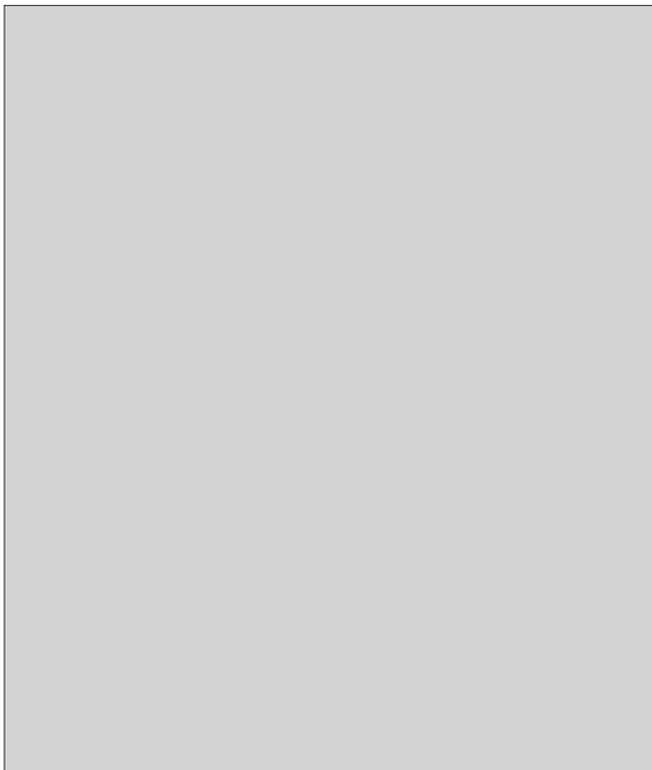
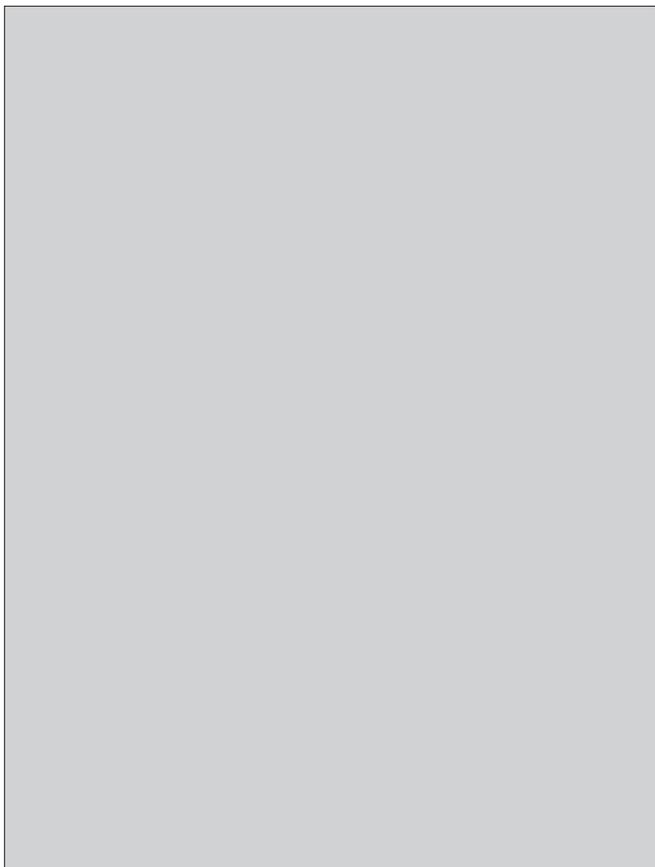
Airmen Against Drunk Driving, which is sponsored by the Tyndall Active Airmen's Association, is a program designed to provide military members with a *free* safe ride home within the local area.

The AADD phone line is staffed with E-1 through E-4 volunteers. This program is available to people of *all ranks* who have a valid military identification card. AADD stresses complete anonymity to ease the fear of retribution.

Current hours of operation are Friday and Saturday from 5 p.m. – 5 a.m. For Memorial Day weekend, hours have been extended to include Sunday.

For information on volunteering or other general questions, call Airman 1st Class Carrie Wilks at 283-2891 or Senior Airman Gloria Gutierrez at 283-8138.

WATER AND ALCOHOL DON'T MIX. STAY SOBER, STAY AFLOAT.



Officials release military compensation report

WASHINGTON — Department of Defense officials released the Ninth Quadrennial Review of Military Compensation, or QRMC, which assesses the effectiveness of military pay and benefits in recruiting and retaining a high-quality force.

Today's force is more educated than in the past, according to the report, which found that current

pay does not include a premium high enough to retain this more-educated force.

The Ninth QRMC found that compensation, particularly for midgrade enlisted members and junior officers, has not kept pace with the earnings of comparably educated workers in the private sector. The 2002 pay raise, the largest in two decades, was based on the

QRMC findings and did much to remedy the situation, said officials.

The QRMC also recommends that military pay compensate for the special demands associated with military life. To do so, the report says, pay should be set above average levels in the private sector, at around the 70th percentile of comparably educated civilians. To meet this goal

in retaining high-quality servicemembers, additional targeted pay raises will be needed. These targeted pay raises are included in the Department's proposed budget for Fiscal 2003.

The Ninth QRMC also examined special pays and bonuses and the financial well-being of certain segments of the military population. These in-

cluded:

- Junior enlisted family income (including eligibility for food stamps)

- Earnings of military spouses

- Allowances for members assigned overseas

- Veterans' educational benefits

- Military retiree post-service earnings

(Courtesy Air Force Print News)

●FROM PDA PAGE 3

tude of commercial Internet service providers they need to take their servers down to clean off a possible classified e-mail? And do you really think commercial ISPs are going to take down their e-mail servers to sanitize them?

A plus in favor of increased network security was the recent announcement by the Department of Defense that PDA antivirus software is now available for downloading from the DOD Computer Emergency Response Team Web page at www.cert.mil. All users currently synchronizing their personal or government-provided PDAs must install antivirus software on their hand-helds. This will prevent spreading viruses from the devices to our networks.

Security problems, such as lack of adequate encryption and passwords policies, remain inherent with this technology.

Personal wireless digital devices will only increase in numbers and capabilities. We must stay alert and plug all the security holes as soon as they are identified.

How do you plan to observe Memorial Day?



For Memorial Day, I'm going to call my dad to tell him I love him. He was in the Vietnam War.

AIRMAN 1ST CLASS MICHELLE BADGER
325th Operations Support Squadron

For Memorial Day this year, I'm going to the beach, and I'm going to celebrate with my friends.

AIRMAN LENIN ORTIZ
325th Fighter Wing command post



After we get off work, we are going to celebrate Memorial Day by spending the day together.

AIRMAN 1ST CLASS JEANNE RUZEK
325th Fighter Wing command post
AIRMAN 1ST CLASS JASON RUZEK
325th Mission Support Squadron



●FROM MEDAL PAGE 5

and the Exemplary Civilian Service Medal," Captain Triplett said. "Before this, there was nothing to bridge that gap."

"In the Air Force," Captain McCown said, "We have the Air Force Achievement Medal and the Air Force Commendation Medal. We did our homework and found out all about the civilian medals, the recognition system and just kind of brainstormed."

The officers said the entire process "progressed rather quickly." They said they began researching the project in December and by February it was well on its way to the top.

"General Johnson's comment to us after we initially presented the packet to him in early January was, 'We should have had this a long time ago,'" Captain McCown said. "He was just ecstatic about it and vowed that day to push it through."

Captain Pelletier, who now serves as the general's aide, said, "General Johnson gave us the idea and all of us saw the great merit in it. That made us excited to commit and contribute to the idea. We took the approach of getting all the work done, right down to designing a ribbon and medal, making a draft certificate and crafting the words for the Air Force Instructions and orders."



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.

ON
THE

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Major honors brother, Sept. 11 hero



Tech. Sgt. Jim Varhegyi

Maj. Donald Arias, chief of 1st Air Force public affairs, watches as his son, Nicholas, thanks people for coming to the Florida State University Panama City campus to celebrate the endowment of a memorial scholarship in his uncle's name. The Adam P. Arias Applied Behavior Analysis Autism Endowed Memorial Scholarship was established in memory of the World Trade Center hero. Adam had wanted a portion of his estate to be used to help autistic children because his nephew, Vincent, is afflicted with the disease.

1ST LT. CARIE A. SEYDEL

Air Force Print News

PANAMA CITY, Fla. (AFPN) — When Sept. 11 shook the nation, few people could have predicted any good would emerge from the terrorist attacks.

But on May 13, Maj. Donald Arias and his late brother's widow, Margit Arias, announced the Adam P. Arias Applied Behavior Analysis Autism Memorial Scholarship. The \$25,000 fund, endowed to financially aid Florida State University students studying autism, was named to honor the former 37-year-old stockbroker.

"Adam had a deep commitment to his family, his country and those in need. He was concerned for my autistic son Vincent's health," said Major Arias, assigned to the 1st Air Force public affairs office here. "We honor his spirit with this scholarship and take comfort in knowing that Adam will become our strength."

Major Arias telephoned his younger brother, working in the World Trade Center, to check on him shortly after the first tower was hit. When the major told him it was a suspected hijacked plane, Adam rushed to evacuate coworkers minutes before the second aircraft struck the 84th floor they abandoned.

Despite his escape from the building, Adam continued helping victims of the attack and was killed on the sidewalk by debris from the collapsing tower.

"He died as he had lived, putting others before himself," Major Arias said.



Staff Sgt. Adam Sparks

Flag detail

From left, Senior Airman James Shearry, Tech. Sgt. Troy Burnett and Airmen 1st Class Kevin Crawford and Joseph Williams of the 325th Fighter Wing Honor Guard perform a flag-folding detail during a recent retirement ceremony. The base honor guard needs volunteers who can perform military honors at funerals, retirements and special events in the local area. For more information, call Staff Sgt. Adam Sparks at 283-4405.

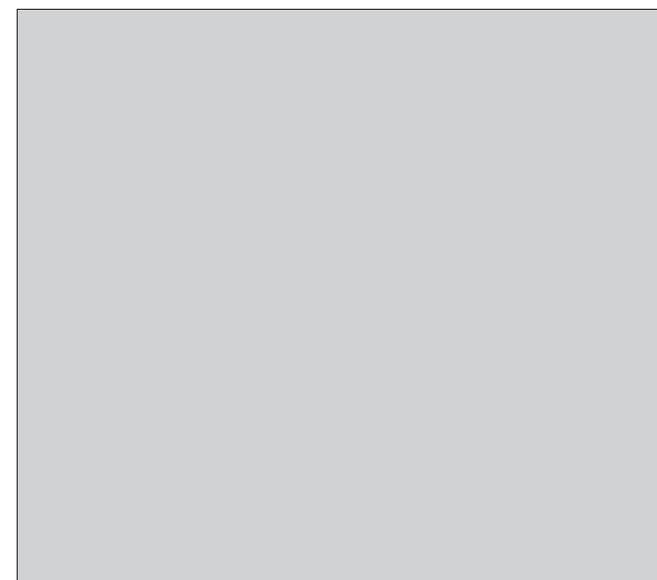
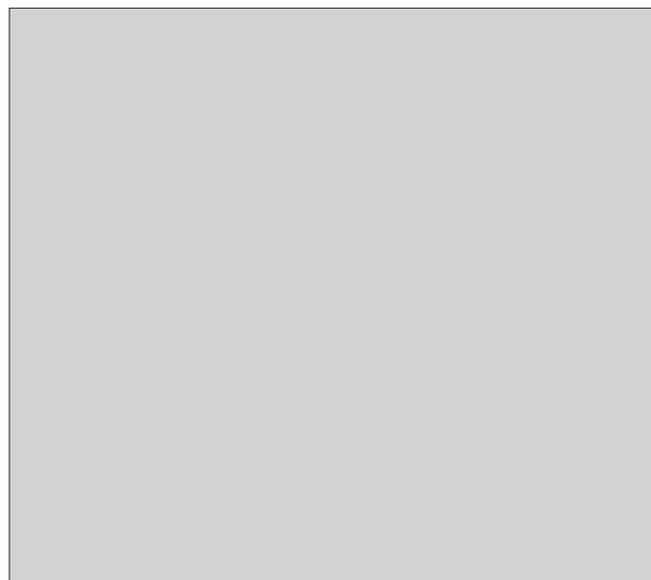
●FROM CONVICTED PAGE 4

broke into the room at night with the intent to commit the rape. The prosecution emphasized that an airman's room is a "safe haven" and she was entitled to feel safe there.

The third conviction was for willful destruction of property as a result of extensive damage found in his dorm room in December 2001. Upon inspecting rooms for future carpet replacement, the dorm manager discov-

ered a hole approximately 6- to 7-feet by 3-feet in the wall between the bathroom and living area, the door to his locker damaged and removed, and a broken mirror. The cost to repair the damage was estimated to be \$1,200. Jury members found that despite Airman Hilyard's argument that he did not have willful intent to do damage due to his drunken state, he had sufficient awareness of his actions to have willfulness beyond a reasonable doubt.

In addition to his sentence, Airman Hilyard may be required by state law to register as a convicted sexual offender after completion of his confinement, depending on which state he will reside in. In light of these three convictions, the prosecution pointed out that Airman Hilyard's reduction in rank was fitting as he came into the Air Force with no stripes and should leave the Air Force with no stripes.



Memorial Day

Names and stories turn up in Arlington

MASTER SGT. RICK CORRAL
70th Intelligence Wing public affairs

As I walked through the gates of Arlington National Cemetery and through its grounds, I was amazed at how peaceful and well-kept everything was. For a moment, it was hard to believe this was the final resting place for so many American veterans.

Row after row of soft grayish-white headstones mesmerized me. No matter where I stood or which direction I looked, the stones were always in a straight line running into infinity. It looked exactly like all the photos on the post-cards and in the history books.

As I stood silent, wondering who had planned it and what it must take to maintain the plushness, something caught my eye. Something I hadn't noticed in all those photos. Something I hadn't even noticed as I walked into the park a few moments before.

Names!

I walked up to the closest stone and gently rubbed my hand across the deep etchings

in the stone. I read out loud, "Adam." Then on to the next stone, "Steven," then "Carol" and "David," "Tyrone" and "Shawn."

They were everywhere. Men and women of all ages, with brief notes about each of them carved below the name. I continued walking through the rows past stone after stone; I saw Tom and then Debra, Carl and William. I came across James under a large oak shaded from the midday sun. He'd been to France!

Alice and Audie were at the top of a small hill. They both had survived the horrors of World War II. Donald and Melton had fought in one of the many battles of World War I. It said so on the stones. Now they were together near a large magnolia tree. They had fought and died in the battle of Saint Mihiel.

Benjamin was a sailor; I'm not sure what happened to him. His stone gave no clues, but the view



Arlington National Cemetery

Master Sgt. Rick Corral

from his resting place was magnificent. I think Barbara was a nurse who served in World War II, and Ronnie was a 19-year-old Marine, perhaps too young to even know exactly where Khe Sanh was.

I walked for the longest time; the stones and names went on as far as I could see. I found Robert at the base of a hill. His place was marked by a simple wooden cross. He was just down the hill from his brother, John; an eternal flame flickered for them both.

Farther on, I walked past William and Connie, Wendy and Juan. Down the hills, past stone after stone, then up again to the top of a hill. There I saw the most startling sight!

The names were gone — in their place, the word "UNKNOWN." Again, as far as I could see, in every direction, the same thing: UNKNOWN.

Who would know these names? How did the mothers and fathers of these unknown Americans know

where to grieve? How does a great granddaughter know where to place the flowers for a great grandfather she can't find? How could we not know their names?

I weaved my way down the hill, through the stones and back toward the gate, thinking differently and holding back a tear. This is more than a photograph or a post card. It's a community of heroes with names and faces and stories and family. It's home for so many who have served this great country, from the many past wars to the current fight against terrorism.

This sacred ground is more than a resting place for heroes; it is part of the very fiber that makes this country worth fighting and dying for. It is a beautiful, free and a very delicate place. It is America.

(Courtesy Air Combat Command News Service)

Air Force leaders share Memorial Day messages

From Air Education and Training Command

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — This Memorial Day, as we pause to honor and revere the thousands of American men and women who have died in our nation's wars, we do so with a sense of national sorrow and renewed commitment we haven't experienced since World War II.



General Cook

On the first Memorial Day after the attack on Pearl Harbor, Gen. George Marshall said in 1942, "There is nothing I would as much prefer to do this spring as to turn my mind to the wholesome business of gardening rather than the terrible problems and tragedies of war."

The call to defend America following an attack on our homeland 60 years ago led this great military leader and millions of others to put aside their domestic pursuits to serve the greater good of the nation.

Today, in the aftermath of the tragic terrorist attacks on the World Trade Cen-

ter and Pentagon last Sept. 11, we solemnly observe Memorial Day with the same stoic resolve as that earlier generation.

Pearl Harbor and the events of Sept. 11 remind us all that we sometimes pay the ultimate price for our freedom — whether it is during war or peacetime. More than a million Americans in the armed forces have lost their lives in the past 100 years, and tragically more are likely to make the greatest sacrifice for our country as we continue to wage the war on terrorism.

As President Bush said in October, "Today, we are a nation awakened to the evil of terrorism, and determined to destroy it. That work began the moment

we were attacked; and will continue until justice is delivered."

As each of you observes this Memorial Day, I ask that you remember and cherish all those who have sacrificed so much to guarantee our lasting freedom. In 1884, Oliver Wendell Holmes Jr. delivered a Memorial Day message that continues to ring true today, "... it is now the moment when by common consent we pause to become conscious of our national life and to rejoice in it, to recall what our country has done for each of us, and to ask ourselves what we can do for the country in return."

I salute you for your service to Air Education and Training Command, the Air Force and America.

From the Chairman of the Joint Chiefs of Staff

Across our great land, thousands of American flags, proudly waving, mark the final resting place of soldiers, sailors, airmen, Marines, Coast Guardsmen and merchant mariners who had their lives cut short so that we may live freely and enjoy the blessings of liberty. Memorial Day is the one day of the year that we set aside to remember and honor our country's patriots, yet we owe them a debt of gratitude, every day of every year.



General Myers

This Memorial Day finds our nation at war — a war we did not seek, but one we will decisively win. However, our victory will not come without its costs. Once again, we are witnesses to America's sons and daughters being brought

home, solemnly and respectfully, in flag-draped coffins. They join those who lost their lives in the attacks of Sept. 11, 2001. We are deeply saddened by their deaths, but eternally grateful for their sacrifice. It remains our challenge to do our very best to re-

main true to the principles and beliefs in which they so fervently believed and which they so valiantly fought to preserve. Their loved ones who carry on remain in our thoughts and prayers.

The Joint Chiefs of Staff and I join every American this Memorial Day, to pause and reflect upon the sacrifices made by so many of our fellow citizens in times of war and conflict throughout our nation's history. We also salute the dedicated men and women of today's armed forces, whether defending our homeland or serving around the world. They are preserving and adding to this noble legacy.

From SECAF, CSAF

WASHINGTON (AFPN) — The following is a joint Memorial Day message from Dr. James G. Roche, secretary of the Air Force, and Gen. John P. Jumper, Air Force chief of staff:

"The custom of formally honoring America's war dead has its roots in the tragic losses of the Civil War. Originally known as Decoration Day, this occasion was a time for families, friends and communities to honor the service and sacrifice of war veterans by decorating their graves. Known today as Memorial Day, this solemn holiday is celebrated at the end of May each year by the hanging of flags, the viewing of parades and the wearing of red poppies signifying the



Dr. Roche

final resting place for our fallen comrades.

"From our hallowed Civil War battlefields to the distant shores of foreign lands, Memorial Day honors those who gave the ultimate sacrifice in defense of the nation they so loved. Moina Michael's poem, 'We Shall Keep the Faith,' reminds us of this sacrifice.

'We cherish too, the poppy red That grows on the fields where valor led,

It seems to signal to the skies

That blood of heroes never dies.'

"Take a moment this Memorial Day to reflect on our nation's many blessings and the commitment and sacrifice of our fellow servicemembers."



General Jumper

Americans pause, reflect for National Moment of Remembrance



WASHINGTON (AFPN) — The Air Force, along with the nation, will participate in the second annual National Moment of Remembrance on Memorial Day.

The observance was established by Congress in December 2000, and the theme this year is "One Nation, One Moment."

To participate, Americans in each time zone around the world should stop at 3 p.m. on Memorial Day to reflect on its meaning, according to Brig. Gen. Ron Rand, director of

Air Force public affairs.

"This is a great opportunity for us to recognize those who have made the ultimate sacrifice," General Rand said. "Participation can mean taking a minute as an individual or as a group to reflect and honor those who have died for our freedom."

The idea for the moment was born in 1996 when children touring Washington, D.C., were asked what Memorial Day meant, responding that it was the day the pools opened.



101 Critical Days upon us

TECH. SGT. MICHAEL GRIFFITH
325th Fighter Wing safety office

Memorial Day weekend is designed for all Americans to pay tribute to those who died in combat in our armed forces. Let's not prematurely join their ranks through careless actions! Activities having the highest potential for injury or death are driving and water sports.

This weekend marks the beginning of the "101 Critical Days of Summer" which begins this weekend and ends Sept. 2.

Over the years this campaign has made a great impact on reducing summer mishaps. But motor vehicle mishaps and recreational activities are still the leading cause of injuries and deaths during the summer months.

The summer months present us with our greatest safety challenge. Last year, during the 15-week safety campaign, the Air Force lost 19 people. Out of the 19 fatalities, 16 involved motor vehicles. So as leaders we know where we must focus our efforts. We must expand our training efforts to encompass the whole spectrum of safety. Safety training must include off-duty activities and motor vehicle operations. As commanders and supervisors, we must convince all airmen to use personal risk management in their everyday activities.

Remember, only through a concerted effort can we realize a reduction in senseless injuries and deaths. Each one of us must take the time to recognize the risks in what we do. By taking a few moments to plan, you and your family can have a pleasant, relaxing summer, and most importantly, avoid the heartbreak of a needless mishap.



Safety chief: Supervisors should demand safety

MASTER SGT. RON TULL
Air Force Print News

WASHINGTON — With the Air Force's annual safety campaign, "101 Critical Days of Summer," just around the corner, the Air Force's acting chief of safety is strongly suggesting that commanders and supervisors take a direct approach in briefing subordinates.

"Demand safety," said Col. Greg Alston. "Instead of asking people to be safe, simply demand it. Tell them that it's their duty. Tell them their unit expects them back and that their country is counting on them. Remind them that they volunteered to be here, and they should own up to that responsibility."

The 101 critical days start May 24 as the Memorial Day weekend kicks off, and end Sept. 2, the last day of the Labor Day weekend.

Colonel Alston borrowed from a recent message by Air Force Chief of Staff Gen. John P. Jumper, which comments on the annual safety campaign.

"It tells us we should apply on-duty operational risk manage-

ment thinking to our off-duty activities, and it explains to us just how important we are to the war effort," Colonel Alston said.

That effort, he said, calls for healthy and energetic men and women to prosecute the nation's war against terrorism.

"Now more than ever we all need to remain able-bodied to face future challenges," Colonel Alston said. "We need to demand safety behavior from ourselves, because we are America's best line of defense. We are America's last line of defense."

While worldwide contingencies make this year a little different, the colonel said many of the safety concerns are the same as in years past. As usual, off-duty vehicle accidents are at the head of the list.

"We have had a spike in off-duty motor vehicle accidents this year," he said. "Nearly every accident comes down to losing control of the vehicle.

"Many times alcohol or fatigue are involved, but nationwide studies also show that people are buying bigger, more powerful vehicles with handling character-

istics that they may not be prepared for," Colonel Alston said.

Whatever the cause, fatalities as of the first weekend in May are higher in 2002 than in years past. The individual most at risk is enlisted, male and age 24 or younger, said Colonel Alston.

"The old guys need to keep an eye on the young guys, impart their wisdom to them," he said. "You've heard the expression 'monkey see, monkey do?' Well, there's 'airman see, airman do' and 'lieutenant see, lieutenant do.' Young Air Force members look to their supervisors as role models."

The "old guys" need to think about safety too. Besides preventable mishaps involving alcohol or fatigue, sports injuries often take their toll.

"People start doing things that they're not in shape to do, whether it's boating, hiking or mountain climbing," Colonel Alston said. "If a member is out for a broken leg or worse — if they get out and get killed — their unit has less combat capability. And needless to say, we can't afford that to happen right now."

Roll out those lazy, hazy, crazy days of summer

JIM LEWIS
325th Fighter Wing family support center

Those lazy, hazy, crazy days of summer are fast approaching. The signs are there; warmer weather, pollen in the air and throngs of tourists invading our beaches. We are beginning to hear the summer songs on the radio marking its arrival. These songs not only encourage some to be lazy and crazy, but also push the soda, snacks and beer normally associated with summer fun. Everywhere we go we'll be subject to this kind of influence.

Let's think about the more sobering aspects of this philosophy. Summer — Memorial Day to Labor Day — are the 101 most dangerous days of the year! Historically, there are more incidents, accidents,

injuries and deaths during this time than any other time of the year. Perhaps it is due to the "let your hair down and let it all hang out" attitude or maybe the increased exposure to risk in the activities we pursue. Whatever the cause, a strong factor which results in accidents is the "it can't happen to me" syndrome. Nobody ever thinks it will happen to them. It will always happen to someone else.

Strangely enough, that's the same mindset everyone had before it HAS happened to them. Think about it.

According to the National Highway Traffic Safety Administration, more than 24,000 people were killed last year as a result of drunk driving. That's one person every 27 minutes, every day of the year. And

not one of them thought it would ever happen to them. But it did! And it continues to happen to someone — every 27 minutes!

At that rate it has happened to approximately 8,500 people already this year. Not one of these victims thought it would ever happen to them.

We had a young airman address our commander's call last year, sharing his story of how he got drunk and had a serious accident and all of the problems it caused. The one thing I recall him saying is, "I never thought it would happen to me." Unfortunately, it will happen to about 15,000 more people between now and the end of the year. Every one of these future statistics is saying to themselves, right now, "It will never happen to me." How

can you be sure that you won't be one of the 15,000 killed?

Every time someone goes out on the highway they take a risk. That risk increases significantly if an individual has been drinking. With a blood alcohol level of .05 the risk is twice as great. But you say that it can't happen to you. It does and will happen to someone — every 27 minutes!

Pass the soda and pretzels, but hold the beer! This summer when I head out to the wall to wall, bumper to bumper mad house it is OK for me to be lazy, but I refuse to be crazy. I won't drink and drive and when driving, I will wear my seat belt, and ensure my passengers do as well, to protect me from the crazy people who do not exercise care and caution.

●FROM VICE PAGE 1

Asked to describe his personality, Colonel Cochran responded, “Hopefully folks feel that I’m approachable — I would venture to say easygoing. However, I’m a by-the-book individual,” he said.

Continuing, the colonel said, “I consider myself a people person who enjoys working with folks and being out with the troops – they’re the ones carrying out the mission, and I try to do everything I can to help them do their job. That’s my job.”

On the subject of his leadership philosophy, the new vice commander said his top priorities are to support the wing commander, Team Tyndall and the local community. “My style is to be as supportive as possible,” Colonel Cochran explained. “My role is to take

General Hodgkins’ guidance and help carry out his vision for the wing. I believe in letting people do their job with a little bit of guidance when necessary, and then being there to assist them.”

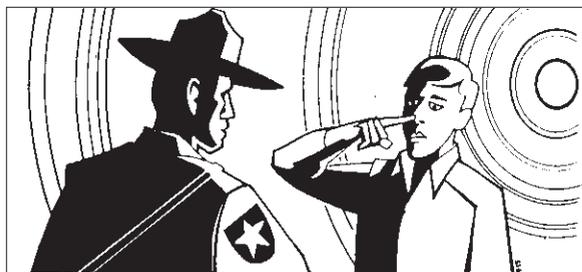
Off duty, Colonel Cochran enjoys a wide variety of outdoor activities, especially intramural sports and water recreation.

“I’m not good at anything,” he joked, “but I enjoy getting out for some fresh air and exercise.”

The colonel also enjoys partaking in the popular culture of man and machine.

“I love to tinker around with things,” he said. “I’m a car and motorcycle fanatic.”

The colonel is the proud owner of a pair of motorcycles – a Harley-Davidson Dyna Low Rider and a Honda 650 — as well as a 1965 Ford Mustang Fastback.



**Think
before
you
drink.**

Caption contest

The 325th Fighter Wing Safety Office needs a humorous caption to identify this brash move.

This feline is either over confident, impaired, or in a rush. It’s definitely oblivious to the danger it has placed itself in.

Whether it’s driving too fast for the road conditions, having one too many at the sports bar, reliving our youth or participating in dangerous sports, sometimes we forget the real danger that lies so close to us.



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

“Yep, as I suspected ... Alabama plates.”

1ST LT. BYRON GREENE
325th Civil Engineer Squadron

**Your link
to what's going on**

Gulf Guide

**in the
Tyndall community**

MAY

FRI
24

TSP briefings

The next 30-minute military thrift savings plan briefings are today in the family support center classroom. For information on briefing times and to make a reservation, call the family support center, 283-4204.

Fire hydrant testing

The 325th Civil Engineer Squadron will continue pressure testing fire hydrants in the Tyndall main base areas, the 6000 area, 7000 area, 400 area and 1800 area through June 7. This also includes flushing the water mains. Occupants may experience discolored water during this period and for several days afterwards. Water mains will be flushed between 7:30 a.m. and 3:30 p.m. daily. For more information, call the civil engineer customer service office, 283-4949.

MON
27

Commissary holiday hours

The Tyndall Commissary will be closed on Monday but will be open Tuesday following the Memorial Day holiday.

Base exchange holiday hours

The following base exchange facilities will be open on Monday, Memorial Day. All other facilities will be closed. Main store, 10 a.m.-5 p.m.; Shoal Point Shoppette, 11 a.m.-6 p.m.; Class Six, 11 a.m.-5 p.m.; Felix Lake Shoppette, 6 a.m.-9 p.m.; and Anthony's Pizza, 11 a.m.-4 p.m.

TUE
28

First aid training

The American Red Cross will provide classes in cardiopulmonary resuscitation, first aid and AED training every fourth Tuesday and Wednesday of each month at Tyndall. 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
29

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
30

Smooth-move workshop

A smooth-move workshop for people transitioning to new duty assignments will be 9 a.m.-noon Thursday in the family support center classroom. Experts from legal, finance, TMO, family advocacy, billeting, housing and the support center will answer questions. All military, Department of Defense civilians and family members are invited. For information or to make reservations, call 283-4204.

NOTES

Change of command

Maj. Scott Enold will assume command of the 325th Security Forces Squadron from Lt. Col. Eugene Robinett at 6 a.m. May 31 at the security forces squadron building. For more information, call 283-4076. Team Tyndall is invited to the ceremony.

Active-duty walk-in clinic

The family practice clinic is offering a walk-in clinic for active-duty members only 7:15-7:45 a.m., Monday through Friday. It is mandatory that a member be in their duty uniform to be seen. The active-duty call is designed to provide medical care for those persons who do not feel that they are capable to perform their duties that day and is not to be used for medication refills, follow-up appointments or chronic medical problems. Those registering will be prioritized based upon their specific health concern and will be seen by a provider accordingly. For more information regarding the active-duty call, call Capt. Ben Leonardo, 283-7667.

Host homes for exchange students

The non-profit Council for Educational Travel USA is looking for host homes in the base area for high school age exchange students from Europe, Asia and South America for the upcoming academic year. The hosts provide room, board and the possibility for a young person from a different culture to experience everyday life in America. The CETUSA program is also seeking high school teens to travel abroad for the summer as foreign exchange students. Travel begins in July and lasts four to six weeks. For more

information on hosting an exchange student or becoming one, call the CETUSA-PALS Division Program office, (888) 725-7747 or e-mail: pals@net-port.com.

Pre-separation and retirement counseling

All transitioning personnel are reminded of the requirement to schedule a one-on-one pre-separation counseling session at the family support center's transition office. This is a mandatory requirement established by public law. Personnel should schedule appointments at least 90 days prior to their separation or retirement. For more information or to make an appointment, call the family support center, 283-4205.

RETIREE NEWS

TRICARE Retiree Dental Program

Dental health-care benefits are available to eligible retiree family members through the TRICARE Retiree Dental Program administered by Delta Dental. A special enrollment offer is available for those members who enroll within 90 days of their retirement from active duty. Recent changes in the TRDP have provided for an enhanced benefits plan, which provides for more extensive coverage. Information regarding coverage and plans is available online at the Delta Dental Web site located at: www.ddpdelta.org/. Enrollment is made easy by calling Delta at (888) 336-3260 or by using their online registration at: www.ddpdelta.org/cti-bin/enrollment.asp.

The Web site also makes it possible to check premium rates for your ZIP code, print claims forms, view a payment chart and check the "Frequently Asked Questions" list for answers to most questions about the program. Members of the retiree community are encouraged to become thoroughly familiar with the plan before enrolling and to remember that it is not a government subsidized program. For enrollment information (new enrollments, changes and related correspondence), call (888) 838-8737; for customer service (claims, eligibility inquiries and related correspondence), call (888) 336-3260; and to access the interactive voice response system, call (888) 336-3260.

YARD SALES

The following yard sale is scheduled for Saturday: 3502-A Clay Court. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Panic Room" (R, violence and language, 112 min.)

Saturday: "National Lampoon's Van Wilder" (R, violence, sexuality, language and drug content, 95 min.)

Sunday: "Panic Room"

Thursday: "Murder By Numbers" (R, violence, language, a sex scene and brief drug use, 125 min.)

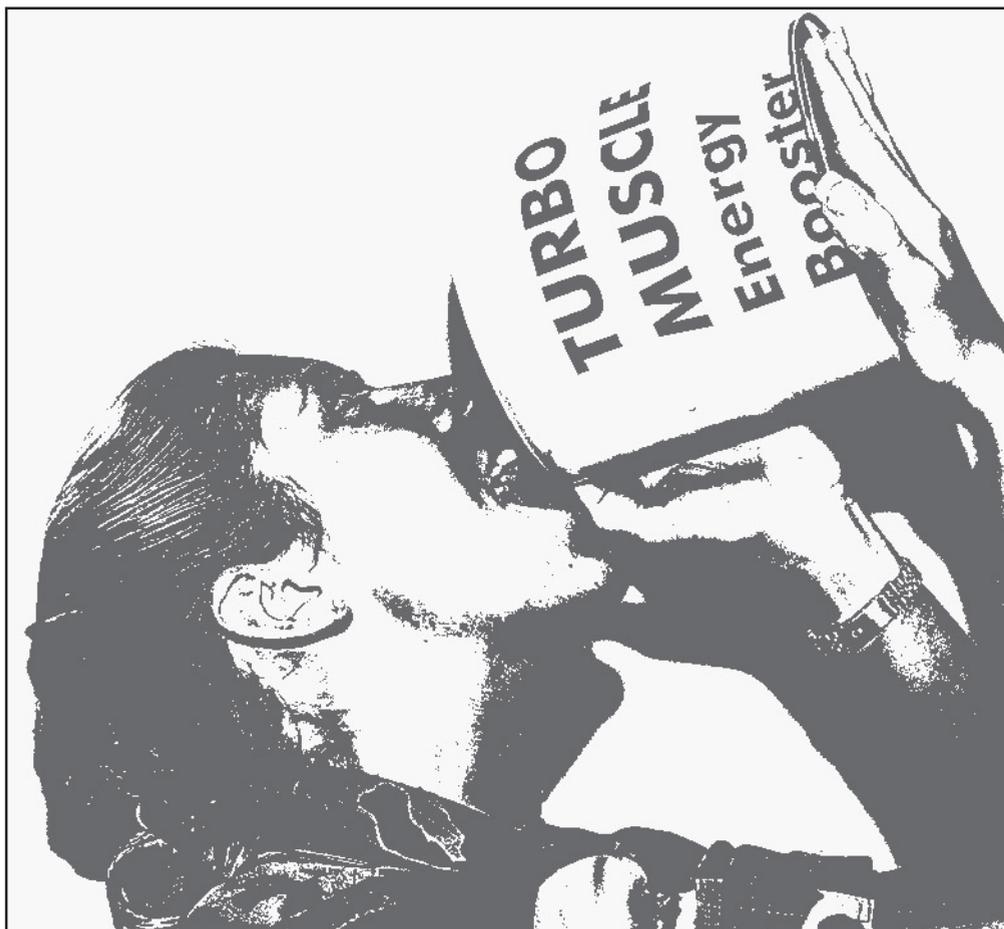
All movies start at 7 p.m.

CLASSIFIEDS

Solid walnut cedar chest, 22"Wx48Lx22H, \$50. Call 286-8555.

OVER-ENERGIZING YOUR LIFE?

OFFICIALS SAY EPHEDRA RISKS OUTWEIGH BENEFITS



Graphic illustration by Tech. Sgt. Dan Neely

G.W. POMEROY

Air Force Surgeon General public affairs

WASHINGTON (AFPN) — Air Force people are strongly advised to contact their physician or health-care provider before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids, said Air Force Surgeon General officials.

“Consultation is especially necessary if an individual has pre-existing medical problems, is taking other medications or exercises vigorously as part of (his or her) occupation or fitness program,” said Royal Air Force Wing Commander (Dr.) Victor Wallace, chief of flight medicine at the Air Force Medical Operations Agency. Commander Wallace is an exchange officer.

Such supplements, which include so-called energy boosters, over-the-counter diet pills and bodybuilding drinks or mixes, may pose health and occupational risk even for those not taking other prescribed drugs, Commander Wallace said.

Today, at least 20 states and the National Football League are among those who have banned or restricted use of ephedrine products.

The office of the Air Force Surgeon General issued a policy letter in October 1999 cautioning military members, especially those on flying status and the personnel reliability program, to consider herbals and dietary supplements as “over the counter” medications.

The letter requires aircrew members and PRP members to discuss these supplements with their health-care provider before taking them.

Ephedra and its alkaloids, derived from the plant ma huang, are central nervous system stimulants, chemically related to pseudoephedrine, the synthetic active ingredient in Sudafed, Commander Wallace said.

“Some people have used it in an attempt to lose weight, although there remains considerable scientific debate as to its effectiveness in this regard,” he said.

A product’s ephedra content, which should be displayed on the product label, can range from 15 to 60 mg per serving, but there is evidence from literature that some product labels are not reflecting the actual content, said Commander Wallace. Other similar products can include as much as 900 mg of caffeine, an amount equal to six to eight cups of brewed coffee or eight to 22 cups of instant coffee.

“Ephedra and ephedra alkaloids can produce a number of side effects including increased blood pressure and heart rate, insomnia, anxiety, tremor, agitation, skipping heartbeats, vomiting and may exacerbate problems with body heat regulation if exercising in hot environments,” Commander Wallace said.

Between 1994 and 1997, the Food and Drug Administration received and investigated more than 800 reports of adverse events associated with the use of products containing ephedra alkaloids.

The reported adverse events ranged from episodes of high blood pressure, irregularities in heart rate, insomnia, nervousness, tremor and headache to seizure, heart attack, stroke and sudden death, according to an FDA statement.

Most events occurred in young to middle-aged, otherwise healthy adults using the products for weight control, to increase energy or enhance fitness.

In 2000, The New England Journal of Medicine published the results of a study conducted by two California physicians who reviewed reports of 140 deaths or injuries dealing with adverse events associated with ephedra alkaloids reported to the FDA between June 1997 and April 1999. The study concluded:

- 10 events resulted in death;
- 13 events produced permanent disability;
- 31 percent of the cases were considered to be definitely or probably related to the use of supplements containing ephedra;
- 31 percent were deemed to be possibly related;
- 47 percent involved cardiovascular symptoms; and
- 18 percent involved the central nervous system.

The FDA does not regulate dietary supplements the same way it does prescription and other over-the-counter products. Under the Dietary Supplement Health and Education Act of 1994, the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed, according to the FDA.

The FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market, according to its Web site. Generally, manufacturers do not need to register with the FDA nor get FDA approval before producing or selling dietary supplements.

Even though Americans can buy many supplements over the counter, Defense Department officials have specified several that need more research. These include:

— **Androstenedione.** It gained notoriety when St. Louis Cardinals slugger Mark McGwire said he used it. It is related to testosterone and alleged by proponents to help build muscle bulk and strength.

A controlled test reported in the Journal of the American Medical Association showed no such effects, though researchers noted some of the male subjects experienced increased female hormone levels in the blood and decreased “good” cholesterol levels. Long-term effects are uncertain.

— **Ginseng root.** This has been a versatile herb in traditional Chinese medicine for thousands of years. Asians call it the “panacea” or “elixir of life.”

Proponents claim it increases resistance to disease; stimulates and improves the work of brain cells; prevents headaches, fatigue and exhaustion; and stimulates circulation and the functions of the endocrine glands. Long-term effects are uncertain.

— **Ginkgo biloba.** Ginkgo is alleged to improve mental facility and recall and to have beneficial effects on the circulatory system, particularly among the elderly.

Studies have shown it can help in treatment of their short-term memory loss, headache, ringing in the ears and depression by improving blood flow in the arteries and capillaries.

Long-term effects are uncertain.

Funshine NEWS

May 24, 2002

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

YES!
Membership
Pays!

Here's How...

Air Force Club Scholarship Program

Three scholarships will be awarded to AF Club members or their eligible family members in the amounts of:

\$5,000, \$3,000, and \$2,000

Applicants must be accepted by, or enrolled in, an accredited college or university graduate or undergraduate program by Fall of 2002.

Information packages with complete instructions and requirements are available from the Tyndall Officers Club, Enlisted Club or the Services Marketing Office. Entry deadline is July 15.

283-4565

for more information.

Sponsored in part by:

First USA Bank of Wilmington, Delaware.
No federal endorsement of sponsor intended.

Hip Hop and R&B
with
Mind Moods Caf 
June 1 8 a.m.-2 p.m.
at the Tyndall Enlisted Club
Call 283-4357
for more information

Father's Day Brunch

All Ranks in the
Officers Club
Dining Room
Sunday, June 16

Continuous reservations
available from
9:30 a.m.-12:30 p.m.

Adults \$8.95 Children 5-11 \$4.95
Children 4 & under free

283-4357

NONMEMBERS

Here's your chance to try one of the benefits of Club Membership! Join us for Father's Day Brunch and receive the member discount price!

Marina Club

☎ 283-3059

Friday Seafood Lunch Buffet

11 a.m.-1:30 p.m. Cost is \$6.50 and includes soft drink or tea. This is an All-You-Can-Eat buffet!

Dive and Fishing Charters

Deep sea and bay fishing, trolling or bottom fishing: \$75 per operating hour, everything included. Four hour minimum.

Lawn Equipment Rental

Equipment available includes: lawn mowers, weed eaters and rakes.

Youth Center

☎ 283-4366

Jr. Golf Clinic

Are you age 6-17 yrs. and want to be the next Tiger Woods? Sign up for the Pelican Point Jr. Golf Clinic and learn golf basics and course etiquette. Sessions run June 3, 5, 7, 10, 12, and 14 at 8 and 9 a.m. Cost is \$49.95 and includes clubs. Register by May 20. Class is limited to 20 students.

Major League Soccer Camp

Major League Soccer (MLS CAMPS) will run our Soccer camp again at a special rate of only \$45 for 5-6 years old and \$65 for 7-18 years old. Registered campers receive: ball & T-shirt. The Camp runs July 22-26. Early registration is advised.

Volleyball Camp

June 17-21. For ages 10 and up. Costs \$10 (includes T-shirt).

Start Smart Soccer

Is your 3-5 yrs. old ready for organized soccer? Sign up for Start Smart Soccer and work one-on-one with your child improving basic skills. Program dates are June 15, 22, 29 and July 6 at 9 a.m. Cost is \$30.

Information, Tickets & Travel

☎ 283-2499

Wild Adventures Theme Park Valdosta Georgia

June 8-9: Cost per person is \$95 double occupancy. Trip price includes transportation, accommodations and ticket.

Wakulla Springs Tour

June 12: Cost per person is \$7.50 and includes transportation and admittance to the park. Bring a picnic lunch and enjoy the beauty of this historic Florida park.

Bike Rental now available at



CAC: 283-2495

Lodging: 283-4211

Bonita Bay: 293-3199

Vet Clinic

☎ 283-2434

Memorial Day Schedule

Clinic closed on May 24 and 27.

Community Activity Ctr.

☎ 283-2495

Tae Kwon Do Class

Mon.-Tue.-Wed. 6 p.m. CAC ballroom 10 classes for \$30.

CAC Odds & Ends Flea Market

June 1, 11 a.m. CAC back parking lot (Weather Permitting). Cost: \$5.00 per slot. Spaces are limited. Signup by May 30.

Bonita Bay Outdoor Rec.

☎ 283-3199

Summer Hours

Mon. - Thur.: 8 a.m.-5 p.m.; Fri., Sat., and Sun.: 8 a.m.-6 p.m.

Sailing & Windsurfing Classes

Cost \$40 per person. Minimum age: 10. Two day courses, 9 a.m.-4 p.m.

Sealed Bid Auction

24' Pontoon Boat and motor as is. No trailer. Bids accepted until May 26.

Get Fit & Win

The more you work out
the better your chance to win

Get the fitness results you want plus you could win
A TRIP TO JAMAICA or THE BAHAMAS!

Also get points for Base Sponsored Events, attending classes at the HAWC, Aerobathon, daily workouts and MUCH MORE!

Pick up your punch card at the Fitness Center!

Visit the Fitness Center (283-2631) or
<http://www.afsv.af.mil.mkt> for details.

Sponsored in part by: Gatorade, LifeFitness & Super Clubs

No federal endorsement of sponsors is intended.

The Pool is Open!



Hours:

Fitness (Lap) Swim: 6-7:30 a.m.

Wed.-Fri.: 6-7:30 a.m.,

11-11:30 a.m., 5-6:30 p.m.

Open Swim:

Wed.-Sun.: 11:30 a.m.-6:30 p.m.

Fees:

■ Open Swim: \$1 per person per visit

■ Season Pass: \$35 per person unlimited use plus \$5 for each family member with a max. of \$50 per family.

■ 30 Visit punch pass: \$20

■ Fitness (Lap) Swim is free

**Swim Lessons Available
call Bonita Bay for more information
283-3199**

Pelican Point Golf Course New Lower Rates!

18 holes with cart: E1 to E4, \$17.00;
E5 and up \$20.00
9 holes: E1 to E4, \$5.00;
E5 and up \$6.00

Call the course for more information.

283-4389

**Bugler Needed for
Base Honor Guard**
Call 283-4405 for more information.



