

GULF DEFENDER



Vol. 62, No. 34

Tyndall Air Force Base, Fla. *Gulf Defender*

Aug. 29, 2003

In brief

Air Force News

News and information from around the Air Force will air on the base cable network's Channel 12. Air times are 8 a.m., noon, 2 p.m. and 6 p.m. Tuesday and Thursday.

Current stories include 'A second look at the effects of deployment,' 'Preparing for weapons of mass destruction' and 'High-tech identification procedures at Scott Air Force Base, Ill.'

FTC warns of scam

National advertisements urging consumers to call (800) DONOTCALL and pay a \$2.95 fee to sign up for the National Do Not Call Registry have prompted the Federal Trade Commission to issue a warning to consumers not to be duped. Consumers calling this commercial number are connected for a \$2.95 fee to the FTC's Do Not Call sign-up system. Connecting to the FTC's free sign-up through this commercial number takes approximately seven minutes. Signing up through the official national Do Not Call phone line or online site is free and takes less than two minutes.

The FTC reminds consumers that they may put their telephone numbers on the National Do Not Call registry for free by calling (888) 382-1222, or by signing up at the Do Not Call Web site, www.donotcall.gov.

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Airman Sarah McDowell

Out with the old

Contractors continue work on the renovation project at the Illinois Gate as they rebuild the fences around the gate. The renovations are designed to provide force protection while being pleasing to the eye. There will also be a new Tyndall Air Force Base sign to match the new gates.

Rumsfeld: Two options in terror war

JIM GARAMONE

American Forces Press Service

WASHINGTON (AFP) — Defense Secretary Donald Rumsfeld told servicemembers at Lackland Air Force Base, Texas, Monday the United States faced only two options in its war on terror: Fight the terrorists where they live today, or fight them in America tomorrow.

Secretary Rumsfeld said the war on terrorism is unlike any the United States has fought in the past. Sept. 11, 2001, ushered in a new age of asymmetric warfare.

"The threats we have faced have not been so much large armies, large navies and large air forces locked in great battle, but suicide bombers, cyberterrorists and low-intensity warfare and the spreading contagion of weapons of mass destruc-

tion," he said.

These unconventional dangers threaten the safety and security of Americans and free people around the world as certainly as the totalitarian regimes the World War II generation confronted, he said.

"Like the greatest generation (who) saved the world from the tyranny of their time, your generation has been called to greatness as well," Secretary Rumsfeld said.

"Our freedom, our future depends on the courage and the determination of our forces and what they bring to this world. All across the globe, people long for what we have, for what each of you has volunteered to defend — liberty, democracy, tolerance and a future without fear."

Secretary Rumsfeld said the United States did not ask for the war on terrorism.

"But it is a war we have to fight and we have to win," he said. "There is no safe, easy middle ground. Either we take the war to the terrorists and fight them where they are — at this moment in Iraq and Afghanistan and elsewhere — or at some point we will have to fight them here at home.

"This war is real, it is difficult, it is dangerous, and it is far from over, but we are making good progress," he said.

In the 22 months since the attacks in New York and Washington, the United States has made great strides against the shadowy enemy, Secretary Rumsfeld said.

"Two terrorist regimes have been removed, and two peoples have been freed from years of fear and years of oppression," he said. "We're working to lay the founda-

tions of freedom and helping to build the pillars upon which liberty and representative government will rest."

The 100-plus days since Iraq's liberation have been days of difficulty, but also progress, he said. The secretary mentioned the establishment of the Iraqi Governing Council, the formation of dozens of local city councils, the establishment of a central bank and the resumption of oil exports as examples of the progress.

The secretary observed that setbacks in the war on terror would continue.

"But there will be more successes, and the outcome is not in doubt," he said.

The fact that enlistments and retention figures are up is an indica-

●SEE OPTIONS PAGE 11

Volunteers important to Tyndall, community

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



I want to start off this week talking about the volunteer efforts of Team Tyndall members. Team Tyndall is not only dedicated to

producing the world's finest air superiority team, but we also have a rock-solid track record of supporting a world-class Bay County, Gulf County and Tyndall community. I am happy to report that so far this year, Team Tyndall has accumulated more than 29,000 volunteer hours, which equates to a savings to Tyndall and the community of more than \$273,000. The money saved through volunteering illustrates Tyndall's commitment to making Bay County as well as Tyndall Air Force Base a better place for all.

Team Tyndall's involvement in such programs as Visit the Vets, nursing home visits and building homes for the less fortunate in the Habitat for Humanity program have cemented a bond with many area residents that continues to grow with each volunteer hour and reflects very positively on the Air Force and the base as a whole.



"I'd encourage everyone to give back to a community that has given us so much support over the years and welcomed the military community with open arms, as there are countless opportunities to get involved."

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

The community is not the only beneficiary of volunteer efforts, as many of the volunteer efforts occur on Tyndall in a variety of locations. The folks who selflessly volunteer their time are rewarded with the personal gratification that is a direct result of their involvement. I'd encourage everyone to give back to a community that has given us so much support over the years and welcomed the military community with open arms, as there are countless opportunities to get involved.

With the holiday season approaching, many opportunities for community involvement will become available. I realize many of you may have obligations that may not allow you to actively participate in various events. However, volunteering does not

necessarily mean building houses or going to nursing homes. There are other ways to contribute to charitable organizations. However you decide to become involved, it will benefit our communities and make your life richer. I applaud each and every one of you who take the time out of your busy schedules to extend a willing hand to the Tyndall and local community.

As you may be well aware, Labor Day weekend marks the end of the "101 Critical Days" safety program. However, do not assume because summer is nearly over that the risk of life-threatening accidents is diminished. It is imperative to continue to exercise a safety mindset and practice risk management in all activities. This holi-

●SEE THANKS PAGE 6

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.

Larry D. New

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Stay vigilant: Force protection is everyone's business

GEN. LANCE LORD

Air Force Space Command commander

PETERSON AIR FORCE BASE, Colo. (AFPN) — Attacks on our homeland on Sept. 11, 2001, brought home to Americans that the United States is not an island free from attack.

Terrorism can be brought home in a very big way. As servicemembers, we know the risks around the world. Khobar Towers and the USS Cole will forever be burned in our memories.

We must continue to take aggressive steps to protect our people and their family members, operations and facilities around the globe.

The force protection mission is accomplished through the integrated application of counter/anti-terrorism, operations security, physical security, personal protective

services and information security, supported by superior intelligence and counterintelligence programs.

It is designed to protect Air Force people, information, facilities, property and equipment to enable air and space capabilities, maintain good order and discipline, and sustain quality of life.

Force protection is achieved using our Total Force security forces team — active duty, Air National Guard and Air Force Reserve — working side-by-side to protect our people and resources. But all members of the chain of command — specifically, YOU — are responsible for force protection.

"Every person is a sensor," and we need you to report any and all suspicious activity to the proper authorities.

Challenge unknown personnel in your work areas and

look at their badges. Protect unauthorized access to your computer. Close safes and properly dispose of printed information, and ensure your areas are secure at the end of your shift or duty day.

There are times when force protection will cause delays and frustration. I appreciate your patience and understanding as we continue to balance protection with mission accomplishment.

With your help and continued diligence, we will remain the best air and space force on the planet. Our people and our mission will be safe and secure — there is no higher priority.

Remember, we are all part of the force protection team!

(Courtesy of Air Force Space Command News Service)

Gulf Defender Editorial Staff

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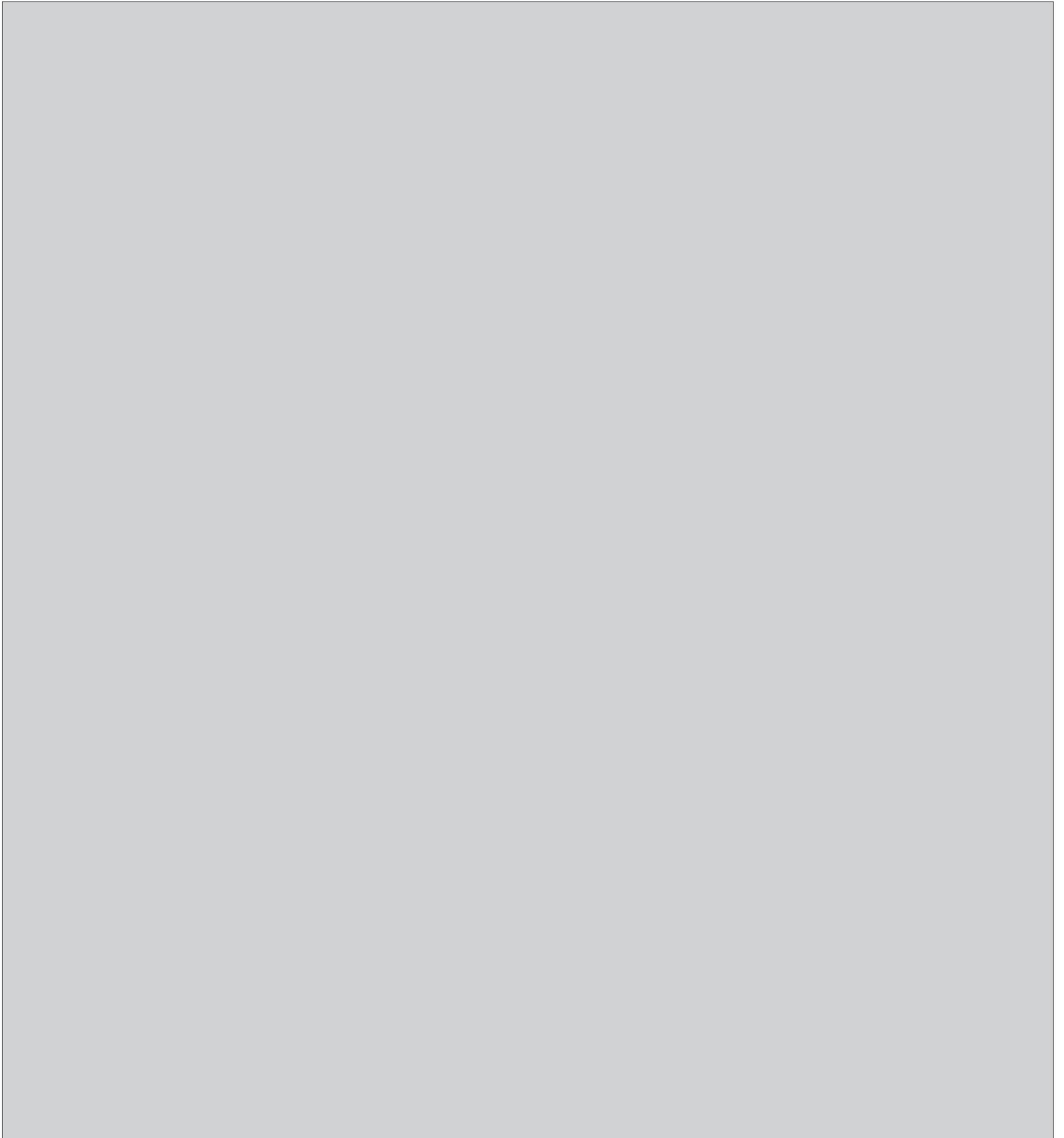
Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the pur-

chaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. 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.



Base gas stations offer comparable prices

CHRISTINE SULLIVAN

325th Fighter Wing public affairs

Have you ever wondered if you're getting the best value for your money at the Army and Air Force Exchange Service gas stations? Are you curious as to how AAFES determines the price per gallon of gasoline at Tyndall AFB?

According to the general manager of AAFES, gasoline pricing at Tyndall's pumps is directly dependent on gas stations outside the gates, while keeping their customers' best interests in mind. "We watch for the lowest competitive prices in the area each and every day," said David Ingram, AAFES general manager. "We monitor the prices at Wal-Mart and Raceway gas stations on Tyndall Parkway."

The local area survey method helps AAFES set a fair market value for fuel. This method precludes pricing gasoline too high, creating customer complaints, or pricing fuels too low, creating the perception among outside commercial concerns that AAFES indulges in predatory pricing practices.

At \$1.64 per gallon on Wednesday, self-serve fuel for your vehicle is very competitive on base. Regular unleaded fuel prices at local gas stations were exactly the same or slightly lower per gallon.



Airman Sarah McDowell

A local area survey method is used to help AAFES set a fair market value for fuel at base gas stations.

According to the Automobile Club South, Florida's average price of self-serve regular gasoline was at \$1.70 per gallon in March, the highest price ever recorded for Florida. According to the Lundberg Survey of 8,000 stations nationwide, the average price for a gallon of gasoline one week ago was \$1.75.

AAFES purchases approximately 364 million gallons of motor fuel each year for 220 gas-dispensing facilities located in the continental United States (CONUS), Hawaii, Puerto Rico, Guam and Panama. All fuels are purchased by competitive multiple source solicitations, and the Oil Price Information Service publication of terminal prices sets an index price that is the basis for the cost price for facilities in CONUS, Hawaii, and Puerto Rico.

Those prices are effective for a one-week period and the 174 companies on this gasoline source list include both major oil companies and local companies.

"This list guarantees AAFES fair market prices are based on the average of all prices posted at a designated terminal," said Mr. Ingram. "Under this system, the possibility of price manipulation is virtually eliminated since prices are published each week."

The main AAFES service station is in Building 968 and offers service bays for oil and tire changes or battery installation. Another gas station is located near base housing next to the shoppette on the corner of Prime Beef Road and Sabre Drive. Call 286-5876 for more information.



In the event of an evacuation or other contingency, Team Tyndall members can call the Air Force Military Personnel Center's contingency line at (800) 435-9941 or the Tyndall Straight Talk contingency line at (877) 529-5540.

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

QUIT

American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

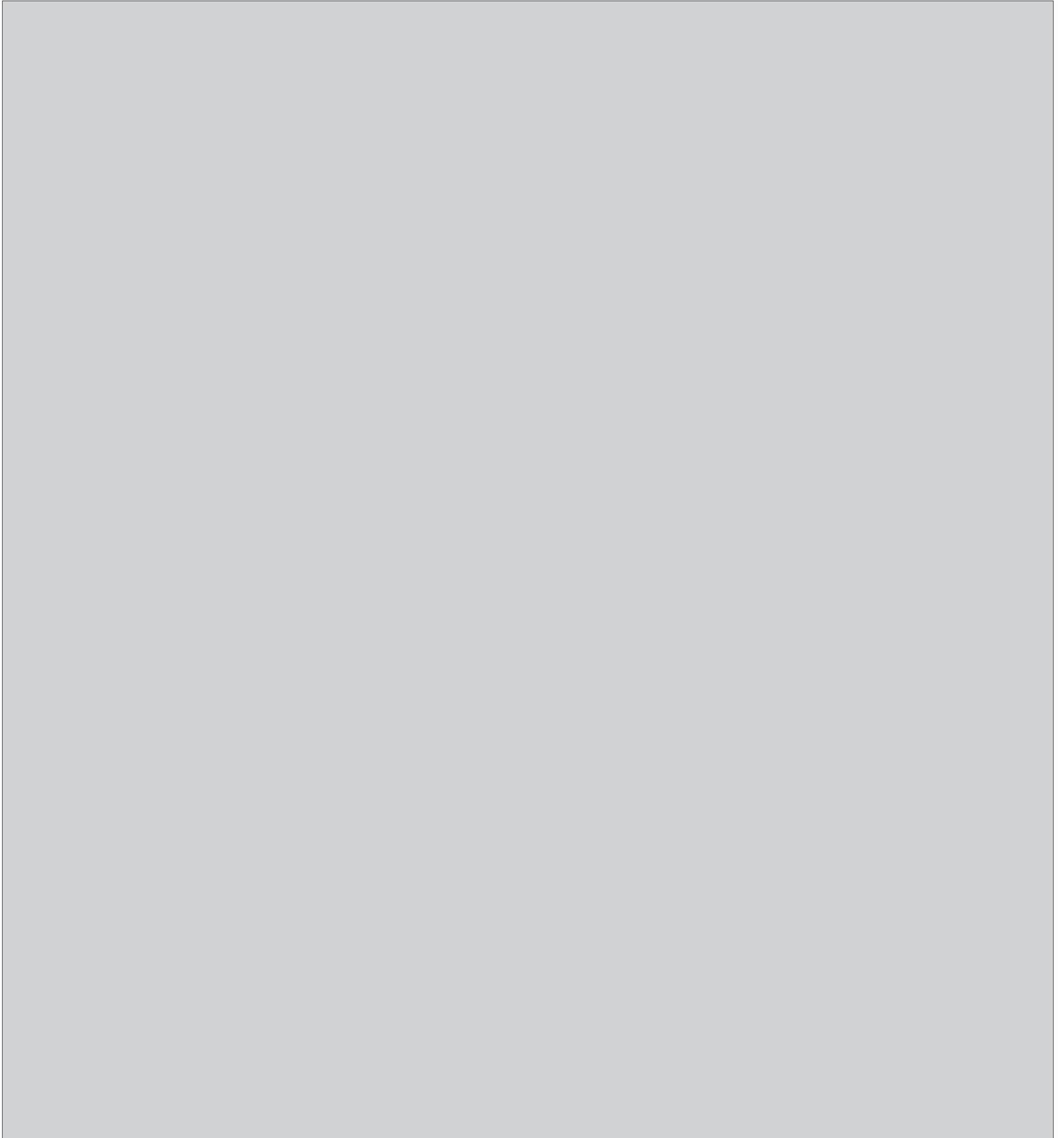
Help Us Conserve



YOU HAVE the POWER.



Think before you drink.



Checkertail Salute



Steve Wallace

Sergeant Kelly is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.

The Checkertail Clan salutes Sergeant Kelly for developing a comprehensive course guide for Tyndall's first flight commander/flight chief's course and providing extensive leadership and supervisory training to three Team Tyndall members saving the wing more than \$9,000 in training costs.

Staff Sgt. MiaFarah Kelly

Duty title: First Term Airmen Center deputy flight chief

Unit: 325th Mission Support Squadron

Time on station: 3.3 years

Time in service: 10.7 years

Hometown: El Paso, Texas

Proudest moment in the military: Every moment I get recognized and personally accomplish a goal ... I think how proud my late father would feel. He was an Air Force retiree.

Hobbies: Reading, spending time with my family, doing crafts with my children and traveling.

Goals: To become a chief master sergeant and as a civilian to become a youth flight chief.

Favorite thing about Tyndall: The easy access to the beach, boating and the friendly people.

Pet peeves: Drivers who do not use their blinkers.

Favorite book: Anything by Anne Rice

Favorite movie: "When Harry met Sally"

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

● FROM THANKS PAGE 2

day weekend, the risk of accidents and injuries is increased. We came through the Memorial Day and Independence Day holidays without a major incident, and our goal is now to do the same for Labor Day. Make sure you think carefully about your actions and the risks associated with them. I don't want a single Team Tyndall member to become a statistic. To that end, make sure you

wear your safety belt at all times and do not drink and drive. If you plan to make alcohol a part of your celebration, do it responsibly and use a designated driver and a buddy system to make sure everyone returns safe and sound. If you find yourself in a bind, call a friend, a co-worker, supervisor, first sergeant, commander or one of the base programs available to get you home safely such as Airmen Against Drunk Driv-

ing. Don't risk injuring yourself or others.

Also, time is running out to purchase tickets for the Air Force Ball. We're only three weeks away from what promises to be a wonderful and exciting event. Maximum participation is encouraged and I am looking forward to celebrating 56 years of Air Force heritage with you.

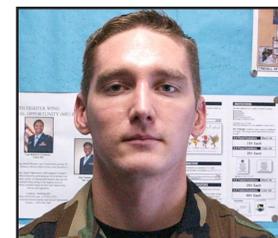
Enjoy the long weekend, be safe and I'll see all of you next week.

ON THE STREET

What are your plans for the Labor Day weekend?

“I plan to spend the day at Bonita Bay and relax with family and friends.”

DEBBIE WILKERSON
Family member



“I will visit family and friends and do outdoor activities.”

2ND LIEUTENANT GREG BLOM
325th Air Control Squadron

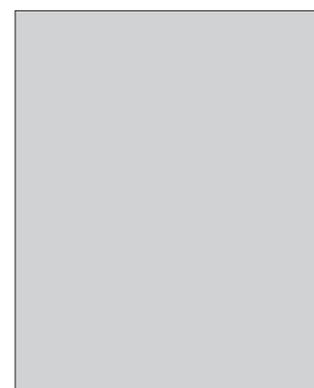
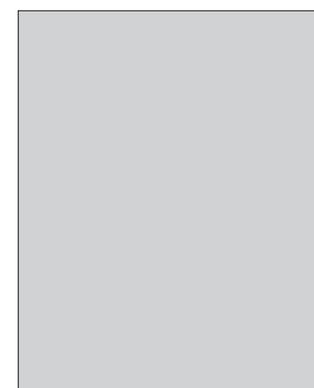
“I am going to celebrate my anniversary and go canoeing with my daughters.”

GLENN JOHNSON
Air Force Research Lab



“I am taking my family to the Marianna State Caverns.”

MASTER SGT. JOSE PINEDA
43rd Aircraft Maintenance Unit



Research lab tests building materials against blasts

MARY PAWLEY

Air Force Research Laboratory public relations

If you were traveling along Highway 98 on Aug. 14 and were taken aback by a big bang, there's no need for alarm. It was the Air Force Research Laboratory/Airbase Technologies (AFRL/MLQ) Division testing a new technology.

The type and quantity of explosives used was typical of a small truck bomb at a distance of tens of meters and is part of the ongoing effort to increase protection from terrorist threats and minimize human injury by implementing blast-resistant retrofit techniques to existing buildings. The high-explosives detonation test, called BREW 2 (Blast Response of Exterior Walls Experiment 2), was conducted at the Sky X range.

"The majority of injuries and fatalities when a bomb explodes outside a building are caused by flying glass and wall fragments," said Robert Dinan, engineering mechanics group leader. "Improved performance of blast-resistant walls and windows means better protection for facility occupants."

BREW 2 is part of the group's resilient structural component technologies research program. The blast gives scientists and researchers a chance to examine data, in the form of pressure readings, deflections, video records and material failure analyses for each test wall or window. The data is used in developing design criteria, and for making design modifications to improve performance.

According to Mr. Dinan, the most common wall construction type in the United States is the unreinforced concrete masonry wall. This test will give the opportunity to evaluate the performance of a trowel-applied polymer blast-resistant coating on the interior surface of an unreinforced concrete block wall with a large blast-resistant window.

Retrofitting windowless masonry walls with elastomeric

polymer coatings has been successful in past tests. The polymer bonds to the wall, and through its strength and ductility it contains the blasted fragments. AFRL is taking the concept one step further by integrating it with a large blast-resistant perimeter-anchored laminate window.



Steve Wallace

(Background) Ramone Martinez and Frank Diubak, of Diubak Technologies, demonstrate the emergency exit capabilities of a window designed with hinged frame edges and laminated polyvinylbutyral glass.

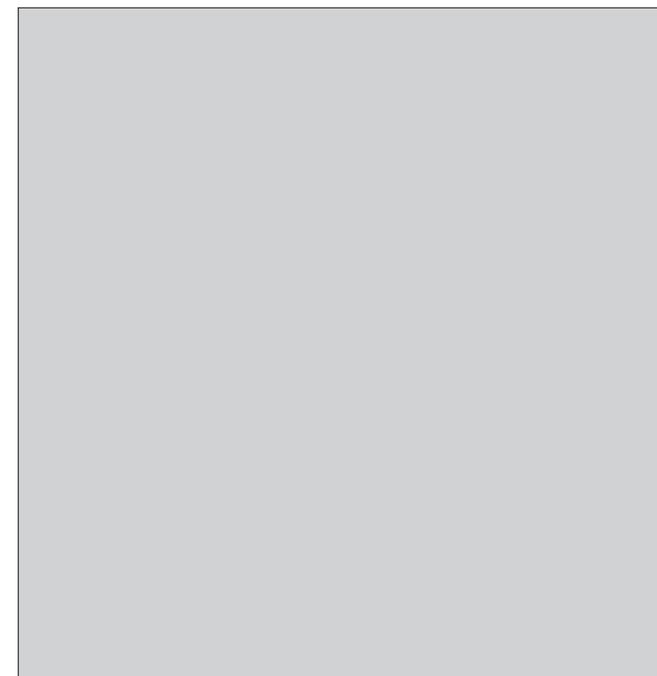
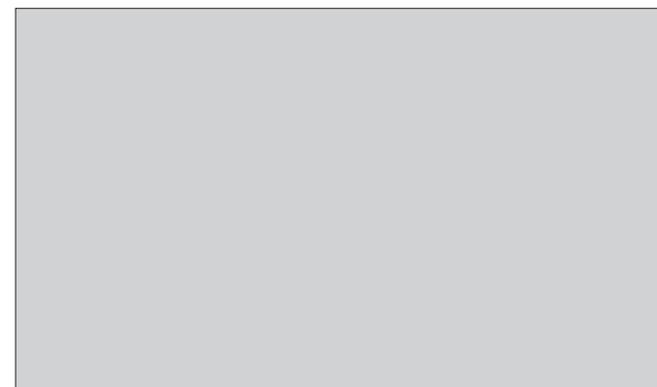
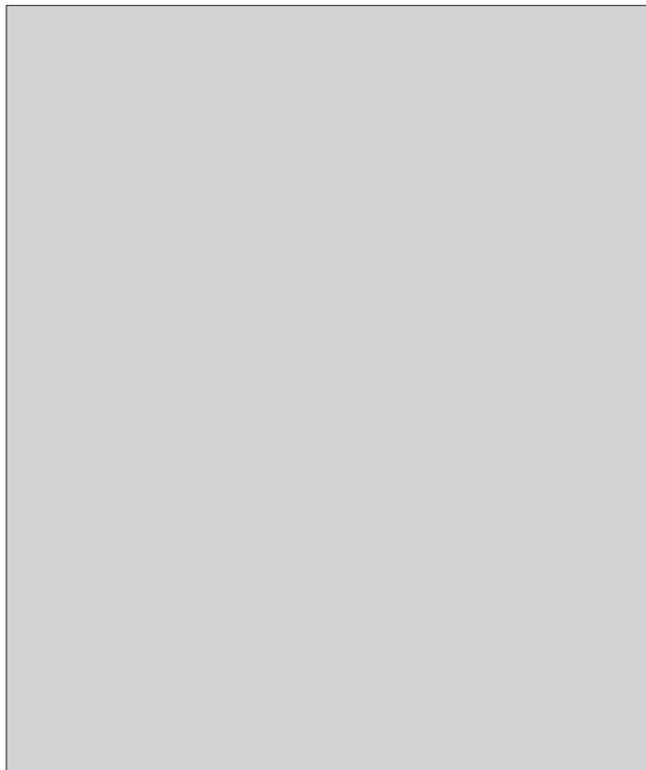
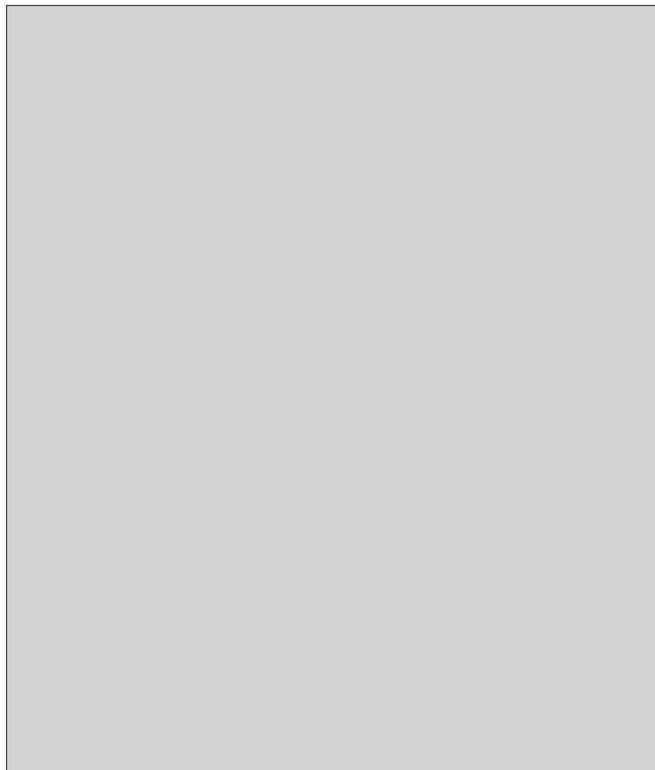
"Many facilities provide minimal protection from an external blast for occupants," said Jeff Fisher, Applied Research Associate's test engineer. "Unless we are going to replace these facilities, it is important to continue researching new methods to protect our military and civilian personnel."

Researchers will also assess the performance of a blast-resistant steel stud/brick veneer wall with a large blast-resistant window and six additional prototype windows.

Recently, more than 20 people witnessed a 30-foot fireball kick up a cloud of sand and rock debris, and its blast-wave shuddered two 12-foot high walls and eight windows. When the dust cleared, the concrete masonry wall and three windows had blown into the building, but fragments from the steel stud/brick veneer and five other windows were mostly intact. One surviving window had been fitted with a continuous piano hinge, which allowed it to still fully open – even when damaged. This could offer an escape alternative.

Mr. Dinan was pleased overall, "I consider this test a success because we are in a primitive design stage. From our results, we can develop and publish various design methods. The end product will be a design procedure that can be used in the field to properly retrofit buildings."

●SEE EXPLOSIVE PAGE 9



● FROM EXPLOSIVE PAGE 8

BREW2 was AFRL's inaugural detonation test for windows designed with perimeter-anchored laminated glass; it was also the first time for testing trowel-applied polymer coatings and blast-designed steel stud walls incorporating large blast-resistant windows. The research could prove beneficial to both public and private sectors.

"These innovative glazing concepts could greatly reduce the cost and weight of blast-resistant windows for both military, government, commercial and residential applications," Mr. Fisher said.

The Engineering Mechanics and Explosive Effects group plans to accomplish four full-scale blast tests at the Sky X range each year.

Meet the commander

Col. James Van Antwerp

325th Maintenance Group
commander

Your vision for the unit: Be recognized as the premier maintenance organization that other units use as a benchmark.

Goals: *NORMALIZE:* Lay the foundation for normalizing F/A-22 operations.

MODERNIZE: Incorporate leading edge technology into the maintenance group.

RECOGNIZE: Ensure our dedicated professional warriors are justly recognized.

Previous assignment: 57th Wing deputy maintenance group commander, Nellis Air Force Base, Nev.

Best Air Force experience: Meeting terrific Air Force people at every assignment.

Key to success in the Air Force: Fostering teamwork.

Pet peeves: Hearing "That's not my job!"

This column is intended to introduce new squadron-level and above commanders and allow unit members to recognize and understand their new leader.



Save for Your Future  U.S. SAVINGS BONDS

DOD awards TRICARE contracts, puts customers first

TRICARE contracts were awarded Aug. 21 to Health Net Federal Services, Rancho Cordova, Calif.; Humana Military Healthcare Services, Louisville, Ky.; and TriWest Healthcare Alliance Corp., Phoenix, Ariz., according to Dr. William Winkenwerder, Jr., assistant secretary of defense for health affairs.

The three contracts are valued at an estimated \$6.4 billion, which does not include the target health-care costs for option periods two through five that will be negotiated prior to exercising each option. Health-care costs for these three contracts, for option periods two through five, are estimated to range between \$19.5 billion to \$20.5 billion. The new contracts will replace the current seven contracts over the next 14 months and will be simpler to administer.

These contractors will provide health-care services to 8.7 million uniformed services beneficiaries and support to military hospitals and clinics in the United States. They put customer satisfaction first by providing meaningful incentives for top performance in telephone access, claims payment and quality medical outcomes.

"The new contracts are part of the secretary's transformation efforts and will make a strong program better," Doctor Winkenwerder said. "Our new contractors will be strategic partners in support of medical readiness and their added value includes optimizing care in our military medical facilities, ensuring access to the highest-quality civilian providers and of-

fering preventive and outreach strategies for our beneficiaries."

Each contract includes at least a 9-month transition, plus five 1-year option periods for health-care delivery and support. The transition begins Monday. The turnover of responsibility for services in the newly-aligned TRICARE North, South and West regions will be phased in, starting with areas in the West region on June 1, 2004, and will be completed by November 2004.

"I anticipate a smooth transition," Doctor Winkenwerder said. "Through the transition period, beneficiaries will receive information about enrollment choices, primary care manager selections and the availability of specialists."

"I am very pleased with this next generation of TRICARE contracts. They will take us to the next step in focusing on our patients, claims efficiency, ease of portability and enhancing our military medical facilities," said Lt. Gen. James Peake, Army Surgeon General and U.S. Army Medical Command commander.

"The award of these contracts concludes an intense process of dedication and inter-service cooperation. It also marks the beginning of new partnerships specifically designed to focus on our beneficiaries, to reward quality and help us strengthen our ex-

peditionary Air Force," said Lt. Gen. George Taylor, Air Force Surgeon General.

Health Net Federal Services will service the TRICARE North region and will provide support and health-care services in Connecticut, Delaware, the District of Co-

"The new contracts are part of the secretary's transformation efforts and will make a strong program better."

DR. WILLIAM WINKENWERDER JR.
Assistant secretary of defense for health affairs

lumbia, Illinois, Indiana, Kentucky, Maine, Maryland, Massachusetts, Michigan, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Ver-

mont, Virginia, West Virginia and Wisconsin.

Humana Military Healthcare Services will service the TRICARE South region and will provide support and health-care services in Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, South Carolina, Tennessee and the eastern portion of Texas.

TriWest Healthcare Alliance Corp. will

service the TRICARE West region and will provide support and health care services in Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, the western portion of Texas, Utah, Washington and Wyoming.

During the transition period, beneficiaries will continue to file claims with their current TRICARE contractor. Eligible TRICARE beneficiaries are encouraged to contact the Defense Manpower Data Center Support Office to ensure enrollment information in the Defense Enrollment Eligibility Reporting System is current. DEERS enrollment may be verified by contacting the DSO at (800) 538-9552, or by visiting the nearest uniformed services personnel office.

The military health system is an integrated delivery system, one that is unique in its mission and composition, yet is based on sound business practices in health-care purchasing and services delivery.

(Courtesy DOD news release)

● FROM OPTIONS PAGE 1

tion of the morale and dedication of the U.S. military.

“They are doing important work,” he said.

Secretary Rumsfeld said he did not know how long the United States would remain in Iraq. He said the answer is “not knowable” today.

“I wish it were, but it really depends on when the Iraqi people are able to get themselves on a path toward a sovereign and representative government,” he said. “This much is certain: The president said we will stay as long as it takes to finish the job and not a day longer. Our task is to lift the threat of terrorist violence from our people and our future.”

Secretary Rumsfeld answered some questions from the estimated 3,500 assembled servicemembers.

One asked about proposals to raise the military retirement age. Secretary Rumsfeld said he has not made a specific recommendation but noted there are some jobs people need to serve in longer. He said quick turnovers mean turmoil and excessive permanent-change-of-station moves.

“It also creates a situation where people move through jobs so fast they don’t have a chance to clean up their own mistakes,” he said. “That’s an important learning experience.”

He also spoke of proposals to “rebalance” the mix between

active-duty and Reserve components. He said some high-demand skills, now concentrated in the Reserve component, may need to have some units moved to the active-duty side.

“No one person is smart enough to know exactly what that means, but we’ve got ... each of the services, plus the Joint Staff and the Office of the Secretary of Defense, working on it,” he said. “There should be proposals coming forward in a reasonable period of time.”

Secretary Rumsfeld discussed the deployment and redeployment process and said he did not want to call it “ugly,” but rather “imperfect.”

In the case of the Army, “at one point, they were averaging only five days’ notice for a call-up for Reserve and Guard,” he said. “Now that’s just not right. It’s not fair to the families. It’s not fair to their reservists. It’s not fair to their employers.

“The people are the most important thing we have, and we’ve got to see that we manage that force in a way that’s respectful of people and that gives them a degree of certainty, a degree of predictability,” he said. “So we’ve got to fix that.”

Secretary Rumsfeld said the current deployment process is an Industrial Age process “where either the big lever is off — it’s peace, or it’s on — and it’s World War III.”

Reality is not so black and white, and the country is much

more likely to have a series of activities and requirements and contingencies that have to be addressed. The process needs to be much more nuanced, he said.

Secretary Rumsfeld said the United States is seeking allies for help in Afghanistan and Iraq. He said the United States is speaking with more than 70 countries about assistance.

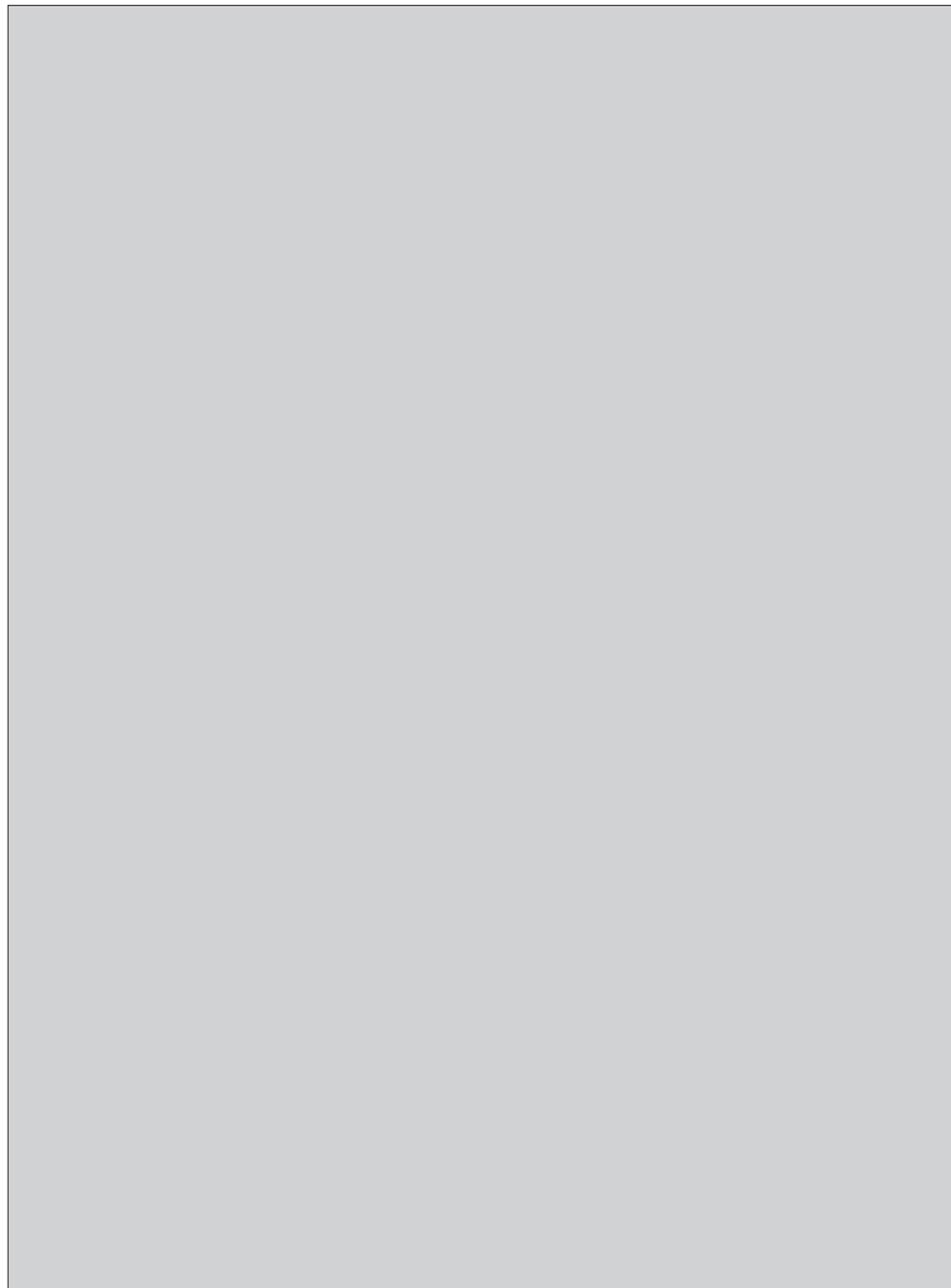
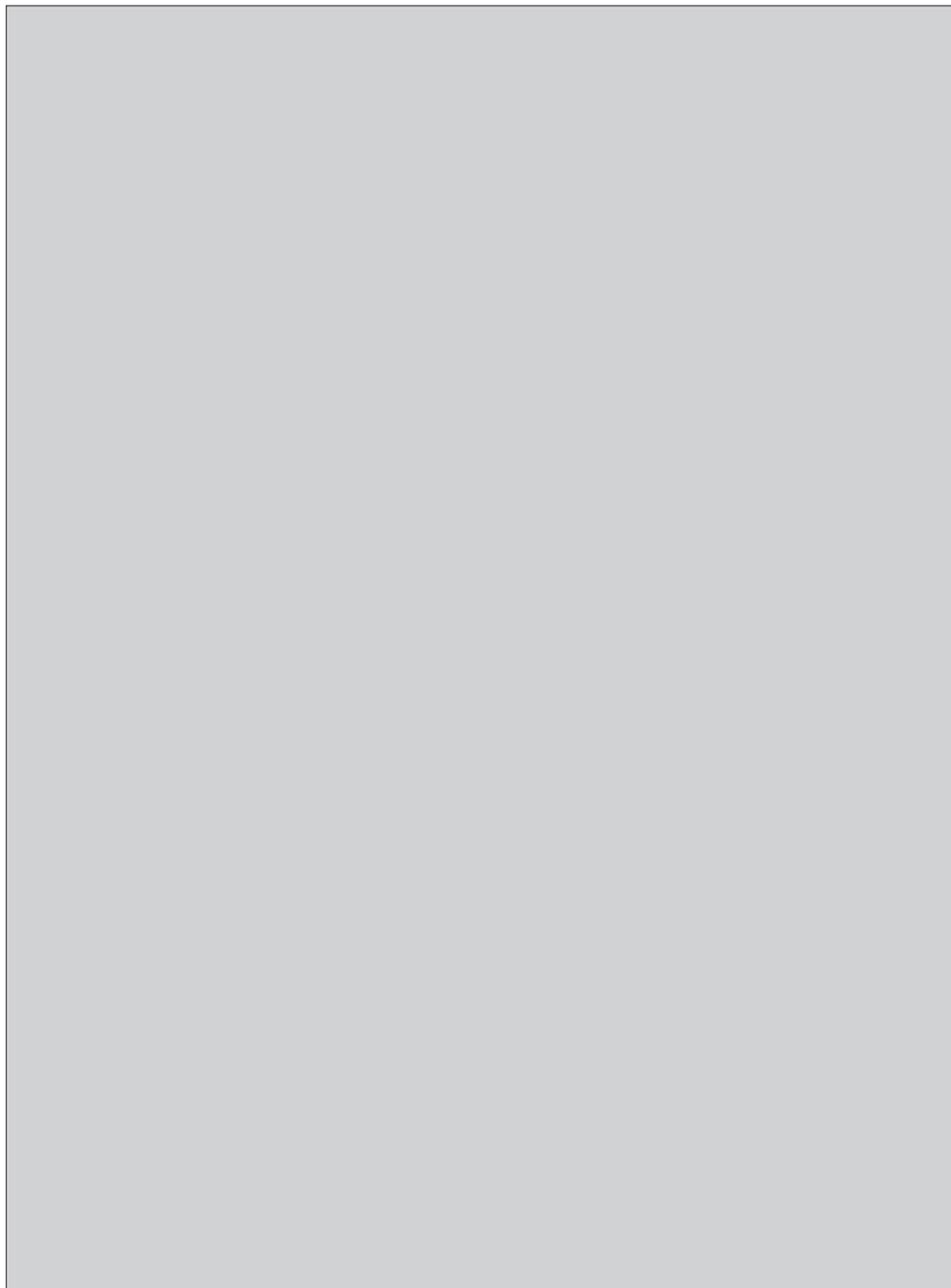
“I think the number currently is somewhere around 40 countries (that) are participating in Operation Iraqi Freedom in one way or another,” he said. “We do need international support and assistance. It’s a big help.”

He said it is not likely, however, that U.S. forces will be serving under United Nations leaders in Iraq.

“That is not to say that there are not important places and roles that could be played by United Nations forces,” he said.

Finally, Secretary Rumsfeld was provided some feedback and then asked about blue battle-dress uniforms Air Force leaders are proposing.

“I guess the answer is if it’s as bad as you say it is, I hope it’s not coming,” the secretary said. He said he’d ask Air Force Chief of Staff Gen. John Jumper about that when he returned “and explain to him that at least a few handfuls of folks down here have a minimum of high regard for what they think they’re doing.”



Your link
to what's going on

Gulf Guide

in the
Tyndall community

AUGUST

FRI
29

Contracting squadron closure

The 325th Contracting Squadron will close at 2:45 p.m. today for a squadron function. Normal operating hours will resume on Tuesday. In the event of an emergency, call 774-1151 or 774-1152.

Pin-on ceremony

The 325th Security Forces Squadron invites Team Tyndall to a pin-on ceremony for Lt. Col. Scott Enold, SFS commander, at 9 a.m. today at the Tyndall Officers' Club.

SEPTEMBER

MON
1

Commissary holiday hours

The Tyndall Commissary will be closed Monday, Labor Day. The store will re-open 9 a.m. Tuesday.

AAFES holiday hours

The following Army and Air Force Exchange Service facilities will be open at the following times Monday, Labor Day: Main exchange, GNC and Class Six, 10 a.m.-5 p.m.; Shoal Point Shoppette, 11 a.m.-6 p.m., Felix Lake Shoppette, 6 a.m.-9 p.m. All other AAFES facilities, the barber shop, service station and Burger King will be closed.

TUE
2

Bible study group

The Protestant Women of the Chapel's Bible study group meets 6:30 p.m. every Tuesday in the Chapel 2 Annex. The current topic is a study of Leviticus. Watchcare is available on an as-needed basis. For more information, call the base chapel, 283-2925.

WED
3

Medical group closures

All medical facilities, to include pharmacies and clinics, will close at noon the first Wednesday of every month for mandatory training. All clinics and pharmacies will re-open 4:30-6 p.m. for late clinic appointments. The medical group apologizes for any inconvenience this may cause.

Palace Chase briefing

Palace Chase briefings for first-term airmen with half of their enlistment completed, officers with at least half of

their active duty service commitment completed, or career airmen who are interested in separating early in exchange for an Air Force Reserve assignment will be 2 p.m. every Wednesday in Room 222 of Building 662. For more information, call Master Sgt. Brian Zinner, 283-8384.

THU
4

Marriage workshop

The five-session "Married and Loving It" workshop will continue 11:30 a.m.-1 p.m. Thursday and Sept. 11 in the family advocacy conference room. For more information, call family advocacy, 283-7511.

NOTES

Thrift shop hours

The Tyndall Thrift Shop is open 9 a.m.-noon the first Saturday of each month. The shop is located in Building 743 on Suwannee Road, across from the post office. Parking is available in the lot behind the family support center. Proceeds from thrift shop sales benefit the Officers Spouses' Club's high school and dependent spouse scholarship program and other charities. Regular thrift shop hours are 9:30 a.m.-12:30 p.m. Wednesday, Thursday and Friday. Consignment items are accepted on Wednesdays and Thursdays. For more information, call Resa Cochran, 286-1791.

Transition-assistance workshop

A three-day transition-assistance workshop for anyone leaving the military within the next 12 months will be 7:45 a.m.-4:30 p.m. Sept. 9-11. The workshop topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills, veterans benefits and much more. Spouses and Department of Defense civilians are welcome. For more information or reservations, call the family support center, 283-4204.

Munitions storage area closure

The munitions storage area will be closed to all customers from Sept. 22-26 due to a semi-annual 100-percent closed warehouse inventory. Munitions customers are requested to project their needs accordingly and plan ahead for this closure. Only valid emergency issues will be processed during this period. For more information, call munitions operations at 283-4010 or 283-2374.

Dehumidifiers for Wood Manor residents

Portable dehumidifiers will be temporarily offered for issue or backorder to Wood Manor residents only through Sept.

13. Funding is limited; the offer is on a first come-first served basis. Residents can sign up for one portable dehumidifier unit at the home improvement center in Building 3304. Additional units will be ordered when current stocks are depleted and residents will be notified when units are available for occupant pick-up. Dehumidifier units do not become the property of the issued resident. The dehumidifier must remain with house upon clearing the home. In the event a unit is damaged upon delivery or does not function, there is no guarantee a replacement unit will be available for issue or backorder. For more information, call the housing office, 283-8141.

RETIREE NEWS

DEERS verification changes for single former spouses

The Social Security Number used to verify TRICARE eligibility in the Defense Enrollment Eligibility Reporting System for single former spouses is changing. Starting Oct. 1, DEERS will reflect TRICARE eligibility for these beneficiaries using the single former spouse's own SSN and not the former sponsor's. Health-care information will be filed under the former spouse's own SSN and name. These beneficiaries will now use their own name and SSN to schedule medical appointments and to file TRICARE claims.

The current Uniformed Services Identification and Privilege Card, DD Form 1173, held by the single former spouses is still valid until it expires. Upon renewal, the unmarried former spouse will be issued a replacement Department of Defense Uniformed Services Identification and Privilege Card, DD Form 2765. The Defense Manpower Data Center Support Office is sending a letter to all beneficiaries affected by this change. The letter explains the new DEERS eligibility verification procedures and serves as official notification from the DOD regarding this change. The letter does not, however, provide proof of continued eligibility for TRICARE health-care benefits.

After Oct. 1, unmarried former spouses may call or visit the nearest identification card issuing facility for questions or assistance. Facility listings can be found online at www.dmdc.osd.mil/rsf. Single former spouses should always keep their DEERS information current and up-to-date. For more information regarding their medical records, they should contact the military treatment facility and medical records department where their DOD medical records are stored.

CHAPEL SCHEDULE

The following Catholic services will be held at Chapel 2: Daily Mass, 11:30 a.m. Monday-Friday; Reconciliation, after Saturday Mass or by appointment; Saturday Mass, 5 p.m.; Sunday Mass, 9:30 a.m.; religious education, 11 a.m. Sunday. Protestant services will be as follows: Communion service, 9:30 a.m., Chapel 1; religious education classes, 9:30-10:30 a.m. in Building 1476; general Protestant service, 11 a.m., Chapel 2.

CLASSIFIEDS

Wanted: Technical sergeant mess dress, jacket size 14, skirt size 12/10. Call 913-9124.

Futon: Wood frame futon, tan mattress cover, \$100; 286-8642.

Sunshine may block summer fun

AIRMAN SARAH McDOWELL
325th Fighter Wing public affairs

People flock from all over the United States to Florida for one reason: the sun. After all, it is the Sunshine State and everyone knows that it is potent enough down here to be able to take a week vacation and go back up north looking tanned or burned.

The sun enables us to do many things. It can be enjoyable at times, and can even be good for health when taken in moderation, which means precautions need to be taken before going into the sun to avoid damaging your health.

"You want to stay out of the sun in its peak hours, between 10 a.m. and 2 p.m.," said Capt. Angela Cooley, 325th Aeromedical-Dental Squadron family practice physician assistant. This is the time of day when the sun is its hottest and can predispose one to sunburn or other heat-related troubles. Staying out of direct sun during this time can lessen the chance of certain problems.

Excessive time in the hot sun and heat can cause heat exhaustion. To prevent this, make sure you have plenty of water and salt before you venture out into the sun. Heat exhaustion, if left untreated, can lead to a more serious condition, heat stroke, which is a serious failure of the body's heat regulation mechanism resulting from extensive exposure to intense heat.

Preventative tips for heat stroke and heat exhaustion are: Drink plenty of fluids at all

times, but try to avoid refreshments containing caffeine. Also, while off-duty and during physical activities, wear lightweight, light colored clothing and try to schedule vigorous activities during cooler times of day, the Occupational Safety and Health Administration said.

Another problem resulting from too much exposure to the sun is skin damage, called photo damage, and is caused by frequent unprotected exposure to ultra-violet rays from sunlight. Short-term damage can result in a sunburn or suntan, and long-term damage can result in cancer, Captain Cooley said.

Protection from short or long-term skin damage involves using sunscreen with sun protection factor 15 or higher, or wearing protective clothing such as long pants, long sleeve shirts, wide brimmed hats and UV protective sunglasses, according to the Skin Cancer Foundation.

"Sunscreen blocks out UV rays, which are

the harmful ones that the sun beats down on us. It keeps them off the skin," Captain Cooley said. "Also, if you get a lot of sunburns as a child, it predisposes you to skin cancer down the road. So, for little kids you

should use a sun protection factor of 45 or higher."

Cancer, one of the worst-case scenarios from excessive sun exposure, is caused by UV ray exposure and sunburn.

"Melanoma, a type of skin cancer, can start off as a tiny mole. The mole may change (or) it may not, but if it is cancerous it is very malignant and can spread to the lymph nodes," Captain Cooley said.

For the eyes, the Skin Cancer Foundation recommends that sunglasses that offer UV ray protection should be worn to block out the rays that cause cataracts, macular degeneration and eyelid cancers.

On the flip side, the sun can be beneficial, when used moderately. The sun forms vita-

min D in the body, which is important for maintaining normal calcium levels. The proper amount of sun needed for the formation of vitamin D is only 15 minutes a day for two days a week, The National Institutes of Health said.

For those sun worshipers concerned with getting a tan this summer, know that going to the tanning parlor is a risky way to go. "You don't want to go to tanning booths if you want to get a safe tan. The cream sunless tanner is the safest way. Or, try the new paint on tan," Captain Cooley said.

A tan is formed from UV to initially protect the body from photo-injury. To acquire a tan, first there must be a photochemical change in existing melanin (a chemical that produces pigment,) not by an increase in melanin. A lasting tan requires the synthesis of new melanin; a more lasting tan becomes visible within 72 hours.

If one becomes sunburned, some medical officials recommend using a cold wet compress as a first aid measure. The next best thing is using a topical anesthetic preparation containing lidocaine. Avoid ointments and lotions containing benzocaine, which is incorporated into some sunburn treatments, because it may delay healing.

The key to having a sunburn-free day in Florida is prevention. The sun has a lot to offer, both good and bad. Knowing what to do can make it a healthy and pleasant experience.



For best protection from the sun, officials recommend SPF 45 or higher.

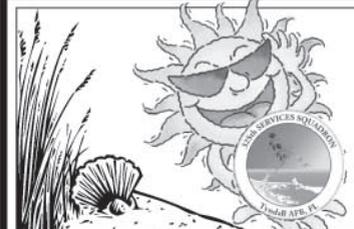


Steve Riddle

Life in fast lanes

Tommie Martin, a civilian worker with Chugach Support Services here, is presented a replica NASCAR race car hood Aug. 22 in Raptor Lanes Bowling Center by Lt. Col. Greg Parsons, 325th Services Squadron commander. The hood was just one of several prizes won in this year's Fast Lanes contest. Others included hats, T-shirts, pocket radios, coolers and a picture autographed by NASCAR driver Ricky Rudd.

Fast Lanes is an Air Force-wide contest, and everyone who played still has a chance to win the grand prize, a VIP trip to Atlanta Motor Speedway Oct. 26 for the Georgia 500. The winner will be announced Sept. 8.



Funshine NEWS



August 29, 2003

325th Services Website: www.325thservices.com

All Ranks Lunch at the Officers' Club

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar,
fountain soda, tea & coffee!

Includes Fresh Hot Carved Meat
Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood

*Members, show your club card to receive a \$1 discount!

On Base Food Delivery

■ **Lunch Menu:** Mon.-Fri. 11 a.m.-1 p.m.
Limited to office deliveries (i.e. squadron addresses)

■ **Evening Menu:** Fri. & Sat. 5:30-9 p.m.

Subs & Pizzas
286-2900

All Member Services

are provided at the Officers' Club
Business Office

9 a.m.-3 p.m., Mon. - Fri.

- Membership Inquiries
- Account Maintenance
- Club Card Payments
- Birthday Voucher
- Monthly Advantage Coupon Books
- Catering Arrangements
- Transfers
- Sign-ups
- Check Cashing

Members
Forst



283-4357 UNITED STATES AIR FORCE
CLUBS

NOTICE TO LIBRARY PATRONS

The Library will be CLOSED Saturday,
August 30 through Monday, September
1 for the Labor Day weekend. Have a
safe and happy holiday.

Open Play Paintball

August 30, 2003, 9:30 a.m.
at the Tyndall Paintball Field
Everyone is invited.

Bring plenty of water!

If you have paintball equipment
please bring it. If you do not have
your own equipment there are now
rentals at the field.

Bonita Bay 283-3199

Youth Center

☎ 283-4366

Start Smart Soccer

Sept. 4, 11, 18, 25 at 9 a.m. Cost is
\$30. Work one-on-one with your child
(3-5 yrs.) improving basic soccer skills.

Start Smart Golf

Sept. 6, 20, 27 and Oct. 4 at 9 a.m.
Costs \$30. Work one-on-one with your
child (4-8 yrs. old) learning golf basics.

Archery

Sept. 20, 27, Oct. 4, and 11 at 11
a.m. Cost is \$30. Sign up for Kids on
Target Archery basics. It is open to
ages 8 and up.

SKILLS DEVELOPMENT CENTER

2003 Photo Contest & Artist Craftsman

Photo contest sponsored in part by: These contests has both an adult and youth category
(Adult: over 18 yrs., Youth 17, and under.)

Deadline for both contests extended to Sept. 5

Contact the Skills Development Center
at 283-4511 for more information and entry form.

283-4511

No federal endorsement of sponsors intended.

Vet Clinic

☎ 283-2434

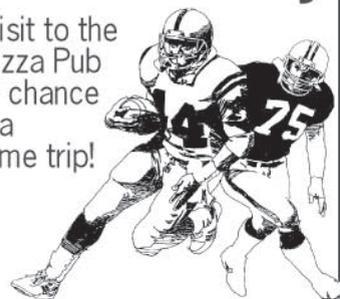
The clinic will be closed Aug.
29-Sept. 1

Veterinary Special

Free puppy or kitten pack with 1st
vaccination visit. To schedule an
appointment please call.

Football Frenzy

Each visit to the
CAC Pizza Pub
is your chance
to win a
pro game trip!



Sponsored in part by:



No federal endorsement of sponsors intended.

283-2814

Community Activity Center

☎ 283-2495

Pig Skin Picks

Week #1 Entry forms must be back in
by 5 p.m. Sept. 5. Forms are available
at the CAC & Sports Page Pizza Pub.
Prizes will be awarded.

CAC Will Be Closed Aug. 30

Bogha-Baisti School of Irish Dance

For children and adults of all ages and
ability. Students begin with a foundation
of soft-shoe and progress to hard-shoe.
Cost is \$40 per person for a 4 week
session. Classes start Sept. 6. Signup
by Aug. 29.

Ballroom Dance Class

Instructor: Russ Knight. Sept. 4, 6:30
p.m. in the CAC Ballroom. Cost for a
four week session is \$65 per couple or
\$32.50 per individual. Learn to Disco,
Cha-Cha, Swing, & Slow Dance in a fun
& friendly atmosphere.

Coffee Shop Reopening

Sept. 9, 7-11 a.m. Numerous flavors of
coffee beans sold by the pound.

Tyndall AF Clubs presents:

Travel the World

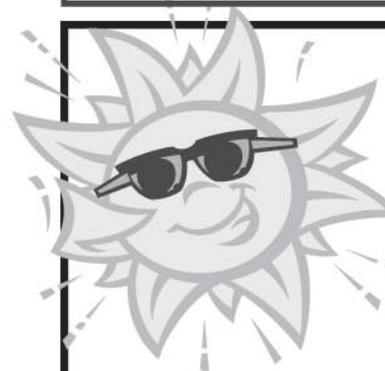
A membership recruitment
& recognition program
designed to "take you away".

August 18 - October 31

More than 140 people Air Force wide will win travel related prizes valued
from \$500 to \$5,000 just for signing up. The drive is open to all eligible
non-members. (active duty, reserve, civilians and retirees)

A set of prizes will also be offered to current
club members, who are automatically entered to win.

**Membership applications are available at the club and at Services
Marketing in building 1311.**



End of Summer Celebration!

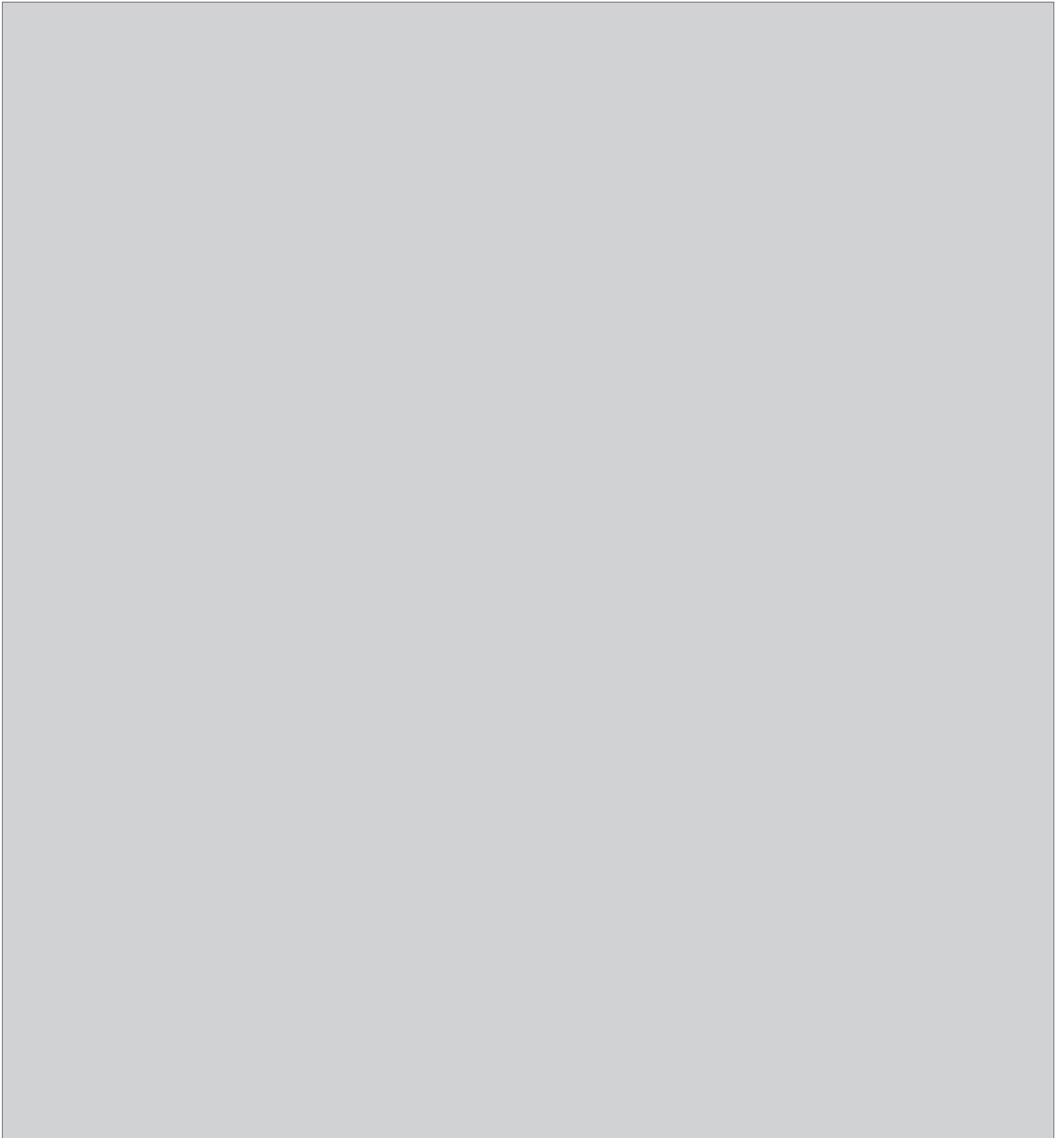
Sept. 27 Starting at 3-10 p.m.

Base Pool Area • Free for the entire Tyndall Community
■ Live band • DJ • Bouncy Castle • Free Swimming
■ 3 on 3 Sand Volleyball Tourny \$300 prize

(\$15 entry fee per team. Participants must be: TAFB Active duty,
Retiree, DoD, Contract, or Family Members)

Additional activities are still being planned, tentatively they include: a rock climbing wall and a
clown or face painter. Come out and enjoy games and activities for all ages.

Sponsored in part by Tyndall Federal Credit Union. No federal endorsement of sponsor intended.



Air Force clubs offer free world travel opportunities

GARY LOTT

Headquarters Air Force Services

Many airmen have joined the Air Force with dreams of seeing the world — some actually do, while others spend a career at less than exciting places and only dream of seeing the Alps, Waikiki or Big Ben.

Air Force Clubs hopes to fulfill some of those dreams with its 2003 Membership Drive titled *Travel The World On Us*. The drive runs through Oct. 31. More than 140 people will win travel-related prizes valued from \$500 to \$5,000 just for signing up for membership. The drive is open to all eligible non-members who are active duty, Reserve, civilians or retirees.

“We will be giving away 140 prizes to the winners of the new member drive and another set of prizes will be given to current members, who are automatically entered,” said Peggy Geil, 325th Services Squadron marketing director.

“The wonderful thing about this year’s drive is that people can go from Broadway to Fiji, it’s up to them,” said Frank Black, chief, Air Force Club Division. “We like it when we can offer people the right to choose.”

Mr. Black highlighted the fact that winners of this year’s drive are allowed to choose their own destinations. “If

you win the \$5,000 prize you could fly to Paris, take a cruise, rent a car, then use the balance to go see a sporting event,” Mr. Black continued.

All prizes are redeemed through local Air Force Information, Tickets and Travel Offices. “We are extremely happy to be working with Air Force Clubs on this year’s drive,” said Denise Lanier, chief, Air Force ITT. “It’s great that the value of club membership continues to increase. We signed on because we believe in club membership and know our travel agents will do everything they can to make sure winners have a smooth transition when redeeming their prizes.”

As a member’s reward, Air Force Clubs is also offering a set of prizes to current members. “We want our loyal members, who are the backbone of clubs, to know

that we appreciate them as well,” said Fred Fried, Air Force Club Operations Branch chief.

Besides meals and entertainment, other membership benefits include special discounts on food, entertainment, special functions, chances to win trips to the Super Bowl, Pro Bowl and a regular season NFL game. Additionally, club members may have the year-round benefit of Premier Value Miles Program (points accumulated can be redeemed for airline tickets) or the Free Cash Rewards program (points accumulated can be redeemed for cash or merchandise certificates) and special introductory annual percentage rates.

“New members can apply at the officers’ club administration office,” Ms. Geil said. “The focus of the drive is to increase club membership through the Air Force.”

Some get opportunity for TSP catch-up contributions

AIR FORCE PERSONNEL CENTER - Eligible Air Force-serviced civilian employees and military members age 50 or over can begin enrolling for Thrift Savings Plan “catch up” contribution Monday.

The maximum amount that can be contributed through the end of December is \$2,000. The contribution amount increases to \$3,000 in 2004; \$4,000 in 2005; and \$5,000 in 2006, officials said.

“This is a great opportunity for those folks who enrolled in TSP later than their peers to invest more dollars toward their retirement,” said Janet Thomas, human resources specialist.

Catch-up contributions will be made through payroll deductions, and can be in any amount the member chooses as long as it does not exceed their net pay or the annual catch-up contribution limit each year.

Civilians will make their enrollment elections through the Benefits and Entitlement Service Team automated phone system at (800) 997-2378. Additional enrollment information is available on the BEST home page at www.afpc.randolph.af.mil/dpc/best/menu.htm and by phone.

Enrollment information for uniformed members is available on the TSP Web site at www.tsp.gov or by calling the Air Force Contact Center at (866) 229-7074. To enroll, uniformed members will go to the TSP web site, click on forms and publications under uniformed services, print out the TSP-U-1-C catch-up contribution form, fill it out and turn it in to their local finance service office.