



GULF DEFENDER



Vol. 62, No. 48

Tyndall Air Force Base, Fla. *Gulf Defender*

Dec. 12, 2003

In brief

Memorial service

A memorial service for Staff Sgt. Brian McDonald, 325th Operations Support Squadron Weather Flight, will be held 11:30 a.m. Monday at Chapel One (adjacent to Flag Park). For further details, contact Senior Master Sgt. Steve Ullman at 283-3117 or Chaplain (Maj.) Randall Kitchens at 283-2925.

Flu vaccine notice

The 325th Medical Group has ceased administering the flu vaccine to dependents and civil service personnel. Due to a higher than expected demand, the availability of the flu vaccine is in short supply nationwide. The group regrets this decision as it has just enough flu vaccine doses for active-duty members.



Holiday cookie drive

Homemade holiday cookies are needed for Team Tyndall's Annual Airmen's Cookie Drive. Cookie donations will be collected Monday from 7-9 a.m. at the loading docks behind the Tyndall Commissary. The goal this year is to package and distribute 600 dozen cookies to airmen in the dorms.

For more information, contact Master Sgt. Carianne Melnick at 283-2498 or Resa Cochran at 286-1791.

Inside

- Gate construction traffic pattern update ... **Page 4**
- LADD program offers safe alternative ... **Page 5**



Steve Riddle

Spreading yuletide cheer

Children from the Tyndall AFB Youth Center sing a Christmas carol during the base Christmas Tree Lighting Ceremony Dec. 4 at Flag Park. To get a good glimpse of the action, see the photo feature displayed on Pages 8-9.

Tyndall celebrates century of powered flight

JIM WESLOWSKI

325th Fighter Wing public affairs

From North Carolina's Outer Banks to the sandy beaches of Bay County, Tyndall Air Force Base will join the American spirit in celebrating the Centennial of Flight Dec. 19.

The Wright brothers' historical flight at Kitty Hawk, Dec. 17, 1903, started with 12 seconds in the air. From that short flight, aviator dreams and their visions of manned flight have taken us past the speed of sound. Civilian and military pilots continue to explore the reality that people can fly – they are discovering how high, how far and how fast, many paying with their lives.

A hundred years after that his-

torical flight Tyndall stands as a cornerstone in military aviation. As the schoolhouse for the two most advanced jet fighters in the world, pilots, maintenance crews, and our vast support community continue to push the aeronautical envelope, and expand their skills of flight into another century.

The Dec. 19 celebration will honor all aviation since the Wright

brothers' historical Kitty Hawk flight.

"This is a unique opportunity for people to learn about their link to aviation history as well as discover Tyndall's and the Air Force's contributions," said Brig. Gen. Larry New, 325th Fighter Wing commander. "It's important to understand the past to build a brighter future and to un-

derstand how far people, technology and programs have come."

As part of the celebration there will be heritage booths set up from 1-3 p.m. in "Hangar 43." "Several squadrons from the base have designed displays showing their units unique heritage and role in Air Force," said Capt. Rosalee Rizo, the event's chairperson. "The F/A-22 and other aircraft will also be on display."

At 1:30 p.m. the wing commander will preside over a short ceremony outlining the 100th Anniversary of Powered Flight events planned at Tyndall. Local civic leaders and military

●SEE FLIGHT PAGE 3

Shuttle bus schedule

Shuttle buses will be available at 12:30 p.m. Dec. 19 for transportation to "Hangar 43." Pick up locations are: Bldgs. 662, 1279/1282, 1465 and 1550. At 3 p.m. buses will be available from "Hangar 43" to Flag Park or parking areas.

Wing pauses to reflect on history's lessons

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



I want to thank everyone who has supported the many holiday events occurring on base lately, to include the Christmas

tree lighting, Golden Age Christmas party and pancake breakfast with Santa.

There are many other worthwhile events, and your hard work makes this season even brighter for our community and our base. Keep up the good work; there are more events on the scope.

One event on the horizon is the Dec. 19 wing celebration of the 100th year of powered flight, which first occurred Dec. 17, 1903. The event will be in the 43rd Fighter Squadron hangar, 1-3 p.m. As we look back on the milestones marking a century of flight, we will also celebrate two related 62nd anniversaries, Tyndall's opening and that of the attack on Pearl Harbor, which both occurred Dec. 7, 1941. Following the celebration, there will be a wreath laying ceremony at Flag Park to honor those



“Our wing has a long and honorable past, our links to aviation history are strong and we continue make history every day.”

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

airmen who fell defending our nation's freedoms. The ceremony complete with an F-15 flyby will occur at 3:30 p.m.

Those that attend these events will learn more about our airmen's inextricable link to aviation history, as we celebrate our heritage and remember those who made the ultimate sacrifice while airborne throughout our nation's history. It is important to understand where we have been so that we can all embrace where we are going.

Each squadron and some of our Team Tyndall associate units will be showcasing historical artifacts and unit histories, many

of which date to the first half of the 20th century. Also on hand will be static displays of the QF-4, F-15 and F/A-22. These aircraft represent nearly fifty years of aviation history in themselves, and the F/A-22 provides a look into the future of aircraft design, performance, capability and the vector our Air Force is taking in the 21st century.

The Checkertail Clan has been an integral part of America's aviation and military history, both as a training and an operational unit. Units from the 325th have seen action in World War II and other

●SEE REFLECTS PAGE 3

Action Line

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

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

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

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

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

The Passenger

STAFF SGT. JERAMIE BROWN

Detachment 4, Air Force News Agency

RAMSTEIN AIR BASE, Germany (AFP) — Like most Americans, I find that I am pretty selfish sometimes. I learned just how selfish on a recent trip to Iraq.

I was sitting on a C-130 Hercules waiting to leave a location I can't spell or pronounce, when we got delayed. I was annoyed. I'd been traveling for hours trying to get to my destination and here we were, stuck in some out-of-the-way place and I was hot, tired and ready to get there already. Then it happened. I found out we were waiting on another passenger.

I didn't know his name. I say 'his' but I didn't know if he was actually a he or a she. I didn't know what branch of service he was in or what rank he was. All I knew was that this passenger cost me another

hour and a half on that plane.

Little did I know how profound an impact "The Passenger" would have on me. You see, this passenger that we had to wait on, who delayed our trip and annoyed me and the other passengers, was a casualty of war.

The ground crew brought him on board in a body bag. They laid him down between the jump seats and the cargo pallet, and covered him with Old Glory. At that moment, I felt the heat of shame in my face. Who was I to worry about a little lost sleep or a few extra hours on a plane when he had given his life in this war?

By this time, everyone on board had stood up out of respect and, when they had "The Passenger" secure, the sergeant leading the crew called the plane to attention and barked a quick command. Every man and woman on that plane, from private to colonel immediately snapped a crisp salute in honor of the ultimate sacrifice made by "The Passenger". It was a moment of perfect unity. Every eye on that flag, every arm raised in respect, every breath caught in

every throat for just one second.

With our respects paid, everyone took his or her seat and prepared for take-off. I don't know about anyone else on that plane but I found myself contemplating what this passenger's sacrifice meant: to me, to our country, but mostly to his family. I found myself wondering what he gave up for the war on terror. Did he leave a wife behind when he deployed? Did he have children out there somewhere who would never see their father again? What about his parents, brothers and sisters? How would his family cope with his death?

Was the sacrifice he made for his country worth it? To his family, perhaps not. To the Iraqi families, maybe.

You see, I learned something else on this trip. I learned how the Iraqi people are living. Ramshackle houses... no cars... no central air, or any air conditioning for that matter, none of the so called 'modern conveniences'. I also learned that, thanks to our efforts, some of the kids are now able to go to school for the first time in years.

●SEE PASSENGER PAGE 3

Gulf Defender Editorial Staff

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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.

● **FROM PASSENGER PAGE 2**

Teachers are allowed to teach in multiple languages and cover subjects that were banned during the old regime.

Clinics are opening all over the country, doctors are no longer afraid that if they misdiagnose someone it will cost them their lives. That's right, there is no malpractice insurance in Iraq. A doctor at one of the clinics told me that, under the old regime, if a doctor made a mistake, he paid for it with his life. So was "The Passenger's" sacrifice worth it? I guess it depends on your point of view.

Then I started thinking about my own family. How would my wife deal with my death if it came on this trip?

Would my children be ok? How horrible would it be for my parents to outlive me? I thought of my brother and his family in California. How many times have I meant to call them only to get distracted and forget? I haven't seen them in almost four years.

My sister in Illinois hasn't seen me in a couple of years either. When was the last time I called her? Why haven't I e-mailed her or my niece lately? I use to send her e-mails every week or so, but I seem to have let my oh-so-busy life get in the way of communicating with the ones I love.

Do I write enough? Call enough? Definitely not! I think that's what it all comes down to.

We get so wrapped up in our lives that we forget about

the other people in this world. We forget that not everyone lives in a free society. We forget that sometimes you have to stand up for people who can't stand up for themselves.

We forget that we have a responsibility to the people of this world, and not because we are a super power or have the best military in the world, but simply because we all share this planet. We forget that, for good or bad, what one person does affects everyone.

What we can't forget is that we never know when the moment of our death will come. Don't forget to tell the people who are most important to you how much you love them and how much you miss them.

Don't forget to take time out of your 'busy' schedule and call your family and friends. Don't forget to do something today that will make a difference tomorrow, so that when your time comes someone can say "Thank you for the sacrifices you made, you had a profound impact on my life."

So to "The Passenger," I say thank you. Thank you for serving your country. Thank you for standing up for people who can't stand up for themselves. Thank you for making the ultimate sacrifice. Most importantly, thank you for making me realize that our time on this earth is never certain and we'd better do our best to make it worthwhile. May you find peace and happiness wherever you may be.

Now, if you will excuse me, I have to go call my kids, my parents, my brother, my sister...



● **FROM REFLECTS PAGE 2**

major combat operations. Air Force people trained here have seen action in virtually every conflict since the 1940's. It is important that we all recognize the people and events that shaped our Air Force and our wing, and continue our legacy of successfully fighting and winning America's wars.

Our wing has a long and honorable past, our links to aviation history are strong and we continue to make history every day. Again, I invite all of you to come out on the 19th to celebrate 100 Years of Powered Flight and the promising future of aviation and our Air Force. Thank you all for what you do, and have a great week!

● **FROM FLIGHT PAGE 1**

members are invited to view the unit booths and get a close-up look at aircraft static displays until 3 p.m.

At 3:30 p.m. the event will move to Flag Park where General New will lay a wreath honoring the fallen warriors of aviation. A four-ship fly by with a QF-4, E-9 and two F-15s will also honor America's fallen heroes and their families.

"I would encourage everyone to take part in the day's activities," said General New. "It is a good opportunity as a team to reflect on the 100th Anniversary of Powered Flight and the Checkertail Clan history. We can learn from our past and build a better future."

Tyndall AFB gate construction project alters access routes beginning Monday

Beginning Monday, both the flightline (Tyndall) and support side (Illinois) gates will be closed for construction through March 3.

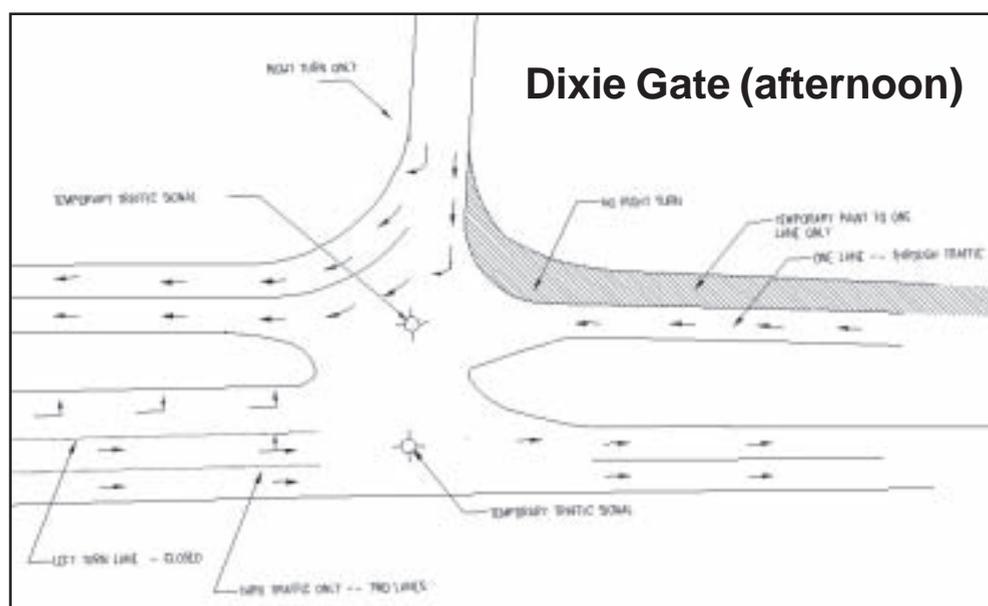
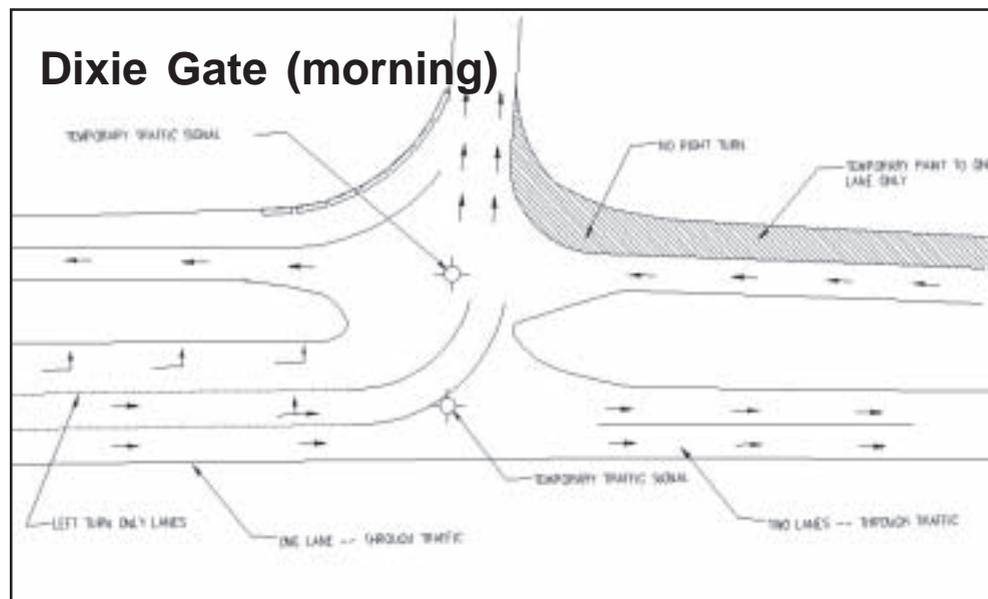
Louisiana North and South Gates, located on Highway 98 just east of Tyndall and Illinois Gates, will be open 24 hours, seven days a week.

The Dixie Gate, located on the flightline side of Hwy 98 adjacent to the Continental NORAD Region/Southeast Air Defense Sector compound, will be opened each weekday morning for inbound traffic from 5:30-8:30 a.m. and 3-5 p.m. each weekday afternoon for outbound traffic.

There will be no change to the Sabre Gate configuration or procedures.

Temporary traffic signals and signs will be added to the highway and throughout the base to help control traffic flow and reduce delays.

Motorists should also be aware of traffic sign



changes at the following intersections:

Louisiana and Su-

wanee; Louisiana and Florida;

Florida and Dixie; Florida and

Tyndall; Alabama and Tyndall; and DeJarnette

and Sabre Drive.

AFPC passwords reset online

RANDOLPH AIR FORCE BASE, Texas (AFPN) — More than 500 people forget their passwords to the Air Force Personnel Center's customer service Web applications every day. Many of them are unaware they can reset a password on their own online within seconds, officials said.

Instead, hundreds of people call the technical assistance center number, which yields the same result, but takes five to 10 minutes longer," said Danny O'Neil, chief of the information assurance branch at the center here. "Obviously getting a new password online instantly is the best option.

"Logging in can sometimes be a frustrating process," he said. "But resetting a password online will save folks time and effort."

For online resets, people need to provide their social security number and mother's maiden name, Mr. O'Neil said. The system is case sensitive.

First-time users need basic personal information including civilian service computation date, or pay date for military, he said. Common access card users can create an account using the security "certificates" on the card and the card reader.

To access Virtual Military Personnel Flight or other online personnel resources, visit <https://www.afpc.randolph.af.mil/>. (Courtesy of AFPC News Service)

Checkertail Salute



Steve Wallace

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

The Checkertail Clan salutes Sergeant Mont'Ros, who led the base webmaster transition to the network center. His efforts to streamline procedures were lauded by an inspector during the recent Air Education and Training Command Operational Readiness Inspection. Sergeant Mont'Ros edited 10,000 web pages to ensure handicap access under the Disability Act -- first in AETC. He assisted with procurement of cryptographic equipment at no cost to the users—saving the Air Force \$157,000. Also, he corrected a server error, restoring Web access to publications information for 6,500 deployed civil engineer troops

Tech. Sgt. Dennis Mont'Ros

Duty title: NCO in charge, Internet services

Unit: 325th Communications Squadron

Time on station: Five years

Time in service: 12.5 years

Hometown: Cromwell, Conn.

Hobbies: Computers, reading, soccer

Goals: Promotion to master sergeant next cycle

Favorite book: "Snow Crash," by Neal Stephenson

Favorite movie: "The Crow"

Favorite thing about Tyndall:

Supporting the wide variety of Team Tyndall missions creates a fun and challenging work environment.

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.

'LADD'

Base lodging program helps put drunk-driving concerns to rest

STEVE RIDDLE
325th Services Squadron publicist

During this holiday season, two new programs will help to ensure the safety of any partygoer who may have had one too many.

The officers' club, enlisted club, and Pizza Pub Sports Bar are all participating in a new designated driver program entitled "Leave the Driving to Us." The Sand Dollar Inn has started a program called LADD (Lodging Against Drunk Driving) that reserves rooms for anyone who may not be able to get home after an evening of celebration. Both programs were designed to take the worry out of enjoying the many holiday celebrations this time of year.

"It allows people to know they have a safe, guaranteed ride home," Chris Saladin said of the designated driver program. Mr. Saladin, who manages the officers' club, said people who volunteer to be a designated driver during the program will have a chance to win a weeklong vacation at one of several resorts around the world.

"The grand prize is a voucher for a seven-day vacation at a world wide resort," Mr. Saladin explained. "The location is chosen by the winner." Resort locations include Germany, Waikiki and Orlando.

Mr. Saladin said any member of a party that volunteers to be a designated driver will receive an entry form to fill out. The volunteer will also receive free non-alcoholic drinks for the evening.

"We'll have this program any time we have a function at the club for the holidays," Mr. Saladin said. The designated driver program began Nov. 24 and runs through Jan. 4.

Like the designated driver program, the LADD program started just a few weeks ago, but lodging officials said it is such a good idea, they're keeping it even after the holiday season is over.

"This program is for anybody," said Linda Marshall, reservation clerk at the Sand Dollar Inn. "With more things going on at the clubs, there are more people. Now they can stay in a room here if they need to, no questions asked."

Ms. Marshall said the lodging office now keeps at least five rooms available during weekends. The rooms cost \$24.50 for the night.

For more information on the designated driver program, contact the officers' club at 283-4357. For more information on the LADD program, contact the Sand Dollar Inn at 283-4210.

Money line: Officials target military pay raises

ARMY SGT. 1ST CLASS DOUG SAMPLE
American Forces Press Service

WASHINGTON (AFP) — Military personnel will see their basic pay more in line with their civilian counterparts in the private sector in 2004 thanks to an increased pay and benefits compensation package. The package is included in the 2004 Defense Authorization Act approved by Congress.

The 2004 military pay and benefits plan provides a 3.7-percent across-the-board pay increase, said Col. Virginia Penrod, director of military compensation for the Department of Defense. It also targets pay increases for noncommissioned officers and warrant officers, some as high as 6.25 percent for senior enlisted servicemembers.

Servicemembers will also see increases in housing allowance pay and special incentive pay. The average basic pay raise, which is equal to a little more than 4 percent, helps to close the gap between military pay and civilian pay, Colonel Penrod said. "Everyone receives a 3.7-percent pay raise across the board, this is by law," she said. The pay raise is a half percentage point more than private sector civilian employees will earn.

"The NCOs, E-5 through E-9, will receive targeted pay raises from 4.6 to 6.25 percent," she said.

Part of the pay incentive is to help retain senior NCOs, she said. The highest pay raises, 6.25 percent, will go to E-9s with 26 years or more service.

"This (raise) recognizes the contribution of our senior noncommissioned officers and our career-enlisted force," Penrod said. "All NCOs will receive some form

of a targeted raise, and the pay increases as the grade increases. So, it's an incentive to continue in the military and to pursue higher rank."

An average increase of almost 8 percent for military basic allowance for housing — money given to military personnel to help defray the cost of housing expenses — is also included in the package.

"The almost 8-percent increase for housing allowance continues our effort to reduce out-of-pocket

expenses for military personnel," Colonel Penrod said. Pentagon officials said they are hopeful to do this by fiscal year 2005.

"When BAH was enacted, housing allowances amounted to 80 percent of housing costs, this left the servicemember with 20-percent out-of-pocket cost," she said. "In fiscal ... 2000, the secretary of defense committed the department to reduce these out-of-pocket expenses to zero by 2005. And we're on track to do this."

Military out-of-pocket-expenses for housing are down to about 3.5 percent for January 2004 and "should be at zero in 2005," Colonel Penrod said.

"If you talk to a servicemember today (about their compensation) compared to their compensation package 10 years ago

they are very pleased," she said. "The housing increase has been absolutely the right benefit at the right time. It shows we do value their commitment to the military and what they do for the country."

Another area of increased pay will be special and incentive pay, such as imminent danger pay and family separation pay.

Those pay increases were made possible in part because of President George Bush's supplemental funding request in 2003, Colonel Penrod said. That re-

quest authorized funding for increases in imminent danger pay from \$150 to \$225 per month, as well as increases in the family separation pay and support allowance from \$100 to \$250 per month.

Other new measures in the 2004 compensation package allow services to offer incentive pay to get officers to extend overseas tours.

"Previously this was only offered to enlisted members," she said.

The compensation policy has two principal thrusts, Colonel Penrod said. The first is to have an overall level of military compensation that is at least equal to the 70th percentile of the pay of civilians with

comparable levels of education. The other is to target special and incentive pays and bonuses to address retention problems that are specific to various occupations and recruitment problems.

Also, beginning in 2004, the new compensation package will start phasing in percentage increases each year. The increase is amounts offset under current law for military retirees with a Veterans Affairs disability of 50 percent or more and eligible to receive both military retirement and Veterans Affairs disability pay. Currently a veteran's retirement pay is reduced by a percentage of the disability pay received from VA.

Beginning in 2004, veterans will receive an increased portion of the "off-set" to their retirement pay, Colonel Penrod said.

And by 2014, the member will have the full concurrent receipt," she said.

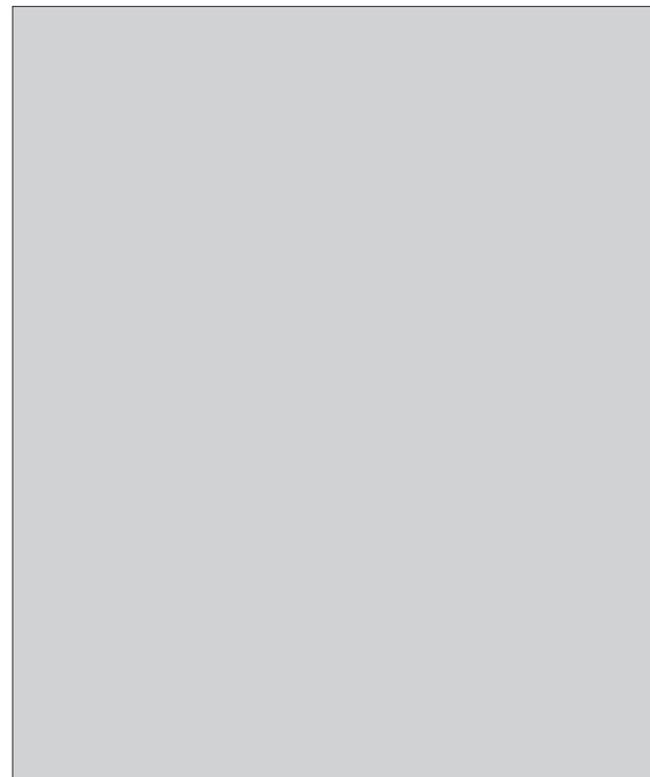
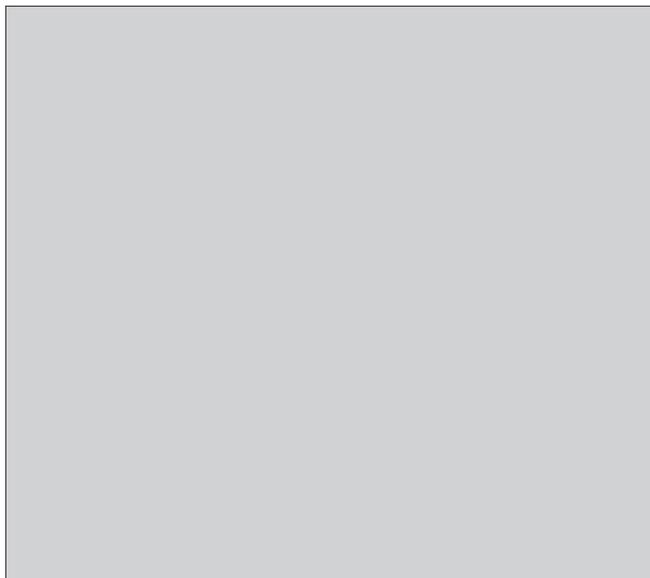
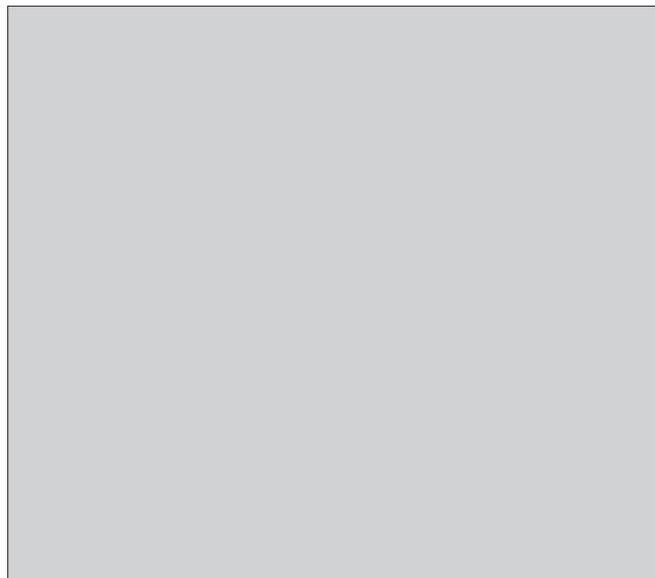
Another pay benefit for veterans in 2004 will be in combat-related special compensation programs for retirees whose disability is directly related to combat or training for combat. Now all retirees will be eligible for these payments which essentially provide the equivalent of full concurrent receipt, Colonel Penrod said. The retiree must have had 20 years of service to qualify.

DOD officials said they remain committed to the preservation of a compensation and benefit structure that will provide members with a suitable and secure standard of living and will sustain a trained, experienced and ready force in the future.

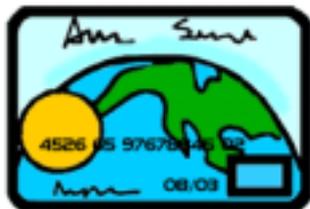


"All NCOs will receive some form of a targeted raise, and the pay increases as the grade increases. So, it's an incentive to continue in the military and to pursue higher rank."

COL. VIRGINIA PENROD
DOD director, military compensation



'Plastic 101'



Rules for government travel card use

It may just be a simple piece of plastic, but if used properly, it can make your official travel a simpler, more convenient process. But do you know when you can and cannot use it?

The Government Travel Card is a method for easing the burden of government employees and agencies for travel expenses. Use of the GTC for procurement of travel and lodging expenses is mandated by the Travel and Transportation Reform Act of 1998.

It is only authorized for official business expenses related to government travel. Examples of these expenses include procurement of travel, meals, lodging expenses, cash advances to pay for government travel expenses, ATM fees, etc.

The GTC is not authorized for personal expenses unrelated to official travel. Using the GTC to purchase personal items is punishable under the Uniform Code of Military Justice for military members, and civilians are subject to administrative disciplinary action. Additionally, failure to pay your GTC bill in a timely manner is also punishable.

Unlike most personal credit cards, members' GTC bills must be paid in full at the end of each monthly billing cycle. To assist members in meeting this requirement, the 325th Comptroller Squadron Financial Services Flight will, at members' request, pay members every 30 days for travel entitlements they have earned while they are TDY. These payments are referred to as travel accruals and are available for any TDY more than 45 days.

Once initiated, travel accruals will be paid without further request from the member throughout the duration of the TDY.

In addition to the monthly travel payments, members are required by Public Law 107-314 to designate a portion of their travel entitlements (lodging, rental car and/or airline tickets) to be paid directly to their GTC account.

For more information regarding the proper use of the GTC, contact Tech. Sgt. Richard Magarine, 283-8280 or the base legal office. For assistance in filing for travel accrual payments, contact Master Sgt. Bruce Gress, 283-8304.

(Submitted by 325th Comptroller Squadron)

Base seeks volunteer income tax preparers

TECH. SGT. ALPHONSO OVERTON

Base legal office

With the tax season rapidly approaching, the Volunteer Income Tax Administrator program is now soliciting for volunteers to help the Tyndall community by preparing income taxes. The VITA program is 100 percent voluntary, and the tax preparation service is free to all active-duty and retired members and their dependents.

Last year, Tyndall's VITA program saved filers more than \$800,000 in filing fees and processed a whopping \$1.5 million in returns.

Volunteers are trained to prepare various tax forms using the latest Internal Revenue Service software. An IRS representative will conduct VITA training 8 a.m. to 4 p.m. today through Tuesday at the Community Activities Center. All VITA volunteers must complete the training and pass a test at the end of the course to qualify. Once qualified, volunteers can assist fellow unit members by answering questions and preparing their income taxes. They will also be required to commit a few hours to the tax center weekly. Interested people should coordinate with their supervisory chain to ensure their availability.

Our original deadline for submitting volunteer names was Dec. 13, but that has been extended to Dec. 19.

People willing to donate their time and help the Tyndall community can contact me or Robbie Troupe, Tyndall legal office, at 283-3271, or e-mail Alphonso.overton@tyndall.af.mil.

Team Tyndall lights up holidays



Shania Banks, left, and Kyrah Dinham participate in a rehearsal prior to the annual base Christmas tree lighting ceremony Steve Riddle



Tyndall youth carolers enjoy their moment in the spotlight as they lead their audience in singing holiday favorites. Melissa Hartle



The base Christmas tree comes to life as Col. Doug Cochran, 325th Fighter Wing vice switch to be thrown.



...e commander (inset), orders the



Steve Riddle

Santa greets his audience at the ceremony.



Steve Riddle

From left, Tyndall Honor Guard members Airman 1st Class Brian Tucker, Staff Sgt. Darrell Gary, Senior Airman Benito Colon and Airman 1st Class Nicole Lindsay prepare to post the colors to open the base Christmas tree lighting ceremony.



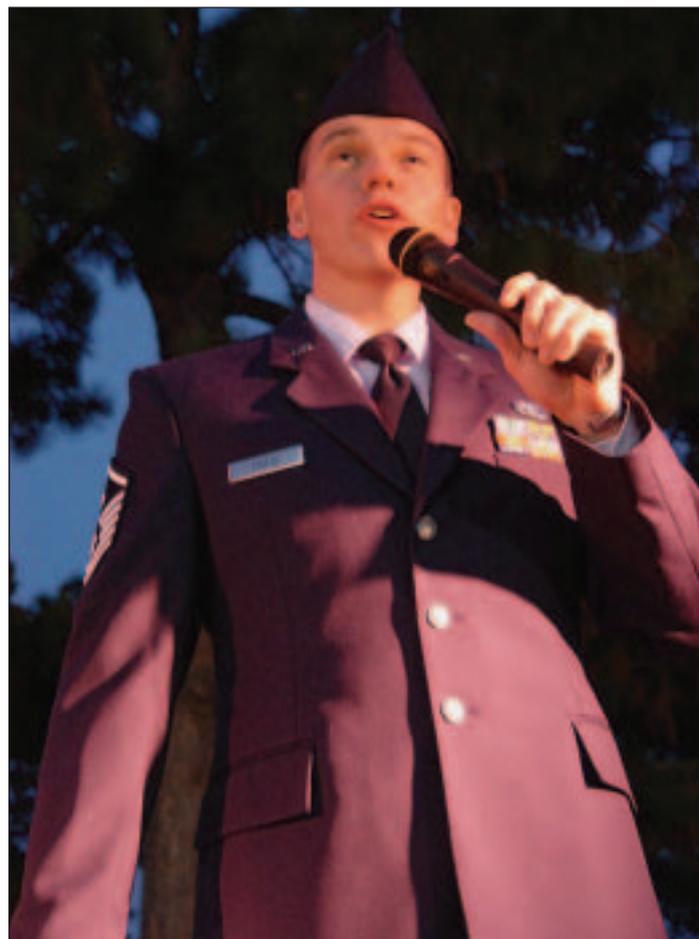
Melissa Hartle

Jolly old St. Nick waves to the crowd as he makes his entrance atop a Tyndall AFB firetruck.



Steve Riddle

Caylie Porter's face lights up as the base Christmas tree does likewise. She's held by her dad, Staff Sgt. Matthew Porter, 53rd Weapons Evaluation Group.



Steve Riddle

Master Sgt. Travis Fritts, 325th Services Squadron first sergeant, emcees the ceremony.

Aaa-CHOOO!

Holiday season also brings tidings of colds and flu

2ND LT JENNIFER HARWOOD

325th Medical Group physician assistant

Unfortunately, cold and flu season is here. Yes, some people get colds throughout the year, but fall and winter are when the majority of us suffer.

Experts predict that adults average two to four colds each year, children six to 10. With colds being one of the primary reasons people miss school or work and visit the doctor, the following is some information to help you take care of yourself and what to look out for.

Colds are viral infections that can be caused by one of over 200 viruses. The majority of viruses that cause colds may make you fairly miserable for one to two weeks, but are otherwise not harmful.

The two most common ways to get colds are inhaling infectious respiratory secretions and touching infectious secretions on another person or surface and then touching your face. Psychological stress and nasal allergies may make you more susceptible, but getting chilled or overheated do not. Regular hand washing is the single best way to prevent the transmission of a cold virus.

So let's say, despite your efforts, you get a cold. What kind of symptoms can you expect? Runny nose, nasal congestion, sinus pain and pressure, sneezing, sore throat, body aches, cough and headaches are the typical symptoms. Smokers' symptoms tend to be somewhat worse.

Fevers are usually slight, but can climb to 102, especially in younger children. The symptoms tend to last two to 14 days. If symptoms last much longer, they are often the result of allergies rather than a viral infection.

Unfortunately, there is no magic pill to cure a cold. Antibiotics will not cure a cold and antibiotic resistance is beginning to reach epidemic proportions in some diseases, therefore antibiotics are not appropriate therapy. Rest and plenty of fluids are the best treatments available.

Over-the-counter cold remedies are the best medications and can relieve symptoms temporarily. Those that have a combination of several medications and work on several symptoms at the same time are often recommended. Use care with these. Do not take a second medication, such as acetaminophen (Tylenol), if your combination medication already has acetaminophen in it.

Aspirin is not recommended for children with the flu due to possible complications. You may want to ask a pharmacist for recommendations. Avoid drinks with caffeine and alcohol as these can increase dehydration.

Stop smoking and stay away from others who smoke. Smoking will irritate your throat further and make you cough more.



Photo illustrations by Tech. Sgt. Dan Neely

bronchial tree, where the infection is, can take a while to heal.

Typically the best medications to treat bronchitis are those given to treat asthma. Smoking itself damages the bronchial tree and is the absolute worst thing you can do when you have bronchitis.

Rarely can one get a secondary bacterial infection after having a cold. However, sinus infections and ear infections are the two most common.

When you have a cold, you get a lot of mucous production and swelling in the mucous membranes. This prevents the natural drainage of your sinuses and inner ears.

Typically it takes 10-14 days for enough bacteria to build up in order for an antibiotic to help with sinusitis.

Many people with colds seek medical attention because they believe they have bacterial bronchitis, but it is almost always a viral infection. Treating bronchitis with antibiotics probably will not relieve your symptoms or shorten the duration of your illness.

The cough from acute bronchitis can last several weeks or months. This is because your

You can have sinus pain and pressure with just a viral infection, so antibiotics will not always help, especially if given within the first 10-14 days of your illness.

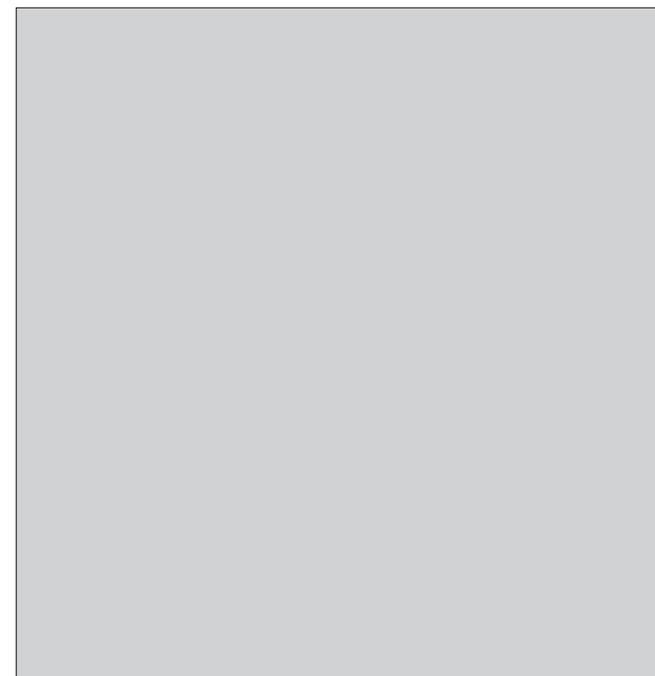
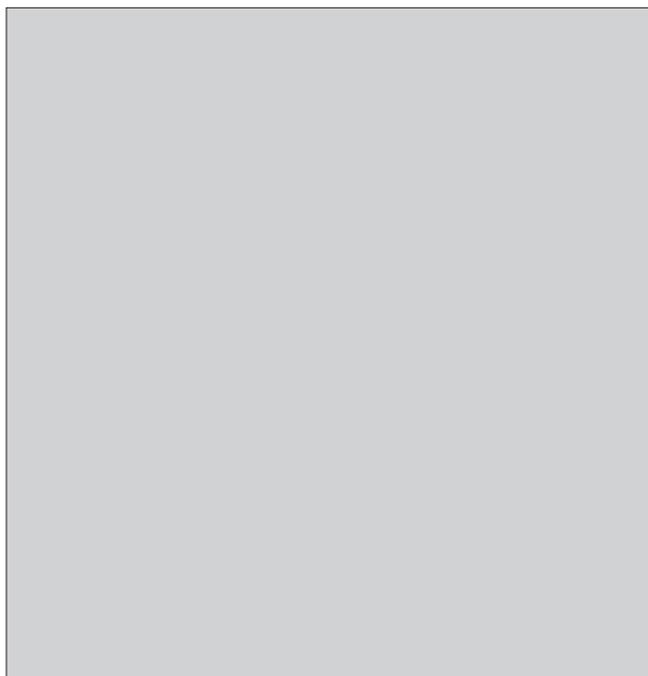
There is no similar time frame for ear infections, which are more common in younger children. Once you get one of the bacterial illnesses, you may need to be treated with antibiotics. Though up to 80 percent of ear infections will resolve without antibiotic treatment, the decision whether to treat should be made by your primary care manager.

Remember, cold symptoms can last up to 14 days and can make you fairly miserable. Try treating yourself at home before making an appointment.

Refer to pages 101-125 of "Take Care of Yourself" for information on specific symptoms. If you do not have this book, you can get one at the TRICARE office. Also use your pharmacist - they have a wealth of information. As with any illness though, you should see your PCM or call your PCM's nurse if your symptoms persist more than 10-14 days or if you have questions.



'Tis the season to stock up on tissues, because antibiotics won't beat colds or flu viruses, medical experts say.



General Jumper signs Air Force Basic Doctrine

TECH. SGT. DAVID JABLONSKI

Air Force Print News

WASHINGTON — The service's core document outlining the enduring basics of air and space power has been revised and hard copies will be in the hands of every officer and top-three noncommissioned officer by spring 2004.

Air Force Chief of Staff Gen. John Jumper approved the latest revision to Air Force Doctrine Document 1, Air Force Basic Doctrine, during a doctrine review at Maxwell Air Force Base, Ala.

Jumper, Secretary of the Air Force Dr. James Roche, and commanders of major commands met at Maxwell for Doctrine Summit IV. The summit is a periodic meeting of the most senior Air Force leaders to review operational-level doctrine in light of recent contingencies and events.

The document is the source for enduring basics such as the principles of war, tenets of air and space power, and functions of air and space power. The revised version also updates the discussion on core competencies and distinctive capabilities, and it adds new text on the linkage between vision, operating concepts and doctrine.

Overall it has been substantially restruc-

tured for better readability and updated to include references to operations Enduring Freedom and Iraqi Freedom, officials said.

The Air Force Doctrine Center's commander, Maj. Gen. David MacGhee, explained the importance of the changes within the revised document.

"We all realize that 9-11 changed the world forever," General MacGhee said. "The old construct I grew up with, where forces were garrisoned at home and when we were called upon we moved forward, is very much an old construct. I think we've made great progress through lessons learned from Afghanistan, something we did not plan for, or train for. The services applied those lessons to Operation Iraqi Freedom, and I think you can see the results — a resounding success in combat operations."

Retired Lt. Col. Bob Poynor, a military doctrine analyst at the center, explained the revisions.

"This time, the introduction discusses why doctrine is important," Colonel Poynor

said. "We explain to airmen why they need to understand and apply it."

Colonel Poynor has been involved from the beginning, having served as project officer for the document since its previous publication in 1997. He helped establish the doctrine center and launched the first series of briefings for numbered air force commanders, their staffs and other senior leaders. The information from those briefings formed a large portion of the current doctrine document.

"AFDD 1 provides an intelligent baseline on which to form command relationships and set priorities; it contains all the basic information," Colonel Poynor said.

"Most importantly," he said, "it tells airmen the difference between policy, strategy and doctrine, and what doctrine is and is not."

Colonel Poynor used the example of the transformation from the Cold War to an expeditionary air and space force to demonstrate the need for periodic re-

visions of doctrine.

"In the Cold War, everything was canned," he explained. "When forces were called upon to reinforce NATO or (South) Korea, for example, everything was orchestrated according to a prearranged operations plan. We didn't have to think about how to set up."

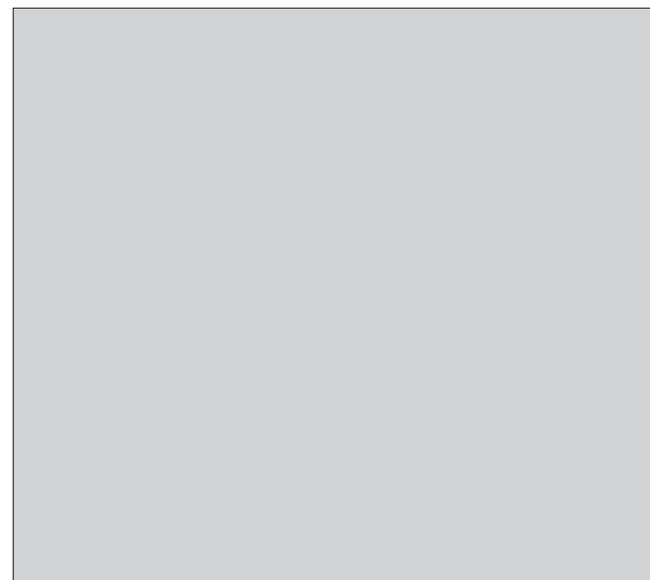
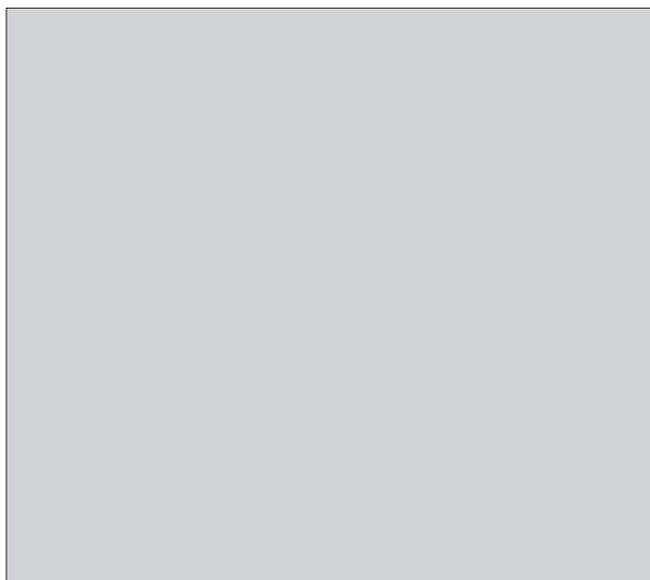
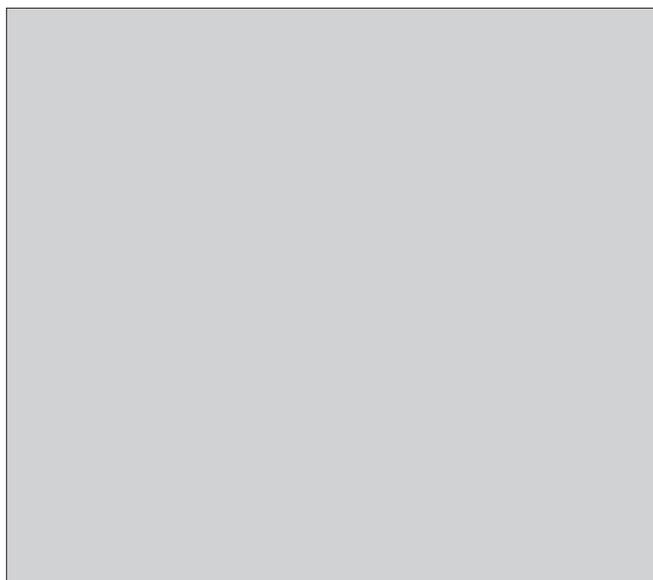
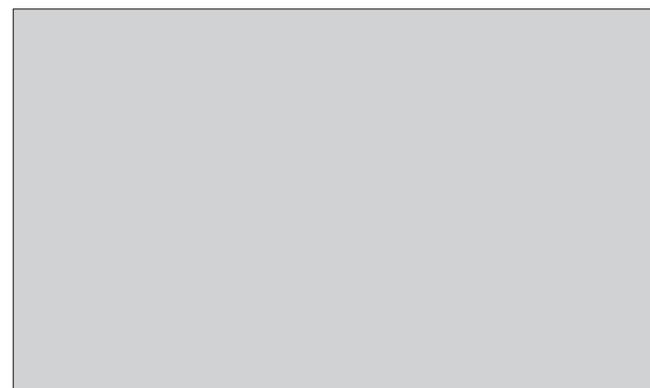
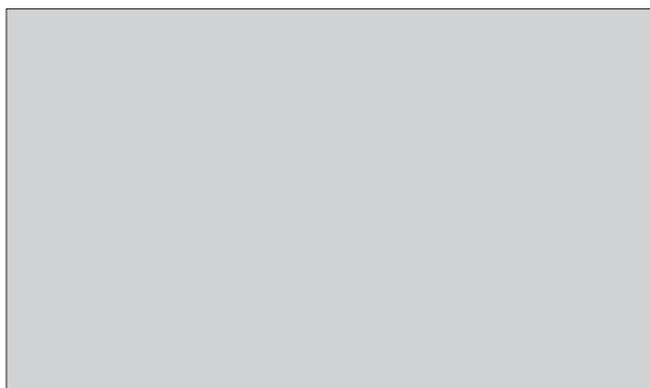
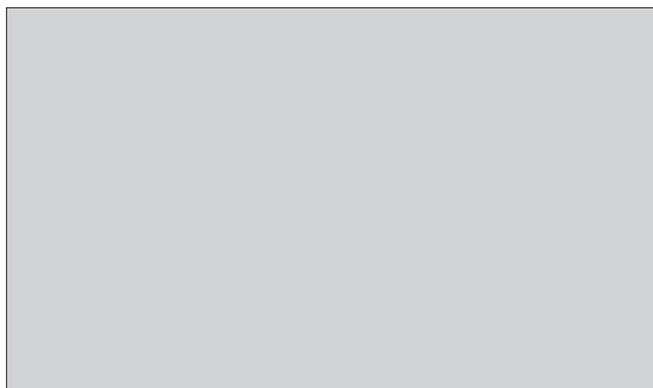
The modern expeditionary air and space force must fight in new ways and in new places from one deployment location to the next, he said.

"Now with an expeditionary force we must start over for each deployment," Colonel Poynor said. "There is no pre-canned structure, because we don't know the size and shape of each mission. We have to think about them as the situation develops and define the missions for common understanding in the joint environment. That's what doctrine does. It helps eliminate some of the heavy thinking before you go into an operation."

With General Jumper's signature, the document was approved for release. It is available for download from the AFDC Web site at <https://www.doctrine.af.mil>. Hard copy publication will follow. Professional military education schools will begin teaching from it soon.



General Jumper



Your link
to what's going on

Gulf Guide

in the
Tyndall community

NOTES

Customer service closure

The 325th Mission Support Squadron will be closed for an official function 11 a.m.-2 p.m. Wednesday. This includes the military personnel flight and customer service/identification card office. Members with an emergency during this time frame can call 774-6022 or 774-6020.

Choir performance

The Tyndall Catholic Adult & Bell Choirs will present "A Lesson in Carols" at 11:30 p.m. Dec. 24 at Chapel Two. All are welcomed to attend. Midnight Mass will follow the program. Call 283-2925 for more information.

Water line maintenance

With the onset of winter, military family housing residents and building managers are asked to help prevent frozen and broken water lines by following a few simple rules:

Housing residents who are going on vacation for more than a couple of days should leave the heater on and set at 65 degrees.

When the local news forecasts a freeze warning, building managers should check outside water faucets and set them to a slow trickle to prevent freezing. Remember to turn the faucets back off when the cold front moves out of the Panama City area.

The 325th Civil Engineer Squadron is turning off water faucets in common use areas like the sports fields, bathhouses and outside eyewash facilities.

Anyone who notices a broken water line should report it to CES customer service at 283-4949 for prompt repair.

Antiterrorism briefings

The Office of Special Investigations will not provide Level 1 Antiterrorism briefings Dec. 25 or Jan. 1, due to the holidays.

Facility managers training

The civil engineer annual facility managers' train-

ing is 9-11 a.m. Wednesday and Thursday at the WEG auditorium, Building 226. Focus coordinators, facility managers and their alternates are requested to attend. Please ensure CE customer service personnel have an appointment letter on file stating the commander's appointed facility manager. Call civil engineer customer service at 283-4948 or 283-4949 for information.

PWOC birthday party

The Protestant Women of the Chapel will hold a birthday party for Jesus in the Chapel 2 Annex 9-11 a.m. Saturday. The celebration will feature crafts, music, fellowship, baking, skits and more. All ladies of the Tyndall community are welcome. Participants are asked to bring an unwrapped book, game or personal care product for children at the Anchorage Children's Home in Panama City. Ladies can also bring an ornament to exchange. For more information, call Chapel 2 at 283-2925.

Commissary operating schedule

Make note of the following dates regarding the commissary's operating hours during the holiday season:

Dec. 22 — Open. Santa will be available for pictures for free of charge 11 a.m. – 1:30 p.m. Dec. 22. Refreshments will be available as well as a small gift from Santa for each child.

Christmas Eve — Closes 4 p.m.

Christmas Day and Dec. 26 — Closed

Dec. 29 — Open

New Year's Day — Closed

Vehicle registration

The 325th Security Forces Squadron reminds all owners of registered vehicles to update their decals if they expire this year. Owners must present a current driver's license, current state registration form and current proof of insurance card for each vehicle that needs to be updated. Pass and registration hours are 7:30 a.m. – 4:30 p.m. weekdays. The office is located in Building 662, Room 220, across from the military personnel flight's customer service section. Call 283-4191 for more information.

CHAPEL SCHEDULE

Catholic Services

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

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.

RETIREE NEWS

Tax statements available soon on myPay

Defense Finance and Accounting Service officials have compiled a schedule of dates when service members, military retirees and annuitants and defense civilian employees can access their tax statements through myPay. Military members and Department of Defense civilian employees will have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>. For assistance, users can call myPay customer support at (800) 390-2348.

Officials are projecting the tax statements for military retirees will be posted on myPay during the period from 1 to 5 January 2004. Although retirees and annuitants will be able to view their statements and can print them, they will automatically receive a mailed copy of their 1099. This is because so very few retirees are using myPay. A mailing date will be announced later.

"During 2003, more than 1.2 million users viewed their tax statements on myPay, and we continue to encourage users to view and print their statements online," said Pat Shine, director of DFAS' military and civilian pay services business line. "Timely access to W-2s and other tax statements is another way myPay gives users control of their pay information."

(Courtesy Air Force Retiree News Service)

CLASSIFIEDS

2003 Ninja ZX-7R. Excellent condition. Less than 800 miles. Still under warranty. Wife says I have one too many toys. Must go. \$8,500 OBO. (850) 215-8909 or e-mail caychlojo@knology.net.

Free Classifieds

The Gulf Defender will publish free classified ads here for the one-time sale of personal property excluding real estate for active-duty military, retirees and Department of Defense civilians working on Tyndall. Ads are run on a space-available basis and must be limited to 25 words or less. Duty numbers are not allowed. Submit ads to editor@tyndall.af.mil.

Tigers split with Commandos AF releasing new fitness operational instruction

The Tyndall Tigers men's varsity basketball team fell to the host Commandos of Hurlburt Field Saturday, but rebounded Sunday to take a hard-fought victory to remain in first place in Southeastern Military Athletic Conference action last weekend.

Hurlburt Field-84, Tyndall-69

In Saturday's game, Hurlburt Field jumped out to an early lead. They posted a 16-point lead at the halftime intermission with a score of 43-27. In the second half, the Tigers battled back to within two points, 62-60, with six minutes remaining in the contest. Just when it appeared the Tigers were on the verge of taking the victory, momentum swung back to the Commandos as free-throw shooting and untimely turnovers proved to be their detriment as the Commandos went on to a 22-9 run to take the victory.

Elvin Walker led the Tigers in scoring with a game-high 23 points, followed by Tarrance Garner with 19 points, Scott Moore with 12 and Israel Figueroa with 10 points. Moore led in rebounding with 10 and Figueroa had six assists. Saul Bookman led Hurlburt in scoring with 22 points.

Tyndall-82, Hurlburt Field-76

In the second contest, Tyndall jumped out to a 16-2 lead only to see Hurlburt Field come storming back as the Commandos went on a 22-4 run to take the lead 24-20. The first half closed out with Tyndall trailing by six points, 36-30. In the second half, the Tigers were fueled by the offensive



Courtesy photo

Tyndall Tigers Lance Clark and Scott Moore go for the rebound during a weekend contest against the Hurlburt Field Commandos.

firepower of Elvin Walker and Tarrance Garner who poured in 27 and 15 points, respectively, in the second half. The defensive efforts of Israel Figueroa set the tone as he sacrificed his body to draw numerous charges from the Commandos. As the team battled back to take a double-digit lead, Hurlburt made a final run down the stretch, but Walker's clutch shooting made the difference.

Elvin Walker again paced the Tigers in scoring with a game-high 39 points (8-13, 3-pointers),

followed by Tarrance Garner with 27 and Tommy Nixon with 10 points. Israel Figueroa and Tarrance Garner paced the Tigers in rebounding with 11 and 10 respectively. Walker led in assists with six. Saul Bookman again led the Commandos in scoring with 18 points.

The Tigers travel to Robins Air Force Base, Ga., this weekend to challenge the Hawks. Next weekend, Tyndall will host Maxwell in their final contests before the holiday break.

(Courtesy Tyndall Tigers)

STAFF SGT. C. TODD LOPEZ
Air Force Print News

WASHINGTON — One of the most noticeable changes to the Air Force's new fitness program is that it will be defined by an operational rather than a medical instruction.

The change shows that senior leaders consider fitness an important part of operational readiness, said Maj. Lisa Schmidt, the Air Force chief of health promotions operations.

"As we support the aerospace expeditionary force and the environments we now deploy to, fitness becomes a readiness issue," Major Schmidt said. "If a person is fit, they are going to be able to tolerate austere environments, the fatigue and the temperature changes."

The full text of the Air Force's new fitness instruction will be available to the force before Jan. 1, she said. The planned release comes less than five months after the service's highest ranking officer told airmen there would be changes in the way the Air Force looked at physical fitness.

"The amount of energy we devote to our fitness programs is not consistent with the growing demand of our warrior culture," wrote Air Force Chief of Staff Gen. John Jumper in his July Sight Picture. "It's time to change that."

Besides making physical fitness a readiness requirement, the new instruction also puts an emphasis on commander involve-

ment in unit fitness programs.

"If you look at the July Sight Picture, General Jumper says fitness is a commander's responsibility," Schmidt said. "This instruction puts more responsibility on the commander, not the medical community."

Among other things, the instruction requires unit and squadron commanders to implement and maintain a unit physical-training program and to offer the program at least three times a week.

The instruction also details methodology for conducting fitness evaluations. Major Schmidt said the instructions for conducting the push-up and crunch portions of the evaluation should be no surprise to airmen. They are the same instructions that have been used at the end of the cycle-ergometry test for the last two years.

"The only change is that the push-ups and crunches will be evaluated for one minute, instead of two minutes," Major Schmidt said.

The instruction also specifies how to conduct the aerobic portion of the test. Airmen will run on an outdoor course approved by the wing commander. During inclement weather, an indoor running track may be used. Treadmills will not be authorized for fitness evaluations.

The new fitness instruction takes effect Jan. 1, and will make obsolete the current fitness and weight-management instructions, Air Force Instruction 40-501 and AFI 40-502.

Dorm World challenge update

The Dorm World challenge results are in for the events that have already taken place.

This Air Education and Training Command-sponsored challenge puts the five dorms at Tyndall in head-to-head competition in several different events. The next event is a puzzle as-

sembly contest at the community activities center Dec. 20 beginning at 6 p.m. Four people at a time will work on a puzzle. There will be a three-hour time limit. The total number of pieces assembled determines the winner.

Call 283-2495 for information.

DORM	Fun Run/Walk	Bowling	Total points as of Dec. 6
1680	5	5	11
1046	4	4	8
1149	3	1	4
Quad	2	3	5
1036	1	2	3

Funshine NEWS

December 12, 2003

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

Crazy Cash Give-away at the O' Club Every Friday during Social Hour.

Jackpot starts at \$100. The first member name
drawn is for the jackpot. If there is no winner
\$25 will be added to next week's
jackpot (max. \$500).

Once the name is drawn the winner
has 5 minutes to claim their prize.
If the winner fails to claim their prize
a second drawing will be held from
bar receipts for \$25.

283-4357 for details

Don't stay in your dorm room.
Come out and play...
you could win a party for your dorm.

The Dorm World

Play the Game

Puzzle Assembly
December 19, 6 p.m. at the CAC

4 person teams,
participants may tag in and out
3 hour time limit
entertainment & snacks

Call 283-2495
for details.

There will be no New Year's Eve party at the
Enlisted or Officer's Club this year.
Decision based on feedback gathered
by the club advisory committees.

Leave The 2003 Holiday Designated Driver Program

Driving To Us

The program which asks club members to
volunteer to be a designated driver at various
club events throughout the holiday season, was
created in an effort to place special emphasis
on reducing alcohol related incidents during
Program ends Jan. 5, 2004. Call the club to
see how you can help make the holidays safer.

283-4357

Also here for you: LADD

Lodging Against Drunk Drivers

Lodging has set aside rooms each Friday and Saturday night for those of you who wish to party at one of the clubs on base but who do not wish to drive home afterwards. The cost per room is \$24.50 per night. NO QUESTIONS ASKED. Rooms will also be available during the holidays for personnel who schedule their holiday parties on base. For more information, please call the reservations office at 283-4211, x3346, 3348 or 3343 to request reservations. If the squadron is paying for the rooms as a group, rather than individually, the POC may stop by the day of event to pay for the rooms, and pick up the keys. You will not be reimbursed if the rooms are not used. We at the Sand Dollar Inn wish everyone safe weekends and happy holiday and encourage everyone to take advantage of this opportunity.

Football Frenzy

Each visit to the CAC Pizza
Pub is your chance to win a
pro game trip! Enjoy a large,
1 topping pizza and a
pitcher of Miller Lite
for \$8.50 every Sunday.



Sponsored in part by:

AA Military Benefits Group



No federal endorsement of sponsors intended.

283-3222

Sealed Bid Vehicle Sale

1988 Ford Mini Van, mileage: 73,022.3
Item may be viewed in the parking lot
behind 113 Suwannee, Bldg. 1129 and
bids placed inside Bldg. 1129 room 10.
For more information contact Elaine
Mobley 283-2781. Item is sold as is. Bids
will be accepted through noon Dec. 17.

ITT Notice

Travel (air and non air bookings) hours
have been changed to 11 a.m.-3 p.m.,
Mon.-Fri. (Closed Sat. & Sun.) The other
operations of ITT have merged with
Bonita Bay and are open the same hours
as Bonita Bay (closed Tue. & Wed.)

283-2499

Bonita Bay

☎ 283-3199

Paint Ball and Ropes Course Closings

Due to the youth hunts, the paintball
course and ropes course will be
closed: Dec. 20-21.

Community Activity Center

☎ 283-2495

Pig Skin Picks

Forms are available at the CAC &
Sports Page Pizza Pub. Prizes will be
awarded. Ace the weekly Pig Skin Pick
and receive one free Pizza Buffet.
Sponsored in part by AA Military
Benefits Group. No federal
endorsement of sponsor intended.

Holiday Hours

Tyndall Clubs

Dec. 21 - Jan. 5: Closed

Pelican Point Golf Course

Dec. 24 & 31: Closes at 3 p.m.

Dec. 25: Closed

Base Library

Dec. 16: Open 9-11 a.m. Closed 11 a.m.-2 p.m.

Dec. 17-19, 23, 30 & Jan. 2: 9 a.m.-5 p.m.

Dec. 24, 31: 9 a.m.-3 p.m.

Dec. 25-29, Jan. 1: Closed

CAC

Dec. 23, Jan. 2-3: 10 a.m.-5 p.m.

Dec. 24-31, Jan. 1: Closed

Bonita Bay & ITT

Closed Dec. 22, Reopen Jan. 2

Jan. 2: 9 a.m.-5 p.m.

Bowling Center

Dec. 24: 11 a.m.-2 p.m.

Dec. 25: Closed

EQT

Dec. 25 & 26: Closed

Fitness Center

Dec. 24, 31: 5 a.m.-4 p.m.

Dec. 25: Closed

Dec. 26, Jan. 1 & 2: 10 a.m.-6 p.m.

Graphic Impressions

Dec. 24-Jan. 2: Closed

Human Resource Office

Dec. 24-26, 31, Jan. 1 & 2: Closed

Youth Center

Dec. 24: Closes at 5 p.m.

Dec. 25-28, Jan. 1-4: Closed

Dec. 31: Closes at 6 p.m.

Vet Clinic

☎ 283-2434

Holiday Hours

The vet clinic will be closed Dec. 25-28
and also on Jan. 1-4. Happy Holidays.

New Vet

Our new Veterinarian has arrived! Come in
and see our new clinic. We have new
appointments available for vaccinations,
sick call, and even minor surgical
procedures. We are having a special
evening clinic for vaccinations on Jan. 6
and 13. We are still offering a Free Starter
Kit for puppies and kittens when they are
brought in for their booster shots. Don't
forget to continue with the Flea, Tick, and
Heartworm Preventative during the winter
months. We are offering a Free single
dose of Frontline when you purchase a 6
month supply. We are expanding our
services, so if you have a question or are
not sure if we can be of service to you,
just give us a call and, we would be happy
to help!

Start Flying

Now!

For many, flying is just a dream fulfilled by a
piece of folded paper. With the help of your
Aero Club's Flight Training Center (FTC), you
can move beyond paper dreams. The Aero Club
provides flight training with skilled instructors,
well-maintained and equipped facilities, and
pricing well below most general aviation
instruction. You may even qualify to use VA
education benefits to minimize the cost for
advanced ratings. If you are active duty or
retired military, a DoD civilian employee, or a
family member of someone who qualifies, then
you can join over one million men and women
who made their dream of flight a reality.

Introductory Ride \$49

283-4404

Simple steps help prevent household injuries

MASTER SGT. MICHAEL GRIFFITH

325th Fighter Wing ground safety

Ask Americans where they feel safest and most will say their own home. But according to a new study released by the Home Safety Council and the University of North Carolina's Injury Prevention Research Center, the opposite is true. The report found there are more than 20 million medical visits due to home injuries each year. After motor vehicles, the home is the most common location of accidental fatalities.

The report found falls to be the most common fatal home injury, followed by poisonings, fire, inhalations, suffocations and drowning. These accidents resulted in nearly 20,000 fatalities annually, representing a total cost to society of nearly \$380 billion each year.

The report found falls, which accounted for 6,750 deaths and 5.6 million injuries per year, were the most common home injury.

The tragedy is made worse by the fact that the vast majority of injuries in the home are entirely preventable.

The Home Safety Council survey showed the majority of Americans surveyed nationally could think of nothing they should or would do in the coming year to prevent home injuries or make their home safer.

With a little time and money you can make your home safer and possibly prevent an injury. According to the Home Safety Council here are a few things to think about to make your home safer (see box).

Secure Your Footing

- Place non-skid strips or a suction mat in bathtubs and showers
- Install safety rails in bathtubs and showers
- Place extension cords, telephone and lamp cords out of high traffic areas

Add Lighting

- Ensure all entryways and halls are well lit

Fight Fire

- Check to see if all appliance and extension cords are in good condition
- Install smoke alarm(s), test batteries monthly and replace annually
- Remove matches or lighters from children's reach

Eliminate Clutter

- Remove clutter from stairways
- Make sure your furniture does not create an obstacle for others

Test for Harmful Poisons

- Install a carbon monoxide detector
- Keep household chemicals and medicines out of children's

Prepare Yourself

- Create a first aid kit
- Post emergency numbers
- Develop a fire escape plan

Thinking of getting out?

THINK AGAIN!

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

