

# GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

Feb. 28, 2003

## In brief

### Court-martial hearing

A court-martial is scheduled for 8 a.m. Wednesday and Thursday in the courtroom located in the 325th Fighter Wing legal office in Building 662. The public is invited to view the military justice system in action.

### AADD program

The Airmen Against Drunk Driving program is designed to provide military members with a free, safe ride home within the local area. The AADD phone line is staffed with E1 through E4 volunteers who can be reached by calling 867-2233. This program is available to all ranks who have a valid military identification card. AADD stresses complete anonymity to ease fear of retribution. For more information, call Airman 1st Class April Gutierrez, 283-7228.

### Flag display guideline

An online source of information concerning the display of the United States flag is available at: [www.ctssar.org/flag\\_etiquette.htm](http://www.ctssar.org/flag_etiquette.htm).

### Thrift shop open

The thrift shop will be open from 9 a.m.-noon Saturday. The thrift shop is located in Building 743 on Suwannee Road, across from the base post office. Regular thrift shop hours are 9:30 a.m.-12:30 p.m. Wednesday through Friday.

## Inside

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● CSAF outlook for 2004 ... **Page 10**

● Female wrestler takes state title ... **Page 13**



Photos by Lisa Carroll

## 3,000 hours in the F-15

Brig. Gen. Larry New, 325th Fighter Wing commander, is soaked after completing 3,000 hours in the seat of an F-15. He is the 30th U.S. Air Force pilot to accomplish this feat.

# SECAF, CSAF: War requires team effort

**MASTER SGT. RICK BURNHAM**  
Air Force Print News

**WASHINGTON** — Despite dramatic successes in recent armed conflicts, the Air Force would only present a portion of the forces brought to bear against Iraq, if indeed war is needed to disarm the forces of Saddam Hussein.

Winning such a conflict will require a team effort, said Secretary of the Air Force Dr.

James Roche, bringing together the combined efforts of not only each of the nation's armed services, but Reserve forces and their civilian employers as well.

The secretary's comments came Feb. 19 during an interview with correspondents from Washington-based radio station WTOP. Air Force Chief of Staff Gen. John Jumper joined him during the broadcast, which included questions from call-in lis-

teners around the national capital region.

"Although we'll use airpower right off the bat," Secretary Roche said, "our armed services fight as a team."

General Jumper agreed, adding that recent advancements in technology will produce some very significant results.

"We never fight alone," the general said. "It's a coordinated effort among all the services,

and we certainly do our part. But we never pretend that it's all about airpower. We're going to go in there, if the president asks us to do this, with much more striking power than we've had in the past, certainly more than we saw in Desert Storm. I think you're going to be very surprised and pleased with what you see."

That improved striking power

●SEE WAR PAGE 10

**F/A-22 counters threats from air-to-air and surface-to-air missiles**

# Preparation a must for deployments

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander



Over the past few months, we have prepared our people who are assigned to an Air Expeditionary Force cycle for the possibility of deployment. If called, we want to do everything we can to ensure that all the items on the pre-deployment checklist are checked off and also, we need to accomplish something that is not on the checklist but is nonetheless critical to mission success. Part of deployment preparations should include training on the homefront. And by homefront, I mean at home, taking the time to make sure spouses and family members have the information they need to operate successfully at home while you are deployed.

It is critical that prior to a deployment, individuals assigned to an AEF discuss with their spouse such things as how the bills will be paid, when the car is due for an inspection or maintenance, re-assignment of household chores, and most importantly,



**“When a deployment occurs, it is more important than ever to share experiences so family members can understand a little bit more about your world and mission ...”**

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander

make a communications plan outlining when and how often you will communicate with your spouse and by what medium—telephone, e-mail, letters or care packages. No doubt about it, communication builds and strengthens relationships.

When a deployment occurs, it is more important than ever to share experiences so family members can understand a little bit more about your world and mission, and I cannot stress enough how important it is for organizations to check in with the deployed member's family and keep them involved. Therefore, when going over pre-deployment checklists, please take the time

to put at the top of the list to make sure family member needs are met as it is important for the deployed airman to know that his or her family is safe.

About two weeks ago, Tyndall experienced an unexpected tornado that caught the entire base and Bay County by surprise. As a result, a weather warning alarm or siren was not sounded because the phenomenon was not detected. When a natural disaster is detected, a weather warning alarm as well as broadcasted announcements via Channel 12, the local news and base housing broadcast system

●SEE SAFETY 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.

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander

## Air Force Assistance Fund: Airmen helping airmen

**GEN. DON COOK**

Air Education and Training Command commander

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)**—Distributing phone cards to deployed members — \$141,000. Giving “Parents a Break” — \$738,000. Assisting a master sergeant and his family in getting back on their feet after incurring expensive medical bills to cure his wife's breast cancer — priceless!

One of the most enduring benefits of being part of today's Air Force is the collective pride we take in functioning as “one force, one family.” And one way we show our constant support for one another is through the Air Force Assistance Fund campaign.

The examples noted above are representative of the thousands of generous acts Air Force people perform every day that are made possible by your generosity to the AFAF.

For the past 30 years, donations to this campaign have helped airmen and their families with emergency assis-

tance, education grants, volunteer childcare, community enhancement programs and assisted living for our veteran heroes and their widowed spouses.

The AFAF gives airmen the opportunity to directly help other airmen in need by contributing to four charitable organizations that benefit active duty, Reserve, Guard and retired Air Force people and their families, including surviving spouses and their families. The organizations are the Air Force Aid Society, Air Force Enlisted Foundation, Air Force Village Indigent Widow's Fund and the General and Mrs. Curtis E. LeMay Foundation.

This year's Air Force-wide campaign began Feb. 24 and runs through May 9. Your installation commander will determine the five-week timeframe within these dates to carry out your community's campaign. Look for more information in your base newspapers on the campaign dates at your location.

In 2002, AETC people donated an astonishing \$996,612

— 123 percent of our command goal. Air Force contributions totaled \$5.1 million, 111 percent of the Air Force goal. Unlike many other charitable concerns, the contributions Air Force people make to the AFAF go directly into helping other Air Force people and their families.

It's very comforting to know this program works for all Air Force family members and aids people where it is needed most. Prior year contributions may have helped the airman first class who assisted you at the military personnel flight, the retired person you spoke to at the base exchange or your technical training instructor.

This year's donation may even find its way back to you in time of need or to someone close to you.

The decision to contribute to the AFAF is yours alone to make. But I ask that you remember one thing: This fund drive helps our own — our Air Force family.

If you have further questions regarding the AFAF, please contact your local AFAF representative.

### Gulf Defender Editorial Staff

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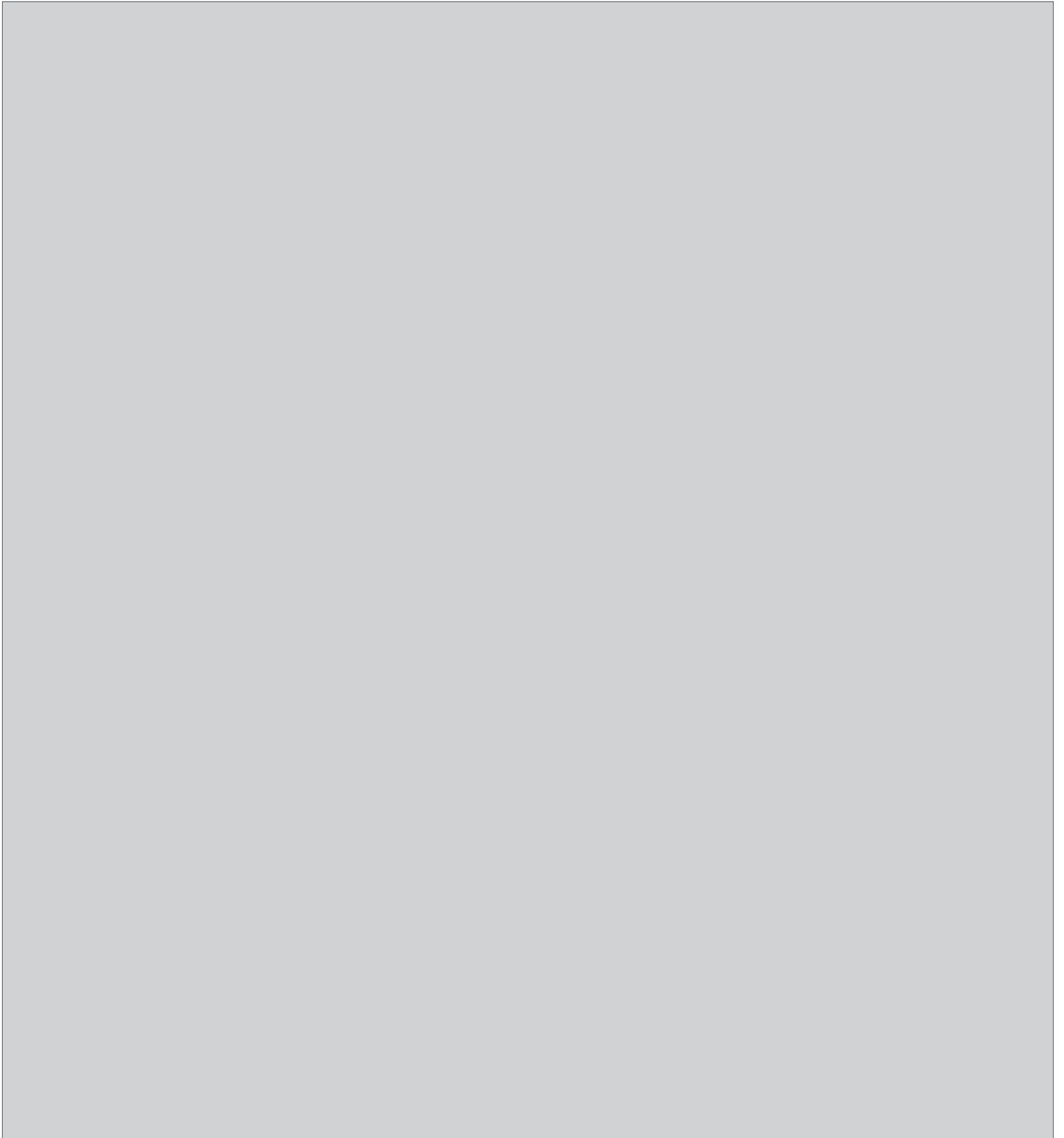
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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

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.



# Looking for hottest stock option: Invest in yourself

**MAJ. MICHAEL COSTELLO**

56th Maintenance Operations Squadron commander

**LUKE AIR FORCE BASE, Ariz. (AETCNS)** — If you're like me, you're always looking for a good investment.

It wasn't that long ago when you could go into almost any trendy café and, without much effort, leave with at least a handful of red-hot stock or mutual fund picks. It's no secret those days are gone and the young professionals that frequented them are in a different line of work.

I've got a hot investment tip for you. The returns are strong for the lifetime of the investment regardless of market conditions. I recommend you "get in" early, and never "sell." Invest in yourself.

I'd say most people know physical fitness is a great personal investment. Judging by the sudden and fleeting need for overflow parking and an expanded locker room at the

gym every January, I'd say many "buy" in January and "sell" shortly thereafter.

The military services may not agree on the specific standards for fitness, but they all require some form of it because it's good for us. Achieving good physical fitness is about as close as we can come to drinking from the fountain of youth.

Here's another personal investment tip: education. "I'm going to lose 10 pounds" and "I'm going to get back in the gym" are perennial New Year resolution favorites. But how about "I'm going to learn another language" or "I'm going to get another degree?"

Along with physical fitness, the Air Force also encourages and values continually advancing our education. Certain levels are required for certain ranks. Promotion statistics for particular ranks appear to favor certain education levels. It's no secret the Air Force spends plenty of money

on scholarships and 100-percent tuition assistance. It's great for the mission, and we keep the investment returns when we retire. It's great for us.

Many see the light early. The Department of Education projects more than eight million people under 22 years old will be enrolled in college nationwide in 2010. This number drops to four million for those over 30 years old. Are these four million just now deciding to invest in themselves, or are they continuing to build on the degrees they earned earlier in life? Either way, they'll get good returns.

The Department of Commerce reported the 1999 starting pay for high school graduates was roughly \$30,000 per year, associate's degrees \$38,000, bachelor's \$48,000 and master's \$58,000. But it's more than just the money.

Some would say, "I got my degree, I'm done," but going back to school helps prevent us from being lulled into blissful

●SEE INVEST PAGE 10

## Tips on helping children cope with deployment

**CAPT. (DR.) TIM SHEAHAN**

379th Air Expeditionary Wing

**OPERATION ENDURING FREEDOM (AFPN)** — Deployments are often very stressful for the people left behind. Those affected most may be the deployed member's children.

Changes seen in children can be distressing for both the stateside and deployed parent, as well as the child struggling with the parent's departure.

The most important information for concerned parents is that their child's response to the deployment, while distressing, is normal. Children cannot respond to change the way adults do, and are unlikely to say "Daddy, I'm sad Mommy's gone, and scared she won't come back."

Here are some common scenarios and helpful information.

When Mommy deploys, the child may "cling" to Dad. The child may act afraid to go to school, become upset if Dad is out

of sight, or may want to sleep in the same bed. This may suggest the child is afraid that since Mommy left, Dad may also. Dad must reassure the child and spend time with him or her. Dad must assure the child he is not going anywhere, and that Mommy is coming home as soon as possible.

Another common scenario is to have an "angelic" child become a disobedient "monster." A drop in grades may occur, as may acting out (hitting others, biting, breaking rules, etc). These are the child's tests to see how much of his or her life has changed. Something like "Hmmm... Mommy is gone, I wonder if the rules have changed about what I can do."

This is not malicious or manipulative, but born of uncertainty. Consistent discipline is crucial. Mommy isn't there, but the rules and consequences that exist to keep the child safe have not changed. This will provide a sense of comfort and consistency.

If you are deployed, here are some general tips to help your child cope with your absence:

Keep in touch! Both parents should work hard to send letters, videos or pictures back and forth. A letter written from you to your child in its own envelope is invaluable toward making him or her feel special. Be liberal with "I love you."

The stay-at-home parent should keep your picture in a prominent place. He or she should ask the child about any feelings regarding the deployed parent being absent. Let the child know all feelings are OK.

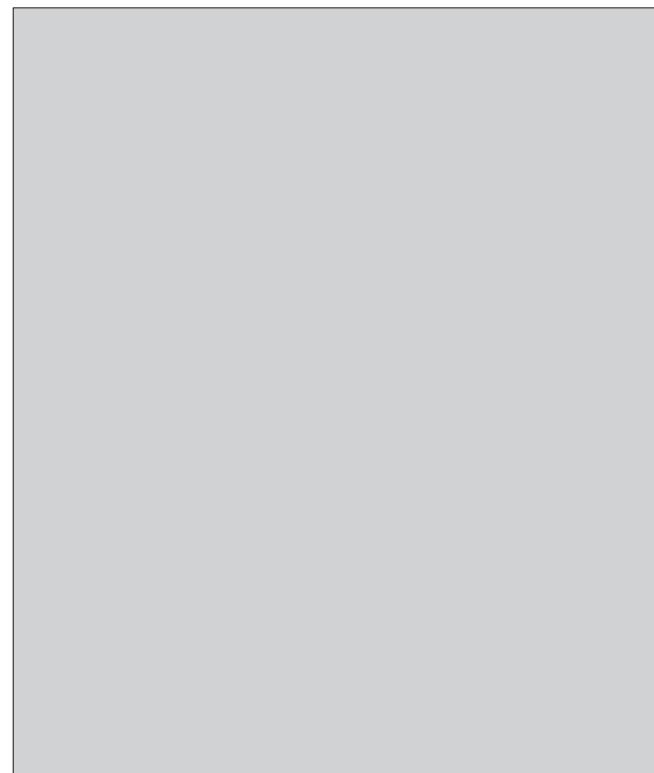
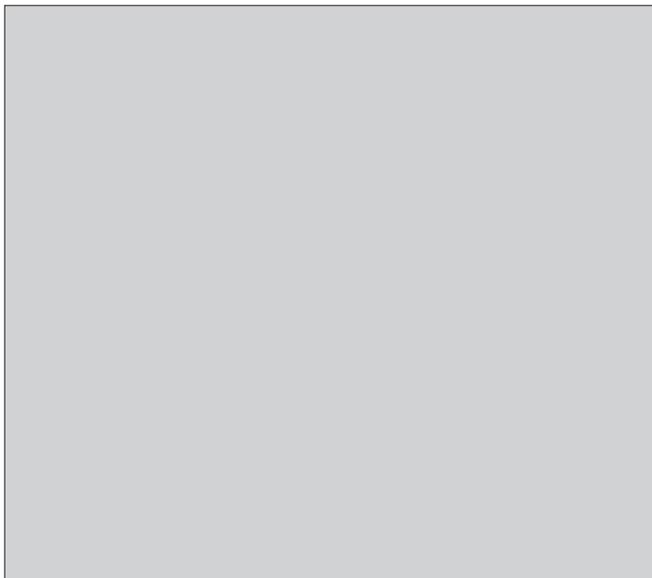
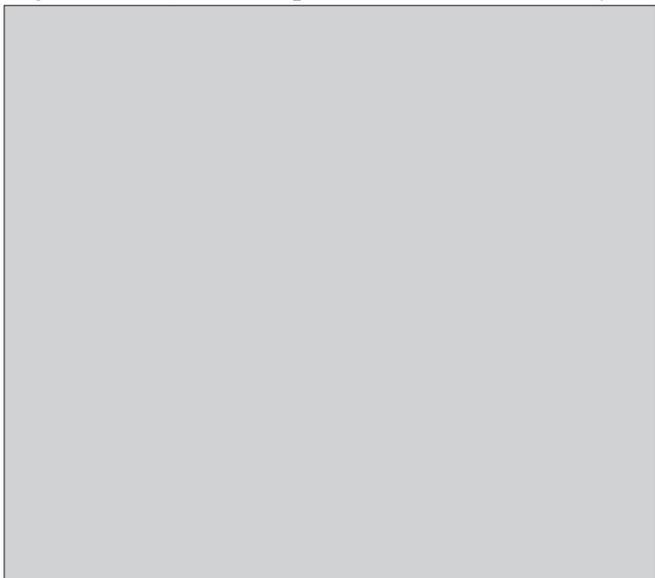
Get a copy of your child's favorite book, read it on an audio tape, and mail it home.

The stay-at-home parent should plan special outings regularly.

The stay-at-home parent should keep in touch with teachers to monitor behavior and performance at school. Many bases have programs available for family members of deployed personnel. Call the family support center at 283-4204.

Conduct an Internet search for "children" and "deployment." You'll find a wealth of material.

As tough as life may be for the deployed member, we tend to forget how our families can be affected. Managing your own stress is very important, but we must commit to easing the stress of those too young to do it for themselves.



# Heart Link offers education, camaraderie to AF spouses

2ND LT. RYAN FITZGERALD

325th Fighter Wing public affairs

Twenty Tyndall spouses attended a new Air Force-wide program designed to educate them on the unique challenges and benefits of military life, Feb. 21 at the Pelican Reef Enlisted Club.

The Heart Link program is an Air Force chief of staff-directed initiative to help new Air Force spouses adjust to and understand the military's way of doing things. Attendees said the program hit its mark.

"I would definitely recommend this program [to new spouses]," said Desiree McDonald, an Air Force spouse for nearly five years. "There was a lot I didn't know, and there's no one there to tell you. This program does that."

"I wish I would have had a program like this when I was a newer spouse," said Sheri Ward, co-chairperson of the Heart Link program and a 20-year Air Force spouse. "In every area, the participants indicated that they increased their knowledge."

The day kicked off with introductions in summer-camp style, with each participant introducing the person next to them. The installation commander, Brig. Gen. Larry New, 325th Fighter Wing commander, welcomed the spouses and explained the mission of Tyndall and its overall role in the Air Force, as well as the various services available on the base. He also told them about how Air Force people are deployed and how the Air and Space Expeditionary Force concept was functioning in today's high operations tempo. His goal for the day though was less technical.



Lisa Carroll

**Brig. Gen. Larry New, 325th Fighter Wing commander, addresses spouses during a recent Heart Link seminar.**

"Today we want you to know that you are a part of the Air Force team and the Air Force family," General New said. "There are a lot of things to do here at Tyndall, and I encourage all of you to take advantage of it with your spouses and your families. It's a great place to live!"

"His briefing was very informative. I've been here for a while and even I learned a lot," Mrs. Ward said.

The 20 participants were then taken through an action-packed day of group activities and briefings on everything from the medical group to military protocol, which proved informative for Mrs. McDonald.

"What not to do and drink [at formal military gatherings]. Where to go and who to see [for on base services]. There's just so much!" she exclaimed. Plus, she said, "They had fun little games to help you learn."

"[All the participants] knew more when they left than when they came," said Catherine Tarrant, the project's co-chairperson.

The Heart Link seminars will be offered quarterly. The next session will be on May 9. Anyone interested in participating should call the family support center, 283-4204 to sign up.

## ON THE STREET

### It's two months into 2003, what was your New Year's resolution? How are you doing?



"To complete my bachelor's degree. I'm on course to complete it in August through Southern Illinois University."

**STAFF SGT. LUTHER BROWN**  
325th Fighter Wing staff



"To try and quit smoking, but I couldn't do it."

**KATHY ROBINSON**  
Base Exchange Barber Shop



"To get into better shape and study for my next promotion. I've been studying hard, and I continue to work on getting in shape."

**MASTER SGT. TAMMY JANKOWSKI**  
325th Communications Squadron



"To quit smoking and I did it!"

**STAFF SGT. SCOTT PRESNELL**  
325th CS

## Checkertail Salute



Lisa Carroll

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

The Checkertail Clan salutes Sergeant Simpson who was hand-selected to organize and facilitate a medical group strategic planning conference. She orchestrated every detail and afterward prepared a detailed history to serve as a roadmap for future efforts.

### Staff Sgt. Michelle Simpson

**Duty title:** Biometrics program manager

**Unit:** 325th Medical Support Squadron

**Time on station:** 1 year

**Time in service:** 5.5 years

**Hometown:** Houston, Texas

**Hobbies:** Reading and traveling

**Goals:** To attain my bachelor's degree in health services.

**Favorite thing about Tyndall:**

Beaches and working environment

**Pet peeves:** Bad customer service and bad drivers

**Favorite book:** "Great Expectations"

**Favorite movie:** "Miss Congeniality" and "The Last Castle"

*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 SAFETY PAGE 2

will be announced. This system is available for use 24 hours a day, seven days a week. The only reason it was not sounded that day is because the threat was not detected. When a threat is detected, we will do everything we can do to make everyone aware of the occurrence, as was the case last weekend when another tornado threatened to touch down on the base.

Speaking of detecting a potential threat, while most drivers are abiding by the posted speed limits on base, it has been brought to my attention that there are a few people who are exceeding those limits. Consequently, they are putting others at risk. Two areas of concern include base housing where the posted speed limit is now 15 miles per hour and near the 325th Air Control Squadron where the posted limited falls from 45 miles per hour to 30 miles per hour. We need to wave the red flag on the Indy mentality adopted by a few people. Those individuals who fail to abide by the posted speed limit will receive a citation and if caught in base housing, the offender will not only re-

ceive a citation but also 30 days suspension of their on-base driving privileges. When it comes to the safety of our people, we just cannot afford to take any chances.

Safety should be at the heart of everything we do, and one squadron was formally recognized by the command as leading the way. The 1st Fighter Squadron is Air Education and Training Command's nominee for the 2002 Air Flight Safety Award. Congratulations Lt. Col. Patrick Marshall and the rest of the Fightin' Furies and good luck at the Air Force-level competition.

I would like to end this week's commentary by welcoming a new member to Team Tyndall, Lt. Col. John Cote, the new 325th Air Control Squadron commander, and his wife, Carole. Colonel Cote comes to us from Robins AFB, Ga. where he was the 93rd Flying Training Squadron director of operations. John and Carole, we're glad to have you and your family on board. Diane and I hope your assignment here is a rewarding and memorable one.

Be safe everyone and have a great week!

## Earn extra dollars by sharing ideas

A penny for your thoughts isn't much these days, but some Tyndall members were recently awarded 20,000 pennies for their thoughts.

The Air Force Innovative Development through Employee Awareness Program, also known as the IDEA program, handed out four awards for \$200 a piece to airmen who saw a problem and took steps to fix it, saving the Air Force and ultimately every taxpayer some money.

The reward recipients were: Capt. Dwight Minnick, 325th Aircraft Maintenance Squadron; Tech. Sgt. Michael Valenty, 372nd Training Squadron; Staff Sgt. Steven Cournoyer, 325th Maintenance Group and Staff Sgt. Kelly Martin, 372nd TS.

Under the program, "the Air Force pays members based

on the cost savings realized as a result of a submitted suggestion, with a cap of \$10,000," said 2nd Lt. Michael McDonald, 325th Fighter Wing manpower office.

"We are currently working on a suggestion that could earn the person who submitted the idea \$8,000," Lieutenant McDonald said.

The IDEA program is open to all military and Department of Defense civilian employees.

For more information, call Barbara Adams at 283-8199 or Lieutenant McDonald at 283-2309. The IDEA program Web site also has useful information. It is at [https://ideas.randolph.af.mil/pls/ipds/dv\\_new\\_home\\_page](https://ideas.randolph.af.mil/pls/ipds/dv_new_home_page).

*(Compiled by 325th Fighter Wing public affairs)*



## AF Assistance Fund campaign under way

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — The Air Force Assistance Fund “Commitment to Caring” campaign starts this week. Officials ask airmen to contribute to one or more of four Air Force-related charities through cash, check or payroll deduction.

The charities benefit active-duty, Reserve, Guard and retired Air Force people, surviving spouses and families. Charities receive 100 percent of AFAF contributions. This is the 30th year of the fund drive.

“Requests for assistance are up more than 13 percent since Sept. 11, 2001, while the investments that fund 70 percent of our programs are down 20 percent,” said Lt. Gen. (Ret.) Mike McGinty, the Air Force Aid society’s chief executive officer. “In 2002, we helped 34,000 people with \$24.1 million of assistance. That’s a lot of help.”

Charities under the AFAF umbrella include:

— The Air Force Aid Society, the official charitable organization of the Air Force. It provides airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs. Local family support centers have full details on programs and eligibility requirements. Information is also available online at [www.afas.org](http://www.afas.org).

— The Air Force Enlisted Foundation at Fort Walton Beach, Fla., providing rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at [www.afenlistedwidows.org](http://www.afenlistedwidows.org).

— The Air Force Village Indigent Widow’s Fund in San Antonio, a life-care community for retired officers, spouses, widows or widowers and family members; includes indigent widows fund for widows and widowers of Air Force officers. The Air Force Villages Web site is at [www.airforcevillages.com](http://www.airforcevillages.com).

— The General and Mrs. Curtis E. LeMay Foundation, providing rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation Web site is at [www.info@lemayfoundation.org](http://www.info@lemayfoundation.org).

Contributions to the AFAF are tax deductible as an itemized federal deduction. For more information on the AFAF campaign, visit the Air Force Personnel Center’s voting and fundraising Web site at [www.afpc.randolph.af.mil/votefund](http://www.afpc.randolph.af.mil/votefund).

The secretary and chief of staff of the Air Force announced a \$4.8 million goal for 2003. Last year Air Force people gave more than \$5.1 million.

The local installation project officer, 2nd Lt. Kristen Ellis, 325th Maintenance Squadron, has more information. He can be reached at 283-4945. Tyndall’s campaign is schedule for March 24 through April 25.

*(Courtesy of AFPC News Service)*

# Tyndall Commissary 'aces' customer service survey

DeCA EASTERN REGION, VIRGINIA BEACH, Va. — Tyndall Commissary customers gave their store outstanding scores in the Defense Commissary Agency's most recent round of biannual Commissary Customer Service Survey testing. The store scored 4.85 out of a possible 5, the second highest score in the region.

"We're extremely pleased to see the Tyndall Commissary is providing the high level of service we strive to provide to all our customers," said Scott Simpson, director of DeCA's Eastern Region. "We're proud of the employees and the great job they're doing!"

The Eastern Region includes 76 stores in 16 states and the District of Columbia, Puerto Rico and Iceland. Overall, the region scored the highest of the DeCA's four regions worldwide and improved its previous score. All region commissaries participated, surveying nearly 7,000 customers during the 10-day survey cycle. The

region's average score was 4.41.

"I am ecstatic with the results of the survey and proud of the entire Tyndall staff for their dedication and perseverance in providing the highest standards of service to our community," said Mike Yaksich, store director. "Keep the feedback coming, because your needs and opinions always count. Special thanks go to all of our customers, especially the ones who took time from their busy day to complete this survey."

The Tyndall Commissary scored consistently high in all 14 questions, but rating highest were: "Courteous, friendly and helpful employees" and "Attractive displays/store decor" at a perfect 5 and 4.96 respectively. The survey rates performance in such areas as low prices/overall savings, well-stocked shelves, convenient hours, cleanliness, customer service and quality of meat and produce.

Among the DeCA patrons surveyed throughout The

Eastern Region:

☐ 52.6 percent rated the commissary benefit as No. 1, with medical following second at 42.5 percent

☐ Average monthly spending at commissaries was more than \$280

☐ 80 percent of active-duty patrons surveyed were grades E-1 through E-9

☐ Average number of shopping visits monthly was approximately 3.5

☐ Average travel distance to commissary was nearly 15 miles

"The survey is a management tool for store directors to determine what they need to do to make raving fans of our customers," Mr. Simpson said. "The bottom line is that the CCSS survey helps DeCA provide its patrons with great customer service."

(Courtesy DeCA)

## Caption contest



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

### Last month's winner

"Just face it, I'm bigger and I've got better insurance ..."

LINDA BROWN  
Lockheed Martin



## Body modification, mutilation guidance revised

STAFF SGT. A.J. BOSKER

Air Force Print News

WASHINGTON — The Air Force has revised personal appearance guidelines in response to a trend involving extreme body modification and mutilation that is becoming common among a small, yet growing segment of the population, according to personnel officials.

This change is in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel. It prohibits airmen from intentionally altering or modifying their bodies in order to achieve a visible effect that disfigures, deforms or otherwise detracts from a professional military image, said Lt. Col. Frank Pombar, chief of the Air Force quality of life programs and uniform branch at the Pentagon.

"The Air Force is a profession of arms and there are

certain appearance standards that we must adhere to," Colonel Pombar said. "Whether in or out of uniform, we represent the Air Force and must conduct ourselves professionally."

Although the colonel believes very few airmen will actually be impacted by this policy clarification, it will benefit recruiters, first sergeants, commanders and airmen.

"For some time now, recruiters have been seeing a growing number of people with extreme body alterations or piercings," he said. "Without specific guidance, recruiters often had to rely on personal opinion or taste to make a decision as to what was or was not appropriate."

However, this change to the AFI is not a checklist nor is it intended to tie the hands of Air Force officials, Colonel Pombar said.

## AFSA installs new officers

Tyndall's chapter of the Air Force Sergeant's Association, AFSA Chapter 553, installed the newly-elected officers for 2003 Feb. 19.

The installment ceremony was held in the Classics Lounge at the Pelican Reef Enlisted Club. Retired Chief Master Sgt. of the Air Force Paul Airey was the installing officer. The newly-elected president, Master Sgt. Matthew Standish, received the ceremonial gavel from outgoing president Senior Master Sgt. Tracy Lawson and laid out his vision for the upcoming year — a dramatic increase in membership and participation.

AFSA plays a huge role in lobbying for enlisted members' quality of life. Most notably, Airman 1st Class William Pitsenbarger had his Air Force Cross upgraded to the Medal of Honor thanks to diligent efforts by members of AFSA.

AFSA also supports local community activities such as the local Boy Scout troop. AFSA Chapter 553 also sponsors several awards for various recognition ceremonies to include Community College of the Air Force graduation, annual and quarterly awards and both professional military education schools here.

"AFSA is a great way to come out and support the enlisted way of life as well as supporting the base and local community," Sergeant Standish said.

Those interested in coming out and seeing what AFSA is all about are encouraged to attend one of the general membership meetings held at 4 p.m. every third Wednesday of the month in the Pelican Reef Enlisted Club.

For more information, call Staff Sgt. Charles Hargett at 283-8617 or Master Sgt. Robert Castellano at 283-3238.

(Courtesy AFSA Chapter 553)

# ABC-TV spotlights the people of U.S. Armed Forces

**JIM GARAMONE**

American Forces Press Service

**WASHINGTON** — The men and women who make up America's military will be featured on an ABC-TV production entitled "Profiles from the Front Line" which began Thursday night.

The series runs at 7 p.m. Thursdays through April 6.

The Defense Department gave the producers of the show access to operations in Afghanistan and around the world.

"Profiles" is cast as a "reality" show, but it's not a "Survivor: Afghanistan." There are no contrived situations, contests or actors.

"These are real people, doing real missions in a real war," said Vicente Ogilvie, deputy special assistant for entertainment media in the Office of the Assistant Secretary of Defense for Public Affairs.

The show also places a spotlight on America's "shadow warriors" — special operations forces.

Defense officials said they cannot remember the last time any group was given such access to the world of special operations. Special operations forces are called "shadow

warriors" for a reason: They try not to garner attention. They feel working in the shadows helps them accomplish their missions.

While the coalition bombing of Afghanistan helped the Northern Alliance at the beginning of the conflict in the country in October 2001, only when special operations forces arrived on the ground did the tide turn against the Taliban.

"The fight to topple the Taliban was waged on the ground by less than 500 Special Forces personnel," Marshall Billingslea, principal deputy assistant defense secretary for special operations and low-intensity conflict, said Oct. 16, 2002. "They mounted an unconventional warfare effort tied closely to indigenous forces and linked with the United States Air Force in a way that provided for a rapid and crushing defeat of the Taliban's conventional forces."

Hollywood producer Jerry Bruckheimer, who did the movies "Black Hawk Down" and "Pearl Harbor," is the executive producer of the profile series.

The series started filming in April 2002 and wrapped in October. At one point, 16 three-man crews were working around the world. In addition to covering members of the 3rd

and 19th Special Forces groups in Afghanistan, the teams also videotaped members of the 82nd Airborne Division as they deployed to Central Asia.

They also caught sailors, submariners, medics at various hospitals and food service specialists.

Mr. Ogilvie said servicemembers tell their own stories. While the producers put some images to music, no scripts or narrations were used in the series.

"This program highlights the dedication, professionalism and patriotism of the men and women of the armed forces," he said.

Some critics have hammered the show because it highlights patriotism, Mr. Ogilvie noted, but they're out of line in his opinion. "There is nothing fake about the patriotism of the American military," he said. "The program shows patriotism because these men and women are patriots."

The Defense Department provided transportation to the film crews and technical advice to producers. Defense officials worked with the crews to protect operational security.

While some parts of the show may make senior leaders wince, they're slices of the real military, officials said.

## Policyholders may get payments

**SGT. 1ST CLASS DOUG SAMPLE**

American Forces Press Service

**WASHINGTON (AFP)** — Academy Life Insurance Co. officials are seeking an estimated 110,000 current and former servicemembers who may be eligible to receive payments from a fund established as part of a settlement it reached with the Justice Department on Dec. 19.

Col. Steve Strong, director of legal policy in the office of the undersecretary of defense for personnel and readiness, said the insurance company is mailing notices and payment applications to the last address it has for thousands of former policyholders it believes are eligible.

Eligible persons have until June 24 to file. After that deadline, applications will not be considered, Colonel Strong emphasized.

The payments of up to \$200 per

policy are part of a \$160 million settlement reached after the Department of Justice filed a civil complaint against Academy Life for defrauding servicemembers from 1991 to 1998. The complaint alleged the insurers sold more than 92,000 policies of a particular life insurance plan to servicemembers and their families between 1993 and 1998 and reaped more than \$200 million in premiums. Academy Life has not admitted to any improper actions.

As part of the settlement, the company will pay more than \$2.7 million to persons who purchased their policies from 1991 to 1998.

Academy Life also agreed in the settlement to never again sell another insurance policy in the United States or ask the Department of Defense for permission to conduct business on U.S. military installations. The Defense Department in 1998 barred the company from do-

ing business on military installations for three years.

Colonel Strong said former policyholders must meet all the following conditions to be eligible for payment from the settlement fund:

— The person was the last owner of a Genesis Series policy issued from Jan. 1, 1991, through Dec. 31, 1998.

— The policy terminated before Sept. 30, 2002.

— No death benefit was paid under the policy.

— The person was living on Sept. 30, 2002.

— The person accurately completes an application for payment and mails it to Academy Life by June 24.

— Academy Life verifies eligibility.

For more information on eligibility requirements or a notice and application, call Academy Life at (800) 523-5625.

Help Us Conserve



# CSAF briefs Senate on service's outlook for 2004

MASTER SGT. SCOTT ELLIOTT

Air Force Print News

WASHINGTON — Air Force Chief of Staff Gen. John Jumper joined the other service chiefs Tuesday to give the Senate Armed Services Committee his view of how fiscal 2004 is shaping up.

General Jumper testified on areas ranging from manpower shortages and concerns about aging aircraft to the promises of future aircraft currently in development.

The general addressed the increased operations tempo under which the Air Force worked throughout 2002 and into 2003. According to General Jumper, more than 25,000 airmen have deployed during operations Enduring Freedom, and Northern and Southern Watch, launching nearly 80,000 sorties. In addition, more than 25,000 sorties have covered American skies as part of Operation Noble Eagle. Airmen have also participated in several humanitarian missions worldwide.

“Our (operations) tempo has been high and our people have been sprinting for a long time, but they never failed to answer the call,” General Jumper said.

One of the ways the Air Force has worked to relieve the stress in deployment schedules is to make more people available for deployment. A secretary-of-defense mandate called for the services to examine the jobs done by military members to see if civilians could do them.

“If you take those tasks that do not need to be done by people in uniform and slip those people back over to uniformed slots, we can relieve the tension on our deployed forces,” General Jumper said. “In the Air Force alone, we found 12,000 people doing what we think didn't have to be done by people

in uniform.

“So it's not just a matter of adding end-strength. It's a matter of making efficiencies of what you (have),” General Jumper said.

Another point of institutional stress facing the service is the cost of maintaining an increasingly geriatric aircraft fleet, he said.

“Our average aircraft is 23 years old — the oldest we've ever had to deal with,” General Jumper said. “We're facing corrosion and fatigue problems we've never seen before.”

The cost of maintaining the aging fleet is increasing at a rate of about 10 percent per year, General Jumper said. In addition, maintainers are working about 200,000 extra man-hours per year to inspect engines.

On the plus side, he praised the potential of the F/A-22 Raptor and the Joint Surveillance Target Attack Radar System aircraft.

“The F/A-22 will give us 24-hour stealth capability for the first time,” he said. “It's already got the qualities of the best air-to-air fighter in the world, but its main focus will be on what it can do air-to-ground.

“The Joint STARS is a magnificent sensing device that we join with ground forces to give them moving target indications on the ground,” he said.

According to General Jumper, the service is planning to upgrade the next generation of JSTARS to the Boeing 767.

“This will be the baseline aircraft for our multi-sensor command and control aircraft that will do the integration of space, manned and unmanned platforms that we think will take us into the future,” he said.

“The Air Force has never not been ready,” General Jumper said. “We're ready for anything the president asks.”

## ● FROM WAR PAGE 1

will require a powerful blend of airpower from a variety of different sources, Secretary Roche said.

“It's a combat air force, not just the Air Force,” the secretary said. “It will also be naval air and Marine Corps aviation, so it's the combat air force of the United States. We will certainly do our best to fulfill what (U.S. Central Command Commander Gen. Tommy Franks) wants us to do as part of combat air force as an airpower.”

Also, General Jumper said, there are many requirements on the ground that an aircrew simply cannot accommodate.

“Nobody in an airplane is going to be able to dig somebody out of a foxhole,” the general said. “You need the balance ... you need to be prepared to take whatever measures are required to obtain that objective.”

And that includes measures by civilian employers, whose sacrifices in support of Guard and Reserve call-ups have become commonplace in recent years, particularly since Sept. 11, 2001.

General Jumper called those sacrifices an absolute key to the success of America's armed forces.

“We can't tell you how thankful we are for all the employers out there who let go of some of their best people to put on the uniform and come on active duty,” he said. “You can't tell the difference (between active duty and Reserve) when you are out there.”

It is all about the “total force concept,” Secretary Roche said, a prescription for success when it comes to armed conflict.

“We have had a total force concept for some time that works very, very well,” he said. “We can do things with our active force immediately and not have to rely on the Reserves or Guard, but if we start to do a lot then we very much do rely on the Guard and Reserves. But instead of them having unique, niche roles, they do everything that the rest of the Air Force does, and so therefore they add to it.”

For a complete transcript of the interview, go to [www.issues.af.mil/speeches/SECAF\\_CSAF\\_WTOP.htm](http://www.issues.af.mil/speeches/SECAF_CSAF_WTOP.htm).

● FROM INVEST PAGE 4  
obsolescence. I'll be the first to admit there's more to it than just education, but it starts there, gets better with experience followed by periodic returns to the classroom.

I think these returns to the classroom help remove the “crust” off of the “crusty ol' (insert your favorite rank here).”

The times will continue to change, and those who periodically subject themselves to being a student will keep, and ultimately set, the pace. Yes, one plus one will always be two, but

the advent of digital electronics has brought some of us to also think of it as 10 in binary.

There is a certain flexibility and open-mindedness associated with being a student. This mindset coupled with professional experience helps foster sustained productivity.

It's easy to get lost in the sea of upcoming deadlines that seem to focus our daily activities. It's truly

tough to fit it all in. I've often concluded, “There's not enough time in the day.” However, days become weeks, weeks become months, and months become careers.

Successful military careers are commonly achieved by the time we're 40-something, if not sooner. Then what? The answer is easy if we've invested in ourselves along the way.

# Iraqi justice: 'My lawyer asked the judge to sentence me to death'

RUDI WILLIAMS

American Forces Press Service

WASHINGTON — Abumuslim Al-Hayder was a political prisoner in Iraq before Saddam Hussein became president of Iraq in 1979. In fact, he was among those Hussein gave amnesty to after taking over the government.

"He tried to show the world he was going to change the political climate in Iraq, so he released almost all the political prisoners," said Mr. Al-Hayder, who was among nearly 300 Iraqi-Americans and recent immigrants at a town-hall meeting in Dearborn, Mich., where Deputy Secretary of Defense Paul Wolfowitz was keynote speaker Sunday.

The political prisoners had to sign papers pledging they wouldn't participate in political activities. Mr. Al-Hayder said he signed, but later went back on his word.

"My family and I participated in the uprisings in 1991," said the former university professor, who has been in the United States since September 1992. "So they're going to execute me if they catch me. I took my family and escaped. I came as a refugee because of

Saddam's vicious acts."

Mr. Al-Hayder said he'd been tortured and sentenced to death by a military court before receiving amnesty.

"It's not a real court — 'revolutionary court,' they call it. It's a special court and their decisions are final, no appeals," he said. "You don't even have a right to bring your lawyer. They assign a lawyer for you. The prosecutor is a general, and your lawyer is a general. So both of them actually asked the judge to sentence me to death. And he did, because even my lawyer asked him to sentence me to death. All of them belong to the government."

Asked his thoughts about the potential war between the U.S.-led coalition and Iraq, he said, "I think they're going to remove Saddam. The point is not only removing Saddam, I want them to go after him as soon as possible.

"I don't want only to get rid of Saddam. I want Americans to help us get rid of his entire regime," he said. "I hear there's a plan for members of the Baath Party — Saddam's party — to rule after Saddam with the help of some leaders from the opposition. We don't want Baath Party members to rule again because this is a regime. All Baathists are educated in the same way; they have the same mentality as Saddam. They're killers. They don't believe in human life; they torture people. They are, in general, vicious."

Mr. Al-Hayder said he's not advocating killing all the Baathists. He wants to educate them, hoping to change their mentality.

"They're Iraqis, and we have no problem with that. We have problems with their behavior, not with them as humans," he said. "If they behave as human beings, they're part of us."

He said Iraqis know Saddam and his regime are part of terrorist organizations. "They're working together because they have the same

goal — to destroy humanity, human relations, democracy, freedom," Mr. Al-Hayder said. "They don't want people to be free. They want people to be slaves to their ideas. They want to control people. This is why Saddam is building his power — his mass-destruction weapons."

Asked if he plans to return to help rebuild Iraq after Saddam's departure, he said, "I'd like to go to Iraq now. This moment! I'd be active in both phases — the liberation and

the rebuilding phase. And not only me. I can assure you all the people sitting here in this room are willing to be active in both phases."

Hasan Asady, vice president of the Iraqi Human Rights Society, said the Hussein regime killed about 16 of his family members because they belonged to the opposition. A member of the Iraqi National Congress for more than 12 years, he worked with opposition groups in southern Iraq.

"We're sorry about Sept. 11, and we're still paying for that economically. We lost jobs because of that," said Mr. Asady, who came to the United States about two years ago to escape Hussein's regime. "We support the United States in its efforts to cut the head off terrorists."

Muath Abed Alrahim said he also supports U.S. actions to remove Saddam Hussein. "There's no choice, no other alternative," said the former director of Iraqi news in Baghdad. "He's a dictator and they can't remove him peacefully — only by force. You must get the Iraqis involved."

Mr. Alrahim wants to return to Iraq and to his former job as news director. "I have to go back to Iraq to take my political role in Iraq," he said. "We need to talk more to the American media to give more support to the American military."

Safaa Almayahi said he would take the first plane to Iraq to help rebuild the country after Saddam is gone.

"I would like to see in Iraq more political parties so people are allowed to choose their representative," said Mr. Almayahi, a former university professor who has been in the United States four years. "I want Iraqis to have our human rights so we can talk and go anywhere without being harassed because of your race, religion or your thoughts. That's what I like here in America."

During his opening remarks, Emad Dhia, president emeritus of the Iraqi Forum for

Democracy, which sponsored the Dearborn meeting, said, "We're looking forward to building a long-term strategic relationship with the United States based on principles of mutual interest and respect. We pledge to our fellow Americans and to all peace-loving nations of the world that the new, free Iraq will be neither a safe haven for terrorist groups nor a provider of financial or moral support.

"This is another step toward the defeat of international terrorism," he said.

Abdulrasul Al-Haydar said more than 15 members of his family, including his grandfather, were killed by Saddam Hussein. "I met President Bush when he was campaigning for the presidency," Mr. Al-Haydar told Secretary Wolfowitz. "I brought it to his attention that, 'When your father liberated Kuwait, he didn't finish the job. He should have went further and removed Saddam from power.' He smiled and indicated that he would finish the job. I hope today that he will be able to finish that job."

He said he met with President Bush last November and, "I indicated that he should not bow to any pressure by the international society for any reason to leave Saddam alone. Saddam is cancer, and he has to be removed. If we don't do it today, we may have to deal with him again in five or 10 years."

Mr. Al-Haydar grilled Secretary Wolfowitz about Washington Times and New York Times stories about America installing an American general to rule Iraq.

"You just assured us that there would be democracy," he said to the deputy secretary. "What are your comments about those reports about another dictator ruling Iraq? I assure you that all the people here won't be willing to see another Saddam replacing a Saddam. Or another dictator replacing a dictator."

"My first response is, don't believe everything you read in the newspapers," Secretary Wolfowitz said. "But this isn't a joking matter. It's absolutely clear to the president and all the rest of us that if we invest the kind of resources and risk American lives to liberate Iraq, it's not going to be handed over to some junior Saddam Hussein. It has to be for the goal of democracy.

"We don't want to stay there any longer than we have to," Secretary Wolfowitz emphasized. "The key to getting us out quickly is for the Iraqis to come together quickly in a spirit of unity, harmony and understanding the importance of having a democratic country. We'll be there for as long as it takes, but we don't want to be there a minute longer than that."

**"I don't want only to get rid of Saddam. I want Americans to help us get rid of his entire regime."**

**ABUMUSLIM AL-HAYDER**  
Iraqi-American and recent immigrant

Your link  
to what's going on

# Gulf Guide

in the  
Tyndall community

## FEBRUARY

FRI  
28

### Civil engineer squadron closure

The 325th Civil Engineer Squadron will be closed this afternoon for an official function. In the event of an emergency, call 283-4949.

### CCAF spring graduation

Today is the cutoff date to be considered in the April class for the Tyndall AFB Community College of the Air Force Spring Graduation. All documentation for degree candidate submissions must be received at the CCAF on or before this date. The CCAF Spring Graduation ceremony will be 3 p.m. April 23 at the Pelican Reef Enlisted Club. For more information, call the education center, 283-4285 or 283-4286.

### OSC scholarship deadline

The application deadline for the Tyndall Officers' Spouses Club high school senior and dependent spouse scholarship program is noon today. Applicants are eligible if their military sponsor fits into one of the following categories: active-duty military personnel stationed at Tyndall Air Force Base; active-duty Air Force personnel, currently on unaccompanied remote assignment, whose family resides in the Tyndall area; retired, MIA or deceased Air Force personnel whose family resides in the Tyndall area. High school senior applications are available at all local high school guidance offices, and spouse applications can be picked up at the base education center. For more information, call 286-8650.

## MARCH

SUN  
2

### Chapel religious education

The Tyndall Chapel offers religious education 9:30-10:30 a.m. Sundays for Protestants and 11 a.m.-noon Sundays for Catholics. Both sessions will be held at the spiritual fitness building. For more information, call 283-2925.

TUE  
4

### Children's weight class

The health and wellness center's sensible weight class for children meets 3:30-4:30 p.m. every Tuesday in Room 111. For more information, call the health and wellness center, 283-3826.

WED  
5

### 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.

### Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 6-8 p.m. Wednesdays in the spiritual fitness center. For more information, call the Chapel 2 office, 283-2925.

THU  
6

### Coastal navigation course

The Coast Guard Auxiliary Flotilla 16 navigation by global positioning system course will be 7-9 p.m. Thursday in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The course will discuss GPS, WAAS and LORAN. The cost of the one-night course is \$20. Registration and payment will start at 6:30 p.m. the night of the course. For more information, call John Clark, 271-3828, or visit the flotilla Web site at: <http://klik.to/USCGAUXFlotilla16>.

### Marriage workshop

The five-session "Married and Loving It" workshop will continue 11:30 a.m.-1 p.m. Thursday, March 13 and 20 in the family advocacy conference room. For more information, call family advocacy, 283-7511.

### Bible study

A weekly Bible study session offered by the Officer Christian Fellowship and Christian Military Fellowship will be 11:30 a.m.-12:30 p.m. Thursdays in the community activities center. For more information, call Capt. Carma Pauli, 283-7669.

## NOTES

### Bay County job fair

The 16th Annual Bay County Job Fair will be 8 a.m.-1 p.m. March 7 at the Haney Technical College, 3016 Highway 77. Employers from all over the country will be on hand offering job opportunities in a wide range of career fields. This job fair is free and open to the public. For more information, call the family support center, 283-4204.

### New York Air Guard positions

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

### AFIT opportunities

The Enlisted-to-Air Force Institute of Technology program recognizes enlisted professional development in conjunction with other professional training and education programs. Resident AFIT science, engineering and management graduate degree opportunities can further develop members' technical education and skills. Classes will begin in October. For information and procedures supporting this year's Enlisted-to-AFIT opportunities, contact the education center or link to the official Web site at: [www.afit.edu](http://www.afit.edu).

## RETIREE NEWS

### Advance medical directives

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

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

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

An advance medical directive may be revoked or changed at any time. You can verbally inform your primary care managers if they wish to change it. To formally change an advance medical directive, contact your legal assistance office. This office can also provide legal advice and assistance in preparing an initial advance medical directive.

## YARD SALES

The following yard sale is scheduled for Saturday: 3410-A Smith St. All yard sales are held between 8 a.m.-4 p.m.

# Tyndall grappler places first in state female wrestling

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

A Tyndall dependent made Bay County history recently when she became the county's first female high school wrestling champion to achieve state-level recognition.

Jennifer Sokol, daughter of Col. Joseph and Mrs. Rose Sokol, placed first in Florida's state female wrestling championship, pinning her final opponent in just one minute, 28 seconds. Her win means that she will compete at the national competition in Lake Oberon, Mich. in late March.

"She is certainly the first female wrestler from Bay County to win the championship," said coach Steve Burns, who is

also the 83rd Fighter Weapons Squadron liaison flight NCO in charge here.

"It felt great to win," Jennifer exclaimed. "I pinned her really quickly in a move she had never seen before."

"Jen definitely deserved this," Mrs. Sokol said. "It was a great feeling that she brought home the gold."

Jen's success is a direct result of her drive and initiative, Coach Burns said.

"She has so much drive that it helps push the other wrestlers on the team,"

he said. "I wish all of our wrestlers had that drive and determination."

Jennifer's persistence and success on the wrestling mat is also evident in her other activities. She is also Bay County's female weightlifting champion, and she has broken her own county records multiple times. She says her formula for success is simple.

"If you don't work out, you don't win," she said flatly. "I enjoy (wrestling) and I want to succeed."

**"She has so much drive that it helps push the other wrestlers on the team. I wish all of our wrestlers had that drive and determination."**

**MASTER SGT. STEVE BURNS**  
wrestling coach

The high school senior also holds a 4.0 grade point average, a feat made more difficult by her grueling schedule, "We practice for about three hours each day, with wrestling tournaments every weekend from Jan. through mid-Feb." Jennifer said.

Jen says that she hopes her success can pave the way for other girls to wrestle competitively at the high school level. "I don't want to come back in two years and see no girls on the team," she said.

In the end, the entire wrestling team shares in Jen's success. The team is "like having a bunch of big brothers," Jen said.

"Even though wrestling is an individual sport," Mrs. Sokol said, "it's a team effort."



Staff Sgt. Sean White

## Diamonds are forever

The Thunderbird Diamond flies an average of three feet apart and travels at a maximum speed of 425 knots during a demonstration. The Thunderbirds will again headline the Gulf Coast Salute March 22-23. Gates will open at 8 a.m. for two days of action-packed excitement. Make plans to attend with the whole family. For more information, call the public affairs office at 283-8572.

## Delta Dental renews retiree dental program

*Five-year contract extends dental benefits to 4.2 million*

Delta Dental Plan of California announced today that the TRICARE Management Activity (TMA) of the Department of Defense has awarded the company a five-year renewal of the contract to administer the TRICARE Retiree Dental Program (TRDP).

The TRDP, authorized by Congress as part of the National Defense Authorization Act for fiscal 1997, offers affordable dental benefits to the nation's 4.2 million uniformed services retirees and their family members. The new contract becomes effective on May 1, 2003. With its current enrollment of 650,000, the TRDP is already the nation's largest voluntary, all enrollee-paid dental program.

"Based on the program's excellent track record and our plans to accelerate the availability of comprehensive benefits with fewer restrictions, we expect to see some healthy growth in the TRDP over the course of the new contract period," said Delta Dental President and Chief Executive Officer Gary Radine.

The TRDP will continue as a national, combined fee-for-service/preferred provider program that offers enrollees access to any licensed dentist in all 50 states, plus the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada. While enrollees may seek care from any licensed dentist in the service area, optimal benefits will be available to those enrolled retirees and their family members who choose a participating dentist.

The new contract for the TRDP reduces the mandatory enrollment obligation to only 12 months, after which enrollees can remain in the program on a month-to-month basis. Additionally, the waiting period for a full scope of benefits has been reduced to just 12 months, after which 50 percent coverage for crowns, bridges, full/partial dentures and orthodontics goes into effect.

As with the current TRDP, eligible retirees and their family members can find answers to their questions about the program as well as enroll using Delta's dedicated TRDP Web site at [www.trdp.org](http://www.trdp.org) or by calling the toll-free number at (888) 838-8737.

*(Courtesy Delta Dental)*

Save for Your Future **U.S. SAVINGS BONDS**



# Funshine NEWS

February 28, 2003

325th Services Website: [www.325thservices.com](http://www.325thservices.com)

## Welcome to "Sensational"



## Services



**325th Service Squadron**  
Let Us Know How  
We Are Doing  
**283-4506**

Want to keep up with  
"What's Happening" at Tyndall?  
Send us your email and we will  
add you to our weekly mailing.  
[whats.happening@tyndall.af.mil](mailto:whats.happening@tyndall.af.mil)  
or call us at 283-4565

## Gulf Coast Salute

### Pelican Point Golf Tournament

March 14, 2003  
11 a.m. • Lunch • Noon Shotgun  
Format will be 4 person select shot  
Members \$20, Non-members \$40  
Fees Include: Lunch, Range Balls, Cart, Green Fees, and Prizes  
For more information call 283-4389

### Beacon Beach Marina Club Regatta 2003

March 15  
11 a.m. Race start (subject to change due to weather)  
6 p.m. Seafood Buffet (\$7.50)  
7 p.m. Awards Ceremony  
Entry fee: \$25 per boat  
Sunday, March 16 - Rain Day  
For more information call: 283-3059

### Fitness Center 5K Fun Run

March 22, 2003  
Late Registration and T-Shirt pick-up for pre-registrants: 7-7:45 a.m.  
Walk Starts: 8 a.m., Run Starts: 8:30 a.m.  
Prize Drawing Begins: 9 a.m.  
Cost: \$10 if registered before March 7 and \$12 if registered after March 7  
For more information call: 283-2631

### Fitness Center

☎ 283-2631

#### Aerobics Class Change

We've added a 5:30 p.m. class on Thursdays and eliminated the 5:30 p.m. and noon class on Fridays.

### Base Honor Guard

☎ 283-4405

#### NCOIC Needed

NCOIC needed for highly visible Base Honor Guard program. Call SSgt Sparks.

### Teen Center

☎ 283-0295

#### College Scholarships

■ General Henry Arnold Grant: \$1,500  
Open to: High School Seniors  
[www.nces.ed.gov](http://www.nces.ed.gov), [www.afas.org](http://www.afas.org)  
Deadline: March 14, 2003

#### Air Force Teen Aviation Camp

This camp is for sophomores and juniors who are considering the AF Academy for college or considering the Air Force as a career. Expense for travel to camp will be assumed by the participant. Lodging, meals and camp activities will be provided.

#### Teens on the Move

This one-hour workshop gives advice on the best ways to deal with leaving friends and family, and on adjusting to a new city and school.  
(Held once every three months.)



### Community Activity Ctr.

☎ 283-2495

#### Ballroom Dance Lessons

Lessons begin Mar. 6, 6 p.m. in the ballroom. Cost is \$65 per couple. \$32.50 for singles (per 4 week session). Learn to Swing, Jitterbug, Waltz, and Cha-Cha in a fun and friendly atmosphere.

#### Coffee Bar Service Expanded and Hours Extended

The CAC coffee bar now offers cookies and muffins. Beginning March 4 operating hours will be 7:30 a.m.-3 p.m.

#### Jazz Dance Class

Class begins Mar. 1 at 11 a.m.  
Open to 14 yrs. and up  
Cost is \$25 per 5 week session  
6 people minimum to start class.

### Youth Center

☎ 283-4366

#### Start Smart Golf for 5-7 Yr. Olds

Teaches children and parents the basics of golf in a one-on-one environment. Runs Mar. 1, 8, 29 & Apr 5 & 12 at 9 a.m. Cost is \$35.

#### Target Archery

Mar. 25-28. 10 a.m. Open to youth 9-16 yrs. Learn basic archery techniques. Cost is \$30.

#### Start Smart Baseball

Work one-on-one with your child improving baseball skills. This program is for youth ages 3-5 yrs. and runs from March 29 to April 26. Call for more information.

### Information, Tickets & Travel

☎ 283-2499

#### Passport to Adventure

Validate Your Passport NOW for a Chance to Win These Great Prizes:  
A Cruise for 2 on the Riviera  
A Cruise for 2 on the New England Coast  
To get your passport and information on how to play call or stop by ITT.

### Family Child Care

☎ 283-2266

#### Extended Duty Child Care

Working outside "normal" duty hours? Extended Duty Child Care may be the answer for you. Call for details.

### 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**

# WIN!

### AF Club Members

who eat at the Club or the Sports Page Pizza Pub & Grill during February and March could win a Premier Vacation Package. Come by for details.

### All Ranks Lunch at the O' 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

<b>Mondays</b>	Chef's Choice
<b>Tuesdays</b>	Italian
<b>Wednesdays</b>	Oriental
<b>Thursdays</b>	All American
<b>Fridays</b>	Seafood

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

**283-4357**

### Air Force Club Scholarship Program

Six scholarships will be awarded to AF Club members or their eligible family members.

#### First place is \$6,000

Applicants must be accepted by, or enrolled in, an accredited college or university graduate or undergraduate program by fall of 2003. Information packages with complete instructions and requirements are available from the Tyndall Officers' Club business office beginning February 21.

Entry deadline is July 15.

**283-4357**

for more information.



Sponsored in part by:

First USA Bank, Coca Cola and Master Card.  
No federal endorsement of sponsor intended.

## Sports shorts

### Half-marathon event

A new Seaside Half Marathon and 5K Run will be Sunday in Seaside, located halfway between Destin and Panama City. For more information, call Ms. Kelly Buzzett, 850-231-0321, or e-mail [buzzett@gnt.net](mailto:buzzett@gnt.net).

### Intramural basketball champs

The 53rd Weapons Evaluation Group basketball team defeated the 325th Communications Squadron, 50-36, Feb. 20 winning the base intramural crown.

The 53rd WEG basketball team finished the season with a 13-2 record. Congratulations to the team consisting of:

Demetrius Brown, Joe Cassidy, Israel Figueroa, Clay Humphreys, Derrick Jordan, Brian Manning, Jon Montgomery, Clay Morgan, Ken Ramirez, James Smith and Ron Striggles.

### Softball tryouts

The men's varsity softball tryouts are scheduled for 5-7 p.m. Monday through Thursday at the Falcon Field. For more information, call the varsity coach Eddie Tirota at 283-3186.

### Intramural volleyball

A coaches' meeting will be held for all intramural volleyball coaches at 1 p.m. March 11 at the base library.



**Think  
before  
you  
drink.**

