

GULF DEFENDER



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Jan. 31, 2003

In brief

Programs suspended

The Department of Defense continues suspension of "Operation Dear Abby" and "Any Servicemember" mail programs intended to allow Americans to send cards and goods to military members around the world. Such programs could compromise the security of deployed members.

Interested Americans can show their support and honor their military by volunteering in their local community.

Organizations that may have already collected items may donate the goods to local charities such as a homeless shelter or orphanage. Letters and cards can be forwarded to nursing homes or veterans' hospitals.

Valentine's Day messages

The *Gulf Defender* will publish Valentine's Day messages in the Feb. 14 issue. Readers interested in sending a brief message to their loved ones can e-mail their message to editor@tyndall.af.mil. Messages will be edited for content and printed on a space-available basis.

Inside

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Lisa Carroll

Suspect apprehended

Airman 1st Class Donald McKenzie apprehends Staff Sgt. Michael Brewer, playing the role of a suspected perpetrator, during a Helping Hand Exercise conducted this week. Several scenarios were rehearsed during the week-long event. A story will appear in the Feb. 7 issue of the *Gulf Defender* announcing the results of the exercise.

Secretary Rumsfeld speaks on North Korea, Iraq, possible casualties

JIM GARAMONE
American Forces Press Service

WASHINGTON — Defense Secretary Donald Rumsfeld told members of the foreign press recently that there is no dichotomy in the U.S. approaches taken for Iraq and North Korea.

The secretary and Chairman of the Joint Chiefs of Staff Air Force Gen. Richard Myers spoke at the Foreign Press Center. Reporters asked Secretary Rumsfeld if there was a double standard in the treatment of the two rogue nations.

"In the case of North Korea, we're on a diplomatic path," Secretary Rumsfeld said. In late 2002, North Korea revealed it had a secret nuclear program and said it was going

to restart industrial plants to produce bomb-grade material. Earlier this month, the North Koreans said they were withdrawing from the Nuclear Nonproliferation Treaty.

Secretary Rumsfeld said the United States is working with regional powers to persuade North Korea to stop its nuclear programs. At present, efforts to persuade the North Koreans are on the diplomatic front. "Whether they'll be successful on the diplomatic path, I don't know," he said.

With Iraq, he continued, the United Nations has used every conceivable approach to get Saddam Hussein to carry out his agreements to get rid of his weapons of mass destruction program.

"(The world community) used diplomacy. They've used economic sanctions. They've used 'carrots,' with the oil-for-food program. They've used limited military activity, in the Northern and Southern No-fly zones," he said.

So, for 11 years the international community has tried to get Iraq to honor the 16 U.N. Security Council resolutions it agreed to. U.N. Security Council Resolution 1441, passed unanimously last Nov. 8, gives Iraq its last chance to come clean and disarm.

But there is no dichotomy; the United States believes weapons of mass destruction are a danger to the world and nations like Iraq and North Korea shouldn't have them, he

said.

Secretary Rumsfeld said the world must act together today to stop the spread of these weapons. He said people today do not fear weapons of mass destruction. Yet the proliferation of these weapons is so pervasive that there will be three to five more nuclear powers in five to 10 years.

"And they're not going to be countries like the United Kingdom or France or the United States. They're going to be countries like North Korea. They're going to be terrorist states, and they're going to be states that have relationships with terrorist organizations," he said.

He said developing, trans-

●SEE SECDEF PAGE 15

Exercise prepares Team Tyndall

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



I'd like to begin this week by thanking the entire base for their performance in and support of Exercise Crown Royal. Several

important aspects of our mission were tested to include one that's a top priority for the Air Force in today's environment — deployment readiness. The Exercise Evaluation Team, in concert with several other agencies worked hard to ensure we experienced realistic scenarios that met two separate but extremely important objectives; mission readiness and Operational Readiness Inspection preparation.

We still have work to do in some areas, but from all reports, this week helped to get us closer to the mark. The stressors we experience during exercises help us to better deal with real crises, so I encourage you to use each of these opportunities to test yourselves and your unit capabilities in order to provide us with a valid assessment.

Stress doesn't occur just during exer-



“The stressors we experience during exercises help us to better deal with real crises, so I encourage you to use each of these opportunities to test yourselves and your unit capabilities in order to provide us with a valid assessment.”

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

cises or deployments; it is a fact of life and can come from many different sources, positive and negative. For example, did you realize that marriage, though viewed as a positive event, is rated as one of the leading sources of stress a person can experience? Unfortunately, stress can lead to a serious situation in someone's life if not assimilated adequately.

Most people in the Air Force probably couldn't imagine life at Tyndall as unbearable, but there are a few who might feel that way. If you or someone you know feels this way, has exhibited signs or talked about depression or hurting themselves, don't dismiss these feelings, let somebody

know, as help is available in many forms. It is important to know that people on our Air Force and Tyndall teams are available to assist in times of need. These include supervisors, coworkers, friends, base chaplains and professionals at the 325th Medical Group Life Skills Clinic.

Fortunately, new programs are always emerging to help with stressors and one of the newest promises to help an extremely important part of Team Tyndall, the military spouses. The program is called Heart Link, and it kicks off here at Tyndall Feb. 21 with the first group of spouses attending the seminar. It's an orientation

●SEE PREPAREDNESS 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.

Larry D. New

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

AETC command chief: Once an airman, forever an airman

CHIEF MASTER SGT. WILLIAM MILLIGAN

Air Education and Training Command command chief master sergeant

(Editor's Note: Chief Milligan retires from the Air Force today on the parade field at Lackland Air Force Base, Texas)

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — It's one of those things that just kind of sneaks up on you. You are ambling along, doing your job each day, enjoying life when it seems to come from nowhere and suddenly your life changes, never to be the same again. You don't really like it, but you must accept it because you can't do anything about it. So, you start making plans to deal with this unwanted situation called retirement!

Never in 29 years have I been faced with a dilemma that I have had such a difficult time accepting. I have always subscribed to the theory that there are only two ways to have stress in your life: No. 1: You have control of a situation, and it is not going well, but you are not exercising your control; and

No. 2: You are trying to control something you have no control over.

Accept these two tenets and you will have no stress. However, now that I am facing retirement, can do nothing about it and realize I must accept it, I'm not sure the No. 2 tenet is as easily followed as I thought.

Regardless, it will happen, and I will find a way to deal with it. Consequently, there are a few things I would like to leave with you as I transition to another career.

Life as an airman is an honor and privilege. We sometimes forget to consider the challenges and opportunities afforded us as an airman. Being an airman is not about pay, benefits, allowances or entitlements. It's about freedom, democracy and an equality of life for all. These freedoms we enjoy are only as secure as the men and women who have and are willing to serve in our armed forces. Being an airman is one way of making that ultimate commitment.

This commitment must be free from inhibitors such as com-

pensation or expected rewards. Of course, those who serve should expect a comparable quality of life for themselves and their family, but that is a function of leadership. The role of the airmen is to prosecute those things within their control that ensure freedom and equality for all, to dedicate themselves to maintaining democracy regardless of the requirements.

At times, the challenges presented during a career can seem overwhelming, yet we always find a way to succeed. We deal with deployments, remote tours away from family, and uprooting and moving families many times resulting in many different homes and numerous school systems. With each job comes new challenges for both the member and the family. Only someone who has "walked in these shoes" can understand and appreciate these challenges, but with each also comes opportunities.

We are afforded the opportunity to become mentally and physically stronger, disciplined and able to deal with change.

●SEE RETIRE PAGE 3

Gulf Defender Editorial Staff

Brig. Gen. Larry New 325th FW commander
Capt. Chris Karns chief, 325th FW public affairs
Tech. Sgt. Dan Neely chief, internal information
2nd Lt. Albert Bosco public affairs action officer
Staff Sgt. Roel Utley editor
2nd Lt. Ryan Fitzgerald staff reporter
Teresa Nooney News Herald staffer

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

● **FROM PREPAREDNESS PAGE 2**

program directed by the Air Force Chief of Staff that focuses on spouses with less than five years in the military environment. Its goal is to help spouses better understand the demands placed on the military member and highlight the key role the spouse plays in helping to accomplish our mission. It also recognizes that an important retention factor is the military family. If you are interested in or want more program information, feel free to contact the family support center at 283-4204.

With the cold weather we've been experiencing, I'd like to share my appreciation for all Team Tyndall members who routinely work outdoors in the elements to accomplish their missions; security forces, flightline maintainers, civil engineers and many more; your service doesn't go unnoticed and is very much appreciated. To the entire base, I can't thank you enough for what you do every day. Each of you is critical to mission accomplishment and are what makes Tyndall so great.

Thank you, be safe and have a great week!

● **FROM RETIRE PAGE 2**

Our family members also learn to deal with the temporary nature of each assignment. Most importantly, we are privileged to be a part of something far more important than life itself. We know that as a result of our service the world will be more free, a little longer, and along the way we are blessed. We are fortunate to work with only the finest professionals from the pilot to the mess cook. Our growth and potential is only restricted by the constraints we place on ourselves. Everyone is equal regardless of gender, race or religion. The bottom line is we have the greatest people serving this great nation in the greatest Air Force in the world and serving with distinction. We get to be a part of this great institution.

Therefore, with this understanding, I believe I can accept retirement. I can accept retirement because there are many who will come after me, just like those before me, those committed to ensuring this country continues to be the flag bearer for freedom and democracy. As stated by our No. 12 chief master sergeant of the Air Force, when I am retired and my young granddaughter is sitting on my knee and asks, "Granddaddy, what did you do in the Air Force?" I know exactly how I will respond. "Sweetheart, I was part of an institution that promoted democracy, an organization where freedom was paramount. I was a member of a profession where words like character, valor and integrity had a totally different meaning than what the dictionary defines. I was an airman and in our job the bottom line wasn't profit. It was freedom."

I will truly miss putting on my uniform each morning, but I realize that being an airman is not just about wearing a uniform. Being an airman is not just a job, not just a vocation, not just a hobby. It's about being the consummate military member and citizen. Being an airman is stepping up and facing the requirements of military life. Being an airman is not something you put on or take off; it's not something you quit doing. No, even in retirement we don't stop being airmen, we simply change roles. In reality, you can never stop being an airman because it is part of your DNA.

I was blessed and fortunate to spend the last several years of my career in Air Education and Training Command. The people in the First Command, from the leadership to the staff at the headquarters to the instructors in the most geographically separated field training detachments, have given me outstanding support. You are true Air Force professionals, and I know you will welcome and support Chief Master Sgt. Karl Meyers in the same manner you supported me.

God bless our Air Force, and God bless this great country.

Thinking of getting out?

THINK AGAIN!

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

Tax breaks for combat-zone service

GERRY GILMORE
American Forces Press Service

WASHINGTON (AFPN) — Military members serving in designated combat zones supporting the global war against terrorism can get a tax break from Uncle Sam.

Depending upon rank, eligible servicemembers can exclude from federal income tax either all or some of their active-duty pay — and certain other pays — earned in any month during service in a designated combat zone.

According to the Internal Revenue Service's Armed Forces' Tax Guide for 2002, "a combat zone is any area the President of the United States designates by Executive Order as an area in which the U.S. Armed Forces are engaging or have engaged in combat."

Current combat zones are Afghanistan, specified parts of the Kosovo area and the Persian Gulf region. The tax guide defines the qualifying areas.

Servicemembers in several other areas specified in law as "qualified hazardous-duty areas" are eligible for the same tax breaks. Bosnia-Herzegovina, the former Yugoslav Republic of Macedonia and Croatia have been listed since November 1995.

Some people providing direct support for military operations within a designated combat zone or qualified hazardous-duty area may also be eligible for income tax exclusions. New areas for 2002 include Djibouti, Africa, after July 1, 2002; and the Philippines after Jan. 9, 2002, providing people's orders specify their duty is "in direct support of Operation Enduring Freedom - Philippines."

Servicemembers who serve one or more days in a designated combat zone are entitled to federal tax exclusion benefits for that entire month, according to the IRS.

The downloadable Armed Forces' Tax Guide for 2002 can be accessed on the Web at www.irs.gov/pub/irs-pdf/p3.pdf. It lists many, but not all, designated combat zones.

While people can use the tax guide in preparing their 2002 federal tax returns, those who have specific questions about designated combat zones

should contact their unit personnel or pay officials or unit tax assistance officer.

The IRS guide notes servicemembers normally do not need to claim the combat zone exclusion or subtract eligible earnings on their federal tax returns. The services nor-

mally have already excluded combat zone earnings from the taxable gross income reported on servicemembers' Form W-2s, the guide says.

The IRS points out that military retirement pay and pensions are not eligible as combat zone income tax exclusions.

Tyndall's volunteer tax advisers

Tyndall's Volunteer Income Tax Advisers are available to handle income tax filing for members assigned to their units. If a unit doesn't have a tax adviser or work schedules don't permit meeting with the unit adviser, military members can visit the tax center which opens Monday from 9 a.m.-3 p.m. weekdays. Scheduled appointments are available from 9 a.m.-1 p.m. Walk-ins are always welcome. The tax center is also open to active-duty and retired military members.

<i>Name</i>	<i>Unit</i>	<i>Phone (283-)</i>
Senior Airman Daniel Sigmon	1st AMU	4891
Sharon Allen	1st FS	4512
Capt. Lawrence Spinetta	1st FS	4327
Staff Sgt. Mark Roca	28th TS/Det. 2	6757
2nd Lt. Chris Allen	325th ACS	3442
2nd Lt. Melissa Bergman	325th ACS	3442
2nd Lt. Christina Dyer	325th ACS	3442
Master Sgt. Grace Paul	325th ACS	9006
2nd Lt. Dan Travers	325th ACS	3442
2nd Lt. Keith Benko	325th AMXS	8234
Master Sgt. Emery Coleman	325th AMXS	2063
2nd Lt. Pete Lopez	325th AMXS	8581
Master Sgt. Dan Millard	325th AMXS	4478
Tech. Sgt. Michael Rabb	325th AMXS	1032
Staff Sgt. Vincent Reyes	325th AMXS	2153
Tech. Sgt. Don Tennyson	325th AMXS	4891
2nd Lt. Jimmy Jeoun	325th CES	8559
1st Lt. Jacob Salmond	325th CES	4559
Donna Hufschmidt	325th CPTS	3265
Scott Sheffield	325th CPTS	8240
Ruth Preston	325th CS/CCS	2021
Tech. Sgt. Brian Myers	325th CS/SCBH	2171
Tech. Sgt. Edwin Averion	325th CS/SCBZ	2160
Staff Sgt. Derrick Lang	325th CS/SCMN	2503
Fran Atkinson	325th CS/SCMT	4667
Staff Sgt. Donna Brattain	325th CS/SCMV	2342
Theresa Reed	325th FW	4231
Senior Master Sgt. Kenneth Townsend	325th FW	3269
Marlene Crowe	325th FW/JA	4681
Tech. Sgt. Steve Courmoyer	325th MOS	4255
Master Sgt. Dale Heppe	325th MOS	4224
Staff Sgt. Temesha Madison	325th MSS	2283
Bernice Milton	325th MSS	4204
Master Sgt. Robert Delude	325th MXG	8102
Master Sgt. Patrick Conlin	325th MXS	1131
Staff Sgt. April Couch	325th MXS	3173
Staff Sgt. Charles Dill	325th OSS	2609
2nd Lt. Jake Hendrickson	325th OSS	2525
Tech. Sgt. Bennie Sanders	325th OSS	0019
Tech. Sgt. Andrew Duran	325th SVS	4345
Alan Tremaine	325th SVS	4211
1st Lt. Kathy Roman	82nd ATRS	9689
Staff Sgt. Timothy Gutierrez	83rd FWS/DOS	8026
Staff Sgt. Lakieta Smith	83rd FWS/MAY	3082
2nd Lt. Kolin Newsome	AFRL	6308
Wayne Randall	AFRL	6002
Maj. Debra Richlin	AFRL	6016
Tech. Sgt. Michael Crow	REDHORSE	8731
Staff Sgt. Joe Lashley	REDHORSE	8729
Cathy Simmons	REDHORSE	639-2833
Kim Albro	SEADS	5413
Margaret Morgan	SEADS	5456
Carolyn Whittington	325th CONS	8640

Leadership line



“The better Air Education and Training Command does its job training mission-ready airmen, the more the operational Air Force can focus on deployments and combat operations.”

GEN. DONALD COOK
AETC commander

Culinary course teaches key to cooking success

STEVE RIDDLE

325th Service Squadron marketing

If lately it seems that more people want seconds at the Berg-Liles Dining Facility, it could be because of a new Air Force training course.

Recently, instructors from the 344th Training Squadron, Lackland Air Force Base, Texas, were here to teach some new, customer-friendly techniques in shift management and food preparation. Although this was only the fifth time this course had been taught anywhere, its goals have become instantly popular.

“The course mission is to enhance the dining experience of the customer,” explained Tech. Sgt. Deborah Corder, Air Force Services Academy instructor. The two-week course accomplishes this by providing students with various effective means of motivating an entire shift and by following food service standards set by private industry.

“Our course is based on the corporate food service system – it mirrors

the industry standard,” said Tech. Sgt. Mike Shimkus, the Air Force Services Academy instructor who wrote the course. “This tells how to handle accounting (and) financial management.”

By doing this, Sergeant Shimkus explained, the shift manager has more time to spend on food preparation.

“It links everything together,” he said. “It cuts back on paperwork. We want to have the shift leader concentrating on food preparation and the morale of the crew. If the shift has high morale, then the quality of the food will be improved.”

Motivation techniques, fiscal responsibilities and other academic instructions are covered in the classroom during the first week, but for week two, the class moves into the kitchen to learn even better ways to prepare and present food.

“We focus on progressive cooking,” Sergeant Shimkus said. “This ensures a fresh, quality meal.”

Progressive cooking, Sergeant Corder



Steve Riddle

From left, Tech. Sgts. Deborah Corder and Mike Shimkus, Air Force Services Academy instructors, discuss course instructions with Senior Airman Chad Yeager, midnight shift supervisor at the Berg-Liles Dining Facility.

said, is the key to making food taste better no matter what time a customer comes in to eat.

“Progressive cooking is cooking smaller amounts,” she explained. “Instead of cooking it all at once, you’re cooking it as you need it.”

Also, one of the biggest concerns dining patrons have with any facility is highly emphasized in this course.

“There’s a lot of focus on hygiene and sanitation,” Sergeant Shimkus said. They also teach that having a clean looking facility is an important part of the shift manager’s job.

“The biggest thing they taught me was that the customers ‘eat with their eyes,’” said Senior Airman Bryan Garnett, assistant shift leader at the Berg-Liles Dining Facility. “The initial appearance is what brings them back to the facility.

“I learned a lot of things that are real important,” he continued. “They taught me the bigger responsibilities of being a shift leader – it’s not just being in the kitchen.”

One of these responsibilities is find-

ing out how well the shift is doing, and how good the food is.

“We’ve been having the shift leaders (students) get out and talk to customers,” Sergeant Corder said. “We have the shift leaders get feedback from them.”

Having the students do this also gave them the chance to learn customer interaction skills.

“They taught me how to better deal with customers,” said Senior Airman Chad Yeager, midnight shift supervisor at the Berg-Liles Dining Facility. “They taught me how to understand why a customer feels the way they do.”

Airman Yeager said the course also gave him a broader understanding of his job as a shift leader.

“There are a lot of things they taught that I always thought of as ‘management only’ that the shift leader is actually responsible for,” Airman Yeager said. “You’re responsible for how the floor looks, the line, the people serving the food. It was a good course with a lot of info not typically presented.”



**Think
before
you
drink.**

Bush: Trusting Saddam 'Not a strategy,' 'Not an option'

JIM GARAMONE

American Forces Press Service

WASHINGTON — "Trusting in the sanity and restraint of Saddam Hussein is not a strategy, and it is not an option," President George Bush told Congress and the nation Jan. 28 during his State of the Union speech.

The president answered questions about why Iraq is a crisis now. He said the Iraqi dictator has weapons of mass destruction and will share them with terror groups.

"Before Sept. 11, many in the world believed that Saddam Hussein could be contained," he said. "But chemical agents, lethal viruses and shadowy networks are not easily contained."

The president asked Americans to imagine the suicide terrorists who attacked the United States if they had been armed by Iraq. He said terrorists armed with weapons of mass destruction could "bring a day of horror like one we have never known."

The president said the United States will ask the U.N. Security Council to convene on Feb. 5 to consider Iraq's continuing defiance. He said Secretary of State Colin Powell would present information and intelligence about Iraq's illegal weapons of mass destruction programs, its attempts to hide those weapons from inspectors and its links to terrorist groups. President Bush stated that the United States will consult with allies and the United Nations, but he said if Saddam Hussein does not disarm, "for the safety of our people and the safety of the world, we will lead a coalition to disarm him."

President Bush also spoke directly to the members of the armed forces. "Some crucial hours may lay ahead," he said. "In those hours, the success of our cause will depend on you. Your training has prepared you, your honor will guide you, you believe in America, and America believes in you."

President Bush also attempted to reassure the Iraqi people that the United States separates the regime from the population. "I have a message for the brave and oppressed people of Iraq: The enemy is not surrounding your country; the enemy is ruling your country," he said. "And the day he and his regime are removed from power will be the day of your liberation."

As is fitting in a State of the Union

address, President Bush spoke about many other programs and proposals. He also reported on the global war on terrorism. "There are days that our fellow citizens do not hear news of the war on terror," he said. "There is never a day that I do not learn of another threat or receive reports of operations in progress

"Some crucial hours may lay ahead. In those hours, the success of our cause will depend on you (military members). Your training has prepared you, your honor will guide you, you believe in America, and America believes in you."

PRESIDENT GEORGE BUSH

During the State of the Union address

or give an order in this global war against a scattered network of killers. The war goes on, and we are winning."

President Bush cited a number of terrorist plots that have been foiled and terror groups left leaderless. He said more than 3,000 terrorists have been arrested around the world, and many others have been killed.

Within the United States, homeland security has been strengthened and President Bush thanked the Congress for its support of fielding a limited ballistic missile defense beginning this year. The president also said he is asking for \$6 billion to fund Project BioShield. If approved, the project would be a major research and production effort to guard Americans against bioterrorism. The money would go to make effective vaccines and treatments available quickly against such agents as anthrax, botulinum toxin, ebola and plague.

"We must assume our enemies will use these diseases as weapons, and we must act before the dangers are upon us," he said.

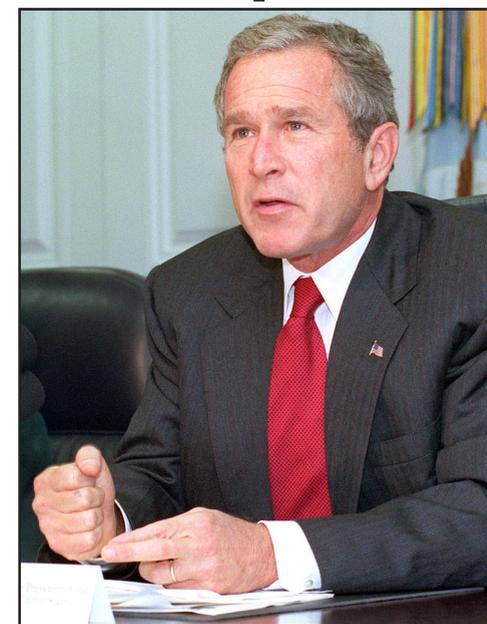
President Bush told Congress that he had instructed the leaders of the FBI, the CIA, the new Department of Homeland Security and the Defense Department to develop a Terrorist Threat Integration Center to merge and analyze all threat information in a single location. "Our government must have the very best information possible, and we will use it to make sure the right people are in the right places to protect all our citizens," he said.

The president stressed a number of times that the greatest dangers to freedom are rogue nations possessing weapons of mass murder. He said those countries could use those weapons for blackmail, terror and mass murder. "They could also give those weapons to terrorist allies, who would use them without the least hesitation," he said.

Last year, the president lumped Iraq, Iran and North Korea together as an "axis of evil." He spoke of U.S. efforts to influence the other two countries of the axis.

He said that different threats require different strategies. "In Iran, we continue to see a government that represses its people, pursues weapons of mass destruction and supports terror," he said. "We also see Iranian citizens risking intimidation and death as they speak out for liberty and human rights and democracy. Iranians, like all people, have a right to choose their own government and determine their own destiny — and the United States supports their aspirations to live in freedom."

The North Korean leaders continue to starve and oppress their people. "Throughout the 1990s, the United States relied on a negotiated framework to keep North Korea from gaining nuclear weapons," President Bush said. "We



now know that that regime was deceiving the world and developing those weapons all along. And today the North Korean regime is using its nuclear program to incite fear and seek concessions. America and the world will not be blackmailed."

He said the United States would work with South Korea, Japan, China and Russia to find a peaceful solution. "The North Korean regime will find respect in the world and revival for its people only when it turns away from its nuclear ambitions," he said.

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

QUIT

 American Heart
Association
WE'RE FIGHTING FOR
YOUR LIFE

Checkertail Salute



Steve Wallace

Sergeant Thrift is presented the Checkertail Salute Warrior of the Week award by Col. Douglas Cochran, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Sergeant Thrift who was hand-selected to write the specialty knowledge test for the services career field due to her in-depth readiness background. She was also asked for by name to augment a command inspection team.

Master Sgt. Diane Thrift

Duty title: Food service superintendent

Unit: 325th Services Squadron

Time on station: 6.5 years

Time in service: 19 years

Hometown: Homerville, Ga.

Hobbies: Traveling and shopping

Goals: To make senior master sergeant this year

Favorite thing about Tyndall: Location

Pet peeves: Snap decisions and lack of planning which result in crisis management

Favorite book: Any murder mystery

Favorite movie: "The Breakfast Club"

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.

Emergency data cards move to Web via vMPF

MAJ. JOHN THOMAS

Air Force Personnel Center public affairs

AIR FORCE PERSONNEL CENTER — More than a week before its planned launch, the brand new Web-based emergency data card helped more than 1,000 airmen in Alaska mobilize for a real-world deployment.

Now, sooner than expected, airmen can update their emergency contact information from any Web-connected computer, from home or work, rather than visiting their military personnel flights.

Called the *Virtual* Record of Emergency Data, or vRED, the new form provides the Air Force with information needed to contact family members if an airman suffers a serious illness or injury, or dies while on active duty.

The vRED replaces the "DD Form 93, Record of Emergency Data," and will need to be kept updated by each individual. Now the only way to update an airman's emergency data is by visiting the *Virtual* Military Personnel Flight online.

Airmen will be notified by their military personnel flights between now and June telling them when to sign on and establish their initial electronic form, said Maj. Jerry Couvillion, chief of the casualty services branch.

"The biggest advantage is convenience for the customer," he said. "People won't have to stand in line at the MPF to make simple changes to their contact information."

Originally scheduled to kick off Monday,

the program was pressed into service early to help out mobility processing for some Eielson airmen, officials said. Once on, within the first week more than 20,000 other people completed the form upon logging in to the vMPF on the personnel center's Web site.

Accurate and current family contact information can prevent delays of medical, casualty and death benefits for airmen and family members, officials said. It also avoids hours or even days of uncertainty during which casualty teams are sometimes left to track down next of kin, officials said.

"That emergency information is essential for our casualty notification teams in case an airman becomes incapacitated or worse yet, killed," Major Couvillion said.

"Once the member initially completes the form, they will be able to go in at any time and update specific information as needed," said the major. "It's simple and saves time."

Personnel officials encourage all active-duty, Guard and Reserve members to update their information every six months, prior to deployments and after permanent changes of station.

On the AFPC Web page, www.afpc.randolph.af.mil, people can select the "vMPF" logo at the top of the page. New vMPF users will need to establish an account. The online application will take most people about 15 minutes.

Paper copies will still be available for those without Internet access.

For more information, call 283-2276.

DON'T DRINK AND DRIVE

SFS at forefront of force protection

They're the first people you see as you enter Tyndall's gates; they're the last people you see on your way out. They are always alert and always on the job, everyday, 24-seven.

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

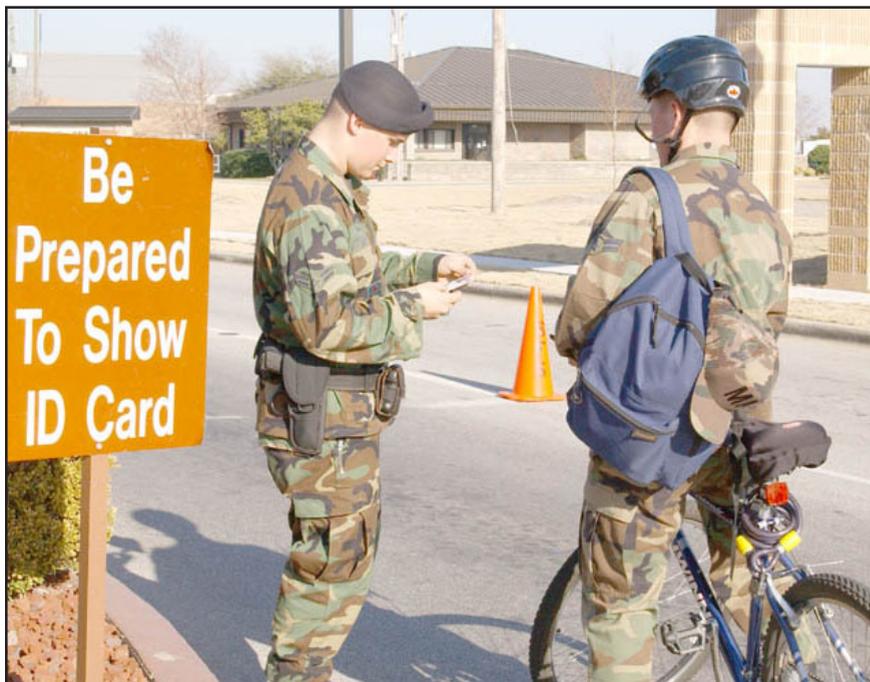
They are the 325th Security Forces Squadron, responsible for securing 29,000 acres of base real estate, endless miles of shoreline protection and the overall safety of nearly 8,000 Tyndall airmen, civilians and dependents.

The security forces team is responsible for a vast array of activities including base security, air base defense, and police services, among others. What's more, the range of situations the security forces team is prepared to meet is equally vast: from domestic disturbances, to aerial patrols, traffic citations and guarding high-priority sites.

It is the operations flight of the security forces squadron that tackles this diverse and massive mission. It's an important job, especially given today's environment says Master Sgt. Daniel Trahan, NCOIC of installation security.

"Force protection is a high priority," Sergeant Trahan said. "The Department of Defense looks to the Air Force security forces team as a leader in force protection. No one in the world does a better job at providing force protection or security, as evidenced here at Tyndall by our winning antiterrorism awards several years running."

Operations flight airmen face a tremendous spectrum of possible contingencies, according to Senior Master Sgt. Dan Barber, opera-



Lisa Carroll

Airman 1st Class Benjamin Harper checks the identification card of a cyclist going to work.

tions flight superintendent. SFS airmen on patrol, for instance, may make a DUI arrest, provide on-the-spot counseling to a suicidal person and perform first aid on an accident victim all in the same shift. However, even that is only a fraction of the scope of their duties.

"We are the only career field in the Air Force that doesn't practice our wartime mission on a day-to-day basis," said Maj. Scott Enold, 325th Security Forces Squadron commander.

Though they don't perform their wartime mission every day, a rigorous training program prepares all security forces members to perform the squadron's deployed function, which is wholly different than their stateside mission, said Sergeant Barber. When deployed, air base defense becomes the main SFS mission. Essentially, air base defense entails securing an unfamiliar base from the outer perimeter in. "Securing an air base in Bahrain is a

totally different job than guarding the gate at Tyndall Air Force Base, Florida," Sergeant Barber said. "Deployed operations present completely different challenges than we face on a daily basis."

For instance, air bases in an austere environment do not have the well-constructed infrastructure of an established stateside base. Additionally, there is little chance of an enemy force contemplating an artillery barrage of the Illinois Gate here at Tyndall, which is a possibility at a forward-deployed location. So that same ops flight airman on patrol here in the states, is also responsible for knowing how to effectively defend some of America's most expensive assets — people and aircraft — against potential enemy forces in austere conditions elsewhere in the world.

But the various missions aside, Major Enold sums up security forces' job simply. "Protecting the Air Force's warfighting capability and people, that's what we do."

Know facts about body alterations

1ST LT W. DAVID VERNON
325th Fighter Wing legal office

Thinking about getting a tattoo? What about a body piercing? In the last few years, body art has become more and more popular. Body alterations and piercings that one could only see in a National Geographic years ago are now being performed at the local tattoo parlor. It is no longer uncommon to see young people with facial piercings or even more drastic body art. However, before a military member goes under the needle, knife or branding iron, they should look at AFI 36-2903, *Dress and Personal Appearance of Air Force Personnel*.

This AFI provides regulations on body alteration, modification, body piercing and tattoo standards. Members who intentionally alter or modify any part of their body in order to achieve a visible, physical effect that disfigures, deforms or otherwise detracts from a professional military image may be subject to disciplinary action or involuntary separation, as determined by the member's commander. These appearance-altering fads can be visible while in uniform and do not present an appropriate image for a military member. The image that military members present to the public is very important. Examples of prohibited conduct include (but are not limited to) tongue splitting or forking, tooth filing and acquiring visible, disfiguring skin implants.

Also, if going under the needle, knife or branding iron wasn't enough pain the first time; members may have to remove them at their own expense. Removal may be a lot more painful and is certainly more expensive. Individuals who want to improve their bodies may consider athletic activities that may gain them positive recognition rather than body art that may cost them not only pain and money, but possibly their careers.

Save
for
Your
Future



U.S. SAVINGS
BONDS

Air Force surgeon general issues suicide-prevention tools for all

G.W. POMEROY

Air Force Surgeon General public affairs

WASHINGTON (AFPN) — The Air Force's surgeon general has developed two new tools as part of its community-based Air Force Suicide Prevention Program designed to aid all airmen in the ongoing effort to prevent suicides.

Lt. Gen. (Dr.) George Peach Taylor Jr. announced the "Air Force Guide for Managing Suicidal Behavior: Strategies, Resources and Tools" and the Air Force Suicide Prevention Program Web site as part of the service's strategy to provide innovative tools to help prevent suicides in the Air Force.

"Suicide prevention is the responsibility of the entire Air Force community," said Lt. Col. Rick Campise, program manager. "Suicide isn't prevented in the hospital emergency room. It's prevented in the unit by addressing quality-of-life concerns on a daily basis."

The 46-page clinical guide does not represent a mandate or requirement, he said. Rather, it is a set of recommendations that are intended to assist mental-health professionals in assessing and managing suicidal behavior.

"Mental-health professionals at our military installations are at the front lines assisting unit commanders and first sergeants in the care

of personnel," said Brig. Gen. Gary Murray, commander of the Air Force Medical Operations Agency at Bolling Air Force Base, D.C.

"They face immense pressures when (suicide) is part of the clinical picture," General Murray said. "It's essential that Air Force mental-health professionals have current information, applicable skills and the best resources for managing suicidal patients."

The guide is organized within eight topical chapter headings, which include: Assessment of Suicide Risk, Documentation Strategies, Ensuring Continuity of Care and Links Within the Community. The guide also has a 42-page appendix that contains examples of procedures, forms and program products.

"Experts within and outside the Air Force recognize the guide as state of the art, a product without equal in the military or civilian community," General Murray said.

Though the guide is geared toward clinical use, the Web site is designed to provide information and tools to the entire Air Force community.

The site — which is dot-mil restricted — features a wealth of information, including an overview of the prevention program; how to implement a local program; links to relevant Defense Department and

Air Force policies, instructions and other publications; and senior leader memos and links to other existing program products.

The site also contains links to various agencies in and out of the Defense Department, and provides answers to frequently asked questions. One question asks whether to be worried when a friend talks vaguely about suicide even if the person has not made any overt attempt to do any harm; or is the person trying to get attention?

The answer: "You should be very concerned and encourage them to seek help on their own. Just because he/she hasn't harmed himself/herself in the past doesn't mean they will not in the future. The best thing you can do is to let someone else know if a friend is talking about suicide. Be educated on what to look for and ask them. Being silent won't help."

In calendar 2002, there were 29 suicides among active-duty airmen. That rate — 8.3 per 100,000 people — is the second lowest in the Air Force in 20 years.

From 1991 to 1996, the Air Force active-duty suicide rate was 14.1 per 100,000. From 1997 — the year in which the suicide-prevention program was fully implemented — through 2002, the annual average was 9.1 per 100,000.

FEGLI has new premiums, other changes

RANDOLPH AIR FORCE BASE, Texas (AFPN) —

Some Air Force civilian employees and retirees will see a change in the cost of their Federal Employees Group Life Insurance premiums. They may find themselves placed into a new age group.

A recent review of the Federal Employees Group Life Insurance premiums by office of personnel management officials resulted in the changes that became effective Jan. 1.

Because of today's generally lower mortality rates,



OPM officials decided to reduce the premium for basic insurance and several of the Option B age bands and add new age bands for Options B and C, said officials at the Air Force Personnel Center. There are no changes to Option A premiums or to the existing Option C age bands.

"The new rates were actually applied the first pay period in January, and any changes should reflect on the employee's Jan. 31 leave and earnings statement," said Janet Thomas of the center's civilian benefits and entitlements service team.

More information and cost charts can be found at www.afpc.randolph.af.mil/pubaffairs/release/2003/01/FEGLI.htm.

(Courtesy of AFPC News Service)

Medical pros challenged to consider military medicine's future

RUDI WILLIAMS

American Forces Press Service

WASHINGTON — Defense Department leaders need to think and act differently when determining how transformation will affect military medicine, David S.C. Chu told the 2003 National TRICARE Conference audience Jan. 27.

Mr. Chu, undersecretary of defense for personnel and readiness, urged more than 3,000 military and civilian health-care professionals to think not just about immediate issues and concerns, but also 2004's.

The audience came together to discuss TRICARE programs, policies and initiatives, receive the latest information on the next generation of TRICARE contracts and to highlight health-care achievements for the previous year.

"When we gather together again in 12 months, what do you think we will have accomplished?" he asked. "What will the world look like, and will the role of military medicine be changed in that world — incrementally, dramatically or not at all?"

When Secretary of Defense Donald Rumsfeld talks about transforming the

Department of Defense, Mr. Chu said, he's asking leaders to "reshape our military capabilities for this century. That means changing our business practices, processes, organizations and our culture for 'sustained advantage' against enemies of this country."

Transformation isn't a silver bullet or something that should be done to the entire force at once, Mr. Chu noted. "It will not be accomplished in a short period of time, and it's not toward some fixed, unchanging end," he said. "It's about people and how we rethink our approach to the new threats of this century."

"Transformation means looking at the new environment in which the military health system operates and responding to it," Mr. Chu said. He quickly added that the system responded successfully during the past year.

"One of the most feared asymmetrical threats that we've confronted in the past year is ... biological warfare," Mr. Chu pointed out. He said the Bush administration and DOD have acted decisively to begin to remove the threats of anthrax and smallpox against the armed forces and American public.

"That happened in large measure be-

cause there was a cadre of biowarfare defense experts in this country, mostly resident in the military health system," he said.

However, he said, the challenges are: "Are we appropriately organized to make rapid changes? Do we have the right resources to tackle the other threats that we face?" Mr. Chu said he's confident the DOD would handle any threats "as directly and decisively as we have with our anthrax and smallpox vaccination decisions."

Military medicine has enjoyed decades of innovation and improvements in readiness and operational concepts, according to Mr. Chu. "The introduction of lighter and more agile medical forces, as well as critical care transport, is changing doctrine," he said. A challenge now, he added, is to ensure the entire DOD leadership understands those doctrinal changes.

Turning his attention to TRICARE, Mr. Chu said it and military medicine are among the more integrated programs in the DOD and serve as a model for other organizations.

TRICARE reached several significant milestones in 2002, including the start of TRICARE for Life and the new

generation of TRICARE contracts, Mr. Chu noted. But, he emphasized there's more to be done. "This year's work is essential," he noted, "and success in the 2004 transition will be based on the careful planning and execution of many activities this year."

Mr. Chu told the gathering that the DOD must focus on increased collaboration and communication across the federal government, such as the collaborative initiatives between the DOD and the Department of Veterans Affairs.

He said he and Deputy VA Secretary Leo Mackay Jr. are overseeing the development of a joint DOD-VA strategic plan that would be a map to develop "solid goals and performance measures and serve to further institutionalize our relationship."

The relationship, he said, includes overseeing the Joint Health Executive Council and the newly established Benefits Executive Council. The councils' goals are to establish a single discounted rate for DOD and VA medical services, work out ways to send veterans' service health records to VA electronically, and create a procurement-sharing agreement.

Iraq's disarmament inevitable, official says

KATHLEEN RHEM

American Forces Press Service

WASHINGTON — Iraq's disarmament is inevitable, the Defense Department's senior policy writer told an Arab media outlet Jan. 24.

Iraq must disarm "either through cooperation with the United Nations, or the United States will lead a coalition of willing countries to bring about the disarmament of Iraq's weapons of mass destruction," Douglas Feith, undersecretary for policy, told Al Jazeera, an Arab television station based in the Persian Gulf nation of Qatar.

Mr. Feith reminded the audience that the U.N. Security Council unanimously approved Resolution 1441 to give the Iraqi government a final chance to disarm peacefully. Inspectors were sent into the country to help the government fulfill its obligations to the United Nations.

But Iraq has been intent on hiding the truth about its weapons programs. "There are a number of things the Iraqi government has done in recent weeks that are not cooperative," Mr. Feith said.

He cited Iraqi unwillingness to allow its scientists to be interviewed outside Iraq or

even inside Iraq without government officials present, and the false declaration Iraq submitted to the United Nations in December. Iraq has also continued to fire on U.S. and coalition aircraft patrolling the Northern and Southern No-fly zones in the country.

"The key to making the inspections work is the Iraqi government making the crucial decision that, because of the international pressure, Iraq has to disarm itself," Mr. Feith said. "Otherwise, ... President Bush has made clear the only alternative Iraq will have is to be disarmed by force."

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Airman busted for drug use considers himself lucky

AIRMAN 1ST CLASS MADELYN WAYCHOFF

388th Fighter Wing public affairs

HILL AIR FORCE BASE, Utah (ACCNS) — With tears in his eyes, he spoke of his two sons — how he is missing them grow up, and how they're growing up so fast. His voice quivers as he mentions his youngest son's visit, and how his boy didn't even recognize him. He'll miss his youngest's first birthday this month.

Airman Basic Ryan Palmquist was court-martialed for drug use, possession and distribution more than two months ago, and is now in the Hill Air Force Base Confinement Facility awaiting transfer to the confinement facility at the Marine Corps Air Station in Miramar, Calif.

Airman Palmquist was given a bad-conduct discharge, reduction to the lowest enlisted rank, forfeiture of all pay and allowances and confinement for two years and two months... but that's not all.

Even after his confinement is over, "I will still have my record and my dishonorable discharge working against me," he said. "What I did will have effects in every job I apply for and will always weigh heavily on any decisions made about me."

He said he is lucky because his wife has, and will continue, to stand by him throughout the ordeal — but with many conditions.

"Life isn't at all easy living with a drug addict," Airman Palmquist said. "My wife knows that better than anyone. I know what I did will always make her scared for me, and that every time I go out without her she'll be wondering what I'm doing. But, I hope when I get out that I can alleviate her fears.

"My family has to pay for what I've done. My sons



Airman 1st Class Madelyn Waychoff

Airman Ryan Palmquist looks out from his cell at the Hill Air Force Base, Utah, confinement facility. He was court-martialed in September for the use, distribution and possession of drugs.

don't understand right now because they're so young. I just hope they see that what I've done isn't a life, and that it never could be."

Airman Palmquist's first experience with drugs was seven years ago, when he was only 17. He says the reason he tried them the first time was because he was young, stupid and inquisitive.

"I was just curious about them and wanted to know what all the 'hype' was about," he said with regret. "When my best friend brought over some marijuana I didn't feel pressured into trying it."

Airman Palmquist's curiosity got the better of him. From marijuana he moved on to heroin, opium, cocaine and methamphetamines.

"The meth was the worst for me," Airman Palmquist said. "I felt like I was on top of the world when I was high. But, when the high was over, I'd get extremely depressed.

"It was the worst thing in the world for me to do; it just took a hold of me from the start and never let go," he added. "I didn't think I had anything to worry about, which is what everyone thinks. But, it wasn't long before I'd hit rock bottom.

"After I'd been on drugs for two years, I thought they

were all I needed. I went from snorting it to smoking it to shooting up. I was 19 and I lost everything — my apartment, my money and all my possessions. My weight fell to 135 pounds, and now my 'best friend,' who'd introduced me to drugs, was in jail. I ended up living out of a bag on the streets of Salt Lake City, jumping from one place to another, but never really knowing where I was. I was on the brink of either death or jail."

Airman Palmquist said his parents rescued him and tricked him into moving back to California with them. He said when he went back, he cleaned up, but never completely kicked the habit. While in California, his life changed for the better. He got married and had his first son, then he joined the Air Force.

When Airman Palmquist graduated from his technical school, he was sent to Germany. While in Germany, he had no access to the drugs that had held him, but he was going through the withdrawals.

Because of the withdrawals and his breakdown in Salt Lake City, Airman Palmquist was battling depression and anxiety. Without disclosing his past drug use, he saw a doctor, who prescribed a dextroamphetamine to help him battle his attention deficit hyperactive disorder.

Dextroamphetamines and methamphetamines are forms of amphetamines. The different forms of amphetamines are so similar that they can only be differentiated by laboratory analysis, according to the Oklahoma Bureau of Narcotics and Dangerous Drugs.

Airman Palmquist used the prescription as a crutch for his habit. He began to abuse it to try to get the effects of the illegal drugs he had been used to.

After Germany, Airman Palmquist was assigned to the 388th Equipment Maintenance Squadron. En route, he took leave and went to California to visit his family.

When he arrived in California, he went back to his old habits and again started shooting up. His wife began to suspect him and turned him in to the Office of Special Investigations. The OSI gave Airman Palmquist a urinalysis, which he failed.

"My wife didn't want the family to be destroyed by my habit, like she'd already seen me destroyed," Airman Palmquist said. "So she filed for a divorce."

●SEE JAIL PAGE 15

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

Gulf Guide

**in the
Tyndall community**

FEBRUARY

SAT

1

Thrift shop hours

The Tyndall Thrift Shop will be open for sales 9 a.m.-noon Saturday. The shop is located at 743 Suwannee Road, across from the post office. Proceeds from thrift shop sales benefit the Officers Spouses' Club, high school and dependent spouse scholarship programs and other military and local charities. For more information, call Ms. Paula Snyder, 286-8650.

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.

MON

3

Anger-control workshop

The four-session anger-control workshop will continue 10:30 a.m.-noon Monday, Feb. 10 and 24 in the family advocacy conference room in Building 1305. For more information or to register, call family advocacy, 283-7511.

TUE

4

Parenthood-preparation class

The last meeting of the four-session preparation for parenthood course will be 3-5 p.m. Tuesday in the life skills support center, Building 1305. The course covers basic infant care, feeding options, stress management, medical care of the newborn and the development of the older infant. For more information or to sign up, call family advocacy, 283-7272.

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

3

Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 5-8 p.m. Wednesdays in the spiritual fitness center. For more information, call the Chapel 2 office, 283-2925.

'Moms, Pops and Tots'

The "Powerful Parenting for Moms and Pops of Tots," group will meet from 9-10:30 a.m. on Wednesdays at the community activities center, Building 1027. Parents are asked to bring a snack for their child and a toy that he or she can share with another child. For more information and for cost information, call Ms. Bonnie Fuller, 283-5812, or Ms. Karen Blood, 874-0292.

Medical group closures

All medical facilities, to include pharmacies and clinics, will close at noon the first Wednesday of every month for mandatory training - instead of the previously published Thursday closures. 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.

THU

6

Blood drive

Tyndall's base-wide blood drive will be 9 a.m.-4 p.m. Thursday at the community activities center. The unit that recruits the most eligible donors will win the top dog award. All blood types are needed, although some restrictions on who can donate do apply. These restrictions include people who have had a tattoo in the past 12 months, are pregnant or have had a baby in the past six weeks or have symptoms of a cold or flu. In addition, due to concern over mad cow disease in Europe, anyone who lived in the United Kingdom for three months or more from 1980 to the present, or lived in Western Europe for six months or more from 1980 to the present cannot donate. Individuals who have been diagnosed with high blood pressure or diabetes will be able to donate blood. All donors must be over 17 years old, and cannot have donated blood in the past 56 days. For more information, call Ms. Marge Hawk, 283-6418.

NOTES

Visit the Vets volunteers needed

The Tyndall Active Airman's Association is seeking volunteers to visit nursing homes during this year's Valentines Day Visit the Vets event. At least ten volunteers are needed to visit each of eight nursing homes in Bay County. The uniform will be full service dress. Anyone interested in either sponsoring a nursing home as an organization or volunteering to visit a nursing home can call Airman 1st Class Chrys Davenport, 283-3390.

Awards banquet tickets

Ticket sales for the Tyndall Annual Awards Banquet will end Feb. 7. The banquet begins at 6 p.m. Feb. 15 with a

social, followed by dinner at 7 p.m. and will be held in the enlisted club. The menu choices are grouper or London broil and ticket prices are \$18 for members and \$20 for nonmembers. Limited seating is available. Tickets can be obtained from any first sergeant.

Tyndall Running Club events

The Tyndall Running Club is looking for individuals interested in joining the club as it competes at the following races:

Mardi Gras or Tallahassee Marathon - Feb. 15, Navy Blue Angels Marathon and Half-Marathon - Feb. 22, Boston Marathon - April 21. For more information, call Capt. William McTernan, 286-1562, or Mr. Martin Littlefield, 283-2631.

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 Carrie Wilks-Campbell, 283-2891.

Housing office hours

The 325th Civil Engineer Squadron's Housing Flight office hours are now 7:30 a.m.-3:30 p.m. Monday-Wednesday and Friday; and 11 a.m.-3:30 p.m. Thursday. The housing office will be closed Thursday mornings for training.

American Veterans Awards

The American Veterans Awards will air at 6 p.m. Feb. 9 on The History Channel.

RETIREE NEWS

Income tax preparation

There will be no Volunteer Income Tax Adviser tax preparation assistance at the Retiree Activities Office this year. The Internal Revenue Service will not support tax preparation sites that do not electronically file returns and we do not have that capability. The base tax assistance center is located in the community activities center and will provide tax assistance from 9 a.m.-3 p.m. on weekdays beginning Monday and continuing until April 15. The AARP has also set up the following VITA tax preparation sites in the local area:

- Oakland Terrace Men's Club, 1900 W. 11th St., Panama City. Hours: 9 a.m.-2 p.m. Wednesdays from Feb. 5 - April 9.
- Bay County Library. 2 p.m.-6 p.m. Wednesdays
- Lions' Clubhouse, 704 Iowa Ave., Lynn Haven. 9 a.m.-2 p.m. Thursdays, Feb. 6 - April 10

YARD SALES

There are no yard sales scheduled for Saturday.

Movies

BASE THEATER

The base theater is closed for repairs until further notice.

Military children's scholarships sweet deal for recipients

BONNIE POWELL
Defense Commissary Agency

FORT LEE, Va. – Valentine's Day is fast approaching and the Scholarships for Military Children program has a really "sweet" deal for military children going to college this fall. Applications for \$1,500 scholarships are due in at the nearest commissary by Feb. 21, just after Valentine's Day. At least one scholarship will be awarded at every commissary location with qualified applicants.

"We've made it even easier to apply this year," said program liaison Edna Hoogewind of the Defense Commissary Agency. "Everything a potential applicant needs to know is in the Frequently Asked Questions section of our scholarship page at www.commissaries.com. The application can be downloaded and filled out by hand, or filled out on the computer and saved as a file. Copies of the application are also available at commissaries worldwide."

The scholarship essay topic is "How has being the child of a military servicemember influenced your educational goals?" In past years the essay has been a key factor,

along with activities and community involvement, in deciding among the many outstanding applicants.

"Remember, the deadline for returning applications by hand or mail to a commissary is Feb. 21," Ms. Hoogewind said. "Applications must be in the store by close of business on that day, and if you are not hand-delivering your application, it's a good idea to use a delivery method that supplies a return receipt. Commissaries will bundle up the applications and send them to Scholarship Managers as soon as the deadline passes," Ms. Hoogewind said. "Scholarship managers will only acknowledge final receipt of the applications if students include a self-addressed and stamped post card with their applications."

Ms. Hoogewind also advises students to check all their materials carefully for simple things – like making sure the application is signed or that they are using the 2003 application, not one from previous years.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active-duty members, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should

ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and that they have a current identification card. All applicants must be citizens of the United States.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2003. Students at community or junior colleges must be enrolled in a program of studies designed to transfer directly into a four-year program. Additional instructions can be found on the application.

The Scholarships for Military Children program has awarded 920 scholarships and nearly \$1.5 million since the first awards were given in 2001. Scholarships are funded through the voluntary donations of the various manufacturers, brokers and suppliers that sell products in commissaries.

A core military family support element and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families and help recruit and retain the best and brightest men and women to serve their country.

Shades of Green takes reservations for reopening

ORLANDO, Fla. — Reservation lines are open for the Dec. 15 reopening of a new, improved Armed Forces Recreation Center Shades of Green hotel on Walt Disney World Resort.

Shades of Green has been closed for expansion and complete renovation since early 2002. Meanwhile, guests eligible to stay there have been booked into Disney's Contemporary Resort at Shades of Green's daily rates. The rates are based on rank from a low of \$66 for E-1s through E-5s to \$99 for senior officers. The range starting Dec. 15 will be \$70 to \$116.

"We've already booked our first military wedding on Dec. 29 for 250 people," said Jim McCrindle, the hotel's general manager since it opened in 1994.

When Shades of Green reopens, he said, it will have double the guest space at 586 rooms, a new 500-space parking garage and 7,500 square feet of flexible special-event space for reunions, weddings and other family-oriented social functions. There will be 11 suites, up from just one.

He said more rooms will conform to the standards of the Americans with Disabilities Act. "We had handicapped-accessible rooms before, but now we will have bona fide ADA-designed and equipped rooms with the wider bathroom doors and the roll-in showers," he said. Nine of the existing rooms were completely renovated to ADA



Courtesy photo

An artist's rendition of the renovated facility. The five waterfalls signify the five standards.

The near-two-year project includes complete makeovers of all the existing rooms to the same standards as the new ones — new carpet, paint, curtains, mattresses and bedspreads.

"All the rooms are exactly the same size and everything is brand new," Mr. McCrindle said.

All rooms will have standard amenities such as ironing boards and televisions, but there will be some new twists — refrigerators, wireless television keyboards and 12 hours of Internet access for about \$6.

Guests will be able to play TV video games and in-room movies and order attraction tickets online from the hotel's tickets and tours office.

The hotel restaurants are being remodeled. The four include a new Northern Italian-themed trattoria. Shades of Green has two heated swimming pools, a kiddie pool, play area and tennis courts. It's situated among three Walt Disney World Resort golf courses: two 18-hole championship courses and a nine-hole executive course with discounted greens fees for military players. A free shuttle bus service transports guests

to and from Disney attractions.

The hotel has operated at or near 100 percent occupancy from the moment its doors opened, Mr. McCrindle said. Guests who could not be housed at Shades of Green were placed in other hotels on and off the Disney resort. Customer demand has been so high, it's spurred the whole expansion project, he said.

Shades of Green is financially self-sustaining; no taxpayer dollars are used for operations. The hotel expansion is funded by a civilian commercial loan.

For more details or to make reservations, visit www.shadesofgreen.org or www.armymwr.com/shades/index.html, or call toll-free (888) 593-2242.

"The best way to make a reservation is to use the Web site," Mr. McCrindle suggested. "That way, you're guaranteed a response within 72 hours. Give alternate dates to your first choice." The phones tend to be overloaded, he added.

AFRCs are open to DOD identification card holders in all the active and reserve components, active members of the other uniformed services, active DOD civilians assigned outside the United States, military and DOD civilian retirees and their families. Also eligible are several other smaller groups, such as Medal of Honor recipients and 100-percent disabled veterans.

(Courtesy American Forces Press Service)

Funshine NEWS

January 31, 2003

325th Services Website: www.325thservices.com

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

Fitness Center

☎ 283-2631

2003 SEMAC Men's Post

Season Basketball Tournament
Tyndall Air Force Base will host the 2003 Southeastern Military Athletic Conference (SEMAC) Men's Post Season Basketball Tournament, Feb. 15-16. Teams vying for the championship trophy will be as follows: Keesler Dragons, Columbus Flyers, Eglin Eagles, Tyndall Tigers and the 3-time defending champions Hurlburt Field Commandos. The opening tip-off is scheduled for 9 a.m. on Feb. 15. Call for more details. Sponsored in part by King Aerospace. No federal endorsement of sponsor intended.

Have a Birthday Party at Raptor Lanes

Economy Party - \$22 ■ Custom Party - \$39
■ Deluxe Party - \$59 ■
Birthday child must be 16 yrs. old or younger.

283-2380

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 stop by Information,
Tickets and Travel or call:

283-2499

Youth Center

☎ 283-4366

Baseball/Softball Registration

Open to all youth ages 5-14 yrs.
Deadline for sign up is Feb. 8. Early sign
advised.

Operation Nite Hoops

Teens only! Nite Hoops basketball league
forming. Game days and times will be
determined as soon as teams are
chosen. Call Bruce Mason at 283-4366.

Start Smart Golf

Is your 5-7 year old ready to play start
smart golf? This exciting program
teaches children and parents the basics
of golf in a one-on-one environment.
Program runs March 1, 8, 29 and April 5
& 12 at 9 a.m. Cost is \$35. Call Andy at
283-4366 for details.

On Base Food Delivery 286-2900

■ **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**

Teen Center

☎ 283-0295

Volunteers Needed

We are looking for teen volunteers to help
with the Heart Link Program. Please
contact Ms. Pierce for details.

Members Birthday Celebration

Jan. 31, 7 p.m. Join us and enjoy cake!

Teen Council Officers Meeting

Feb. 1, 6 p.m.

Trip to Carmike Cinema

Feb. 7, 5:30-9:30 p.m., \$3 for members,
\$5 non-members, Sign up and pay by Feb.
4. Choose from these movies: "Just
Married", "A Guy Thing", or "National
Security". All movies are rated PG-13.

Teen Council Meeting

Feb. 15, 6 p.m. Announcing Youth of the
Month and Quarter.

Base Honor Guard

☎ 283-4405

NCOIC Needed

NCOIC needed for highly visible Base
Honor Guard program. Minimum
requirements:

- Must be a TSgt or above and have
completed 7-level upgrade training.
- Must possess 18 months retainability
- Must have experience with Microsoft
Word, Power Point, and Excel.
- Must present a positive personal image
and possess the ability to brief upper
echelons of military and civic leaders alike.
- Experience in Honor Guard preferred, but
not required. Utilize the targeted resume
format from the Tongue and Quill and turn
into the NCOIC, SSgt Sparks, NLT Feb. 14.

A selection board will be held after all
applications are submitted and results
will follow soon after. Training/Start date
for the position is tentative for 1 Mar 03.

Base Library

☎ 283-4287

\$2 Bag Book Sale

Feb. 6-9. Stop by and fill a bag for \$2.
Call for more information.

Seafood Extravaganza

At the Tyndall O' Club

Friday, February 7

5:30-8:30 p.m.

Market Price: \$18.95*
Children ages 6-11: \$9.95*
5 & Under: \$4.95*

*Members First!

Show your club card to receive a \$3 discount.

Call for more information

283-4357

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!

Featuring:

A creative blend of individualized buffets
rotated each day Soup of the Day
Dessert Bar

Includes: *Fresh Hot*
Carved Meat Sandwiches
on Kaiser Roll

Mondays Chef's Choice
Tuesdays Italian
Wednesdays Oriental
Thursdays All American
Fridays Seafood

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

283-4357

Look what's
new...

CAC



★ Gourmet Coffee Cart ★

Tues. - Fri.: 7-10 a.m.

- Conference Coffee Service
- 4 Different Flavors rotated daily
from our inventory of Coffees
- Tazo Teas also available

Call 283-2495

for more information.

Community Activity Center

☎ 283-2495

Beginners Yoga Class

Begins Tuesday, Feb. 4. Cost is \$30
for each 6 week session. Two session
times to choose from: 11 a.m. and
4:30 p.m.

Gulf Coast Salute

Concessionaire booth applications
are available at the CAC - Bldg. 1027
Here is a chance for your squadron,
booster club or private organization to
earn extra income. Official military units
assigned to Tyndall AFB, will have
priority. All applications must be received
by close of business on Feb. 21, 2003.

Don't miss out! Apply today!

Call Rudy: 283-2494

Marina Club

☎ 283-3059

All-You-Can-Eat Pancakes

All-you-can-eat pancake breakfast every
Sunday 7:30-10:30 a.m.
Cost is \$2.50 for member and \$3.50
for nonmembers.

12" Bar Pizzas

After 2 p.m. Starting at \$5!

tops in blue

February 23, 7:30 p.m.
At the Marina Civic Center

Tickets will be available Feb. 21 at 11 a.m. at the CAC and Marina Civic Center.
Due to limited seating, a maximum of 4 tickets per person. I.D. card is required.

Sponsored in part by: AT&T, First Command Financial Planning, Tyndall Federal Credit Union.

No federal endorsement of sponsors intended.



● **FROM JAIL PAGE 11**

"Afterwards, I moved out here to Hill, and I told my wife I'd cleaned up," Airman Palmquist said. "I convinced her to move back out here with me, and we got an apartment together. At the time, I had a line number for staff (sergeant); I'd made it the first time.

"But I still needed to support my habit without my wife knowing. I couldn't keep borrowing money from her, so I started dealing.

"And during all of this, OSI was watching me – I was under investigation. So, on July 25th, they set me up. One of my friends, who was also in trouble for using drugs, was being used as an informant against me. They raided my house, put me down on the concrete at gunpoint, and arrested me for use, possession and distribution.

"That was again rock bottom for me, but I still couldn't stop using. Even after I'd just been busted, two days later I was using again. They put me in rehab, but it just didn't do anything. I got so messed up that one weekend I went down to Salt Lake City and didn't come back. I was (absent without official leave) for a

month.

"There were even a couple times down there that I got so bad I almost (overdosed). I would just pass out wherever I was. And again, I'd lost everything. I moved around, living out of a bag, just trying to support my habit."

While Airman Palmquist was AWOL in Salt Lake City, his wife contacted him and convinced him to turn himself in. His father again came and picked him up and brought him back to California. When he arrived, he called the OSI and turned himself in. He was placed in pre-trial confinement.

Airman Palmquist said the way he feels about everything he did now is angry. "It was nobody's fault but mine," he said. "A choice I made seven years ago destroyed my life now."

"I come from a strong religious upbringing, and to look at me now you would never know. I just feel like I've let everyone down."

Airman Palmquist feels the biggest repercussions of his actions were his family's loss of trust and losing his career.

"My wife was overwhelmed and destroyed by what I did," he said. "She did

nothing wrong, but she is still paying for my actions. And that makes me feel horrible. To do what I did to her and my family is something I'm not sure I'll ever be able to fix, but I hope someday I can."

"I had everything going for me. I had a spotless military career, awards and decorations and high ratings on my (enlisted performance reports).

"People who use drugs go down a spiral and hit rock bottom, but they don't even see it. And there are only a few ways they can go. They can stay at the bottom and go to jail, or even die, or they can get lucky, like me, and have their family pull them out and support them.

"Now I get to wake up every day to see the cage I'm in," he said. "And all I can think about is 'one more day to get through.'"

When Airman Palmquist first arrived at the confinement facility, he was placed in a segregation cell – a tiny one-bed, one-chair room that had a Bible and a box of tissues. He spent five days in the cell withdrawing and coming down from the drugs.

He said all his thoughts at the time were of depression and regret. Security forces took his shoelaces and belt so he couldn't hang himself.

He says his thought process has only now started to come back. His first two weeks in confinement were spent in a daze.

"The sergeant who watched over me during the first two weeks of confinement said I had the mental capacity of a two-year-old," Airman Palmquist said. "If he gave me an order, he said I would stare at him blankly for a couple of minutes before responding."

During Airman Palmquist's first month in confinement, he said he would wake up in cold sweats dreaming about drugs, and would get so worked up that he would

have panic attacks about what he did, with thoughts that he could've widowed his wife or killed someone with a car or the gun he'd carried.

"I was desperate before. I could've done anything to anyone who got in my way," he said. "Overall, I was lucky, I got put in jail before I could hurt anyone. The sentence I got was high but, to me, I got off light.

"What happened to me goes to show that the Air Force catches people and puts them away. Anyone who thinks they won't get caught will, there's no other way."

Airman Palmquist's daily routine now consists of getting up at 6:30 a.m. and eating at the dining facility. Then, he said, if he's lucky, he will get put on a work detail outside of the prison. If he's not on a work detail, he sits in his cell, unable to touch the bed, watch television or listen to the radio. Instead he sits in a chair and reads or paces – stewing in his thoughts.

He said he is paraded around the dining facility at lunch time by security forces for everyone to see, which he said is a good thing.

"I think it's important for people to see me in an orange jumpsuit. Maybe I can help them make a decision that will change their life for the better," he said.

After lunch, he sits in his cell until dinner. After dinner, he said he takes a shower and is allowed to watch television for a couple of hours. At 9:30 p.m. the lights go out.

"The cravings still sneak up on me from time to time, but I get through by thinking of my family and the day I'll get out," said Airman Palmquist.

Airman Palmquist said his plans for the future are uncertain. He said he would like to pursue higher education and use his experiences to help others in drug programs or schools, and to help convince them that drugs aren't the answer.

● **FROM SECDEF PAGE 1** porting and using weapons such as biological agents that can kill hundreds of thousands of human beings is easy. "Now, that is not a problem for the United States only," he said. "It's a problem for the whole world."

Finally, Secretary Rumsfeld commented on U.S. casualties if President Bush decides that force is the only alternative. "There is no way to

know in a conflict — war is so unpredictable — whether it would last four days or four weeks or four months," he said. "And there's no way to know precisely what the Iraqi regime might do. In the last conflict, ... tens of thousands of Iraqi soldiers switched sides. They just surrendered and said they did not want to support the Iraqi regime. To the extent that's the case, and one would think it could very

well be, then obviously the casualties are much less."

The United States has indicated to Saddam Hussein's inner circle that any order to use weapons of mass destruction should be disobeyed. "In the event force has to be used, any person who is in any way connected with the use of weapons of mass destruction would be treated and tried as a war criminal," he said.

