

GULF DEFENDER



Vol. 62, No. 26

Tyndall Air Force Base, Fla. *Gulf Defender*

July 4, 2003

In brief

Air Force News

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

Current programming features the first in a two-part presentation on the historic town hall meeting at Wright-Patterson Air Force Base, Ohio, featuring the secretary of the Air Force, the Air Force chief of staff and the chief master sergeant of the Air Force.

Issues discussed during the meeting range from lessons learned from the war against Iraq to the cooperation between the different branches of the military in Operation Iraqi Freedom and the ability of the Air Force to overcome aircraft age and hostile conditions.

Dry cleaners service

The Tyndall Base Exchange Laundry/Dry Cleaners now has 24-hour drop-off service. For more details, call 286-5338 or stop by Building 824 across from the base service station.

**Countdown
to ORI
13 days**



'Bill' cancels Heritage Day celebrations

CHRISTINE SULLIVAN
325th Fighter Wing public affairs

A tropical storm that developed in the Caribbean and tore through the Gulf of Mexico put a real damper on Heritage Day celebrations scheduled for Wednesday at Tyndall Air Force Base. A decision was made that same morning to cancel this year's festivities.

"We had received well over six inches of rain on base in under 24 hours from noon Monday through 9 a.m. Tuesday," said Capt. Jason Patla, 325th Operations Support Squadron weather flight commander. Wednesday morning saw much of the same severe weather system and accompanying rainfall.

Brig. Gen. Larry New, 325th Fighter Wing commander, made the difficult decision to cancel the event after being briefed by the combat weather team.

"Due to the weather, we had to cancel the 18th Annual Heritage Day festivities and this is unfortunate as a lot of planning, preparation and hard work went into making this

event a memorable one for all," General New said. "This time of year always brings the risk of severe weather and the decision to cancel was not an easy one but a necessary one when considering risk management and safety concerns."

"Because of the early notice sent down by the wing commander, none of the groups involved were severely affected by the cancellation," said Peggy Geil, marketing director for the 325th Services Squadron. "We also talked with the sponsors of this year's Heritage Day and they are still enthusiastic about supporting future events at Tyndall."

According to Ms. Geil, Tyndall has never had to cancel Heritage Day celebrations in its 18-year history, although festivities were postponed one year due to inclement weather. This year's fireworks display scheduled for later that same evening was also ruled out. "We're currently looking into various options to reschedule the fireworks display at a future date," Ms. Geil added.

●SEE HERITAGE DAY PAGE 13



Christine Sullivan

Tech. Sgt. Martha Horner tracks the path of Tropical Storm Bill at the 325th Operations Support Squadron's weather station. More than six inches of rain was recorded in a 24-hour period locally.

CHRISTINE SULLIVAN
325th Fighter Wing public affairs

The ongoing civilian Reduction-In-Force program passed a significant milestone recently when 16 employees at Tyndall received approvals of their Voluntary Separation Incentive Pay applications. All approved applicants will either retire or resign in September.

The VSIP was one potential option available to eligible employees as part of the recent RIF process that began in April. Civilian and military slots will be abolished in September for the base to comply with the fiscal 2004 federal budget. The RIF was the result of an Air Force decision to balance the number of authorized

military and civilian slots with available funding.

"The RIF was necessitated by position abolishment in order for the Air Force to balance their books," according to Penny Arnett, human resources specialist for the 325th Mission Support Squadron's civilian personnel office.

In order to accomplish that, Tyndall's civilian personnel office, working with a RIF representative at the Air Force Personnel Center, determined those applicants receiving VSIP would save others from employment separation. It would also save Air Force fund allocation of severance pay, unemployment benefits and vari-

ous other expenses connected with separations under the RIF process.

"We're working closely with our counterpart at AFPC to do everything we can to lessen any negative impact on Tyndall employees," said Karen Burch, civilian personnel human resources specialist.

"The next milestone at Tyndall will occur when the RIF letters are presented during the last week of July," Ms. Arnett said. "Commanders and/or supervisors will present those to the recipients with either a job offer or a notice of separation.

"Employees are entitled to two months' notice which is why the

letters are being issued in late July," Ms. Arnett said. "It's important to remember that a job offer or notice of separation is not necessarily a final decision though."

During those remaining 60 days, affected employees may receive other jobs at other installations through the Department of Defense Priority Placement Program, retire, or go on to other non-DOD jobs. Vacancies may also occur at Tyndall for other reasons, which could improve an employee's offer.

"Every employee is entitled to the best offer under the laws and regulations covering RIF," Ms. Arnett added.

Weather brings safety message to mind

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



About a month ago, I discussed in the Gulf Defender the need to be prepared for hurricanes. Well, Tropical Storm Bill did not quite

reach hurricane status but it did become a tropical storm. Due to the weather, we had to cancel the 18th annual Heritage Day festivities. This is unfortunate as a lot of planning, preparation and hard work went into making this event a memorable one for all. This time of year always brings the risk of severe weather and the decision to cancel was not an easy one but a necessary one when considering risk management and safety concerns.

We're in the middle of hurricane season. To that end, it is incumbent upon every individual to ensure you are prepared for a major storm. As we've seen with Tropical Storm "Bill" this past week, severe weather can occur at any time with little or no notice. While we were fortunate to only get some rain and high winds,



"As we've seen with Tropical Storm 'Bill' this past week, severe weather can occur at any time with little or no notice."

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

many folks in our neighboring states to the west were left without electricity and received some flood and water damage. Make sure you and your families are prepared for whatever a storm may bring. Get out your hurricane checklists and make sure all bases are covered, including an evacuation location should one become necessary.

Also, if you are driving during severe weather, exercise extreme caution. As rainfall increases during storms, visibility is greatly reduced, the roadways become very slippery and it is more difficult for drivers to control their vehicles. Don't drive if you can avoid it, and if you are on the

highway during periods of heavy rain, pull off to the side of the road and wait until driving conditions improve. It is just not worth it to risk your safety during bad weather in order to get to your destination at a certain time.

Finally, the panhandle region has experienced an increase in the number of drownings this year. Although many people enjoy our local beaches, I urge you to stay away from them during severe weather and definitely don't swim during rough sea and red flag conditions. For current flag conditions, you can call the Panama City Beach Police at (850) 233-5000. While it

●SEE WEATHER PAGE 4

Commander sends July 4th message

GEN. DON COOK

Air Education and Training Command commander

On July 4, 1776, we claimed our independence as a nation and boldly formed a democracy.

Since those early days when our founding fathers established the United States, people from all nations and walks of life have ventured to the "land of the free and the home of the brave" to begin a new life and realize the "American Dream." We should never forget the sacrifices of our forefathers as they secured and preserved liberty for a new nation.

This July 4th, we continue the pursuit of liberty by waging an international war on terrorism. Our success in Operations Enduring Freedom and Iraqi Freedom is key to our future security. In Afghanistan and now Iraq, we are sharing our freedom by planting the initial seeds of democracy, which we hope will blossom for generations to come.

John Adams wrote the Fourth of July should be "...celebrated by pomp and parade, with shows, games, sports..." Clearly, our nation's second president recognized the significance of celebrating freedom. Today, we celebrate not only this country's independence, but also the spirit of freedom that is alive, vibrant and worldwide.

"God grants liberty to those who love it and are always ready to defend it," penned statesman Daniel Webster. In the 21st century, we are liberty's defenders, applying the world's most dominant air and space power to secure freedom. On this 227th anniversary of the birth of our nation, I encourage you to actively participate in celebrating America's uniqueness, its people, its heroes and its airmen. As we celebrate, remember those who made the ultimate sacrifice, our veterans, and those who continue to serve.

Happy Independence Day!



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

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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.

Widow: A note of thanks to those who serve

CHRISTY FERER

NEW YORK (AFP) — When I told friends about my pilgrimage to Iraq to thank the U.S. troops, reaction was underwhelming at best.

Some were blunt. “Why are you going there?” They could not understand why it was important for me, a Sept. 11 widow, to express my support for the men and women stationed today in the Gulf.

But the reason seemed clear to me: 200,000 troops have been sent halfway around the world to stabilize the kind of culture that breeds terrorists like those who I believe began World War III on Sept. 11, 2001. Reaction was so politely negative that I began to doubt my role on the first USO/Tribeca Institute tour into newly occupied Iraq where, on average, a soldier a day is killed.

Besides, with Robert De Niro, Kid Rock,

Rebecca and John Stamos, Wayne Newton, Gary Sinise and Lee Ann Womack, who needed me?

Did they really want to hear about my husband, Neil Levin, who went to work as director of the New York Port Authority on Sept. 11 and never came home? How would they relate to the two others traveling with me: Ginny Bauer, a New Jersey homemaker and the mother of three who lost her husband, David; and former Marine Jon Vigiano, who lost his only sons, Jon, a firefighter and Joe, a policeman.

As we were choppered over deserts that looked like bleached bread crumbs, I wondered if I’d feel like a street hawker, passing out Port Authority pins and baseball caps as I said “thank you” to the troops. Would a hug from me mean anything at all in the presence of the Dallas Cowboy cheerleaders and a Victoria’s Secret model?

The first “meet and greet” made me weep. Why? Soldiers, armed with M16s and saddlebags of water in 120-degree heat, swarmed over the stars for photos and autographs. When it was announced that a trio of Sept. 11 family members was also in the tent it was as if a psychic cork on an emotional dam was popped.

Soldiers from all over our great country rushed toward us to express their condolences. Some wanted to touch us, as if they needed a physical connection to our sorrow and for some living proof for why they were there.

One mother of two from Montana told me she enlisted because of Sept. 11. Dozens of others told us the same thing. One young soldier showed me his metal bracelet engraved with the name of a victim he never knew and that awful date none of us will ever forget.

In fact at every encounter with the troops there would be a surge of Reservists —

firefighters and cops, including many who had worked the rubble of Ground Zero — wanting to exchange a hometown hug.

Their glassy eyes still do not allow anyone to penetrate too far inside to the place where their trauma is lodged; the trauma of a devastation far greater than anyone who hadn’t been there could even imagine. It’s there in me, too. I had forced my way downtown on that awful morning, convinced that I could find Neil beneath the rubble.

What I was not prepared for was to have soldiers show us the World Trade Center memorabilia they’d carried with them into the streets of Baghdad. Others had clearly been holding in stories of personal Sept. 11 tragedies which had made them enlist.

USO handlers moved us from one corner to the next so everyone could meet us. One fire brigade plucked the three of us from the

●SEE WIDOW PAGE 11

More than 900 face involuntary retraining in Phase II

RANDOLPH AIR FORCE BASE, Texas (AFP) — More than 900 airmen may be involuntarily moved to shortage career skills starting Monday, according to Air Force Personnel Center officials.

Although 450 airmen volunteered to change career fields during the initial phase of this year's noncommissioned officer retraining program, it was not enough.

Around the second week of July, officials will begin notifying airmen selected as most vulnerable to retrain. At Tyndall, more than 30 people are subject to involuntary retraining, according to the 325th Mission Support Squadron's military personnel flight. They will ask the airmen to submit their choices of shortage career fields they would most like to retrain into as part of the

program's Phase II. The second phase runs through Aug. 15.

"This phase of the retraining program is necessary to help meet the needs of the Air Force by putting airmen where they are needed most," said Chief Master Sgt. Alvin Diaz, chief of the skills management branch at the Air Force Personnel Center.

Under Phase II, not everyone is guaranteed his or her first choice. Major commands continue to accept volunteer applications. Personnel officials encourage all eligible NCOs to also consider special-duty assignments such as recruiting, military training instructors, first sergeant duty or professional military education instructor.

"There's still time for those who have been identified for possible retraining to volunteer,"

Chief Diaz said. "It's up to each airman, but if it were me, I'd think having control over my career would be a priority and help reduce the stress of not knowing whether or not I will get that notification asking me to make a selection — I'd volunteer."

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages. In April, the Air Force said it needed about 1,400 airmen to change careers.

Factors such as retention rates and new promotions have an effect on how many airmen will finally be retrained and where they will be needed, Chief Diaz said.

"But unless a large number suddenly step up and volunteer, we'll be looking for an-

other 900 or so," he said.

"We will work with those who have been selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the airman and his or her family while still meeting the needs of the Air Force," said Tech. Sgt. Derek Hughes, noncommissioned officer in charge of Air Force retraining.

Vulnerability listings by grade and Air Force specialty code will be updated online weekly on the Air Force Personnel Center's Web site at <https://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm>.

Military personnel flights have more details on the program.

(Courtesy of AFPC News Service)

Motorcycle deaths rise in '101 days'

STAFF SGT. CARLOS TREVINO

Air Force Print News

SAN ANTONIO — Motorcycle riders account for more than half of the Air Force's safety-related deaths during this year's 101 Critical Days of Summer safety campaign, according to Air Force Safety Center officials at Kirtland Air Force Base, N.M.

Officials said there is an alarming trend in motorcycle accidents involving airmen, which have accounted for six of the 10 Air Force deaths so far during this year's campaign.

Those who take unnecessary risks "think they are invincible," said John Russell, chief of ground safety at the center.

"Most were single-vehicle mishaps with speed and failure to maintain control (as) the key factors," Mr. Russell said.

While motorcycle fatalities are a growing concern during the first one-third of the 101 critical days, the potential for deaths involving four-wheeled vehicles and work-related mishaps should not be discounted, he said.

"We want our personnel to enjoy their well-deserved recreational activities during this season. But, we don't want our folks to forget about assessing the risk in their activities. We

have smart people; we want them to make smart decisions," Mr. Russell said.

People returning from deployment abroad face additional challenges, he said.

"Many of our members are making plans to become reacquainted with their family and friends. The last time we experienced a 101 critical days period directly following combat operations was in 1991. That summer we lost 42 Air Force warriors in needless mishaps, twice the average of summer mishaps for the preceding five years," he said.

There are things people can do to avoid becoming accident victims during this safety campaign, Mr. Russell said.

"Always assess the risk," he said. "If you have uneasiness in performing a task or being a participant in an activity, evaluate it. There are risks associated with everything we do; positive results are achieved when we look at all risk factors and make smart decisions.

"Safety is an attitude that must be considered 24 hours a day, seven days a week. Being responsible for our actions by making sound decisions is key to mishap prevention," Mr. Russell said.

● FROM WEATHER PAGE 2

may be appealing to swim or surf when the waves in the gulf are bigger, riptides are common and often folks don't realize their limits and quickly find themselves in trouble. Also, if you notice someone having difficulty in the water, be cautious about jumping in to save him or her. If possible and nearby, seek a lifeguard or assist the swimmer with a life-saving device such as a life preserver or other suitable flotation device. Many times folks lack life-saving experience and while it is a noble gesture to aid a fellow swimmer, the situation can become dangerous for both parties and fatalities can occur.

No matter what activity you are engaged in, think about the safety of yourself and others at all times.

With that in mind, I want to wish everyone a safe and enjoyable holiday weekend and I'll see all of you next week.

Save for Your Future  U.S. SAVINGS BONDS

**ON
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What are your plans for the July 4 holiday?


"I'll be spending time with some friends, going to a barbecue, and enjoying the fireworks."

SENIOR AIRMAN SHAYLA BUTLER
325th Fighter Wing command section



"I'm going to spend the 4th with my brother who just got back from an overseas deployment."

KATHY MIRKINSON
Trend Western Traffic Management Office



"I will be spending the holiday weekend painting the ceiling and walls of our new house."

2ND LT. SPEIGHT CAROON
325th Air Control Squadron



"I'm doing volunteer work for the Holy Nativity School and spending time with family the rest of the week-end."

DICK HEBERT
Retired Air Force

Congress approves retiree money for service-related problems

RANDOLPH AIR FORCE BASE, Texas (AFP) — Some military retirees will soon be receiving monthly payments for service-related health problems thanks to a provision of the 2003 National Defense Authorization Act.

Combat-related special compensation allows some disabled military retirees to collect payments for both their military service and their service-related disability.

The number of people qualifying may be larger than the term "combat related" implies.

According to the legislation, a veteran with "combat-related" disabilities is any 20-year military retiree with at least a 60 percent combined disability rating. His or her injuries are a "direct result of armed conflict," are a result of "hazardous" military service, were incurred while serving in "conditions simulat-

ing war" or were incurred "through an instrumentality of war."

Automatic qualifiers include any military retiree with at least 20 years of service who is rated as at least 10 percent disabled by injuries related to the award of a Purple Heart, officials said.

Payments are retroactive to June 1 for those whose disability occurred before that date. Those who apply and are approved will begin receiving payments about 60 days after approval. Depending on the number of applicants, approval could take months, officials said.

Thousands of applications already await approval in the disabilities office here, with more arriving every day, officials said.

"This is a good deal for some of our veterans," said Col. Larry Van Buren, who is heading up the reviews. "This authority granted by Congress will help veterans in a meaningful way."

Family members are not factored into determining the amount of the monthly payment. Compensation is payable only to those considered disabled by Veterans Affairs.

To qualify, retired Reserve applicants must have retired

with 7,200 or more total points.

Information and applications are available at base military personnel flights or online at <https://www.dmdc.osd.mil/crsc/>. Air Force applicants can send the application and any supporting documentation to:

United States Air Force, Disability Division (CRSC), 550 C Street West Suite 6, Randolph AFB TX 78150-4708.

Appropriate supporting documentation includes, but is not limited to the following:

— Department of Defense Form 214, Certificate of Release from Active Duty.

— Air Force Form 356, Findings and Recommended Disposition of USAF Physical Evaluation Board.

— Retirement orders.

— Purple Heart citation and orders.

— Any documentation indicating combat-related findings.

— Assignment or temporary duty orders.

— Medical records.

— Any VA disability rating decisions made within the last year.

More information is available by calling (866) 229-7074, commercial (210) 565-5000 or DSN 665-5000.

ARTICLE 15s

The following adverse actions took place at Tyndall in June. The publicity of Article 15s shows Team Tyndall that people will be held accountable for their actions and publication will hopefully serve as a deterrent to others.

Article-15s:

→ An airman first class from the 325th Maintenance Operations Squadron received a suspended reduction to airman and forfeiture of \$200 pay for dereliction of duty for breaking Phase I. Phase I denotes a period in which restrictions are placed on airmen in training status.

→ An airman first class from the 325th MOS received a reduction to airman and a reprimand for dereliction of duty for breaking Phase I and making a false official statement.

→ An airman first class from the 325th MOS received 30 days correctional custody, a suspended reduction to airman and a reprimand for dereliction of duty for breaking Phase I.

→ An airman first class from the 325th MOS received a suspended reduction to airman for dereliction of duty for breaking Phase I.

→ An airman first class from the 325th MOS received 30 days correctional custody for dereliction of duty for breaking Phase I.

→ An airman first class from the 325th MOS received suspended forfeiture of \$678 per month for two months for dereliction of duty for breaking Phase I.

→ An airman first class from the 325th MOS received a reduction to airman for dereliction of duty for breaking Phase I.

→ An airman first class from the 325th Security Forces Squadron received a reduction to airman, seven days extra duty and a reprimand for dereliction of duty for wrongful possession/use of false identification and making a false official statement.

→ An airman first class

from the 325th SFS received a reduction to airman, 14 days extra duty and a reprimand for dereliction of duty for underage drinking and drunkenness — incapacitation for performance of duties.

→ An airman first class from the 325th SFS received a reduction to airman, seven days extra duty and reprimand for dereliction of duty for underage drinking and making a false official statement.

→ An airman first class from 325th Maintenance Squadron received a suspended reduction to airman, suspended forfeiture of \$200 per month for two months, 30 days extra duty suspended and a reprimand for assault and battery and dereliction of duty for underage drinking.

→ An airman first class from 325th MXS received a suspended reduction to airman, forfeiture of \$50 pay per month for two months, 30 days correctional custody and a reprimand for dereliction of duty for underage drinking.

→ A technical sergeant from the Southeast Air Defense Sector received a reduction to staff sergeant, forfeiture of \$250 pay per month for two months for disrespect to an officer, communicating a threat and violating security regulations.

→ A senior airman from the 325th Aeromedical-Dental Squadron received a suspended reduction to airman first class, suspended forfeiture of \$200 pay per month for two months and 30 days extra duty for going from place of duty and making a false official statement.

Administrative discharges:

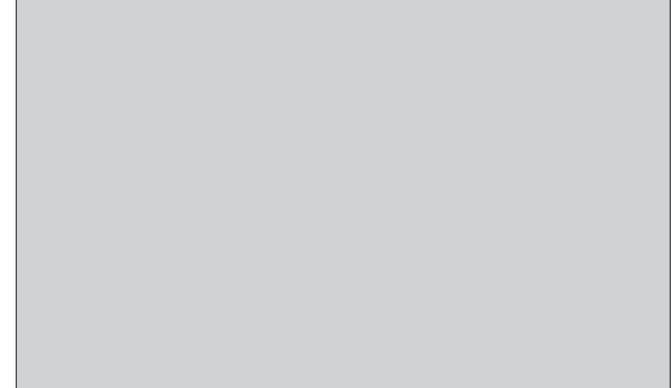
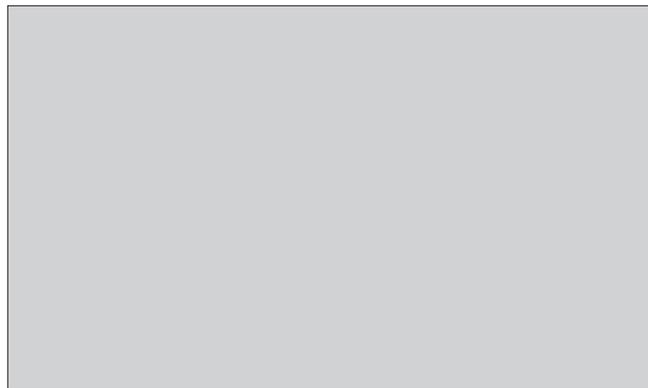
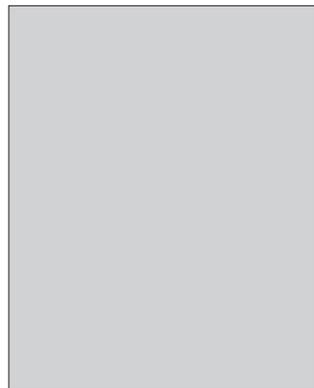
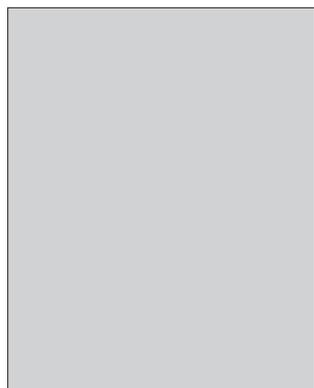
→ As reported in March, an airman from the 325th MXS received a court-martial conviction for wrongful use of cocaine. The airman was subsequently discharged with a general service characterization for drug abuse after his term of punishment was completed.

(Courtesy 325th Fighter Wing legal office)

Re-enlistments

The following individuals re-enlisted at Tyndall during June:

Master Sgt. Ronald Ater, 325th Aircraft Maintenance Squadron
 Staff Sgt. Brad Behselich, 325th Maintenance Squadron
 Staff Sgt. Fabricio Berrios, 325th AMXS
 Staff Sgt. Tyrone Boles, 325th AMXS
 Master Sgt. Patrick Conlin, 325th MXS
 Staff Sgt. Michael Davis, 325th Operations Support Squadron
 Tech. Sgt. Lee Doughty, 325th AMXS
 Staff Sgt. Paul Edwards, 325th Medical Operations Squadron
 Tech. Sgt. Michael Farrell, 325th MXS
 Senior Airman Scott Finkbeiner, 325th Aeromedical-Dental Squadron
 Staff Sgt. David Fischer, 325th OSS
 Staff Sgt. Jeri Goff, 325th Fighter Wing
 Tech. Sgt. Michael Griffith, 325th Maintenance Operations Squadron
 Tech. Sgt. Steven Harbison, 325th MXS
 Master Sgt. Donald Howell, 325th Mission Support Squadron
 Staff Sgt. Robyn Johnson, 325th AMXS
 Tech. Sgt. Timothy Johnson, 325th MOS
 Tech. Sgt. Randall Jones, 325th Contracting Squadron
 Chief Master Sgt. Dean Kashiwabara, 325th AMXS
 Senior Master Sgt. Tracy Lawson, 325th OSS
 Master Sgt. Paul Lawson, Det. 4, 372nd Training Squadron
 Tech. Sgt. Brian Macmillan, 325th Maintenance Group
 Senior Airman Jyra Madden, 325th MXS
 Senior Airman Lashonda McCoy, 325th Air Control Squadron
 Staff Sgt. Marta Nixon, 325th Mission Support Group
 Master Sgt. Davis Oates, 325th MXS
 Staff Sgt. James Pope, 325th AMXS
 Senior Airman Charles Poston, 83rd Fighter Weapons Squadron
 Master Sgt. Eric Simmons, 325th MXG
 Staff Sgt. Jeremy Starrett, 325th CONS
 Senior Airman Jason Terrell, 95th Aircraft Maintenance Unit
 Master Sgt. Joseph Volpi, 325th Communications Squadron
 Master Sgt. Wayne Warner, 325th AMXS
 Staff Sgt. Tawnya White, 325th MSS
 Staff Sgt. Candis Winslow, 325th Comptroller Squadron
 Senior Airman Jenny Woodward, 325th CS
 Senior Airman Joseph Woodward, 325th CS



Checkertail Salute



Steve Wallace

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

The Checkertail Clan salutes Captain Pappas for building a pediatric education program by acquiring multi-media material and devising a process for distribution. He also was a key participant in a triage demonstration project that saved the 325th Medical Group more than \$285,000.

Capt. James Pappas

Duty title: Pediatric clinical staff nurse

Unit: 325th Medical Operations Squadron

Time on station: 2.5 years

Time in service: 10.5 years

Hometown: Plymouth, Mich.

Hobbies: Weightlifting, movies and playing with Alexa, his two-year-old daughter

Goals: Graduate as a family nurse practitioner

Favorite thing about Tyndall:

Great mentors and the weather

Pet peeves: People who are not team oriented

Favorite book: The Bible

Favorite movie: "The Godfather" and "Heat"

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.

ORI prep time running out

LT. COL. STEVE

WALLENDER

Operational Readiness Inspection project officer

We're getting to the final stages of our operational readiness inspection preparations. These last two weeks of daily checklists may look repetitive, but performing these items will help ensure your programs look like the well-oiled machine they are.

In addition to this, everyone needs to start thinking about how to present themselves to the inspector general. The "Ten Commandments for the ORI" that follow this week's checklist items will remind you of some of these details. The uniform during the inspection will be the utility uniform, so make sure those are ready to go as well. Don't wait until the last minute — plan ahead!

Also, another crossword puzzle, along with last week's answers, can be found on Page 15.

DAY 10 — (Monday):
Same as Day 13: (paperwork polish)

DAY 9 — (Tuesday):
Same as Days 10 and 13: Do you have the current recall roster? Is your number correct?

DAY 8 — (Wednesday):
See DAY 9 above: Three

days of this kind of paper pushing is enough. and chemical training. Get it all up to speed.

DAY 7 — (Thursday):
Training: One last look at anything having to do with unit/individual training — also continuation training

DAY 6 — (July 11):
Publications: Everyone take one last look to make sure they are perfect to include individual publications also.

Ten Commandments

... for the ORI

I Thou shalt make a good first impression

First impressions are critical. Wear a clean, pressed uniform. Shine those boots. Don't use first names. Smile. Stay positive!

II Thou shalt be positive

Unless asked, don't tell the inspector about problems you're having, i.e., need for more troops, a difficult chief, etc. (1) The IG can't do anything about it and (2) it establishes a negative tone. Stay positive!

III Thou shalt not be surprised by anything

Study and know your assessment areas and self-inspection questions. Be prepared to answer every question with documentation for proof. Practice. Stay positive!

IV Thou shalt not whine to the inspector

Never say something bad about another office/organization - even those that you perceive aren't supporting you like they should. If the inspector notifies you of a write-up or finding, don't whine... figure out how you can fix it and notify them of your plan. Stay positive!

V Thou shalt remain professional and vigilant

Don't "let your hair down" /get comfortable with the inspector and start telling him about your pet peeves, or about how hard you worked getting ready for the inspection. Don't hint that something was done just because the inspectors were coming. Stay positive!

VI Thou shalt brag about thy people!

Every time you have an inspector's ear, brag about SOMEONE. Brag about people, groups, units and other places on base. Brag all the time. PEOPLE, PEOPLE, PEOPLE. Stay positive!

VII Thou shalt take responsibility for thy programs

Even if it's true, don't say you've been in your job a short time. This sounds like you're laying the groundwork for an excuse in advance for something the inspector is going to find. The IG hears this a lot; it questions your commitment and ownership. Stay positive!

VIII Thou shalt know the big picture

Everyone has a graph. So what. How are you using the information to IMPROVE. Be sure you can explain the information, why it matters and how it helps the unit mission. Stay positive!

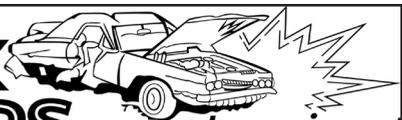
IX Thou shalt know thy enemy

Utilize the crosstell reports/information. The IG's already been through this with several other units. See how they did, and learn from their mistakes and successes. Stay positive!

X Thou shalt be victorious

Finally, a chance to show how good you are, simple as that. Let your positive attitude be contagious!

DRUNK DRIVERS are not survivors!



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

QUIT

American Heart Association
WERE FIGHTING FOR YOUR LIFE

First Term Airmen Center sets success

AIRMAN SARAH MCDOWELL

325th Fighter Wing public affairs

In the Air Force, teamwork and information work hand in hand to preserve the freedoms that so many people enjoy today, which is a concept that our forefathers founded. "Liberty cannot be preserved without general knowledge among the people," said John Adams, the second president of the United States.

Many bases around the Air Force have implemented professional development enhancement courses to share pertinent knowledge among its troops. One of these courses at Tyndall Air Force Base is the First Term Airmen's Course.

During FTAC, "professionalism, pride and thankfulness are valuable aspects taught through motivational briefings," said Staff Sgt. Darrell Gary, 325th communications squadron, FTAC team leader.

FTAC, which was started in 1999 at Offit Air Force Base, Neb., began as a way to in-process all the new

airmen at once. Now, it is growing and developing into a 10 to 14-day course being implemented across the Air Force.

"FTAC gives airmen their basic discipline and leadership and what's expected of them," said retired first Chief Master Sergeant of the Air Force Paul Airey. "I think the program has been a big success Air Force wide."

The program at Tyndall, which highlights speakers such as Chief Airey, mentors new airmen and helps them get acclimated to their new base. FTAC helps smooth the ground from technical school to the first duty station, Chief Airey said, and "I certainly believe it makes a better transition."

"We have noticed since the beginning of FTACs, the disciplinary problems of airmen have been reduced drastically," said Master Sgt. Albert Louis, 325th Mission Support Squadron FTAC flight chief.

"The mission of FTAC is to make the airmen mission-ready by the time they are done with the course. We give them the ancillary training with the mandatory briefings and in-processing that they need to

have to succeed," said Staff Sgt. Mia Kelly, 325th MSS FTAC deputy flight chief.

FTAC not only mentors airmen to become better airmen, it helps airmen understand their

roles and responsibilities and it transitions the mindset from the training environment to mission readiness, Sergeant Louis said.

There are several briefings incorporated into the curriculum that give the airmen the tools they need to succeed, not only at their first base, but in their whole career. "We make sure that the curriculum applies specifically to them, and the things they need," Sergeant Louis said.

The airmen get to talk to panels of Air Force members that have already succeeded in their career and are setting themselves up for success. They meet the first sergeant's panel, the chief's panel, the officer's panel, the Tyndall Active Airmen's Association, Airmen Against Drunk Driving, the Air Force Sergeants Association, the Non-Commissioned Officers Association and Focus 56. "These are things that airmen can get involved with that will basically pave the ground for a successful career," Sergeant Louis said.

Not only does the class offer question and answer sessions with the panels, but it also features classes such as personal financial management, which help the airmen get used to their new financial situation.



Retired Chief Master Sergeant of the Air Force Paul Airey signs memorabilia for airmen at a recent first term airmen class.

Other various briefs are brought to the airmen from other base agencies so that the airmen know what is available. "I didn't have FTAC when I first came in and I had to go about and find my way on base. I didn't even know some of these programs existed. Here they have everything," Sergeant Kelly said.

FTAC gives the new airmen a good start to their new life here at Tyndall by exposing these airmen to various agencies and what they offer.

"FTAC is providing insight into professional

"FTAC is providing insight into professional military education, which will be with them all of their life."

PAUL AIREY

Retired chief master sergeant of the Air Force

military education, which will be with them all of their life," Chief Airey said.

The FTAC team members mentor, inform and motivate the newly arrived airmen, as they transition into the "operational" Air Force from the training environment. "One of the biggest motivators is letting the airmen know that they are the ones providing the freedom, not only to America, but also to the world," Sergeant Louis said.

"FTAC is not just where you send airmen for two weeks, it is a place where we build the foundation for leaders," Sergeant Gary said. "We stress the value of teamwork, by stressing that what happens to one, happens to all."

The FTAC staff makes sure that the airmen step away from the course ready to go. "We want them to be as mission ready as possible, to include all specialized training and in-processing," Sergeant Louis said.

"This is the start of basic management, leadership and professional development," Chief Airey said. "Leadership is most important, without it we have nothing. The Air Force needs all the managers we can get, but leadership is absolutely indispensable."



Photos By Airman Sarah McDowell

Airmen listen to retired CMSAF Airey at the First Term Airmen's Center as he shares with them his lessons from his experiences in the Air Force. Airmen who attend FTAC get a broad range of information from enlisted and officer panels as well as representatives from numerous base agencies.

325th AMXS: maintaining for training

AIRMAN SARAH MCDOWELL

325th Fighter Wing public affairs

The job description said nothing about working in the sun's hottest hours, working for 12 hours a day, or staining everything on your body, to include your skin, with mechanical grease, oil, hydraulic fluid and jet fuel. It only gave the basic insight to a truly crucial and demanding career.

The mission of the 325th Aircraft Maintenance Squadron at Tyndall Air Force Base is to make sure pilots have safe jets to fly and train in.

"We make sure the aircraft is readily available and well equipped in order to fly," said Airman 1st Class Garret Baker, a crew chief with the 1st Aircraft Maintenance Unit.

"We make sure that the airplanes are good to go every day. We get them ready, recover them, turn them, and fix them if they need to be, so the pilots have a good plane to fly every day," said Staff Sgt. Kurt Dorshimer, a crew chief with the 1st AMU. "We prevent any small problems that could blow up into larger problems and prevent the planes from flying."

Here, the mission revolves around making sure F-15 pilots get trained, but without a safe jet, that can't happen. "The pilot needs to train and fight his jet correctly, so if the jets are not working properly, he won't be trained properly," said Airman 1st Class Richard Penn Jr., crew chief, 325th AMXS.

The crew chief's job is to troubleshoot

and maintain aircraft structures, systems, components and all the related equipment. The crew chiefs here advise their leadership and the pilots on problems that deal with maintaining, servicing and inspecting aircraft and related aerospace equipment, and they assist in launching and recovering the aircraft by using hand signals to guide the plane into place before and after flight. These airmen basically have to know information about everything on the jet.

They also take care of the pilots during a pre-flight inspection and make sure they are safe by checking their life support and strapping them into the jet. "If it wasn't for our career field, the pilots wouldn't be in the air. That's it. It is a great job and it is very challenging," Airman Baker said.

Though their job is to keep the jets maintained, challenges sometimes arise.

"It can be challenging to fix the planes in the short time that is allowed for the next go. There might be only half an hour or so to fix the planes," Sergeant Dorshimer said.

"The overall pressure you are under while you are out on the flightline, having to work quickly and accurately, can be demanding — not everybody can do that," Airman Penn said.

The weather is also a factor. "It can be challenging to work in the heat for long hours, and we work outside, rain or shine," said Master Sgt. Donald Birtsch, 1st AMU section chief.

Having to adjust to the lifestyle of working with your hands outside in the heat all day can be demanding, Airman Penn added.

The various aspects of the job, however laborious, seem to foster an important common denominator among the

crew — teamwork. "I think the fact that everyone is in the same boat working the same hours brings us closer together," Sergeant Birtsch said. "We wouldn't be able to get the mission done if people didn't help each other out and work as a team."

"There is a lot of seriousness for the job, but at the same time we have ways to keep our spirits high. There is definitely teamwork," Airman Baker said.

"All of us are assigned to a jet, but if one of us gets done early we will walk down to the next jet to see if somebody needs help," Airman Penn said. "We try to help each other out, and that directly affects how long our days are."

"Our part in mission readiness is to have the jets ready and safe to accomplish the training that gives the rest of the Air Force qualified pilots and qualified crew chiefs," Sergeant Birtsch said.



Top: A row of F-15s from the 1st Aircraft Maintenance Squadron on the flightline awaiting the first flight of the day. Left: Airman 1st Class Humberto Conchas prepares an F-15 for flight. Right: Airman 1st Class Ben Honeycutt checks the cockpit of an F-15 jet to make sure it is good to go for flight.



Medical officials: Smallpox vaccine side effects 'rare'

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

WASHINGTON (AFPN) — Mass smallpox vaccinations can be conducted safely with “very low” rates of serious adverse effects, the Defense Department’s senior medical official said June 25.

The military will continue with its vaccination program because the smallpox bioterror threat remains, said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

“Although we are no longer vaccinating servicemembers at the rate we witnessed earlier in the program, we continue to vaccinate those who are serving or who soon will be serving in high-risk areas,” he said. “Our experience demonstrates that on a large scale the smallpox vaccination program can be conducted safely.”

There are risks associated with the smallpox vaccination, even though signifi-

cant side effects are rare, and death is very rare, Doctor Winkenwerder said.

“Our experience is that it is possible to reduce those risks associated with the vaccine,” he said.

According to information from the five and a half-month military study, DOD officials administered 450,293 vaccinations, including more than 50,000 per week at the peak of the military program.

The study began Dec. 13, the day after President George Bush announced the plan to vaccinate the military, and ended May 28.

The study proved that the vaccine was administered without many adverse reactions, such as skin irritation and blister rashes, or risks associated with it, said Army Col. John Grabenstein. He is the Military Vaccine Agency’s deputy director for clinical operations.

Colonel Grabenstein wrote a report on the vaccination study with Doctor Winkenwerder. In it, he said that adverse

incidents were not as apparent as historical data would suggest.

“Itching at the vaccination site was reported by about 60 percent of those vaccinated,” Colonel Grabenstein said. Also, cases of “blister rashes” were mild, and they were treated on an outpatient basis.

He also said 3 percent needed to take sick leave after being vaccinated. That leave lasted roughly a day and a half, he said.

Comprehensive training of medical staff, education and careful screening of servicemembers, and close monitoring following vaccination were identified as ways to keep risks to a minimum. Early intervention when adverse events occur was also identified, according to Doctor Winkenwerder.

He said the study found no cases of transmission of vaccine virus from the health-care worker to the patient.

However, there were some concerns identified in the study. Doctor

Winkenwerder said acute myopericarditis — inflammation of the membrane covering the heart — occurred in a small number of servicemembers who received the vaccine: about 1 in 12,000, or 37 people.

“All of these individuals have recovered or they are recovering, and we will continue to follow them,” he said.

Colonel Grabenstein also refuted media accounts of the vaccine causing heart attacks in servicemembers.

“We have had several heart attacks among (those receiving) smallpox vaccines, but no more than we have had among a similar amount of unvaccinated people,” he said. “So our conclusion is that heart attacks and smallpox vaccination are unrelated.”

Information learned from the study will provide the American medical community and public with “current, factual information that will be useful as the U.S. moves forward with its vaccination program,” Doctor Winkenwerder said.

cVIP speeds job-application process

RANDOLPH AIR FORCE BASE, Texas (AFPN) — New and current civilian employees inprocessing or being assigned to new positions in the Air Force can now fill out many of the employment forms online, according to Air Force Personnel Center officials.

Applicants who have been contacted with a tentative job offer can use the Web-based Civilian Virtual Inprocessing Procedure to fill out forms before or instead of going to their civilian personnel flight, said Maureen Weber. Ms. Weber is the lead human resources specialist with the directorate of civilian personnel operations.

“One of the most attractive features of cVIP is that it

saves the customer time by capturing repetitive-type information the employee enters on one form, such as name and Social Security Number, and inputting the data automatically on other forms as they are filled out,” she said.

The cVIP also allows for electronic authentication for signatures, certification and approvals. Electronic authentication is the process through which the identity of a computer or network user is verified and ensures that an individual is, in fact, who he or she claims to be.

More information on Air Force civilian employment is at: <https://www.afpc.randolph.af.mil/afjobs/>.

(Courtesy of AFPC News Service)

Team Tyndall Pride



Take pride in Team Tyndall and its beauty. Pick up trash if you see it or do a self-help project — we all reap the benefits of a clean environment.



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

● FROM WIDOW PAGE 3

crowd, transporting us to their firehouse to call on those who had to stand guard during the Baghdad concert. It was all about touching us and feeling the reason they were in this hell. Back at Baghdad International Airport, Kid Rock turned a "meet and greet" into an impromptu concert in a steamy airport hangar before 5,000 troops.

One particular soldier, Capt. Vargas from the Bronx, told me he enlisted in the Army after some of his wife's best friends were lost at the World Trade Center.

When he glimpsed the piece of recovered metal from the towers that I had been showing to a group of soldiers, he grasped for it as if it were the Holy Grail. Then he handed it to Kid Rock who passed the precious metal through the 5,000 troops in the audience. They lunged at the opportunity to touch the steel that symbolized what so many of them felt was the purpose of their mission — which puts them at risk every day in the 116-degree heat, not knowing all the while if a sniper was going to strike at anytime.

Looking into that sea of khaki gave me chills even in that blistering heat. To me, those troops were there to avenge the murder of my husband and 3,000 others. When I got to the mi-

crophone, I told them we had not made this journey for condolences but to thank them and to tell them that the families of Sept. 11 think of them every day. They lift our hearts. The crowd interrupted me with chants of "USA, USA, USA." Many wept.

What happened next left no doubt that the troops drew inspiration from our tragedies. When I was first asked to speak to thousands of troops in Qatar, after Iraq, I wondered if it would feel like a "grief for sale" spectacle.

But this time I was shaking because I was to present the recovered WTC steel to Gen. Tommy Franks (U.S. Central Command commander). I quivered as I handed him the icy gray block of steel. His great craggy eyes welled up with tears. The sea of khaki fell silent. Then the proud four-star general was unable to hold back the tears which streamed down his face on center stage before 4,000 troops. As this mighty man turned from the spotlight to regain his composure, I comforted him with a hug.

Now, when do I return?

(Editor's note: This commentary is printed with permission from Christy Ferer, a New York native whose husband, Neil Levin, was killed in the Sept. 11 terrorist attacks.)

Software streamlines travel process paperwork

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

WASHINGTON (AFP) — A new software program being tested by defense travel system officials will make arranging, paying and reimbursing official government travel a speedy, seamless and almost paperless process, according to officials.

A software program, called the "Enhanced Jefferson," is transforming the way the Department of Defense does temporary-duty travel, said Army Col. Larry Schaefer, travel system director.

"The whole idea is that we are automating the TDY process for all of the Department of Defense," he said.

The program allows the system to operate similar to many online travel Web sites by providing government travelers information for selecting airlines, rental cars and lodging.

In addition, Colonel Schaefer said it allows government travelers to complete their travel vouchers and compute costs of travel online from their workstation.

Using digital signatures for security, travelers can log onto a Web site and begin the authorization process. They select the type of travel, input departure and return dates, and make their travel arrangements, he said.

The system automatically calculates per diem rates, to include meals and incidental

expenses based on the destination of travel, he said. Upon return, travelers can add additional expenses such as parking fees and mileage reimbursements.

Colonel Schaefer said that because the online version already has the traveler's information, "you can literally file a voucher within minutes."

The program is an improvement on the paper process, which he said has been a cumbersome process that often included "40 or 50 steps." By comparison, the new process has just seven steps.

"Travelers will see that they get paid much quicker," he said. "Instead of the cumbersome manual processes of today, that require some significant amount of time, everything is done automatically, and (it) saves time."

The program is being tested at 20 pilot sites and awaiting final DOD approval before it can be used by all travelers, Colonel Schaefer said.

Pilot sites include Ellsworth Air Force Base, S.D.; Beaufort Marine Corps Air Station, S.C.; Fort Campbell, Ky.; Camp Pendleton, Calif.; Fort McPherson, Ga.; Vance AFB, Okla.; and Defense Security Cooperation Agency, Arlington, Va.

The new system is expected to be in place DOD-wide by the fall 2006, Colonel Schaefer said.

The Web site can be found at www.defensetravel.com.

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

Gulf Guide

**in the
Tyndall community**

JULY

FRI
4

Commissary holiday hours

The commissary is closed today in observance of the Independence Day holiday. The store will re-open at 8:30 a.m.

Saturday.

AAFES holiday hours

The following Army and Air Force Exchange Service facilities are open today at the following times: Main exchange, 10 a.m.-5 p.m.; Class Six, 10 a.m.-5 p.m.; Shoal Point Shoppette, 11 a.m.-6 p.m., Felix Lake Shoppette, 6 a.m.-9 p.m. All other AAFES facilities, the barber shop, service station and Burger King will be closed. Regular operating hours will be in effect on Saturday, with the exception of the service station, which will close at 5 p.m.

Children's fishing day

The pond across from natural resources, Building 1260, will be open to fishing 9 a.m.-noon today for children under the age of 16. The limit is five catfish per child; no adult fishing is allowed.

TUE
8

Black heritage committee meeting

The Tyndall Black Heritage Committee will meet 11 a.m. Tuesday in the community activities center. The committee meets the second Tuesday of every month. New members and participants are always welcome.

Bible study group

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

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
9

Palace Chase briefing

Palace Chase briefings for first-term airmen with half of their enlistment

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

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
10

Antiterrorism training

Mandatory antiterrorism training is provided by the Air Force Office of Special Investigations on a walk-in basis 8 a.m. every Thursday in Building 656. The training will last approximately 45 minutes. Anyone with a permanent change of station or temporary duty assignment to an overseas location who has not received Level-I Antiterrorism training within six months of their departure date is required to receive this training prior to out-processing. Out-processing checklists should be brought to the training session. Military dependents are encouraged to attend. For more information, call Special Agent Doug Hartwell, 283-3261 or 283-3262.

NOTES

AFA State Conference

The Air Force Association State Conference will be July 18-19 at Tyndall Air Force Base. A golf tournament begins at noon July 18 at the Pelican Point Golf Course. The entry fee is \$40, with a cowboy barbecue following the tournament at 6 p.m. The cost for the barbecue is \$20 per person. The July 19 conference day begins with registration at 7 a.m. The fee is \$8, which includes an 8 a.m. continental breakfast. The conference is expected to continue until approximately 5 p.m. Lunch will be served noon-1 p.m. and is \$15 per plate. A conference dinner will be 7 p.m. following a 6 p.m. cocktail hour. Dinner is \$25 per plate. For more details, call Lt. Col. Dave Webster, 283-5542 or 283-5532. For more information about the AFA Golf Tournament, call Master Sgt. Dan Rebstock, 283-5496. Additional information about the AFA can be found on the association's Web site, www.afa355.org.

School and sports physicals

School and sports physicals will be offered by the 325th Medical Group 8 a.m.-noon and 1-5 p.m. Aug. 7, 14 and 21 at

the pediatric clinic. To make an appointment, call central appointments, 238-2778.

Military equal opportunity information

The military equal opportunity office provides human relations education to any organization, work center or individual upon request. Representatives are available to brief at commander's calls and flight meetings, and specialize in identifying ways to prevent sexual harassment and unlawful discrimination. The most recent edition of "Utopia Minutes," the MEO office newsletter is available upon request. For more information, call Capt. Benita Arceneaux, 283-2739.

Tyndall's FSU office hours

The Tyndall Education Center's Florida State University office is open 9 a.m.-1 p.m. Monday-Thursday for student advising and general information regarding FSU degree programs offered at the Panama City campus. For more information, call 283-8908 or stop by Room 51 of the education center.

RETIREE NEWS

Veterans nursing home update

The Clifford Sims Veterans Nursing Home on Tram Road may begin admitting a few veterans in late September, followed by a survey and evaluation by the Florida Health Care Administration to correct any problems or deficiencies. The full complement of residents will be phased in as eligibility of applicants is made. Construction and landscaping are complete according to information received from the director of nursing at the facility. Open house and a dedication ceremony are scheduled for mid-August. Those veterans interested in becoming residents should apply through their respective County Veterans Service office

YARD SALES

There are no yard sales scheduled for Saturday.

CHAPEL SCHEDULE

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

CLASSIFIEDS

Free classified ads are restricted to 25 words or less and for a one-time sale of personal items for less than \$20,000 and pet sales under \$50. Each submission will run for one week. People may request to rerun the ad in following issues. Ads are run based on a space-available basis, first come, first served. Deadline is 4 p.m. on the Friday prior to publication. Forms may be picked up in the public affairs office in Building 662, Room 129.

Smoke signals bring support

AIRMAN SARAH MCDOWELL

325th Fighter Wing public affairs

Every morning, he wakes up, rolls over, plants his feet on the floor and reaches for something to let him know he is awake. His lungs can still feel the effects of yesterday's pack, but he knows that in a little while it will feel OK. Until then, he can take a couple of cigarettes, after all he just doesn't feel right without the first smoke of the day. All day long he reaps the benefits of his habit. He gets regular breaks, he has an outlet for stress, and he meets people just like himself who frequent the smoke pit. To him, there are no significant reasons why he would want to give up something that is always there when he needs it. Though he hopes to quit one day, this is what works for him right now, and he doesn't really feel like changing.

The "he" in this scenario is the common smoker who has two views on the matter. On one hand, he loves his habit, but on the other hand weighs a mass of reasons why he should quit. As his lungs start to feel weaker each morning and his body more fatigued throughout the day, the idea that the cause could be the cigarettes starts to creep into his mind.

His idea to quit will start to grow to the point where he thinks about it every time he lights up. He will talk to his fellow smokers about it, only to get laughed at, and hear the sarcastic "good luck" of a person who knows that they are trapped. He will start to see that his buddies won't be much support, and if he plans on doing this right, support is what he is going to need.

Support for tobacco users who are ready to quit can be found at the health and wellness center here, through classes sponsored by the 325th Medical Group. "Knowing that you are not the only one



going through this and that if you have problems or issues, you have someone else there that you can talk to is the biggest thing," said Sheri Ward, a Quit Smart program instructor.

Additionally, the program offers medical support by prescribing a pill or the patch to those who are serious about quitting. "With the program, there is a better success rate. Studies have shown that if you

"Smoking controls your life — what you can do and where you can go. By quitting you gain more control."

SHERRI WARD
Quit Smart instructor

just use the patches or Zyban without counseling and intervention that comes with the class, your chances of quitting are about 35 to 40 percent. With the class it goes up to 50 percent," said Capt. Angela Cooley, 325th Medical Group's health and wellness center Quit Smart instructor.

The statistics show that this program is for those who are serious about quitting.

"The biggest thing is wanting to quit. You've got to be motivated to succeed," Mrs. Ward said.

The classes start on the first Monday of every month and can be attended by active-duty members, dependents, retirees and their dependents and civilian employees assigned to Tyndall. There are four, one-hour sessions including topics such as preparing to quit, quitting, maintenance and

planning ahead. The Quit Smart instructors are the ones who provide the support and information. "Plus, with the class, we offer stress management. I think that is important because a lot of people start smoking again because of stress," Captain Cooley said.

Also, there are numerous benefits to quitting smoking. "You feel healthier, more

energetic and can do a lot more things. Smoking controls your life — what you can do and where you can go," Mrs. Ward said. "By quitting you gain more control."

"As far as the benefits of quitting smoking, the big one is health. A lot of young people in their early 30s and late 20s have cardiovascular disease, diabetes and high blood pressure," Captain Cooley said. Many conditions can be prevented by not smoking.

The class helps by providing ways to tackle obstacles that could come your way so you can continue to succeed. "The class helps you identify your behaviors so that you can put other things in place," Mrs. Ward said. The biggest obstacle is not knowing what causes a person to smoke.

The second biggest obstacle is thinking that you can put off quitting, because smoking is a pattern of behavior that people build up over a long period of time, Mrs. Ward said. This class helps smokers identify the variables maintaining the behavior.

Another concern for smokers that can be alleviated by quitting is the financial matter. "Three bucks a day is a lot to spend on a pack of cigarettes," Captain Cooley said.

The average smoker who smokes a pack a day will spend at least \$1,095 in a year on tobacco. That is a big price to pay for a habit that takes you nowhere but to the hospital.

Overall, the program will give you the support and tools you need to succeed and become healthy.

"The people who run the program are there to support you — they want to help. If it takes one time or two, they will still be there," Mrs. Ward said.

For more information on the tobacco cessation classes offered at the health and wellness center, call 283-3826.

● FROM HERITAGE DAY PAGE 1

There was still a chance Heritage Day would go on as scheduled in the initial stages of monitoring Tropical Storm Bill since its formation as a tropical wave in the Western Caribbean last week. The weather team tracked the system that eventually developed into a narrow band of bad weather approximately 100 miles wide that extended from Virginia to Texas with Tyndall situated right in the middle.

"Last Friday, a defined circulation center had developed over the Yucatan Peninsula of Mexico, with the stronger thunderstorm activity remaining over the waters of the Caribbean," Captain Patla said. "It developed into a tropical storm by early Sunday morning, according to the National Hurricane Center who is responsible for those decisions."

Since development of the weather system occurred so rapidly, the NHC skipped the tropical depression

phase and went straight to a tropical storm. "It's a perfect example of how quickly we could have gone from HURCON 5 to 3 or 2 had it moved toward Tyndall and developed more quickly," Captain Patla said. "That's what happened with Hurricane Opal."

"Tropical Storm Bill was eventually downgraded to Tropical Depression Bill," Captain Patla said. "The good news is that conditions are expected to generally improve throughout the July 4th weekend."



Funshine NEWS

July 4, 2003

325th Services Website: www.325thservices.com

Officers' Club

All Ranks Lunch

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

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

Includes Fresh Hot Carved Meat Sandwiches on Kaiser Roll

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

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

On Base Food Delivery

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

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

Subs & Pizzas
286-2900

AF Club Scholarship

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

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 sponsors intended.

Assistant NCOIC Needed

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

- Must be a (S)Sgt or above and have completed 7-level upgrade training.
- Must possess 16 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, TSgt Smith, NLT 15 July.

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 21 July 03.

All Ranks Barber Shop



Hours:
Mon. - Fri.: 8 a.m.-4 p.m.
Wed.: 10 a.m.-4 p.m.,
Now with two barbers!
Stop by and welcome Michele to the barber shop.

- Men's Haircut: \$5.75
- Ladies' Haircut: \$6.75
- Hot Lather Neck Shave
Free with haircut!

Members receive \$1.25 discount.
Walk-ins welcome.

Vet Clinic

☎ 283-2434

Veterinary Special

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

Aero Club

☎ 283-4404

Private Pilot Ground School
Classes begin July 7

Ins./Ground School
Classes begin July 8

Information, Tickets & Tours

☎ 283-2499

Tallahassee Malls Shopping
July 14. Cost per person is \$10. Trip departs at 8 a.m. and returns at 6 p.m. Deadline for signup is July 10.

Pelican Pt. Golf Course

☎ 283-4389

Making Improvements...

Temporary tee boxes have been installed until upgrades are completed and twilight fees are in effect until renovations are completed on new tee boxes and sand bunkers.

Surfing Classes For Youth & Adults

Adult Beginners Classes
Call Rudy for more info. 283-2495

Youth Beginners Class
Call Andy for more info. 283-4366

Raptor Lanes Bowling Center

Fast Lanes

May 22 - Aug. 14

Purchase a large fountain drink and receive a game piece. Participants may win instant prizes. Participants who fill out the attached entry form are also entered to win the NASCAR racing hood replica on display at the bowling center, and could win the grand prize NASCAR VIP trip. Sponsored in part by Coca-Cola. No federal endorsement of sponsor intended.

283-2380

Bonita Bay

☎ 283-3199

Whitewater Rafting

August 9-11. \$185 per person; includes: 2 rafting trips, 5 meals, camping, and transportation. Deposit required at time of reservation.

Family Child Care

☎ 283-2266

License Requirement

The Air Force requires persons caring for children of other families more than ten hours be licensed. Call for more information.

Child Care Spaces

Spaces are available in Family Child Care homes for full time and part time care. Providers also have space for persons making PCS moves and volunteering in base agencies. Call the FCC office for additional information.

SPORTS PAGE

PIZZA PUB & GRILL



Pizza Pub 283-3222
Lunch Mon.-Fri.: 11 a.m.-1 p.m.
Evening Mon.-Fri.: 5 p.m.-8 p.m.
Snack Bar 283-2814
Monday-Friday: 6:30 a.m.-5 p.m.
Saturday: 1 p.m.-5 p.m.

Mon., Wed. & Fri.: 11 a.m.-1 p.m.
All-You-Can-Eat

Pizza Buffet
\$5.95* includes drink, salad bar, and a variety of hot, fresh pizza
*Members, show your club card to receive a \$1 discount!

Youth Center

☎ 283-4366

Soccer Registration Deadline
Reg. for Ages 8-11 yrs. is July 11 due to the BCYSA/FSA signup deadline.

Marina Club

☎ 283-3059

Friday Seafood Buffet
All-you-can-eat, \$6.50, 11 a.m.-1 p.m.

Best Salad Bar on Base
Tues.-Thurs., 11 a.m.-1 p.m., \$3.75

Scuba Lessons
PADI Open water certification: \$175.

Cook Your Own Steak
Tues., 5-7:30 p.m., includes salad bar.

Fishing Charters
\$75 per operating hour. 4 hour min. 5 people maximum.

All Ranks at the O' Club

Sunday Brunch!

July 20, 10 a.m.-1 p.m.

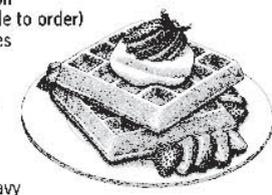
\$8.95*

Champagne Available - add \$3

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

Menu Includes:

- Carving Station
- Omelets (made to order)
- Belgian Waffles
- Sausage
- Bacon
- Hash Browns
- Fresh Fruit
- Muffins
- Danish
- Biscuits & Gravy



For more information call:

283-4357

Tyndall's *All Ranks*

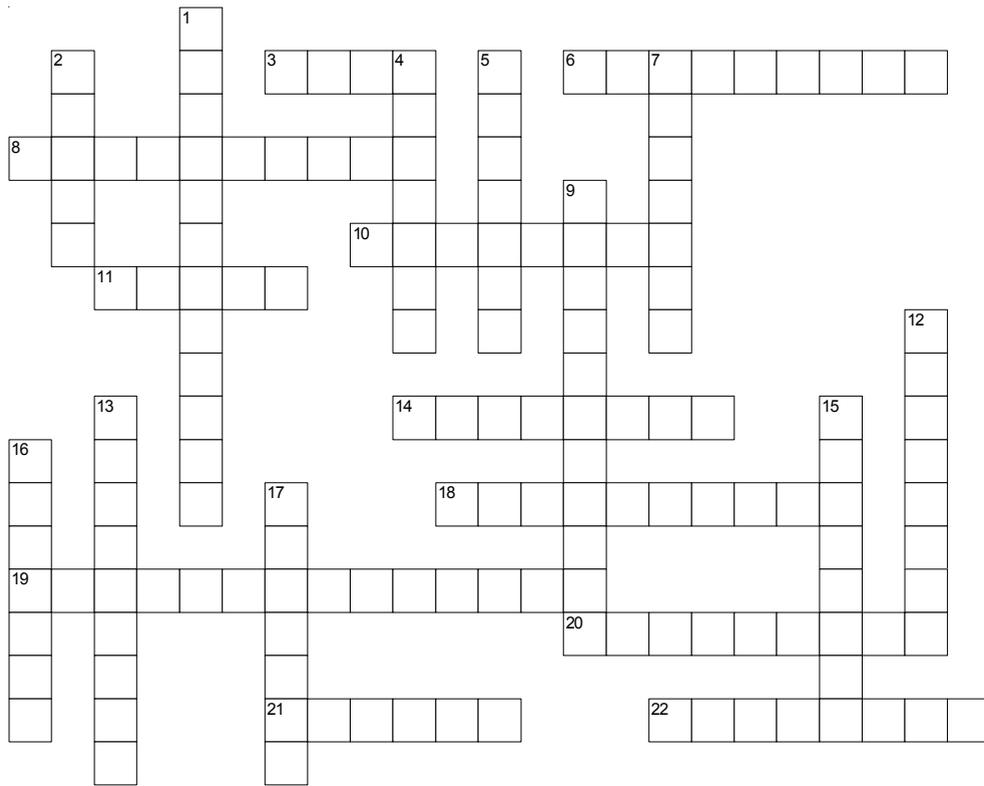
Seafood Extravaganza

At the O' Club
Friday, July 11
5:30-8:30 p.m.

Snow Crab Station, Peel & Eat Shrimp Station, Oysters on the 1/2 Shell Station, Beef Carving Station, A Variety of Prepared Fish, Breaded Shrimp, Scallops, Seafood Newberg, Clam Chowder, Mashed Potatoes w/ Gravy, Steamed Rice, Hush Puppies, Vegetables, Assorted Desserts, Tea, Water, Coffee.

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.



www.CrosswordWeaver.com

Self-aid and buddy care puzzle

Down

- 1 - An open fracture is always ____ with germs
- 2 - When experiencing symptoms of nerve agent poisoning, self injections should be made into the ____
- 4 - Check the color under the nails and ____ if a dark skinned person is in shock
- 5 - Once tourniquet has been applied, loosen it every ____ minutes
- 7 - Fingers and toes should be exposed when bandaging arms and legs
- 9 - Bleeding from this vessel oozes and usually is not severe
- 12 - One type of shock
- 13 - When treating for shock, elevate the ____ unless injured
- 15 - Blood vessel that spurts bright red blood
- 16 - A strip of cloth used to hold a splint in place
- 17 - If your heart beats ____ 5-10 minutes after injections, you have received enough medication

Across

- 3 - No more than ____ sets of injectors should be used without approval of medication personnel
 - 6 - First step in treating shock victim is to keep victim ____
 - 8 - Never bend elbow or knee to a ____ before applying a bandage
 - 10 - One type of buddy carry used to move an unconscious victim
 - 11 - Bleeding from this vessel is steady and usually dark red
 - 14 - One symptom of mild nerve agent poisoning
 - 18 - Last resort, used to control bleeding
 - 19 - Best way to stop external bleeding
 - 20 - Prevents damage to nerves, muscles, and blood vessels
 - 21 - The pupils of a person in shock will be ____ than normal
 - 22 - Covering that protects a wound
- See next week's Gulf Defender for answers.*

Answers to last week's puzzle on the law of armed conflict: 

