

GULF DEFENDER



Vol. 62, No. 18

Tyndall Air Force Base, Fla. *Gulf Defender*

May 9, 2003

In brief

CLEP Exams retired

The following CLEP Exams will be retired effective June 30: 04910/04926-Humanities; 26107-General Chemistry; 75027-College Level German; 18074-General Biology; 65048-Western Civilization I; and 66052-Western Civilization II. The last date to take these exams is June 26. For more information, call the education center at 283-4285 or 283-4286.

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 E-1 through E-4 volunteers who can be reached by calling 867-2233. This program is available to all ranks who have a valid military identification card. AADD stresses complete anonymity to ease fear of retribution. For more information, call Airman 1st Class April Gutierrez, 283-7228.



First responder

A Remote Ordnance Neutralization System investigates the scene during a Major Accident Response Exercise here Tuesday. In addition to providing reconnaissance capabilities, the RONS robot can neutralize U.S. and foreign ordnance, improvised explosive devices or weapons of mass destruction without threatening human lives. Other attachments can determine if radiation is present. The exercise was conducted to test Team Tyndall's response to an accident involving chemical agents.



Photos by Steve Wallace

Air Force preparing for next contingency

MASTER SGT. SCOTT ELLIOTT
Air Force Print News

WASHINGTON — Even as deployed airmen return home from Operation Iraqi Freedom, Air Force officials are focusing on what they need to do to reload the service for the next contingency.

According to Lt. Gen. Ronald Keys, deputy chief of staff for air and space operations, the three priorities in reconstituting the Air Force are people, units and the overall Air Force.

“In the people category, we need to give our people the time to reunite with their families, take care of personal things and decompress,” the general said.

The service is also committed to helping airmen get their career progression requirements back on track, General Keys said.

“We have to give them a chance to study for their promotion exams and get them into professional military education classes or other profes-

sional training,” he said. “We’ll make sure they don’t lose those classes by virtue of having answered the call to go to war.”

Unit reconstitution will consist of getting local training programs back on track, restocking supplies, and repairing and maintaining equipment.

At the Air Force level, General Keys said senior leaders would have to face challenges ranging from personnel management to completely reloading the air and space expedi-

tionary force rotation schedule.

“The AEF construct is a crisis-contingency mechanism for scheduling people to (deploy),” he said. “We froze AEFs 7/8 in place, added 9/10, then added parts of 1/2 and 3/4. There are a lot of people over there, and the AEF is not in sequence.”

General Keys said he expects the AEF cycle to be back on track by early 2004. In the meantime, the Air Force will weave together interim AEF

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Countdown
to ORI
72 days



F/A-22 = 24-hour “air dominance”

Practice makes perfect for ORI

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



This week we had another opportunity to test ourselves as we continue to hone our skills for potential contingency operations

and prepare for the upcoming Operational Readiness Inspection. Our exercise evaluation team successfully put us through the paces of several scenarios designed to prepare us for our test in July and increase our overall readiness posture. We continue to perform well, but there's always room for improvement. Now that we've identified improvement opportunities, we have to seek sound remedies that get to the core of the issues and prepare us to handle our real-world operations and our ORI. Keep on your toes, there's more to come.

Another opportunity to ensure we're prepared is just around the corner. June ushers in the hurricane season for us, and we'll be susceptible to one of nature's most destructive forces through November. It's imperative we all begin reviewing hurri-



"We continue to perform well, but there's always room for improvement."

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

cane season requirements and plans now so when we enter that critical window everyone understands hurricane preparation actions, various hurricane conditions and evacuation procedures. Many new members to Team Tyndall have arrived since hurricane season ended last December, so we have to work especially hard to ensure we communicate these procedures effectively. Don't forget to communicate this vital information to family members as well. So dust off the hurricane plans and HURCON signs and let's make sure we're ready.

Hurricanes in this part of the world are unpredictable, but one phenomenon that

occurs each year at about this time on Tyndall is *very* predictable — Reserve Officer Training Corps' encampments. Each summer, Tyndall hosts this critical training opportunity for future officers, and this year is no exception. You'll soon see busloads of young cadets arriving and flights of these cadets marching around Tyndall. While they are here visiting and training at Tyndall, I ask for your cooperation in two critical areas. First, since our cadet visitors travel primarily by marching from place to place, be especially mindful of their presence and attentive when driving near a formation. Second, although

●SEE TRAIN 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

'Thank you for the work that you do': anonymous voice stirs emotion

CYNTHIA MINNICK

Secretary of the Air Force Office of Public Affairs

WASHINGTON (AFP) — Morning commutes in the nation's capital are not typically a pleasant experience. Those of us who use public transportation contend with the daily routine of riding buses, commuter trains or our rail system, called the Metro.

Most people who ride the Metro don't bother to talk or look at each other. Newspapers, books and portable music devices are often whipped out by a rider as soon as he or she sits down; small attempts to build little shields of privacy in a public place.

I usually get up from my seat just before arrival at the Pentagon station. Just like every other stop, there is an announcement from the train operator, "Next stop, Pentagon. Doors opening on the left." Nothing special in any of it. Nothing personal in any of it. Typical daily grind.

Like many people, I sometimes think, "What am I doing this

for?" Some days I am uncertain. But every once in awhile, there are mornings when I am absolutely sure of why I continue to be part of America's defense team. And that surety comes from a few simple words; spoken by a man I do not know and have never seen.

You see, every once in awhile I am fortunate to catch a train with a unique operator at the helm. Like all the other operators, he is very professional and a model Metro employee when he announces, "Next stop, Pentagon. Doors opening on the left." But it's the next few words he speaks that make me think he is really someone special. As the doors open and we all begin to exit the train, he says, quite simply and sincerely, "Thank you for the work that you do."

I don't know about anyone else, but as I come into the Pentagon after hearing his words, it doesn't bother me that I have to walk through security checkpoints, past men with machine guns and other assorted military hardware. It doesn't bother me that I have an escape mask at my desk, in case of

chemical or biological attack. I don't even mind that I've long abandoned fashionable high-heels in favor of sensible shoes (easier to run in, if necessary). None of that matters because he has reminded me again why I continue to do what I do.

I serve on this defense team for him, the unknown train operator. And for the waitress who smiles despite her aching back. And for the gap-toothed kid who looks to the skies and dreams of flying someday. To be honest, I'm even doing it for the young woman who came to D.C. from an Ivy League school using her daddy's platinum credit card, so she could protest the war. I'm doing it for all the people in this country who I'll never meet and will never know. I serve for them.

If I ever get a chance, I'm going to meet that Metro man one day. I'm going to shake his hand and tell him how much his words mean. And I'm going to tell him that he is a fine train operator and express my appreciation to him for a job well done. After all, everyone likes to be thanked for the work that they do.

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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 TRAIN PAGE 1

our operations tempo plate is plenty full, and we have many important projects on our calendar, please continue to provide the same level of excellent support to this group that all Team Tyndall customers are accustomed to receiving. The experience these cadets gain here will contribute greatly to their initial impressions of the Air Force.

Finally, I'd like to offer notes of congratulations to a few Tyndall folks and an important group in our community — our high school graduates. Friday, **Lt. Col. Patrick Moylan** took command from **Lt. Col. Matthew Donovan** in a change of command ceremony. Congratulations Matt on a job well-done with your command of the Boneheads! Welcome aboard, Pat! I know you'll rise to the challenge and continue the 95th Fighter Squadron legacy of excellence. Congratulations are also in order for **Lt. Col. Greg Parsons** and the 325th Services Squadron, as they earned

the Eubank Award for Best Small/Medium-base Squadron. Also, **Maj. Scott Enold** and his security forces professionals were recognized as having the premiere anti-terrorism program in the Air Force for the second straight year. This is the fourth year in a row they have earned the honor as best in command.

Next week, an educational career culminates for thousands of area high school graduates as they make one of the most exciting and challenging transitions in their lives. Many will continue their education at a university or college, some may join ranks with us and serve proudly in our nation's defense; and others will enter our work force as young adults. Whatever decision you make for your near and long-term futures, be proud of this accomplishment — you've worked hard for many years. Enjoy the moment, remember the friends and embrace the future. Congratulations! Have a great week!

Suicide doesn't offer solution

Editor's note: For most, the thought of suicide is not something people like to discuss. In fact, suicide attempts are often dismissed as isolated incidents that happen to others at a distance far away. The truth, however, is that suicide is much closer to home than one might imagine and attempts are carried out by male and female alike, from among all races and classes. No walk of life is exempt, certainly not military members.

Over the past couple years, Tyndall AFB has

been affected by several attempts, and in some cases, completions, on the part of its personnel and or dependents. The following is an account of one airman who was fortunate enough to have not been successful.

After nine years of communication problems, and arguments about bills, discipline and time spent together, my spouse and I divorced. Neither one of us thought divorce was appropriate, but it seemed like the only solution.

After the divorce, my children were angry with me, my boss kept giving me more and more tasks to complete and I was living paycheck to paycheck. I had to show friends and family that I could survive without their help, but they only knew what I shared with them. Inside I felt like a failure.

I knew the warning signs for suicide, but I never considered myself depressed.

I couldn't add up the feeling of being overwhelmed, as well as sleeplessness, weight loss, crying all the time and lack of concentration. The simple things in life just didn't make me happy anymore. Soon, I became consumed with the thought that everyone would be better off without me around, and at one point, I remember driving though several stoplights because I was unable to focus on the road.

One summer night eight years ago, I took an overdose of medication.

I pictured my kids at my funeral and realized I couldn't do that to them. They were so little and innocent and I had no right to put them through such pain. I called a friend for help and was taken to a hospital for treatment. I still felt the

●SEE SUICIDE PAGE 6

Carelessness costs AF thousands

CAPT. JON STANLEY

325th Fighter Wing judge advocate

A casual glance at the Tyndall security forces' blotter each day evidences a greater need to be prudent and cautious when operating a government vehicle or working with government assets. Repair costs to government assets add up to thousands annually, interrupt the mission and are unnecessary. By being mindful of surrounding circumstances when utilizing government equipment, airmen can easily prevent government property damage and avoid personal injury.

Frequently, government vehicle operators hit telephone poles, gate-control devices or other cars because

of a lack of attention to detail. Use common sense and follow the requirements set by law and in Air Force or Tyndall instructions. If a spotter is required, please do not shortcut the requirements. If it is raining, please turn on vehicle lights to be more visible. Stop, look and listen are terms that have been repeated time after time. These terms are important and were developed to impress upon the inexperienced the lesson of safety. Please take safety seriously, implement the measures of operational risk management and become a conscious, alert user of Air Force assets.

The Air Force can save thousands of dollars in property damage and the

inconvenience of doing without Tyndall assets if everyone keeps one simple premise in mind — care for Air Force property as if it were your personal property and all will benefit.

Air Force members and employees can be held financially liable for the loss, damage or destruction of Air Force property caused by their negligence, willful misconduct or deliberate unauthorized use. Unit commanders have the power to hold members and employees accountable. By exercising a little care when working with government assets, members and employees can avoid the hassle of a Report of Survey, and the mission will not be unnecessarily encumbered.

Attention to detail needed for ORI

LT. COL. STEVEN KOTAN

Operational Readiness Inspection officer

As we draw closer to our upcoming Operational Readiness inspection, we must increase our focus on daily mission requirements and attention to detail. While the paper indicates we are 72 days out, our actual workdays are significantly less. Beginning Monday, we will have 50 days remaining to polish programs, build continuity books, develop tabletop presentations and reestablish good habit patterns. The Tyndall ORI preparation homepage can help minimize the sprint to the finish we all want to avoid. Daily checklists have been established to help meet the final preparation needs. For those who have just thought about starting these efforts, the checklists will guide you along this path.

Day 50 (Monday): Review unit mission, goals and objectives. Be familiar with how your organization's mission and goals fit into the larger scheme. If you're a squadron commander or division chief, now is a good time to tweak your unit mission statement to ensure it fits with your group and wing commander's mission. Set a vision for your organization.

Day 49 (Tuesday): Gather data. Review the Tyndall 2001 ORI Report, higher headquarter's func-

tional inspection reports and staff assistance visit reports. Gather data on your unit's mission accomplishment and output (students graduated, work orders completed, customers served, etc.). Catalog limiting factors that hinder your mission's accomplishment. Determine which of these you have control over and which you do not. Gather all instructions, technical orders and policies, both above and below your level that govern how you accomplish your mission.

Day 48 (Wednesday): Plan your attack. Map out your plan. This checklist is only a general guide for use; it cannot replace the firsthand knowledge and experience of a functional expert. At a minimum, get all your shop chiefs involved in the planning and formulate a countdown checklist that is tailored to your organization. Set your desired end state for where you want to be July 20.

Day 47 (Thursday): Research. Use the Tyndall ORI Web pages, similar units at Tyndall and other bases, and any other resources you can think of. Find out as much as you can on how other people are doing their jobs that are similar to yours. Get copies of their self-assessment checklists, check the best practices Web site, e-mail your counterpart at other bases or pick up the phone and talk to them. Don't rein-

●SEE ORI PAGE 15

Cadets hit streets during training

CAPT. MEG RUSSELL

AFROTC Field Training Unit

Tuesday marks the start of Air Force Reserve Officer Training Corps field training here. This summer, more than 1,000 cadets will participate in one of three, four-week units designed to evaluate the military leadership and discipline of the officer candidates. The training is a mandatory program for individuals qualified to pursue an Air Force commission through AFROTC. In order to successfully complete this mission, a safe training environment is mandatory.

The primary mode of transportation for cadets is walking or running in formation. This occurs on the sidewalks during most of the days and on the streets during the morning physical training sessions, from 5-7:30 a.m. Ground Safety determined the safe speed for moving vehicles that encounter cadet formations is 5 mph. Please allow for extra time if traveling in the vicinity of the primary training locations that include: the enlisted club, Berg-Liles dining facility, the base track and the intersection of Mississippi Road and Louisiana Avenue.

For more than a decade, the Tyndall community has supported these field training units. The goal for the summer is to minimize the disruption to the base populous. If you have a question or concern, call the AFROTC command support staff at 283-8053 or 283-8054.

Save
for
Your
Future



U.S. SAVINGS
BONDS

● FROM AEF PAGE 1

pairs to meet upcoming deployment requirements.

"We'll take the (people who did not deploy) from AEFs 5/6, 1/2 and 3/4, and package them into a temporary AEF," General Keys said. "As we get the force reconstituted, we'll come off the interim AEF and start the normal rotation with everyone back into an AEF window."

The AEF Center at Langley Air Force Base, Va., is a key component to the reconstitution effort, because they are the ones charged with keeping track of people, equipment and deployment requirements, the general said.

"The AEF Center is absolutely critical because they know where all the people are and what the capability is,"

he said. "They have a tough job, and the world doesn't stand still. We still have requirements in the Pacific, (for) the global war on terror and in the Balkans, so it's not as simple as just focusing on Iraq."

It is the service's commitment to meeting the challenges of those and other potential requirements that are driving the Air Force to reconstitute as quickly as possible, General Keys said.

"The people of the United States expect us to be ready when called upon," he said. "The longer you wait to reconstitute, the more difficult it becomes. For every day we lose, down the line there's some training event that's been missed."

General Keys said a highly coordinated "surge" operation would be re-

quired to work through the training backlog caused by instructors and equipment being deployed. Part of that coordination includes working with the various major commands to address their unique concerns and requirements.

"We have to go through this whole gamut — people, units and big Air Force," he said. "You can't do any of them in isolation because everything you do in one place causes a ripple effect. You have to coordinate; you have to have a policy across the force."

"The end game, where we're going, is to get back into the AEF battle rhythm," General Keys said. "The AEF is the way we do business in the Air Force. That's the way we provide forces to the combatant commanders."



**Think
before
you
drink.**

Re-enlistments

The following people re-enlisted during April:

Master Sgt. Glenn Boe, 325th AMXS
 Staff Sgt. Eric Butts, 325th AMXS
 Staff Sgt. Jeffrey Camino, 325th CS
 Staff Sgt. Valcia Collins, AFCESA
 Tech. Sgt. Steven Cournoyer, 325th MXG
 Staff Sgt. Michael Davis, 325th OSS
 Staff Sgt. William Davis, 325th ACS
 Staff Sgt. George Dotson, 325th CES
 Master Sgt. Kenneth Dunbar, Det. 1, 823rd RHS
 Staff Sgt. Regina Duncan, 325th CS
 Senior Airman Fred Dutton, Det. 2, 28TH TS
 Staff Sgt. Shane Edwards, 16 EWS/OL-A
 Senior Airman Rosindo Espinoza, 325th SVS
 Staff Sgt. Jody Forcha, 325th AMXS
 Master Sgt. Leroy France, 325th AMXS
 Senior Airman Dawn Granberry, 325th AMXS
 Tech. Sgt. Brenda Hamilton, 325th CES
 Staff Sgt. Bryan Hampton, 325th ADS
 Tech. Sgt. Randall Hendricks, 325th ACS
 Tech. Sgt. Roger Hicks, TNCOA
 Staff Sgt. Tisha Horton, 325th MDG
 Senior Airman Brian Hyland, 325th CES
 Senior Airman Urshia Lamotte, 325th FW
 Staff Sgt. Paul Latif, 325th FW
 Master Sgt. Alfredo Lopez, 325th SFS
 Senior Airman Brian Luther, 325th MXS
 Staff Sgt. Timothy Martin, 95th AMU
 Staff Sgt. Charles Mcmillan, 325th AMXS
 Tech. Sgt. Allen Miller, 325th FW
 Staff Sgt. David Moore, 325th SFS
 Senior Airman Sean Phillips, 325th CS
 Staff Sgt. Matthew Porter, 83rd FWS
 Senior Airman Michael Ray, 325th MXS
 Staff Sgt. Eric Rippetoe, 325th CS
 Tech. Sgt. James Robertson, 325th AMXS
 Senior Airman Kristin Rodgers, 325th CPTS
 Staff Sgt. Cecil Rodriguez, 83rd FWS
 Master Sgt. Aaron Rowell, 325th MDSS
 Staff Sgt. John Russum, 325th SFS
 Staff Sgt. Mynor Sanchez, 325th SVS
 Senior Airman Jennifer Sawyer, 325th FW
 Master Sgt. Mark Schneider, 325th MXS
 Senior Airman Timothy Sloan, 325th CES
 Staff Sgt. Juan Torres, 325th OSS
 Staff Sgt. Michael Walters, 325th MXS
 Senior Airman Davis Ware, 325th CPTS
 Staff Sgt. Jason Whitman, AFCESA

**DON'T
DRINK AND DRIVE**

New program offers pin to honor parents, bolster support

STAFF SGT. C. TODD LOPEZ

Air Force Print News

WASHINGTON — A new program will help airmen honor those who are often their biggest supporters — their parents.

All uniformed airmen can now sign their parents up to receive a new lapel pin. The pins are about three-fourths inch square and feature a silver letter “P” cradled within the Air Force symbol.

A personalized letter to the parents from Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper will accompany the pins.

“We could not protect America’s freedom without the incredible people who are willing to carry on the Air Force tradition,” the letter reads. “As the proud parents of one of those airmen, your support continues to be critical to our ongoing efforts and makes a real difference to our country.”

“This is a way to build and maintain public support for the global war on terrorism,” said Brig. Gen. Edward Tonini,



Staff Sgt. C. Todd Lopez

Airmen can now sign up to have a “P” pin sent to their parents. A personalized letter from Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper will accompany the pin and thank parents for their support.

director of Your Guardians of Freedom, the Pentagon office responsible for the parent pin effort. “Demographically, the people most likely to wear the pin with the greatest amount of pride — to church, to Rotary Club meetings or to the grocery store — are our parents.

“By wearing this pin, parents will let you know of the pride they have in you,” General Tonini said. “When they wear that pin out, their friends will ask about it. Your parents will tell them about you and your service, and how proud they are of you.”

Those who would like their parents to receive a pin can sign up at the Your Guardians of Freedom Web site at www.yourguardiansoffreedom.com. Signing up will require airmen to enter the names and addresses of up to two parents or parental figures, General Tonini said. The program is voluntary and comes at no cost to those participating.

The distribution of the parent pin and accompanying letters is the second major effort by the relatively new Your Guardians of Freedom office. The first was the employer pin campaign, started in November 2002, in which pins featuring an “E” and personalized letters are sent to the civilian employers of Air National guardsmen and reservists.

Both pin programs are contemporary

adaptations of public support campaigns carried out during World War II. The Your Guardians of Freedom program is designed to continue those traditions by ensuring the continued support of Air Force activities by those who do not wear the blue uniform, but stand behind those who do, General Tonini said.

“Your Guardians of Freedom is an outreach program targeted at what we consider the core constituencies that the Air Force requires to do its work,” General Tonini said. “If we are going to keep people in the Air Force ... we need programs targeted at their families ... and their extended families. In the case of the Reserve and Guard, that also includes civilian employers.”

The employer pin program is ongoing, and reservists and guardsmen can still sign their employers up at the Your Guardians of Freedom Web site.

“In the Air Force, we tend to use the term ‘force multiplier,’” General Tonini said. “These programs aren’t force multipliers, but rather, support multipliers all around the country.”

● FROM SUICIDE PAGE 3

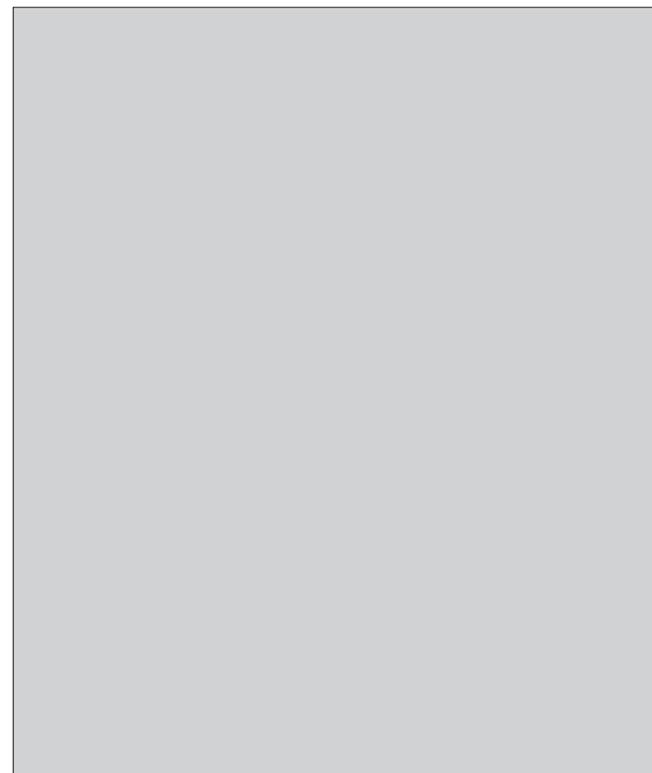
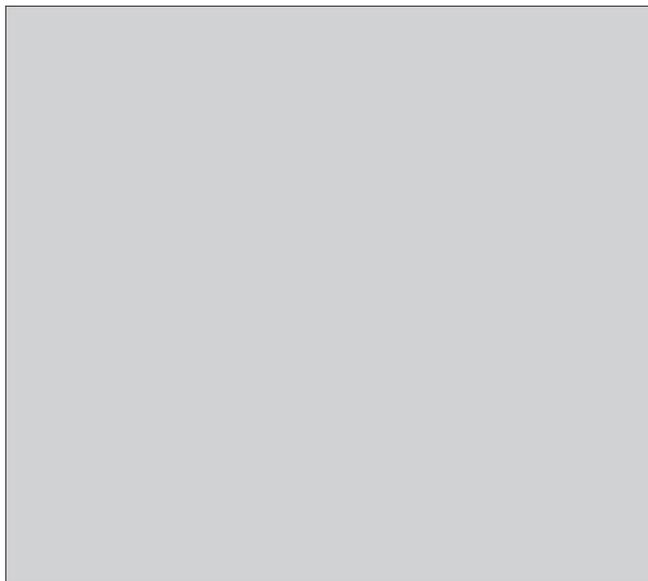
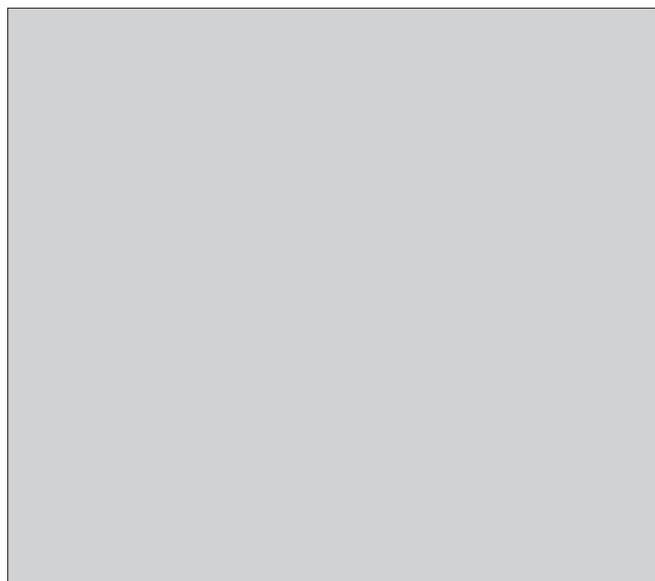
pain but I had to do everything in my power to make it.

I started seeing a mental health counselor in the clinic at Tyndall for depression. Months passed and I began to feel better. There were still times that I wanted to give in, but I fought the thoughts and stopped considering suicide as an option. When I felt down, I talked to my counselor, my family and my friends. I learned that I wasn’t a bad person or a bad mother, and my children were going to be just fine as long as they had parents who loved them.

If I had succeeded with my suicide attempt, it truly

would have been the biggest mistake of my life. I share my story in the hope that if you ever feel like taking your life, stop and think. Think about how your actions will affect others for the rest of their lives. There are so many people out there to help you when times get tough. I sure am glad I am still here. I have seen my children grow up, get their first kiss, and best of all, be good people.

Anyone who is having problems coping with life’s stressors can contact any of several sources for help including family members, a chaplain, life skills counselor, supervisor or first sergeant.

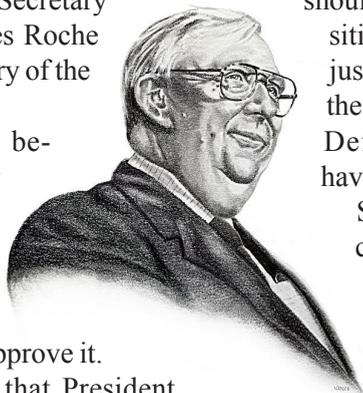


President to nominate Roche for Army post

WASHINGTON (AFP) — President George Bush announced Wednesday his intention to nominate Secretary of the Air Force Dr. James Roche to become the next secretary of the Army.

Secretary Roche, who became secretary of the Air Force June 1, 2001, said he is deeply honored, adding that he will work hard to justify the nomination, should Congress approve it.

“I am deeply honored that President (George W.) Bush has announced his intention to nominate me as the next secre-



tary of the Army,” he said. “Should the nomination proceed to the Senate and should I be confirmed for this position, I will spare no effort to justify the confidence and trust the president and Secretary (of Defense Donald) Rumsfeld have placed in me.”

Secretary Roche served as corporate vice president and president of the Electric Sensors and Systems Sector of the Northrop Grumman Corporation before moving to the Air Force. He is a 23-year veteran of the U.S. Navy.



2nd Lt. Albert Bosco

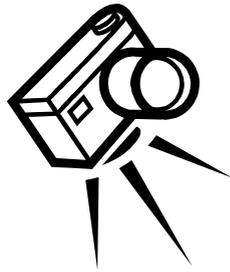
Child-care provider appreciation

Bernice Campbell reads a story to her class of 5-year-olds at the child development center. Child-care organizations nationwide have joined together to declare today Provider Appreciation Day. Locally, the Parent Advisory Council will be leading this effort with special events scheduled for Wednesday. National efforts are under way to ask child-care organizations, public officials and parents to honor child-care providers for their hard work and dedication to children. It is estimated that of the 21 million children under age 6 in America, 13 million are in child care at least part time. An additional 24 million school-age children are in some form of child care outside of school time. The Parent Advisory Council encourages parents with children in child care to take this day to show their child-care provider how much they appreciate them.

Help Us Conserve



YOU HAVE the POWER.



Life inside the lens

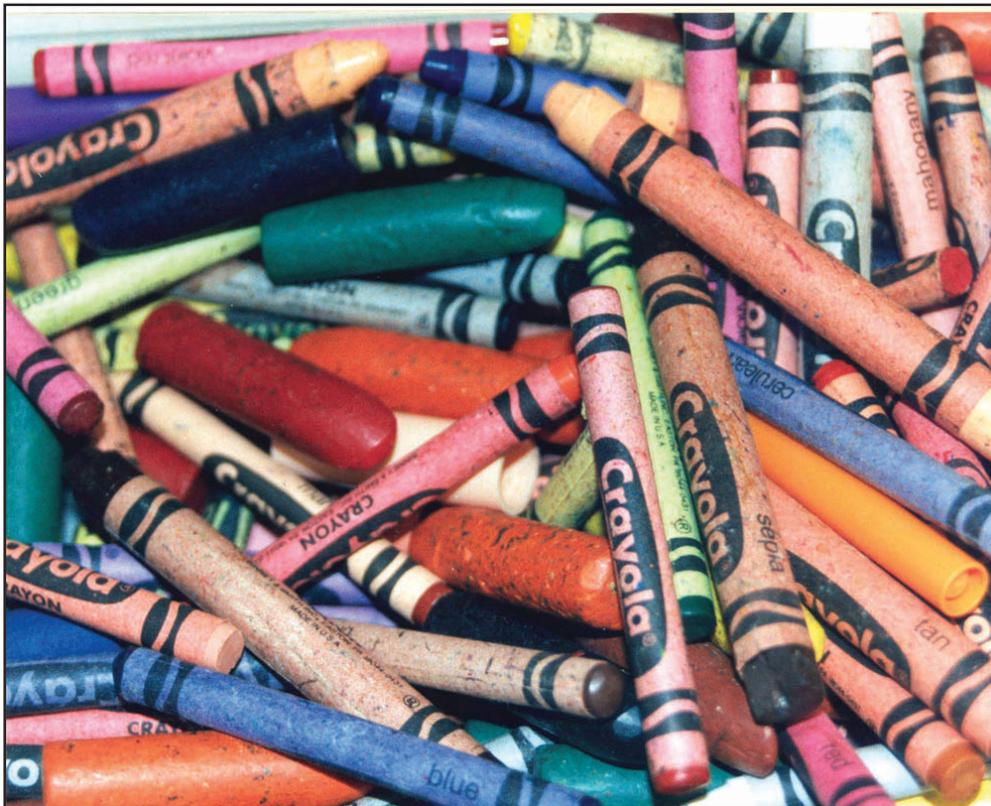
The 2nd Annual Boys and Girls Club Photography contest, hosted by the 325th Services Squadron Youth Center, gave the youth at Tyndall a chance to display their creativity this year. The winners of these categories earned the chance to compete at the regional and national levels. The first-place winner of the black and white category, ages 6-9, Jasmyn Snipes, daughter of Staff Sgt. Kelica and Jai

Snipes, won with her entry "Storytelling." Landing first place in the age 10-12 category was Katy Nadeau, age 11, daughter of Tech. Sgt. Pete Nadeau and Debbie Nadeau, with her black and white portrait titled "Where's the Dog?" She also took first place for her photo "The Rose," in the alternative press category, ages 10-12. Receiving first place in the digital category, ages 6-9, is Brittani

Flanders, age 7, daughter of Staff Sgt. Ed and Denise Flanders, with her entry "Crystal." Taking first place in the color process category, ages 6-9, was Shannon Hunt, age 9, daughter of Master Sgt. Ronald and Stephanie Hunt with "Color Mania." Obtaining first place in the ages 10-12 category for his color process entry "Hoops" was Kastle Jones, 11, son of Tech. Sgt. Daniel Jones.



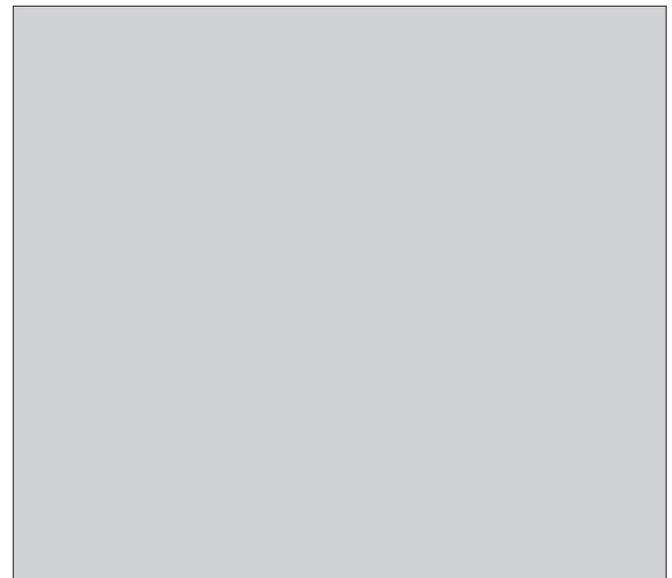
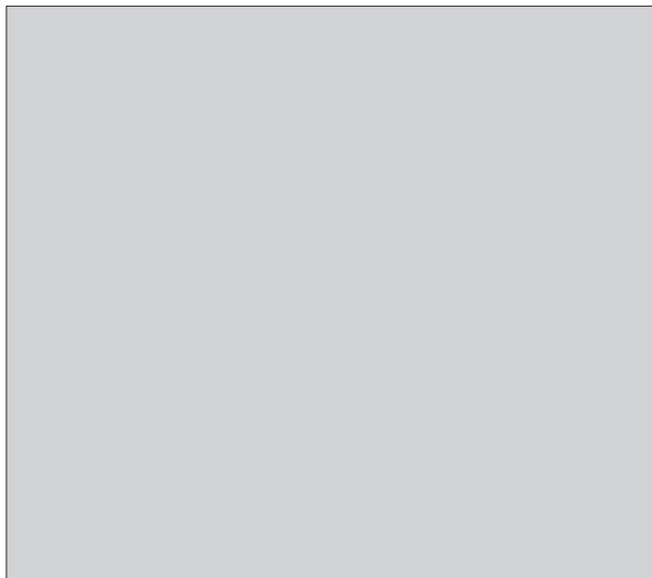
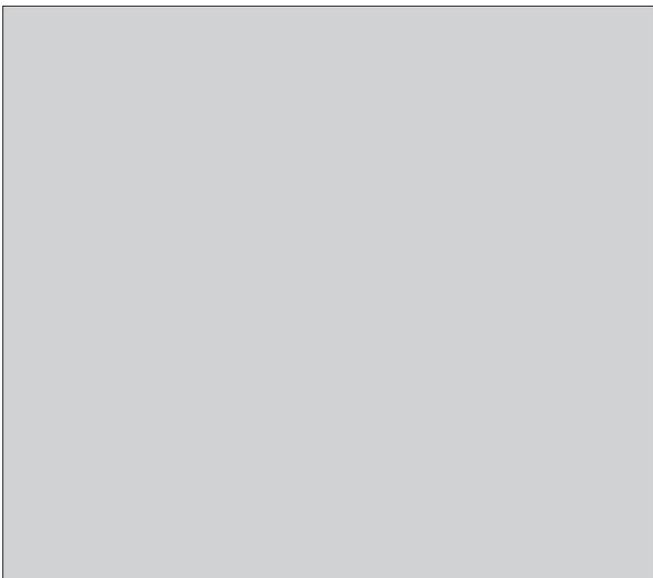
'Where's the dog' by Katy Nadeau, age 11.



'Color Mania' by Shannon Hunt, age 9.



'Crystal' by Brittani Flanders, age 7.



TEAM TYNDALL'S HONOR GUARD – A PROUD TRADITION –

CHRISTINE SULLIVAN
325th Fighter Wing public affairs

The sound of a lone bugle playing taps fills the air as the elite team in dress blues stands at rigid attention. U.S. and service flags gently ripple in the morning breeze, and a swell of emotion and pride shows on the faces of attending family and friends who have come to honor a lost loved one.

It is the job of the Tyndall Air Force Base Honor Guard to ensure military funerals and other ceremonies are performed with the highest precision and respect.

The 35-member honor guard team performs various ceremonies within an 11,546 square-mile radius of Tyndall to include military funeral honors for active-duty Air Force members, retirees and veterans and those who served in the Army Air Corps.

“We also provide color guard ceremonies for active-duty retirements, POW/MIA recognition, parades, various civic functions and military weddings on base,” said Staff Sgt. Adam Sparks, 2nd Fighter Squadron F-15 crew chief and the honor guard’s outgoing NCO in charge. “Last year, the team performed 119 funerals, four concerts, five September 11 memorial ceremonies and 270 civic functions that included 25 changes of command.”

The honor guard members take their job very seriously, especially during funeral ceremonies. “By providing them with a flawless and dignified ceremony we can ensure that we leave a lasting impression on that family,” Sergeant Sparks said.

“We want the last memory of the Air Force to be exceptional for that family,” said Staff Sgt. Darrell Gary, ground radio maintenance journeyman with the 325th Communications Squadron and honor guard volunteer for almost four years. Sergeant Gary became interested in joining the honor guard when his grandfather passed away.

“He was an Army veteran and the Army provided funeral honors for him that I thought were outstanding,” Sergeant Gary said. “I knew then that



A firing party prepares for a volley during a recent open house demonstration at the base honor guard facility.

I wanted to do this when I joined the Air Force.”

Because it is voluntary, honor guard members not only perform primary duties above the standard, but also spend off-duty hours practicing for and performing these ceremonies. Members have a one-year tour of duty with a schedule of one week on, one week off. They may be tasked during their off week, but that normally provides additional points toward a quarterly competition.

To become a member of the elite team, candidates are required to have a clean personnel record with no actions, medical restrictions or waivers. Sergeant Sparks emphasized that some of the most important aspects of joining the honor guard team is being fit

enough to stand for long periods of time as well as pass a two-tiered interview process.

“We look for the cream of the crop, the best of the best,” Sergeant Gary said. “We train hard, we work hard, and we expect a lot out of honor guard members.”

“Despite the fact that we’re only 35 members strong right now, the honor guard is actually

authorized a total of 64 members,” according to Tech. Sgt. Gregory Smith, 325th Medical Group technician and incoming NCOIC of the base honor guard. “We encourage all who qualify and are interested, to please give us a call.”

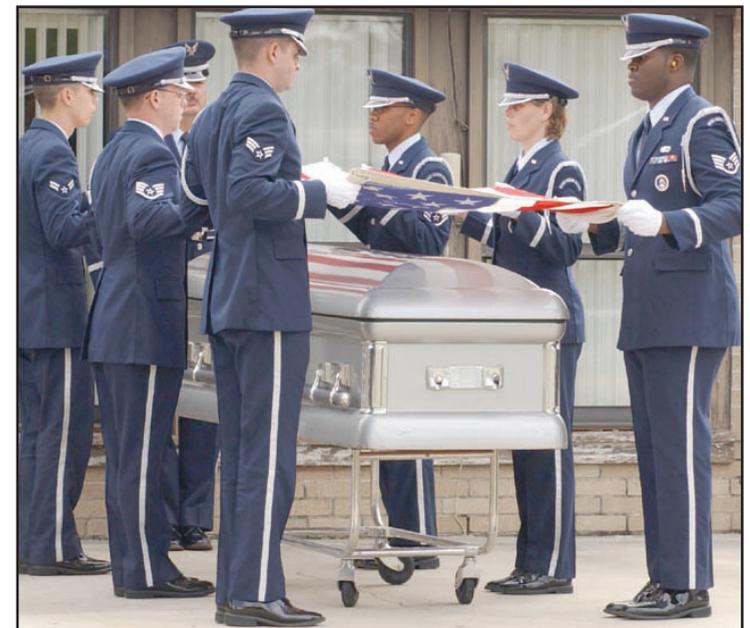
Those who do qualify will receive numerous benefits. “Each member is issued a free ceremonial uniform with dry cleaning services, plenty of opportunity for TDY, a competitive quarterly award program, a chance to earn an incentive flight, a potential Achievement Medal award and certain exemptions from base and squadron details,” Sergeant Sparks said.

“The main benefit is job satisfaction,” Sergeant Sparks said. “It’s important to receive a lot of positive feedback from families and the community.”

Honor guard members like Sergeant Gary don’t expect anything in return for their service, but instead feel fortunate to be able to uphold a proud tradition.

“I am a better person because of the honor guard and thankful for the opportunity to excel,” Sergeant Gary said.

If you would like more information on joining this elite unit, contact your supervisor and then see your first sergeant, or visit the honor guard at Building 1015 to pick up an application. For additional details, call (850) 283-4405.



Members of the Tyndall AFB Honor Guard demonstrate a ‘table-top’ maneuver used in funeral ceremonies.

Success in Iraq result of lessons learned from all conflicts

MASTER SGT. SCOTT ELLIOTT

Air Force Print News

WASHINGTON — The reason the Air Force performed so well during Operation Iraqi Freedom can be traced back to lessons learned from earlier conflicts, according to the deputy chief of staff for air and space operations at the Pentagon.

“We were better trained, better organized and better equipped than we have ever been,” Lt. Gen. Ronald Keys said. “We took lessons learned from (Operation) Desert Storm, the war in the Balkans and from Afghanistan, and we put those together into routine training.”

Examples of the real-world-type training enhanced by those conflicts include the “Red Flag” weapons system school, “Blue Flag” operational deployment school and “Phoenix Readiness” expeditionary combat support course, the general said.

“We executed just the way it was planned,” General Keys said. “You can’t do that in a pick-up type of operation. You need to train to do that.”

“It points to our mantra of ‘the more you sweat in peace, the less you bleed in war,’” he said. “We spend a lot of time paying attention to that — you fight like you train.”

The general pointed to feedback he has received from pilots returning from combat operations as proof that the training is working as planned.

“You can find any number of pilots who have said it wasn’t as bad as the first couple of missions at Red Flag,” he said. “That says a lot about how we train. If they come back and say it was not as stressful in actual war as it was during training operations, you have a recipe for success.”

Lessons learned as recently as a year ago in Operation Enduring Freedom have paid off in the area of combat support, General Keys said.

“Coming out of Afghanistan, we’d found that there was a seam between the time the Army captured an airfield and when the Air Force began operations,” he said. “In Iraq, there wasn’t any seam.”

When the Army’s 173rd Airborne Brigade parachuted into northern Iraq, an Air Force contingency response group parachuted in with them. Their job, General Keys said, was to analyze the airfield quickly to determine what equipment would be required to make the airfield operational.

“We were there Day 1, Hour 1,” General Keys said.

Besides training on how to begin operations at a captured airfield, Phoenix Readiness teaches airmen the fine art of building an air base from scratch, such as the proper placement of tents, munitions sites and dining facilities.

“Previously, we hadn’t trained on that — they learned it through osmosis,” General Keys said. “Now we have people who are better at setting up tent cities, which is no small order. And we’re going to continue to refine Phoenix Readiness.”

Another recent invention was the air component coordination element, a system designed to provide high-level integration

with ground forces. An ACCE team was located within each major land force headquarters to make sure both air and land force commanders understood each others’ strengths and weaknesses.

“It worked extremely well,” General Keys said. “As the war unfolded with unprecedented speed, it allowed us to concentrate integrated air and space power right at the point where it was needed by the land forces.”

As airmen return from OIF, they will be asked to report what went right or wrong within their areas of the operation so new lessons can be learned for the next contingency, the general said.

“If you go back to the reason we were so successful, it’s because we had the trained people, the best technology and the best organization,” General Keys said. “That didn’t happen by accident, by sitting in an easy chair drinking coffee. It’s a result of a lot of inventive people making hard choices. I think that says a lot about our Air Force.”

Waiver ensures per diem beyond 180 days

WASHINGTON (AFP) — Secretary of the Air Force Dr. James Roche recently granted a blanket waiver authorizing payment of per diem to servicemembers if they remain on temporary duty beyond 180 days.

Normally, an individual waiver must be requested and approved as outlined in the Joint Federal Travel Regulation, said Lt. Col. William Buechel, chief of Air Force assignments policy at the Pentagon.

Without an individual waiver, payment of an airman’s per diem stops on the 181st day of a deployment, Colonel Buechel said. The blanket waiver does not apply to Guard and Reserve people on active duty because many of them require separate

approval to remain on active duty to serve a longer TDY.

By granting a blanket waiver, Secretary Roche kept the Air Force from having to process thousands of individual waivers and ensured airmen would continue to be paid per diem for TDY in excess of 180 days, Colonel Buechel said.

“(The secretary’s waiver) goes into effect immediately and applies to all airmen deployed in support of the global war on terrorism and Operation Iraqi Freedom,” Colonel Buechel said.

The waiver will remain in effect until the secretary determines that it is once again appropriate to process individual waivers, Colonel Buechel said.



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'It's just heartbreaking' what Saddam did to Iraq, Secretary Rumsfeld says

GERRY GILMORE

American Forces Press Service

WASHINGTON — The neglect and damage deposed dictator Saddam Hussein inflicted on Iraq and its people "is just heartbreaking," U.S. Defense Secretary Donald Rumsfeld told reporters.

Back after his one-week, whirlwind trip to the Gulf region — which included visits to Iraq and Afghanistan — Secretary Rumsfeld gave his impressions on post-Saddam Iraq and other defense matters on the "Fox News Sunday" and CNN's "Late Edition" television shows.

On the Fox news show, the secretary said his eight-country tour included visits with U.S. troops and talks with senior Arab government officials. He noted that he and his traveling party "were well-received" throughout the region.

Secretary Rumsfeld concluded that Arab leaders viewed the departure of Hussein's regime from Iraq as a case of "good riddance."

"They knew him for what he was and for what that regime was — and they're pleased he's gone," the secretary said.

Secretary Rumsfeld cited "the superb job" performed by U.S. and coalition forces in defeating Saddam's troops during three weeks of Operation Iraqi Freedom fighting.

"They were courageous, they were dedicated, and they were received hospitably in the region," he asserted.

That Saddam's rule was characterized by cruelty and selfishness, Secretary Rumsfeld pointed out, is made evident by the differences between Iraq and other countries in the region.

The Gulf states, "are prosperous" and energetic, he remarked, while Iraq, which too has oil, didn't fare as well under Hussein's iron rule.

"You go into Iraq and it's just heartbreaking to see what a vicious, Stalinist-type regime can do to people," Secretary Rumsfeld declared. The Iraqi people, he said, were "denied all the kinds of opportunities" to enjoy better lives under Hussein's 20-year-plus rule.

Iraq's infrastructure was "destroyed," Secretary Rumsfeld pointed out. He cited frequent brownouts during Hussein's regime, while the dictator spent billions on weapons and palaces. In fact, recent news reports show U.S. and coalition troops in Iraq finding billions in American currency stashed around the country.

Under Saddam, the secretary continued, ill-supplied Iraqi hospitals were used for the regime's Baath Party headquarters, while International Red Cross-affiliated Red Crescent vehicles were used to tote military equipment.

Secretary Rumsfeld said his biggest impression while visiting post-Saddam Iraq was "how devastating a regime like that can be to human beings."

Regarding the whereabouts of Hussein or simply whether he was dead or alive, Secretary Rumsfeld told Fox News: "I wish I knew — and I don't."

However, Secretary Rumsfeld said if asked to speculate, he thinks Hussein may still be alive.

In any case, the secretary said, Saddam is no longer running Iraq.

"He and his crowd are gone. They're either in a tunnel someplace or in a basement, hiding," Secretary Rumsfeld said.

"We'll find him — if he's alive," he said.

On CNN's "Late Edition" Sunday show, Secretary Rumsfeld said the search continues for weapons of mass destruction in Iraq. The secretary asserted that he wasn't upset that those weapons haven't turned up yet.

"We always knew that Saddam

Hussein could function in an inspections environment," Secretary Rumsfeld pointed out. He noted that before the war, the dictator's minions "spent a great deal of time dispersing (WMD) materials and documentation to multiple locations — private residences and the like."

Therefore, the WMD search in Iraq "is going to take time," the secretary observed, adding searchers probably aren't "going to stumble over" a cache of WMDs in Iraq.

Most likely, he continued, "We're going to find people who come up and say, 'Look, we know where something is.'"

On another matter, Secretary Rumsfeld told CNN that both the U.S. State and Defense departments would like to speed up the processing of detainees currently being held at Naval Station Guantanamo Bay, Cuba.

News reports say more than 600 detainees — al Qaeda terrorists and Taliban supporters captured by U.S. and coalition forces in Afghanistan during the war there — are being held there.

The interrogation process, conducted by FBI, CIA and Defense Intelligence Agency officials, is a "complicated" one, the secretary remarked.

"It takes time to find out what intelligence" the detainees have, Secretary Rumsfeld said. "It also takes time to figure out what law enforcement process might be appropriate."

The detainee population at Guantanamo represents several nationalities, the secretary pointed out, adding that a number of countries "would like to know when they could have those people."

Consequently, Secretary Rumsfeld said he and U.S. Secretary of State Colin Powell "are trying to speed up" the interrogation process.

Your link
to what's going on

Gulf Guide

in the
Tyndall community

MAY

SUN 11

Chapel religious education

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

TUE 13

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 14

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.

'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 cost, call Ms. Bonnie Fuller, 283-5812, or Ms. Karen Blood, 874-0292.

Stress-management class

A three-session stress-management class will be 1-2:30 p.m. Wednesday, May 21 and 28 in Room 127 in Building 1305. For more information, call family advocacy, 283-7511.

THU 15

Technology exposition

The Tyndall Air Force Base Technology Exposition 2003, sponsored by the 325th Contracting Squadron, will be 10 a.m.-2 p.m. Thursday in the Tyndall Officers' Club. All Tyndall personnel are invited to attend the free exposition. More than 20 exhibitors will demonstrate the latest computer hardware, software and services. Complimentary refreshments and free giveaways will be available while supplies last.

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.

Bible study

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

FRI 16

Retirement ceremony

The Tyndall 325th Maintenance Group will host a retirement ceremony in honor of Chief Master Sgt. Gary Poland 9:30 a.m. May 16 in Hangar 1, with a reception immediately following. A farewell dinner is scheduled for 6 p.m. in the Pelican Reef Enlisted Club ballroom. For more information, call 283-4216.

CES closure

The 325th Civil Engineer Squadron will be closed May 16 for an official function. In the event of an emergency, call 283-4949.

NOTES

GCCC registration

The Tyndall Education Center's Gulf Coast Community College office is continuing to register students for summer and fall classes. The term dates are as follows: Summer A term - Monday-June 21; Summer B term - June 23-Aug. 2; Fall term - Aug. 20-Dec. 19. For more information, call the education center, 283-4332.

Hurricane briefings

The 325th Civil Engineer Squadron Readiness office will hold its mass hurricane briefings 9-10 a.m. Wednesday, May 27 and 28 in the Tyndall Officers' Club. For more information, call the readiness office, 283-2010.

AFIT opportunities

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

RETIREE NEWS

VA to grant more benefits

Based upon a recently released review of scientific studies indicating that exposure to herbicides such as Agent Orange is associated with chronic lymphocytic leukemia, Secretary of Veterans Affairs Anthony Principi has decided to extend benefits to Vietnam veterans with CLL. The ruling means that veterans with CLL who served in Vietnam during the Vietnam War don't have to prove that illness is related to their military service to qualify for Department of Veterans Affairs disability compensation. Additionally, for more than 20 years, the VA has offered special access to medical care to Vietnam veterans with any health problems that may have resulted from Agent Orange exposure, and this decision will ensure higher-priority access to care in the future. The VA will publish further details, when available, on its Web site at <http://www.vba.va.gov/bln/21/benefits/herbicide/>.

Veterans with questions about health-care, compensation and survivor benefits may call a toll-free help line at (800) 749-8387 for information. The VA also encourages Vietnam veterans who have not done so to request a subscription to "Agent Orange Review," the VA's free newsletter that will help keep them abreast of developments on this issue and other policies and scientific findings in the future. Newsletter subscription information is available from the help line number above. Back issues and additional information about Agent Orange is available at <http://www.va.gov/agentorange/>.

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; general Protestant service, 11 a.m., Chapel 2.

CLASSIFIEDS

1999 Harley Davidson 883 Sportster, 4,800 miles, over \$2,000 in extras. Must sell, \$6,200. Call 230-4745.

1994 26' Bayliner Ciera, nice cabin cruiser, Mercury 5.7, Garmin 176 with bluechart, Garmin 160 depth finder, head, refrigerator, hot water heater, Magictilt with new brakes. \$19,000. Call 774-3998.

Marathon runners race through Boston streets

STEVE RIDDLE

325th Services Squadron marketing

To get to know Martin Littlefield and his friends, you don't have to walk a mile in their shoes — you have to run 26 of them.

Littlefield, along with Donald Mason and Bill McTernan, represented Tyndall Air Force Base recently at the 2003 Boston Marathon. All of them completed the course, and Littlefield's time of 2 hours, 51 minutes, 54 seconds earned him the best finish of anyone from this part of Florida.

Littlefield, a manager trainee at the fitness center; McTernan, an air battle manager instructor at the 325th Air Control Squadron; and Mason, a radio systems manager for 1st Air Force headquarters, competed against more than 17,000 other runners in the grueling 26.2-mile race.

According to Littlefield, he convinced Mason to enter this year's event, then signed up himself once Mason committed. Once Littlefield was locked in to compete, McTernan signed up too.

Littlefield's own commitment to the sport of running began 18 years ago at the University of Texas. As part of his college courses, he took a conditioning class. He said he didn't know exactly what the class was, but signed up anyway.

"I thought it was mostly weightlifting, then I found out it was all running,"

Littlefield recalled.

He said the first day of class began with a 1-1/2 mile evaluation run. He finished fourth, but the others had a considerable lead on him. He put everything he had into the class and turned things around.

"By the end of the semester, I passed all those guys," he said. Littlefield got an "A" in the class.

He admitted he hasn't always trained as seriously as he does now, but said his run times are approaching the best he's ever ran, and with a training schedule like the one he endured leading up to the Boston race, it's no wonder.

Both he and Mason did an 18-week pyramid workout routine, increasing the total number of miles ran each week until peaking out at week 14, then dropping the total miles down for the last four weeks, to be in the best possible shape for the race. At the peak, Littlefield was running 80 miles per week.

Littlefield said the first half of the race was mostly downhill, and he felt good running it. Then at Mile 14, he hit the first of the uphill sections. Mile 22 was Heartbreak Hill, the highest point — and toughest part — of the course. From there it was mostly downhill to the finish.

Mason said he isn't sure yet if he'll race in next year's Boston Marathon. It's said that time heals all wounds, and



Steve Riddle

From left, Donald Mason, Martin Littlefield, Bill McTernan and James Wood take a few laps around the base track during a practice session recently.

in time Mason may decide to run it again.

"If you would have asked me right after the race (if I'd run it again), I'd have said no way," he stated with a laugh. Mason also said he would probably run the Air Force Marathon in September at Wright-Patterson AFB in Dayton, Ohio.

Both Littlefield and McTernan said they will run the Air Force Marathon this year. The three men belong to the Tyndall Gulf Defenders, a running club of nearly 60 members made up of people stationed here.

"Last year the club took about 15 run-

ners to the Air Force Marathon," McTernan said.

One club member who has competed in two Air Force Marathons is James Wood, commandant of the Tyndall NCO Academy. His latest marathon was the Country Music Marathon, held April 26 in Nashville, Tenn. Wood said he would like to keep running, but conceded there was a higher authority who had the final say on that.

"I'll run as long as the good Lord lets me," he said, then quickly added, "or my wife."

Don't be the next bicycle fatality; learn rules of the road

TECH. SGT. MICHAEL GRIFFITH

325th Fighter Wing safety office

Bicycling is considered a fun and healthy form of exercise by some people. But before riding on Tyndall Air Force Base, bicyclists should take the time to learn the wing's basic rules.

All bicycles must use the bicycle path parallel to Beacon Beach Road and U.S. Highway 98. When riding on the roadways, bicyclists must ride with the flow of traffic to the extreme right side of the roadway. Anyone riding a bicycle on the installation is required to wear an approved bicycle helmet and highly visible clothing or reflective clothing during low-visibility hours.



they are less protected than drivers of automobiles or they do not practice safe riding skills. Some of the traffic obstacles you deal with day-to-day will seriously hurt or kill you if you don't ride with knowledge of the roadways and personal risk management. Bicycle riders on public streets have the same rights and responsibilities as automobile operators and are subject to the same rules and regulations.

The National Highway Traffic Safety Administration has compiled some startling data. In 2000, 690 bicyclists were killed and an additional 51,000 were injured in traffic crashes. The cyclist accounted for 2 percent of all traffic fatalities. They accounted for 12 percent of all non-motorist traffic fatalities in 2000. Most bicycle accidents share a common denominator. They are AVOIDABLE!

Riding a bicycle is more than basic transportation. It can be a fun and exciting hobby. Since accidents

can turn a bicycle adventure into a bicycling tragedy, here are some basic tips to help make your ride a safe and enjoyable one.

Wear a helmet. Studies have shown that wearing a bicycle helmet can reduce head injuries by up to 85 percent. Select a helmet that fits snugly and is comfortable.

Always ride on the RIGHT-HAND side of the street in the same direction as cars do. Never ride against traffic.

Always stop and check for traffic in both directions when leaving your driveway, alley, or a curb.

Watch traffic for turning cars or cars leaving driveways.

Don't ride too close to parked cars — doors can open suddenly!

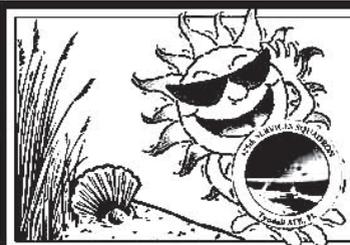
Stop at all stop signs and obey traffic signals just as cars do.

It's fun to bike with your friends, but always ride single-file on the street. Bike riding side-by-side in traffic or on the street is dangerous for both bikers and people in automobiles.

Know your hand and arm signals. Use your left arm for

●SEE SAFETY PAGE 15

Many bicyclists are seriously injured in accidents because



Funshine NEWS



May 9, 2003

325th Services Website: www.325thservices.com

Here's What's Happening at the Tyndall 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.

First place is \$6,000

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

Entry deadline is July 15.

283-4357
for more information.



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All Ranks Mothers Day Buffet

in the Officers' Club Dining Room

Reservations
Recommended

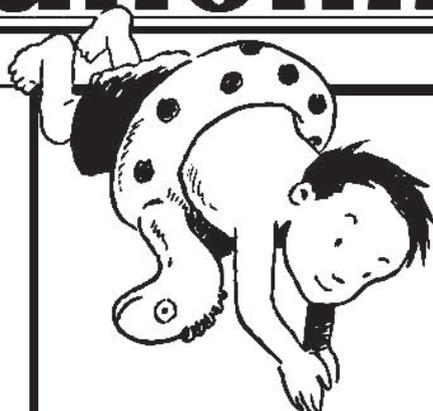
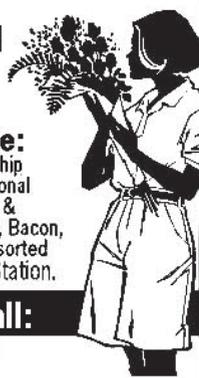
May 11
10:30 a.m.-2 p.m.

Buffet will feature:

Carving Stations w/ Steamship
Round & Baked Ham, Seasonal
Vegetables, Turkey, Omelet &
Waffle Stations, Home Fries, Bacon,
Cream Beef w/ Biscuits, Assorted
Fruits, Juices and Dessert Station.

For details call:

283-4357



Base Pool Will Open May 10

- Open Swim, Wed - Sun. 11:30 a.m.-6 p.m.
- Lap Swim 6-7:30 a.m., 11-11:30 a.m.,
5-6 p.m.
- Youth Swim Lessons June-July 8-10:30 a.m.

Water Aerobic Classes

- Burn Baby Burn
Mondays: 9-10 a.m., 11 a.m.-12 p.m. &
6-7 p.m.
- Tuesdays: 11 a.m.-12 p.m.
- Thursdays: 6-7 p.m.
- Easy Does It: Tuesdays: 6-7 p.m.

Youth Center

☎ 283-4366

Start Smart Golf

Is your 4-7 year old ready to play golf? Sign
up for start smart golf and participate one-
on-one with your child learning basic skills.
Program runs May 17, 31 and June 7-14 at
11 a.m. Cost is \$30+ \$2.50 per game.

Major League Soccer Camp

Registration begins May 30. Camp is being
held the week of July 21-25. Open to ages
5-18 years of age.

Skateboard Park Grand Opening

May 21st
3 p.m.



- Door Prizes ■ Contest ■
- Skate Demos ■ Food ■

Attention Skateboarders! It is here! Join us
beginning at 3 p.m. at the Youth Center as
we conduct the ribbon cutting of our new
skateboard park. Prizes, games, & more!

Call **283-4366**
for more information.

Teen Center

☎ 283-0295

Upcoming Events

May 9-10: Lock-In at Hurlburt Field
Teen Center. Call for details.

May 14: Teen Council meeting, 6-7
p.m. at Teen Center. FREE Pizza.

May 16: Miracle Strip amusement
park trip.

May 21: Skateboard Park Grand
Opening at the Youth Center.

May 22: YES Program Meeting at CAC
in the Emerald Room, 6-7 p.m.

May 23: TRAIL trip to Panama City
Beach, 11 a.m.-4 p.m. Bring sunblock
and a towel.

May 30: Trip to Carmike, 6-10 p.m.

Miracle Strip Amusement Park Trip

May 16, 5-10 p.m. \$16 for members,
\$18 for non-members. Payment and
permission slip due by May 13th. Call
for more information.

Bowling Center

☎ 283-2380

Pro Shop Sale

Thru May 31 all stock balls, bags and
shoes 15% off. (No other discounts
apply.)

Summer Play & Save

On sale now: 40 games for \$30, 20
games for \$15. Not valid during
Cosmic Bowling.

Marina Club

☎ 283-3059

Seafood Buffet

All-you-can-eat only \$6.50! Fri. 11 a.m.-1
p.m.

Tyndall Dive Club

Meetings held the 4th Thurs. each month.

Pontoon Boat Rental

1/2 Day: \$65, All day: \$95. Closest
pontoon boat rental to shell island.

Annual Marina Club Member Beach Party

May 26. Kick off the summer season.

All-You-Can-Eat Pancakes

Every Sunday, 7:30-10 a.m.

Community Activity Ctr.

☎ 283-2495

National Pet Month Photo Contest

Bring a copy of your favorite family pet
photo to display in the CAC by May 16.
Prizes for photos will be awarded May
23.

Beginning Yoga Classes

Instructor: Etzi Miller. Starts May 6,
4:45 p.m. every Tuesday. Cost is \$30
for 6 week session.

Beginning Surfing Class

Coming in June. Class is open to teens
and adults. Call for more information.

Fitness Center 283-2631

MUSCLE BEACH

Power Lifting Competition 2003

Register by May 10

May 17

Competition begins at 10 a.m.
Weigh-Ins begin at 8 p.m.

Power Lifting Events
Comprised of:

- Bench Press
- Squat
- Dead Lift

Participants must be 16 years of age or older.
This competition is open to all Active Duty, Reservist, DoD employees,
Government Contractors, Retirees and family members.

AETC Youth Golf Program

First Session scheduled for June 2, 4, 6, 9, 11 & 13
8 a.m. & 9 a.m.

Cost: \$54.95 for 1st time participant • \$25 for 2nd time participant

Ages: 6-17 yrs.

Class size is limited to 20 participants
A second session will be held in August.
All participants will receive
\$165 in golf equipment, and apparel to include: bag, clubs,
hat, balls, books, and shirt.
Sign up at the Youth Center by May 15

283-4366

● **FROM ORI PAGE 4** vent the wheel if someone else has found the best way to accomplish a task.

Day 46 (May 16): Self-assessment checklist. Look at your unit's checklist itself. Is it up-to-date? Does it reflect items or programs that no longer exist? Are Air Education and Training Command special-interest items included? Are references current?

Hard work? You bet, if you have let your shop

go. Most of these items have already been accomplished if you have been part of the preparation effort that began back in January. Take this opportunity to verify your shop has indeed started down that path. Remember, "Preparation breeds performance." This inspection is an opportunity to show not only the inspectors, but all of AETC, that Team Tyndall's pride and professionalism are second to none.



Taste of success

Airman 1st Class Humberto Conchas, 1st Aircraft Maintenance Unit, hands out ice cream to Kimbera Griffin and Joey Leo of Mrs. Pat Mader's kindergarten class at Tyndall Elementary. The ice cream party was sponsored by the 325th Mission Support Squadron's Unit Advisory Council in recognition of Tyndall Elementary School's support of the Ronald McDonald House soda pop tab program.



Staff Sgt. Zachary Holt

Sports standings

Intramural volleyball

The following standings are current as of Tuesday:

American league

Team	W	L
COMM	8	0
AFCESA	7	1
ACS	5	3
1 AMU	5	4
OSS	5	4
MSS	5	4
SFS	4	5
MXS	3	5

CONR 2	1	8
CONS	0	9

National league

Team	W	L
MDG	7	0
WEG	7	1
CONR	5	2
2 AMU	4	4
COMM 2	3	5
TS	1	7
MSS 2	0	0
ACS2	0	8

● FROM SAFETY PAGE 13

hand signals:

☞ Left turn: look in all directions, hold your arm straight out to the left, and ride forward cautiously.

☞ Right turn: look behind you, bend your elbow, holding your arm up in an "L" shape, and ride forward cautiously.

☞ Stop: look behind you, bend your elbow,

pointing your arm downward in an upside down "L" shape and come to a stop.

☐ If you ride your bike in the evening or during times of reduced visibility, be sure to have reflectors on your bike and a battery-operated headlight.

☐ **NEVER** wear headphones while biking – you need to be able to hear everyone else on the road at all times!



