

GULF DEFENDER



In brief

Change of command

Lt. Col. Bradley Herremans, 325th Medical Support Squadron commander, will relinquish command to Lt. Col. Anthony Lonigro in a change of command ceremony at 3:25 p.m. today at the Officers' Club. Team Tyndall is invited to attend. A reception will follow the event.

Senior NCO induction ceremony dinner

Tyndall Top 3 invites Team Tyndall members to its 7th Annual Senior NCO Induction Ceremony Dinner today. Social hour begins at 6 p.m. and dinner at 6:30 p.m. Menu - prime beef and grouper: \$20 for club members and \$23 for non-club members. Chef salad: \$18 for club members and \$21 for non-club members.

Troy State University

The last day to register for Troy State University for Term 1 (Aug. 2 - Oct. 10) 8 a.m. to 5 p.m. today. Troy State University is located in Room 44A of the Base Education Center. Call 283-4449 for more information.

Inside

● Some medications removed from base pharmacy shelves... **Page 4**

● Privatization helping DOD reach goal ... **Page 10**

Home of Air Dominance welcomes new commander

2ND LT. WILLIAM POWELL

325th Fighter Wing public affairs

"Sir, I assume command." Brig. Gen. Jack Egginton spoke the words every aspiring commander looks forward to during the 325th Fighter Wing change of command ceremony Tuesday here.

Before a crowd of Team Tyndall men and women, civic leaders, and distinguished guests, the general assumed command of the 325th Fighter Wing, an organization which built the foundation and set the course for U.S Air Force Air Dominance training.

"I'm fired up about the F/A-22 and the paramount role it plays in the Air Dominance team we build here at Tyndall," General Egginton said. "This is where Air Dominance is built, maintained and perfected. We ensure our nation has the Air Dominance team that it needs in order to accomplish the mission that we've been given - to fight and win our nation's wars."

General Egginton, who served as commander of the 379th Air Expeditionary Wing at Al Udeid Air Base, Qatar, before coming to Tyndall, said it was a privilege to be a part of that organization, which flew daily combat missions over Iraq and Afghanistan. But, he added he is grateful to be back in the United States and back at Tyndall, where he spent some time as a child when his father was stationed here.

"[My wife] and I are grate-



Lisa Norman

Maj. Gen. Edward Ellis, 19th Air Force commander, gives the 325th Fighter Wing Guidon to Brig. Gen. Jack Egginton, during the wing's change of command ceremony Tuesday. For more photos from the ceremony, see Pages 8-9.

ful to be here at Tyndall and in Panama City. I feel as though I have returned home," he said. "I spent three years of my childhood here at Tyndall. The facilities are new, but the friendships, camaraderie, and relationships with our downtown leaders are nothing new."

The general said he is not only excited about the area, but also about the Tyndall mission.

"It's great to be here under this beautiful and wonderful banner of our nation, and to be amongst these absolutely outstanding Airmen. We will continue the mission that's been set forward by [Brig. Gen. Larry

New] and our predecessors, and we will continue to bring that to greater heights," General Egginton said. "Over the next two years you'll see whole integration of the F/A-22 within our program and throughout our Air Force."

Additionally, General Egginton commented on the wing's legacy and noted its accomplishments under General New's command.

"Luckily, it's a real blessing that General New has done such awesome work here at Tyndall and throughout the entire community," he said. "I think the greatest challenge will

be getting caught up with the great mission and the legacy that has been built before I arrived and just try to keep up the pace."

Addressing the crowd prior to relinquishing command to General Egginton, General New thanked everyone for making his time here a success.

"It's been an experience of a lifetime," he said. "Diane and I will miss you all and we wish Godspeed to all of you."

General New also offered some encouraging advice to the new commander - "Strap on your seat belts, you're in for a great ride!"

Raptor provides Airman unique AF perspective

CAPT. JESSICA SMITH

325th Fighter Wing public affairs

A few months ago, I had one of those “reality check” experiences. A few years ago I spent most of my assignment at Headquarters Air Combat Command, Langley Air Force Base, Va., working on paperwork, briefings and meetings surrounding how the F/A-22 Raptor would eventually be inserted into the operational Air Force. I attended more than 40 public scoping meetings to inform community members at selected locations all over the country about how this new aircraft could be flying over their communities one day.

As an Individual Mobilization Augmentee Reservist stationed at the Air Force Press Desk in the Pentagon, I continued to do more of the same “paper pushing” work to support the F/A-22 through communications plans, media events, and assisting with the set up of “things to come when the F/A-22 arrives on the flightline.”

While all this work is important and has its purpose, nothing beats interacting with the men and women charged with executing the mission and seeing first-hand how all the concepts transformed into reality.

When I took my first trip to Tyndall Air Force Base to do my reserve duties at the base public affairs office, I was looking forward to it. I was a bit excited to get out to the flightline again, since I had been in headquarters positions for such a long time.

My second day there I was tasked to take a trip to the flightline and help create the photograph that would eventually be used on the front cover of the airshow special edition base paper. When I arrived, I was greeted by a senior airman who couldn't have been

more than 20 or 21 years old. To say the least, I was in shock. I couldn't believe that someone so young was working on the F/A-22. He proudly gave me a tour of the aircraft, circling and describing each part of it as if it were his own creation. For me, this was amazing, a senior airman, on the flightline working on the F/A-22.

I couldn't believe the same aircraft I had talked so

“During my two weeks at Tyndall I saw first hand that the F/A-22 is about people. It's no longer a concept that people “brief,” but a living and dynamic mission performed by dedicated and proud Airmen.”

CAPT. JESSICA SMITH

325th Fighter Wing public affairs

much about in so many meetings and briefings was on the flightline and flying around safely in the skies, with a proud senior airman working as the crew chief. That was my first reality check: the F/A-22 Raptor is here, it's not on paper anymore, it's an aircraft in the air above our communities.

Eventually, we lined up a Soldier, Sailor, Airman, Marine and a Coast Guardsman in front of the aircraft for a photo highlighting the joint capability of the F/A-22. As I looked at each of those people lined up in their different uniforms, I was reminded of the F/A-22's mission . . . to establish Air Dominance over the skies of any battlefield for all service members.

My next task was to interview one of the new F/A-22 instructor pilots for a hometown news release.

I contacted the pilot via e-mail and set up a time to meet in person to conduct the interview. I arrived at the squadron, looking for a bit older, and more “experienced” pilot, but was introduced to a guy my own age. That was my second reality check: a guy my age is flying the F/A-22. But, I also realized the F/A-22 isn't an aircraft just for leadership and “experienced” Air Force pilots, it's an aircraft for Airmen . . . all of us. The talented people our Air Force embodies still amaze me.

During my two weeks at Tyndall I saw firsthand the F/A-22 is about people. It's no longer a concept people “brief,” but a living and dynamic mission performed by dedicated and proud Airmen.

You know how sometimes you need to be able to relate to something in order to realize its validity? The people at Tyndall reminded me the F/A-22 is real and it's going to help our country defend and protect those it was designed to serve.

I forgot about all the political and budgetary discussions and production delay distractions I was so used to dealing with working in headquarters positions. I was reminded that this aircraft is about people just like me, who, with the F/A-22 will have a distinct advantage and overwhelming capability to win our nation's wars.

I wish every critic of this aircraft had the opportunity to experience the flightline for 10 minutes, or briefly talk to the proud Airmen who have worked on the aircraft. Then, I think they would understand. They would see the “reality checks” that I was reminded of during my reserve duty. Sometimes that's just what it takes to be able to truly understand how the F/A-22 will allow us to protect and defend our country – bottom line.

A simple diagram of life's priorities

LT. COL. PERRY FITZGERALD

Air Warfare Center Safety Office

NELLIS AIR FORCE BASE, Nev. (AFPN) — In my 20-plus years in the Air Force, I've run across a lot of people with their own secrets to success, and believe me, they are always willing to share their thoughts. These are sometimes very simple, and these are sometimes very complex.

Some of the grand plans to success are easily discarded 15 minutes after you hear them, but others stick with you forever. One

strategy for success that a 10-foot-tall lieutenant general shared with me years ago has stayed with me. His simple strategy called for prioritizing your life.

In this prioritization, he set forth three simple priorities: No. 1 is your health; a close second is your family; and last is your job. Let's look at them separately, but in reverse order.

If it is not obvious to you that the job you do for your nation is important, then it is time for you to wake up! Since Sept. 11, 2001,

our country and military forces have prosecuted a war against an enemy who challenges the very freedom upon which this country was founded. No matter what job you do for the Air Force, you contribute to this great war effort. All our military forces have made great sacrifices in the call to freedom, and we will make many more.

It is going to be a long, hard road to victory, but as our president has said over and

● SEE PRIORITY PAGE 15

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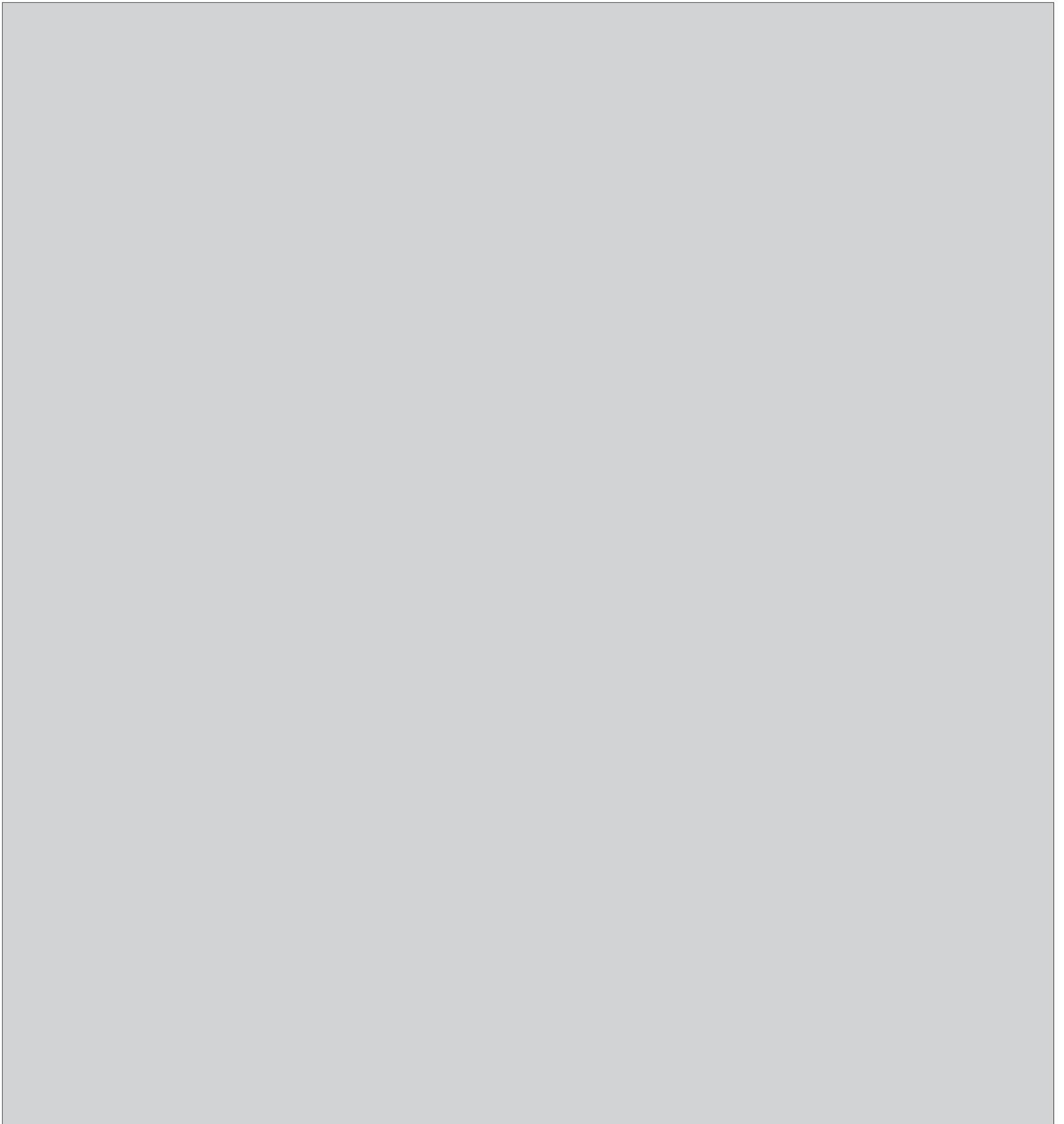
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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

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

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



Air Force pharmacies implement new formulary guidelines

LT. COL. DAVID BOBB
Air Force Medical Service

WASHINGTON (AFP) — Air Force pharmacies will no longer distribute some high-use, but expensive medications. This was outlined in a memorandum recently sent out to all Air Force pharmacies by Maj. Gen. (Dr.) Joseph Kelley, assistant surgeon general for health-care operations.

“It’s no secret that (fiscal 2004) has been an extremely challenging budget year for the Air Force Medical Service,” General Kelley said in the memo. “In addition to being faced with more expensive drugs coming to market this year, there has been an 8 percent price increase in the approximately 150 high-use medications contained on the [Department of Defense and Veterans Af-

fairs] contract list.”

To assist in meeting the medical service fiscal parameters, changes will be made in dispensing non-sedating anti-histamines,



Discontinued drugs at Tyndall

• Tyndall Air Force Base’s pharmacies will discontinue Celebrex, Bextra, Allegra, and Humalog Insulin medications effective Aug. 9, 2004.

• If you need certain medications that have been cancelled, there is still a way to get them, such as local off-base pharmacies or Tricare mail-order pharmacies.

• Tyndall patients who have questions regarding their pharmacy benefit can contact Beneficiary Services at 283-7331, or Tricare mail order pharmacy at 1-866-363-8667.

some arthritis medications and insulin.

According to Lt. Col. Maria Ionescu, 325th Medical Group pharmacy flight commander, Tyndall’s pharmacies will discontinue Celebrex,

Bextra, Allegra, and Humalog Insulin medications effective Aug. 9. Additionally, Col. Sean Murphy, 325th Medical Group commander, noted some Team Tyndall mem-

bers will be impacted, but the affect will be minimal.

“The most important thing for everyone to know is that anyone who needs a certain medication will be able to get it,” he said. “The only differ-

ence is where they will get it, such as a local pharmacy, or even better, through the Tricare mail order pharmacy.”

For patients requesting refills on the medications being deleted, the pharmacy will provide one refill to allow enough time to obtain a new prescription for a therapeutically equivalent medication, such as Vioxx, Claritin, and Novolog.

Two other options exist for patients seeking medications not contained on the pharmacy formulary.

“First, the Tricare mail-order pharmacy will mail up to a three-month supply of medication directly to the patient’s home for a small co-pay – \$3 or \$9 – depending on generic or brand-name medication. Second, the (retail) managed care support con-

● SEE RX PAGE 10

Retroactive reimbursement available for R&R leave

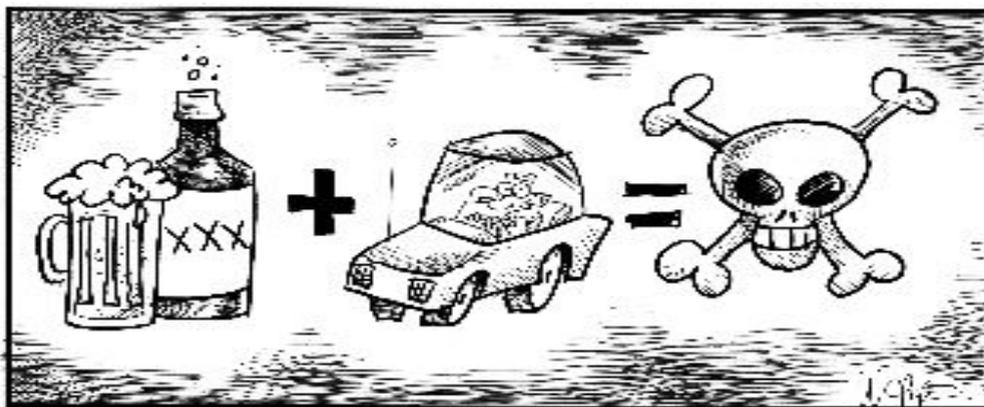
WASHINGTON (AFP) — Servicemembers who traveled on rest and recuperation leave while deployed supporting operations Enduring Freedom or Iraqi Freedom between Sept. 25 and Dec. 18, may be eligible for reimbursement of airline costs.

Reimbursement for airline costs is retroactive for those people who paid for commercial airline tickets from the port they flew into from overseas, such as Baltimore-Washington International Airport, to their final leave destination.

According to records, about 40,000 servicemembers traveled during the period.

More information is available at www.armyg1.army.mil/WellBeing/RRLeave/index.HTM.

(Courtesy of U.S. Army Public Affairs)



Checkertail Salute



Lisa Norman

Sergeant Stephens receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Sergeant Stephens, who coordinated missile launcher fit tests with engineers and weapon load crews to ensure Tyndall's F/A-22s are weapons capable. He directed more than 33 modifications on two aircraft eliminating nine flight restrictions to aircrews, and singlehandedly enhanced the training process for seven pilots. He ensured the safety of \$161 million worth of aircraft during a hangar fire alarm. Sergeant Stephens is pivotal to the success of the F/A-22 program, as he coordinated 12 Air Force-level Time Compliance Technical Orders, which required more than 150 man hours. Additionally, he directed 25 deficiency reports and saved the Air Force \$722,000.

Master Sgt. Michael Stephens

Duty title: 43rd Aircraft Maintenance Unit production supervisor

Time on station: Four years

Time in service: 23 years

Hometown: Gastonia, N.C.

Hobbies: Working on computers

Goals: Finish my bachelor's degree

Favorite movie: "The Stand"

Favorite thing about Tyndall:

The warm weather

Pet peeves: People who don't do their job and want others to do it for them

Proudest moment in the military: Winning 27th Fighter Wing Maintenance Professional of the Year award

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.

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New privacy rules intended to reduce suicide risks

G.W. POMEROY

Air Force Surgeon General public affairs

WASHINGTON (AFPN) — The Air Force has revised Air Force Instruction 41-210, "Patient Administration Functions," to better protect privacy rights and ensure an appropriate flow of information between commanders and support agencies.

Air Force officials believe this will reduce suicide risks among its Airmen.

"Confidentiality continues to be seen as a double-edged sword," said Lt. Col. Rick Campise, the Air Force Suicide Prevention Program director. "We have to maintain a balance between a patient's privacy and a commander's need for information that allows (him or her to) make decisions that ensure the safety of the Airman and the success of the mission."

An assessment of all Air Force active-duty suicides in 2003 revealed that some commanders viewed confidentiality as preventing adequate communication with life skills support centers, Colonel Campise said. In other cases, the absence of confidentiality was perceived

as a factor in discouraging Airmen from seeking help.

Mental-health staff members are now required to review all open and closed mental-health records before active-duty Airmen transfer to new bases. Based upon the record

provided two key tools that assist in helping to ensure this is done successfully.

The "Air Force Guide for Managing Suicidal Behavior" and the "Leader's Guide for Managing Personnel in Distress" both discuss the need for collaboration between mental-

tions Enduring Freedom or Iraqi Freedom.

The service's suicide prevention program is commonly hailed as the best program of its type in the world, officials said. In December, a landmark University of Rochester study of suicide in the U.S. Air Force found the service's suicide-prevention program reduced the risk of suicide by 33 percent during the past six years.

In 2003, the Air Force's Suicide Prevention Program was hailed as a "model program" in a report released by the president's New Freedom Commission on Mental Health. In 2001, then-U.S. Surgeon General Dr. David Satcher made the program a model for the nation and incorporated it into the National Suicide Prevention Strategy.

In the mid-1990s, amid rising suicide rates in the military, Air Force leaders recognized that suicide is a community problem, and the formal program was implemented in 1996. From 1991 to 1996, the active-duty suicide rate was 14.1 per 100,000. During the seven years of the prevention program's existence, through the end of 2003, the suicide rate was 9.2 per 100,000 population.

“We have to maintain a balance between a patient’s privacy and a commander’s need for information that allows (him or her to) make decisions that ensure the safety of the Airman and the success of the mission.”

LT. COL. RICK CAMPISE

Air Force Suicide Prevention Program director

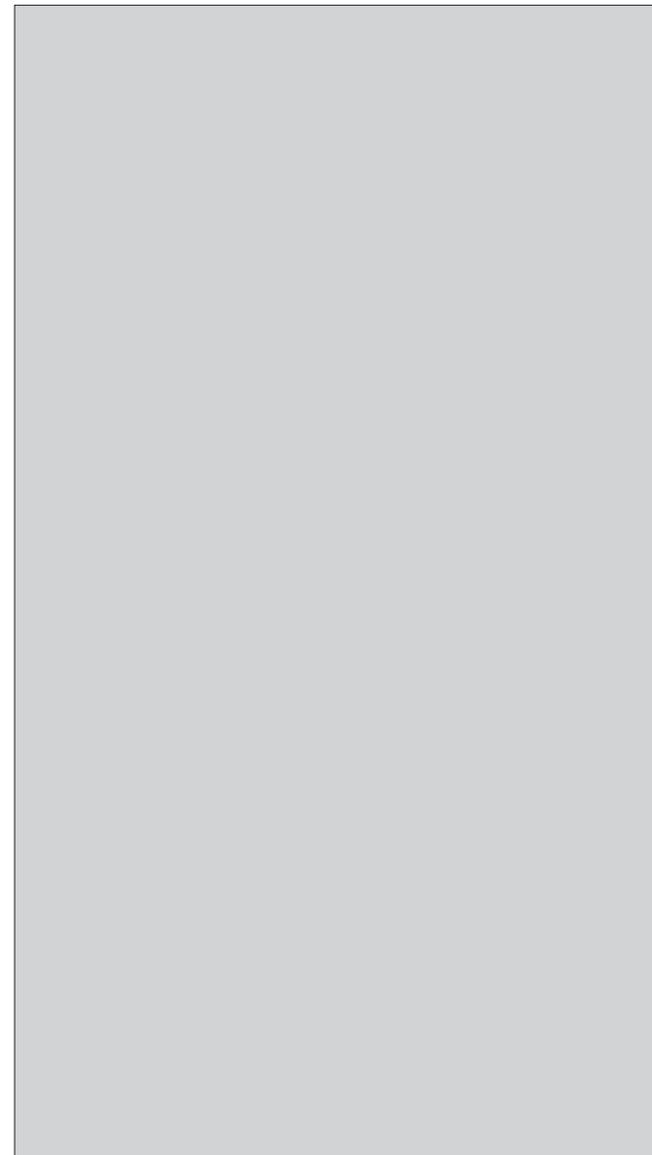
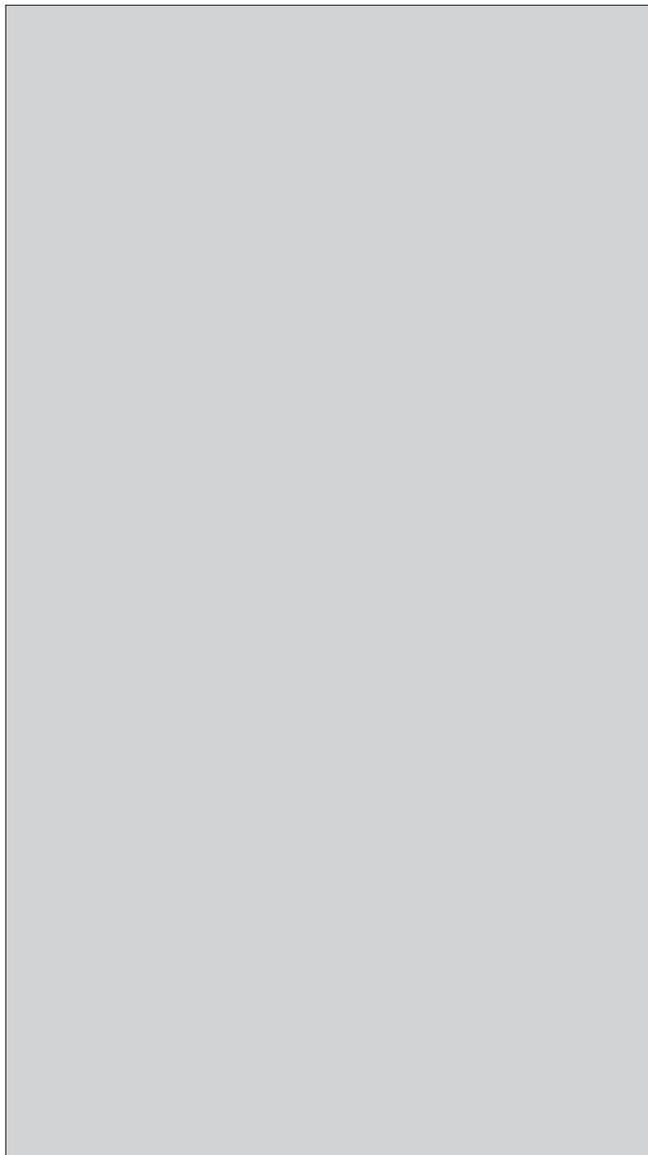
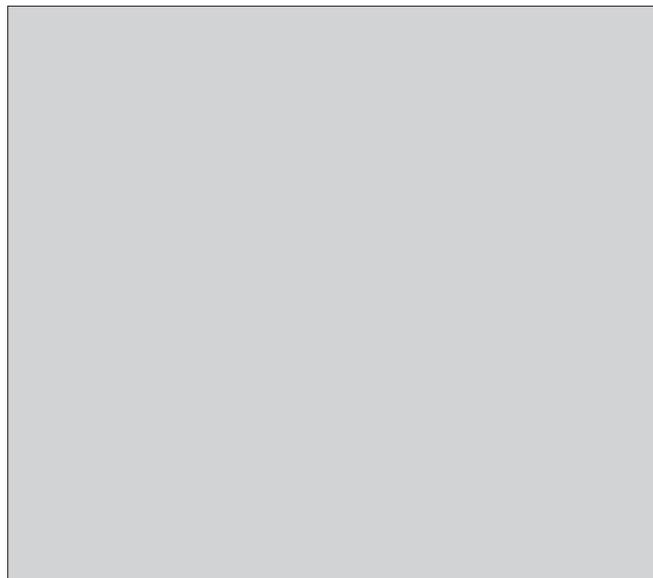
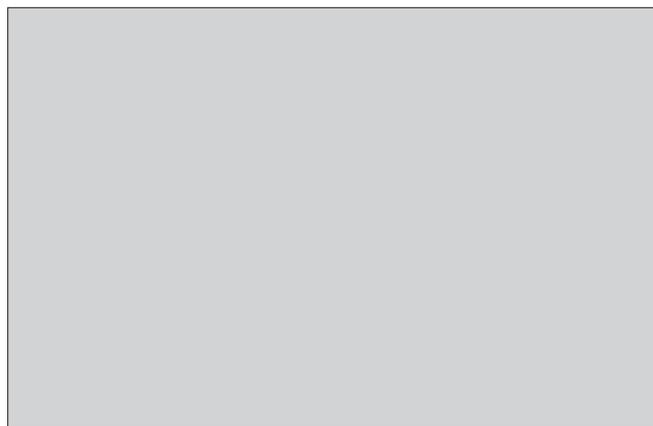
review, mental-health providers can determine whether the new destination requires arranging for additional resources to support Airmen before and after they move, Colonel Campise said.

Part of this process may involve asking the commander to assist with decisions regarding the Airman's welfare, Colonel Campise said.

Air Force Medical Service officials recently

health staffs and commanders. Both tools also emphasize balancing privacy and sharing essential mission information. Additionally, a video titled, "Communicating with Commanders," was released to mental-health clinicians in November.

Through July 15, 26 active-duty Airmen committed suicide in 2004, for a rate 13.0 per 100,000. The Air Force has experienced no suicides among Airmen deployed in opera-



Form Flow deleted from publishing site

WASHINGTON (AFPN) — After replacing FormFlow software with the Information Management Tool viewer, officials at the Air Force's departmental publishing office recently sealed the deal by officially taking down all FormFlow forms from its online Web site repository.

Established at www.e-publishing.af.mil, users will no longer find "forms" as they once knew them to be called. Instead, they can find IMTs, the new name for forms in the Air Force. As of June, all FormFlow products were replaced with their corresponding IMTs.

"With the IMT conversion of more than 18,000 forms complete, we felt it was time to take the next big step toward full implementation," said Jessica Spencer-Gallucci, director of the

publishing office.

Much like the Adobe Acrobat application, which allows people to view portable document format files, the

"We want to support our warfighters with the finest applications and solutions available. It is about leveraging the best technology out there and making it work for us."

JESSICA SPENCER-GALLUCCI
Director of the Air Force Publishing Office

new viewer allows users to view, write, send, save and modify IMTs. The application allows people to use zoom features, plus incorporate bold,

underline and italic text enhancements.

Officials said this software will make managing, processing and storing forms-based information easier and less time consuming. Besides providing a more efficient process, the program is tailored to support people with access to the Internet, as well as deployed users with limited or no access to a computer.

For legal and records-management purposes only, publishing officials are saving all FormFlow forms in a special archive, and will release them to the public on an "as-needed" basis.

"We want to support our warfighters with the finest applications and solutions available," Ms. Spencer-Gallucci said. "It is about leveraging the best technology out there and making it work for us."

Air University earns accreditation

JON SLADEK

Air University public affairs

MAXWELL AIR FORCE BASE, Ala. (AFPN) — After an exhaustive three-year process, Air University has been granted initial accreditation by the Commission on Colleges of the Southern Association of Colleges and Schools retroactive to Jan. 1.

The commission accredits degree-granting higher-education institutions and entities that meet its administrative and educational requirements.

Dr. Glen Spivey, Air University's chief academic officer, said he hopes this is only the beginning of a long and beneficial relationship with the Southern Association of Colleges and Schools.

"Accreditation makes a definite statement to the general public and to other academic institutions because it is 'the standard' that all institutions know, respect and understand," Dr. Spivey said.

It means Air Command and Staff College students can earn a master's degree in military operational art and science. Students attending the School of Advanced Air and Space Studies can earn a master's degree in airpower and art science, and Air War College students can earn a master's degree in strategic studies.

Now accredited, Air University will undergo reaffirmation every five years to assure the standards of accreditation have been maintained. The initial affirmation will begin in 2009.

(Courtesy of Air Education and Training Command News Service)



Checkertail Clan welcomes n



Lisa Norman

Tyndall Airmen from each of the 325th Fighter Wing's four groups, led by their respective group commander, stand in formation in Hangar 2 during the wing's change of command ceremony Tuesday.



Airman 1st Class Sarah McDowell

Brig. Gen. Larry New, former 325th Fighter Wing commander, inspects and thanks the men and women of the 325th Fighter Wing. Representing the groups in the wing were: Col. Timothy Merrell, 325th Operations Group commander, Col. James Van Antwerp, 325th Maintenance Group commander, Col. Martin Sayles, 325th Mission Support Group commander, and Col. Sean Murphy, 325th Medical Group commander.



Brig. Gen. Jack Egginton, 325th I community leaders and distinguis



new leader



Lisa Norman

Fighter Wing commander, addresses Team Tyndall members, and guests after assuming command of the 325th Fighter Wing.



Airman 1st Class Sarah McDowell

Above: Staff Sgt. Norman Sugden, a 325th Aircraft Maintenance Squadron crew chief, salutes after revealing General Egginton's name on the 325th Fighter Wing flagship.



Lisa Norman

Left: The Tyndall Honor Guard prepares to post the colors to officially open the change of command ceremony.



Lisa Norman

Left: General New and General Egginton salute facing Maj. Gen. Edward Ellis, 19th Air Force commander, during ruffles and flourishes. General Ellis presided over the ceremony.

Privatization helps DOD meet housing goal

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

WASHINGTON (AFP) — With funding levels making it increasingly difficult to maintain acceptable housing conditions at many military installations, Defense Department officials in the mid-1990s turned management and maintenance of some 200,000 “below standard” quarters over to private firms.

“We knew that we would never be able to budget enough money to be able fix all of that housing in any short time frame,” said Joseph Sikes, DOD’s director of housing and competitive sourcing. “We originally estimated it would take about 20 years, based on the amount of money we were budgeting for housing back in the middle ’90s.”

Today, Mr. Sikes appears much more optimistic. He said DOD’s plan for privatizing government housing has meant that 95 percent

of the department’s inadequate housing will be fixed by 2007.

Mr. Sikes said Defense Secretary Donald Rumsfeld identified military housing as a top priority for the department, and President Bush

Mr. Sikes said the move to get housing fixed sooner. “After 1999, the projects really started coming in at a higher pace,” he said. “And what we’re seeing now is a result of that increase.”

Mr. Sikes said that more than 70 percent of base housing is now privatized, and he expects that number to rise.

“After 2007, more and more bases will determine it’s easier not to take care of the houses yourself,” he said. “It’s better to have a private developer maintaining it and operating it, and so I think we’ll see even more projects become privatized.”

So far 32 projects have been awarded and \$581 million invested in the program, Mr. Sikes said. Meanwhile, private firms have invested some \$6.5 billion to improve living conditions and housing for servicemembers and their families.

on bases — as well as the private sector — to actually own and maintain these houses on bases,” he said. “Everyone sort of stood back and waited to see the first project.”

The first privatization projects were at Fort Carson, Colo., and Lackland AFB, Texas. He said both projects proved to be successful, and soon commanders realized the program was a way

“It was a big cultural change for commanders on bases — as well as the private sector — to actually own and maintain these houses on base.”

JOSEPH SIKES
DOD director of housing

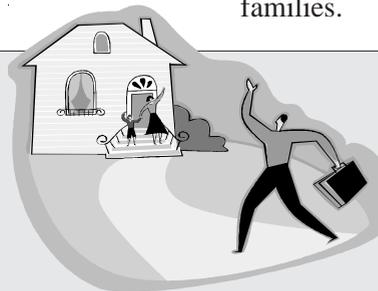
made housing privatization a key component of his management initiative.

He said that already some 60,000 inadequate housing units have been eliminated at military installations from Fort Hood, Texas, to Elmendorf Air Force Base, Alaska. By the end of fiscal 2005, the department will have privatized about 136,000 housing units, he said.

The plan for privatization

• *Privatization: the conversion of a public enterprise to a private enterprise.* over to private firms to be able to make them more suitable for military members. income stream to support privatization.

• *In the military’s case, it takes Air Force-owned quarters and turns them* • *Housing allowances compensate service members who live off-base and provide the* was also the increase in basic allowance for housing in 2001 from 18.8 percent out of pocket costs to 15 percent. The plan is to have the costs eliminated by the year 2005.



● FROM RX PAGE 4

tract pharmacies provide up to a 30-day supply of medication for a \$3 or \$9 co-pay,” said Col. Phil Samples, pharmacy consultant to the surgeon general.

“Both of these options provide a broader range of medications than normally found at the medical treatment facility pharmacy,” he said. “When you consider the combination of the MTF pharmacy, Tricare mail-order pharmacy and retail network pharmacies, patients are ensured they can receive a wide variety of medications.”

“The military medical health plan is the most robust medical benefit that anyone in the world offers,” Colonel Murphy said. “We all need to remember that it takes efficiency efforts like this, which have very little impact on each of us, to keep that benefit rich.”

Tyndall patients who have questions regarding their pharmacy benefit can contact Beneficiary Services at 283-7331, or the Tricare mail order pharmacy at (866) 363-8667.

(Compiled by 325 Fighter Wing public affairs)

Take five stay alive: Be a defensive driver

Defensive driving can prevent car accidents, including head-on collisions, by staying alert, thinking ahead and practicing safe driving habits.

Driving defensively means: driving to prevent accidents in spite of unsafe actions of other drivers or conditions. To develop a defensive driving technique, you must be constantly aware of the behavior of other drivers, road conditions and how to lessen the severity of an accident if it is unavoidable.

Remaining alert for actions such as excessive speed, weaving, tailgating, or inattentive driving is key. Anticipating what others might do, adjusting speed, increasing distance between the vehicles and maintaining an escape path will also help to avoid a collision.

Driving can become a challenge with wet roads and congested traffic affecting your ability to steer, stop, and maneuver. Each of these road conditions demands your best defensive driving skills.

Although defensive driving includes all of the above considerations, it's better described as a realization that driving is a privilege that you share with

others. There are real people in other vehicles-possible even family, co-workers, or loved ones and aggressive, irresponsible driving could put your life and the lives of others in danger.

Following these tips could save your life and others as well:

- Allow enough space ahead of your vehicle. Many rear-end collisions can be avoided by simply following at a safe distance rather than tailgating. You

should allow at least two seconds between your vehicle and the vehicle ahead of you. That gap should be increased to three seconds at highway speeds and four or more in rain or other poor weather conditions.

- Look ahead. Scan the road and the surrounding area at least a few hundred yards ahead for potential road hazards. Look around on both sides, and keep your eyes open for approaching

vehicles, pedestrians, or animals that might enter your path.

- Have an escape route. Check your mirrors every few seconds to see what is beside and behind you. Taking into account the position of the cars around you and the road ahead, decide where you maneuver could safely to avoid an accident.

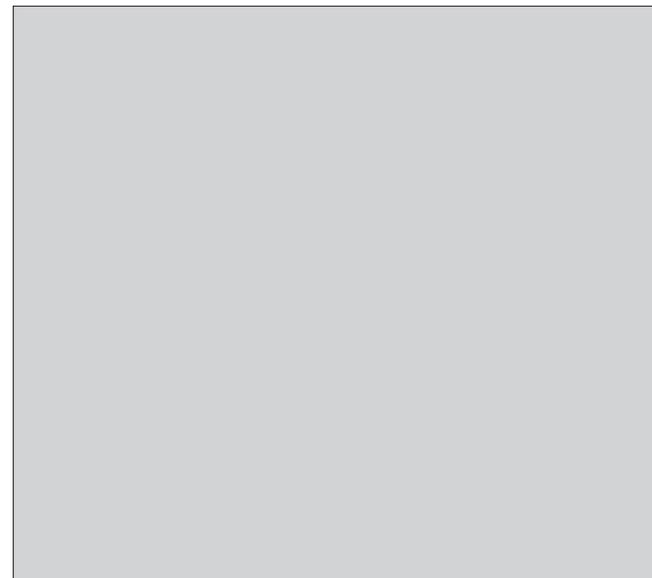
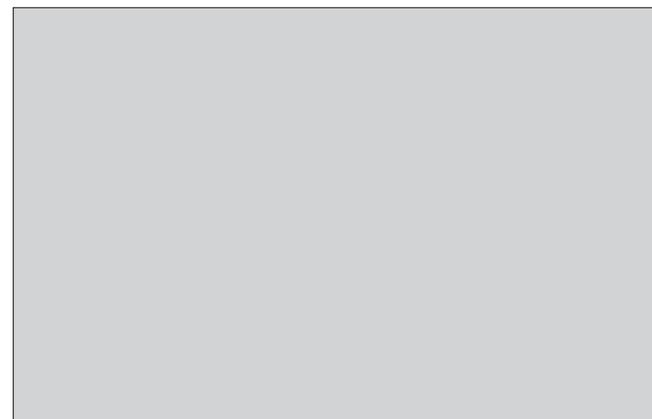
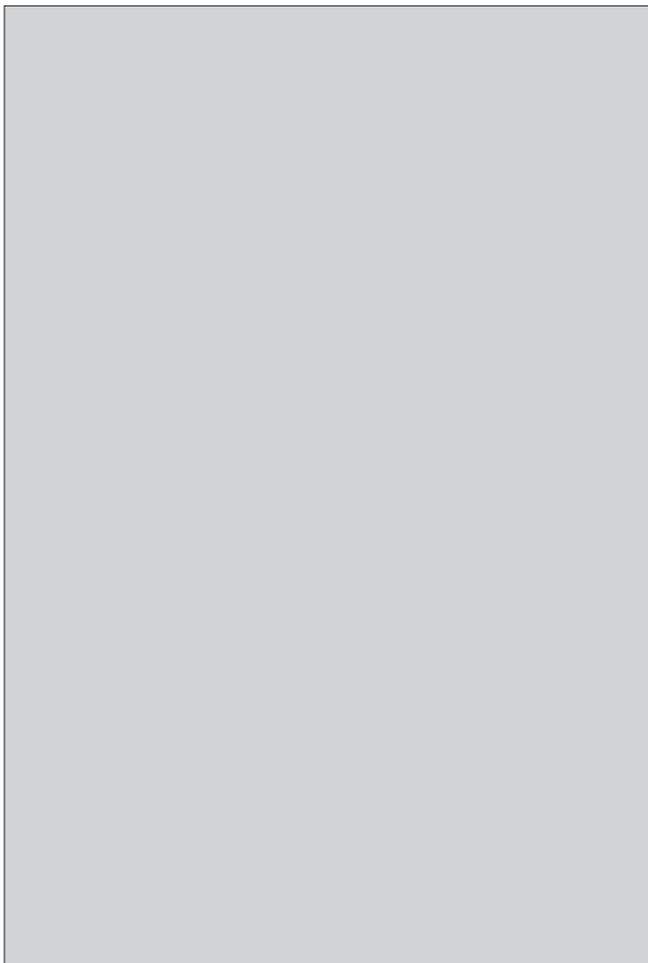
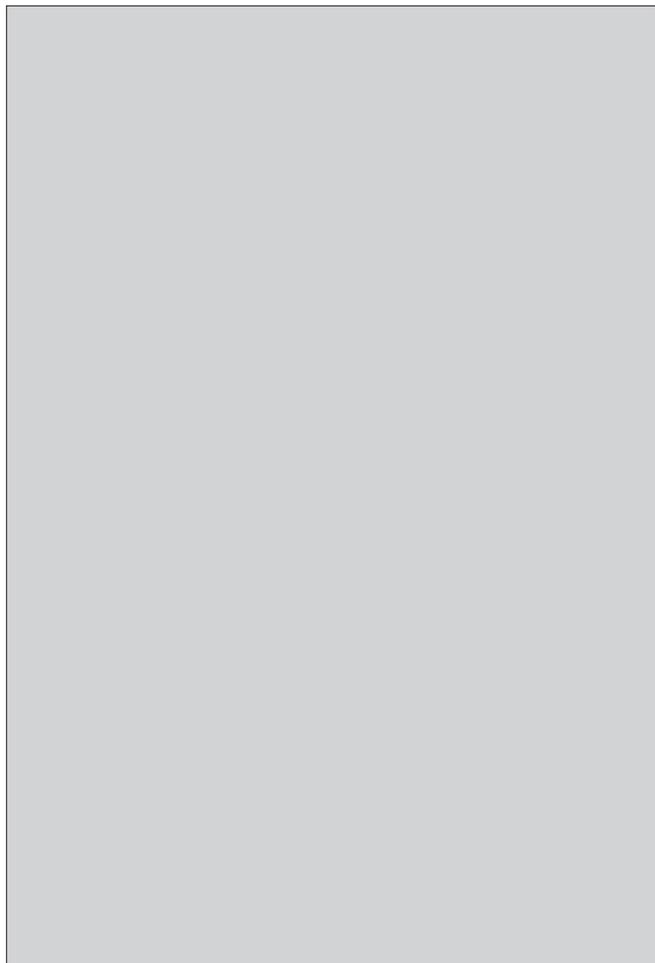
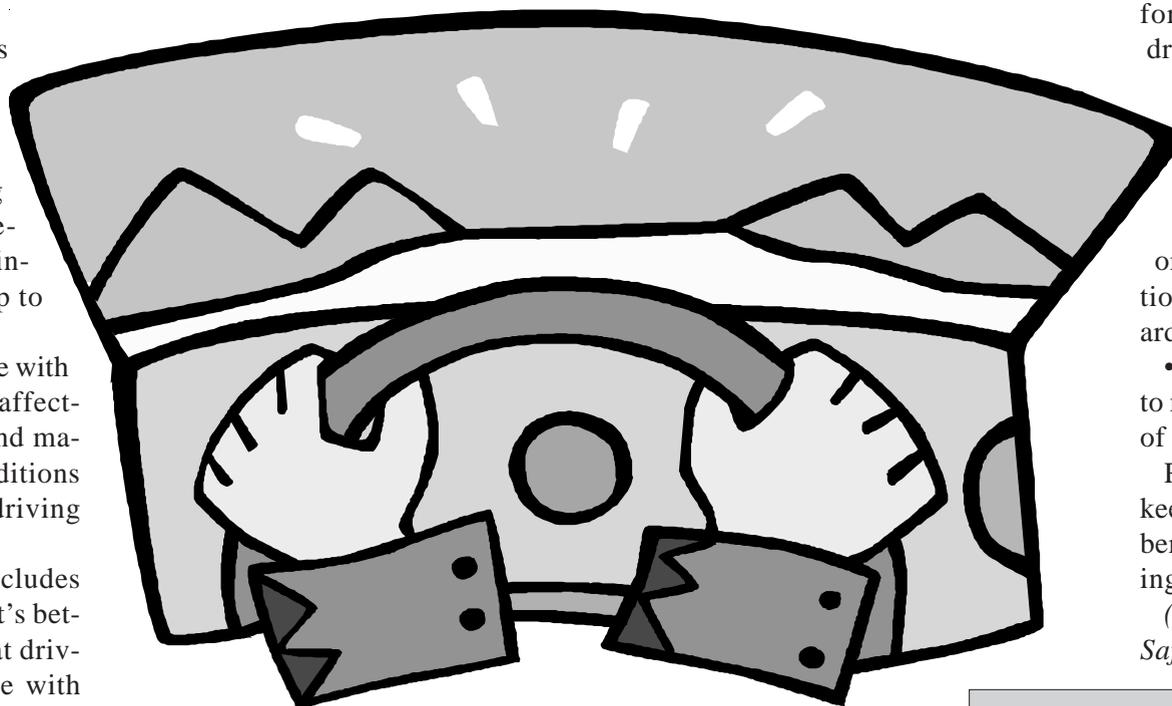
- Don't depend on the other vehicle. Be considerate of others, but look out for yourself. Don't assume another driver is going to move out of the way or allow you to merge. Plan your movements anticipating the worst-case scenario.

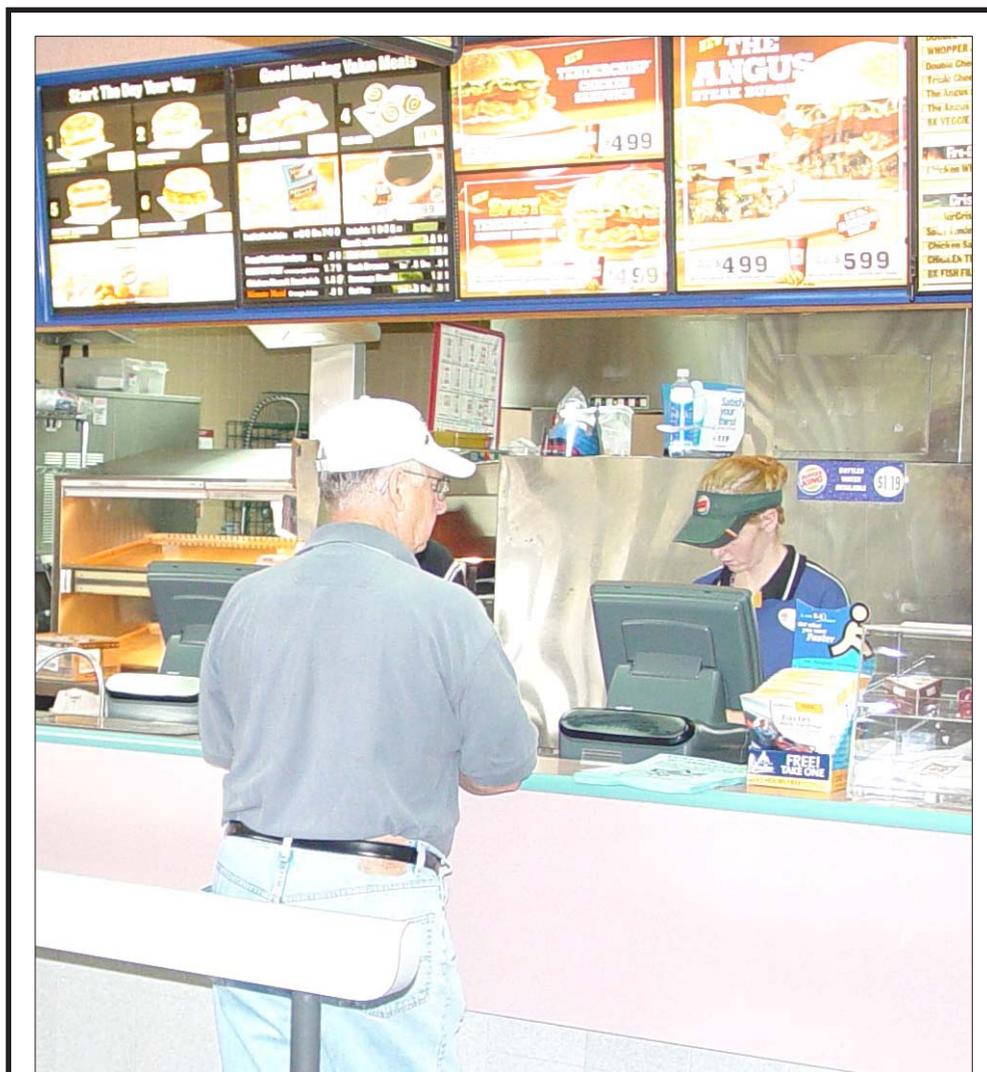
- Adjust for hazards. By slowing down or speeding up only slightly, or by moving to a different lane position, you may avoid a potentially hazardous situation.

- Avoid frequent lane changes. Try to maintain a speed near that of the flow of nearby traffic.

Remember your lane discipline and keep right unless passing. Also, remember to check the blind spots before making a lane change.

(Courtesy of 325th Fighter Wing Safety Office)





Jim Westowski

Twenty years and still cooking ...

Bailey Brock, a Burger King cashier, helps a customer with his order. Army and Air Force Exchange Service officials are celebrating 20 years of franchised Burger Kings on military bases throughout the world. A portion of profits from the food operation and other AAFES profits are given to the base's Morale, Welfare and Recreation fund each year. In 2003, more than \$444,126 was provided to Tyndall. To celebrate the fast food franchise and AAFES sponsorship, free cake and coffee will be available from 9-10 a.m. Tuesday.

Events

Scholarship opportunity

Gulf Coast Community College is offering four scholarships to active duty members who have five to 11 semester hours in the fall 2004 semester and who have a minimum grade point average of 3.5. Applications are available at the GCCC representative office in the Education Center, Bldg. 1230, Room 45-A.

Varsity basketball tryouts

Tryouts and practice for the 2004-05 Tyndall Tigers Men's Varsity Basketball team, will begin at 6:30 p.m. Aug. 16 at the Fitness Center. Men's tryouts are open to all active duty military members.

Tryouts for the Women's Basketball

team will be 6 p.m. Aug. 23. Women's tryouts are open to all active duty, Guard, Reservists, dependents and DOD civilians

All interested individuals are encouraged to sign-up at the Fitness Center. For more information, contact the Fitness Center at 283-2631.

MPF appointments

The Military Personnel Flight Customer Service office will now make appointments available for those needing common access cards and dependent identification cards. Walk-ins are still welcome. For more information contact Tech. Sgt. Charlie Carr at 283-2276.

Palace Chase information

The Air National Guard has part-time positions available throughout the country

to military members separating or thinking about applying for Palace Chase.

Retraining is available, and members retain most of their benefits in addition to some state benefits such as 100 percent tuition assistance. For more information, contact Master Sgt. William Andujar at (850) 884-2729 or email william.andujar@hurlburt.af.mil.

Air Force Reserve opportunities

The Air Force Reserve is hiring for part-time positions all over the United States. It is possible to continue receiving Air Force benefits while building toward retirement, perhaps in a totally different career field and in a different location. If you are thinking about separating under the Palace Chase Force Shaping initiative or are approaching the end of your active duty commitment, contact Master Sgt. Randi Baum at 283-8384 to learn more about the opportunities in the Air Force Reserve.

Veteran Reunion

The Thailand-Laos-Cambodia Brotherhood Vietnam War Veterans will hold their annual reunion on Sept. 24-26 at the Ontario, Calif., Doubletree Ontario Airport Hotel. Anyone who served in these countries during the war is eligible. To attend, call Les Thompson at (714) 557-0776 or e-mail Les21@ix.netcom.com.

Anger management

The next Anger Management Workshop series will be held 11:30 a.m. to 1 p.m. Monday and Aug. 9, 16 and 23 at Bldg. 1305 conference room. For more information or to sign up for classes, call 283-7511.

Classifieds

1996 Honda Accord

Green, two door, in good condition, \$5,600. Call 233-3048.

2000 Chevy Conversion Van

High roof, leather, four captain's chairs, bench/bed, AC/DC, carpet, tinted windows with shades, extended back. 64K miles. \$17,000. Call Tom or Penny at 286-5411.

2001 Yamaha Waverunner XL800

With Westco trailer; recently tuned up; approx 70 operating hours; includes three lifejackets; \$5,000 firm; contact Stephen

or Lesa for more information at 769-3849.

2002 Honda CBR 954

Never down, many extras, 11,000 miles asking \$7,600. Call 896-1954.

32' Wagner

Aluminum extension ladder \$100. 15,000 BTU window air cond. \$150. Call 286-5411

2001 Kawasaki Ultra 130 D.I.

Fuel Injected, 36 fresh water hours only been in salt water for 30 minutes. Extras included. Asking \$4600. Call 286-5401 or 774-9383

Beautiful Yamaha console

French provincial style, sells for \$4,000. Moving, must sell, \$950. Call 230-1067.

African decoration collection

Zulu warshield with club and spear, four foot warrior, 4x4 tiger painting, 4x4 lion painting, wooden masks and carvings, all \$200. Call 230-1067.

Pool table

Eight-foot ping pong/pool table with all accessories included \$950. Call 286-5452.

Golf Clubs

Wilson Dyna Power II golf clubs with stand-up bag; used. \$100 or best offer. Call, 286-4958.

Garage Sales

3125 B Dagger Dr.
2889 A Sabre Dr.
2836 A Sentry Ln.

Garage sales are held 8 a.m. to 4 p.m. Saturdays.

Chapel Schedule

Catholic services held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday
Reconciliation (before Saturday Mass or by appointment)
Saturday Mass, 5 p.m.
Sunday Mass, 9:30 a.m.

Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

Communion service, 9:30 a.m., Chapel 1
Religious Education classes, 9:30-10:30 a.m. in Bldg. 1476
General Protestant service, 11 a.m., Chapel 2.

CAC expands center activities, Airmen's abilities

STEVE RIDDLE

325th Services Squadron publicist

Two new instructors have recently expanded the amount of activities offered at the Tyndall Community Activities Center.

Tech. Sgt. Cliff Kinchen, an instructor at the Tyndall NCO Academy, is now teaching martial arts classes Monday and Wednesday to both children and adults.

Also, Ric Higgins, the new guitar instructor, is offering lessons in several different styles of guitar.

"We're offering the classes to give more opportunities to base personnel to experience a wider variety of leisure activities," said Rudy Wallace, director of programming at the Tyndall CAC. He added, it's not always easy to find people qualified to give instruction.

"We've been fortunate enough to get people who can teach their classes to a wide variety of people and skill levels," he said.

A fourth degree black belt in Tae Kwon Do, Sergeant Kinchen's classes encompass several fighting techniques.

"Along with the Tae Kwon Do, I'll be teaching the basics of kickboxing, boxing, judo techniques and grappling techniques," he said. "It's a basic reality fighting system."

Many people are a little unsure about taking martial arts classes, but Sergeant Kinchen said his classes will provide a great workout, and he feels offering various styles and techniques, along with a relaxed atmosphere, will help more people see the benefits.

"I keep the kids classes more disciplined, because they need that discipline," he explained. "But for the adults, it is more relaxed. I'll have music playing in the background, and the people can get into it more, and before they know it they're really working out hard."

Sergeant Kinchen has a background in Hop Kido, Japanese Jiu Jitsu, Tae Kwon Do, Judo, Aikido, as well as kickboxing.

Sergeant Kinchen recently won the light-heavyweight kickboxing title in Virginia Beach, Va., and won the North American Super-Middleweight

Kickboxing Title in 2001. He has also been inducted into the World Karate Union Hall of Fame and the World Wide Martial Arts Hall of Fame.

Martial Arts lessons are \$5 per class, or \$40 for 10 classes. Classes run about one hour each.

Like Sergeant Kinchen, Mr. Higgins brings a varied background to his lessons as well. From rock to classical, country western to heavy metal and the blues, Mr. Higgins said he is willing to teach whatever music interests his students most.

"The way I teach the lessons is to offer an initial half-hour meeting with the student, free of charge, to discuss what they want to do," Mr. Higgins explained. "I really like to start people on the material they want to play, because there is the possibility of good technical development in any style – soul, country western, rock and roll, or straight-up classical guitar."

Mr. Higgins said he teaches either finger or plectrum (pick) styles of playing, and also in-



Steve Riddle

Tech. Sgt. Cliff Kinchen, an instructor at the Tyndall NCO Academy, teaches Martial Arts to two children at the Community Activities Center. Classes are held Monday and Wednesday to both children and adults.

cludes slide techniques for blues music. He gives instruction on lead guitar, rhythm guitar, and bass guitar, as well as understanding chord theory and reading music.

Mr. Higgins can play modern and classic rock, but has a strong classical background too. He has a bachelor of arts in music (concert guitar) degree, and has performed extensively in ensembles and as a concert soloist.

Private guitar lessons cost \$100 per month for weekly one-hour sessions, or \$60 for half-hour sessions. For students who decide not to take the monthly format, lessons are \$30 per hour, or \$20 per half-hour. Mr. Higgins said he is also exploring the possibility of holding group classes.

For more information, contact the Tyndall Community Center at 283-2495.

MXS team swings for fences, wins season championship



Steve Riddle

Jessie Snyder, an AMXS 2, player drives one into the outfield Tuesday during the Tyndall 2004 Intramural Softball Championship. Despite the team's efforts, they fell to the MXS team, which won the series with a convincing 17 - 6 victory.

STEVE RIDDLE

325th Services Squadron publicist

The MXS softball team defeated the AMXS 2 team Tuesday night in the Tyndall 2004 Intramural Softball Championship Game, earning them the season trophy for the third year in a row.

Both teams' defense played a big part early in the game. The MXS team allowed only two hits in the top of the first inning, then went three up – three down for a 0 – 0 score after the first inning.

AMXS 2 right-fielder

Eric Langdon gave his team a lift in the second inning with a double that scored a run, but good solid hitting by the MXS squad put the score at 7 – 1 going into the third inning.

AMXS 2 answered right back with a two-run single from Reginald Connor, but Bryan Henshaw's two-run homer in the bottom of the third inning gave MXS a 9 – 3 lead after three.

Both teams' defenses tightened up again in the fourth, and three AMXS 2 homeruns in the fifth in-

ning by Pete Dominguez, Billy Russell and Brian Downer closed the gap to three runs and rallied the team.

The rally, however, would be short lived. A grand slam by Bryan Henshaw and RBIs by Doug Guerette and Lenny Bevilaqua put the MXS team ahead 15 – 6.

Then, Christopher Penny came off the bench and hit a hard shot to right field, driving in two runs that ended the game 17 – 6, giving the MXS team the win via the 10-run rule.



Funshine NEWS

July 30, 2004

www.325thservices.com

Youth Center

☎ 283-4366

Surf's Up

Schedule a class and learn basic techniques and ocean awareness in a safe environment. Classes are held at St. Andrews State Park and transportation is provided. Cost is \$40 per 2 hour session.

USA Tennis

Tennis anyone? Sign up for USA Tennis for ages 6 and up and learn the basics in a friendly group atmosphere. The program runs August 7, 14, 21, and 28 at 9 a.m. and the cost is \$30. Call 283-4366 for more details.

Start Smart

Hit a homerun or score a goal and sign-up for Start Smart for ages 3-5. Work one-on-one with your child improving basic baseball and soccer skills. The classes run August 13, 20, 27 and September 3 at 10 a.m. and cost is \$30. Call Andy at 283-4366 for details.

Start Smart Baseball

Batter up for Start Smart Baseball for ages 3-5. Work one-on-one with your child improving basic skills. The classes run August 10, 17, 24, 31 at 10 a.m. and cost is \$30.

Soccer

Registration for youth ages 4-10 has been extended one week until August 7. A current copy of Birth Certificate must be on file or made available and submitted with the registration form along with fee at the time of registration. Details call 283-4366.

Community Center

☎ 283-2495

Ballroom Dance Classes

Starts Aug. 6, 6:30-8 p.m. Instructor: Russ Knight. Learn to Waltz, Cha-Cha, Swing, Slow Dance & Disco. Cost is \$65 per couple or \$32.50 for singles, per four week session. Deadline to sign-up is July 30.

Guitar Lessons

Instructor: Ric Higgins. For beginners to advanced. Cost is \$20 per 1/2 hour session or \$30 per hour. Call for more information.

American TaeKwonDo Classes

Master: Clifford Kinchen. Mondays and Wednesdays 6-6:50 p.m. for 6-12 yrs., 6:50-7:40 p.m. for 13 yrs. old and up. Cost: \$5 per class or \$40 for 10 class punch card. Call for more information.

Marina Club

☎ 283-3059

Best Salad Bar on Base

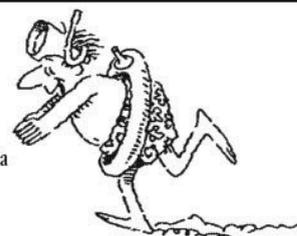
All you can eat with soft drink \$5.95.

Base Pool Events

Family Fun Day

July 31, 2 p.m. until. All admissions are FREE Pool games & a for all ages; adult participation a MUST! Prizes, fun for all.

Call 283-3199 for more details.



PET FAIR

August 28, 8 a.m. until noon
at the Veterinary Clinic

- Military Working Dog Demonstration
- Agility Demonstration
- Pictures of the Kids with Clifford the Big Red Dog
- Best Trick Contest
- Owner/Pet Look Alike Contest
- Vet Clinic Open House
- Lectures
- Door Prizes
- Discounted Microchips.

Join us for all the fun at
Bldg 1309 Suwannee Road.
If you have any questions feel
free to call us at
283-2434



Bowl for the Stars & Strikes

Cool Off in the Bowling Center
Terrific Prizes:
Bowling Pin Key chain
Bowling Ball
Bank or T-Shirt
\$500 cash grand prize
or second prizes, a
Pride of Our Nation
Viz-A-Ball bowling ball.

Sponsored by Coca-Cola
and Quilica
No federal endorsement
of sponsors intended.

Punches are given for every game bowled or large
Coca-Cola fountain beverage purchased at Raptor Lanes
snack bar now through August 31, 2004.



New Computer Gaming Room

Sector-Six

at the Community Center play
Battlefield Vietnam or Unreal
Tournament (2-way). This program
is free. Gamers under 18 must be
accompanied by a parent or
guardian.

Call 283-2495 for information

Skills Development

☎ 283-4511

Air Force Photo Contest

The Skills Center will be accepting entries all month. This contest will be judged in September for base level and then sent off to Command Level in October. Open to all base personnel and dependents.

Annual Artist Craftsmen and Photo Contest

Skills Development Center will be accepting entries all month. This contest will be judged in September for base level and then sent off to Command Level in October. Open to all base personnel and dependents.

For more details
283-4511



Youth Center National Kids Day and Back to School Block Party July 30, 5-9 p.m.

Fun Activities for the entire family!
Hamburgers and hot dogs provided. Even
number houses please bring a vegetable
or salad and odd number houses please
bring a dessert.

Dance the night away with a DJ
283-4366

Sponsored in part by AAFES, Coca-Cola, First Command
Financial Planning and Tyndall Airman Leadership School
No federal endorsement of sponsors intended.

Need help with Child Care? Extended Duty Child Care

available for parents required to work
outside of normal duty hours.
Call Family Child Care
283-2266 for details

Crazy Cash Give-Away at the O' & E Clubs Fridays during Social Hour.

Beginning at 5 p.m.
Jackpot starts at \$100.
The first member name
drawn is for the jackpot. If there is
no winner \$25 will be added to next
week's jackpot (max. \$500).
Once the name is drawn the
winner has 5 minutes
to claim their prize. If the winner fails to
claim their prize a second drawing will
be held from bar receipts for \$25.

283-4357 for details

Tyndall Enlisted Club

Latin
Dance Night
Aug 7, 2004
Starting at 8 p.m.



For details call 283-4357

Community Center Blackbeard's Treasure Hunt

Starts August 3
Signup by July 30.
Grand Prize is a
Microsoft X-Box
283-2495

STRIVE
SMART STRONG!!!
Strive Selectorized Weight Equipment at the
Fitness Center. Offers a full body strength and
cardio workout. **283-2631** for details
No federal endorsement of sponsor intended

Paper pay statements end today

JILLIAN SPEAKE

AETC public affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — This month's Leave and Earnings Statement is the last paper copy military members assigned to Air Education and Training Command bases will receive.

Also affected are military members whose pay information is handled by an AETC finance office.

As of today, myPay, the Defense Finance and Accounting Service's web-based pay system, will be the primary means for military personnel to get an LES and mid-month pay information.

Air Force Chief of Staff Gen. John Jumper reinforced the importance of myPay last month when he asked all Air Force major commands to take the necessary steps to make myPay the default choice for all routine pay transactions.

Even before the general's request, 81 percent of AETC members had already signed up for a myPay personal identification number, which allows members to access the system 24 hours a day, seven days a week.

"The myPay system sells itself," said Col. Dave Weinberg, AETC comptroller. "It's more flexible and reliable than the old way of doing things because you can access the site from anywhere around the world."

MyPay allows service members to view, print and save payroll documents, update address changes for correspondence, review W-2 forms and update changes to Thrift Savings Plan accounts.

Efforts are currently underway for additional features such as self-service processing of allotments, a single sign-on between Air Force Portal and myPay, and PINs that will provide spouses or other designees read-only access to the system.

Members can now request and obtain a myPay PIN at mypay.dfas.mil.

● FROM PRIORITY PAGE 2

over, "This is a war we cannot afford to lose." So, as Airmen, we must see the importance of our jobs and perform them to meet the highest standards.

Though I've listed your job as the No. 3 priority, it seems we have to push it up the priority scale to at least No. 2 or even No. 1 in these trying times. I find a quote from retired Col. Steve Arrington useful in this instance: "No one should put anything before their family, unless the flag is falling — that's a different story. Then freedom comes first."

So, it is easy to see the importance of your job, but now let us look at that No. 2 priority, your family.

Being in an expeditionary Air Force makes it inherent that you are going to have to spend time separated from the ones you love. You had better enjoy the time you do have at home with your family, because these separations are, and will get, longer.

Recently, the standard air and space expeditionary force tour length increased from

90 to 120 days. Our air reserve component brethren spend as much or more time deployed as we active-duty Airmen.

But who are the ones there to see you off for each deployment? Who are the ones that send you those packages, letters and e-mails throughout your deployments and during the holidays you miss? And who are the first ones to greet you when you return? It is your family.

Now, think further down the line; who will be the ones you spend the rest of your life with after you leave the Air Force? The answer is obvious. It seems that maybe your family should move up the priority list to No. 1. But what good are you to your family or to your fellow Airmen if you're in poor health?

Your health is so important that sometimes when you lose it or let it go, it is very hard to

get back. Air Force Chief of Staff Gen. John Jumper's "Fit-to-Fight" program has had an enormous impact on our Air Force. General Jumper noted that we had become a sedentary, stationary-bicycle-pedaling bunch of high-tech geeks. Now take a look around.

We are outside running; we're lifting weights; we're in the gym placing our bodies into modern-day torture machines; and we're steadily transforming into a lean, mean fighting machine — like a bunch of high-tech geeks. Seriously, we have made an incredible transformation in a short time to meet General Jumper's Fit-to-Fight agenda, and we're a better force for it.

Your spiritual health is also part of your

fitness. Regardless of faith, we all need something to help get us through these trying times.

This physical and spiritual fitness will also carry you through the rest of your life after you leave the Air Force. With good health, you not only benefit your family; the people you work with benefit also. It

"If you ever find yourself in a situation where you're huddled together in a foreign land with your fellow Airmen, wearing only a Kevlar helmet and flack jacket as enemy mortars explode randomly around you, you will begin to see the great paradigm of which priority should be No. 1."

LT. COL. PERRY FITZGERALD
Air Warfare Center Safety Office

seems that this health issue is justifiably placed at the top of the priority scale.

It should be obvious to you that these priorities shift places and eventually overlap according to the current circumstances you face. If you ever find yourself in a situation where you're huddled together in a foreign land with your fellow Airmen, wearing only a Kevlar helmet and flack jacket as enemy mortars explode randomly around you, you will begin to see the great paradigm of which priority should be No. 1.

The key will be to figure out how to balance your health, your family and your job as you face the rest of your life and your remaining Air Force career. Even if you don't use this simple method, find your own method to help prioritize your life. Hopefully, it won't take a 10-foot-tall lieutenant general to get you started.

Help Us Conserve



