

COMMANDO



Vol. 51, Issue 26

16th Special Operations Wing, Hurlburt Field, Fla.

July 3, 2003



**See Page 6
for fireworks
events and
safety tips**

Independence Day

VIEWPOINTS

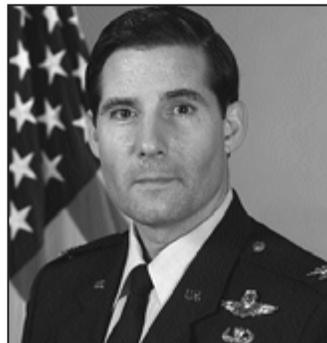
Open Line

The Commander's Open Line is your direct line to me for questions or suggestions about subjects of concern to the Hurlburt Field community. I really appreciate your feedback.

To receive a response, leave your name, unit and telephone number. Open lines of general interest will be printed in the **COMMANDO**. I'll answer the others

by letter or phone call. Remember, the quickest and most efficient way to resolve a problem is to talk directly to the agency responsible. This gives them an opportunity to help you, and perhaps improve their process.

However, if you're not satisfied with the answer you receive, feel free to give me a call at 884-OPEN (6736), or e-mail your concerns to commando@hurlburt.af.mil.



Col. Frank Kisner,
16th SOW commander



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Submitting articles

The deadline for submissions to the **COMMANDO** is 4 p.m. Wednesday, the week prior to publication. Articles may be submitted on IBM format computer disk or via electronic mail. Non-electronic submissions must be typed, double-spaced and all submissions must include the name and telephone number of a person to call for questions.

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AFSOC CC sends 4th of July message

By Lt. Gen. Paul Hester
AFSOC commander

This Fourth of July Americans worldwide celebrate our nation's Independence Day. It's a holiday that holds a very special meaning for those who've served and serve our country.



With the active global war on terrorism, we are continually reminded that maintaining the freedom we all enjoy comes at a high price. This past year Special Operators have served in places as far away as the Philippines to Iraq to South America to combat terrorism. The sacrifice has been high. Our losses have been irreplaceable. And our nation's gratitude is eternal.

As we enjoy this upcoming holiday with friends and family let's also give praise to all – past and present – who've made and make this Independence Day worth celebrating. I salute all of you who help make this possible.

Commander:

The Power of Freedom

By Col. Frank Kisner
16th SOW commander

We enjoy many freedoms, but have you ever considered the strength we gain from freedom?

This weekend Americans everywhere join to celebrate the birth of our nation and all we enjoy in our Land of the Free. Think about the power of that freedom – freedom of speech and freedom of thought combine to make us the most innovative, adaptive, flexible, and audacious force the world has ever seen. Both at home, and at our many deployed locations, none can match the

strength we gain from freedom – freedom to seize the tremendous power resident in a team comprised of all races, colors, creeds, and sexes.

Freedom of speech and freedom of thought allows each of you to propose new ideas, to grasp new thoughts and technology, and to make our Hurlburt Field home and our deployed locations incredibly effective, cohesive, and truly world class. We have absolutely "NO FEAR" in proposing the "new" – and that's truly freedom at its finest!

Freedom and confidence to enact

See **FREEDOM**, Page 5

Living the American dream

By retired Lt. Col. Luis Bustamante
6th Special Operations Squadron

My career began twenty years ago, but the memories will last a lifetime. I want to thank each and everyone here at Air Force Special Operations Command for a wonderful experience, the kind that lingers in your mind and upon quick reflection – you can't help but to have a smile. Those of you who served with me in the flying squadrons know exactly what I'm talking about.

In reality this whole journey began 30 years ago when my father decided

to immigrate to the United States. As an immigrant myself, I empathize deeply with the plight of thousands and thousands of new Americans that work long hours every single day in austere environments and make a living in jobs that few others dare to get into.

In my case, however, I've been enormously lucky, and I feel I'm truly living the American dream – I went to a private boarding school in New England with the help of my algebra teacher, Joseph McHugh, an unassuming tall Irishman that suspected I wasn't

See **DREAM**, Page 5

Centennial of flight

Centennial of Flight – 167 days away

General Henry "Hap" Arnold, one of the giants of military aviation, received his flight training from the Wright brothers themselves and earned the 29th pilot's license ever issued. Looking back, General Arnold reflected, "More than anyone I have ever known ... the Wright brothers gave a sense that nothing is impossible."

"Nothing is impossible." Those three words exemplify the history of military avia-

tion. In the century since Kitty Hawk, military aviation has

been the crucible for ingenuity and innovation. The quest to own the sky has forged an array of technological advances that have transformed the aviation community.

The airplane itself revolutionized the way wars were fought. For centuries, wars involved bloody battles of attrition, fought between massed ground forces. But Kitty Hawk forever changed modern warfare. With the advent of aircraft, military strate-

gists suddenly saw the possibility of flying over the heads of those ground forces, bypassing their destructive power and selectively striking vital enemy targets. Aircraft allowed aerial forces to strike directly at the heart of a state's power, destroying its industrial centers and its leaders' ability to control their forces.



Article submissions
for the **Commando**
should be sent to

commando@hurlburt.af.mil

Classified advertisements must be dropped off in the Public Affairs office in Bldg. 90210, Rm. 326. The deadline for submissions is 4 p.m. Wednesday one week prior to publication.

NEWS



Photo by Staff Sgt. Jerry Morrison

Midnight radio

UNDISCLOSED LOCATION – A radio operator on an MC-130P transport aircraft assigned to the 67th Special Operations Squadron, communicates with air traffic control personnel at an undisclosed deployed location. Operation Iraqi Freedom is the multinational coalition effort to liberate the Iraqi people, eliminate Iraq's weapons of mass destruction and end the regime of Saddam Hussein.

Spotlight on ...

Brock Davis

Rank/Duty Title:

Airman First Class/Combat Intelligence Applications Apprentice

Organization: 20th Special Operations Squadron

Hometown: Syracuse, N.Y.

Hobbies: Football, basketball, baseball, soccer, Ford Mustang collectibles and community service

Contribution to the mission:

Although Airman Davis has only been assigned to his squadron six months, he's served the 16th Operations Support Squadron and 16th Special Operations Wing as an Operation Iraqi Freedom and Operation Enduring Freedom "reach back intelligence analyst," and is the current intelligence briefer to the 4th, 15th, 16th, 19th and 20th Special Operations Squadrons.

He provides invaluable continuity to the wing, even while in upgrade training. He's involved in the Airman's Council and Airmen Against Drunk Driving, and he helped with the the 2002 awards banquet.

(Editor's Note: The COMMANDO highlights airmen, junior NCOs, company grade officers, Department of Defense civilians and volunteers in units who do a great job, and should receive day-to-day recognition. Supervisors can call the 16th Special Operations Wing Public Affairs Office at 884-7464 for more information on nominating an individual for the "Spotlight on..." column.)

Airman receives AF Air Medal

By Airman 1st Class Heidi Davis
Public Affairs

An airman from the 16th Logistics Readiness Squadron was awarded the Air Force Air Medal June 23 at 9:30 a.m. in the Airman Leadership School auditorium.

Senior Airman Charles Wilson was awarded the Air Medal for his meritorious achievements while participating in aerial flight, as MC-130H forward area refueling point specialist, Joint Special Operations Air Component, Special Operations Command Central, from Nov. 19, 2001 to Oct. 21, 2002.

Usually a deployed airman is recognized through a phone call or e-mail to their unit commander, said Maj.

Lawrence Audet, 16th LRS commander. However, Airman Wilson's unit went through the process of writing up the medal, stamping it through approving officials and personally sending it to Hurlburt Field.

"This is only the second Air Medal awarded to the logistics squadron," Major Audet said. "And the unit Airman Wilson was deployed to, felt it was necessary to present it to him for his outstanding work and numerous accomplishments."

While supporting Operation Enduring Freedom, Airman Wilson flew 84 combat hours on 10 high priority combat missions into disputed airspace over Afghanistan, while infiltrating over 100,000 pounds of materiel and personnel to forward staging bases.

"During those missions, Airman Wilson exhibited exceptional airmanship and dedication," General Moseley said.

Not only did Airman Wilson work diligently throughout the day, but also into the night as he flawlessly executed three combat offload operations at austere airstrips, using night vision goggles to infiltrate Special Forces, vehicles and equipment.

In addition, during four of his missions, Airman Wilson rapidly established a forward area refueling point at a remote landing strip to transfer 150,000 pounds of fuel to Special Operations helicopters, which were engaged in combat operations in support of coalition efforts to eradicate the Taliban presence from Afghanistan.

Tops in Blue celebrates fifty years of entertainment

By Vanessa Reyes-Adame
16th Services Squadron Marketing

Tops in Blue, the Air Force's elite entertainers, are making their way back to Florida's gulf coast once again during their nine-month musical journey to entertain troops across America and Europe.

Approximately thirty-five active military members will perform the 90-minute show at Hurlburt Field July 23. This year's performance, entitled "Soaring With Eagles", celebrates fifty years of Air Force entertainment and 100 years of flight.

"It's a very high-energy show from big band to current day, it's something for all ages from children to adults," said Jeri White, Tops in Blue production manager.

To celebrate a half-century of shows, this year's performance will feature musical hits from each decade like songs from The Supremes, The Village People, Boyz II Men and more recent hits from Ricky Martin among many others.

"So far the reviews suggest that it's the best Tops in Blue show ever, Ms. White added. "It's a very, very nice show."

Tops in Blue will conclude their tour in the United States in August before they embark on their two-month journey to Europe and the Middle East to lend support to thousands of troops currently deployed there.

The show is free and is scheduled for July 23 from 8 – 9:30 p.m. at the Soundside.

For more information, call 884-3820 or e-mail trisha.barratt@hurlburt.af.mil.

AIR FORCE NEWS

AF leaders send 4th of July message

WASHINGTON – The following is an Independence Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

For 227 years, Americans have gathered on the Fourth of July to celebrate the virtues of freedom, democracy, and patriotism, and to commemorate the sacrifices of brave Americans.

From the Revolutionary War to operations today in the ongoing global war on terrorism, Americans have sacrificed their sons and daughters to defend our inalienable rights of life, liberty and equality.

On this Fourth of July, as Americans throughout the world gather to celebrate these rights and our freedoms with public celebrations of fireworks and patriotic con-

certs, let's never forget the members of our ranks who have recently fallen in battle. They're heroes who paid the ultimate sacrifice to make freedom possible for millions who have, until now, never experienced the liberties we enjoy today.

Remember them this Independence Day, as well as those who stand guard while we celebrate our nation's birthday. The American people look to those in uniform as symbols of the strength and commitment of this nation.

We live up to a high standard because there's nothing more meaningful, more appreciated or more cherished than our precious freedoms. We're proud of you and salute each and every one of you. We wish you and your families a very safe and happy Fourth of July! (AFPN)

900 airmen face involuntary retraining

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

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

Around the second week of July, officials will begin notifying airmen selected as most vulnerable to retrain. They'll ask the airmen to submit their choices of shortage career fields they would most like to retrain into as part of the program's Phase II. The second phase runs through Aug. 15.

"This phase of the retraining pro-

gram is necessary to help meet the needs of the Air Force by putting airmen where they're needed most," said Chief Master Sgt. Alvin Diaz, chief of the skills management branch.

Under Phase II, not everyone's guaranteed his choice, but major commands continue to accept volunteer applications. Personnel officials encourage all eligible NCOs to also consider special-duty assignments.

"There's still time for those who've been identified for possible retraining to volunteer," Chief Diaz said.

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with short-

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

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

Vulnerability listings by grade and Air Force specialty codes will be updated online weekly at www.afpc.randolph.af.mil/enl-skills/Retraining/retraining.htm. (AFPN)

Readiness Center prepared for disasters

With the 2003 hurricane season in full swing, the Personnel Readiness Center at the Air Force Personnel Center can assist members when natural disasters strike.

In the event airmen are evacuated or communications are impaired, the readiness center acts as a central point of contact to pass on information from an installation's commander to his or her people – even as peo-

ple evacuate with their families and may be separated from their units.

In emergencies, airmen can reach the readiness center toll free at (800) 435-9941, DSN 665-2020 or 665-3483 or commercial (210) 565-2020/3483.

For more information about hurricane readiness, visit the Air Force Personnel Center online at www.af.mil/stories/story.asp?storyID=12300503.

News Briefs

Military advances due to war

The Department of Defense and the individual services continue to compile lessons learned from the war in Iraq. Some of the military innovations already evident include:

○Application of communications networking and satellite technologies, in tandem with joint warfighting, provided U.S. ground troops nearly constant access to precision air support

○U.S. Special Operations Forces were able to roam across Iraq, performing critical missions before official hostilities began, which greatly aided the fast advance of conventional ground forces from Kuwait to Baghdad

○Conventional armored forces were under the command of Special Forces and the first-ever combined forces land component commander, integrating Army, Marine Corps and coalition forces in a single land combat command

○Unmanned Aerial Vehicles and hit-to-kill antimissile systems were effective against pro-Saddam forces and other targets

BEST team provides up-to-date benefit information

The Benefits and Entitlements Service Team Newsletter provides Air Force appropriated fund civil service employees with up-to-date information on benefits.

Published every other month, the BEST Newsletter covers topics such as:

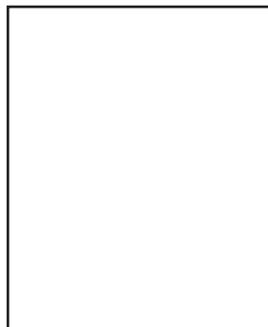
- Health insurance open season
- Thrift Savings Plan
- Disability retirement
- Retirement eligibility and how to apply
- Survivor benefits
- Impact of divorce on benefits
- Civilian Emergency Data System

With an electronic subscription to the newsletter, civilian employees can:

- Receive the newsletter at work or at home by e-mail
- Receive breaking news immediately via an e-mail 'bulletin'

To subscribe to the BEST newsletter, visit www.afpc.randolph.af.mil/dpc/best/menu.htm.

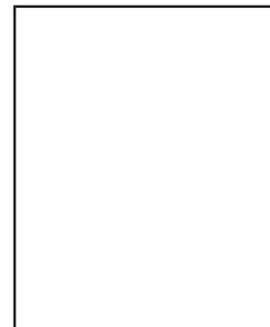
Look who's talking: What's something most people don't know about you, but you wish they did?



"I'm a retired Marine master sergeant with a good sense of humor."



"I used to be an Air Force medic, and just happened to marry an Air Force medic."



"I spent two weeks in Thailand for my mid-tour from Korea."

Meet the new commander

Name/Rank:

Richard Williams/Lt. Col.

Organization: 20th Special Operations Squadron

Hometown: Grant, La.

Off-duty time is for: Golf, fishing and spending time with family

Previous assignment: 21st Special Operations Squadron, RAF Mildenhall, United Kingdom

Organizational goals:

Mission focused, effective combat training and timely, quality paperwork

Work philosophy: The people are the organization. Take care of the people, and the organization will take care of itself.


**Lt. Col.
Richard Williams**

Meet the new commander

Name/Rank:

Jaimie Pease/Major

Organization: 16th Mission Support Squadron

Hometown:

Fennimore, Wis.

Off-duty time is for:

Family, running and relaxation

Previous assignment:

Air Command and Staff College, Maxwell Air Force Base, Ala.

Organizational goals:

Provide "A-number-1" quality customer service and support to the Commandos, our families and the retired population.

Work philosophy: Work hard and have fun while you're doing it.


Maj. Jaimie Pease

FREEDOM, Continued from Page 2

new ideas, and to take pride and "ownership" in everything we do, resulted in Hurlburt Field being named the Commander in Chief's Air Force Installation of Excellence, our Medical Group being named number one in the Air Force, and just last week our Child Development Center also being named number one in the Air Force. And GUARANTEED that freedom and confidence to think, to observe, and to act allows us to achieve tremendous continued success in Operations Enduring Freedom and Iraqi Freedom.

As each of you prepare to enjoy this weekend with family and friends, remember and be grateful for the power of freedom – and the responsibility that comes with freedom.

DREAM, Continued from Page 2

going to be happy living in South Orange, N.J. While at Deerfield, I got the distinct honor to play soccer with Abdullah Hussein, now King of Jordan, and even participated in school plays in which five different nationalities were represented.

Later I earned a spot to a prestigious military academy and did my best with my limited English skills at the time. Quite frankly it looked bleak the first year, so much so that my English teacher sort of gave up on me after grading only one paper.

But my outlook has been to give back as much as possible since this country has been so generous to me over the years. I never really planned out my military career like others do. If I needed to be at another base I went there without hesitation be one of the most exhilarating Air Force jobs around at the time.

But I always wanted to come back to my Special Operations Forces roots. For me, there's that special bond that exists and can only exist in a small outfit. And that's the feeling of fraternity, a brotherhood (I say it without any connotation to gender). It exists in the PAVE LOW squadron, the Gunship squadrons and the Talon outfits. It exists all over Hurlburt Field.

And boy, does it exist in the 6th Special Operations Squadron! Where else can so many people from all backgrounds, experiences, specialties and desires come together for a common goal? It may sound trite, but the 6th SOS is a spe-

Remember our comrades embracing that power of freedom – those that are serving overseas in this 23rd straight month that Hurlburt Field has had forces deployed fighting terrorism. And remember that some of our own have given their lives defending this nation since we last celebrated Independence Day – remember them and their families, and remember freedom comes at a very high price.

I'm incredibly proud to serve with the caliber of men and women in this wing and at this base – you truly make our freedom possible. Thank you for embracing the power of freedom, and for making our force, our base, and our nation a better place. I, and my family wish all of you a tremendous Fourth of July – have a great weekend, celebrate wisely, be careful and have fun. God Bless America!

cial place. It's self-reliant, creative, ever-changing, driven by type-A personalities.

The squadron is also a special place for the NCO. I know of no other place where the NCO takes the bull by the horns day in and day out. I remember many times when I first arrived when an E-6 or E-7 would politely tell me the right way of doing things. It really leaves some officers (myself included) marveling at the talent and drive of the enlisted force today.

The day of the SOF community is still to come. There have been many strides made over the last 10 years and even over the last 33 months. But I know that the legacy left behind by outstanding folks will pay off in the future.

I must tell you that I'm fully aware that I'm leaving the service during an awful critical time. Today more and more Americans (and our allies and friends) depend on the work of the armed forces. That hasn't been the case in more than fifty years. But, my role has changed from a faithful son of America to that of a dedicated father, ever-present husband and faithful friend.

From the bottom of my heart, I want to thank all of you who supported me throughout the years...to those who inspired me to proceed each step of the way (officers and NCOs alike, and sure the civilians as well). But I also want to pay tribute today to those who gave it all so others can stay secure and free.

(Editors note: Luis Bustamante immigrated to America at the age of 13, speaking less than 150 words of English.)

**ARMED FORCES COMM INC
COMM/AT & T - RE
528070
5 X 3.00**

Local fireworks displays

Hurlburt Field – Tonight at the Soundside, 9:45 p.m.

DeFuniak Springs – Friday at 8:45 p.m. around the lake

Niceville – Friday at 8:30 p.m. over the bayou between Lion's Park and Lincoln Park

Destin – Friday at 9 p.m., at the harbor

Fort Walton Beach – Friday at 8:30 p.m., at Fort Walton Beach Landing

Crestview – Friday at dusk, at the Old Spanish Train Park and Pavillion

AAFES 4th of July hours

Facility

Base exchange

AutoPride

Mini-mall shoppette

Mini-mall food court

BX food court

Burger King

MM Concessions

BX Barber shop

All Other BX Concessions

Today

9 a.m. to 7 p.m.

24 hours

Closed

8 a.m. to 6 p.m.

10:30 a.m. to 5 p.m.

10 a.m. to 6 p.m.

9 a.m. to 3 p.m.

9 a.m. to 5 p.m.

9 a.m. to 5 p.m.

Friday

11 a.m. to 6 p.m.

24 hours

Closed

Closed

Closed

Closed

Closed

11 a.m. to 4:30 p.m.

Closed

Fireworks safety tips

The following tips can help you have a fun, safe 4th of July:

- Prohibit children less than 14 from using fireworks and supervise older children
- Read and follow all warnings and instructions
- Only use fireworks outdoors and keep them away from houses and flammable materials
- When using fireworks, have a bucket of water nearby
- Be sure other people are out-of-range and a safe distance away before lighting fireworks
- Never ignite fireworks in a container (especially a glass or metal container)
- Never experiment or make your own fireworks
- Alcohol and fireworks don't mix
- Always store fireworks in a cool dry place
- Only light one item at a time
- Never try to re-ignite malfunctioning

fireworks

- Never throw or point fireworks at another person
- Never carry fireworks in pockets
- Fireworks usage on base is limited by *Hurlburt Field Instruction 32-2001, Base Fire Prevention Program*, which states the only fireworks permitted without prior coordination with the Hurlburt Field Fire Prevention Section are sparklers.

The federal government has banned some of the more popular fireworks because of the dangers they present. Some of these party favorites include M-80s, cherry bombs and any firecrackers containing more than 50 milligrams of powder, large reloadable shells, aerial bombs and mail-order kits for building fireworks.



**ARMED FORCES COMM INC
COMM/AIR NATE -
528065
5 X 7.00**

Child Tax Credit advances to be given

Courtesy of the 16th SOW
Legal Office

Beginning the last week of July, eligible taxpayers who claimed the Child Tax Credit on their 2002 tax returns will automatically receive an advance payment of the 2003 increase in this credit, the Treasury Department and Internal Revenue Service announced May 28.

Taxpayers won't have to take any action to get this advance payment of up to \$400 per qualifying child. The Treasury Department and IRS will perform all the calculations and automatically mail a notice and a check to each eligible taxpayer.

"The only thing the taxpayer needs to do is cash the check," said Mark Everson, IRS Commissioner. "If you qualify, we'll send you a notice."

"There's no need to call, no need to apply, no need to fill out another

form. The IRS will do all the work. A few days after the notice, you'll get the check," he said.

The checks – an advance payment of the 2003 increase in the Child Tax Credit – will be based on the child tax credit claimed on the taxpayer's 2002 tax return.

The Jobs and Growth Tax Relief Reconciliation Act of 2003 increased the maximum child tax credit for 2003 to \$1,000 per child, up from \$600 for tax year 2002.

The law further instructed the Treasury Department to provide the difference – up to \$400 per child – as an advance payment to each eligible taxpayer this summer.

The Treasury Department will issue about 25 million of these checks this year, beginning with three principal mailings on July 25, Aug. 1 and Aug. 8.

Taxpayers who filed returns after April 15 – for example, those with

automatic extensions – will receive their advance payments after the IRS processes their returns.

They shouldn't make any change to their 2002 returns or remittances based on an expectation of an advance payment check.

The IRS will send notices to taxpayers on July 23, July 30 and Aug. 6, informing them of their advance payment amount.

The IRS urges taxpayers to hold onto these notices for their 2003 tax returns. They'll need to take the advance payment into account when determining the amount of their child tax credit on the 2003 tax return.

Taxpayers who aren't eligible for the advance payment may still qualify for the increased child tax credit of up to \$1,000, when they file the 2003 tax return next year.

For more information, including answers to frequently asked questions, visit www.irs.gov.

Civilian workers utilize cVIP online

RANDOLPH AIR FORCE BASE, Texas - New and current civilian employees inprocessing or assigned to new positions in the Air Force can now go on-line to fill out many of the employment forms.

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

"One of the most attractive features of cVIP is that it saves the customer time by capturing repetitive type information the employee enters on one form, such as name and social security number, and inputting the data automatically on other forms as they are filled out," Ms. Weber said.

The cVIP also allows for electronic authentication for signatures, certification, and approvals.

More information on Air Force civilian employment is at <https://www.afpc.randolph.af.mil/afjobs/>. All 83 CPFs serviced by the Air Force Personnel Center are now using cVIP. **(AFPN)**

**ARMED FORCES COMM INC
COMM/CHRYSLER
528067
5 X 7.00**

Potential dangers of herb Ephedra

By Tech. Sgt. Andre Nicholson
Public Affairs

One thing that stands out, and Air Force medical professionals agree, is that military members should consult a doctor before considering use of products with Ephedra.

Ephedra, also known as Ma Huang, is a powerful herb and has been used by the Chinese for thousands of years. It has been known to be effective in the treatment for the symptoms of asthma and sinus problems.

One of the active ingredients in Ephedra is a naturally occurring alkaloid called ephedrine. Because of the stimulating effect of this herb, it can increase pulse rate and elevate blood pressure and many think it contains caffeine but in fact the herb itself is caffeine free, according to the Herb Research Foundation.

The Air Force Surgeon General issued a notice to Air Force personnel on the potential risk that can occur from using dietary supplements that contain Ephedra and strongly discouraged their use.

Officials with the Air Force Surgeon General's office have advised military members to contact their physicians or health care providers before taking dietary

supplements containing Ma Huang, Ephedra or Ephedra alkaloids.

"Ephedra isn't a controlled substance," said Capt. Todd Pennington, 16th Special Operations Wing chief of military justice, "so neither possessing it nor using it violates Article 112 of the UCMJ (Uniform Code of Military Justice)."

"Furthermore, the Air Force Surgeon General considers Ephedra and other supplements to be 'over the counter' medications," the captain said.

"However, using Ephedra clearly presents a health risk, and is prohibited in many Air Force training programs," he continued.

Due to health and safety concerns Army and Air Force Exchange Service removed all dietary supplements that contained Ephedra from its inventories and replaced them with products free of Ephedra.

Like amphetamines, Ephedra (Ma Huang), and the chemical compound Ephedrine, can be dangerous if abused, according to the Herb Research Foundation.

While the cautions for Ephedra and caffeine are similar, Ephedra has greater cardiovascular activity. Ephedra is often combined in diet or energy products with caffeine or a natural caffeine source such as kola nut, guarana, or tea. The combination of these two type

stimulants can be powerful.

This herb isn't recommended for those who have high blood pressure, hyperthyroidism or heart problems, according to the research foundation. Individuals who take Ephedra combined with caffeine products increase their risk potential.

Furthermore, Ephedra tends to increase the contractile strength of muscle fibers, which allows body builders to work harder and quicken the consumption of fat into energy but an individual's body temperature could rise and possibly overheat.

"Aircrew members and personnel on the PRP are required to discuss use of medication with their military health provider prior to beginning use," Captain Pennington said.

"The Air Force takes care of its own," said Jim Sanders III, drug demand reduction manager. "I'm not a betting man on the pros and cons about this herb but if I were, I would go with the Air Force Surgeon General, who strongly discourages the use of this herb."

"I think that's a safer bet than the Internet disclaimer, which states, 'Ephedra.net accepts no responsibility, and won't be held liable for the products, services, information or recommendations provide here,'" Mr. Sanders continued. "Bottom line: it's an individual choice."

Shop smart, stop contamination

By Jack Moye
Food Safety and Quality Assurance
Specialist

FORT LEE, Va. – Food-borne illness is a subject that always concerns us, especially during the hot months of summer.

No matter how carefully a food item is handled before you buy it, if it's handled improperly, spoilage or contamination can occur. Making sure this doesn't happen begins when you shop.

Following these simple guidelines can reduce your risk of food-borne illness:

○ Fresh meats and poultry may contaminate other grocery items. The best way to prevent this "cross-contamination" is to keep fresh meats and poultry separate from other food items.

○ Place your packages of fresh meat or poultry into plastic bags. Never place a package of meat or poultry in the grocery cart where it might drip on other food items and don't let packages of uncooked meat or poultry touch fresh produce or any other food that won't be cooked before eating.

○ After you've taken uncooked meat or poultry items from the refrigerator or frozen food case in the supermarket, you should cook, refrigerate or freeze them within two hours.

In warmer weather (from April through October, and especially in July and August) the time limit drops to one hour or less. Meat and poultry should be the last items that you pick up on your way to the cash register.

○ Packaged, precooked foods should be purchased only if the package is completely undamaged and free of tears,

holes or open corners.

○ Buy ready-to-eat refrigerated foods only if they're displayed in a refrigerated case, and they feel cold to the touch when you pick them up.

○ Never purchase unpackaged pre-cooked foods from a deli case where other foods are touching meat or poultry items. Deli workers shouldn't lay food on the bare counter before putting it into a package.

○ Purchase food products labeled "keep refrigerated" only if they're being stored in a refrigerated case.

○ Purchase products only if the label sell-by, use-by or pull-by date hasn't expired.

○ Buy frozen products only if they seem to be completely frozen to the touch, and don't purchase more refrigerated or frozen food than you have room to store at home.

○ In hot weather, it's best to pack all refrigerated, frozen or raw foods in an ice chest for the trip home. Remember, even short stops during hot weather may let your groceries warm up to unsafe temperatures, leading to spoilage and the possibility of food-borne illness.

○ If you observe unsanitary or unsafe conditions in the commissary, notify a manager. Report any damaged, open or unrefrigerated items. Inform the manager of any unsanitary conditions, past-due expiration dates or other problems.

If you've done this, but are still dissatisfied, report the problem to the medical food inspector in the commissary.

By following these suggestions, you might prevent the problem from going unnoticed, causing others to become ill.

Medical health tip Non-Emergency Medical Conditions

TRICARE considers the emergency room an inappropriate place for routine care. Many illnesses and injuries are clearly not emergencies. These conditions include: colds, flu, stomachaches, headaches and minor injuries. Conditions such as these should normally be treated at home or with a visit to a doctor or Primary Care Manager.

When TRICARE Prime beneficiaries seek treatment in an emergency room without a referral from their Primary Care Manager for conditions that are clearly routine, their care is covered under the Point of Service option, which has a substantial deductible and a 50 percent cost share.

After hours, and on weekends and holidays, non-emergencies may be evaluated at a walk-in clinic. Like any office visit, a referral's necessary for walk-in clinic services for Prime beneficiaries. If you suspect you may be pregnant or have a serious illness, you should make an appointment to see your doctor.

When you're unsure how to treat an illness, you should call your doctor. However, if you're a TRICARE Prime member, call your Primary Care Manager at (877) 566-6523. TRICARE beneficiaries may also call the Health Care Information Line at (800) 333-5331 whether the illness should be treated at home or at the hospital.

Inspector General

24-Hour Fraud,
Waste and Abuse Hotline

Hurlburt Field
884-6322

Wing IG office
884-5534

Air Force
(800) 538-8429

Department of Defense
(800) 424-9098



www.hurlburt.af.mil

FEATURE

Auto hobby shop caters to 'car junkies'

By Airman 1st Class
Heidi Davis
Public Affairs

With countless services and tools available to military members and their families, it's no wonder the Hurlburt Field Automotive Hobby Shop is utilized by several base "car junkies."

The shop, which is located in building 90612 across the street from the rifle range, is funded solely by customer patronage.

To give back to their loyal customers, the four full-time and four part-time shop personnel do what they can to assist customers in car repairs, rebuilding, painting and welding.

"If manning and volume of customers allow, we can assist one-on-one to ensure they're getting everything right," said Richard Appleton, auto skill manager. "Even when we're busy, we're still able to check and ensure quality work is being done."

The shop is able to accommodate professionals to novices with several pieces of equipment they may not have handy at home.

"We can provide everything from hand tools, grinders and welders to lifts, engine hoists, dollies and cutting torches," Mr. Appleton said.

Prices vary according to the services and length of use for the equipment. It can range from a two-dollar tire change to a \$35 per day auto paint booth rental.

The automotive shop has everything from "mild to wild advice," Mr. Appleton said. Shop personnel will even assist with racecars and Model T Fords.

"If someone wants to rebuild a car, they can discuss the project with one of the shop personnel to devise a plan of action," Mr. Appleton said. "While the car is being rebuilt, the customer can rent a space in the lot around the shop for \$50 per month."

Another service provided by the shop is for those who aren't familiar with cars and don't know what's supposed to be where.

For that reason, customers who are looking to purchase a particular car can bring it by for a free inspection by the shop personnel.

"We'll put the car up on a

lift, inspect it and give an honest opinion of the car's value and condition," Mr. Appleton said.

"We'll do pretty much anything, although we don't have a diagnostic machine."

If a vehicle needs repairs beyond the capabilities of the shop, a list of local businesses is posted on a bulletin board near the office.

"We also have numerous points of contact we recommend, who moonlight on the side when they're not working their Air Force jobs," Mr. Appleton said. "They do everything from air conditioning repairs to full auto restorations."

The Automotive Hobby Shop is open: Mondays from 11 a.m. to 6 p.m.; Tuesday through Thursday from 9 a.m. to 8 p.m.; and Friday through Sunday from 9 a.m. to 4 p.m. It's only closed for national holidays and the first Tuesday of the month, for cleaning and maintenance.

For more information about services and prices, call the shop at 884-5868.



Photos by Airman 1st Class Heidi Davis



Retired Tech. Sgt. Scott Rannals (top right), shop employee, utilizes shop tools to sand under the hood of a 1968 Ford Mustang. Mr. Rannals (right) makes adjustments to a 1985 Ford Mustang. Richard Appleton, left, auto shop manager, assists Mr. Rannals with the engine of the 1968 Ford Mustang (above).



LIFESTYLE

Military

Hurlburt Top 3

All senior NCOs and master sergeant selects assigned to Hurlburt Field are invited to attend the next Hurlburt Top 3 meeting July 10 at 3 p.m. at the Enlisted Hooch. For more information, call Master Sgt. John Brinkley at 884-8422, or Master Sgt. David Ceurvels at 884-8443.

Community

JSOU education conference

The Joint Special Operations University hosts the second annual U.S. Special Operations Command Special Operation Forces Education conference Tuesday through July 10 here. This year's conference theme is 'The Power of Knowledge: SOF Education as an Enduring Weapon in the War on Terrorism,' with USSOCOM Commander Gen. Charles Holland, delivering the keynote address.

Various issues to be covered in the three-day conference include: USSOCOM academic priorities in the war on terrorism, education technology applications, and SOF education integration at professional military education institutions and component schools. For more information, call 2nd Lt. Zachariah Gummert at 884-1870, or Stacy Atchison at 884-2765.

Clinic closures

The 16th Medical Group will close July 11 at 11 a.m. for an official function. Normal clinic operations will occur from 7 to 11 a.m. Eglin Air Force Base's emergency room will be available during the closure, if necessary. Normal clinic hours will resume July 14.

Military discount

The Colony Beach and Tennis Resort in Longboat Key, Fla., honors active-duty military members and their dependents June through September with a 50 percent reduced rate on one and two-bedroom suites. Guest must show their military identification upon arrival in order to take advantage of the offer. For more information and reservations, call the Colony at (941) 383-6464, ext. 2187.

CCAF transcript policy change

The Community College of the Air Force will no longer accept AF Forms 2099 from active-duty, Guard or Reserve service members. Instead, students can order transcripts at the Air Force Virtual Education Center at www.afvec.langley.af.mil/afvec. However, separated or retired individuals who are using Veterans Association education offices may continue to submit the forms, but it needs to be accompanied by a written request.

Also, civilian transcripts will only be accepted directly from civilian institutions. This will help eliminate lost transcripts and allow students more control over the process by checking the AFVEC Web site to confirm their transcripts were received and follow up with their education counselor if necessary. For more information, call the education office at 884-6724.

OWCC fall registration

Registration for the fall semester at Okaloosa-Walton

Community College begins July 14 and 15 at OWCC centers here and at Eglin Air Force Base for active-duty military and base employees. Returning OWCC students may enroll by Internet starting July 21. New students may enroll online beginning July 28. For more information, call OWCC at 729-6922.

'Tools for School'

Sharing and Caring, Inc. is currently preparing for the 2003-2004 iTools for Schools' drive, which provides school supplies for children in the community whose families can't afford the required items. The community can participate through a donation of school supplies or through monetary means. Donations can be brought to the Sharing and Caring office, located at 104 Bullock Avenue in Niceville. The items can also be picked up.

The drive ends July 31, and the items will be distributed Aug. 2. If a student is in need of supplies, they can register at the Sharing and Caring office Monday through Friday from 9 a.m. to 2 p.m. For more information, call Sharing and Caring at 678-8459, or Delle Diamon at 897-1565.

Commissary closing

The Hurlburt Field Commissary will be closed Friday for Independence Day, but will reopen Saturday at 8 a.m.

'Munch and Mend'

The Hurlburt Chapel hosts Munch and Mend July 14, where service members can enjoy a free home-cooked meal while having minor repairs or stripes, name tags or patches sewn on one article of clean clothing. For more information, call Bill White at 884-7371, or Jimmie Thomas at 881-3344.

BCAA fashion show

The Black Cultural Awareness Association sponsors a fashion show July 19 at Eglin Air Force Base's NCO club. Social hour begins at 7 p.m., and the fashion show starts at 8 p.m. The cost is \$10 and includes hor d'oeuvres. For more information or to purchase tickets call: Felecia Brake at 882-3148, ext. 603; Pam Hasberry at 882-4136; or Ruby Dunson at 882-6518.

Free/discounted tickets

The Mobile BayBears baseball team invites military personnel and their families to come today at the Hank Aaron Stadium, where they'll host the West Tenn. Diamond Jaxx. Military members will receive a free ticket, and family members will receive a discount. Gates open at 6 p.m. for the 7:05 p.m. game. For more information, call the BayBears office at (251) 479-2327.

OU careers available

Base personnel interested in a career in human resource management and organizational development can pursue a Master of Human Relations degree with the University of Oklahoma here. A flexible class format allows students to complete an entire class in only one week. For more information, call the OU office at 581-3000, or e-mail aphurlburt@ou.edu.

Part Day Enrichment Program

Registration for the child development center's two-days-a-week Part Day Enrichment Program is now through Aug. 15. The program is set for every Tuesday and Thursday, beginning Sept. 2. For more information, call Gwen Gregory at 884-6664.

Hurlburt Field Chapel 884-7795



Catholic Mass

Saturday, 5:30 p.m.

Sunday, 7:15 and 10 a.m.

Confessions: Saturday, 4:30 to 5 p.m., or by request.

Youth: 5 p.m. Sunday

Religious Education:

September - May

Protestant Services

Sunday, 8:30 a.m. (praise & worship), 11:30 a.m. (traditional), 12:45 p.m. (Gospel)

Religious Education: August - May

Youth and Singles groups available

Jewish Services (882-2111)

Sabbath services: Friday, 7:30 p.m., Eglin Chapel Center

Havdallah services: next-to-the-last Saturday of each month, 7 p.m., Chapel annex

Muslim Services (882-2111), Eglin Chapel Center

Jumuah: Friday, 12:45 p.m.

Qur'an: Saturday, 6 p.m.

At the movies

Prices are \$3 for adults and \$1.50 for children. Movies start at 7 p.m. unless otherwise indicated.

Hurlburt Field 884-7648

Friday and Sunday (R) *The Matrix Reloaded*, starring Keanu Reeves and Laurence Fishburne - Neo, Morpheus, Trinity and the rest of the crew continue to battle the machines that have enslaved the human race in the Matrix. Now, more humans are waking up out of the matrix and attempting to live in the real world. As their numbers grow, the battle moves to Zion, the last real-world city and center of human resistance.

Saturday (PG) *Daddy Day Care*, starring Eddie Murphy and Steve Zahn - When a father loses his lucrative job and finds himself in jeopardy of financial ruin, he joins his friends in opening a free-spirited iguana-run business called *Daddy Day Care*. Much to the chagrin of the owner of a more traditionally-operated rival center.

Eglin 882-1066

Friday - Theater is closed

Saturday (PG-13) *Bruce Almighty*, starring Jim Carrey and Jennifer Aniston - Bruce Nolan is discontented with almost everything in life - despite his popularity and the love of his girlfriend Grace. At the end of the worst day in his life, Bruce angrily ridicules and rages against God, and God responds. He appears in human form, and endowing Bruce with all of His divine powers, challenges him to take on the big job and try to do it better.

Sunday (PG-13) *The In-Laws*, starring Albert Brooks and Michael Douglas - In this riotous remake of the 1979 comedy, *The In-Laws*, prospective fathers-in-law Steve and Jerry meet for the first time to celebrate their children's upcoming marriage. After the cake hits the fan, Steve and Jerry discover that they can truly be an effective team.

(Editor's note: Movies are subject to change. Telephone numbers are provided for patrons to confirm scheduled playdates.)

Classes

Résumé Writing Workshop

Those transitioning from the military, family members seeking a job, or those who need to transfer skills into corporate language should attend the Résumé Writing Workshop. Issues covered in the two-hour class include: developing a résumé, transferring skills and various letters are provided from the cover letters to thank you letters. For more information, call 884-6281.

FSC classes:

For more information about the classes, call the family support center at 884-5441.

Employment Orientation – Monday, 9 a.m.; Wednesday, 1 p.m.

Résumé Writing Workshop – Monday, 1 p.m.; reservations required, call 884-6281

Sponsorship Training – Monday, 1 p.m.; reservations required, call the FSC

Commando Welcome Spouse – Tuesday, 9 a.m.; reservations required, call the FSC

Moms, Pops and Tots – Tuesday and Wednesday, 10 a.m.

Federal Employment Information and Application Procedures – Thursday, 9 a.m.

Kids Hurricane Tips – Thursday, 4 p.m.; reservations required, call the FSC

Hurricane Awareness – Friday, 11 a.m. and 2 p.m.; reservations required, call the FSC

HAWC classes:

For more information about the classes, call the Health and Wellness Center at 884-4292.

Lean on Me – Tuesday, 11 a.m.

Eating Heart Healthy – Tuesday, 1 p.m.; Thursday, 8:30 a.m.



Photo by Senior Airman Sam Taylor

Look out below

Airmen from the 823rd RED HORSE Squadron, parachute out of an MC-130 as part of their training to become RED HORSE's first airborne unit. Look for a full story about the new unit in a future edition of the COMMANDO.

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SPORTS

Smashing spike

Charles Parada, Air Force Special Operations Command intramural volleyball team coach (right), slams the ball past a 16th Logistics Readiness Squadron team member during the intramural championship games, held at the main fitness center, June 26. AFSOC won two of three games to seal its second championship title in a row.



Photo by Senior Airman Sam Taylor

16th LRS airman breaks Air Force sprint record

By Senior Airman Sam Taylor
Public Affairs

When Torrance McGee, coach of the All Armed Forces Track and Field Team, saw Omolade Akinremi run the 100-meter dash at Super Day, he knew he'd found world-class talent.

Born in Offa, Kwara State, Nigeria, the 5-foot 4-inch, 122-pound athlete first came to America in 1991, and competed in the Olympics for her home country in 1996. While running for Arizona State University on a full track and field scholarship, Akinremi was ranked All-American for four years, as one of the top eight hurdlers in the National Collegiate Athletic Association.

Coach McGee even foresaw Akinremi breaking the women's 100-meter sprint record.

His predictions proved themselves at the North Atlantic Treaty Organization's AIRNORTH track and field competition in RAF Uxbridge, England, June 10-12, when the 16th Logistics Readiness Squadron airman first class ran a 12.1 second record time, helping

the American team earn its third straight AIRNORTH championship.

Akinremi also ran in the 4X100-meter relay race, another record-setting run by the team.

"She ran faster than the time posted, but there were problems with the timing of her event," said Coach McGee. "I expect her to return next year and post a faster time of 11.9 or better."

Her gold-medal run at AIRNORTH has catapulted Akinremi to the next level in her sport, said McGee. The coach has selected her to represent America as part of the Department of Defense Armed Forces team competing in Catania, Italy, at the 3rd Military World Games.

"The games are the Equivalent to the Olympics," said McGee. "With her performance this year and her past experience in the Olympics, she's my number one choice for next year."

At AIRNORTH, Akinremi said she performed as well as she thought she would, and has no major goals regarding track. She just says she wants runners and



Photo by Senior Airman Sam Taylor

Omolade Akinremi, 16th Logistics Readiness Squadron, practices sprints at the main fitness center track.

athletes here to get more involved in track sports.

"The Air Force needs a lot more competition, especially in the local area," said Akinremi. "The track is open, and I want to encourage people to come out. Perhaps we could have a base team and regular track practice."

Sports shorts

13K relay re-run

The main fitness center is hosting a four-person 13K squadron relay July 18 at 8:30 a.m. Teams must have three males and one female, and runners must be 18 years or older. Teams must register by July 17. For more information, call the fitness center at 884-6884.

Youth sports

Registration for youth soccer, flag football and cheerleading continues through Aug. 1. Players and people interested in coaching can sign up at the youth center

weekdays, from 6:30 a.m. to 5:30 p.m. Registration fee is \$42 for one player, or \$84 for two or more players.

Practice begins in late August. For more information, call Jim Harriott at 884-6355.

Intramural horseshoes

Intramural horseshoes is being hosted for the first time at Hurlburt Field, beginning July 15. Team sign-ups continue through Wednesday. Contact squadron sports representatives for more information.