

Maintenance group troops honored with Bronze Stars

By Airman 1st Class Heidi Davis
Public Affairs

Two senior NCOs from the 16th Maintenance Group were awarded the Bronze Star Medal Sept. 11 at a ceremony in Freedom Hangar.

Chief Master Sgt. Carzell Graham and Master Sgt. Frederick Bishop were honored for their actions during their 2001 and 2002 deployments in support of Operation Enduring Freedom.

"These two men have demonstrated dedication and expertise in their job," said Col. Richard Beery, 16th MXG commander. "Their work speaks not only for themselves, but for their troops and the rest of the group."

Chief Graham served as the ranking enlisted logistician, providing leadership and guidance as the A-4E, Air Force Special Operations Detachment South, at an undisclosed location from Dec. 20, 2001, to March 26, 2002.

During his deployment, the chief generated all of the MH-53 Pave Lows in theater, recovered six of the aircraft in emergency situations with structural and landing gear damage, and ensured complete safety and recovery of aircrews and equipment.

Furthermore, the chief moved assets to and

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Photo by Senior Airman Sam Taylor

Col. Randy O'Boyle, 16th Operations Group commander (fourth from left) leads over 400 of his airmen in a formation run around the base flightline Sept. 12. The run was part of a physical training session designed to prepare the group for the Air Force's new physical fitness evaluation.

Ops group prepares for new fitness test

In keeping with the Air Force Chief of Staff Gen. John Jumper's new vision of a "fitter force," the 16th Operations Group conducted a physical training session Sept. 12, featuring participation by a group of more than 400 people.

Designed to produce fit airmen for the expeditionary nature of the Special Operations mission, the session included a 1.7-mile run, preceded by a warm up session of stretching and calisthenics.

Leading the group calisthenics session was Master Sgt. Gregg Jones, 6th Special Operations Squadron.

"The session was a great way to introduce the group to what everyone needs to be doing in order to pass the new Air Force fitness evaluations in January," said Sergeant Jones. "It

also served to emphasize our leadership's commitment to the new fitness standards."

According to Sylvia Goff, an exercise physiologist at the Bolling Air Force Base, D.C., health and wellness center, airmen need to start training today in order to measure up to those standards, to include incorporating running, push-ups and crunches into their respective physical training program.

Ms. Goff said the new fitness standard may cause concern for airmen who haven't been to the gym for some time, or who may have never gone.

"There are several concerns," Ms. Goff said. "Some are afraid that they won't be able to meet the...standard because many don't exercise on a

regular basis. Others are concerned about injuries they may receive from running."

Tammy DeCoux, the program manager for the Air Force Services Agency's fitness and sports office, said airmen don't need to be concerned about the safety of running — if they do it correctly.

"Running isn't an inherently dangerous activity," Ms. DeCoux said. "A running program should be entered into slowly at first, with increasing progression of intensity and duration as conditioning occurs. Mild injuries caused by running are often due to things, such as inadequate warm up, cool down or stretching, improper technique, poor

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Weather

Weekend forecast

Today – partly cloudy, High 89
Low 68

Saturday – partly cloudy, High 90
Low 69

Sunday – partly cloudy, High 88
Low 67

www.hurlburt.af.mil/milonly/weather/5day

VIEWPOINTS

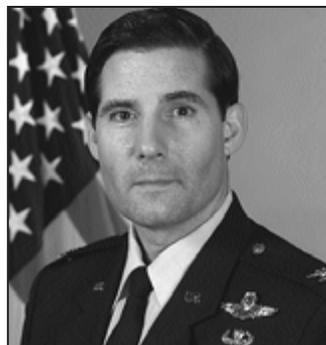
Open Line

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

Rules of the road

Comment: I've noticed some motorists making illegal left turns on red arrows while entering the back gate. I was wondering if it's possible to put up a sign reminding them that this is illegal.

Reply: Thanks – we're on it. The base civil engineer staff has contacted Okaloosa County and requested signs

notifying motorists that left turns on red arrows are illegal be posted in this area.

Comment: I often see people driving on base during rain with their lights off. According to Florida law, motorists are required to turn on headlights when it rains. Is it possible to remind people on base?

Reply: You bet it is – thanks for increasing our safety awareness! Not only

is turning on headlights when it rains required by Florida law, it's just good common sense to do so. Headlights help you see the road, and help other drivers see you. If your car has daytime running lights, you should still turn on your headlights, so vehicles behind you can see you better. By doing so, we can all help reduce the likelihood of being involved in an accident and keep everyone safe.

Members may be able to carry over leave

By Col. Frank Kisner
16th SOW commander

The leave program gives us time for a break from the rigors of our profession. Time for reconnecting with family, time away from critical mission requirements, and time to just pursue the hobbies and interest that refresh us and let us recharge for the upcoming year.

As the fiscal year draws to a close, many of us are facing a "use or lose" leave situation. While leave balances above 60 days are generally lost at year-end balancing, the Special Leave

Accrual program allows us to carry more than 60 days of leave forward into the next fiscal year.

People deployed to a hostile fire/imminent danger area for 120 consecutive days or more during the past year don't need to take any action to have their lost leave restored. Those people who deployed for less than 120 days, or didn't deploy but were denied or recalled from leave to support mission requirements, must apply for restoration of any leave lost.

Commander's support staffs have been provided instructions on processing

requests for special leave accrual. The CSS' will be preparing consolidated lists of those people who lose leave on Sept. 30, and who are eligible for leave restoration.

I urge you to use any leave in excess of 60 days before Sept. 30. If you're unable to do so, and believe you meet the criteria for special leave accrual, contact your commander's support staff to ensure your name is submitted.

If you have questions regarding SLA policy, please contact Mr. Vince Filpi, military personnel flight customer support chief, at 884-5280.

Centennial of flight legends

The best known of all flying legends is that of Daedalus and Icarus. According to Greek myth, this father-and-son team offended King Minos, and had to flee Crete. They constructed wings of feathers secured by wax. Young Icarus exuberantly flew too close to the sun, and the wax melted, causing him to plummet into the sea.

But this isn't the only flying legend. The ancient Chinese credit the Emperor Shun with the first Asiatic flight, about

2230 B.C., when he leapt for his life from a burning granary using a pair of crude wings, or two large reed hats (depending on the version of the myth). African tradition holds that the Ugandan King Nakivungi used the first "stealth bomber," an invisible flying warrior named Kibaga, who hurled rocks on the king's enemies. Ancient Indian Vedic writings talk of both magical and mechanical flying machines called vimanas. South American myths describe humans using artificial feathered wings to leap aloft from tall towers called chullpas.



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NEWS



Photo by Senior Airman Ebony Pierre

NATO takes a look

Master Sgt. Gavin Burns, 23rd Special Tactics Squadron (right), shows Special Operations equipment to Gen. Ibrahim Firtina, commander of the Turkish Air Force (left), and Lt. Gen. Ryszard Olszewski, Polish Air and Air Defence commander, on the flightline here Sept. 12. As part of the Global Air Chiefs Conference in Washington, D.C., seven NATO air chiefs visited Hurlburt Field to get an overview of Air Force Special Operations. The air chiefs of Greece, Denmark, Italy, Poland, Portugal and Germany also attended. All are the equivalent of Gen. John Jumper, Air Force Chief of Staff.

CFC kicks off with...

Mission Possible: Dare to Care

By Senior Airman Sam Taylor
Public Affairs

A speech at the youth center by Col. Frank Kisner, 16th Special Operations Wing commander, kicked off the 2003 Combined Federal Campaign here Sept. 12.

Several airmen shared their stories of help received in times of tragedy by charities funded in part by the CFC.

This year's theme for the six-week campaign, "Mission Possible: Dare to Care," is the incentive behind more than 310 CFC key workers, project officers and coordinators.

The campaign's mission is to support and promote humanity through a program that's employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all.

Representing more than 1,500 agencies worldwide, people can make a tax-deductible contribution to any agency they like, said Master Sgt. Anthony Correia, 16th Security Forces Squadron, CFC project chief publicist.

"Last year's goal was to have 40 percent base participation," said Sergeant Correia. "This year we're trying to get 45 percent participation."

Since 1999, the campaign hasn't focused on the dollar amount received,



Photo by Senior Airman Sam Taylor

Chief Master Sgt. Eddie Alicea (left), 16th Special Operations Wing command chief, and Col. Frank Kisner, 16th SOW commander, fill out donation forms for the 2003 Combined Federal Campaign.

but the percentage of people contacted. Hurlburt Field continues to raise impressive numbers in dollars received, however.

Last year the base raised more than \$347,000, which exceeded the 2000 total by \$77,000. Okaloosa and Walton counties raised \$1.1 million in 2001, said Bill Winzeler, CFC director for both counties.

CFC officials said last year's donations reached near record-setting levels, scoring the second-highest tally in CFC's 42-year history. Around the nation, federal employees and America's military families reached into their pockets to donate nearly \$237 million.

Ninety-two percent of the contributions made to CFC last year were by payroll deductions, which is also available

this year. The deductions take effect from Jan. 1 to December, 2004. Members who don't want payroll deductions can make a one-time contribution by cash or check.

"Payroll deductions take effect the same date as our new pay rates," Sergeant Correia said. "Please 'Dare to Care,' and pledge a portion of your raise to your favorite CFC agency. Together we'll make this mission possible."

Throughout the next six weeks several events will be held to keep the campaign energized, such as a mid-campaign rally scheduled in mid-October at the mini-mall.

For more information about CFC or base campaign events, visit the homepage at www.opm.gov/cfc, or contact a key worker in your unit.

AIR FORCE NEWS

MRE menu debuts new items for airmen

By Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON – Service members in Iraq, Afghanistan and elsewhere will soon have several new Meals, Ready-to-Eat options to choose from for their deployed-dining pleasure.

The newest MREs feature three new entrée items: pot roast with vegetables, barbecue pork ribs and vegetable manicotti. The menu also includes: clam chowder, both peanut butter and crispy M&Ms, almond poppy seed pound cake, pumpkin pound cake, chocolate mint cookies and vanilla waffle-sandwich cookies.

The new entrée additions come at a cost, according to Defense Logistics Agency spokesman Jack Hooper.

“We’re dropping Jamaican pork chops, pasta with Alfredo sauce and beef with mushrooms because we found them to be less popular than others,” Mr. Hooper said.

“We’ll continue working with military members who are consuming the products, in order to find their likes and dislikes to adjust as necessary,” he said.

Research into the popularity of menu items came from all branches of the military, said George Miller, director of Air Force Food Services. Air Force Services Agency officials are responsible for providing the Air Force input when decisions are being made on new MRE items.

Air Force feedback came mostly from the service’s largest consumers of MREs – the Special Operations community, Air Combat Controllers and elements of the civil engineering community.

While feedback from all services is what ultimately influences changes to the MRE lineup, Mr. Miller said the Air Force was instrumental to the addition of a couple of MRE items.

“We had a lot of input into some of the new snack items, (like) the cheese spread with bacon and the jalapeno cheese spread,” he said.

The jalapeno cheese spread first appeared in the MRE in 1996.



Courtesy photo

If all goes according to plan, Mr. Miller said bacon-cheese spread should appear in MRE pouches sometime next year.

MREs are designed to provide a complete nutritional meal for service members while in the field, Mr. Miller said. They’re also designed to be a certain weight and size. There’s always discussion on how to balance those two requirements and still maintain palatability.

“The bottle of hot sauce has some weight to it,” Mr. Miller said. “We asked if we could add something more nutritious than hot sauce to the MRE – maybe increase the size of the entrée or add a fruit module such as raisins – anything to replace that hot sauce for nutritional value.”

However, the troops in the field nearly threatened to go on a hunger strike if they didn’t get their hot sauce.

“They don’t care if you put raisins or a candy bar or anything else in there, they aren’t going to eat (the MRE) without that hot sauce,” he said.

Production of the latest MREs began in June and will be made available for immediate use by military services.

Military athletes honored on cereal box

FORT LEE, Va. – Military athletes will soon make “cereal history.”

The Armed Forces Sports Office has teamed with corporate partner General Mills to honor five armed forces athletes on a 2003 commemorative Cheerios box. Army, Marine Corps, Navy, Air Force and Coast Guard athletes are featured on the boxes, which include action shots and short biographies of the athletes outlining their accomplishments as both military members and armed forces athletes.

The special boxes will be found exclusively in commissaries worldwide during September, or while supplies last.

“This box is an exciting partnership for the Armed Forces Sports Program,” said Suba Saty, Armed Forces Sports secretariat. “The box recognizes more than the five athletes on the box and the accomplishments of all armed forces athletes!”

“One of our main goals is to bring visibility to the Armed Forces Sports Program and the accomplishments of our athletes,” said Rob Hansgen, also of Armed Forces Sports.

The featured athletes will sign autographs and talk to shoppers during appearances at their “hometown” commissary or

near their training facilities for competition, in late August or September.

“Appearing on the Armed Forces commemorative Cheerios box is going to be a very surreal experience for me,” said 2nd Lt. Kristy Kuhlman. “I’m grateful for the support the military gives its athletes and the opportunity to compete in armed forces, national and international competitions.”

“The men and women who participate in the Armed Forces Sports Program, while still maintaining a full-time military career should be an inspiration to us all,” said Mike Goetzmann, senior development manager for General Mills.

Those featured on the cereal boxes include:

2nd Lt. Kristy Kuhlman is a contracting officer at the Space and Missile Command at Los Angeles Air Force Base. Lieutenant Kuhlman was named most valuable player at the 2002 World Military Women’s Soccer Championship and is the reigning 2002 Female Athlete of the Year for the Air Force.

Marine 1st Sgt. Douglas Marocco is a senior enlisted advisor at Marine Corps Base, Quantico, Va. In addition to his

many military duties, Sergeant Marocco is a former Armed Forces and two-time Marine Corps Athlete of the Year.

Navy Lt. J.G. Henry Nuzum is a Tomahawk missile officer and recently served aboard the USS John S. McCain. Lieutenant Nuzum, who competed in the 2000 Olympic Games in rowing, is now assigned to Navy Recruiting in Philadelphia and is focused on making the 2004 Olympic team.

Coast Guard Aviation Maintenance Technician Steven Mlujeak is stationed at the Coast Guard Air Station in Detroit. In his off-duty time, Technician Mlujeak is one of the armed force’s top cyclists, placing first among military competitors in the 2000 Olympic trials. He’s currently training for the 2004 Olympic trials.

Army Sgt. Dremiel Byers is a supply specialist and member of the U.S. Army World Class Athlete Program in Colorado Springs, Colo. Sergeant Byers was crowned the 2002 Greco Roman Wrestling champion (264 lbs.), won the 2003 Hungarian Grand Prix, was named the 2002 Male Athlete of the Year for the Army and is now training to make the 2004 Olympic team. **(AFPN)**

News Briefs

Airmen get career assistance

Air Force career assistance advisers assist airmen in making informed career decisions.

Using right-decision or informed decision briefings for first-term and second-term airmen, the advisers give the airmen a realistic picture of what’s available to them, both inside and outside the Air Force, as well as, a list of current medical, insurance and housing costs.

Career advisors also show airmen the costs of medical care, insurance and housing.

Airmen can learn about special-duty assignment opportunities and those who are identified for retraining into critical career fields, can learn about each career field’s responsibilities and duties and help them choose a specialty that sounds interesting or best matches their skills.

DoD initiative focuses on family

DoD recently launched the family-centered care initiative, a new program to better serve expectant mothers who receive care in military treatment facilities.

By using family-centered care, military hospitals offer:

- An extended family that’s knowledgeable about the separation aspects of military life

- Continuity of providers and personalized pain management during and after delivery

- A staff who’s trained to be more receptive to patients’ questions, help develop individualized birth plans, and ensure patients receive coordinated care throughout their obstetric experience

- Family participation in prenatal visits and childbirth

The initiative also encourages MTFs to offer improved access to services such as:

- Gynecological care

- First-trimester appointments

- Stork parking

- Individualized prenatal education

Tips and tricks to help prevent ID theft

Courtesy of the 16th SOW
Information Operations

The U.S. Department of Justice, in its report "Identity Theft: The Crime of the New Millennium," outlines some shrewd ideas on how to possibly prevent the fastest-growing crime in our county. The report says while it's extremely difficult to prevent identity theft, the best approach is to be proactive and take steps to avoid being a victim. Here are a few of the suggestions:

Share identity information only when necessary – Be cautious about sharing personal information with anyone who doesn't have a legitimate need for the information.

Be careful with credit cards – Credit card numbers should never be provided to anyone over the telephone, unless the consumer has initiated the call and is familiar with the entity with which they're doing business.

When in public, exercise caution when providing identity information – So-called "shoulder surfers" regularly obtain personal information for their fraudulent use.

Quick security tip – Be extra alert when entering account information at an automatic teller machine or when entering long-distance calling card information on a public phone.

Don't carry unnecessary identity information in a purse or wallet – According to the Federal Trade Commission, the primary means for thieves to obtain identity information is through the loss or theft of purses and wallets. To mitigate the danger that identification might be misappropriated, carry only the identity information necessary, such as a driver's license, one credit or debit card, insurance card and membership.

Quick security tip – In general, there should be no need to carry a social security card, birth certificate or a

passport on an everyday basis. These items should be locked in a safe or a safety deposit box.

Secure your mailbox – According to the FTC, the second-most-successful means for thieves to obtain identity information is through stolen mail. Some good ideas may include: depositing outgoing mail in a locked post office collection box or at the local post office, installing a locked mailbox at your residence and promptly removing mail after it has been delivered.

Secure information on your personal computer – Credit card numbers shouldn't be provided to anyone on the Internet, unless the consumer has initiated the contact and is familiar with the entity with which they're doing business. Also, computer users should install a "firewall" on their personal computers to prevent unauthorized access to stored information.

Keep financial and medical records in a secure location – It's important to keep all financial and medical records and any other information containing identity information, in a secure location under lock and key.

Shred nonessential material containing identity information – It's an especially good idea to shred pre-approved credit applications and subscription solicitations.

Quick security tip – Expired credit or debit cards also should be cut into several pieces before being discarded.

"Sanitize" the contents of garbage and recycling – Junk mail or old financial documents may be a "gold mine" when obtained by an identity thief.

Ensure organizations shred identity information – Customers, clients and patients should insist all data be shredded before being discarded, and that all retained data be kept in secure storage.

Remove your name from mailing lists – Customers of businesses that may market identity information should submit such requests, notifying the entity in writing of their desire to opt out of any mailing lists and to not have identity information shared.

Quick security tip – To opt out of the mailing lists of the three major credit bureaus, call 1-888-5OPT-OUT.

Carefully review financial statements – Promptly review all bank and credit card statements for accuracy, and report any irregularities to the bank or credit card company immediately.

Periodically request copies of credit reports – The reports should be reviewed carefully to make sure no unauthorized accounts have been opened or unauthorized changes made to existing accounts.

Quick security tip – Many ID theft experts suggest checking your credit report even more than once a year.

For more information about identity theft, visit the FTC's Web site at www.ftc.gov, or call toll-free 1-877-FTC-HELP.



Hispanic Heritage Month events

The following is a list of events that will be conducted by the Hispanic Heritage Month committee during the next few weeks:

○A **Hispanic luncheon** will be held Sept. 25 at 11 a.m. at the Soundside Club. The cost is \$11.50 per plate; the menu includes: rice with pigeon beans, chicken stew, Spanish green beans, salad and garlic bread. For tickets, call Staff Sgt. Claudia Campuzano or Staff Sgt. Rachael Colon at 881-3901, 2nd Lt. Lucien Fuyertes at 884-1289, or Capt. Laura Ramos at 884-6731.

○A **golf tournament** will be held Sept. 30 at 8 a.m. at the Gator Lakes Golf Course here. The cost is \$35 per person and can be paid on the day of the event. To sign-up, e-mail thomas.nieto@hurlburt.af.mil or laura.ramos@hurlburt.af.mil. For more information, call Mr. Nieto at 884-4140, or Capt. Ramos at 884-6731.

○A **Hispanic Dance and Culture Night** will be held Oct. 10 at the Soundside Club. The cost is \$18 a ticket, which includes Hispanic finger foods and includes a carving station. Childcare will be available for children ages nine to 18 at the child development center for \$10 per child. For more information, call Capt. Ramos at 884-6731.



Photo by Senior Airman Ebony Pierre

Col. Frank Kisner, 16th Special Operations Wing commander, signs the Hispanic Heritage proclamation, Wednesday, allowing Hurlburt Field members to organize and celebrate base events.

Did you know?

The 16th Special Operations Wing information Assurance Office produces the 16th SOW Cyber Alert, a useful and handy product to help keep the Hurlburt Field community informed on current threats from the cyber environment. Cyber Alerts can be accessed from the Hurlburt Field Intranet home page – just click on the “Cyber Alerts” link. For more information, call wing information assurance at 884-6605.

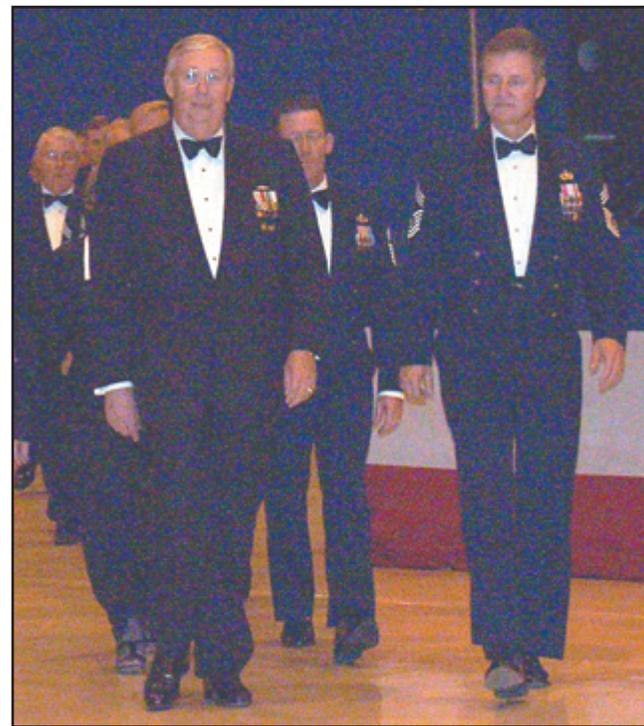
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FEATURE



Photos by Airman 1st Class Heidi Davis

Former chief master sergeants of the Air Force (left) join Chief Master Sergeant of the Air Force, Gerald Murray (right) as he leads the toast for Secretary of the Air Force, James Roche (middle) at the Order of the Sword ceremony at Andrews Air Force Base, Md., Sept. 13.



Secretary Roche (left), and Chief Murray (right), lead the distinguished guests down the center aisle to the stage to begin the ceremonial portion of the evening.

Roche honored by Air Force enlisted corps

By Airman 1st Class Heidi Davis
Public Affairs

ANDREWS AIR FORCE BASE, Md. –

Approximately 30 airmen from Hurlburt Field joined 775 other active-duty, Guard and Reserve enlisted airmen Sept. 13 at Andrews Air Force Base, Md., to honor the Secretary of the Air Force at his Royal Order of the Sword induction ceremony.

The group from Hurlburt Field, command chief master sergeants from every base, former Air Force chief master sergeants and other distinguished guests were present to show appreciation to Secretary James Roche for his efforts to improve the quality of life for the Air Force enlisted corps.

On June 5, Chief Master Sgt. of the Air Force Gerald Murray invited Secretary James Roche to the ceremony to be publicly honored as a “leader among leaders,” and a “man among men,” during a Town Hall meeting at Wright-Patterson Air Force Base, Ohio.

“I said before that I don’t deserve this honor because I haven’t worked hard or long enough, but today I can say that I have loved enough and lived enough,” Secretary Roche said during the ceremony.

The evening began with a corridor of airmen gathered at the front door of the hangar to welcome the secretary, his wife and many of the distinguished guests. The secretary took a few moments as he walked through, to shake hands with several of the airmen.

Shortly thereafter, members from the Hurlburt Field and Air Force Honor Guards began the ceremony with

the Posting of the Colors.

“Appreciation to the enlisted force by Gen. John Jumper, Chief Murray and especially Secretary Roche was phenomenal,” said Chief Master Sgt. David Force, 16th Mission Support Group superintendent. “We know that the senior leadership at the highest levels truly care about the enlisted corps.”

During the ceremony, Secretary Roche received a personal sword, a scroll, the proclamation of his induction and a personal gift. Mrs. Roche also received a gift for her dedication to both her husband and the Air Force during his years of service.

Chief Murray said a few words about the secretary and the work he’s done for the enlisted force.

“The thoughts that come to mind are those that speak of a great compassion and care he has for our airmen,” said Chief Murray. “It’s a common sight to see our secretary surrounded by airmen at a base or a venue asking them how they are, what concerns they have and what can be done better in our Air Force.

“Airmen know that when he asks, he also listens, and when warranted, he acts to make changes to make lives better and help us to carry out our mission more efficiently,” he said.

“I was reassured of what I already knew – the senior leaders care about us,” said Senior Airman Mayleen Hayes, 16th Medical Operations Squadron, about her experience at the ceremony.

After saying a few words of thanks and reflecting on several memories through the years, Chief Murray handed the floor to the secretary.

“Fellow airmen, I am genuinely humbled to stand

before you tonight and accept this honor,” Secretary Roche said. “I can assure you that tonight, your decision to honor me with this modern order of chivalry has left me at quite a loss to express my profound sense of pride, humility and also delight.”

Following the secretary’s speech, every enlisted member present was given an official Order of the Sword coin. The ceremony was finished out with a toast to the colors, the president, the chief of staff of the Air Force and Secretary Roche. The ceremony ended with a retiring of the colors.

After departing the hangar, the Hurlburt group returned home with appreciation for having had the opportunity to attend such a unique event of military tradition.

“I was honored to be part of something so historical,” said Airman Monique Bonaay, 16th Maintenance Group.



Members of the Air Force Honor Guard retire the sword at the closing of the Order of the Sword ceremony.

The Order of the Sword tradition dates back to the early 1500s and has been updated over the past several years. America’s enlisted force began inducting officers during the Revolutionary War, and the Air Force Reserve adopted the tradition in 1976. The sword is a symbol of truth, justice and power rightfully used. It’s approximately five feet in length, shimmering in silver and gold. The ceremony is an honor bestowed on the leader for his dedication and services to the enlisted corps.

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COMMANDO**

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BRONZE,

Continued from Page 1

from his deployed location to a forward staging base behind enemy lines. As a result of his efforts, approximately 1,085 combat hours and 413 sorties were able to be flown in three months.

"I was shocked to hear that I would be receiving the medal because I didn't actually think I would get one," Chief Graham said. "But this award definitely represents the outstanding job that the maintenance group is doing. The morale is high despite deployments and the missions are being accomplished...it's all due to the hard work of the group."

Sergeant Bishop served as the chief for the maintenance repair team, Air Force Special Operations Detachment South, Joint Special Operations Air Component.

On May 26, 2002, Sergeant Bishop and his team of expert

mechanics, repaired and recovered an MH-53M Pave Low helicopter that was forced to conduct an emergency landing into enemy territory.

After sending two MH-47 helicopters to transport three rotor blades to the recovery site, Sergeant Bishop lead his team of seven through a combat zone with only the tools they could carry on their backs.

Though there was more damage to the helicopter than expected, Sergeant Bishop and his team overcame all obstacles and were able to repair the Pave Low within five hours in total darkness, which in turn, saved the Air Force a \$43 million combat asset.

"I'm proud to have received the award and definitely believe it was a team effort," Sergeant Bishop said. "If it wasn't for the hard work of the team, none of this would've been possible."

FITNESS,

Continued from Page 1

running shoes, and over-training."

Airmen who are completely unfamiliar with physical training and conditioning, or with proper diet and weight-loss techniques, can find help on base. Local health and wellness centers, as well as fitness centers, can play a key part in helping airmen prepare their bodies for the demands of the new fitness standards, said Ms. DeCoux.

"It's the role of the (health and wellness centers) to develop fitness programs for both individuals and for units," Ms. DeCoux said. "Base fitness centers can provide ... the equipment and guidance needed to carry out those fitness programs. Additionally, we have fitness experts in the centers to help individuals train, one-on-one."

Ms. Goff said wellness centers also offer programs on nutrition, healthy eating, sensible weight loss, tobacco cessation, remedial strength and aerobic training.

For airmen who want to start preparing for the running portion of the fitness evaluation, Ms. Goff recommends combining walking and running.

"Alternate running and walking until you're able to sustain a run," she said. "Some will be able to sustain the run a lot sooner than others. Once you can sustain the run, you want to increase your speed by no more than 10 percent per week."

People who have been sedentary for an extended period of time, or those who have health risk factors should obtain a physician's clearance before beginning an exercise program of any kind, she said.

Hurlburt Field personnel interested in developing fitness programs for individuals or units, may call the health and wellness center's exercise physiologist, Bill Nichols, at 884-4292 for more information.

(Editor's note: information for this story was compiled from an Air Force Print News article and the 16th SOW Public Affairs office.)

VOLUNTEER

For more information, call the volunteer resource program at 884-5441, ext. 1533

LIFESTYLE

Military

Focus 56 scholarships

All applications for the Focus 56 Junior Enlisted Scholarship Program must be submitted no later than noon Sept. 30. All staff and technical sergeants assigned to Hurlburt Field are encouraged to apply for one of the two \$100 scholarships. To obtain an application or for more information, call Staff Sgt. Mary Williams at 884-2308, or Tech. Sgt. Timothy Gray at 884-4708.

AFA awards dinner

The Hurlburt Field Chapter of the Air Force Association is holding its annual awards dinner Oct. 16 from 6 to 9 p.m. at the Soundside Club, honoring its selection as the Air Force Association Unit of the Year. The guest speaker will be Lt. Gen. Norty Swartz, the deputy commander in chief of U.S. Special Operations Command.

Dinner will be a southern style buffet for \$18.60. Men and women are encouraged to dress appropriately in dress for ladies, and jacket with open collar for the men. All reservations must be made by Oct. 13 by calling Don Tyler at 884-2807, or by e-mailing donald.tyler@hurlburt.af.mil.

MA Air National Guard

The Massachusetts Air National Guard is looking for separating military members or those who haven't yet entered the military to join the team. The MAANG offers several benefits that are similar to those received by active-duty members, such as free state tuition assistance for college. More college benefits can be found at www.maairguard.org, and listings of local colleges and universities can be found at www.bostonsearch.com/colleges.htm. For more information, call 1-800-247-9151.

CGOC Meeting

All Hurlburt Field company grade officers are invited to join the Hurlburt Field Company Grade Officers' Council. The next monthly meeting is today at 3:30 p.m. at the Soundside Club's Heritage Room. The guest speaker will be Col. Stanley Perrin, Air Force Special Operations Command's director of personnel, to discuss officer promotions. For more information, e-mail hurlburt.cgoc@hurlburt.af.mil.

New college class

The U.S. Army Command and General Staff College is forming a class for majors and promotable captains, to meet one weekend per month beginning Oct. 18 here. Participants can earn military education level four in a classroom environment without a permanent change of station for resident studies. Interested active-duty and Reserve Component Army, Air Force, Navy and Marine O-4's (O-3P) personnel should call Maj. Wayne Hausser at 543-7163, or e-mail wayne.hausser@us.army.mil.

JSOU intro course

All U.S. Special Operations Command affiliates are invited to attend the Introduction to Special Operations Course offered by the Joint Special Operations University here Tuesday through Sept. 26. ISOC provides military and civilian members with a joint understanding of SOF, to include the structure, assets and capabilities. The course will also focus on an in-depth analysis of Special Operations missions, the lessons learned from those mis-

sions, and their pro and con observations.

For more information about the course and seating availability, call Joyce Weber at 884-4731. Those without a reservation, should make arrangements through their unit-training manager and arrive at 7 a.m. for space-available seating - "first come, first served." For more information on ISOC, visit the USAFSOS Web site at www.hurlburt.af.mil/milonly/usafsos, or call 1st Lt. James Rigsbee at 884-6861.

Palace chase

Those separating or contemplating applying for Palace Chase should consider the Air National Guard for a part-time military commitment. Those in the Air National Guard receive most of the benefits full-time active-duty members receive, in addition to state benefits such as 100 percent tuition assistance that can be used in most cases in conjunction with the Montgomery G.I. Bill. For more information, call In-service Recruiter, Master Sgt. William Andujar at 884-2729, or e-mail william.andujar@hurlburt.af.mil.

Community

MSS closure

The Mission Support Squadron closes at noon today for an official function. The military personnel flight customer service desk will remain minimally manned during normal duty hours.

Retiree Appreciation Week

Hurlburt Field honors retirees and their families during Retiree Appreciation Week with a variety of activities and giveaways on behalf of several base organizations. Today from 9 a.m. to 2 p.m. at the base exchange, retirees can have their blood pressure and cholesterol levels checked by the staff from the health and wellness center for free.

Also, today, at the golf course, retirees receive special rates on green fees and cart rentals; green fees are \$9, and cart rentals are \$5 per person. The commissary will be having a super case-lot sale Sept. 19 and 20, and the base exchange will be offering a still serving sale for the entire weekend. For more information, call the Hurlburt Field Retiree Affairs Office at 884-5443 Monday through Friday from 9 a.m. to noon.

40 Days of Purpose

The Hurlburt Field Chapel's Protestant services will be participating in the 40 Days of Purpose Oct. 11 to Nov. 23. This nationwide seminar will involve hundreds of Protestant churches simultaneously reading 40 Days to a Purpose Driven Life by Dr. Rick Warren. The churches will also focus on the five paths to spiritual growth during Sunday and midweek service and weekend and midweek small groups.

The chapel's goals by the end of the 40 days are to have larger church participation, a stronger sense of church unity and personal spiritual growth. The chapel is looking for volunteers to help support the event in one of the many areas of planning. For more information, call Chaplain Brad Green at 884-7795. For more information, visit www.purposedriven.com.

Self Help closure

The Hurlburt Field Self Help Store will be closed today, in order to conduct inventory. For more information, call 884-2378.

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 to May

Protestant Services

Sunday, 8:30 a.m. (praise & worship),

11:30 a.m. (traditional),

12:45 p.m. (Gospel)

Religious Education: August to 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

Jum'ah: 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) *American Wedding*, starring Jason Biggs and Alyson Hannigan. Jim and Michelle have decided to tie the knot. Jim's friends Finch and Kevin are on hand to help with preparations, but the trio soon gets an unwanted fourth wheel in the form of the eternally obnoxious Stifler. Meanwhile, the question is, how many things will go wrong before Jim and Michelle walk down the aisle?

Saturday (R) *iGigli*, starring Ben Affleck and Jennifer Lopez. Gigli is ordered to kidnap the psychologically challenged younger brother of a powerful federal prosecutor. When plans go awry, Gigli's boss sends in Ricki, a gorgeous, free-spirited female gangster with her own set of orders to assist with the kidnapping. But, Gigli starts falling for the decidedly unavailable Ricki.

Eglin 882-1066

Friday (PG) *iFreaky Friday*, starring Jamie Lee Curtis and Lindsay Lohan. Ellen and her daughter, Annabel wish they could exchange bodies, so the other could see what it's like to somehow, it happens. Complications arise as Ellen worries about Annabel getting too close to her future stepfather, while Annabel must fake knowing her mom's job as a doctor.

Saturday (PG-13) *iUptown Girls*, starring Brittany Murphy and Dakota Fanning. Molly is the host of the New York social scene until her inheritance is stolen by her accountant. As her party comes to an abrupt end, she's forced to do something she's never done before to get a job. Molly lands a position as nanny to Ray, the daughter of a high-powered music executive.

Sunday (PG-13) *iBend It Like Beckham*, starring Jonathon Rhys-Meyers and Parminder Nagra. A young Indian girl dreams of playing professional soccer, but must hide it from her traditional parents. Hilarity ensues when her sister's wedding falls on the day of an important soccer match.

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

Talent show auditions

Hurlburt Field is looking for its most talented amateurs to participate in the sixth annual Family and Teen Talent Contest. Auditions are scheduled for Oct. 27, 28 and 30 from 5 to 9 p.m. at the base theater; the talent show is scheduled for Nov. 30. The contest is open to participants ages three and up. Videotapes of the winners will be submitted to the Air Force-level contest, in which they'll compete for U.S. Savings Bonds ranging from \$100 to \$500. For more information, call Trisha Barrett at 884-6948.

Native American History Month

November is Native American History Month, and the military equal opportunity office invites volunteers to assist in organizing, preparing and supporting the observance period. Currently, there aren't any officers or appointed positions held, and the positions of chairperson, vice-chairperson and treasurer will need to be filled. For more information, call Staff Sgt. Natasha Hollomon at 884-8746.

V-MPF accrual info

Travel accrual can now be filed online by logging-on to the Virtual Military Personnel Flight Web site. Click on "Accrual Travel Voucher" on the bottom right-hand corner and type your temporary duty information. The request will instantly be sent to the 16th Comptroller Squadron and processed within 72 hours. E-mail notifications will be sent once the payment is made. For more information, call 1st Lt. Amanda Cheatham at 884-4053.

Blanketeer Day

Everyone is invited to participate in Blanketeer Day, a special gathering for children who are in the hospital and/or have experienced a traumatic event, Saturday from 9 a.m. to 3 p.m. at the Shalimar Methodist Church, located at 1 Old Ferry Road, Shalimar. Supplies needed for the event include: a sewing machine, knitting needles, crochet hooks, material, yarn, thread, needles, pins, cut-

ting boards, scissors and measuring tapes. For more information, call Cindy Corrigan 314-0316.

First aid and safety course

The American Red Cross is offering a community first aid and safety course Saturday from 8 a.m. to 6 p.m. in Niceville. The cost of the course is \$42. Individuals will be trained to respond appropriately to injuries, sudden illnesses, and cardiac or respiratory emergencies – with additional training in the care of infants. Families and individuals are encouraged to attend. For more information, call 314-0316.

Panhandle job fair

The Northwest Florida Fairgrounds, located at 1958 Lewis Turner Blvd, Fort Walton Beach, will host a job fair Oct. 2 from 10 a.m. to 3 p.m. Employers from all over the United States with jobs in mechanical, engineering, technical, law enforcement, telecommunications, computers, hospitality, medical, etc. will be present at the fair. For more information, call the family support center at 884-5441.

FSC position available

The Hurlburt Field Family Support Center has a volunteer resource program coordinator position open for bid. The Statement of Work and bid submission package can be picked up between today and Wednesday at the 16th Contracting Squadron, 350 Tully Street, Building 90339. Bids must be received by 4 p.m., Sept. 26. For more information, call Monica Wood at 884-3272.

Homebuyers/sellers seminar

The Hurlburt Field Housing Office will be conducting a homebuyers/sellers seminar Monday from 8 to 11 a.m. at the family support center. Topics of discussions include: how to find a home and information on selling and financing the purchase of a home. Reservations aren't required. For more information, call the housing office at 884-7505, ext. 100.

Tour guides needed

The 16th Special Operations Wing Public Affairs Office is looking for outgoing people to volunteer as tour guides for the many groups who visit the base throughout the year. Civilian, military – officer or enlisted, active duty or retired – anyone who has a government identification card and is familiar with the base is encouraged to apply. A base tour book and training on the responsibilities of being a tour guide will be provided. Those interested should call Amy Oliver at 884-6199.

Classes

FSC classes

For more information, call 884-5441.

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

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

Résumé Writing Workshop – Monday, 1 p.m.

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

Kids Smooth Move – Wednesday, 4 p.m.

Readiness – Thursday, 9 a.m.

Assignment England – Friday, 11 a.m.

Assignment England

Those doing a permanent change of station to England are invited to attend Assignment England, which discusses several issues regarding the country.

HAWC classes

For more information, call 884-4292.

Postnatal Nutrition – Tuesday, 1 p.m.

Prenatal Nutrition – Tuesday, 4 p.m.

Lean On Me – Wednesday, 8:30 a.m.

Eating Heart Healthy – Thursday, 8:30 a.m.

Diabetes Nutrition Follow Up – Thursday, 3:30 p.m.

RIVIERA FITNESS SPA
FITNESS
531378
2 X 5.00

LEE PONTIAC
COMMANDO/LOT 3
530074
3 X 5.00

SPORTS

Rugby open to everyone

By John Colletta
28th Test Squadron

Are you an experienced rugby player, or have you thought about learning rugby?

The Okaloosa Islanders Rugby Football Club is looking for new players at all levels of playing experience. The club has players of various ages and experience levels, so people are never too old or too young to take up rugby.

It's not a problem if someone has never played rugby before. The game is simple and easy to learn. Likewise, it's no problem if someone's not in top physical shape. RCF coaches and experienced players can have people ready to roll after just a few training sessions.

The club is always looking for motivated athletes who're interested in participating in training and playing rugby. Anyone can come out and join for a training session, watch a game, or just jump right in. The best way to get started is to simply show up to a training session and introduce yourself – RFC will get you going from there. People on temporary-duty assignments are also welcome.

Training sessions are currently held every Tuesday and Thursday night from 5 to 7 p.m. at the Commando Softball Field number one, behind the main fitness center. Experience isn't necessary, but hard work and the ability to have fun while doing it are.

For more information, call "JC" at 882-6128 or e-mail john.colletta@eglin.af.mil.

Navy swabs Air Force for the gold

By Senior Airman Sam Taylor
Public Affairs

Four local airmen helped the Air Force volleyball team take second place in the Armed Forces Volleyball Tournament, held Aug. 26-30 at Schriever Air Force Base, Colo.

With teams playing for the best three out of five matches, Air Force started out soundly beating Army in three straight matches. A repeat performance with the Marines followed, with another 3-0 match.

Things changed when the Navy stepped up.

"We split the first four games and lost game five 13-15 in a close, heated battle," said Ken Mercier, 16th Logistics Readiness Squadron, who played on the Air Force team, along with Ashley Spurlin, 16th Special Operations Squadron, Kyle Klinger, 16th Aircraft Maintenance Squadron, and Scott Allen, 16th Equipment Maintenance Squadron. "That game really could have gone either way, and would've changed the entire outcome had we won."

Air Force then proceeded to beat Army again in four games, followed by another 3-0 shut-out of the Marines. Air Force then lost to the Navy in another five-game match.

"If we'd beat Navy in the second match, we would've had a playoff, best two out of three, for the Gold Medal," said Mercier. "The Air Force Women's team ended up winning the gold that way – beat Navy the first time and then lost the second time. Then took it to them two games in a row in the finals for the gold medal."

Mercier said he gives the Navy a lot of credit for the team they brought to the tournament.

"It was the best Navy team I've seen since I started playing in 1999," he said. "When you play best three out of five, the first four games are to 25, but the fifth game is only to 15 points. In those



Courtesy photo

Volleyball players, including several from Hurlburt Field, play the game at a camp at Schiever Air Force Base, Colo., while trying to get on the Air Force team.

fifth games every point is crucial. In the first match we lost 15-13, so you can imagine how close that battle was."

Players from all over the Air Force first attended a volleyball camp Aug. 8-25, which made the pool from which Air Force team players were chosen.

"Going to play any Air Force sport is a true honor," said Mercier. "The Air Force sports program is designed to draw the best athletes out to compete against the best of the other services. If you have a stellar troop who's good enough to play their sport for the Air Force, find a way to let them go and compete – it's an experience like no other."



Photo by Senior Airman Sam Taylor

Racquetball reaction

Warren Koch (left), a civilian contractor, swats the ball in a match against Bobby Turner, also a contractor, during a racquetball tournament at the main fitness center, Saturday. Eight people participated in the tournament. Retired Senior Master Sergeant Glen Yost took first place, followed up by Koch in second. For more information about racquetball and other sports tournaments, contact your unit sports representative or call the fitness center at 884-6884.

Sports shorts

Volkssport walk

The 2003 Global Volkssport is scheduled Saturday at Tyndall Air Force Base, Panama City, Fla. Participants in the 10K walk must register between 7:30 to 11:30 a.m., and finish the walk by 4 p.m. The walk begins at the Tyndall AFB FamCamp, on U.S. Highway 98, east of Panama City.

Awards will be presented to the first 50 people to finish the walk. For more information, call Bonita

Bay Outdoor Recreation at (850) 283-3199, or DSN 523-3199.

Charity golf tournament

Sign-ups for Thursday's charity golf tournament, in honor of the 50th anniversary of Combat Control teams and hosted by the Combat Control Association, begins at 7:45 a.m. at the Fort Walton Beach municipal golf course, across from the fairgrounds on Beal

Parkway. Fifty positions are available for \$75 a person, which includes fees, an awards ceremony and a banquet. Individuals and teams of four can register at www.specialops.org.

Flag football coming soon

Squadron intramural flag football begins Oct. 1. People interested in playing should contact their unit sports representative.