



COMMANDO

Any Time Any Place

Vol. 52, Issue 15

16th Special Operations Wing, Hurlburt Field, Fla.

April 16, 2004



Photo by Airman1st Class Kimberly Gilligan

Airmen carry a simulated burn victim during Operation Training Edge, a training exercise designed for members of the 16th Comptroller and 16th Contracting Squadrons. The week-long exercise provided squadron members who've never deployed, a realistic environment to learn and improve upon their skills.

Ceremonies honor command winners

Air Force Special Operations Command will welcome and honor the command's Outstanding Airmen and Civilians of the Year, May 3-7.

The week-long recognition begins with an award ceremony and concludes with a formal banquet.

The award ceremony will be held at the Soundside, May 3 from 8 to 10 a.m. It's free and open to the Hurlburt Field community. Uniform for military attending the morning ceremony is short sleeve blues. A breakfast appetizer buffet follows the ceremony.

During this event, the honorees will be presented the command medallion recognizing their achievement as well as a variety of gifts and awards.

The formal banquet will be held at the Emerald Coast Convention Center, May 7, beginning with a social hour at 6 p.m.

The Air National Guard Band of the West Coast, Moffett Field, Calif., will provide musical entertainment for the evening.

The attire for the event is mess dress or semi-formal for Airmen, and equivalent dress for civilian attendees. Tickets for the formal event can be purchased through unit first sergeants, with the cost prorated based on rank-grade.

For more information on the award ceremony, contact Master Sgt. Mike Garrouette at (850) 884-4161 or Master Sgt. Ginger Schreitmuller at (850) 884-2863. DSN prefix is 579.

For more information on the formal banquet, contact your unit first sergeant.

CPTS, CONS take to field for training

By Tech. Sgt. Andre Nicholson
Public Affairs

Members of the 16th Comptroller Squadron and 16th Contracting Squadron, took to the field for some combined contingency training at Hurlburt Field's Permanent Exercise Facility Monday through today.

The week-long training exercise was designed to give squadron members who've never deployed, an opportunity to see what could happen during an actual contingency.

"It's one thing to train in a safe comfortable environment," said Tech. Sgt. James Encke, 16th CPTS. "But, it's quite different when you're doing things in the field."

The exercise, which is named Operation Training Edge, involved a spectrum of scenarios from basic mobilization to self-aid and buddy care.

"The deployed comptroller warriors went through the DCC (deployment control center) to be issued A-bags and even spent a few nights out at the PEF,"

Sergeant Encke said. "They were able to apply their SABC skills, practice OPSEC/COMSEC (operations and communications security) and do what they do best - help take the fight to our enemies from behind the scenes."

Although the exercise wasn't officially evaluated, there were valuable lessons learned from members who've been deployed in support of Operations Enduring Freedom and Iraqi Freedom, Sergeant Encke said.

"Our overall objective was to provide our comptroller and contracting warriors with some deployment experience in a few days time," the sergeant said, "versus trying to teach them in a classroom environment."

"With the assistance of several other agencies on base such as security forces, medical group, civil engineers, transportation, Commando Pride Airman Center and Air Force Special Operations Command Financial Management, we were able to accomplish that mission."

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Youth center sponsors Spring Break Youth Tennis Camp
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Weather

Weekend forecast
Today - mostly sunny, High 76 Low 49
Saturday - partly cloudy, High 77 Low 55
Sunday - partly cloudy, High 77 Low 58



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

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. O.G. Mannon

Spousal assistance

Comment: I'm a spouse of a military member and have trouble using base facilities whenever my husband is deployed.

Short-term childcare is seldom available on base. This makes using facilities like the base gym virtually impossible.

Recently I couldn't even check my e-mail at the base library because my child started crying and I was asked to leave. I've spoken to others at the Moms, Pops and Tots group who had similar concerns.

I understand that short-term, or short-notice, childcare problems are difficult if not impossible to fix.

However, is it possible to come up with initiatives in the facilities themselves? For example, a computer set up in a small semi-soundproof booth or room would fix the situation at the library.

A possible fix for the gym could be a playroom set up for children where parents could take turns watching the children. This is an initiative I've seen at Sheppard Air Force Base, Texas.

Response: Thank you for your suggestions. We under-

stand the difficulties that you and all parents of young children experience when a spouse is deployed.

Short-term childcare is often difficult to secure because of the ever-increasing need for full-time care.

One solution for you may be the "Give Parents a Break" program. This service is provided free of charge to spouses of deployed members at the child development center one Saturday each month. The hours are 9 a.m. to 3 p.m.

Reservations can be made by calling the CDC at 884-6664. All you need is a referral slip from your spouse's commander, first sergeant, or the family support center.

Unfortunately, the library doesn't have the space to provide a soundproof room for mothers with small children. However, the library staff can ensure that if you need to leave the library for a few minutes to care for your child, they will hold your computer for you until you return.

Our fitness centers are currently planning to make accommodations for a children's playroom.

When the new Riptide Fitness Center opens this summer, we believe we will have enough space to open a family fitness room inside the Commando Fitness Center. Our plan is to equip it with cardio equipment for adults on one half and mats and climbing blocks on the other for the children.

You can never have too many heroes

By Master Sgt.
Ginger Schreitmueller
AFSOC Public Affairs

It wasn't a heated discussion, but certainly one that provoked a vocal exchange of opinions. It wasn't about politics, policies or religion. It was centered on a four-letter word: Hero.

My friend insisted the term is over used, being randomly placed in news articles highlighting individuals for everything from saving a trapped kitten to Airmen on the battlefields in Iraq.

His viewpoint is if you label everyone a hero, then you degrade the significance of the term. If you're just doing your job, you can't be a hero. You're just good at what you do.

Not true, I counter. Labeling people as heroes doesn't belittle the term. On the contrary, it enhances the power of the word. That's when I

stepped on my soapbox.

I have tons of heroes. Some have done unbelievable feats. Some have done simple little actions. All make a serious impact on my life.

For example, Superman is my hero. He's strong and tough on the outside; inside he's mild mannered. Kryptonite aside, he reminds me that you have to have balance in your life.

My family and friends, whose faith has pulled me over some Grand Teton-sized rough spots, are my heroes. Constant reminders that I have a cheering section when I need one.

My children are my heroes. They know how to make me laugh when I want to cry. They continually surprise me with their level-headed philosophy on living life. They remind me being a mom is the coolest job in the world.

Then, there are people like Master Sgt. (retired) Tim Wilkinson. His

personal courage and humble attitude remind me that dedication and professionalism make the difference even when you're in the midst of a 15-hour firefight.

As I rambled on with my list of heroes, my friend conceded the discussion with the hands up in an "I-quit" gesture. I didn't necessarily win but I did make my point - everyone needs heroes, and you can't have too much of a good thing.

My personal list of heroes is endless, and I hope I continue to add names to that illustrious list every chance I get. Heroes are those whose actions, words, deeds or mere presence portray courage and strength. My heroes remind me what's important in life. It's not about being good at your job or being recognized for some specific achievement. It's about the impact you make in the life of others.

All you can ever hope is that you are on someone's list of heroes.

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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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DUI Tracker

April 9-15: 0 DUIs

This year: 20

DUIs for 2003: 54

Last DUI: 16th

Maintenance Squadron

Airmen Against Drunk Driving

Don't Drink and Drive. Call 884-8844

Potential saves this year: 226

16th OG60	16th MSG56
16th MXG25	16th MDG60

As of Feb. 15, individual groups get a down day for 60 consecutive days without a DUI. Totals are current as of April 15.



If you would like to submit something to the Commando newspaper, send it to commando@hurlburt.af.mil. Submission deadlines are Wednesday at 4 p.m. the week before you'd like the information published.

Father, son, grandson follow Air Commando family tradition

By Vanessa Adame
Public Affairs

When other high school seniors were considering what college to attend after high school, 18 year-old James McClain III knew exactly what he wanted.

"It clicked one day when one of my classmates told me how excited he was to be going off to college and finally doing something with his life, whereas I felt life had more to offer than to sit in class and take notes," said Senior Airman James McClain III, 16th Helicopter Maintenance Squadron.

"I wanted a challenge and wanted to experience things most people only read or hear about, or in our case, what most people don't hear about," he said.

On the day he enlisted in the U.S. Air Force four and a half years ago, Airman McClain was following in the footsteps of his mother, father and grandfather, just like many often do. But unbeknownst to him, Airman McClain, who's named after his grandfather, was about to establish an even closer bond with his father and grandfather. He would soon join the ranks of countless others as Air Commandos, including the two generations before him.

"I came into Air Force Special Operations Command with as much of an open mind as possible, because I knew this was my time and that my experiences would be different from my parents' and my grandfathers'," Airman McClain said.

Both James McClain Senior, who worked in a supply unit and James McClain II retired from the Air Force after each had served at least 20 years on active duty. The younger McClain's mother, also served a short time in the Air Force, but separated shortly after her son was born.

Even though he had lost friends in the Vietnam War, Airman McClain's father never had a doubt about joining the Air Force. Living across from a recovery hospital in Japan only strengthened his desire to pursue an Air Force career. When he became friends with the troops there, he knew it wasn't a question of if he'd join the Air Force, but when.

"I really enjoyed my Air Force career," said James McClain II, who worked mostly as a loadmaster during his military career. "The best part was the people I worked with, we were really close, everyone knew each other," he said.

James McClain II's 20 years of military experience has enabled him to share more than an ordinary father-son relationship with his son. Now they're also united as Special Operators.

"When my son is deployed, I tell him 'here's what to look for' and tell him to take care of each other out there," said Mr. McClain.

So far, Airman McClain's four years in the military have been nothing short of extraordinary, and it's only the beginning.

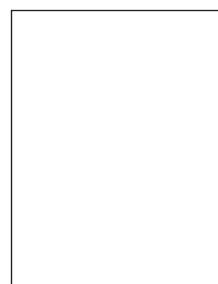
"It's been challenging and rewarding," he said. "I've learned more in

four and a half years than I otherwise could have in a lifetime as a civilian."

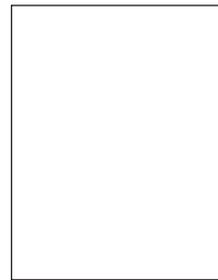
Airman McClain plans on making the Air Force a career as an Air Commando, just as his father and grandfather did before him, and he's proud to do it.

"Despite the fact my mother, father, grandfather, and I have served in very different eras and career fields, there is still the bond knowing that we all served our country proudly and are part of the best team in the world," he said.

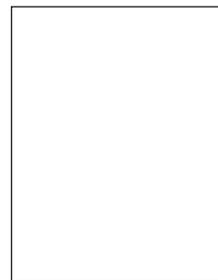
"I don't have any children now, but when I do, I will stand by



James McClain Senior



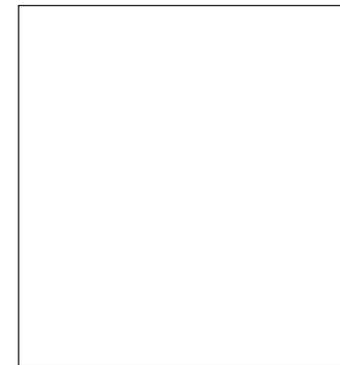
James McClain II



James McClain III

their decision to serve or not, just as my parents did."

Spotlight on ...



Melba Gavina

Rank/Duty Title: Senior Airman/Commander Support Staff Specialist

Organization: 16th Mission Support Squadron

Hometown: Santa Clara, Calif.

Hobbies: Rollerblading, cooking, listening to music and playing the piano, violin and viola

Contribution to the mission:

Airman Gavina is considered by the 16th MSS commander to be the number one senior airman. She constantly displays superb customs and courtesies, leadership and professionalism far beyond her years.

She was hand selected for a key position in one of the most visible commander support staff sections in the 16th Special Operations Wing.

She successfully ran the orderly room for more than a month while the NCO in charge was sent on a permanent change of assignment.

Airman Gavina is also a vital member of the 16th SOW Honor Guard.

She was recently selected for senior airman below-the-zone and the Chief's Group Sharp award earlier this month.

(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.)

Hurlburt Field hosts Earth Day celebration

Hurlburt Field will celebrate Earth Day April 22 from 9 a.m. to 2 p.m. at the Soundside entrance to the Grace Brown Nature Trail.

This year's Earth Day theme is "Wildlife Conservation: Take a Walk on the Wild Side."

Sponsors from the Gulf Breeze Zoo, Panhandle Animal Welfare Society/Safe People Safe Pets, Golden Retriever Rescue, 823rd RED HORSE Squadron and 16th Civil Engineer Squadron will have display booths.

More than 400 children from local schools are expected to attend.

All base members are invited to attend and enjoy the food booths during their lunch hour.

Collection boxes will be set up for each organization.

Participants can assist wildlife conservation efforts by donating animal food items and supplies at the event.

Although cash donations will not be accepted at the event, they're always needed and welcomed.

For more information, call Robin Armhold at 884-7969.



The following is a list of donation items that will be collected. There is no obligation to donate.

Food Items:

Alfalfa
Pecans
Baby rice
Pedialyte
Cheerios
Cat chow
Cracked corn
Raw peanuts
Dry dog food
Raw sunflower seeds
Esbilac (canned powdered puppy formula)
Walnuts
KT Exact (baby bird formula)
Monkey chow

KMR (canned powdered kit ten formula)

Cleaning Items:

Bleach
Garbage bags (45-50 gallon)
Laundry detergent
Paper towels
Sponges
Tall kitchen garbage bags
Ziploc bags (all sizes)

Medical Items:

Cotton balls
Disposable gloves
Hydrogen peroxide
Neosporin
Rubbing alcohol
Surgical tape

Miscellaneous Items:

Bird cages
Blankets
Computer/copier paper
Heating pads
Kennels
Postage stamps
Sheets (Not fitted)
Stainless steel bowls, plates, etc
Towels
Wildlife books

Two new medals recognize units

RANDOLPH AIR FORCE BASE, Texas - Secretary of the Air Force Dr. James Roche recently approved two new medals recognizing units for outstanding heroism in combat and achievement or service in direct support of combat operations.

The Gallant Unit Citation and the Meritorious Unit Award can be awarded to Air Force active-duty, Reserve and Guard units for actions or service while in direct support of combat operations.

The specifics of each award vary:

Gallant Unit Citation

This medal is awarded to units for extraordinary heroism in action against an armed enemy of the United States while engaged in military operations involving conflict with an opposing foreign force on or after Sept. 11, 2001.

Just after the Presidential Unit Citation in order of precedence, the GUC requires a lesser degree of gallantry, determination and esprit de corps, said personnel officials.

"The unit must have performed with marked distinction under difficult and hazardous conditions in accomplishing its mission so as to set it apart from other units participating in the same conflict," said Tech. Sgt. Jeff Simmons, superintendent of the awards and decorations branch here. "The degree of heroism required is the same as that which would warrant award of the Silver Star which is awarded for gallantry and heroism of high degrees, including risk of life in action."

The GUC ribbon shall be worn immediately before the Joint Meritorious Unit Award. Subsequent awards will be denoted by oak leaf clusters.

Meritorious Unit Award

This medal is awarded to units for exceptionally meritorious conduct in the performance of outstanding achievement or service in direct support of combat operations for at least 90 continuous days during the period of military operations against an armed enemy of the United States on or after Sept. 11, 2001.

"The degree of achievement required is the same as that which would warrant award of the Legion of Merit," said Sergeant Simmons. "Service in a combat zone is not required, but service must be directly related to the combat effort."

The MUA ribbon shall be worn immediately before the Air Force Outstanding Unit Award. Subsequent awards will be denoted by oak leaf clusters.

Both medals are currently in the design phase, which may take several months before they're ready for wear. (AFPC)

DTS is coming to Hurlburt

By 1st Lt. Anthony Swain
16th Comptroller Squadron

Hurlburt Field will soon join other Air Force, sister service and Department of Defense organizations already using the Defense Travel System.

Organizations will be activated in a phased process from May through September. Those in the initial phase will activate May 14.

First envisioned in the mid-1990s, DTS fielding began in 2001 at 27 pilot and 232 other sites across DOD and already supports thousands of military and civilian personnel.

Oct. 20, 2003 DOD made DTS its official travel system and approved its fielding to the entire DOD.

In the words of DTS Program Director Colonel Brandy Johnson, "Within the next two years we'll deploy DTS to the most high-volume travel sites within DOD," said Col. Brandy Johnson, DTS program director. "It'll take time to deploy DTS to all of DOD, but the process is well underway."

DTS is "a state-of-the-art, 21st century e-commerce system," Col. Alan Tomson, DTS executive director for transformation, describes DTS as "a state-of-the-art, 21st century e-commerce system."

"DTS will mean online TDY travel for virtually every person in DOD both civilian and military," Colonel Tomson said. "This is a quality of life issue for our people. They deserve DTS."

Among the benefits DTS brings to travelers, authorizing officials, managers and commanders, those most touted include:

- Fast, electronic reimbursement of travel expenses is a priority item. With DTS, DOD will be able to reimburse its business travelers quickly and electronically.

- Approvals and certifications tied directly to mission; DTS also places approval of

travel arrangements and certification of travel vouchers at the worksite instead of a servicing finance location. This places authority to make travel decisions with leaders and managers responsible for mission completion.

- Significant reduction in time spent administering travel; Reports to Congress based on field-testing DTS indicate time spent administering travel is cut on average to one-third of what it was pre-DTS. Saving time also means saving money.

- Reduced paperwork; As DOD's single end-to-end electronic solution for travel, DTS is, in fact, online travel. DTS provides electronic connectivity between traveler, authorizing official, service/agency accounting and disbursing systems, local comptroller's budget, commercial travel service provider, commercial bank card service and electronic archive of travel-related documents. This electronic connectivity and archival process eliminates reams of paperwork previously required for business travel. Saving Paper also means saving money.

- Automated government charge card payment. This attribute makes DTS "a knight in shining armor" for many travelers and military Services and Defense agencies. It takes much of the after-the-fact bill paying responsibility away from the traveler and will work to reduce those delinquencies caused by the extra delay in the payment/repayment chain. Once a voucher is approved for payment, reimbursement for expenses charged to the traveler's government charge card is made directly to the account electronically.

Current plans call for DTS deployment to more than 100 locations across DOD by the end of fiscal 2004.

To learn more about DTS, visit the Defense Travel System Web site at www.defensetravel.osd.mil.

News Briefs



Local News

Share A Ride

Hurlburt Field has implemented the Share A Ride program for Airmen on base who don't have transportation. Signs are posted at designated points on the east and west sides of the base for Airmen who need a ride from one point to the other. Signs can be found in front of Burger King, the Air Park, the parking lot near the base exchange/Eglin Federal Credit Union and on the side parking area of J.R. Rockers. For more information on Share A Ride, call Chief Master Kevin Dillon at 884-4444.

ID system upgrade

The software/hardware used to issue ID cards will be upgraded May 4 - 5. The military personnel flight customer service will not be able to provide

any DEERS service to include ID cards, update marriages, births, etc. If people need DEERS updates due to retirement, promotion, births, etc, plan accordingly. For more information or questions, call Master Sgt. Inez Reyes at 884-5252.



Air Force News

SRB list grows

The Air Force has released the new selective reenlistment bonus list, which contains 62 specialties. The adjustments to the list:

- Reflect stronger retention and manning numbers

- Allow the Air Force to target limited SRB dollars to career fields still experiencing manning shortages and/or retention problems

The SRB increases and additions became effective March 30.

Criteria the Air Force uses to determine SRB rates include:

- Current/projected skills and manning levels
- Re-enlistment trends and retention rates
- Career field force structure changes
- Inputs from functional career field managers

Zero tolerance for sexual assault

The AF has a zero tolerance policy regarding sexual assault and sexual harassment and is committed to deter sexual assault through robust education and training programs, appropriate supervision and policies.

Our goal is to sustain an environment in which people feel secure to report sexual assaults when they occur. We'll swiftly and thoroughly investigate all allegations and punish perpetrators when the results of these investigations dictate.

Our number one concern is to ensure victims of sexual assault receive immediate care.

Meet the new commmander

Name/Rank: Stephen Clark/Lt. Col.

Organization: 4th Special Operations Squadron

Hometown: Knoxville, Tenn.

Off-duty time is for : My wife and two daughters. We're TDY enough, so every moment away from work is for them. As a family we enjoy hiking, snow skiing, and Tennessee football.

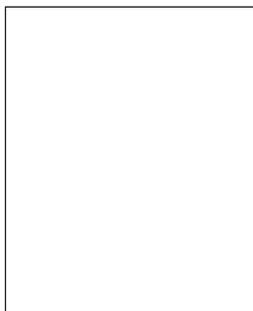
Previous Assignment: 4th SOS director of operations

Organizational Goals: Maintain full combat capability over time while sustaining a continuous high operations tempo in support of our national security strategy.

Continue to explore new ways to integrate the AC-130 Gunship into combat operations across the spectrum of conflict. The Gunship is key to urban operations.

Provide our folks every opportunity to achieve their personal and professional goals and aspirations. When we take care of our people, they take care of the mission.

Work Philosophy: When it becomes a job, it's time to find a new line of work. While this is a serious business, it should be fun. This is a "WE" thing. It's our squadron, it's our mission, and it's our time in history. All of our decisions and actions should be based on how they improve our organization and our mission. Is it better, smarter, faster? Does it decrease the amount of work while increasing our effectiveness? What are the second and third order impacts? Often we spend less total time if we take a few extra minutes getting things right the first time then it takes fixing our mistakes because we rushed to get them done fast. Our folks are doing the best job they know how, its wrong to assume otherwise. Communicate, communicate, communicate.



**Lt. Col.
Stephen Clark**

**HENRY COMPANY HOMES, INC.
COMM/SHOPPING NE
546371
3 X 10.00**

Special
OPERATORS

Congratulations to the following NCOs, who graduated from the NCO Academy at Tyndall Air Force Base, Class 04-3:

**SUPERIOR BEDROOMS/COOP
COMM/SALE
541413
3 X 10.00**

Free household Hazardous Waste Collection Day

By **Andrea Bishop**

16th Civil Engineer Squadron

Hurlburt Field will host a Household Hazardous Waste Collection Day Thursday from 8 a.m. to 12 p.m. at the community park entrance next to the child development center and across from the base pool.

The sponsors of this event are the 16th Civil Engineer Environmental Flight and Okaloosa County's, one-of-a-kind, Mobile Household Hazardous Waste Collection Center.

Household Hazardous Wastes are those wastes produced in our households that are hazardous in nature, but aren't regulated as hazardous wastes under federal and state laws.

According to the U.S. Environmental Protection Agency, the average home can easily accumulate 100 pounds per year of household hazardous waste. These products include cleaners, paints, stains and varnishes, car batteries, motor oil, pesticides and other products containing hazardous ingredients.

HHW's if disposed of improperly, may contaminate our air, soil and water. Even small amounts of these wastes may pollute ground water at a landfill.

Items that will be accepted at this event include but aren't limited to the following:

Paints	Spot removers	Anti-freeze
Batteries	Automotive chemicals	Appliances
Furniture polish	General purpose cleaner	Detergents
Paint products	Drain cleaner	Fertilizers
Solvents	Oven cleaner	Oil filters
Roofing tar	Pool chemicals	Gas cylinders
Used oil	Gasoline	Brake fluid
Flourescent bulbs	Fire extinguishers	Smoke alarms
Engine degreasers	Herbicides/pesticides	
Computer monitors/televisions		
<i>Explosives will not be accepted</i>		

Safely bring your HHW's to event by doing the following:

- Pack wastes carefully in a sturdy upright box and pad with newspaper to prevent spillage during transport
- Make sure containers aren't leaking
- Unsealed/leaking items must be placed in a larger container for transport
- Arrange like chemicals together and pack separately
- Label materials that aren't in their original containers

Never mix chemicals or smoke while handling hazardous materials. Base employees and residents are encouraged to take advantage of this opportunity; free of charge. For more information, call Andrea Bishop at 884-7924.

Month of the Military Child, Child Abuse Prevention Month

April is Month of the Military Child and Child Abuse Prevention Month. Commando Agencies Reaching Everyone has planned the activities below to help raise awareness of child abuse and to promote wellness among families.

Today – Pajama Day at child development center

Thursday – Earth Day, 9 a.m. to 2 p.m., at the soundside, call 884-6355 for details

April 23 – Skating party at 5:30 p.m.; open to base youth, call 884-6355

April 23 – Crazy Hats Day at child development center.

April 27 – Single parents lunch, 11:30 a.m. at family support center; call 884-5441 for details

April 27 – Parenting class, 6:30 p.m. call 884-4936 to sign-up

April 28 – Kids Smooth Move, for more information, call 884-5441

April 30 – Snow cone Day, for details call 884-6355

Stress levels high among service members

By Donna Miles
American Forces Press Service

WASHINGTON – Military deployments and other activities that keep service members away from home are upping stress levels among people in uniform, a new Department of Defense survey reveals.

The 2002 Survey of Health Related Behaviors Among Military Personnel, released March 8, showed that about one-third of the service members who responded to the confidential survey feel stressed-out because of their work. Of these, 19 percent cited deployments and family separations as top stress sources.

More than 40 percent of military women surveyed reported being under a “great deal” or “fairly large amount” of stress related to being a woman in the military.

The survey incorporated anonymous responses from 12,500 active-duty service members at 30 military installations. Respondents were selected randomly to provide a cross section of men and women, officials said.

The survey revealed that 85 percent of those questioned deal with their stress in positive ways. Many said they talk with others to get advice about issues troubling them, play sports or engage in a hobby.

However, other respondents said they sometimes turn to unhealthy outlets. Forty percent of the men and about half of the women use food and more than 25 percent use alcohol or cigarettes as a way of coping.

This year’s survey showed the first increase in smoking in the last 20 years. One-third of the respondents said they smoke cigarettes, compared to 29.9 percent during the last survey, conducted in 1998.

Heavy drinking was also up among service members from 15.4 percent in 1998 to 18.1 percent in 2002. Officials defined heavy drinking as consuming five or more drinks per occasion at least once a week.

Younger service members reported the heaviest alcohol use: 27 percent of those ages 18 to 25 acknowledged heavy alcohol use – almost double the rate among civilians in the same age group. Among service members 26 and older, the rate was 9 percent – comparable to that of civilians in their age group.

The survey revealed that illegal drug use among service members has remained significantly lower than in the general population, officials said. Just three percent of the survey respondents said they had used illegal drugs within the past 30 days. This compares to about 12 percent in the general population.

DOD officials are concerned about the increases in smoking and heavy alcohol use among members, but not necessarily surprised, said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

“These findings, along with indicators of stress and other similar mental-health indicators obtained in this survey, aren’t entirely surprising given the military’s role in worldwide events throughout the past two years,” he said.

Dr. Winkenwerder said new programs introduced, or to be introduced soon, since the survey was conducted are designed to address some red flags raised.

“Military leaders and the military health system are committed to improve healthy behaviors and reduce avoidable stress,” he said.

Despite reporting elevated stress levels, the survey revealed that most service members are happy with their work. An estimated 65 percent of the respondents said they were “satisfied” or “very satisfied” overall with their current work assignment. Airmen reported the highest satisfaction level, 72 percent, and Soldiers the lowest, 60.9 percent.

(AFNS)

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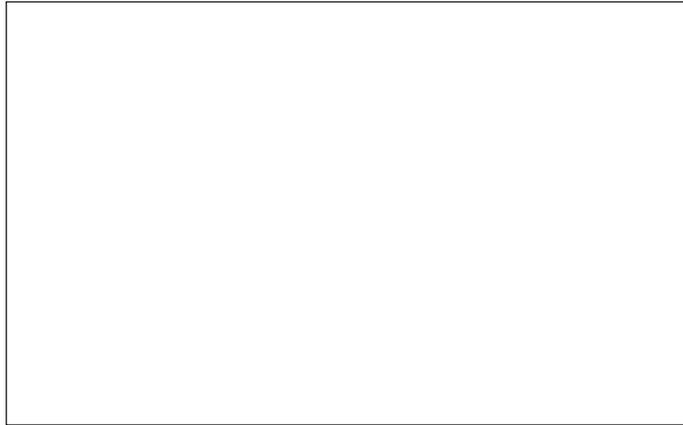


Photo by Airman Ali Flisek

Egg-citing time

A plastic egg catches the attention of this toddler who recovered the egg from her basket at the annual Egg Hunt Saturday. The event drew approximately 500 children and families.

Scams all too common

Eglin Federal Credit Union - "We all say it won't happen to us. But, think again. Hurlburt Field personnel have been victimized as well as thousands of unsuspecting citizens throughout the world," said Sherry Harlow, marketing director at Eglin Federal Credit Union.

You have something to sell, you advertise it, and someone buys it. Sounds simple. So how do you become a victim?

Here's what happens. Let's say you have a \$20,000 used vehicle to sell. You advertise through an online site. Someone in England contacts you saying they're stationed overseas, want to purchase your car and have it shipped to them, and will make arrangements to send you a cashier's check for \$20,000.

When you get the check it's made out for \$25,000. The buyer tells you their bank made a mistake because \$5,000 was to go to the company handling the shipping of the vehicle.

You're asked to deposit the cashier's check for \$25,000 and have your bank wire the \$5,000 overage back to the buyer. Your financial institution completes your requested transaction.

However, later that institution finds out the \$25,000 cashier check you deposited was fraudulent. Since you've already wired the \$5,000 you're left owing a debt. You can file a complaint and press charges if you can find the person who did this to you.

Rick Hord, public information officer for Okaloosa County Sheriff, said there have been several of these cases reported recently. Mr. Hord cautions citizens that in overseas scams, it's hard to identify the culprit, and then you're at the mercy of their government to prosecute.

"Perpetrators of this type of scam employ two things: a sense of urgency, and preying on your element of trust," Mr. Hord said. "We have a secret weapon against scams, and that weapon is education."

So how do you protect yourself? Don't be in a hurry. Deposit the cashier's check and don't send the difference until your financial institution has received the funds. This could take up to two weeks. While you may feel the

story you are told is believable, proceed with caution and don't be too trusting.

Even if you advertise in a local paper, you may not be safe from this scam. Find out if the publication you're dealing with also posts their "for sale" items on the Internet. Some victims did not realize their advertisement was being seen by individuals outside the local community. The publication that posts your advertisement is innocent of any wrong doing as they were simply providing enhanced service to their advertisers by posting ads online at no extra charge.

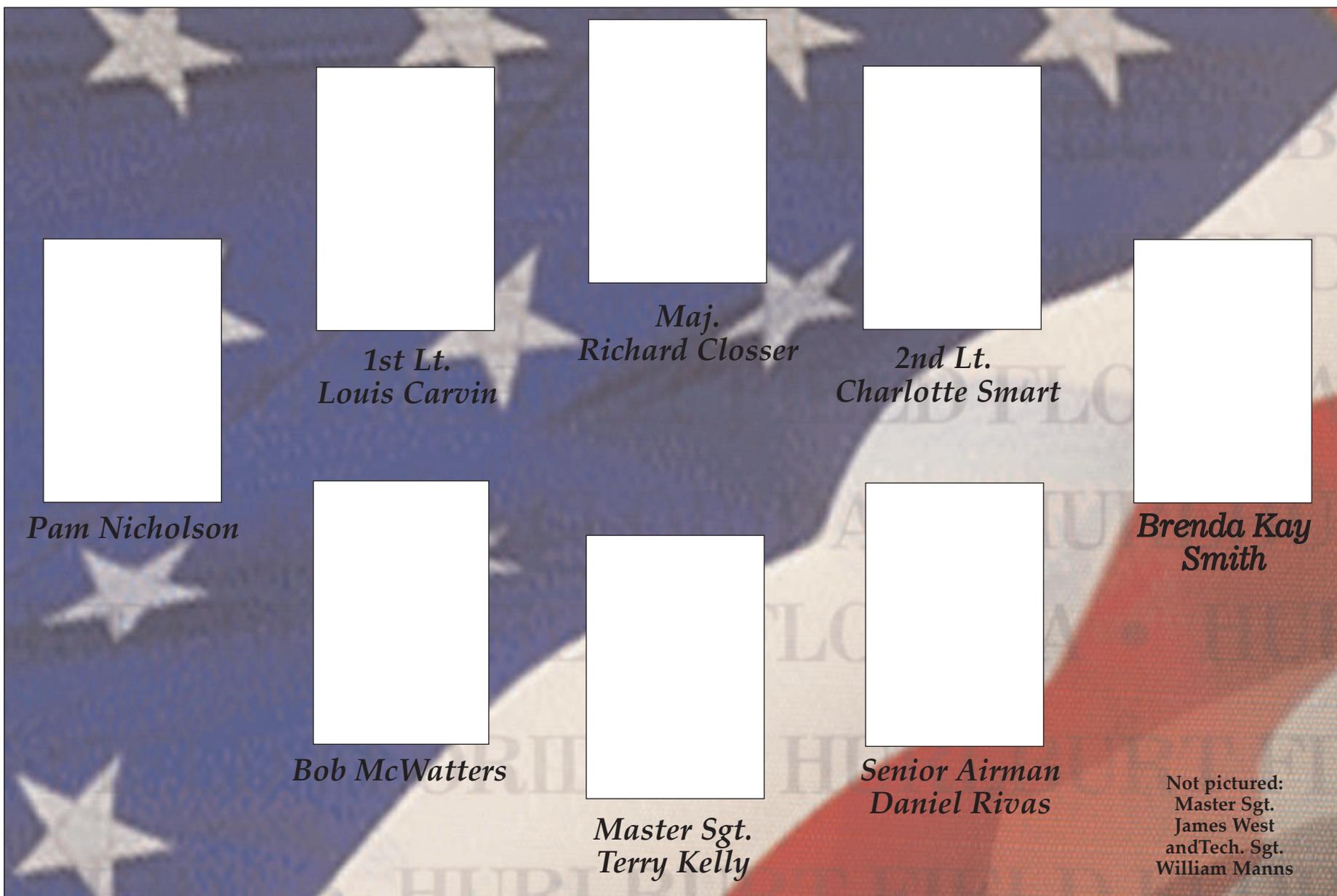
"In most instances the cashier checks are drawn on reputable institutions, and many of the counterfeits are very good," said Thom Morgan, Eglin Federal Credit Union internal auditing investigator.

"In some cases, the checks are printed on stolen check stock, so all of the "security" features work. They have correct account numbers and routing numbers, and an automated system will verify them. Even though the check has been verified and accepted by your financial institution, if it's returned unpaid, you're liable for any losses, not your institution."

The scams apply to other items besides vehicles. One couple sold a bracelet on the Internet for \$500. They received a cashier's check for \$1,000 from the buyer who explained they were purchasing two items on the Internet and the bank was supposed to issue two checks, each for \$500 to two individuals. The scam continued by asking the seller to deposit the check and send the buyer the \$500 overage. Once again, the seller did not sell the bracelet and ended up owing \$500 to their financial institution.

Innocent people are brought into these scams in other ways. In another similar case, a trustworthy person was hired to go to an overseas Western Union office to pick up the money being returned to the buyer. She believed the story of why her help was needed and was paid a fee for her assistance. This individual didn't realize she was being used to perpetrate a crime until law enforcement detectives contacted her. Be sure you know who you're doing business with; if it seems too easy or too good to be true, it probably is.

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16th SOW Manpower and Organization

Professional resource management



The 16th Special Operations Wing Manpower and Organization office consists of 10 people whose mission is to provide professional, expert manpower resource management support for the 16th Special Operations Wing.

The primary customer of the Manpower office is the unit commander and there are several ways the manpower office helps the unit commander:

The manpower office has four primary functions: requirements determination, organization structure, program allocation and control, and performance management.

The most visible contribution to the Special Ops mission is the manpower requirements determination process. This process determines the amount, Air Force Specialty Code, and grades of manpower positions for units. Once the manpower spaces are assigned to units, personnel work the fill actions for that position. This requirements determination process ensures commanders have the correct number and type of manpower resources to complete their mission.

Another core duty of manpower is Air Force Organization structures. The recent Combat Wing Organization is a great example. With this reorganization came the activation of new units, deactivation of units, and redesignation of units. The manpower office ensured that manpower resources were

reassigned to these new and in some cases, merged units.

Some examples of our performance management function is the Chief of Staff of the Air Force Survey and the Innovative Development through Employee Awareness program. The CSAF survey collects valuable inputs from Air Force members and is sent out every two years or so. The wing manpower office is the Hurlburt Field office of primary responsibility for the Air Force IDEA program.

Last year the manpower office processed more than 70 IDEAs, awarding submitters more than \$41,000 and saving the wing more than \$553,000.

The manpower's fourth core function is program allocation and control. Manpower resources are allocated from the Air Staff to major commands as new requirements evolve. MAJCOM manpower personnel then create manpower spaces on the Unit Manpower Document. Manpower resources are fully spent on the Unit Manpower Document.

Manpower's main goal is to stay connected with workload changes in Hurlburt Field units, validate these changes and elevate the requirement to the MAJCOM for funding of these manpower resources. This ensures that we give units the right type of person, at the right place, at the right time.

The manpower enlisted career field has no pipeline accession students (basic training, then tech school, then first duty station) therefore it's purely comprised of retrainees. The manpower career field sustains itself by recruiting personnel from other career fields. The manpower office is always looking for motivated senior airman or above to retrain into the career field.

In the near future the career field will be merge with the personnel career field. As part of the career field merger, they'll also be realigned from a wing staff agency to a flight under the 16th Mission Support Squadron.

For more information about the manpower career field, call 884-6805.

New TRICARE south region to be administered by Humana Military

In August 2003, the Department of Defense announced the award of the next generation of TRICARE contracts, which will replace the current TRICARE contracts between June 1 and Nov. 1, 2004. The current 12 TRICARE regions will be reconfigured to three regions within the United States – the West Region, South Region and North Region.

The Department of Defense awarded Humana Military Healthcare Services the contract to administer the TRICARE program in your region, which is the South Region. Health care delivery under the South Region contract is scheduled to begin this summer or fall. In the Southeast, HMHS cur-

rently provides TRICARE support services to eligible military beneficiaries in Florida, Georgia, Alabama, Mississippi, Tennessee, South Carolina, and eastern Louisiana. The new contract adds Oklahoma and Arkansas, plus eastern Texas and the remainder of Louisiana to Humana Military's area of responsibility. Consequently, HMHS will support health care delivery to approximately 2.76 million TRICARE beneficiaries.

In the next several months, HMHS will create a smooth transition for our beneficiaries and a robust network of TRICARE providers. For more information, visit www.humana-military.com or www.tricare.osd.mil or call (800) 444-5445.

Health tip: spring into fitness

It's time to shed the layers of winter clothing that may hide extra pounds. The thought of unveiling those pounds may have you running for a weight loss regimen. But before you choose a weight loss program, focus on key strategies to success. Make having a healthier body your goal. Focus on healthy eating by decreasing meal portions and making better food choices. Include a variety of foods to meet

your nutritional needs; get physically active. People should aim for physical activity several days of the week. Losing weight is easy, but maintaining your lighter self may be more difficult. If you make gradual changes in your life style, it'll be easier to maintain your weight loss. For more information and a list of nutrition and fitness classes offered at the Health and Wellness Center, call 884-4292.

Customs and courtesies

Common acts of courtesy among all Air Force personnel aid in maintaining discipline and promoting the smooth conduct of affairs in the military establishment. When courtesy falters within a unit, discipline ceases to function, and accomplishing the mission is endangered. Many of the Air Force courtesies involve the salute. There are, however, many other courtesies commonly extended to superiors, subordinates, and working associates. The following paragraphs list some of these courtesies:

■ Always give the senior person - enlisted or commissioned - the position of honor when walking, riding, or sitting with him or her. The junior person should take the position to the senior's left.

■ When reporting to an officer indoors, if not under arms, knock once and enter when told to do so.

■ Upon entering, march to approximately two paces from the officer or desk, halt, salute, and report in this manner: "Sir (Ma'am), Airman Smith reports as ordered," or "Sir (Ma'am), Airman Smith reports." When the conversation is completed, execute a sharp salute and hold it until the officer acknowledges it, then perform the appropriate facing movements and depart.

■ Unless told otherwise, rise and stand at attention when a senior official enters or departs a room. If more than one person is present, the person who first sees the officer calls the group to attention. However, if there is an officer already in the room who is equal to or has a higher rank than the officer entering the room, do not call the room to attention.

■ Except in the field under campaign or simulated campaign conditions, observe certain personal courtesies in association with officers. Unless the officer directs otherwise, stand at attention when speaking to an officer. If in a parked vehicle, always get out before speaking to or replying to a senior who is not in the vehicle.

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Families of high school seniors may get to stay in place

RANDOLPH AIR FORCE BASE, Texas – Some Air Force families with a youth entering the senior year of high school may get to stay additional time at their current duty stations, thanks to a new policy announced this month.

"In today's environment of deployments and high operations tempo, it's important that we alleviate stress on families wherever we can," said Chief Master Sergeant of the Air Force Gerald Murray. "This initiative is designed to do that."

"This is a policy we think increases the quality of life for Air Force families," said Roger Blanchard, Air Force assistant deputy chief of staff for personnel. "The intent is to decrease turbulence and increase stability for military families," he said.

The High School Seniors Assignment Deferment Program allows senior master sergeants and below and officers up through the rank of lieutenant colonel to apply for a one-year assignment deferment.

Back-to-back deferments may be possible, and

military-married-to-military spouses may also apply.

Even with the changes, officials said the mission comes first.

"This policy doesn't mean every Airman with a high school senior will remain in place," said Chief Murray. "Deferments will be approved where possible. As in all situations, however, the needs of the Air Force will come first."

"Requests will be considered on a case-by-case basis," said Col. Kathleen Grabowski, chief of assignment programs and procedures here. "The goal is to approve as many requests as mission needs allow without being unfair, but the reality is that some requests won't be possible due to Air Force needs.

"We'll work with people as we always have," she said. To be eligible, the rising senior in high school must be a dependent of and living with the Airman requesting the deferment and must be enrolled in the dependent enrollment system called DEERS, she said.

Officers will need to apply before being put on assignment, while enlisted people won't apply until after being matched to an assignment, said Master Sgt. Letty Inabinet, superintendent of assignment procedures. Applications are available at military personnel flights and commander support staffs.

Officials estimate that annually 20-25 percent of officers and senior NCOs have youth entering their senior year of high school, and perhaps, one third of those could be eligible for assignment in a given year, officials said.

The policy makes official what was already being done informally whenever possible in the past, said Colonel Grabowski. In some cases, assignments teams were already successfully working with Airmen to allow families stability when youth were coming up on graduation, she said.

For more information, call the Air Force Contact Center toll free at (800) 616-3775 or visit <http://www.afpc.randolph.af.mil>. **(AFPC)**

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Community

Air Commando Dining-out

The 16th Special Operations Wing is planning a dining-out May 8 at 6:30 p.m. at the Emerald Coast Conference Center. The event commemorates the 24th anniversary of Desert One operations. Dress code is semi-formal/mess dress for military and formal for civilians. Tickets can be purchased through unit first sergeants.

Claim

Anyone with a claim for or against Tech. Sgt. David Gressett, 16th Special Operations Squadron, who died during training at Tyndall Air Force Base, April 1, should contact 1st Lt. Stuart Tiffen at 884-6652.

AFSOC picnic

The Air Force Special Operations Command will host its annual picnic May 21 from 11:30 a.m. to 4:30 p.m. at the community park. The community park parking lot and entrance to the child development center will be blocked. Eventgoers are encouraged to park at the base chapel, the base tax center, the pool or J.R. Rockers. For more information, call 2nd Lt. Jennifer Snow at 884-8756 or 1st Lt. Amber Bianchini at 884-8752.

On-base taxi service

Hurlburt Field now has an on-base taxi service supported by the vehicle management flight. It's available to anyone with mission-related appointments. The taxi service consists of six and eight passenger vehicles. For taxi service, call 884-7223.

NCOA meeting

Hurlburt Field's Commando Noncommissioned Officer Association chapter is holding its monthly meeting at 6 p.m. April 24 at J.R. Rockers' Daytona Room. Members are asked to bring a guest. Topics of discussion are: upcoming base/community events, chapter elections and other general discussions on membership and the chapter's focus. The NCOA is also looking for current and previous members that haven't been actively involved with the group. For more information, call Master Sgts. Bob Love at 884-5787 or Charles Glotzbach at 884-7964.

HESC meeting

The Hurlburt Enlisted Spouses Club will host a membership and bingo night Thursday at the base chapel. Social hour starts at 6 p.m.; games begin at 7 p.m. Prizes will be available. Only members are eligible to win. Applications will be available at the event, with membership fees of \$2 monthly. Reserve your spot no later than Monday by calling Elaina Cron at 581-1468, Danielle Alicea at 936-4089 or Cecil Lacey at 243-5248. The HESC will meet at 6:30 p.m. May 6 at the family support center. HESC is looking for new board members; all Hurlburt enlisted spouses are invited to join the club. For more information, call Elaina Cron at 581-1468 or 240-7301.

National prayer breakfast

The 16th Special Operations Wing Commander's 2004 National Prayer Breakfast is planned for 7 a.m. April 29 at The Soundside. The 16th Special Operations Wing Commander Col. O.G. Mannon,

invites everyone to join him as we pray for our families, nation and leadership.

Keynote speaker will be Colonel Gary Carlson, Air Force Special Operations Command chaplain. Tickets are \$3 each and can be purchased at the base chapel or from your first sergeant. Seating is limited to 300 people, so purchase tickets early. For more information, call the base chapel at 884-7795.

NCMA luncheon

The National Contract Management Association will host a luncheon Wednesday at the Eglin Enlisted Club. Eventgoers are asked to be seated and served by 11:30 a.m. Speakers will include Cheryl Nilsson, TYBRIN Corporation Director of Contracts and Bob Gustafson, Delphi Research, Inc. President and CEO. This month's topic is Mentor-Protégé Joint Venture-Industry Perspective on New SBA Initiative. For reservations or more information, call Sue Stanley at 882-0185 or Sara Perkins at 882-4785 at 882-2305.

Jane's database training

Jane's on-line database training will be offered free of charge at the base theater 9:30 a.m., April 27. The database allows troops to efficiently search and find the most current technical information on a wide variety of topics including terrorism, intelligence, aircraft, defense, aerospace, transport, security, military biographies, and related business information and photographs.

The demonstration will include instructions on searching various databases that the library subscribes to for local base users. For a preview visit www.commandolibrary.com/library_research_links.htm. Seats must be reserved by calling 884-6266.

Old Spanish Trail Festival

The 48th Old Spanish Trail Festival Military Appreciation Day is planned for May 1. Service members who present identification will receive a \$2 admission discount. Entertainment will feature country music star Josh Turner.

Clinic closure

The 16th Medical Group will close at 11 a.m. April 23 for wing training. The Eglin Air Force Base emergency room will be open. Normal clinic operations will resume April 26.

The 16th MDG will also be closed April 29 for an official function. Emergency services will be available. Normal clinic operations resume at noon the same day.

CGOC meeting

The Company Grade Officer's Council will meet at 3:30 p.m. today at Connie's Combat Hooch.

New hours

Pass and registration customer service has new hours. They are listed as follows: Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 8 a.m. to 4:30 p.m. Line badges won't be issued after 4:15 p.m. For more information, call 884-5125.

16th CPTS notice

The 16th CPTS continues to be minimally staffed until today; customer wait times may increase. Plan customer service trips for military pay and travel issues accordingly.

Air Force TV and Radio News



To check out Air Force TV or Radio News visit: <http://af.feedroom.com> or www.af.mil/news and click on TV or radio to find out what's happening around the Air Force.

Hurlburt Field Chapel



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.

For more information, call 884-7795

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 – (R) *Twisted*, starring Ashley Judd and Samuel Jackson – A detective tracks a serial killer who murders the men she dates. When she begins blacking out before each murder, she's targeted as the prime suspect.

Saturday – (PG) *Confessions of a Teenage Drama Queen*, starring Lindsay Lohan and Adam Garcia – Lola is most popular kid at her school, but when her family moves, she finds that at her new school, Carla is the "drama queen" in residence.

Sunday – (R) *Eurotrip*, starring Scott Mechlowicz and Michelle Trachtenberg – Scott thinks his German pen pal is a guy, but when he discovers that she's a babe, Scott and his buddy head across the Atlantic to visit.

Eglin 882-1066

Friday – (PG-13) *Stargate & Hutch*, starring Ben Stiller and Owen Wilson – Based on the popular 1970s cop show. A tough pair of plain-clothes cops solve cases with their informant Huggy Bear. While investigating a case, they realize the culprit is the criminal involved in their first bust.

Saturday – (PG-13) *Hidalgo*, starring Viggo Mortensen and Omar Sharif – A 3,000-mile survival race across the Arabian Desert is restricted to the finest Arabian horses owned by royal families. In 1890, a wealthy Sheikh invites an American and his horse to enter a race which pits him against Bedouin riders determined to prevent him from finishing.

Sunday – (PG-13) *Agent Cody Banks 2: Destination London*, starring Frankie Muniz and Anthony Anderson – The teen spy returns to Kamp Woody for more CIA training before moving to London as a foreign-exchange student. But, he's really there for another assignment, assisted by a new female junior agent.

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

Road closure

A portion of Letourneau Drive is closed for force protection upgrades. The affected area runs from the base pool on Mc Millian Dr. and ends at the 3-way stop adjacent to J.R. Rockers. The street will be milled and portions will be resurfaced, with turnarounds installed.

Due to force protection requirements, the final configuration of Letourneau Drive will be altered. Traffic is prohibited behind Building 90310; only foot traffic will be allowed. Services ball fields can be accessed through the parking lots for the pool and Building 90310.

Technology expo

The Hurlburt Field Technology Exposition is scheduled for Wednesday from 10 a.m. to 2 p.m. at the Soundside club. More than 20 exhibitors will be on hand with the latest computer hardware, software and services. For more information, call Melanie Yanon at (301) 596-8898 ext. 236 or e-mail yanon@ncsievents.com.

Travel Expedition

Information, Tickets and Travel is hosting the Travel Expedition April 30 from 10 a.m. to 1 p.m. at the Soundside club. Over 90 entertainment vendors will on hand to provide information. Prizes will also be given away. A fish fry lunch will be available from 11 a.m. to 1 p.m. for \$5. For more information, call 884-7848.

Zero overpricing

Do you think your organization is paying too much for an item? Let the 16th Logistics Readiness Squadron's customer service office know. To inquire about an overpricing referral form, call Senior Airman Emary Head or Staff Sgt. Amber Harrison at 884-3531 or 884-6838.

Summer camp

The youth center will hold registration for Summer Camp 2004 Monday. The camp is open to ages 5 to 12; who've completed kindergarten. Current shot records and pay statements for total household are required at sign up. Registration is Monday through Friday from 9 a.m. to 3 p.m. For more information, call the Youth Center at 884-6355.

Holley-Navarre pre-registration

Holley-Navarre Primary School announces kindergarten pre-registration for those who will be 5 years old on or before Sept. 1 and attending school in the fall. Registration will be April 27 and 28 from 9 a.m. to 3 p.m. in the professional library located in the media center. Bring a birth certificate, Florida Blue Card of Immunization, school physical if less than 1 year old, social security number, proof of residency and custody papers if applicable. For more information, call 936-6000.

Vendors needed

Vendors are needed for Hurlburt Field's third annual Bridal Expo June 6. The event will be held at the soundside from 2 to 5 p.m. For more information, call Phyllis Pettigrew at 581-3110.

CCAF graduation ceremony

The Community College of the Air Force announces a graduation commencement ceremony May 5 at 8:30 a.m. at the Soundside. The Hurlburt Field Education Services Office will be minimally staffed from 7 to 10:30 a.m.

Volunteers needed

The Hurlburt Field Airman's Council is seeking volunteers for a clean-up day at Bob Hope Village April 24 at 9 a.m. For more information, call Senior

Airman Sirrena Simms at 884-4926 or e-mail sirrena.simms@hurlburt.af.mil.

Education survey

The Hurlburt Field Education Services Center is conducting a survey through April 30 to help determine the needs of students. The survey is available at <https://afvec.langley.af.mil/afvec>.

Classes

FSC classes

For more information on the following family support center classes call 884-5441.

Employment Orientation – Monday, 10 a.m.; reservations required

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

Heart's Apart – Tuesday, 5:30 p.m.

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

HAWC classes

To reserve a seat in the following Health and Wellness classes, call 884-4292. Classes are offered free of charge.

Healthy Living Workshop – Tuesday and Thursday, 8:30 a.m.; Wednesday, 1 p.m.

Body Composition Improvement Program – Tuesday, 1 p.m.

Lean on Me – Wednesday, 3:30 p.m.

Eating Heart Healthy – Thursday, 10:30 a.m.

Total Fitness Enhancement – Wednesday, 8:30 a.m.

Body Composition Improvement Follow-up Program – Thursday, 1 p.m.

Prenatal Nutrition – Tuesday, 4 p.m.

**LEE PONTIAC
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Tennis tikes learn basic fundamentals during camp

Story and photos by
Airman James Dickens
Public Affairs

Hurlburt Field Youth Center hosted the second annual Spring Break Youth Tennis Camp at the tennis courts this week.

The free week-long camp where the rackets and balls were provided, was developed to see how much interest there was in tennis on base.

The kids were taught many new techniques and did numerous drills to help improve their skills.

The instructor tossed a few balls to the

kids so they could smash them back, allowing them to learn the fundamentals of the backhand and forehand strokes.

After they got the basics down of the backhand and forehand they learned to serve and hit balls from a serving machine, which seemed to be the kids' favorite.

"The kids learned a lot and it kept them busy while having fun at the same time," said Staff Sgt. Brian Bialobreski, 16th Aircraft Maintenance Squadron, and father of three children that attended the camp. "Not to mention the camp helped them learn about discipline just as playing any sport does."

Air Force women win championship

SAN ANTONIO – The Air Force team won the 2004 Armed Forces Women's Basketball Championship at Marine Corps Air Station Miramar, Calif., April 2 to 10. They upset the perennial championship Army team in the final at a double round-robin championship.

The powerhouse Army team had won the championship every year since the Navy defeated them in 1991 at Camp Lejeune, N.C.

The Air Force won its only previous title at Chanute Air Force Base, Ill., in 1981.

The Air Force opened the tournament by defeating the Marine Corps team with Naomi Mobley's 17 points. She is from Eielson AFB, Alaska. The 6-foot-3-inch center also collected seven rebounds.

LySchale Jones, from Langley AFB, Va., scored 10 points, while Staci Muller, from Elmendorf AFB, Alaska, added 9 points. Lindsay Logsdon, from Laughlin AFB, Texas, and Nicole Bowman, from Aviano Air Base, Italy, each contributed 8 points to the 79-52 win.

The Air Force followed up its first day win by defeating the Navy team 90-74.

Mobley scored 21 points, and Jones' three 3-pointers helped her compile a 16-point game total. Mariela Miles, from Eglin AFB, Fla., scored 13 points from her point-guard position, while forward Angelia Rougeau, from Dover AFB, Del., totaled 11 points and four rebounds.

On the third day, despite strong scoring by Mobley and Rougeau, with 18 and 14 points, respectively, the Army beat the Air Force team 64-61.

Miles got the Air Force back on the winning track, scoring 19 points to lead the Air Force to its second win over the Marine Corps, 67-45. Mobley and Jones pitched in 13 and 12 points, respectively.

Mobley's 23 points and Miles' 13 points again led the team to an important 67-46 win over the Navy. This win led to a final showdown between the Army and Air Force teams. The Air Force had to beat the Army by at least 3 points in the final game to win the championship (based on final win-loss record and actual head-to-head results in the tournament).

After leading during the championship game by as many as 11 points, the Air Force went into half-time trailing 41-40; however, Mobley's 24, Miles' 18, Bowman's 14, and Rougeau's 12 points led the Air Force team to an 81-74 final victory over the Army. (AFPN)

Sports shorts

MXG Bash Softball tourney

The annual 16th Maintenance Group Bash "Single Pitch" Softball Tournament is scheduled for April 23 at 8 a.m. The double elimination tournament will be held at the softball fields behind the Aderholt Fitness Center on RED HORSE Road. Entry fee is \$125 per team. There will also be a home run derby at 1 p.m. Prizes will be awarded. Volunteer umpires needed. For more information, call 1st Lt. Marty Sisson at 884-5040 or e-mail: martin.sisson@hurlburt.af.mil.

Table tennis club

The Egline Table Tennis club meets every Monday from 6 to 9 p.m. at the Federal Prison Camp Training Facility at Eglin Air Force Base. All table tennis enthusiasts are invited. For more information, call Dennis Rackard at 882-8680.

Women's varsity softball

Players are needed for the women's varsity softball team. For more information, call the Aderholt Fitness Center at 884-6884.

Super Day 2004

Super Day 2004 is scheduled for May 27. The day-long event matches-up different units on base in friendly competition. For more information or to participate in Super Day, call the Aderholt Fitness Center at 884-6949 or check with your unit sports representative.

Sailing Classes

Outdoor recreation is offering sailing classes Tuesdays, Wednesdays and Thursdays from 4:30 to 6:30 p.m. Classes will be held at outdoor recre-

ation, Building 92473 and the cost is \$36 per person. Pre-registration is required by phone or in person. Call 884-6939.

5K Fun Run

Focus 56 will hosts its first 5K Fun Run April 23 with a 8:15 a.m. start time the Aderholt Fitness Center. Cost is \$10 to register before race day and \$15 to register the day of the event. T-shirts will be given out to the first 100 sign-ups. To register, call Tech. Sgt. Duane Booth at 884-7506 or Tech. Sgt. Lisa Loyd at 881-2186.

Steam room renovation

The men's steam room at the Aderholt Fitness Center is closed for renovations through May 5.

First Lt. Linda Slusarski, 36th Electronic Warfare Squadron, Eglin Air Force Base (above), coaches Tyler (blue shirt) and Trystan Bialobreski at the Spring Break Youth Tennis Camp Tuesday at the base tennis courts. (Right) Mia Bialobreski takes a big swing at a ball tossed to her by an instructor.

