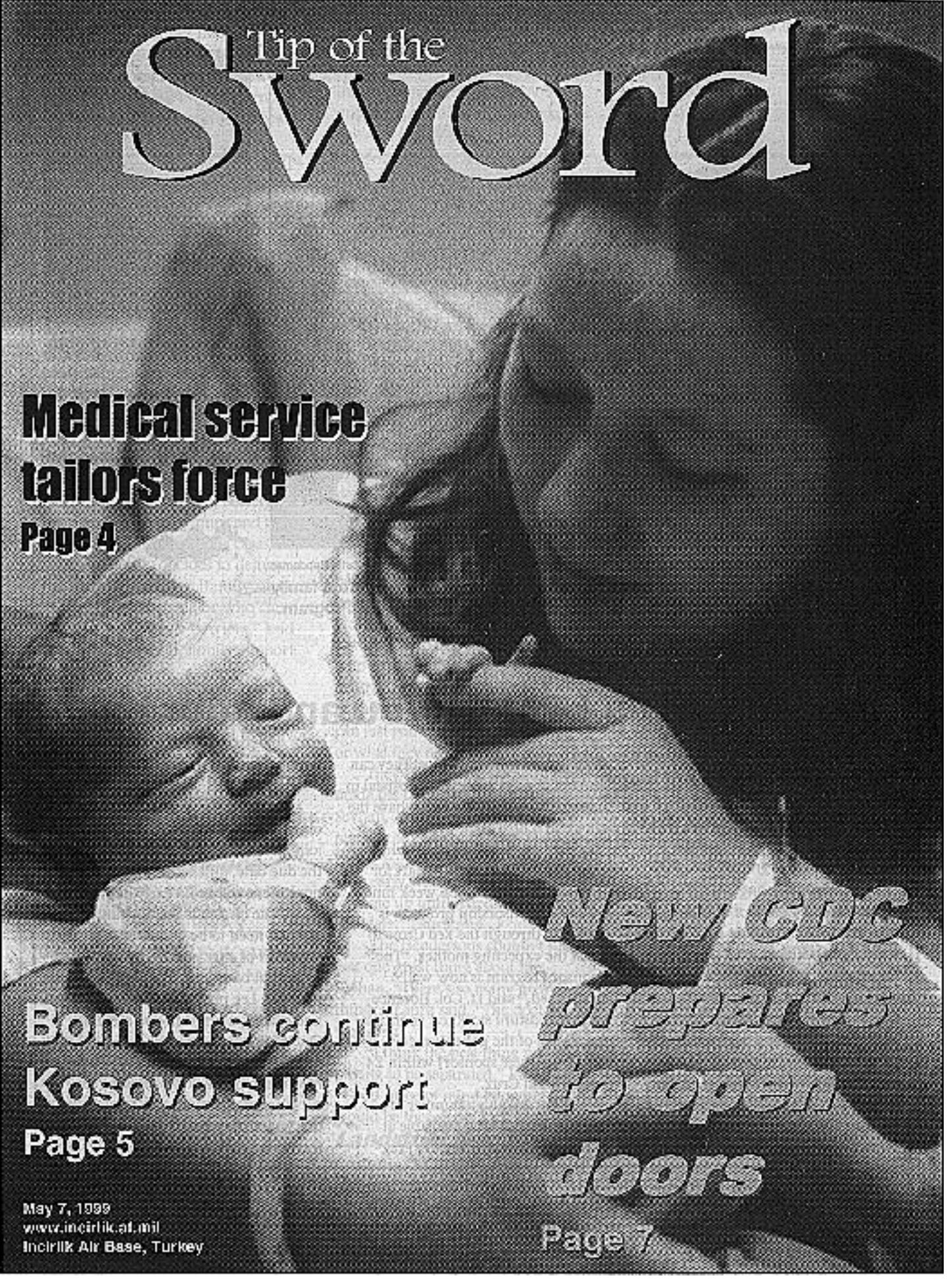


Tip of the **Sword**



**Medical service
tailors force**

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**Bombers continue
Kosovo support**

Page 5

*New CDC
predelegated
to open
doors*



Staff Sgt. Martie Capoeman

Tech. Sgt. Russell and Laura Henderson, and their son Nicholas, share a family moment. Nicholas was born at Seyhan Hospital through the Storknest Program.



File photo

This incubator, used to care for newborns at Seyhan Hospital, is like many used in American hospitals.

Storknesting: Choose what's best for you and your baby

By Staff Sgt.
Martie Capoeman
Public Affairs

Are you planning on having a baby or are you already pregnant?

At Incirlik, having a baby is complicated by the fact that the base hospital doesn't have an obstetrics ward. So, once a woman tests positive for pregnancy, she's entered into the Storknest Program. This program is designed to assist women and families in making a decision about where to deliver their baby.

Family members and active-duty women can elect to have their baby at Landstuhl Regional Medical Center, Germany, or another hospital facility

in U.S. Air Forces in Europe. They can also opt to go to the Seyhan Hospital in Adana. Only family members have the choice to return to the States.

If a family chooses Landstuhl, the expecting mother must depart for Landstuhl at the 34-36 week time frame. A sponsorship program is available through the Red Cross to assist the expecting mother. "The Sponsor Program is now well established," said 11. Col. Florencio Cruz, Landstuhl storknest coordinator. "Most of the patients receive a call [from their sponsor] within 24 hours," said Cruz.

There are also a number of birthing classes now available at LRMC, to include a Healthy Preg-

nancy, Healthy Baby and Early Discharge Class.

According to Maj. Linda Lee, obstetrics case manager, the father can join his wife three to four days prior to the due date, unless there are indications there will be an early delivery.

If the choice is the Seyhan, women need to be aware of the standard of care and how it differs from that of a typical American hospital. Lee provides that information during a one-on-one meeting. One of the benefits of choosing Seyhan is TRICARE will cover medical expenses.

For women who want to go to the States, they need to be aware that travel, lodging and meals aren't

On the cover: Through the Storknesting Program, Senior Airman April Wagle chose to have her baby girl, Sierra, at Landstuhl Regional Medical Center in Germany. (Courtesy photo)

covered, but families may travel space-available to the port of entry. However, women should know it can take up to 6-8 weeks to return to Incirlik, because of birth certificate and passport processing.

There are many support groups on base to help people make the best decisions for this important moment.

There's the monthly Storknest Support Group Meeting. "The purpose of these meetings is for all of the expecting families of Incirlik to get together and share their concerns, ask questions, and inform others of their experiences," said Linda Maggio, support group coordinator.

Family Advocacy offers the New Parent Support Program. The Family Support Center offers financial counseling, as well as the Bundles for Babies. The Air Force Aid Society provides free breast pumps and there's also the Great Expectations Class.

"If a family decides to deliver at the local hospital, we [family support center] have a translator who can assist with language barriers," said Melanie DiAntonio, family support center.

With all these programs available people can make an educated choice on where they want to deliver the newest addition to the family. What follows are individual stories about the two primary locations people are choosing to have their baby in the storknest program.

Seyhan experience

As first-time parents, Tech. Sgt. Russell and Laura Henderson read every book and magazine they could about pregnancy and birth. "We read up on everything to know what to expect," Russell said.

In preparation, they also met with Maj. Linda Lee, obstetrics case manager, and Jackie Hawkins, family advocacy nurse specialist. They first planned on going to Landstuhl Regional Medical Center, Germany. However, as it got closer to the time for Laura to leave, they had second thoughts.

"We talked to people who

delivered at the Seyhan and they all told us they had good experiences," she said. "And Jackie helped us find information and answers to our questions, she didn't try to make the decision for us."

Getting the information they needed was only one important factor in their decision.

"I was afraid he wasn't going to make it and I didn't like the idea of flying so many hours," said Laura. "It gave us piece of mind knowing I was going to be here," Russell added.

Weeks before the due date, they met with Dr. John Okoye, Seyhan obstetrician, who took them to the hospital. He spent two hours just talking with the couple and answering all their questions. The question about the safety of Turkish blood products was brought up. "The doctor told us in his 12 years of practice he has never had to give blood during a birth," Laura said.

One concern some people may have is the Turkish/English language barrier, but the Hendersons claim this was never a problem for them. "I was always able to find someone around who spoke English," Russell said. In addition, the hospital provides a sheet of paper with translations and they can just point to what they are feeling or what they need.

They said they're thankful they made the decision to go to the Seyhan. As it was, Russell would've missed the birth of his first child if Laura went Germany. "I was eight days early, and he wasn't going to get to come up until five days before my due date," Laura said.

The Hendersons couldn't name just one great thing about the Seyhan. "There's so many great things," Laura said. "The doctor was wonderful."

"I think the best thing was not having to be separated," Russell said. "Good piece of mind knowing dad would be there."

Landstuhl delivery

When the obstetrics ward first closed in October, active-duty women were required to go to

Landstuhl Regional Medical Center in Germany. So that's where Senior Airman April Waggle went.

Waggle was the first Storknester to go, so she literally paved the way for the program. She's a first-time mom and a single parent, which brought on additional challenges.

"Things were rough the first few weeks. I had to carry my own bags up to the second floor and share a room with another pregnant woman. There wasn't enough room for all our stuff." After a week, however, lodging was able to give Waggle her own room.

Once her mom arrived to help her, Waggle's situation improved. She also had the assistance of a volunteer.

When asked if she had any advice for future Storknesters, she said, "be prepared for the worst and, most of all, don't do it by yourself. It's just too hard to be there alone."

During her big day, Waggle was admitted into labor and delivery at 4:30 p.m. and delivered by 8:13 p.m. "L and D was wonderful. Everyone was really nice. I took the early-discharge class so I was only in the hospital for 24 hours."

When baby Sierra was 4 days old they headed for the States.

"We flew back on a cargo plane in jump seats. The crew was really great though. Once we took off they laid a bunch of blankets on the floor so I could lay down with Sierra," Waggle added.

To avoid having to extend at Incirlik, Waggle made the decision to leave Sierra with her mother in the States for four months so she could return to Incirlik to fulfill her 13-month tour. "That was the hardest thing I've ever had to do."

Since the program began, 13 women have followed Waggle's footsteps to deliver in Germany, with each delivery steps are being put into place to make improvements to the program. Due to constant changes in the program, it's recommended expectant families stay informed by attending all the storknest meetings available. □

Air Force medical service plans completing tailored force strategy

The Air Force Medical Service will finish tailoring its force by the end of fiscal 2000.

The tailored force strategy began in fiscal 1989, in part to achieve a 17.9 percent reduction in medical manpower as compared to an overall Air Force manpower cutback of 33 percent. Rather than take an "across the board" reduction, the medical service developed a plan to tailor its forces to ensure decreases were made in appropriate areas. In this way, the service would continue to meet wartime and peacetime needs.

The strategy is being executed in phases. The medical service changed many of its smaller hospitals to clinics and converted several larger hospitals to smaller, more efficient facilities. Reductions and realignments have already occurred at these locations. Now the strategy will focus on re-engineering Air Force medical centers.

The revised force structure supports a strategy designed to

optimize use of medical resources—people, facilities and money. At the same time, the Air Force Surgeon General said the changes will improve the quality of health care delivered to the military family.

"These changes are necessary to ensure that the Air Force medical service continues to provide reasonable access to a quality, cost-effective health care benefit," said Lt. Gen. (Dr.) Charles Rodman.

The goal is to ensure each base hospital or clinic has the right mix of providers and staff at the right place and time to meet patients' needs. Many of those decisions will be made at the local level.

At Incirlik the hospital's force structure has decreased almost 50 percent in the last year because of the Air Force Medical Service tailoring of forces and the rightsizing of the 39th Wing.

"The most visible loss was in-house obstetrical care," said Col. (Dr.) Don Lawrence, 39th Medical

Group commander. "All other services remain available and the access to them is prompt. However, they will experience a temporary shortage of physicians during July and August, which will result in a decreased number of Primary Care appointments."

When services cannot be provided efficiently through the medical treatment facility, TRICARE partnerships with the civilian community complete the health care package.

Rodman emphasized that "health care is a process, not a place. This strategy will ensure the process is the best possible for our people, both in quality and cost. The medical service is dedicated to maintaining the finest professional work force, the best quality of care and truly satisfied customers. That's our bottom line."

For Lawrence, partnering with local medical authorities is another

See Tailored Force, Page 5

People First: Congressional award program

Active-duty family members ages 13-24 participating in the Congressional Award Program can earn bronze, silver or gold award medals.

Students can earn a Congressional Award by setting and completing goals in personal development, voluntary public service, physical fitness and expedition or exploration. While working to earn an award, young people realize their potential and value within society. This award is non-partisan, voluntary and noncompetitive. Students move at their own paces and are honored for achieving their own challenging goals.

Each year Congressional Award Program participants in junior high or high school can compete for selection to travel abroad with People-to-People International through the James and Eunice Doty People-to-People/Congressional Award Scholarship. The scholarship advances international understanding

through the direct exchange of ideas and experiences among people of different countries. In recent years recipients of this scholarship have traveled to South Africa, Australia, Russia and the British Isles. The scholarship includes all program fees and international and domestic airfares for a three-week exchange during the summer.

Students who earn the Congressional Award will automatically receive information on the scholarship program. Oct. 31 is the application deadline for travel during the summer of 2000.

For more information about the Congressional Award Program or the People-to-People/Congressional Award Scholarship, contact your base youth program director. More information on this program can also be found at <http://www.afsq.af.mil/svp/svpac/SpcProj.htm> or <http://www.congressionalscholarship.org/congress/home.html>. (APPN) •

Bombers continue heavy Kosovo support

Air Force bombers are an important part of NATO's air campaign in the Balkans, providing a lot of payload and long-range flexibility, according to the commander of the 2nd Air Expeditionary Group.

Col. Floyd Carpenter commands the 2nd AEG, which has almost 800 airmen from 34 bases supporting more than a dozen B-52H and B-1B bombers, as well as the KC-135R tankers operating as part of NATO's Operation Allied Force.

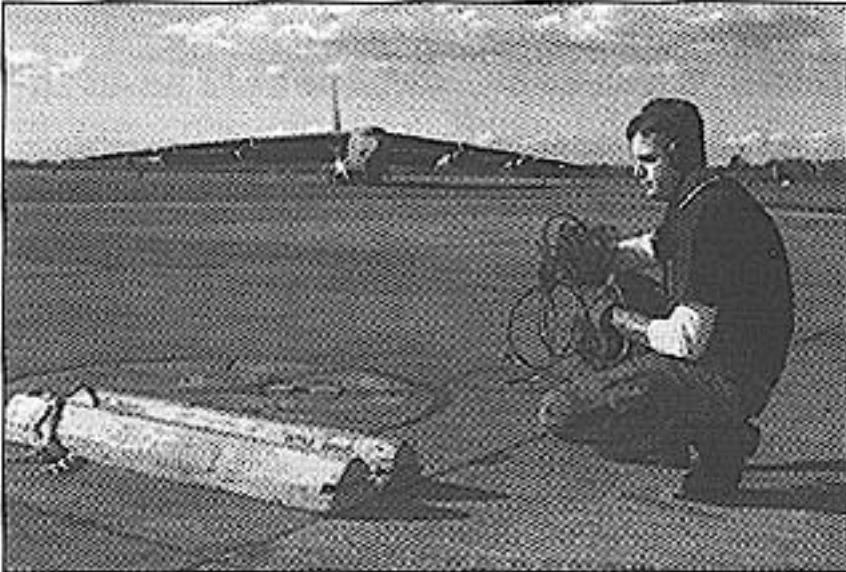
Referring not only to the B-52s and B-1s, but also to the B-2s flying global missions from Whiteman Air Force Base, Mo., Carpenter says "it's a great capability bombers bring to the fight."

In a visit April 18, Air Force Chief of Staff Gen. Michael Ryan said we've been able to build an appreciation at home for what the bomber force can do.

"You saw that we used the B-1s and B-52s in Desert Fox and we had the B-2 planned if we needed it," Ryan said. "All three bombers are currently engaged in Operation Allied Force. We continue to advocate (the) bombers' importance."

The bombers have been dropping their payloads on Serbian military targets in the Federal Republic of Yugoslavia since the air campaign started March 24. The B-52s took part in the first offensive action in NATO history in this joint air campaign.

"The B-52s, with their conventional air-launched cruise missiles, give us the ability to stand outside



Staff Sgt. Randy McLeod

Airman 1st Class Erik Underwood, a crew chief from the 96th Bomb Squadron, 2nd Bomb Wing at Barksdale Air Force Base, La., waits for a B-52H Stratofortress as it taxis its way down the runway at Royal Air Force Fairford, England. Underwood and elements of the 2nd Bomb Wing are at RAF Fairford as part of the 2nd Air Expeditionary Group supporting NATO operations in Kosovo.

threats and hit high-value targets very precisely," Carpenter said.

Referring to the initial operation, which included cruise missiles launched from B-52 bombers, Carpenter said, "the way we usually start an air campaign is by using stand-off weapons like cruise missiles to take down ... threats to our airplanes.

According to the 2nd AEG commander, the other bombers give Allied Force a different kind of bomber capability.

"The B-1s (can) fly over and drop a large number of weapons precisely on targets and survive in a

hostile environment," he explained. "The B-2's precise joint-direct attack munitions and stealthiness gives it free reign to take out high-value targets throughout the region."

"America's bombers complement each other very well," he said. "Each has unique capabilities and strengths. Together, they provide a very formidable force."

B-52s, which have been deployed from Barksdale AFB, La., since Feb. 21, and the B-1s, which arrived April 1 from Ellsworth AFB, S.D., together have flown about 80 combat sorties. (AFPN) □

Tailored force

Continued from Page 4

integral part of the equation. The earthquake crisis last year was a significant example of how Incirlik needs local medical authorities and vice versa.

"After last year's earthquake the hospital's natural disaster plans with

the Seyhan Hospital, in Adana, were successfully tested," he said. "The earthquake represented an extreme to the ever-changing environment at Incirlik, but more significant the importance of our relationship with chosen host-nation healthcare

professionals. Throughout the Air Force qualified healthcare personnel are being identified in local communities and partnerships formed to ultimately meet the mission needs of medical contingency preparedness and community health care." (AFPN) □

President calls-up reservists, services authorized Stop-Loss

Up to 33,102 reserve component members can be called to active duty for Operation Allied Force under a presidentially selected reserve call-up signed April 27 by President Clinton.

The call-up order authorizes the mobilization of reservists for up to 270 days. Initial focus is on 2,000 members and 47 aircraft in eight Air National Guard and Air Force Reserve air refueling units. The order affects all the services, however, and sets the Air Force activation ceiling at 25,000 reservists, the Army at 6,102, the Navy at 892, the Marines at 1,100 and the Coast Guard at 10.

Charles Cragin, acting assistant secretary of defense for reserve affairs, said the units in the first increment are all refuelers.

The reservists will help increase the tempo of the air campaign over Yugoslavia, Pentagon spokesman Ken Bacon said April 27. They will be based in Budapest, Hungary. The services are also authorized to invoke Stop-Loss programs that would suspend service members' normal separation dates from active duty. The Air Force will invoke the Stop-Loss program; personnel most affected are pilots, air crews, aircraft maintenance personnel and those in other critical specialties.

Maj. Gen. Susan Palmerella, director of personnel forces management on the Air Staff, said the service invoked Stop-Loss as a matter of fairness because of the large number of reservists being called up. She said, however, that Stop-Loss will specifically target those in critical specialties needed for the operation.

Army, Navy, Marine Corps and Coast Guard officials said their services will not invoke Stop-Loss. Cragin said the call-up demonstrates the critical role the reserve

components play today.

"We really can't do anything from a military operations point of view without the reserves," he said. "The Guard and Reserve are integral parts of America's total force now and this is just the latest example."

Similar reserve call-up orders have been used for operations in Bosnia and Southwest Asia. Reserve component airmen also have been part of NATO's Operation Allied Force since the beginning, but they were volunteers, Cragin said.

Air National Guard and Air Force Reserve assets include aerial refueling and strategic airlift units, electronic warfare units and some strike units. Most units called will support air

operations against Yugoslavia, though some will support the Kosovo refugee relief effort.

Details of the other services' plans were not immediately available. Once called up, reservists qualify for all benefits afforded active duty counterparts, including the tax exemption for service in the Allied Force area of operations.

Some of the reservists will backfill active duty personnel going to Allied Force, Cragin said.

"The United States has worldwide commitments," he said. "These must continue. We are handling all contingencies as they arise. Obviously, this requires an effort by all members of the total force." (APPN) ☀

Getting a handle on force strength

By Lt. Col. Eric Halmon

39th Mission Support Squadron commander

The Air Force has provided unit commanders in the European theater some old and some new tools to retain experienced people to support Operations Allied Force and Standing Nose.

The tools involve the ability to skip reassignments, relocations, separations and Weighted Airman Promotion System testing dates for their people.

One new tool is the liberalization of the high-year extension policy in the grades of senior airman through senior master sergeant who reach HYT in fiscal 1999 and fiscal 2000. Eligible members may volunteer to extend their HYT for up to two years.

Similarly, members can

volunteer to extend their date eligible to return from overseas or report no later than date for up to 120 days with a high-probability that they will not lose the assignment.

Involuntary extensions, although possible, will be considered only as the last resort to meet an immediate and critical operational need in support of Operation Allied Force. The length of an involuntary extension should be based on mission requirements, but may not exceed 180 days.

An old tool always available to commanders is to hold members to the last possible date within their DPOE's month. USAFE will work AFSC and the garrison units to skip the ENUED to allow the member the opportunity to take leave.

Another old tool is the commander's ability to skip the

See **Force Strength**, Page 7

New CDC prepares for opening

The new child care center will be a facility of more than 18,000 square feet with 13 classrooms. The new building will allow CDC caregivers to provide the best quality care for up to 150 children. They will have the opportunity to increase their services and offer more programs while maintaining the highest standards possible.

The 13 classrooms are broken down as follows; four preschool, four toddlers, three pre-toddlers, and two infants. With the larger number of classrooms, they will be able to provide smaller classes that are grouped more age appropriately. This will ensure that each child will receive more individualized attention.

For the first time ever, infant care will be offered at Incirlik.

"We are very excited because this affords us the chance to meet the demands of our community and our employees will receive training that enhances their skills," said Sheryl Coleman, CDC director. "We will not be able to offer infant care immediately due to a lack of equipment, but we will provide this service in the near future."

Presently, there are 30 children on the enrichment class waiting list.

In the new facility, the CDC will have two classes daily so that they can alleviate this waiting list and better serve Incirlik families.

They have also ordered new equipment and materials that should arrive soon, according to Coleman. The children will have access to better quality items and more variety, while still obtaining the information needed to stimulate them emotionally, socially, cognitively and physically.

In the past, the CDC staff has had to utilize their playgrounds for more than one age group. The new playgrounds are designed so that each age group will have their own playground. There will be shade structures and new outdoor equipment.

Some parents may not want daycare services or enrichment but they may want their children to develop other skills. The CDC staff is

researching the possibilities of offering instructional classes such as ballet, tumbling, etc.

"Our goal is to provide optimum care and services so that our parents will have one less stressor in their lives," Coleman said. "We want to



Senior Airman Chris Flores

Lisa Stone, Family Member Programs manager, Gen. John Jumper, U.S. Air Forces in Europe commander, Sheryl Coleman, CDC director, and Maj. Terri Toplin, 39th Services Squadron commander, gather to tour the new child care facility.

take care of your children so that you can take care of us and do your job."

For more information, contact the CDC at 6-6553. (Article provided by the CDC staff) G

Force Strength

Continued from Page 6

WAPS testing date to a later date in the testing cycle where unit personnel are on a contingency schedule—continuing round-the-clock operations with personnel on six-day and one day off, 12-hour day work schedule.

Only a few Incirlik units in support of Operation Northern Watch may experience this optempo. On a case-by-case basis, commander's can request rescheduling of a senior airman for 99E3 (SSgt) WAPS testing not to exceed the current testing window of April 15 –

June 15. This should only be the case when in the commander's judgment, an increase in optempo resulted in additional stress and fatigue for their troops and will adversely affect their ability to WAPS test. Over the next weeks this tool may be expanded.

The Air Force has approved WG/CC's to selectively delay WAPS testing for up to 30 days after either their people return from deployment or completion of Operations Allied Force or Shining Hope. However, if approved by Air Force, it will not apply to Incirlik people unless they

deploy to support the two operations because we are currently not involved in the operations from Incirlik.

Again, at Incirlik, commander's primary tools to handle the high optempo at Incirlik are 99E3 waiver, DPROS management, ability to slip WAPS testing date within the test cycle dates. To take advantage of the voluntary and involuntary extension option and if approved, the option to delay WAPS testing until after the current 99E3 cycle, the individual must perform duties in support of these operations. G

School notes

Honor Society

Congratulations to the following inductees to the National and Junior National Honor Society: Amanda Carter; David Deptula; Jessica Domin; Robert Ellis; Kenny Grosselin; Katrina Hill; Tyler LeFevre; Andrea Mendes; Krystal Nola; Sean Rambaran; Bryce Remkes; Kim Roeske; Katie Vanworth; Anna Wetaon.

AP exams

Students enrolled in Advanced Placement classes take their AP exams Monday through May 21. Those who score three or higher, five being the highest, may be eligible for college credit in those courses.

Prom

The Junior/Senior prom is scheduled for May 15.

Sports

The Hodjas will be in Ankara Saturday and Sunday to play in the All-Turkey Track and Tennis Tournament.



Senior Airman Chris Flanive

Thank you Teacher...

Debi Harvey, 1st grade teacher, looks over some of the students' work. Teacher appreciation week was Monday through today.

Friday

Down in the Delta, base theater, 7 p.m. (Alfre Woodard, Wesley Snipes) – In an effort to remove her family out of Chicago, Rosa Lyon pawns her most valuable family heirloom and moves her family back to their ancestral home down in the Mississippi delta. (120 min. Rated PG-13, drug related material)

A Simple Plan, base theater, 9:30 p.m. (Bill Paxton, Billy Bob Thornton) – The quiet, rural lives of three men erupt into conflicts of greed, paranoia and distrust when they discover \$4 million in cash in a small airplane. Their simple plan to retain the money while avoiding detection opens a Pandora's box. (121 min. Rated R, violence and language)

Saturday

Payback, base theater, 7 and 9:30 p.m. (Mel Gibson, Gregg Henry) – Porter and Val stole some cash that was already hot. When it came time to split the goods, Val made three mistakes. He took Porter's money, his wife, and he tried to take Porter's life. When you kill Porter, make sure he's dead. (102 min. Rated R, strong violence, language, drug and sexual content)

Shakespeare in Love, base theater, midnight. (Joseph Fiennes, Gwyneth Paltrow) – In 1593, Will Shakespeare living in London, suffers from a dreadful bout of writer's block. He just can't seem to get his latest project, "Romeo and Juliet, the Pirate's Daughter" to

come together, that is until he meets Viola. (122 min. Rated R, sexuality)

Project Orphanage Association, Arakdas Park, 10 a.m. for a trip to the Adana Orphanage. Transportation will be provided. For more info call Staff Sgt. Beverly Santiago at 6-9270.
Dads' Playgroup, youth center, noon to 1 p.m. Call life skills at 6-

6152 for more information.
Community First Aid and Safety Course, Building 3850, American Red Cross classroom, 8 a.m. to 5 p.m. The course will include adult, child and infant CPR and first aid. Call 6-6639 for details.

Sunday

Payback, base theater, 7 p.m.

Mother's Day Brunch, club complex, 10 a.m. to 2 p.m. Reservations are required. Call the club at 6-6010 for details.

Monday

Payback, base theater, 7 p.m.

Substance Abuse Awareness, life skills, 9 a.m. – 3:30 p.m. Call 6-6452 for more information.

Tuesday

Shakespeare in Love, base theater, 7 p.m.

Health Risk Assessment, health and wellness center, 7:30 – 8:30 a.m. For more information, call 6-1292.

Fitness Orientation, health and wellness center, 11 a.m. Call 6-4292 for more information.

Wednesday

Shakespeare in Love, base theater, 7 p.m.

Breast Feeding Support Group, meeting place to be announced, 6:30 – 8 p.m. Call life skills at 6-6452 for more information.

Overseas Orientation, military equal

opportunity, 8-11 a.m. Call 6-6210 for more information.

Resume Writing, family support center, 8 a.m. to noon. Build a resume that makes a difference and get hired. Call 6-6755 for details.

Thursday

Sponsorship Training, family support center, 10-11 a.m. Help others adjust to the ins and outs of Incirlik. Call 6-6755 for more information.

Private organization meeting, club complex, 10 a.m. This meeting is for all private organizations who want to make an annual contribution to the Incirlik Scholarship Fund.

Friday

Message In a Bottle, base theater, 7 and 9:45 p.m. (Kevin Costner, Robin Wright Penn) Walking along a deserted stretch of coastline, Theresa Osborne discovers a moving, passionate message in a bottle. The letter's poetry and heartache reach Theresa, and her search for the author leads her to the Outer Banks of North Carolina, to a sailboat builder named Garrett Blake. (126 min. Rated PG13, a scene of sexuality)

May Day, youth center, 4-6 p.m. The youth center will celebrate with the Turkish elementary school. Games, jumpy castle, pictures, volleyball, horse rides, food and more.

May 15

The Thin Red Line, base theater, 7-10:15 p.m. (Sean Penn, Adrien Brody) During the battle of Guadalcanal Island in 1942-43, an Army rifle company named C for Charlie tries to take a Japanese stronghold, a hill known as "210". The taking of the stronghold is secondary to how the lives of the men are affected by their common quest. (170 min. Rated R, realistic war violence and language)

Flea Market, Community Activity Center 9 a.m.-4 p.m. This event is open to all ID card holders with nation cards. To sell items call 6-6966 sign up. Tables are \$7.50 each.

May 16

A Bug's Life, base theater, 5 p.m. (Unrated) The ants on Ant Island perform double duty at harvest time, they gather food for themselves and a gang of greedy grasshoppers. Flik decides to take a stand against the grasshoppers and enlists the help of flea circus performers. (95 min. Rated Q)

The Thin Red Line, base theater, 7 p.m.

Area 51 Video game challenge, 1 p.m.-til? This event is free, age groups will be determined by the number of participants that sign up. A minimum of ten people is needed to have the challenge. Call 6-6986 for more information.



Mother's Day holiday morale calls

The communication Squadron is sponsoring a Mother's Day Holiday Morale Call Program. The Incirlik community can place unlimited morale calls (15 minutes per call) anytime on Sunday until 9 a.m. Monday. Call 6-1800 to place these calls. People can also use their monthly allotted morale calls by calling 114. Please be patient during this time. The calls are processed in the order they are received by volunteers who will be assisting the Incirlik operators. For more information call Melinda Bevers at 6-6563.

Mother's Day Bouquets

Create your own personal bouquet with the help of the Skills Development Center staff. Call 6-6061 for more information.

Special Delivery

The Community Activity Center "Just for you Balloon & Gift Shoppe" offers Mother's Day deliveries. Stop by and see the selection of gifts, or bring the gift you've already bought and let the staff wrap it up in a beautiful package. Call 6-6966 for more information.



Courtesy photo

Eagle Scout project

Ira Eldridge (bottom right) headed the building of a gazebo for his community service merit badge. The project included six months of planning and three months of labor. Eldredge was recognized April 30 at the Eagle Scout Court of Honor event.

Commanders' commentary

Core values key to meeting challenges of new millennium

By Col. James Miller

39th Logistics Group Commander

As our Air Force moves toward the next millennium it faces a host of challenges. Some of these challenges include an ever-increasing operations tempo, force protection, recruiting quality people, emerging technologies, nuclear proliferation, and terrorism.

At the foundation of our ability to successfully meet these challenges, are our Air Force core values — Integrity First, Service Before Self, and Excellence in All We Do. The greatest of these, perhaps, is Integrity First.

Integrity is the cornerstone for the rest of our core values. In fact, I believe Integrity is the cornerstone for all we do — not just in the Air Force, but in our lives as well. As Air Force professionals, it is imperative that we have integrity because we have the unique responsibility and opportunity to defend our nation's Constitution.

So, what is integrity? Webster's *New World Dictionary, Third College Edition*, defines integrity as "Firm adherence to a code or standard of values." We all know about codes or standards of values. We can find some of them in Department of Defense and Air Force Pamphlets and Instructions. Wherever the place,

they are simply the rules we operate by day in and day out. Taking a closer look at this definition, what does "firm adherence" mean?

To me it means following the rules every time, all the time, not just when I think someone is watching or might catch me. It can be as simple as taking my hat off when I enter a building, not parking in a designated parking place at the Post Office, or avoiding a salute. In more complex situations it can mean ensuring I accomplish every step in a technical order when performing an inspection on an aircraft.

Whether simple or complex, integrity means doing it right every time, not just when you feel like it. In other words, "do the right thing." Today, I hear a lot of "it's no big deal,"

why I should trust you to torque the bolts on that aircraft your working on out there on the flight line." Putting Integrity First is a "big deal."

I'm currently reading a book written by Tom Brokaw, the National Broadcast Company's Evening News anchor, which is entitled, *"The Greatest Generation."* In his book, Brokaw tells us about some of the veterans of World War II and the lessons they learned while in the military, which they have used in life since returning from the war. The common theme I have picked up from all of these stories is that they learned about integrity in the military, and how each of them applied it to their lives in their own way.

They had a code or standard of values they adhered to in the military and they carried it home with them after the war ended. We have an opportunity to learn from their experiences and apply these same great lessons to our lives.

Whether we're airmen, noncommissioned officers, or officers, each of us can benefit from their integrity-filled experiences by putting Integrity First.

I'd like to challenge each member of the 39th Wing to put Integrity First. Each of us serves at the privilege of the American people and has the responsibility to honor this trust by putting Integrity First. After all, if we are to meet what is certain to be a demanding future it will take our core values — Integrity First, Service Before Self, and Excellence in All We Do. Remember, our core values are the foundation of our Air Force, and integrity its cornerstone. ◊

"I believe integrity is the cornerstone for all we do not just in the Air Force, but in our lives as well."



Miller

when someone doesn't follow the rules. Well I think it is a "big deal." If you can't follow the simple rules, how do I know you can adhere to the more complex ones?

When I was a squad leader commander at a base in the States and would get notification of a speeding ticket on one of my people, I'd have the first shirt call them in to talk about it. One of the most common excuses I would hear is "it's no big deal, it's only a ticket." I would then ask them, "if I can't trust you to obey the speed limit here on base, tell me

Be thankful

Last Friday I was in the shoppette and picked up a new copy of the *Tip Of The Sword*. While I was in line the customer behind me commented "Here's the new paper, I wonder what people are complaining about now?" Several other people in line groaned along with him and made comments about how sometimes it's almost embarrassing to read the Action Line section and see what new complaints are being made. I went home that night and thought a lot about what I heard. I, too, sometimes roll my eyes at the questions and comments, but then I realized I was doing my fair share of complaining, maybe not in such a public forum, but complaining none the less.

I have been guilty of going to the Base Exchange and looking for an item, only to find that they don't carry it, or it was out of stock. So I'd make a loud comment that "this place never has what I need." When in actuality, last week they had the exact navy blue tablecloth I needed. Most times the BX does have what I need, or at least a comparable version. And when they don't, the staff has always tried to help me order it through the catalog or online.

I stood in line at the case-lot sale at the commissary today and grumbled with about 10 other people that "those people got all of the toilet paper and I didn't get any." Was it fair that maybe a few greedy people took several cases each, probably not. But that doesn't mean that the commissary staff didn't work hard to put on a tent sale and give us some great bargains. Instead of being grateful for the 10

cases of items I did get, I just had to gripe about what I didn't.

I decided that I needed to remind myself that it was my choice to come to Incirlik with my husband. When he received his orders here there was no statement on them that read "This tour will be just like living in America and you won't encounter any difficulties during your two year stay." We choose to come here as a family, and I really think its part of my job as a spouse to be positive about our tour here so my husband can focus on his job.

I am grateful civil engineer's fixed my air conditioner within 24 hours of it breaking. I am grateful that the Red Cross and the Family Support Center welcome volunteers. I am grateful that the education center is offering classes and tuition assistance. I am grateful that the commissary carries North Carolina Country Ham, my husband's favorite that I could never find in New Mexico. I am grateful that there are volunteers who put up my mail each day. I am grateful that time off is given for American and Turkish holidays. I am grateful that morale call operators never seem in a bad mood, even when I must be the hundredth person they have spoken to. I am grateful for the Commander's Channel which gets out information really quickly.

I would encourage everyone to take a little time to be grateful for what we do have instead of focusing on what we don't. Just driving through some of the local villages before coming back home with my air conditioned house and hot water heater is really enough for us to be so very grateful that we live the way we do.

Tip of the Sword

Vol. 28, No. 16

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Col. Dutch Remkes
39th Wing commander

Action Line is a direct line to the 39th Wing commander, Col Dutch Remkes. When normal command and agency channels haven't been able to resolve your concerns, call or write him through the 39 WG/PA. Names are confidential, with questions answered personally or through the Tip of the Sword.

DUI COUNTDOWN

Last DUI:
April 26, 1999
39th Support Group
Days to go:
29
Downdays earned
0

The goal is to make 39 days without a DUI

FMI

Countdown

108
Days

Golf Marathon

Wednesday, 8 a.m., Hodja Lakes Golf Course. In response to the recent tornados that have struck Oklahoma and Kansas, the American Red Cross is modifying the golf marathon. For people who designate their organization of choice as the disaster relief for the Oklahoma Tornado victims, the ARC will send half of the pledged amount directly to the relief. If the participant wins the \$100 prize, it will be sent to the relief fund. To participate, call the ARC at 6-6639.



Colorama Tournament

Magic Carpet Bowling and Family Center will host the tournament Saturday, 7 p.m.

They also offer after-school bowling for Incirlik youth, Monday - Friday from 3 - 5 p.m. for \$1 per game.

Pool pass special

Throughout May, pool passes are half-price. A single pass is \$37.50 and a family pass is \$75.

Lifeguards are still needed. For more information, call outdoor recreation at 6-6044.

Mix heat, exercise with plenty of water

By Becky Mueller

HAWC Fitness program manager

As summer approaches and temperatures begin to rise, conditions at Incirlik reach dangerous levels as heat and humidity act together to increase the risk of heat stress. Potentially life threatening, heat stress can be avoided by using a little common sense and planning, especially when exercising. The American College of Sports Medicine has guidelines for preventing heat stress in exercise settings, and two key aspects to observe are environmental conditions and exercise intensity.

All facets of the environment should be considered when making decisions about exercising in the heat. Not only are temperature and humidity important, but also air movement and solar radiation (when exercising outdoors). The body cools itself by sweating, and air movement across the skin helps cool the body even faster.

Solar radiation is not only coming directly from the sun onto your body, but is being bounced off the surface on which you are exercising, therefore increasing the heat levels even more. Add these factors to the heat your body naturally produces during exercise, and you have a recipe for heat illness.

If you are exercising indoors, be sure that there is adequate airflow via air conditioning, fans, or open doorways. Outdoors, if there is no wind, try to find a shady area, or get into the shade for rest as often as possible. If environmental conditions cannot be changed, then an adjustment in your exercise intensity is the next step.

Lowering the exercise intensity while still getting a training effect will include slowing the pace of the exercise or adding intermittent rest sessions. Monitoring your heart rate will also help avoid excessive intensities and exhaustion.

Acclimation to the heat will also aid in avoiding heat stress. The best method is to exercise aerobically in a hot environment, beginning with 10-15 minute sessions and gradually increasing to a full duration session of 30 minutes or more, following the safety precautions outlined here. Full acclimation will usually happen in 10-14 days, although illness and alcohol consumption have been

known to slow this process.

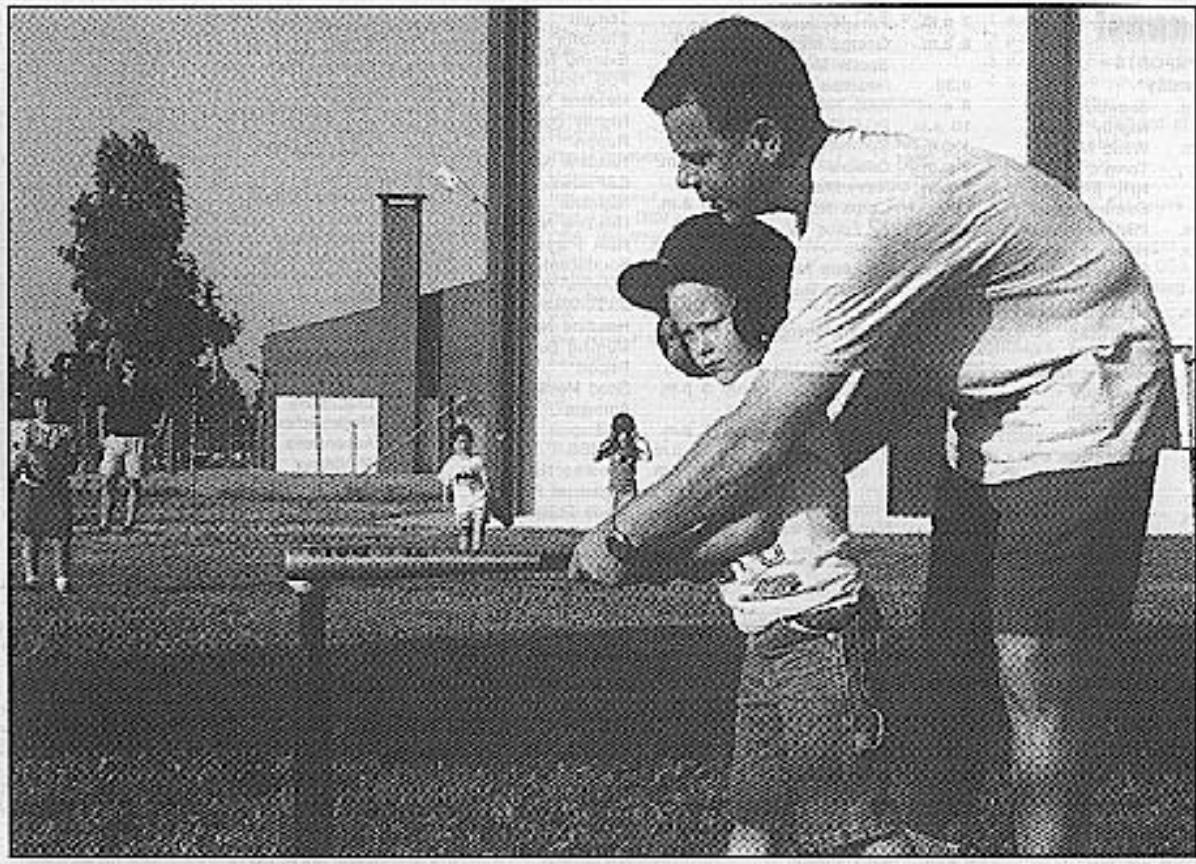
Probably the most important factor in preventing heat illness is adequate hydration. Drinking plenty of water before, during, and after an exercise session will help alleviate the harmful effects of dehydration. When the body is dehydrated, through inadequate water intake and/or excessive caffeine and alcohol intake, the body has to work much harder to cool itself. On top of that, exercising in the heat produces 1-2 liters of sweat per hour, and can cause further dehydration. This causes the body's core temperature to rise, and the cardiovascular system has to work overtime as the body produces sweat. In turn, your heart rate increases over and above the exercise heart rate, hence the reason to decrease the overall exercise intensity.

Each pound of body weight lost during exercise should be replaced with 16 ounces of cold fluid. Water is the best replacement drink; Gatorade and other sports drinks are not necessary if the exercise session lasts less than an hour. Electrolytes lost in a short session are usually replaced at the next meal, and sports drinks add unwanted calories if weight loss is a concern.

Avoid exercising outdoors during the sun's peak intensity, between 11:00 and 14:00; sessions should be scheduled in the cool morning or evening hours. Also wearing as little clothing as possible will help, or loose, light colored clothing. This allows for more skin exposure for easier sweating and evaporation, but sunscreens should be applied for outdoor workouts. Cotton materials hold moisture in and stick to your skin, therefore decreasing the skin's ability to sweat. Look for materials that keep moisture away from your skin. Dark colored clothes also absorb heat, so light colored clothing is best for outdoor activities.

Though there are many factors to consider when living and exercising in hot environments, common sense can make the summer months a safe and fun time to be outdoors. ☀





Tech. Sgt. Jim Rotell

Hey batter batter swing!

Don Godbey helps a player work on his swing. Baseball season started April 24 and runs until June 15, followed by a two-week tournament. The league is comprised of 293 Incirlik children.

Standings



Volleyball

Intramural

(As of Wednesday)

Team	W-L
COMM A	149-72
SUPSA A	149-78
AMSSA	140-84
MED	123-99
SFS	121-98
TRANS	120-104
GES	116-108
MKSAMO	116-108
COMM C	116-109
COMM R	110-112
MSS	109-116
MSSAMO	84-3
MGS-AGE	6-4
SFS A	6-4
VMQD-1	5-2
MED	5-3
MGS	6-6
COMM B	5-7
828AMSS	3-6
H School	2-7
AFN	2-8
COMM C	1-8
SFS D	1-10

Bowling

Intramural

(Week 4/29)

Team	W-L
COMM A	149-72
SUPSA A	149-78
AMSSA	140-84
MED	123-99
SFS	121-98
TRANS	120-104
GES	116-108
MKSAMO	116-108
COMM C	116-109
COMM R	110-112
MSS	109-116
MSSAMO	84-3
MGS-AGE	6-4
SFS A	6-4
VMQD-1	5-2
MED	5-3
MGS	6-6
COMM B	5-7
828AMSS	3-6
H School	2-7
AFN	2-8
COMM C	1-8
SFS D	1-10



Baseball

Incirlik Little League

T-Ball

(games played - no losers)
(as of May 2)

A's vs Cardinals
Giants vs Cubs
Yankees vs A's
Cardinals vs Giants
Cubs vs Yankees
Cardinals vs A's

Coach Pitch

(as of May 2)

Team	W-L
Cubs	2-0
Giants	2-1
Braves	1-1
Yankees	0-3

Little League

Baseball

(as of May 2)

Team	W-L
A's	3-0
Braves	2-0
Cubs	1-2
Cardinals	0-1
Mariners	0-1
Yankees	0-2

Little League

softball

(as of May 2)

Team	W-L
Giants	3-0
Indians	2-1
Red Sox	0-3



Senior League

Baseball

(as of May 2)

Team	W-L
Braves	2-1
Mariners	2-1
Yankees	0-2

Senior League

Softball

(as of May 2)

Team	W-L
Cardinals	2-1
Cubs	1-2



Channel 3

NEWSPORTS

Saturday

1 a.m. Showbiz Today

1:30 Nightly News

8 a.m. World News

Tonight

2:30 NHL Playoffs

5:30 Evening News

6 a.m. PBS Newshour

7 a.m. Headline News

7:30 Nightly Business

Report

8 a.m. Headline News

8:30 ESPN News

9 a.m. Nightline

10 a.m. Headline News

10 a.m. PGA Golf

Noon Basketball

Harlem Globetrotters v

Col. All-Stars

2 p.m. Dateline-Fri

3 p.m. 20/20-Fri

4 p.m. Saturday Morning

5 p.m. Showbiz

5:30 Style w/Elsa

Klensch

8 p.m. CNN Saturday

6:30 Page One w/Rick

Charles

7 p.m. CNN Saturday

Headline News

8 p.m. MLB

Angels v Red

Sox

11 p.m. PGA Golf

Sunday

1 a.m. NASCAR

Craftsman

Trucks

8 a.m. Headline News

8:30 Nancy Marine

Corps News

4 p.m. NFL Europe

7 a.m. Headline News

7:30 McLaughlin Group

8 a.m. Headline News

8:30 E! News

9 a.m. Washington Week

In Review

8:30 Wall St. Journal

Report

10 a.m. NHL Playoffs

1:30 Sportscenter

2 p.m. Motor Week

2:30 This Week in

Motor Sports

8 p.m. CNN Sunday

Morning

4 p.m. CBS Sunday

Morning

5:30 Face the Nation

6 p.m. CNN

International

6:30 Style w/Elsa

Klensch

7 p.m. ML Soccer

Motorsports of

D.C. United

8 p.m. AMA Supercross

11 p.m. Braves at Padres

Monday

2 a.m. Headline News

2:30 Air Force TV

News

3 a.m. MLB

Hangers at Blue Jays

8 a.m. Sports Tonight

9:30 This Week In

NBA

7 a.m.	Perspectives	2:30	Tonight	8 p.m.	Beverly Hills, 9:30
8 a.m.	George Michael	5:30	Playoffs	9 p.m.	Melrose Place
	Sports Match	6 a.m.	Evening News	10 p.m.	20/20-Fri
8:30	Headline News	7 a.m.	FBB Newshour	11 p.m.	WWF Superstars
9 a.m.	ABC This Week	7:30	Headline News	12 a.m.	Soul Train
10 a.m.	PGA Golf	8 a.m.	Nightly Business		NBA Playoffs
1 p.m.	Sportscenter	8:30	Report		
2 p.m.	Dateline - Sun	9 a.m.	Headline News		
3 p.m.	Navy/Marine	10 a.m.	Sunday		
4 p.m.	Copa News	1 p.m.			
5 p.m.	Air Force TV	2 p.m.			
6 a.m.	Headline News	3 p.m.			
7 a.m.	Headline News	4 p.m.			
7:30	Nightly Business	5 p.m.			
8 a.m.	Report	6 p.m.			
8:30	Headline News	7 p.m.			
9 a.m.	Good Morning	8 p.m.			
9:30	America	9:30			
10 a.m.	ESPN News	11 p.m.			
11 a.m.	Nightline				
12 p.m.	Headline News				
1 p.m.	20/20-Sun				
2 p.m.	Dateline - Sun				
3 p.m.	Navy/Marine				
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1 p.m.	20/20-Sun				
2 p.m.	Dateline - Sun				
3 p.m.	Navy/Marine				
4 p.m.	Copa News				

7:30	Showbiz Today	SPECTRUM	1 p.m.	CBS: We Were	11 p.m.	Gun		Improvement
8 p.m.	Mosha	Saturday	2 p.m.	There	Midnight	Laura Lansing	Noon	Star Trek: DS9
8:30	Home	The View	2 p.m.	Antiques	Satn. 9:30 (PG)	Satn. 9:30 (PG)	1 a.m.	Understanding
	Improvement	Better Homes &	3 p.m.	Hitchcock	Wednesday	Doug	2 a.m.	Biography
9 p.m.	Dawson's Creek	Gardens	4 p.m.	ER	2 p.m.	Rugrats	3 a.m.	X-Files
10 p.m.	Billy Vampire	Home Matters	4 p.m.	The Harder They	2:30	The Simpsons	4 p.m.	Everybody's
	Slayer	Grace Under Fire	5 p.m.	Fall (PG)	3 p.m.	The Simpsons		Baby:
11 p.m.	Headline News	Ellen	6 p.m.	Doug	3:30	Home		The Rescue of
11:30	Tonight Show w/ Leno	34th Annual	6:30	Rugrats	4 p.m.	Improvement		Jessica
		Academy of	7 p.m.	The Simpsons	5 p.m.	Star Trek: DS9	6 p.m.	Douglas
Thursday		Country Music	7:30	Home	6 p.m.	The Aviators	8:30	Rugrats
12:30	Late Show w/ Letterman	Awards	8 p.m.	Star Trek: DS9	7 p.m.	Melrose Place	7 p.m.	The Simpsons
1:30	Showbiz Today	Rosie (PG)	8 p.m.	There	8 p.m.	Twins (PG)		Improvement
2 a.m.	CNN/USI	The View	9 p.m.	Antiques	10 a.m.	Vietnam: The	8 p.m.	Star Trek: DS9
9 a.m.	NBA Playoffs	Interior Melodies	10 p.m.	Roadshow	10:30	10,000-Day War	7 p.m.	Understanding
6:30	ESPNNews	Noon	11 p.m.	ER	11 a.m.	The Simpsons	10 p.m.	Biography
6:30	Headline News	Grace Under Fire	12:30	Ellen	11:30	Home	11 a.m.	X-Files
6:30	World News	34th Annual	1 p.m.	Midnight	12 a.m.	Improvement	11:30	Everybody's
	Tonight	Academy of	1 p.m.	The Harder They				Baby:
7 a.m.	CNN/USI	Country Music	1 p.m.	Fall (PG)				The Rescue of
7:30	Nightly News	Awards	2 a.m.	Doug				Jessica
8 a.m.	Sesame Street	Rosie (PG)	2:30	Rugrats				
8 a.m.	Bliss Club	The View	3 a.m.	The Simpsons				
8:30	Co-Ed Training	Interior Melodies	3:30	Home				
10 a.m.	Oprah Winfrey	7:30	4 a.m.	Improvement				
11 a.m.	Port Charles	Grace Under Fire	4 a.m.	Star Trek: DS9				
11:30	Gilding Light	Ellen	6 a.m.	Amazing				
Noon	General Hospital	34th Annual	6 a.m.	Machines				
1 p.m.	Headline News	Academy of	6 a.m.	Ancient				
1:30	Wheel of Fortune	Country Music	6 a.m.	Mysteries				
2 p.m.	Today	Awards	7 a.m.	Gun				
4 p.m.	Artemis	Rosie (PG)	8 a.m.	Laura Lansing				
4:30	Wayne's Head	Sunday	10 a.m.	Star Trek: DS9				
5 p.m.	Heracles	Worship for Kids	10:30	Doug				
6 p.m.	Jeopardy	On Main Street	11 a.m.	Rugrats				
6:30	ESPNNews	700 Club	11:30	The Simpsons				
7 p.m.	Headline News	Real Videos	1 p.m.	Home				
7:30	Showbiz Today	7th Heaven	2 a.m.	Improvement				
8 p.m.	Friends	Road to Avonlea	2:30	Star Trek: DS9				
8:30	Working	National Geographic	3 p.m.	Amazing				
9 p.m.	Freer	Specials	4 p.m.	Machines				
9:30	Wed About You	The Field Afar	5 p.m.	Ancient				
10 p.m.	ER	7 a.m.	6 p.m.	Mysteries				
11 p.m.	Headline News	Club (PG)	7 p.m.	Gun				
11:30	Tonight Show w/ Leno	Worship for Kids	8 p.m.	Laura Lansing				
		On Main Street	8:30	Star Trek: DS9				
		700 Club	9 p.m.	Understanding				
		Real Videos	10 p.m.	Amazing				
		7th Heaven	11 a.m.	Machines				
		Road to Avonlea	11:30	Ancient				
		National Geographic	1 p.m.	Mysteries				
		Specials	2 p.m.	Gun				
		The Field Afar	2:30	Laura Lansing				
		Club (PG)	3 p.m.	Star Trek: DS9				
		Worship for Kids	4 p.m.	Understanding				
		On Main Street	5 p.m.	Amazing				
		700 Club	6 p.m.	Machines				
		Real Videos	7 p.m.	Ancient				
		7th Heaven	8 p.m.	Mysteries				
		Road to Avonlea	9 p.m.	Gun				
		National Geographic	10 p.m.	Laura Lansing				
		Specials	11 a.m.	Star Trek: DS9				
		The Field Afar	11:30	Understanding				
		Club (PG)	1 p.m.	Amazing				
		Worship for Kids	2 p.m.	Machines				
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		700 Club	4 p.m.	Mysteries				
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Ask Mehmet



**By Mehmet
Birbiri**

Community relations

In Turkish

anne -- mother
(ahn-neh)
baba - father
(bah-bah)
kardes - brother
(car-dash)
aile -- family
(ah-ee-leh)
ilac -- medicine
(ee-luch)
iksr -- elixir
(ick-soor)

Need something answered about the local culture or customs? Does your club or organization need a customs and courtesies briefing? Call or write
Mehmet Birbiri, 39th Wing Public Affairs Office, at 6-6060 or PTT 332-7531.



File photo

It's believed a spicy gum called mesir macunu restores health, youth and potency.

Mesir Macunu

Mehmet, one of my Turkish friends went to Izmir two weeks ago. When he came back he gave us a type of spicy gum. He said he got it from Manisa pointing out that it is an elixir and good for everything. He told me a story about it, but I couldn't understand it. What is the story behind that spicy gum?

The elixir your friend brought to you from Manisa is called *Mesir Macunu*. That elixir has an interesting historical background.

The locals of Manisa, a city close to Izmir, have been holding a "Mesir Macunu" festival for more than 450 years. Each year in April thousands of local people and visitors from other cities gather in front of the 16th century Sultan Mosque where tons of mesir gum, an imperial elixir that once cured Sultan the Magnificent's ailing mother, is thrown from the rooftops. The gum is wrapped in paper in small quantities. Even that small quantity is believed to be sufficient for its purpose.

Crowds scramble for the spicy gum which many believe restores health, youth and potency.

The Ottoman Prince Suleiman, later on to be known as Suleiman the Magnificent, was appointed to the governorship of Manisa by the sultan, his father. That was a tradition in the Ottoman system. The crown princes used to be sent to provinces as governors so that they could learn the state administration and get trained for their future duties as sultans. Suleiman's mother was expected to accompany her son on the trip, but she was suffering from a serious illness and so couldn't be with her son.

Imperial doctors at the Topkapi Palace in Istanbul were unable to diagnose the problem, so Suleiman asked the renowned Manisa doctor, Merkez Muslihidin Efendi, to prepare a cure. Merkez Efendi rose to the challenge, mixing the powerful mesir elixir from 41 different ingredients including saffron, liquorice and mustard. The potion was subsequently dispatched to the imperial palace in Istanbul and the mother made a rapid recovery.

Upon her recovery, Suleiman's mother ordered a mosque to be built in Manisa in appreciation for her recovery. Sultan Mosque complex was built in 1522.

More than 15,000 people gathered in front of the Sultan Mosque this year to grab a piece of that imperial elixir. *Mesir Macunu* has gained the reputation of being the strongest aphrodisiac in the country, due to its energizing qualities. Hundreds of kilograms of *Mesir Macunu* was thrown from the rooftops of the Sultan Mosque. Manisa authorities stated that almost 40 tons of that elixir would be produced this year and about 10 tons of it would be exported to other European countries.

The recipe has been secretly transferred from generation to generation among the town's ruling class, known only to municipal authorities and officially appointed makers. But this year's celebration, the 459th festival, was marked by the announcement that the formula has been officially approved by the Turkish Pharmaceutical Standards Institutes. ◊