



GULF DEFENDER



Vol. 61, No. 18

Tyndall Air Force Base, Fla. *Gulf Defender*

May 17, 2002

In brief

Tyndall's new vice

Col. Douglas Cochran assumed the duties of 325th Fighter Wing vice commander today.

The May 24 issue of the Gulf Defender will feature the new vice commander and his vision during his tenure.

Hurricane awareness

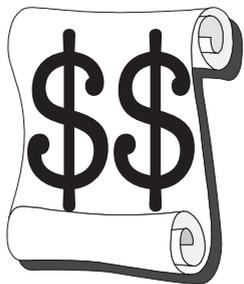
A hurricane-awareness briefing is scheduled for 10 a.m. Tuesday and 1:30 p.m. Wednesday at the base theater for anyone who is interested in attending.

Some topics that will be discussed include what a hurricane is, last year's hurricane events and expected forecast for this year, hurricane-condition levels and what they mean. Other topics of discussion will be building a preparedness plan, including evacuation routes and evacuation kits.

Informational handouts will be available.

Call 283-2010 for more information.

Inside



● Tuition assistance to be 100 percent ... **Page 6**

● Youth center photo contest ... **Page 8**

● AAFES recalls bikes, basketball goals... **Page 15**



Staff Sgt. Roel Utley

Forward ... HARCH

Tyndall drivers are reminded to be cautious and slow down or stop when ROTC cadets are marching on base roadways. The cadets will be on base through late August.

ECAMP inspectors give Tyndall green light

2ND LT. RYAN FITZGERALD
325th Fighter Wing public affairs

"This is the only time I've ever seen all green on one of these..." said Maj. Dale Clark, the team chief for this year's external Environmental Compliance and Assessment Program. Major Clark was referring to the overall assessment slide presented at the May 10 outbrief following the week-long inspection.

ECAMP audits, a Department of Defense requirement for all installations, are conducted to improve environmental management. The ECAMP team assessed the base on 13 areas ranging from water and air issues to cultural and natural resources. The assessment is a snapshot-in-time of how well Team Tyndall is protecting its environment.

ECAMP ratings are broken up into five categories: "significant" implies there is a substantial risk

to environmental or personal safety observed due to the condition, and the situation is a clear violation of federal law.

"High vulnerability" implies that the situation is in violation of the federal law and would constitute a major violation.

"Low vulnerability" is defined as a violation of federal law that is fairly minor.

"Management practices" is a rating that states a situation is in accordance with Air Force or DOD policy.

"Positives" are policies that go far beyond what is required and set the example for other installations.

Tyndall posted an outstanding 10 positives, with no significant.

"The results were exemplary of Team Tyndall," said Ms. Ann Garner, chief of civil engineering's environmental flight. "Unit environmental coordinators, the environ-



File photo

Dan Childs, 325th Civil Engineer Squadron Natural Resources Flight, feels the intense heat from a controlled burn he and fellow flight members set on 11 acres of the Tyndall reservation in November 2001. The controlled or "proscribed" burns, which help reduce the severity of future wildfires and stimulate new plant growth beneficial to woodland ecosystems, were one of the most lauded Tyndall environmental programs, according to ECAMP inspectors.

mental flight and others diligently prepared for the external audit since January. We assembled an ECAMP pre-audit team that

scoured the entire base to identify and correct deficiencies."

Garnering particular kudos was

● **SEE ECAMP PAGE 6**



To the men and women of Tyndall Air Force Base and our community friends

Thank you, thank you, thank you!! Ruth and I sincerely appreciate everything you did for us during our tour on the Gulf Coast. For our community partners: Your friendship and warmth is something we'll always remember and cherish about the south. It's folks like you that make service like ours all worthwhile!

For the men and women of Tyndall AFB: Ruth and I have been proud to know you, proud to serve with you and proud to call you our friends. America doesn't realize how lucky she is to have you on her side. Thank you and never forget why you wear the uniform.

Instead of saying goodbye, we'll steal a phrase from the Okinawan's, "Until we meet again in the future."

Zipper and Ruth Bledsoe



Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

BRIG. GEN. WILLIAM F. HODGKINS
325th Fighter Wing commander

Leaders send Armed Forces Day message



WASHINGTON (AFPN) – The following is a joint Armed Forces Day message from Dr. James G. Roche, secretary of the Air Force, and Gen. John P. Jumper,

Air Force chief of staff: Armed Forces Day is Saturday.

"More than 50 years ago, President Truman set aside Armed Forces Day to honor our nation's soldiers, sailors, airmen, Marines, Coast Guardsmen, members of the Guard and Reserves and our civilian teammates. Armed Forces Day gives all citizens the opportunity to reflect upon and honor the service of those who guarantee America's freedom both here at

home and abroad.

"It is appropriate too that we acknowledge our fellow service men and women who have gone before us. They provided a lasting legacy of honor and commitment that continues to this day. Their example of selfless sacrifice inspires noble tradition and enduring freedom for all Americans everywhere and for generations to come.

"We salute you and your family's proud service to our great nation."

ARMED FORCES DAY



STRONG & READY

Gulf Defender Editorial Staff

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chaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

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

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

Key to suicide prevention is intervention: Know the signs

LT. COL. RICK CAMPISE

Air Force Suicide Prevention Program

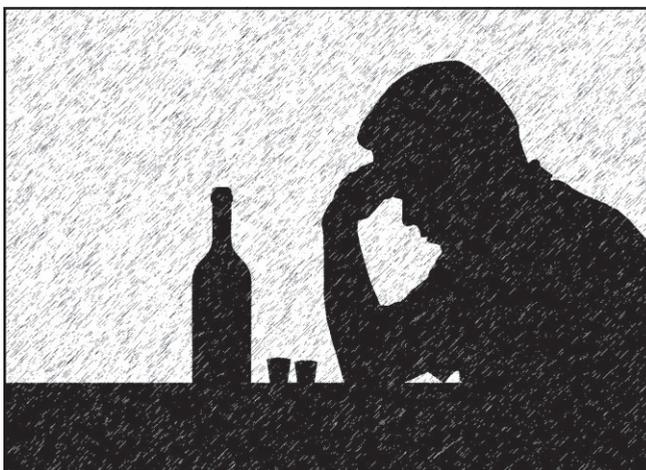
WASHINGTON (AFPN) — “Suicide is our most preventable cause of death,” said Air Force Surgeon General Lt. Gen. Paul K. Carlton Jr. “Leadership and mentorship are our two most important tools in preventing these tragic losses!”

Suicide is the second-leading cause of death for active-duty Air Force people. Awareness of suicide and the risk factors associated with suicide are key to the prevention of such loss of life and its traumatic consequences for our families and our communities.

May is National Mental Health Month, according to the National Mental Health Association.

But how do we know when someone is in significant distress? A misconception about suicide is that suicide occurs with little or no warning. There are often many clues that someone may be in distress or at risk.

The most commonly associated factor with suicide in the Air Force is problems in intimate relationships, including marital and dating relationships. Other high-risk factors that should alert us to vulnerability include abuse



Increased alcohol abuse is often a telltale sign that something may be amiss in an individual's personal life.

of alcohol or other substances, financial and legal problems, few social ties or loneliness, prolonged unmanageable stress and feelings of depression or worthlessness.

A key signal of distress is obsessing or talking about death, dying and violence, as well as purchasing firearms or other weapons. This runs counter to another

misconception: those who talk about suicide will not do it.

Other significant signs that someone may be in need of assistance include withdrawing from friends and family or suddenly making amends with others, sudden changes in behavior, loss of interest in work or usual activities and giving away possessions.

What can we do to help? Talking with someone directly about suicide is one of the most helpful things you can do. Most people contemplating suicide are seeking an end to the emotional pain they are experiencing, not an end to life. Talking with them may open doors to assistance to help them through their distress.

Some buy into the myth that if we talk about suicide with someone, it will give that person the idea to harm him or herself, or if someone has decided to harm him or herself there is nothing we can do to change his or her mind. This belief is not only wrong, it also creates barriers to preventing suicide.

The key to the prevention of suicide is early intervention. Seeking assistance and encouraging others to do

●SEE INTERVENTION PAGE 5

There's only one way
to come out ahead
of the pack.

QUIT

 American Heart
Association
WE'RE FIGHTING FOR
YOUR LIFE

Fending off useless e-mail

Government employees offer first line of defense in chain-letter, spam e-mails

By **MASTER SGT. RICHARD B. THORPE**
17th Communications Squadron

GOODFELLOW AIR FORCE BASE, Texas (AETCNS) — Did you ever notice how there is always someone who is susceptible to believing everything they read on e-mail? Every base has one.

I'm a wing computer security manager, and I've recently noticed a considerable increase in spam or junk e-mail and chain-letter e-mails.

The vast majority of people have no idea how this e-mail traffic adversely affects our Air Force networks. The first thing that happens is the exchange server that controls the mail traffic is overrun with extra mail. This slows the server down, which, in turn, slows delivery of those important official e-mails.

E-mails with large attachments such as photos or PowerPoint presentations can actually over-saturate the exchange server and bring e-mail to a halt. Not only does this affect our ability to accomplish our mission, it adds an incredible workload to our network profes-

sionals.

Someone notifies me, and I have to stop what I'm doing and track down whoever sent something to every soul on base with an e-mail account, asking that person, "What was on your mind when you brought the exchange server to a grinding halt for unofficial mail?"

Next, I have to find out who the person's unit computer security officer is to ensure the culprit receives remedial information-assurance awareness training.

Then, the base network control center folks have to stop what they're doing, and depending upon the severity of the situation, either bring the e-mail servers up again or work to reduce the effects of the traffic as much as possible.

While all of this is going on, reports of the problem are being sent to the Air Education and Training Command Network Operations and Security Center. The center, in turn, reports the situation to the AETC leadership and to organizations such as the Air Force Computer Emergency Response Team and

the Air Force Network Operations Center.

These organizations feed the information to Air Force headquarters where it becomes part of the daily situation report briefing to Air Force leadership on the status of the Air Force enterprise network.

These spam or chain-letter e-mails have one thing in common and are normally easy to identify: They ask you to forward the e-mail to everyone you know. Some examples I've seen include the notion that a commercial network provider, such as America On Line, will donate a nickel to charity for every person that receives the e-mail. How do you suppose AOL is going to track these e-mails?

And then there is the spam e-mail that warns, "Don't discard this — worst computer virus ever — forward to everyone you know." It's more junk.

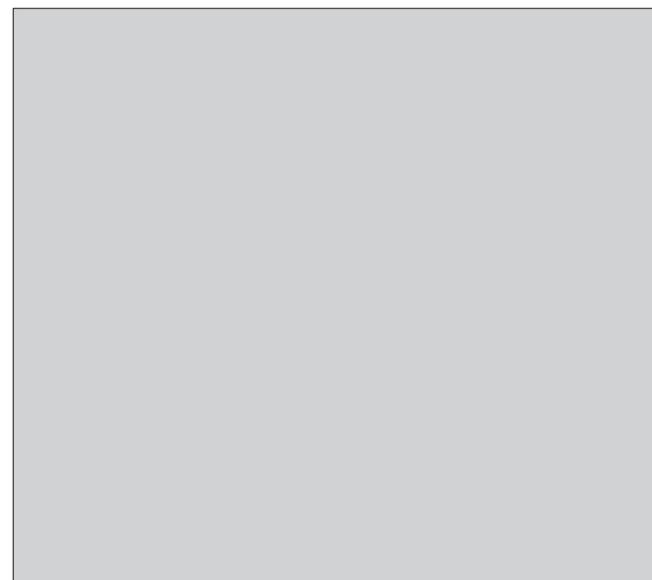
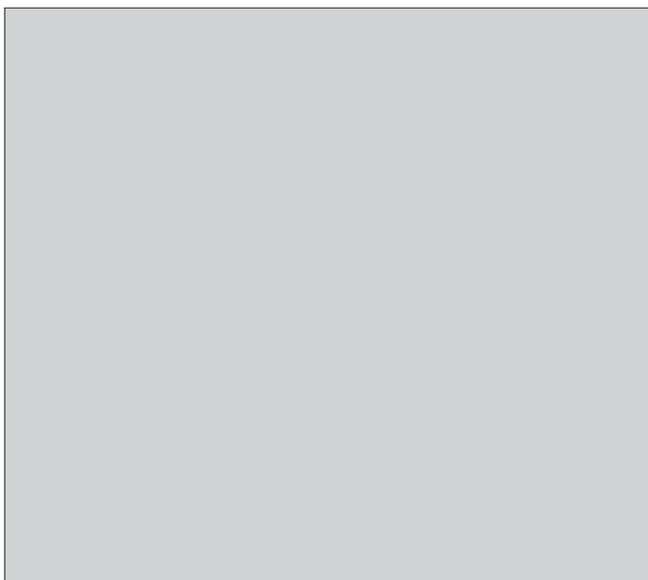
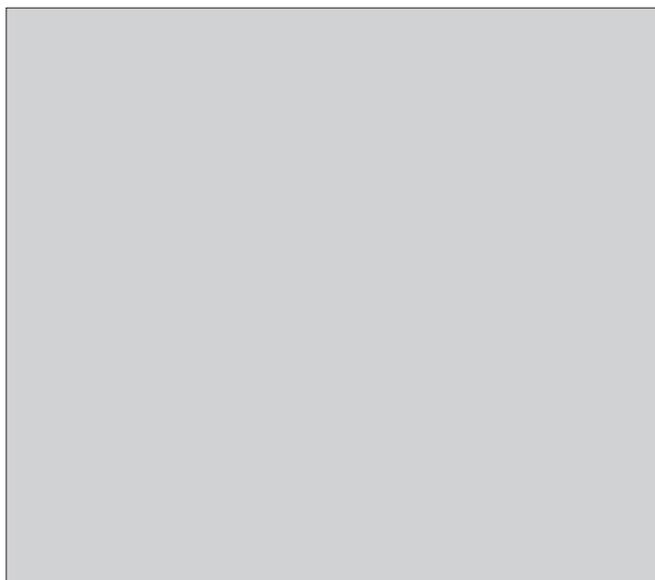
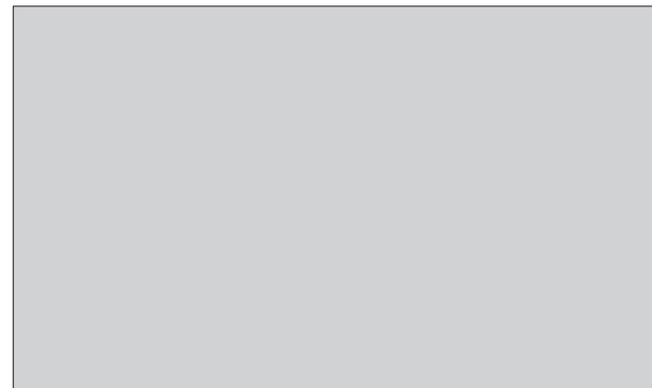
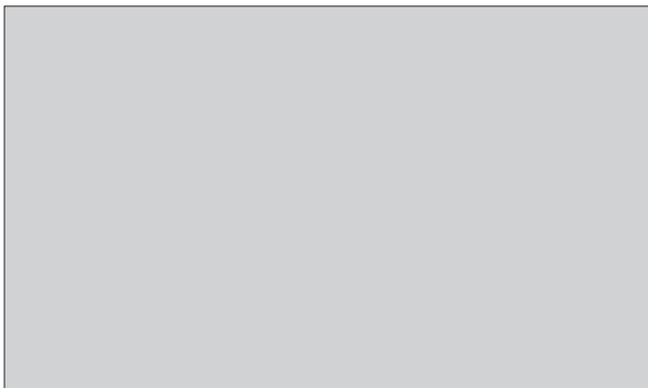
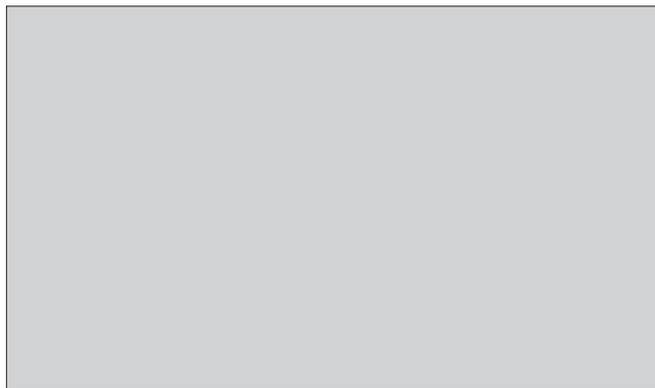
Some spam e-mails are exceptionally well written and easy to believe. Examples include the lost little girl and a request to send her description to "everyone on your e-mail list," and another

that proclaimed an organization would donate to charity for every hit on a specific Web site.

My personal favorite spam e-mail is the one that says unless I forward it to everyone I know, I'll have a rotten day. I don't need an e-mail to tell me I'm having a rotten day; all I need is to be notified that another chain-letter e-mail has affected our e-mail servers!

The Air Force's strategy for computer network defense is referred to as "Defense in Depth." It begins with major command network operations and security centers and includes the base network control center, functional system administrators, workgroup managers and you, the computer user.

You are at the core of "Defense in Depth." You have many responsibilities when using a government computer system. One of them is recognizing spam e-mail and taking the correct action: Simply delete the e-mail. If you're ever unsure if an e-mail is official or spam, contact one of your network professionals for advice before you hit the "send" button.



●FROM INTERVENTION PAGE 3

the same when having difficulty coping helps prevent more serious problems from developing.

If serious warning signs are present, including threats of suicide with a plan, do not leave the person alone. Call 911 or seek emergency services immediately.

Air Force leaders have stated repeatedly that “one suicide is too many” and their actions in providing standardized tools and working to remove the stigma applied to those who turn to mental health for professional assistance bear this out.

Today, the Air Force uses an integrated delivery system that involves chaplains and professionals from mental health, family support, health and wellness centers and family advocacy — all working together and taking responsibility for prevention.

To date, suicide-prevention efforts include an emphasis on involving and training leadership and annual suicide-prevention training for all military and civilians.

The Air Force Suicide Prevention Program began in the summer of 1996. For the five years prior to the program’s inception, the Air Force averaged 60 deaths annually, a rate of 14.3 per 100,000 personnel, the standard measurement of suicide rates nationally. From 1999 through 2001, the service averaged 28 suicides annually, a rate of 8.1 per 100,000 personnel.

Tyndall members have 24-hour-a-day, seven-day a week access to counselors through the life skills support center at 283-7511 or after duty hours at 283-7591 or the chaplain staff at 283-2925 or after hours through the base command post.

Spotlight



Tech. Sgt. Dan Neely

Staff Sgt. Gregory Smith

Job title: NCO in charge, immunization clinic

Hometown: Eagle River, Alaska

Years in service: 15 years

Years at Tyndall: 4.5 years

Most exciting facet of your job: Keeping our community in a ready mode for deployments and helping our retiree population meet their travel needs for their overseas leisure travel.

Why you joined the Air Force: To start a good career and build on my Air Force experiences.

Favorite movie: The Right Stuff

Hobbies/interests: NASCAR, hot rods, shooting, fishing

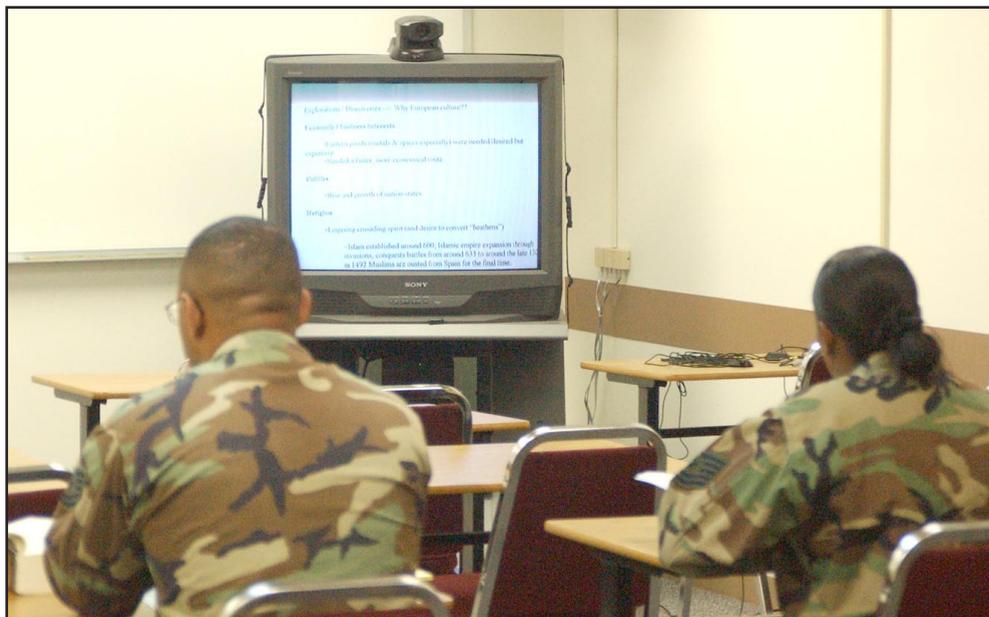
New tuition policy to offer 100 percent assistance

WASHINGTON (AFPN) – Air Force people soon will benefit from a new Department of Defense tuition-assistance policy that pays 100 percent of the cost of tuition for off-duty courses, according to Air Force education officials.

“The policy, effective Oct. 1, 2002, will pay tuition costs and mandatory fees for up to a maximum of \$250 per semester hour, or \$750 per 3-hour course,” said Jim Sweizer, chief of the Air Force voluntary education branch at the Pentagon. The policy also includes a \$4,500-per-year tuition-assistance ceiling.

“In the past, we only paid instructional fees, such as a lab fee for science courses,” Mr. Sweizer said. “Under the new policy, as long as the total cost falls under the authorized total, the student doesn’t have to pay any money out of (his or her) pocket.”

However, tuition assistance cannot be used to pay for textbooks unless they are included in an academic institution’s pub-



Tech. Sgt. Dan Neely

Educational opportunities are plentiful at Tyndall, such as distance learning and classes held on base.

lished tuition rates, he said.

With 100 percent tuition assistance available to airmen, some people might

opt to waive contributing to the Montgomery GI Bill, Mr. Sweizer said. He recommends bluesuiters continue to take advan-

tage of the benefits the GI Bill presents.

“Not everyone will be able to complete his or her education while on active duty,” he said. “Having the MGIB as an alternative for later use is a wise investment.”

The increase to 100 percent tuition assistance was authorized by Congress two years ago but was not funded until Fiscal 2003. The tuition-assistance program is the same across the entire Defense Department. Each service had two years to develop a plan to make the programs work together.

Tyndall Air Force Base has representatives from four educational institutions on site, as well as a full-service education center. Education center staff are able to answer questions on the new tuition-assistance policy, as well as offer educational advisement.

For more information on programs available to Tyndall personnel, contact the education center at 283-4285.

●FROM ECAMP PAGE 1

Tyndall’s natural resources section, whose methods for conducting prescribed burns was identified as an Air Force benchmark. The prescribed burns significantly reduce the chance of a wildfire due to natural or man-made causes. The burns are also conducted with the safety and overall health of the environment in mind.

Additionally, the base was praised for having ‘Man-o-

meters’ on paint booths, which regulate paint gun pressure, thereby reducing waste.

There is still much to do, according to Col. Patrick Fink, the ECAMP director. Colonel Fink praised the “solid” programs in place across the environmental spectrum at Tyndall, but said that solid programs still can leave some environmental violations.

“We are extremely pleased with HQ’s confirmation of Tyndall’s healthy environmental

program. However, I will be the first to admit there is much that remains to be accomplished,” said Ms. Garner.

Such work includes replacement of storm drains outside Tyndall’s main hangars. The current drains empty water into the normal sewer system, which in the event of a hazardous-materials spill could pose a danger to local ground water and other natural resources.

Though work to remain good

stewards of the resources on base will continue, Tyndall is on track, said Major Clark. “Tyndall’s programs are beautiful. I have to tell you one thing, as my parting shot: I think I see a candidate for the Thomas E. White award.”

“Achieving a delicate balance of environmental stewardship in conjunction with unfettered mission execution is more an art than a science,” said Ms. Garner. “In this regard, Team Tyndall is a class act.”



Every member of Team Tyndall is valuable.

Play it safe, don’t become a statistic.

There’s only one way to come out ahead of the pack.

QUIT

American Heart Association
WE’RE FIGHTING FOR YOUR LIFE

Wing safety day kicks off '101 Critical Days of Summer'

Set sail, stay sober

TECH. SGT. MICHAEL GRIFFITH

325th Fighter Wing safety office

As we approach the start of the "101 Critical Days of Summer," we need to ensure safety is in every element of off-duty activities. Since Tyndall has more than 90 miles of scenic shores and coastline, it is likely a majority of off-duty activities will be in or near the water and could possibly involve boats or jet skis.

More than 70 million Americans enjoy recreational boating each year. The state of Florida ranks third in the nation with more than 840,680 registered motorboats. Along with a large number of boaters comes a high num-

ber of fatalities. In 2000, Florida ranked third in the nation for boating fatalities with 46 but leads the nation in boater accidents with more than 1,200 reported accidents. Out of the 46 fatalities, 19 involved the use of alcohol. Nationally, the top three causes of boating accidents are careless/reckless operation, operator inattention and operator inexperience.

Capsizing and falls overboard account for more than half of all recreational boating fatalities each year. In fatalities involving alcohol use, more than half of the victims capsized their boat or fell overboard. More than one-third of all fatalities resulting from a

Safety day set for May 24

Tyndall's Wing Safety Day, in support of the "101 Critical Days of Summer" campaign, is May 24. This year's Safety Day event is at 9 a.m. at Heritage Park with a mandatory briefing by the wing commander around noon.

The schedule includes safety displays and recreational activities. Along with all the events, hotdogs and hamburgers will be sold and a live band will perform throughout the day. The base fire department will show off their skills in an extrication demonstration. The Base Exchange will be offering a 10 percent discount on selected safety items throughout the week.

collision involved alcohol use. Alcohol use affects judgment, vision, balance and coordination and should never be consumed while operating a boat.

The U.S. Coast Guard has concluded the key to safety on the water is op-

erator knowledge and experience. The best way to do that is to take a safe-boating course.

When participating in any type of water activity, remember to use the buddy system and always wear an approved life vest.

Drive safe, steer clear

TECH. SGT. MICHAEL GRIFFITH

325th Fighter Wing safety office

Imagine this, it's Friday afternoon. You just got off work and are headed home. You start thinking about what you want to do for fun with the family.

Suddenly a car in the oncoming lane veers across the center line right into your path. Are you prepared to react?

Almost all car accidents, including head-on collisions, can be prevented if you stay alert, think ahead and practice safe driving habits. This type of preventative driving is called defensive driving.

Defensive driving means driving to prevent accidents in spite of the unsafe actions of others or conditions around you.

To develop your defensive driving skills, you must be constantly aware of the behavior of other drivers, road conditions, and how to lessen the severity of an accident if it is unavoidable.

Remain alert for actions or behavior such as excessive speed, weaving, tailgating or inattention of the other driver. Anticipating what others might do, adjusting your speed, increasing distance between the vehicles and maintaining an escape path will help you avoid a collision.

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

Remaining alert, reducing speed and increasing distance are crucial skills in avoiding an accident.



In the lens of the beholder

Tyndall AFB youth show artistry in photography contest

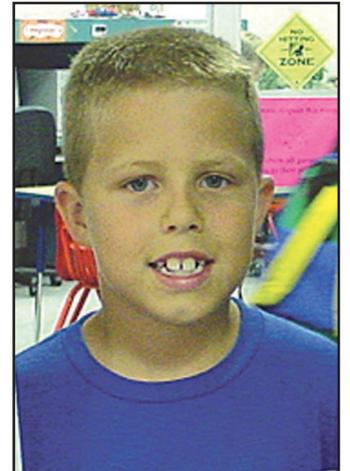
Youth from Tyndall AFB showcased their talents in a recent basewide photography contest conducted by the 325th Services Squadron Youth Center. Category winners will advance to the regional competition in June. Winning first place in the black and white photography category, ages 6-9, was LaTanya Mursier, daughter of Tech. Sgt. Cornelius and Uriel Mursier, with her entry "Watermelon Dude." Taking first place in the color photography category, ages 6-9, was Nicco Clemons, son of Staff Sgt. Michelle Clemons, with his entry "Dove in Truck." Landing first place in the black and white photography category, ages 10-12, was Katy Nadeau, daughter of Staff Sgt. Peter and Debbie Nadeau, with her entry "Friends Forever."



"Watermelon Dude," first place black and white
(ages 6-9) by LaTanya Mursier



LaTanya Mursier



Nicco Clemons



"Friends Forever," first place black and white
entry (ages 10-12) by Katy Nadeau



"Dove in Truck," first place color photo (ages 6-9) by Nicco Clemons

New Web site spotlights war on terror with daily updates

LINDA D. KOZARYN
American Forces Press Service

WASHINGTON — The U.S. Defense Department's unconventional war against terrorism has spawned an unconventional Web site to report news about that war: DefendAmerica.mil.

The new site, which can also be found at DefendAmerica.gov, offers the latest news, photographs, transcripts and other information about the U.S.-led global effort against terrorism. As DefendAmerica's editor, David Jackson, put it: "If it has anything to do with the war, we're interested."

The Defense Department launched the site before Operation Enduring Freedom began last October. The goal was to inform the public, both in the U.S. and abroad, of what the U.S. was doing to combat global terrorism, according to Ms. Victoria Clarke, assistant secretary of defense for public affairs.

"We wanted people to know what our service members were doing at home and overseas," the Pentagon spokeswoman said. "Our goal is to help the public understand and appreciate how dedicated and committed our men

and women in uniform really are."

The site captured attention quickly. Shortly after DefendAmerica's debut on the Internet, USA Today named it a "Hot Site" and Time Magazine reported: "If you want the official war news, that's easy — go to the Pentagon's comprehensive site, www.DefendAmerica.mil."

Although DefendAmerica has been available to the public for only seven months, it already boasts readers in more than 70 countries, and links to it can be found on Web sites all over the

Internet, according to Mr. Jackson, a veteran newspaper and magazine journalist who was brought on board to edit DefendAmerica.

Content on the site changes daily, Mr. Jackson said, and includes coverage of every Pentagon briefing by Defense Secretary Donald H. Rumsfeld and other top military officials.

A feature called "Americans Working Together" reports on the myriad ways Americans are working together to combat terrorism, while "Profile" spotlights individuals and the roles they play in the war

effort. Archives of both features can be accessed on the site.

DefendAmerica is also the home of "America's Thank You Note", an online form where supporters are invited to sign a virtual thank-you note to U.S. service members during May for National Military Appreciation Month.

A daily feature titled "We Remember Their Sacrifice" pays tribute to each victim who died in last year's Sept. 11 attack on the Pentagon.

Military buffs have found the site to be a rich source of information on military aircraft and equip-

ment. A section called "Database" offers technical information about a wide range of military systems and equipment, from the perennial M-16 rifle to the newest Predator aerial vehicle. Another section, "Backgrounder", offers information on subjects from Afghanistan to weather and its influence on warfare. The site also contains links to other U.S. government and military Web sites along with streaming audio and video news stories.

DefendAmerica reports on all branches of the military, including the Army, Navy, Marine Corps, Air

Look for pepperoni, barbecue sandwiches in MREs soon

CURT BIBERDORF
Special to the American Forces Press Service

NATICK, Mass. — Pepperoni and barbecue chicken pocket sandwiches have been approved for the Meal, Ready-to-Eat.

The shelf-stable sandwiches were first developed by the Department of Defense Combat Feeding Program at the Army Soldier Systems Center in the mid-1990s as a ration to enhance soldier mobility. They require no refrigeration, freezing, utensils or heat source before eating, although they can be warmed with a flameless ration heater.

"We've combined shelf-stable bread that now supplements the MRE with meat into a lightweight, identifiable, eat-out-of-hand food," said project officer Dan Nattress.

Shelf-stable sandwiches are comparable in size, calories and appearance to "Hot Pocket" brand sandwiches found in grocery stores. The major difference is in processing that allows the food to meet the Combat Feeding Program's minimum shelf life of three years at 80 degrees Fahrenheit or six months at 100 degrees Fahrenheit.

Military rations are commonly stabilized through thermal processing in pouches, but heat tends to destroy the flavor and texture of the sandwiches, said project officer Michelle Richardson.

The new sandwiches are developed using "intermediate moisture technology." They're preserved by controlling water activity and acidity levels. Humectants, substances that promote water retention, reduce water activity and the amount available for bacteria growth. The pH or acid levels are controlled by choosing low-acid ingredients or incorporating natural acids into the product.

The amount of oxygen that comes into contact with the food is also controlled by including oxygen scavenger packets. The sandwiches are packaged in triple-laminate pouches to prevent the passage of water and oxygen, both necessary for the growth of yeast mold and bacteria.

"The combination of meat with the bread with differing water activities and pHs makes both safety and acceptability a concern," Ms. Richardson said. The components have different water activity characteristics that need to complement each other. If the water activity of the meat is too high, for instance, the result could be soggy bread, she said.

She said the sandwiches passed soldiers' taste tests and meet Food and Drug Administration requirements for food safety.

The sandwiches are being further developed and commercialized under an agreement with a company in Raleigh, N.C. Partnering can reduce overall production costs by opening commercial sales opportunities that create an economy of scale, Mr. Nattress said.

Other varieties under consideration are a pizza pocket with Italian sausage and pepperoni slices in a tomato sauce, sliced beef in a barbecue sauce, tuna or chicken salad, ham and cheese, and peanut butter and jelly.

The same technology is being applied to a new program in combat breakfast foods.

"The number of breakfast items available to the warfighter is very limited and not highly acceptable," Ms. Richardson said, who's leading the research. "The investigation of intercomponent films and coatings may allow the use of ingredients previously impossible due to moisture or fat migration."

Some concepts that Ms. Richardson has proposed are cream cheese-filled bagels with and without fruit fill-

ings, sausage and cheese biscuits, breakfast burritos with bacon and eggs in a tortilla wrap and breakfast pizza. Prototypes are scheduled to be ready this year with production planned for 2004.

(Curt Biberdorf works for the Soldier Systems Center Public Affairs Office, Natick, Mass.)



Sarah Underhill

The barbecue chicken pocket sandwich is one of two varieties that troops can expect to find issued soon in the Meal, Ready-to-Eat. The second is a pepperoni pocket.

Military taxpayers can avoid late fees, penalties

STAFF SGT. A.J. BOSKER
Air Force Print News

WASHINGTON — Air Force people can avoid the stress of dealing with late fees and penalties by knowing the rules governing military taxpayers and their rights as members of the armed forces, according to Internal Revenue Service officials.

Every taxpayer, civilian or military, should know the normal deadline for filing their tax return is April 15, said Don Roberts, IRS spokesman. However, many do not

know payment for any taxes they owe is also due by the same deadline.

“Anyone who did not file their return and pay their taxes by April 15 will be charged interest on the unpaid tax and receive a failure-to-pay penalty,” said Capt. Jennifer Hyzer, chief of the taxation law branch at the Air Force Legal Services Agency. “In addition, the IRS can also impose a failure-to-file penalty.”

If a taxpayer has not filed his or her return yet and did not request an extension before April 15,

the taxpayer should file immediately, said Captain Hyzer.

“An automatic four-month extension to file a return is available, but only if requested before the April deadline,” Captain Hyzer said. “This automatic extension only applies to filing a return and not to paying any due taxes.”

The financial burden of not paying taxes on time can increase quickly, she said.

The interest on the overdue tax is compounded daily and com-

puted from the due date of the return until the payment is made. The interest, adjusted quarterly, is currently at six percent. The combined penalties, both failure to file and failure to pay, is 5 percent for each month or partial month that a return is late, up to 25 percent.

Air Force people stationed or deployed overseas on April 15 have an automatic extension until June 15 to file their taxes but still must pay any due tax or be charged interest on the amount not paid by April 15.

To take advantage of this, military taxpayers must attach a statement to their return showing they satisfy the extension requirements.

“However, the deadline for filing tax returns, paying taxes and filing claims for refund is automatically extended if you serve in the armed forces in a combat zone, qualifying hazardous duty area or have qualifying service outside of a combat zone or qualified hazardous duty area,” Mr. Roberts said.

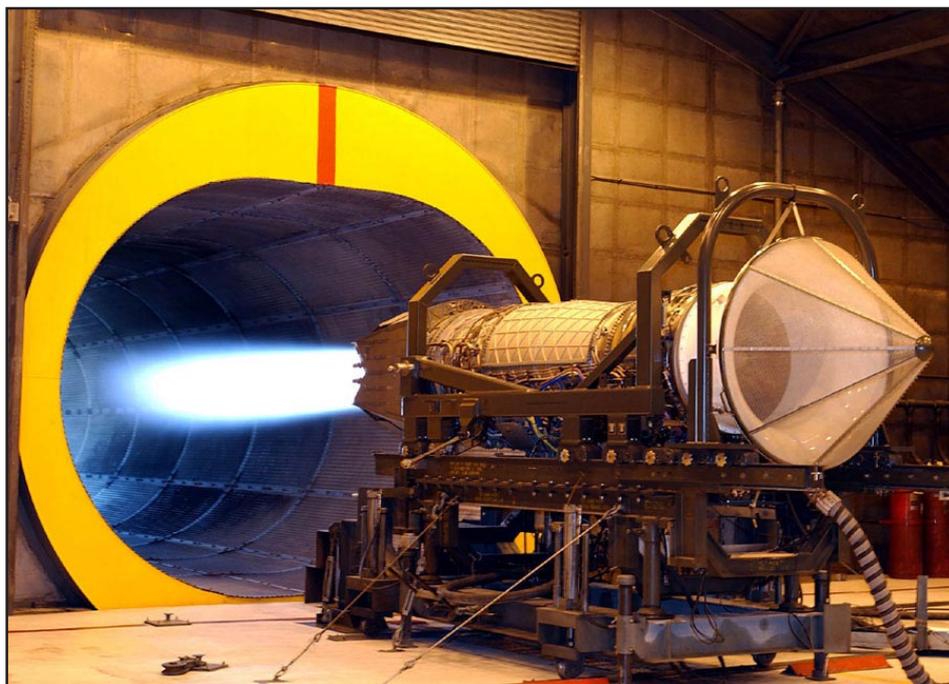
“Additionally, the deadline extension provisions also apply to certain civilians serving in a combat zone or a qualified hazardous duty area in support of the U.S. armed forces, such as Red Cross personnel, accredited cor-

respondents and civilian personnel acting under the direction of the U.S. armed forces in support of those forces,” he said.

“The deadline for these people to file or pay taxes is extended for 180 days after the last day they left the combat zone or qualified hazardous duty area or had qualifying service outside of these areas, plus the number of days that were left in the filing season when they entered these areas,” Captain Hyzer said.

“For example, you had three and one-half months — Jan. 1 to April 15 — to file your 2001 tax return,” Mr. Roberts explained. “Any days of this period that were left when you entered the combat zone are added to the 180

●SEE TAXES PAGE 11



Senior Airman J.T. May

Raptor power

An F-119 engine gets tested by members of the 57th Component Repair Squadron here recently. Built by Pratt and Whitney, the engine will power the F-22 Raptor. Nellis AFB received two production F-119 engines and modified its test facility to accommodate the thrust-vectoring engines. Tyndall is expecting its first F-22 in 2003.

New online VA benefits guide available, offers overview

ARMY SGT. 1ST CLASS KATHLEEN T. RHEM
American Forces Press Service

WASHINGTON — The Department of Veterans Affairs has made its comprehensive benefits guide available for free on the Internet.

“Federal Benefits for Veterans and Dependents” is a 100-page handbook describing benefits provided by the VA and an overview of programs and services for veterans provided by other federal agencies.

VA officials estimate most of America’s 25 million veter-

ans qualify for at least some VA benefits, but many are unaware of their entitlements. This handbook includes a listing of toll-free numbers, World Wide Web information resources and VA facilities.

Most veterans are eligible for health-care and burial benefits. Many are also eligible for home loan guarantees, educational assistance, vocational rehabilitation, life insurance and compensation for service-connected disabilities.

This guide explains how to access many of these benefits online. For instance, it provides a Web address and instruc-

tions for enrolling via the Internet into the VA health-care system. The book describes in detail the priority for care and services available. Separate sections describe specialized services available to Gulf War veterans and those exposed to Agent Orange or radiation.

The book can be purchased through the Government Printing Office for \$5 for U.S.-based customers and \$6.25 for those overseas by calling toll-free (866) 512-1800. By providing it online at www.va.gov/opa/feature/, the VA hopes to make the information available to more veterans.

● **FROM TAXES PAGE 10**
days when determining the last day allowed for filing your return.”

When President Bush declared Afghanistan and its airspace to be a combat zone, military people serving in Afghanistan automatically qualified for this extension, he said.

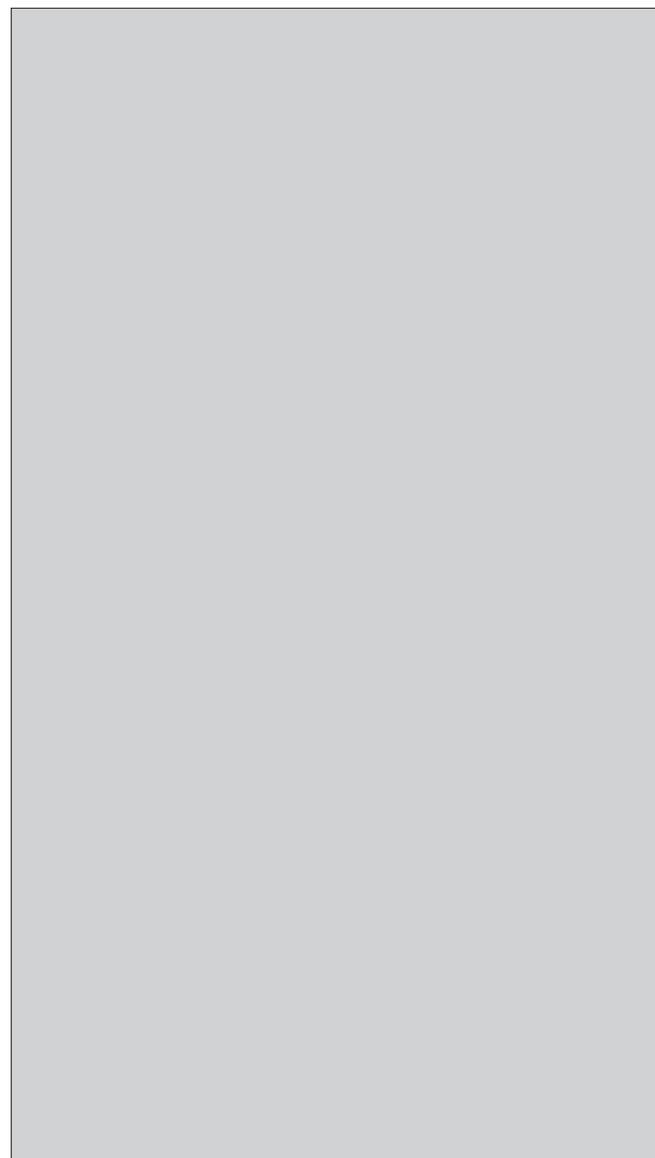
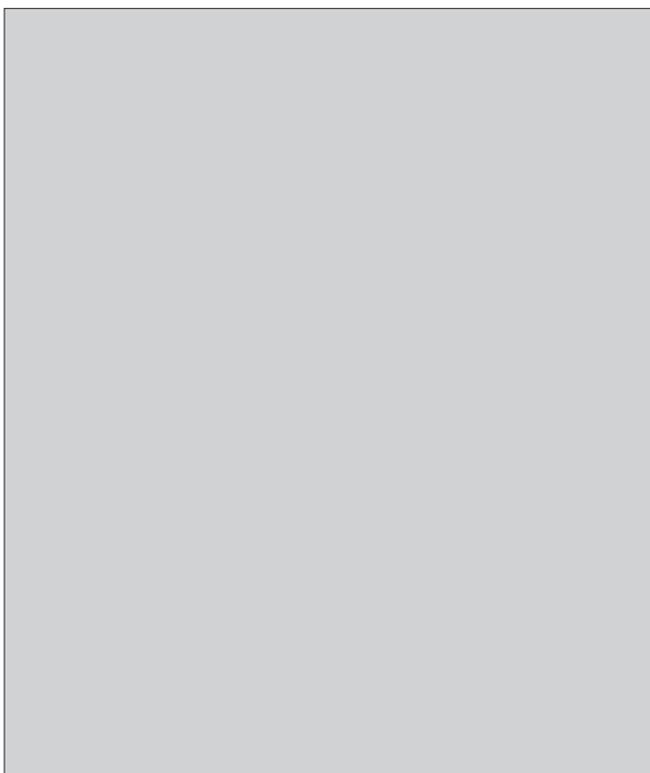
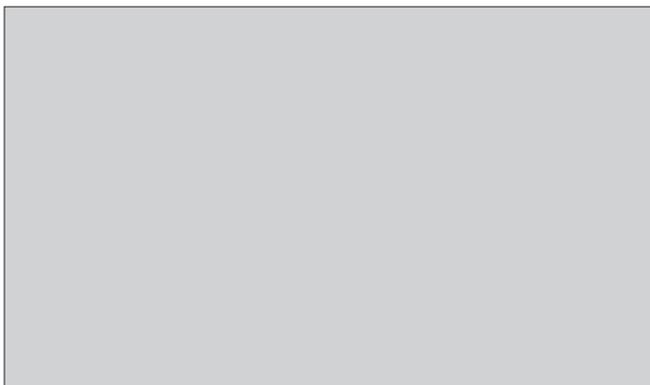
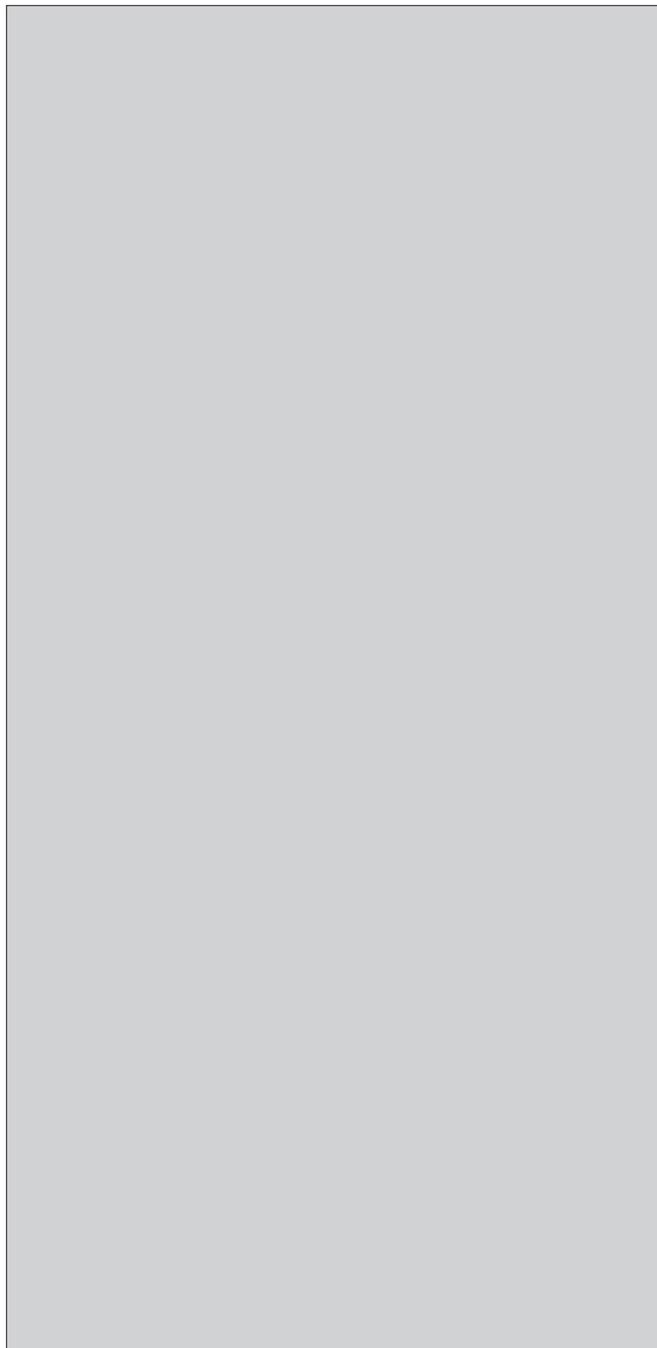
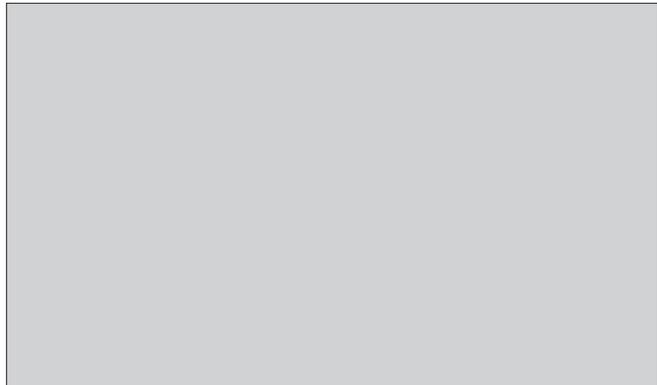
Currently, service outside of Afghanistan is considered to be in the combat zone if it is in a

country where the Department of Defense has certified that such service is in direct support of military operations. To date, the DOD has certified that service in Jordan, Pakistan and Tajikistan, on or after Sept. 19, 2001, and service in Kyrgystan and Uzbekistan, on or after Oct. 1, 2001, qualifies.

“Any military taxpayers who are covered by

these relief provisions should put the words ‘Enduring Freedom’ in red at the top of their tax return,” Mr. Roberts said. “If they receive a notice from the IRS regarding a collection or examination matter, they should return the notice to the IRS, with the words ‘Enduring Freedom’ at the top of the notice and envelope, so that the IRS can suspend the action.”

“If any Air Force (people are) unsure whether they qualify for an exemption or extension or have any other tax-related questions, they should go to their local legal office for assistance,” Captain Hyzer said. “We can help people find the answers they need and eliminate an unnecessary source of stress for our deployed airmen.”



**Your link
to what's going on**

Gulf Guide

**in the
Tyndall community**

MAY

FRI 17

Civil engineer squadron closure

All agencies in the 325th Civil Engineer Squadron, including the housing office, will close at noon today for an official function. If there is an emergency, call 283-4949 for assistance.

Contracting squadron closure

The 325th Contracting Squadron will close 11 a.m. today for an office function. If an emergency arises, call 774-1151 or 774-1152.

Troy State registration

Registration for Troy State University's Term 5 will continue through May 24 at the Tyndall Education Center. For more information, call the education center, 283-4449.

TAAA pre-summer party

The Tyndall Active Airman's Association's pre-summer party kicks off 8 p.m.-1 a.m. today in The Zone at the enlisted club. Everyone is invited to this free 1980s-style event which will feature live entertainment, games, prizes for best costume and best dancer, free finger food and much more. Designated drivers will be provided. For more information, call Senior Airman David Enfinger, 283-3558.

SAT 18

Saturday clinic closure

Effective Saturday, the 325th Medical Group will be closing the half-day Saturday clinic in both family practice and pediatrics. Weekend medical care will still be available by calling 283-2778 and asking to speak with the primary care manager on call. Both after-hour and weekend emergency medical care will be available through urgent-care clinics and emergency departments in Panama City and the surrounding communities.

MON 20

ERAU registration

Registration for Embry-Riddle Aeronautical University's summer term will be 8 a.m.-4:30 p.m. Monday-May 24 in Room 49 of the education center. The class dates are May 27-July 27. For more information, call the education center, 283-4557.

TUE 21

Focus 56 meeting

A Focus 56 meeting for staff sergeant selects through technical sergeants will be 3 p.m. Tuesday in the NCO Academy auditorium. For more information, call Tech. Sgt. Bryon Nelson, 283-8742.

First aid training

The American Red Cross will provide classes in cardiopulmonary resuscitation, first aid and AED training every fourth Tuesday and Wednesday of each month at Tyndall. For more information and to register, call the Red Cross, 763-6587.

WED 22

Technology exposition

The Tyndall Technology Exposition 2002, hosted by the 325th Contracting Squadron, will be 10 a.m.-2 p.m. Wednesday in the Daedalian and Florida Rooms of the officers' club. More than 25 exhibitors will be on hand demonstrating the latest computer hardware, software and services. All Tyndall, Department of Defense, contractor and tenant activity personnel are invited to attend the free exposition. Complimentary refreshments will be served. For more information, call Stephanie Caplan, (301) 596-8899, extension 231.

Blood drive

A Red Cross blood drive will be 9 a.m.-5 p.m. Wednesday in the community activities center.

THU 23

MPF closure

The military personnel flight will close 11:30 a.m. Thursday for an official function. Anyone with an emergency or who has traveled a long distance may call one of the following cell phone numbers: 325th Mission Support Squadron commander, 774-6020; 325th MSS first sergeant, 771-6021; or MPF commander, 774-6022.

Parenting teens seminar

A seminar designed to give parents tips on key issues when dealing with teens will be 5:30-7:30 p.m. Thursday in the family support center classroom. Seminar topics will include recognizing the signs and symptoms of substance use and abuse, making and executing family rules and how to talk to kids about sex. For more information or reservations, call the family support center, 283-4204.

NOTES

Medical group volunteer position

A volunteer position is available for a help/call center operator within the 325th Medical Group's information technology area. The position involves answering telephones for the purpose of routing troubleshooting calls for in-house computer systems. Prior experience is not required and the time needed would be for approximately two to three hours, two to three times a week, preferably in the afternoons. For information, call Capt. Kevin Pinette, 283-7063.

Thrift shop summer hours

Effective Tuesday through June 27, the Tyndall Thrift Shop is open 9:30 a.m.-12:30 p.m. Wednesdays and Thursdays only. The shop is open 9 a.m.-noon June 1, closed in July and reopens Aug. 14. For information, call 286-5888.

RETIREE NEWS

Long-term health care

The Federal Long Term Care Insurance Program was established by public law to provide insurance for federal government employees, military active duty, federal and military retirees and their family members. It is essential that all those eligible for the program, which the office of personnel management will oversee, understand how it works. Many individuals do not have easy access to information because of the lack of a computer and others may not be sure what the program will and will not do.

The program is the result of a contract with Metropolitan Life Insurance Company and John Hancock Life Insurance Company, who have come together as LTC Partners to provide this insurance. There will be no government subsidy, but the plan is expected to reduce rates up to about 20 percent below rates for individual commercial plans. The early enrollment began March 25 and ended Wednesday, but OPM officials emphasize this enrollment was designed only for those with a thorough knowledge and understanding of long-term care and insurance issues. Most people need the benefits of the extensive educational campaign that LTC Partners is preparing. The general open season runs from July 1 through Dec. 31, 2002.

More details will be announced later and OPM will post new "frequently asked questions." Everyone is encouraged to regularly visit the Web site for updates and information: www.opm.gov/insure/ltc/#bbs. For more information or to consult with a long-term care insurance specialist, call (800) 582-3337.

YARD SALES

The following yard sales are scheduled for Saturday: 2778-B Delta Ave., 3502-B Clay Court, 3101-B Dagger Dr., 2765-B Thunderchief Rd., 3162-B Tiger St. and 3629-B Etchberger Court. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "The Rookie" (G)

Saturday: "The Rookie"

Sunday: "High Crimes" (PG-13, violence, sexual content and language)

All movies start at 7 p.m.

Campaign urges watercraft safety

Recreational boating is fun and enjoyable, and we are fortunate that we have sufficient resources to accommodate the wide variety of pleasure boating demands. However, our waterways can become crowded at times and be a place of chaos and confusion.

While being a marvelous source of recreation, boating, to the unprepared, can be a risky sport. Not knowing or obeying the Navigation Rules or the nautical "Rules of the Road," drinking alcohol or taking drugs while operating a boat, or choosing not to wear your life jacket when doing so is clearly the smart thing to do, are all examples of human error or a lack of proper judgment.

One particular behavior that can reduce the number of boaters who lose their lives by drowning each year by approximately 90 percent is the wearing of a life jacket. It is a simple task that has the potential to reduce terrible loss in lives.

Knowledge and skills are important in reducing human error and improving judgment. If people are aware of the risk, they are likely to take the precautionary measures to protect themselves and their



friends and family. That is why we must continue to spread the messages of boating safety not only during National Safe Boating Week May 18-24 but also throughout the entire year.

The Facts:

Between 700 and 800 people die each year in boating-related accidents in the U.S.; nearly 70 percent of these are fatalities caused by drowning; and the vast majority of these accidents are caused by human error or poor judgment and not by the boat, equipment or environmental factors. A significant number of boaters who lose their lives by drowning each year would be alive today had they worn their life jackets. Modern life jackets are more comfortable, more attractive and more wearable than styles of years past

and deserve a fresh look by today's boating public.

The National Safe Boating Council urges everyone to "Boat Smart from the Start" by wearing a life jacket and practicing safe boating habits.

(Courtesy National Safe Boating Council)

Sports Standings



Team	Total points	Team	Total points
Golf		CONR 1	17.5
Team standings are current as of Wednesday.		CONR 2	17.5
		ACS	15
		WEG	14
		MED GP	12.5
		TS1	12.5
		LSS	11
		83 FWS1	9.5
		CONR 3	8.5
		RHS	8
		SFS 1	7
		372 TRS	3
		83 FWS 2	2.5
		MSS 2	2
		TS 2	0.5
		SFS 2	0

Smoking costs nation \$150 billion each year in health costs, lost productivity

Each pack of cigarettes sold in the United States costs the nation an estimated \$7.18 in medical care costs and lost productivity, the Centers for Disease Control and Prevention reported recently.

In a study of deaths related to smoking, years of life lost, and economic costs, CDC found that smoking continues to be the leading cause of preventable death in the United States, resulting in an estimated 440,000 premature deaths annually from 1995 through 1999.

On average, adult men and women smokers lost 13.2 and 14.5 years of life, respectively, because they smoked.

Economic costs during the same period were \$81.9 billion in productivity losses from deaths (average for 1995-1999) and \$75.5 billion in excess medical expenditures in 1998, for a total of more than \$150 billion, according to the report. The reported medical and productivity losses were larger than previ-

ous estimates of \$53 billion and \$43 billion, respectively.

"The fact that nearly half a million Americans lose their lives each year because of smoking-related illnesses is a significant public health tragedy," said Dr. David Fleming, acting director, CDC. "It's important now more than ever that states and local communities put in place comprehensive tobacco control programs to stem this tidal wave of preventable deaths."

According to the analysis, for each of the 22 billion packs of cigarettes sold in the United States in 1999, \$3.45 was spent on medical care related to smoking, compared with the previous 1993 estimate of \$2.06 per pack. Another \$3.73 per pack was spent on productivity losses from smoking. Overall, the economic cost of smoking equaled about \$3,391 per smoker per year.

"The stunning toll that smoking takes on life is unacceptable," said Rosemarie Henson, director of CDC's Office on

Smoking and Health. "States and communities can and should do more to reduce the impact of smoking on the physical and financial health of their communities."

Despite recent declines, young people in the United States are still using tobacco at a high rate: 34.5 percent of high school students and 15.1 percent of middle school students currently use some form of tobacco (cigarettes, smokeless, cigars, pipes, bidis, or kreteks). Every day, more than 2,200 young people under the age of 18 become daily smokers.

Other findings from the new study include these:

- Each year from 1995 through 1999, smoking caused more than 264,000 deaths in men and more than 178,000 deaths in women.

- Among adults, most deaths were from lung cancer (124,813), heart disease (81,976) and lung disease (64,735).

- Smoking-related cancer and lung disease deaths in women increased from 1995 to 1999.

- Smoking during pregnancy resulted in more than 1,000 infant deaths annually.

- Neonatal costs were \$366 million—\$704 per pregnant smoker—in 1996.

The CDC is also releasing *Tobacco Control State Highlights 2002: The Impact and Opportunity*. This report, which provides current data on tobacco funding for states and the District of Columbia, can be viewed or downloaded at www.cdc.gov/tobacco/. More information on CDC's tobacco control activities can be found at CDC's Tobacco Information and Prevention Source (TIPS) Web site at www.cdc.gov/tobacco.

The Centers for Disease Control and Prevention protects people's health and safety by preventing and controlling diseases and injuries; enhances health decisions by providing credible information on critical health issues; and promotes healthy living through strong partnerships with local, national and international organizations.

(Courtesy Centers for Disease Control)

Funshine NEWS

May 17, 2002

This page is produced by the 325th Services Marketing office, 283-4565.

YES!
Membership
Pays!

Here's How...

Live Band
D ja Groove
E Club
May 18, 2002
283-4357

All Ranks Member Appreciation Night

May 22, 5:30-8 p.m. \$4.95
Buffet at Officers Club. Free to
children under 12. Nonmembers
invited to experience just one of
the benefits of membership in
Tyndall Clubs!

All Ranks in the
Officers Club Dining Room



Father's Day Brunch

Sunday, June 16

Continuous reservations
available from
9:30 a.m.-
12:30 p.m.
Call 283-4357.

Adults \$8.95
Children 5-11 \$4.95
Children 4 & under free

283-4357

NONMEMBERS

Here's your chance to try one
of the benefits of Club Membership!
Join us for Father's Day Brunch and
receive the member discount price!

Air Force Club Scholarship Program

Three scholarships will be awarded to AF
Club members or their eligible family members
in the amounts of:

\$5,000, \$3,000, and \$2,000

Applicants must be accepted by, or enrolled in,
an accredited college or university graduate or
undergraduate program by Fall of 2002.
Information packages with complete instructions
and requirements are available from the
Tyndall Officers Club, Enlisted Club or the
Services Marketing Office.

Entry deadline is July 15.

283-4565

for more information.



Sponsored in part by:

First USA Bank of Wilmington, Delaware.
No federal endorsement of sponsor intended.

Vet Clinic

283-2434

Memorial Day Schedule

The clinic will be closed on May 24
and 27.

Youth Center

283-4366

Jr. Golf Clinic

Are you age 6-17 yrs. and want to be
the next Tiger Woods? Sign up for the
Pelican Point Jr. Golf Clinic and learn
golf basics and course etiquette.
Sessions run June 3, 5, 7, 10, 12, and
14 at 8 and 9 a.m. Cost is \$49.95 and
includes clubs. Register by May 20.
Class is limited to 20 students. Call
Andy at 283-4366 for details.

Information, Tickets & Travel

283-2499

Wild Adventures Theme Park Valdosta Georgia

June 8-9: Cost per person is \$95 double
occupancy. Trip price includes
transportation, accommodations and
ticket.

Wakulla Springs Tour

June 12: Cost per person is \$7.50 and
includes transportation and admittance to
the park. Bring a picnic lunch and enjoy
the beauty of this historic Florida park.

Family Child Care

283-2266

May Classes

FCC New Provider Training: May 22,
23, and 29.

Marina Club

283-3059

Friday Seafood Lunch Buffet

11 a.m.-1:30 p.m. Cost is \$6.50 and
includes soft drink or tea. This is an All-
You-Can-Eat buffet!

Dive and Fishing Charters

Deep sea and bay fishing, trolling or
bottom fishing: \$75 per operating hour,
everything included. Four hour minimum.

Lawn Equipment Rental

We now offer lawn equipment rental
including: lawn mowers, weed eaters and
rakes. Call for details.

Lodging NAF Sale May 18, 7-11 a.m.

The sale will be held at the west
end of the parking lot located
between building 1360 & 1361.
Items include, but are not limited to: beds,
artwork, drapes, microwaves, 4.5 cu ft.
refrigerators and more. All electrical
appliances were operational when
removed from the rooms.

ALL SALES ARE FINAL
Absolutely no returns,
exchanges, or refunds. No
vendors please.

283-4211

Community Activity Ctr.

283-2495

Ping-Pong Tournament

May 23, 11:30 a.m. Single elimination
rally scoring. Award for 1st & 2nd place

Tae Kwon Do Class

Mon.-Tue.-Wed. 6 p.m. CAC
ballroom 10 classes for \$30.

Bonita Bay Outdoor Rec.

283-3199

Summer Hours Begin May 20

Mon. - Thur.: 8 a.m.-5 p.m. Fri., Sat.,
and Sun.: 8 a.m.-6 p.m.

Sailing & Windsurfing Classes

Cost \$40 per person. Minimum age: 10.
Two day courses, 9 a.m.-4 p.m.

Sealed Bid Auction

24' Pontoon Boat and motor as is. No
trailer. Bids accepted until May 26.

Pelican Point Golf Course

New Lower Rates!

18 holes with cart: E1 to E4, \$17.00;
E5 and up \$20.00
9 holes: E1 to E4, \$5.00;
E5 and up \$6.00

Call the course for more information.

283-4389

Bugler Needed for Base Honor Guard

Call 283-4405 for more information.

Get Fit & Win

The more you work out
the better your chance to win

Get the fitness results you want plus you could win
A TRIP TO JAMAICA or THE BAHAMAS!

Also get points for Base Sponsored Events,
attending classes at the HAWC, Aerobathon,
daily workouts and MUCH MORE!

Pick up your punch card at the Fitness Center!

Visit the Fitness Center (283-2631) or
<http://www.afsv.af.mil.mkt> for details.

Sponsored in part by: Gatorade, LifeFitness & Super Clubs

No federal endorsement of sponsors is intended.



●FROM WEB SITE PAGE 9 Force and Coast Guard, both active-duty and Reserve components.

Probably the most popular feature, according to Mr. Jackson, has been DefendAmerica's Photo Gallery archive, which offers photo essays by Joint Combat Camera and other military photographers that chronicle the progress of the war, from the Sept. 11 terrorists' attacks to the current campaign to help Afghanistan rebuild after years of civil war and unrest.

"There are a lot of stories to tell about this war effort," Mr. Jackson said, "and there's an enormous demand out there from both Americans and our international readers to learn more. We're glad that they're finding us an authoritative place to see what's going on."

AAFES recalls bikes, goals

Mountain bicycles

Army and Air Force Exchange Service officials are recalling about 103,000 Mongoose and Roadmaster mountain bicycles with Ballistic 105 front suspension forks.

The forks on these bicycles can break apart, causing riders to lose control, fall and suffer injury. There have been 34 reports of forks breaking, resulting in serious head and bodily injuries, abrasions, bruises and chipped teeth.

AAFES sold the bicycles with these forks from June 1998 through December 2000. Consumers could have received a Ballistic 105 fork as a replacement when participating in one of the previous recalls.

Brunswick Corp. is expanding the recall to include all Ballistic 105 forks sold on the Mongoose and Roadmaster mountain bicycles it manufactured — except the Mongoose A40.

The recall only includes Ballistic 105 forks installed on Mongoose and Roadmaster model bicycles manufactured by Brunswick Corp. The forks on these bikes are black with decals that read "BALLISTIC" and "105" on the sides of the suspension fork legs. A label on the bottom of the bicycle reads "Brunswick."

Consumers should immediately stop using these bicycles and call the firm to obtain information on receiving a \$65 refund for the bicycle fork, said AAFES officials.

For more information, consumers should call Brunswick Corp. at (800) 508-2762 from 8 a.m. - 5 p.m. weekdays, or write to Ballistic Fork Recall, 3125 Com-

mercial Ave., North Brook, IL 60062.

Portable basketball goals

Army and Air Force Exchange Service officials are recalling certain Lifetime portable basketball goals.

The U.S. Consumer Product Safety Commission and Lifetime Products Inc. in conjunction with AAFES, are voluntarily recalling the goals which may have a sharp protruding bolt on the player's side of the pole. Several consumers required stitches from injuries received while using the goals.

AAFES sold the Lifetime basketball goals between January 1994 and July 2000. The following models are being recalled: 1225 "Pro Court;" 1507 "St Court;" and 1589 "Portable Acrylic."

Consumers should immediately stop using the basketball goals and contact Lifetime Products to receive a free cap nut to cover the bolt. Consumers can contact Lifetime Products Inc. at (800) 225-3865 from 9 a.m. - 6 p.m. weekdays or the company's Web site at lifetime.com or write to Lifetime Products Inc., P.O. Box 160010 Freeport Center, Bldg. D-11, Clearfield, UT 84016-0010.

The portable basketball goals come unassembled with a flat plastic base that is weighted down by either sand or water that is added during assembly. The basketball poles are made of black metal. The brand names or model names may appear on the backboard, main pole or the flat plastic base of the basketball goals.

(Courtesy Air Force Print News)

