

# GULF DEFENDER



Vol. 61, No. 17

Tyndall Air Force Base, Fla. *Gulf Defender*

May 3, 2002

## In brief

### Spouse recognition

The *Gulf Defender* is planning a special feature in next week's issue highlighting Military Spouse Appreciation Day May 10. We'd like to hear from our married military readers (all ranks) who are sponsors:

Briefly, how has your spouse helped you accomplish your own part of the Air Force mission?

What were some of the toughest situations (i.e., long deployments/TDYs, permanent change of station moves, etc.) your spouse had to endure, and how do you feel about your spouse's support during those stressful times in your relationship?

If you'd like to share your comments, please send them via e-mail to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil) not later than noon Tuesday. Please include your name, rank, duty phone and office symbol. Format is not important. Due to space constraints, all submissions cannot be printed, but instead, a random sampling from different military grades will be published.

## Inside

- ROTC encampment starts soon ... **Page 4**
- Team Tyndall volunteers recognized ... **Page 6**
- Tyndall Running Club hits the pavement ... **Page 13**



2nd Lt. Ryan Fitzgerald

### Cool chemistry

Rich Weber performs experiments to the delight of children at "Bring your kid to work day" at the Air Force Research Lab. The kids watched as Weber froze a flower in liquid nitrogen, witnessed a fire demonstration and visited the robotics lab. More than thirty people participated in last week's activities.

## Ops group sweeps quarterly awards

COMPILED BY 325TH FIGHTER WING PUBLIC AFFAIRS

The Team Tyndall Quarterly Awards ceremony April 25 was a clean sweep... winner is—the 'The land of OG!' The 325th Operations Group nominees walked away with everything but an Academy Award and a Grammy. The 325th OG nominees were the 325th Fighter Wing and Team Tyndall winners.

"I think this sets a precedent for our awards program, and I'm very proud of all the nominees," said Brig. Gen. William F. Hodgkins, 325th FW commander.

Company Grade Officer of the

Quarter, 2nd Lt. Alan Avriett distinguished himself by completing live controller upgrade training in eight weeks which is half the standard time, scoring a 100 percent on his qualification test. He is also a volunteer firefighter in Panama City Beach who donated 150 hours and responded to 60 emergency calls.

Senior NCO of the Quarter, Master Sgt. Mark Lemond, is credited with leading more than 150 maintainers through 1,350 Pilot Reported Discrepancies, producing more than 880 sorties resulting in 98.9 percent maintenance scheduling effective rate. He completed three Federal Avia-

tion Administration courses in pursuit of an airframe/powerplant license, enhancing his Air Force Specialty Code capability. He also contributed several hours to community projects such as Habitat for Humanity and the Big Brother program.

Staff Sgt. Aaron Clark, a weapons standardization lead crewmember and NCO of the Quarter, trained more than 120 members and affirmed a 100 percent mission-capability rate. He capitalized on learning opportunities, monitored safety material and crosstells which enhanced awareness. He also provided 18 hours to Habitat for Humanity.

Airman of the Quarter, Senior Airman Jessica Busman, is one of three squadron simulation certifiers. She trained 11 new technicians, bolstering manning 18 percent. Airman Busman also assisted in logging 750 live training missions. She volunteered for the Special Olympics held here and planned the awards ceremony for the 500 area athletes.

Tyndall associate units also recognized their top performers in a separate division. The Company Grade Officer of the Quarter went to Capt. Gregory Scougall, Air Force Civil Engi-

● SEE AWARDS PAGE 7

# Team Tyndall honors top performers

**BRIG. GEN. WILLIAM F. HODGKINS**

325th Fighter Wing commander



April sure didn't see many showers at Tyndall Air Force Base, unless you're talking about the deluge of awards that recently fell on the 325th Operations Group.

Those of you who attended last week's Team Tyndall Quarterly Awards Luncheon witnessed a phenomenal event – a clean sweep – as the operators won every military award category, including Honor Guard, for the Checkertail Clan – airman, noncommissioned officer, senior NCO and company grade officer. They heard me joke that the board was all OG as well, but I'll tell you all of these winners are an impressive bunch of folks. I'd like to take this opportunity to again congratulate all our quarterly award winners and nominees on a fantastic performance. You can find out more about them on Page 1.

Another important group, our Tyndall volunteers, were recently honored during the Volunteer Excellence Award cer-



**“Our military communities have relied on volunteers from their very beginnings. There's no way we could be as successful in conflict or in our day-to-day mission without their support.”**

**BRIG. GEN. WILLIAM F. HODGKINS**

325th Fighter Wing commander

emony. Our military communities have relied on volunteers from their very beginnings. There's no way we could be as successful in conflict or in our day-to-day mission without their support. This is a great way to highlight the importance of all volunteers and recognize those who have the determination to go above and beyond. That's what the VEA is all about. You can read more about the award and this year's recipients on Page 6.

While we've accelerated into May, there are a number of things I need you to pay

close attention to in the coming days and weeks.

Foremost among them is the fact that in just a few weeks, students from throughout the county will be out for the summer break. Obviously, you'll be seeing them out playing, often in our streets. Unfortunately, this brings to mind the ever-present need to be increasingly vigilant while operating motor vehicles through neighborhoods on and off base, as well as recreational areas. If you've watched the local

●SEE REMEMBER PAGE 5

## 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

# Are you ready? Prepare, listen, work hard before you deploy

**LT. COL. JONI LEE**

11th Transportation Squadron commander

**BOLLING AIR FORCE BASE, D.C.** — With the Expeditionary Air and Space Force in full swing, we all know it is possible to deploy on short notice to remote and underdeveloped places that some of us have never heard of. Are you really ready to go if you get that call today? If you prepare, listen and work hard, you will be.

Here are some questions I've heard people ask:

Why do I need an annual health assessment or why is a particular immunization so critical to being eligible to deploy? That answer is pretty simple. Medical readiness is absolutely essential to living and working in an environment with poor sanitation, lack of fresh food, extreme temperature variations, etc. Serious illness can fall upon the most physically fit person in those conditions — conditions that many of our deployed forces are facing today.

Why do I need to go through so many training classes to be deployment eligible? I've heard that question quite a few times over the past several weeks.

I always relay the story of my time at Rhein-Main Air Base during the Gulf War. At one point, the base was providing refresher chemical warfare training and explosive ordnance recognition training six times a day. The demand was even greater than that after the first SCUD missiles were launched. Troops from all services that transited through Rhein-Main were very, very interested in every word from the instructors of those classes.

I've also heard from some friends who are currently deployed for Operation Enduring Freedom. They have numerous stories about deploying to a bare base and having everyone play a role in force protection. Combat arms training on an M-9 or M-16 may seem like a waste of time for those of us who are not in the security forces squadron, but when you're responsible for air base ground

defense at your deployed air base, I think you'll wish you had a little more weapons-proficiency training.

Why does someone tell me what I need to have in my mobility bag? Many years of experience go into developing those lists of mandatory and suggested items for your mobility bag. I'm sure some of our fellow airmen serving in Afghanistan and the surrounding area of responsibility appreciate having everything in their personal bags. There was no shoppette, base exchange or commissary when those folks arrived. It even took a while to find a source of potable water at some of our deployed locations!

The family support center station in most deployment lines always has some very valuable information. In most instances, the FSC people are the wing's experts on personal and family readiness. Again, experienced personnel have spent many hours developing booklets, pam-

●SEE DEPLOY PAGE 5

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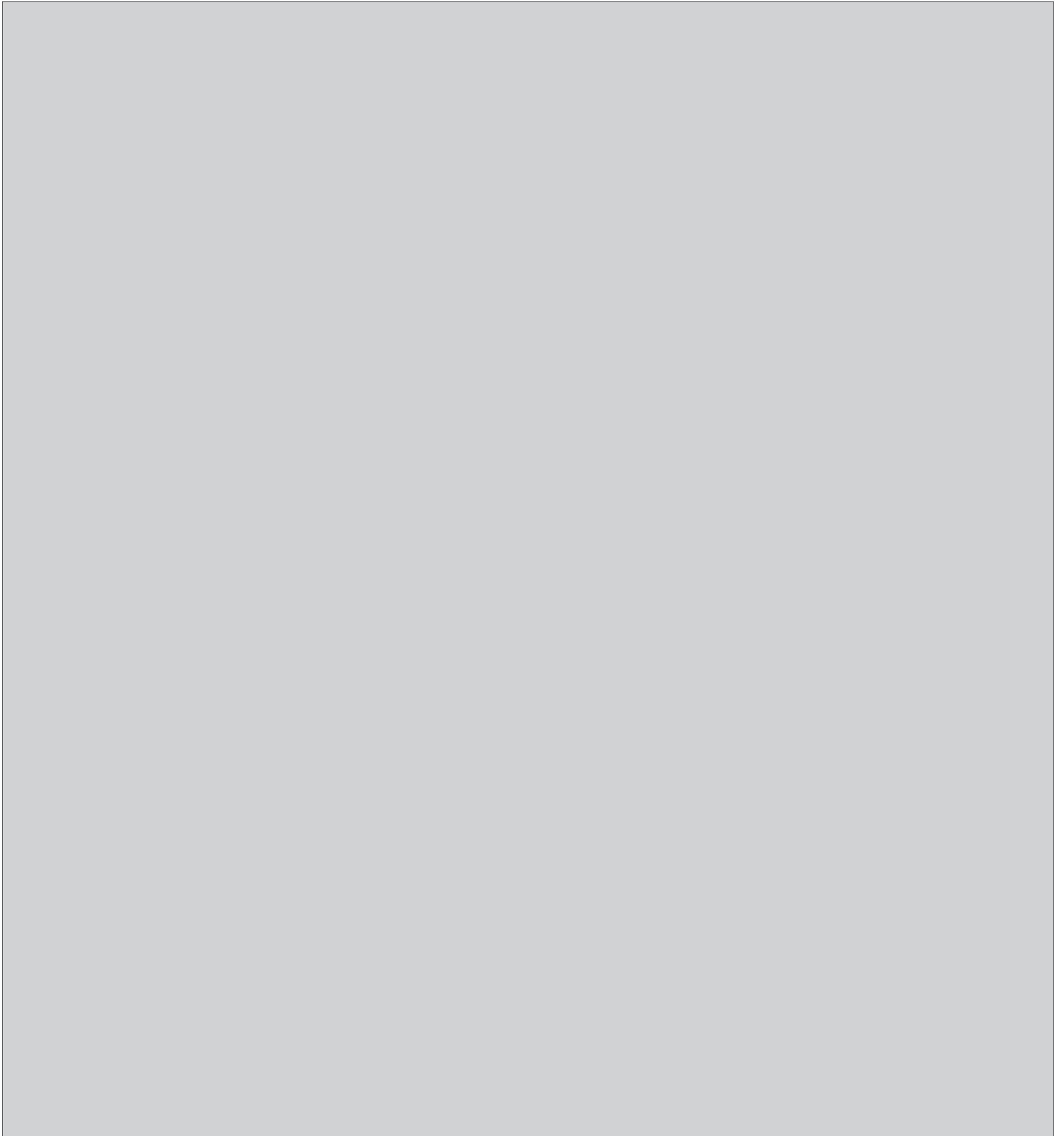
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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to 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.



# 'Basic' for officers comes to Tyndall

COURTESY TYNDALL ROTC ENCAMPMENT PROGRAM

In early May, people wearing blues with strange epaulets will swarm Tyndall. Don't worry, they're just college students who hope to one day pin on lieutenant's bars.

The students are participating in the Air Force's Reserve Officer Training Corps, the largest commissioning source for new officers. Nearly 75 percent of the officer population comes from ROTC.

Thursday marks the first day of encampment for more than 420 ROTC cadets, who will endure four weeks of rigorous physical activity, academics and leadership training. Two more encampments will follow the first group of cadets, the last group departing after Aug. 23.

The encampments serve as a transition or "basic training" for the cadets. The four-week course is part of a multi-year training program that is completed at universities across the country. The program includes at least one classroom course every semester and a "leadership lab." Lead lab, as it's known in ROTC circles, is a class which breaks the cadet group into a mock air wing, with senior cadets taking on leadership roles running aspects of the program, teaching younger cadets basic military knowledge, such as the Air Force Core Values and uniform wear. The training camp here at Tyndall serves as a rite of passage into the ranks of the senior cadets.

"These are the future leaders of the Air Force, and this is their first indoctrination into the Air Force lifestyle. This encampment will often set the tone for the rest of

their careers," said Capt. Ron Greenaway, Tyndall's ROTC coordinator.

"It's important for the base populace to be aware that there will be cadets on base, they'll be marching in formation and doing road-guard procedures," said Capt. Mike Liquori, a liaison officer for the first encampment. The cadets primary means of transportation is marching, so be cautious when driving on the support side of the base, especially near the Berg-Liles dining facility and the base theater, where the cadets will eat and hold academic classes.

The cadet's spend most of their time engaged in training activities, but some are rewarded for excellent performance through a program called Closed Base. These cadets are given the privilege of using some of the AAFES and services facilities on the weekends. To avoid confusion for active-duty personnel, here are some simple guidelines to follow when you encounter cadets: active-duty people are not required to salute any cadet, including the cadet training assistants or CTAs. Cadets are required to offer a hand salute to commissioned officers. When addressing a cadet, the appropriate title is Mr., Miss, or cadet. A quick way to discern a cadet from an officer when approaching from the back—their epaulets are black, while officer and senior NCO epaulets are blue. Additionally, the emblems on their flight caps are simply ROTC logos rather than a traditional rank insignia.

If you have any questions or encounter any problems with the encampments, please contact Captain Greenaway at 283-8053.

## Choice could mean \$30,000 payday

TECH. SGT. JASON TUDOR  
Air Force Print News

**SAN ANTONIO** — Tech. Sgt. Victor Alcala is staring retirement in the face and it is waving \$30,000 at him.

Sergeant Alcala, a television and radio equipment maintainer stationed in San Antonio, along with hundreds of other airmen, has been asked to make a choice. For him and others, it is like "Let's Make a Deal." There are two doors. He must choose one of those doors; however, unlike the game show, both doors can be winners. Sergeant Alcala just needs to decide.

"This is a very important life decision for my future financial stability," he said. "I want to feel 100 percent sure

about my choice and know that it will benefit me the most."

The choices affect airmen who joined the service after Aug. 1, 1986. Each door — presented when an airman reaches the 14-year, six-month point of a career — holds different consequences. Door No. 1 holds a retirement check worth 50 percent or greater after 20 years of service. Door No. 2 hides a \$30,000 lump-sum bonus plus a similar retirement plan after 20 years' time, but with conditions.

Whichever door is opened, the decision can be altered, with a waiver, until an airman's 15-year anniversary passes. At that point, the Department of Defense locks the airman into his

choice.

The first option is called High-3. According to a DOD information package, it includes:

— Collecting the average monthly basic pay over the highest-paid 36 months of a career;

— A 2.5-percent multiplier per year of service; and

— An annual cost-of-living adjustment based on the Consumer Price Index.

The second option, called Career Status Bonus/Redux, includes:

— A \$30,000 lump-sum payment at the 15th year of service anniversary;

— Collecting the average monthly basic pay over the highest-paid 36 months of a career;

for each year of service; and

— A modified cost-of-living adjustment.

DOD officials also said airmen electing the bonus still receive a 2.5-percent multiplier for each year of service; however, one percentage point is subtracted for each year less than 30 served.

For example, a 26-year master sergeant retires today. He chose Redux. Under High-3, he would receive 65 percent (26 years x .025) of his base pay per month, or \$2,292.42; however, since he chose Redux, 4 percent is taken away. He will get 61 percent, or \$2,151.35 per month, until he is 62 years old, then he will get 65 percent.

●SEE CHOICE PAGE 8

●FROM REMEMBER PAGE 2

news recently, you may have heard about a tragic automobile accident that claimed the life of an 8-year-old boy near Econfina Creek in rural Bay County. A car hit him as he attempted to cross the bridge while playing in and around the creek. Sadly, this kind of tragedy underscores the importance of keeping an eye out for children who will be playing outside – many of them in and near the streets.

It's equally important that we make sure our children have and use the right safety equipment, especially concerning activities such as bicycle riding, skateboarding and rollerblading. For these kinds of activities, there's simply no excuse to let them go out there without a helmet, as well as gloves and padding for the arms and knees. And when children are out swimming, parents must make sure they have the correct protective flotation devices, and their children are using or wearing them properly and are supervised.

Let's make every effort to use common sense in protecting our children as well as ourselves.

I'm pleased to announce that May is Asian Pacific American Heritage Month as well as Armed Forces Fitness Month. I urge everyone to take full advantage of and participate in the respective special events that will be held across Team Tyndall this month.

Stay safe, and have a great week!

●FROM DEPLOY PAGE 2

phlets and numerous handouts packed with great advice on how to prepare yourself and your family for a short-notice deployment.

It's important to have a plan for the little things like who will cut your grass, and for the big things like who will pay your bills and take care of your pets and your children.

Finally, let's talk about your job. It is that "thing" you will do while deployed. With more than 20,000 Air Force personnel currently deployed and several career fields still affected by stop-loss, you already know the Air Force is stretched thin. So when you deploy, you may not have the office expert or the person(s) you usually rely on to help you out. Therefore, you're expected to be the best you possibly can be; everyone who deploys will be filling a critical position.

But don't worry. The U.S. armed forces are known for having the best training in the entire world. Every training scenario from basic training to our deployment exercises are structured for you to face challenges for the first time in a training environment. If we faced these

challenges in a war zone for the first time, we wouldn't be the best Air Force in the world. So, take all of our exercises seriously!

Whether it's a deployment, employment, force protection, major disaster or something else, treat it the way it's supposed to be treated — it's a training scenario. Just think for a moment. Each of the major training exercises mirrors something that has really happened in your lifetime.

September 11 stories are still fresh in our minds. Think about all of the stories that involved military personnel. Every single one of them spoke of "relying on my training." Whether that was self-aid/buddy care training, being the leader and taking charge of a hectic situation or just remaining calm to help calm others, all of those stories reflected on training.

There are many other aspects of preparedness that go into being ready to deploy. Now is the time for each of us to critically assess our readiness. Waiting until the day of a wingwide recall or a deployment-processing line is too late; we must prepare now.

Are you ready? Prepare, listen and work hard.

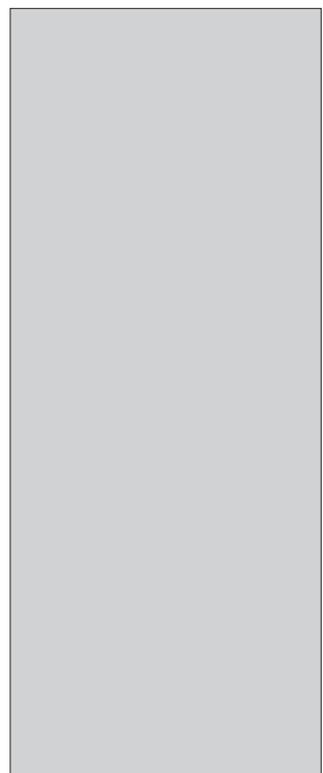
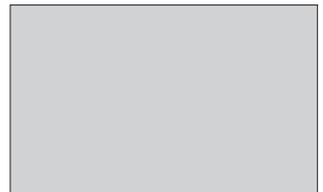
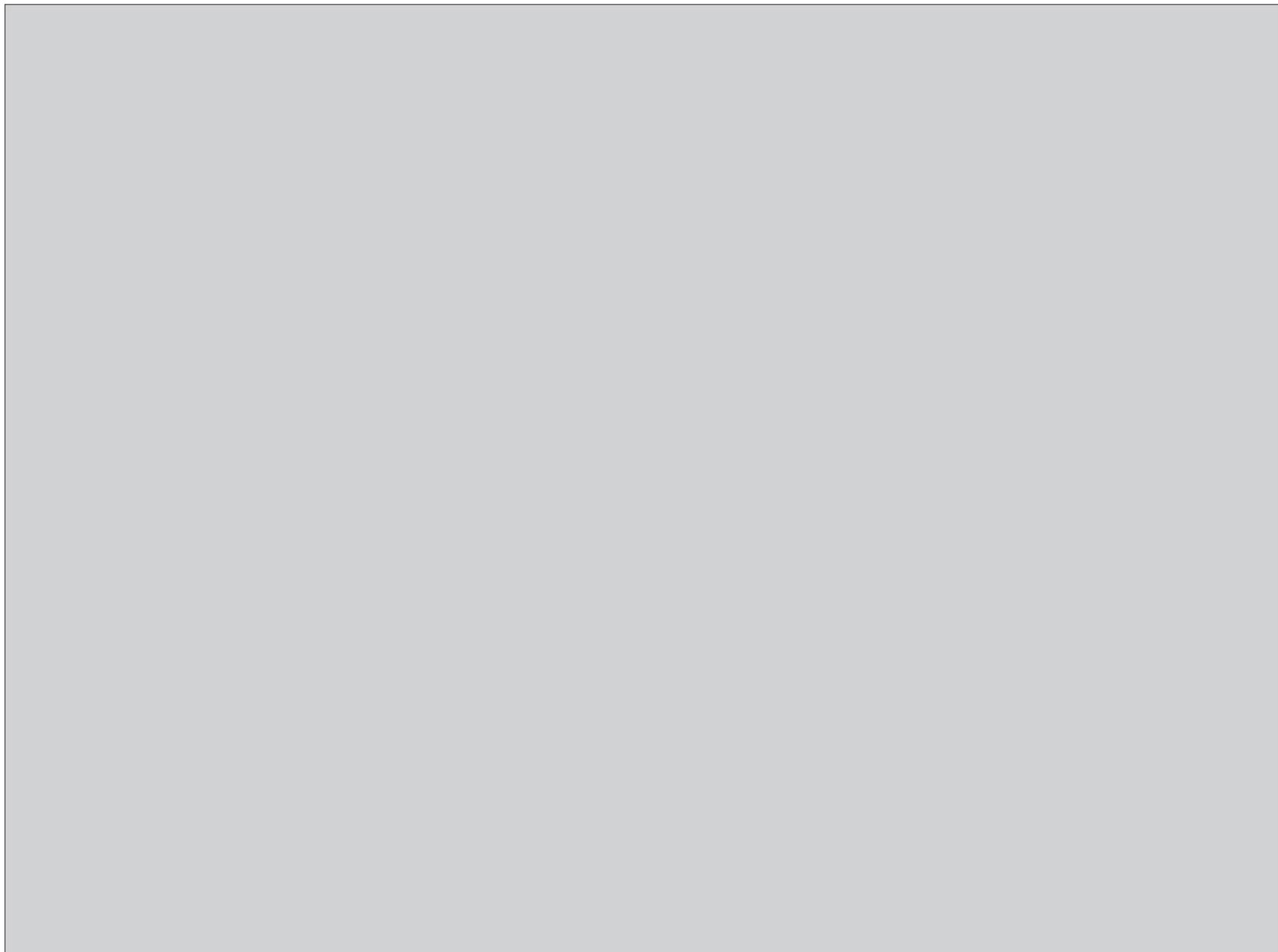


**Every member of Team Tyndall is valuable.  
Play it safe, don't become a statistic.**

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

**QUIT**

American Heart Association  
WERE FIGHTING FOR YOUR LIFE



# Team Tyndall recognizes volunteer excellence

MASTER SGT. ROB FULLER

325th Fighter Wing public affairs

A grateful Tyndall community gathered recently to honor a group of people who give selflessly to keep the base functioning smoothly... volunteers.

The recognition ceremony is an opportunity to honor all volunteers, but centers around a special achievement, the Volunteer Excellence Award.

"Volunteers are the cornerstone to so many of our programs — and if you live and work at Tyndall, it's almost impossible to not have been touched by volunteers on a recurring basis," said Brig. Gen. William F. Hodgkins, 325th Fighter Wing commander. "Our Tyndall community, like so many other communities across the United States, depends on strong volunteer support for our success."

The VEA is an award authorized by the Air Force Chief of Staff, for federal civilians, family members and military and federal retirees who perform outstanding volunteer community service. A volunteer's service must be performed either in the local civilian or the military family community, and be of a sustained and direct nature. The service must be significant in character, produce tangible results and reflect



favorably on the U.S. Air Force. This award is intended to recognize exceptional long-term community support, not a single act or achievement and is intended to honor direct support of community activities.

A board is convened to screen and select winners. Individuals may receive only one award of the VEA. Subsequent service may be recognized by local volunteer efforts. Four individuals may receive this award per year at local Air Force installations. The winners receive a certificate signed by the United States Air Force Chief of Staff and a pin.

"The Volunteer Excellence Award is a very special way to show appreciation to our volunteers," said Catherine Tarrant, Relocation Assistance and Volunteer Resource Program Manager.

"This is a one-time award and you can be sure the recipients have dedicated an extraordinary amount of time, talent, and energy toward meeting the needs of their community, and have made a significant impact over an extended period of time."

The four recipients this year are:

## **Claudia Ames**

Mrs. Ames has volunteered at Family Services and the Airman's Attic at Tyndall since 1998. Three of her four years of service were as Airman's Attic Coordinator. She also volunteered at MacDill AFB, Fla., before coming to Tyndall. Her efforts directly support the Airman's Attic, a service for members E-4 and below, and their families. Mrs. Ames' award included recognition for her enthusiasm, cooperation, dependability and willingness to step forward whenever needed.

## **Margaret Avery**

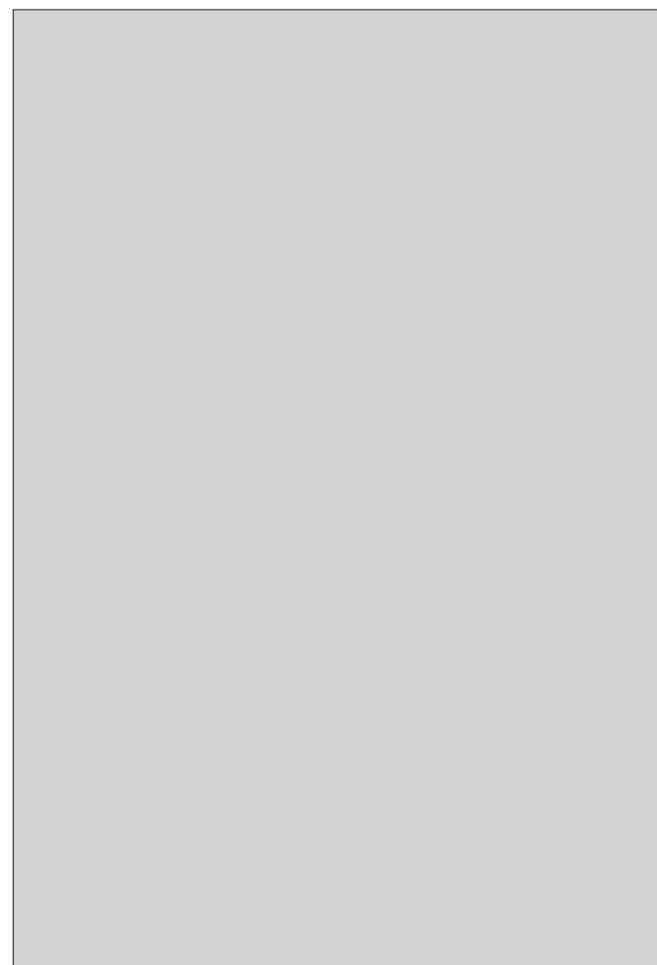
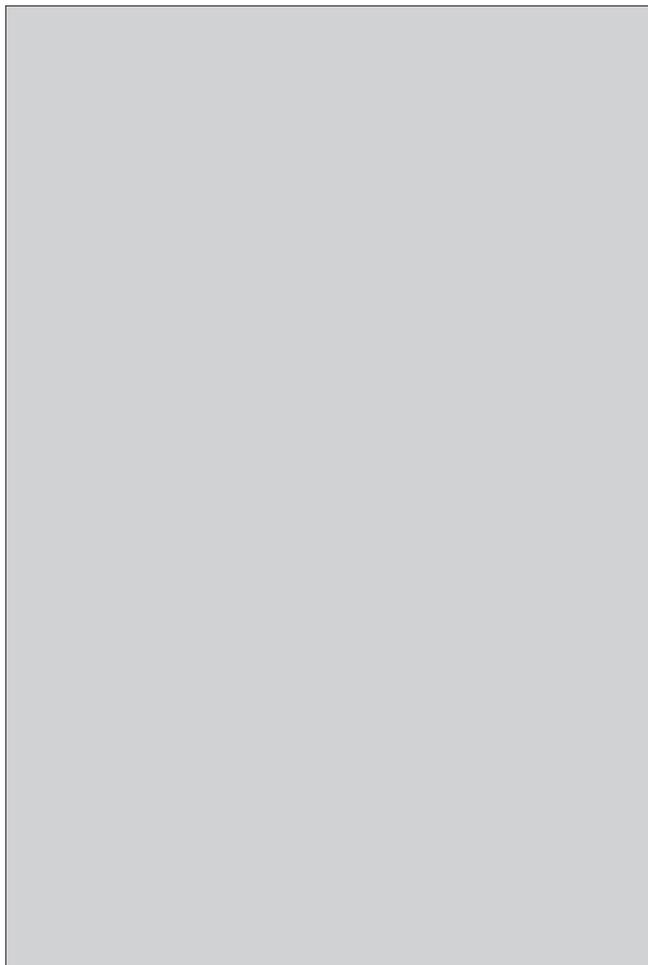
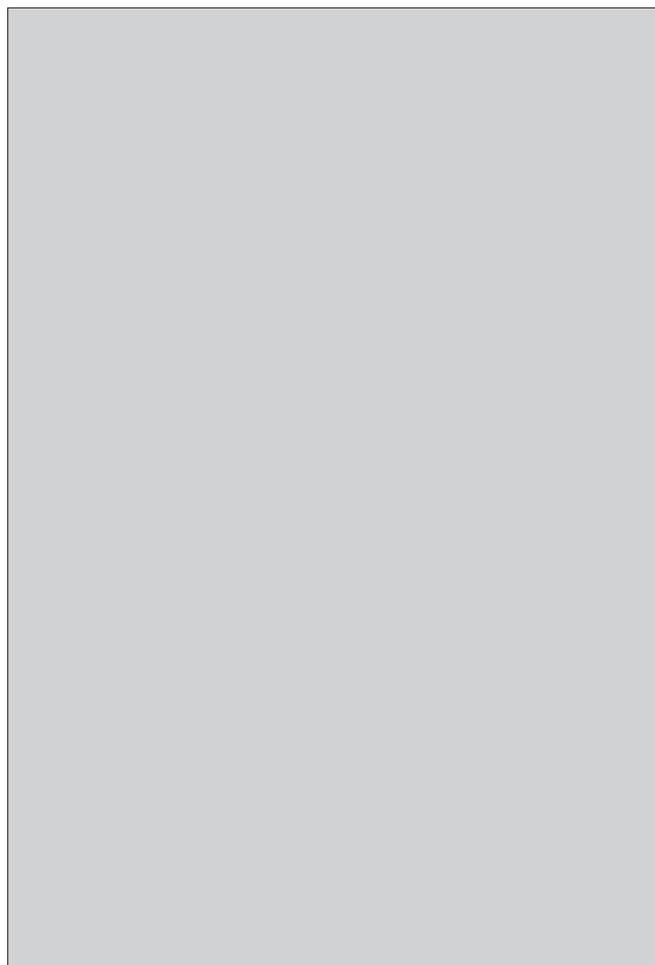
Mrs. Avery has been a volunteer since 1962. She began her volunteer service when she was an active-duty Air Force spouse. She and her husband are currently retired and work side by side as volunteers with the Central Panhandle Chapter of the American Red Cross. Additionally, she has been an active volunteer with St. Dominic's Catholic

Church and the Girl Scouts. Mrs. Avery volunteers at the Satellite Pharmacy approximately 36 hours each month and at the American Red Cross Office eight hours per month. Since 1998 she has worked more than 45 blood drives. She also works in support of the Annual American Red Cross Telethon. She has had a positive effect on countless local communities with many hours of volunteer service and has been instrumental in making the Tyndall American Red Cross one of the strongest and most valuable volunteer programs in our community.

## **Anne Raabe**

Mrs. Raabe has been a volunteer for 45 years contributing more than 39,000 hours of service. She has been a Family Services volunteer at Tyndall AFB for 24 years. She recruited her husband, an Air Force retiree, to work with her at Family Services and the Airman's Attic. They have worked together for more than five years. Mrs. Raabe is currently the Loan Closet Co-Chairperson, Family Services Board Recorder and volunteers in the local community. Her award nomination states it best — Mrs. Raabe takes her volunteer work and community involvement seriously

●SEE VOLUNTEERS PAGE 8



● **FROM AWARDS PAGE 1**

neer Support Agency Headquarters. The Senior NCO of the Quarter honor went to Master Sgt. Robert Summitt, Southeast Air Defense Sector. Staff Sgt. Angela Taylor, 701st Air Defense Squadron, earned the NCO of the Quarter. The Airman of the Quarter award was presented to Senior Airman Jennifer Washburn, 83rd Fighter Weapons Squadron.

Captain Scougall facilitated more than \$52 million worth of contract actions since January. He is a National Contract Management Association member and was called on to teach a national seminar on finance. The captain served as a volunteer grader during a nationwide school math program for the Florida Engineering Society.

Sergeant Summitt led a crew of 50 enlisted members that conducted air defense and oversaw the detection/identification of 2,200 aircraft daily. He motivated his subordinates as NORAD's mission roles transformed after the Sept. 11 attacks. He maintained a full-time graduate school load while balancing the demands of the job and a family, maintaining a 4.0 grade point average.

Sergeant Taylor recorded more than 30 NORAD designated special-interest flights within the United States and was instrumental in providing the battle commander real-time information on all air activity and the status of assets supporting the Winter Olympics.

Airman Washburn energetically assisted in assembly, inspection, modification and confidence testing of 38 AIM-120 missiles for 35 successful weapons system evaluation program live-fire missions for 12 units here on temporary duty. She also finished complex AIM-120 telemetry test station training making her one of only two airmen certified in the Air Force. Airman Washburn has contributed more than 15 hours in honor guard preparation for two funerals as part of the 53rd Weapons Evaluation Group and the 325th FW Honor Guard teams. She also volunteered more than 48 hours as kennel attendant for the Panama City Chapter of the Humane Society.

Team Tyndall also recognized the Honor Guard member of the Quarter, Airman 1st Class John Booker from the 1st Fighter Squadron and the Volunteer of the Quarter, 2nd Lt. Mary Balint from the 325th Communications Squadron.

All quarterly award winners will compete at the end of the year for the annual award honors.

## Spotlight



Staff Sgt. Roel Utley

### Senior Airman Chantel Foster

**Job title:** Operations information manager

**Hometown:** York, Ala.

**Years in service:** 2.5 years

**Years at Tyndall:** 1.5 years

**Most exciting facet of your job:** Interacting with customers on a daily basis and knowing that no matter how small the job, I contribute to the mission.

**Why you joined the Air Force:** Independence

**Long-term goals:** To complete my degrees in nursing and business management and own my own restaurant.

**Favorite book:** The Bible

**Favorite movie:** A Time To Kill (Anything with Samuel L. Jackson)

**Hobbies/interests:** Studying the Bible, mentoring young women, watching movies, eating Italian food, shopping and more shopping.

*Editor's note: Supervisors are encouraged to nominate their outstanding performers, officer and enlisted, who can be recognized in this forum through unit first sergeants. Submissions can be sent to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil).*

# Study finds DASH diet, reduced sodium lowers blood pressure for all

COURTESY NATIONAL HEART, LUNG AND BLOOD INSTITUTE

The detailed analysis, published in the Dec. 18, 2001, issue of the "Annals of Internal Medicine," showed the blood pressure-lowering effects of the Dietary Approaches to Stop Hypertension (DASH) diet and reduced dietary sodium in a wide variety of population subgroups: persons with and without hypertension or a family history of hypertension, all races, obese and non-obese, as well as people with higher or lower physical activity levels, and higher or lower annual family income or education. While the combination of the DASH diet and reduced dietary sodium produced the biggest reductions, each intervention also lowered blood pressure for all groups when used alone.

The DASH diet is rich in fruits, vegetables and low-fat dairy foods and reduced in total and saturated fat. It also is reduced in red meat, sweets and sugar-containing drinks. It is rich in potassium, calcium, magnesium, fiber and protein. Other factors that can help

in lowering blood pressure levels include limiting caffeine and stress as well as increasing physical activity levels. Prior studies found that the DASH diet lowers blood pressure and also lowers blood LDL-cholesterol (the "bad" cholesterol) and the amino acid homocysteine, which appears to increase the risk of heart disease. Prior studies also showed reducing dietary sodium lowers blood pressure, both with and without the DASH diet.

"This new study underscores the blood pressure-lowering effects of a reduced intake of salt and other forms of dietary sodium," said National Heart, Lung and Blood Institute director Dr. Claude Lenfant. "Earlier research

on the link between sodium and blood pressure had given conflicting results in various population groups. Now, we can say that cutting back on dietary sodium will benefit Americans generally and not just those with high blood pressure."

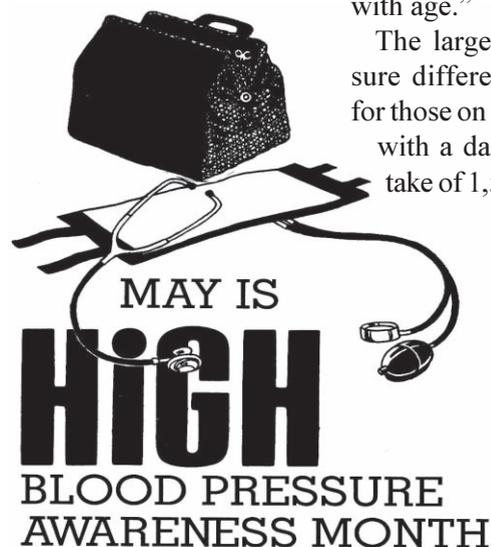
"The study's participants have blood pressures in the same range as half of adult Americans, including about 80 percent of those age 50 and older," said Dr. Frank Sacks, Professor of Cardiovascular Disease Prevention, Harvard School of Public Health and chair of the DASH Steering Committee. "Adopting these measures could help millions of Americans avoid the rise in blood pressure that occurs with age."

The largest blood pressure differences occurred for those on the DASH diet with a daily sodium intake of 1,500 milligrams compared with those on the control diet with a sodium intake of 3,300 milligrams.

"Following the DASH diet and re-

ducing the intake of dietary sodium are two non-drug approaches that work to control blood pressure," said Dr. Denise Simons-Morton, leader of the NHLBI Prevention Scientific Research Group and DASH coauthor. "The blood pressure reductions achieved from this combination came in only four weeks and persisted through the duration of the study. Ideally, Americans should use both the DASH diet and reduced sodium approaches but, even if they do only one, they'll still reap significant health benefits. If the U.S. food supply were lower in sodium," added Dr. Simons-Morton, "it would help lower levels of blood pressure in the general population."

Information about the DASH diet and related heart-health topics can be found at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov). Tyndall's Health and Wellness Center offers monthly hypertension classes that teach about the DASH diet. The HAWC will also host a free food demonstration Thursday, "Eating to Lower Your Blood Pressure." Call 283-7552 for information.



## ●FROM VOLUNTEERS PAGE 6

and is always dependable. She puts forth 100 percent in whatever she undertakes and participates with a spirit of good will.

### Debra Weesner

Mrs. Weesner is currently the Tyndall Officers' Spouses' Club Thrift Shop Manager. In addition to the demands of an active-duty spouse, she works tirelessly to improve the function and profitability of the Thrift Shop.

The Thrift Shop provides approximately 90 percent of the funds that make up the OSC Charitable Association budget. The OSCCA provides welfare funds of approximately \$6,500 annually to local and

national charitable organizations, local public and private schools. Some organizations that received funds last year include the American Red Cross, Salvation Army, Enlisted Widows Home, the Boy Scouts and the Panama City Rescue Mission.

The association also provides approximately \$5,500 annually in scholarships to local high school seniors and military spouses.

Mrs. Weesner contributed significantly not only to the Tyndall OSC but also to many other organizations in the community. She has unselfishly donated her time and energy to improve the Tyndall and Bay County communities.

## ●FROM CHOICE PAGE 4

Redux also alters annual Consumer Price Index-based cost-of-living adjustments by 1 percent annually, according to DOD officials. If the adjustment is 3 percent for High-3 retirees, it is 2 percent for the Redux crowd. The 1 percent adjustment continues past age 62.

Airmen who take the bonus and fail to finish a 20-year career are required to pay a portion back. That portion is equal to the percentage of service he or she failed to complete compared to what he or she agreed to serve. There are a few exceptions, including disability, death and others.

Further, the bonus is taxed by federal and state governments. That fee is collected based on tax bracket. The bonus may be taken tax free if chosen while serving in a combat zone, and numerous conditions apply. In addition, some tax burden may be avoided by placing some of the bonus money into the Thrift Savings Plan, said DOD officials.

Coverage on the Survivor Benefit Plan also changes by taking Redux. With fewer than 30 years of service, the computation of premiums and benefits will not reflect the multiplier reduction for retirement. The result is 5 to 10 percent higher premiums than those who chose High-3.

Just as the yelling and cajoling of the audience pressures the "Let's Make a Deal" contestant, there are plenty of voices telling Sergeant Alcala and others what to do, including spouses, relatives and friends.

"There are enough investment calculators and information on the Internet to come up with a good understanding of your choice," Sergeant Alcala said. "In researching my choice I have

cleared some misconceptions I had about the plan."

Paula Gradwell, a financial counselor at Lackland Air Force Base, Texas, understands the decision-time stress. She has counseled airmen through bankruptcies, rebuilt budgets and faced spending woes for more than 10 years. The former high school economics teacher said planning now, not later, and making an informed decision before the deadline hits makes sense.

"You have to know what your long-term financial goals are and do a lot of homework," Ms. Gradwell said. "And if you have a spouse, be sure (he or she is) an equal part of this decision."

Ms. Gradwell said the lump sum is inviting; however, she cautioned those seeking a quick fix to debts or an instant down payment for the purchase of a home to measure their spending closely.

"The question is simple: will you have the self-discipline to save the money each month that no longer needs to go toward debt and use it only for your financial future?" she asked. "Most of us cannot afford to then run up more credit card debt."

The DOD offers Web-based resources via DefenseLink, including an online retirement calculator to help with the decision. There are also a number of articles available.

Further, upon notification of decision-making time, commanders' support staffs offer a 12-page DOD pamphlet explaining the choices and the consequences, and illustrating how retirement pay is affected over time. In addition, many family support centers offer a human link, like financial whiz Ms. Gradwell, to help.

# Thrift plan open season deemed a military success

**JIM GARAMONE**  
American Forces Press Service

**WASHINGTON** — The first open season for servicemembers to sign up for the Thrift Savings Plan was a huge success, said defense officials.

The open season ran from Nov. 15 through Jan. 31, and more than 220,000 active and Reserve component service members enrolled in the program. The next open season is May 15 through July 31.

“We thought maybe 10 percent of the active component would sign up in the first year — we had more than 10 percent sign up in just the first open season,” said Army Lt. Col. Thomas Emswiler. He’s the executive director of the Armed Forces Tax Council.

Colonel Emswiler said officers and mid- to upper-

level enlisted grades in particular signed up. “I’d like to see more junior members consider using the program,” he said. “When you’re young, start putting away \$100 a month into the Thrift Savings Plan and it really can add up quite quickly.”

He said he is particularly pleased with the response because the TSP for military is a new program and the services are really just getting their education programs on line.

Colonel Emswiler said all servicemembers should have received a pamphlet entitled “Summary of the Thrift Savings Plan for the Uniformed Services.” Those who did not receive it or lost it can go to the TSP Web site. The plan summary is on the site as well as frequently asked questions, forms, savings



Let your money  
work for you

calculators and records of fund earnings.

He suggested servicemembers speak to civilian employees about the program. “The civilian component has been participating in TSP for quite some time,” he said.

“(Servicemembers) should talk to the civilian employees they work with and see what their experience has been with TSP. I think most people will conclude it’s a very good option.”

The TSP for military program works like this: Servicemembers can contribute from 1 percent to 7 percent of basic pay and from 1 percent to 100 percent of any special, incentive or bonus pays. The TSP has five funds with different investment goals and varying rates of return. Servicemembers can place their money in any or all the funds they wish. There is an \$11,000 limit for contributions this year.

Colonel Emswiler said the TSP is a way to save and invest money on a tax-deferred basis. That is, contributions and earnings

are not reported as income until they’re withdrawn from the plan. The TSP is a government-run plan that has historically had good rates of return at a very low administrative cost.

“But every member has to decide for him or herself whether thrift savings or any other investment vehicle is the right option,” he said.

The TSP funds are government securities G Fund; Standard and Poor’s 500 common stock index C Fund; government and corporate bond index F Fund; international stock index I Fund; and Wilshire 4500 “small business” stock index S Fund. Only G Fund accounts are guaranteed by the government; all others are subject to market forces.

Military and civilian personnel who had traditional individual retirement accounts or employers’ 401-k accounts before they joined federal service may maintain them if they want, “but you can transfer the accounts into the Thrift Savings Plan and then have just one account to manage,” Colonel Emswiler said. This change took effect July 1, 2001. Visit the TSP Web site at [www.tsp.gov](http://www.tsp.gov) for details and applications.

He called TSP a “portable” savings program. “Even if you don’t stay in the military for a career, your TSP account belongs to you,” he said. “And if you do stay in the military for a career, then you’ll have even more savings available for your retirement.”

## Officials: Financial hardship among airmen preventable

**MASTER SGT. RON TULL**  
Air Force Print News

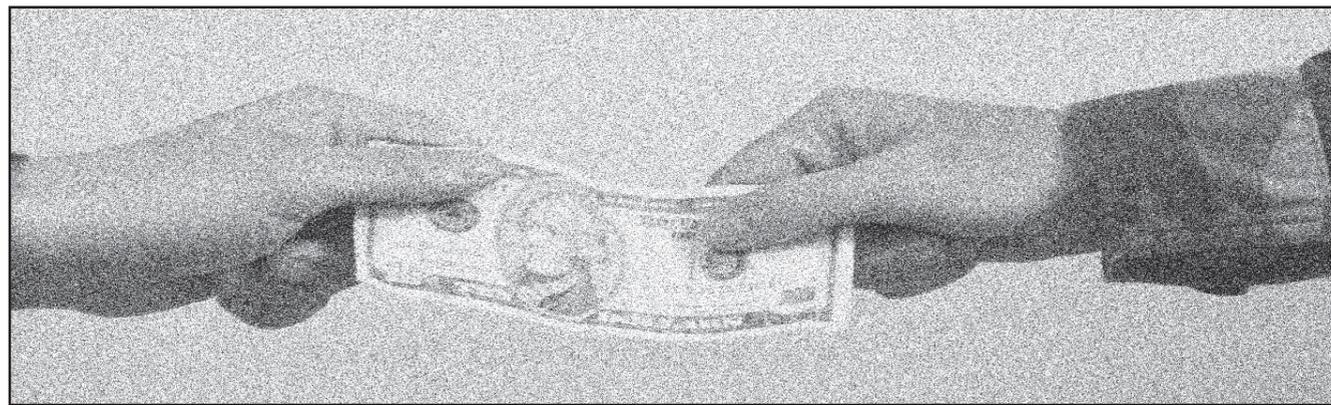
**WASHINGTON** — The Air Force is emphasizing financial awareness among its people following a recent survey showing hardship may be on the rise for airmen in grades E-3 through E-5.

The Web-based survey of 15,900 active-duty air-

men in those grades was conducted in December 2000, said Shontelle Rivers, chief of financial programs for the Air Force family matters office in the Pentagon. She said the study revealed 42 percent of those responding reported difficulty in paying their bills.

“It’s not just a matter of balancing the checkbook,” she said. “It’s a matter of being a smarter consumer. So we’re trying to take a more proactive approach to educating airmen about options that are available while we try to develop new ones.”

The survey shows personal debt among airmen increased by a third between 1996 and 2000. The situation may be even worse than reported, Ms. Rivers said, because the survey does not include home or car loans.



The Air Force will be promoting financial wellness in part by encouraging supervisors to emphasize the “Financial Responsibility” section on the Performance Feedback Worksheet.

“That block has always been there, and it’s a good mentoring opportunity to head off any problems, as well as a chance to link financial responsibility with readiness,” Ms. Rivers said.

Debt levels of junior airmen are similar to those of their civilian counterparts, according to the survey. But Ms. Rivers points out that permanent change-of-station moves, temporary duty assignments and deployment moves can quickly change an airmen’s debt-to-income ratio.

“If airmen aren’t financially prepared, they are less

likely to be concentrating on their military mission, which is our whole purpose for being here,” she said.

Easy credit is where problems often start, Ms. Rivers said. The survey showed 38 percent of the airmen responding carried more than \$10,000 dollars in unsecured debt.

Offices have been popping up near military bases offering payday loans. They are usually short term and always high interest. Most airmen are wise enough to stay away from those types of establishments, but not always, Ms. Rivers said.

“We want airmen to know there’s a better way to do business,” she said. “That’s why we stress the importance of consumer education. There is a tendency to buy on credit when it may be better to save up to buy something.”

Ms. Rivers said the road to financial wellness can start at any one of the Air Force’s 82 family service centers, each of which has a personal financial manager. There is also advice and training available through first-term airmen’s centers and on the Air Force Crossroads Web site.

# Hornburg discusses mentoring, stop-loss

**AIRMAN 1ST CLASS CHARITY JULES**

4th Fighter Wing public affairs

**SEYMOUR JOHNSON AIR FORCE BASE, N.C. (ACCNS)** — In a visit to Seymour Johnson AFB April 22, Gen. Hal Hornburg spoke about the value of leadership, the importance of stop-loss and what to expect in the future from the Aerospace Expeditionary Force concept.

General Hornburg, commander of Air Combat Command, said that because of the Air Force's increased operations tempo over the last few years, less attention has been given to one of the most important leadership responsibilities: mentoring.

"When I go around and see the things that the men and women around the United States Air Force are doing, what I see is the job being done," General Hornburg said. "But what I don't see, and I want to call to your attention to, is ... we've drifted away from the things that make us better than the people we support on the outside. It's called leadership, it's called coaching and mentoring."

He believes mentoring people instills pride in their job and a sense of purpose. That should be the focus of today's supervisors.

"As you and I were mentored and led, we were forgiven for some of our mistakes and we were trained to do that job again," General Hornburg said. "We've got to do that for our young people."

He said quality of life cannot be found in monetary items, but in accomplishment.

"What it takes is to pull them aside every now and then and remind them of how good they are," he said. "Quality of life isn't the latest pay raise. It's not the kind of cell phone you have. It's not the staff car you drive. It's how you feel about what you do."

To illustrate his point, General Hornburg called Staff Sgt. Todd Freeman of the 334th Fighter Squadron on stage where the general, with Brig. Gen. David Edgington, 4th Fighter Wing commander, promoted Sergeant Freeman to the rank of technical sergeant through the Stripes for Exceptional Performers program.

"We did this because he has been a mentor," General Hornburg said. "He's a dedicated crew chief on two F-15Es. He's had those airplanes at over 90 percent fully mission capable, which just crushes the Air Force average. He's mentored young crew chiefs to make the flightline a better place and he's worked in the commu-

nity to make the community a better place."

After giving Sergeant Freeman the rest of the day off to celebrate, General Hornburg moved to a topic that is on many people's minds: stop-loss.

The final decision on a request to be released from the Air Force while under stop-loss is at the top in ACC, General Hornburg said.

"I don't let anybody lower than a three-star general make the decision on whether you're staying or going. It has to do not with just the manning at Seymour Johnson but with the manning rates of your Air Force specialty code in the entire Air Force. And we have some imbalances," General Hornburg said. "It may be that you're 125-percent manned in some AFSCs here, but for some reason we're 75-percent manned in the rest of the Air Force in a critical AFSC."

General Hornburg explained that because of such imbalances in manning distribution, the decision must go to headquarters.

"We're looking at it from an Air Force perspective," he said.

The Air Force perspective on the Aerospace Expeditionary Force concept is that "we think it's working fine," General Hornburg said. "But when we go to war, ... we have to go to places like Manas International Airport in Kyrgyzstan and build bases where we never thought we'd be."

Because of such unexpected demands, people have been deployed in small units rather than in large units as the AEF concept was designed, he said.

"We are going to have to ask you guys to do some things that are outside of the AEF concept — in small numbers, but it will happen."

"Those planes out on the flightline right now are going to make you the number one warfighting commodity in the Air Force," General Hornburg said. "So all I can say to you all is 'Be ready.'"

All of the Air Force must be ready for further action in the war on terrorism, he said.

"I don't think we've done anything as important as this since World War II. Because if we don't get this one right, our kids are going to pay for it and our grandkids are going to pay for it. So this is one we have to win and you all are helping us do it. All we have to do is remind each and every one of you of that and say 'thanks' because without you, this war would not be fought and it would not be won, but with you we'll prevail."

## *AFSA scholarship offered to members, dependents*

**COURTESY AFSA PAUL W. AIREY CHAPTER 553**

The Air Force Sergeants Association Paul W. Airey Chapter 553 is accepting applications from high school seniors for the Chief Master Sgt. Luther Williams Memorial Scholarship until May 10.

Applicants for this scholarship compete through leadership in extra curricular activities and are evaluated based upon their grade point averages and progression

in classes associated with their proposed major field of study. They are also judged on their ability to express themselves in a short personal statement.

To apply, an individual must be an unmarried child or legally adopted stepchild of an enlisted member serving in or retired from the U.S. Air Force, National Guard or Reserve and a current member of chapter 553/553a at the time of application. Applications are available from any AFSA Executive Council member or first sergeant.

**DON'T  
DRINK AND DRIVE**

## Initiatives reported for MilPDS pay issues

COURTESY OF AFPC NEWS SERVICE

**RANDOLPH AIR FORCE BASE, Texas** — The nearly year-old Military Personnel Data System, or MilPDS, is still giving some airmen and commanders fits, and the senior person responsible for the system has announced several new initiatives to fix the remaining problems.

“The worst thing is that too many people are still not getting paid their regular paychecks properly,” said Maj. Gen. Mike McMahan, commander of the Air Force Personnel Center. “And we simply must fix that.”

At the end of last year, officials believed there were no “systemic” problems in MilPDS and its interface with the pay system. That changed in February and March when “we took a few steps back,” as new problems were identified, said the general. “Our assessment at the time was wrong.

“The fact that it has caused so much disruption to our hard-working, patriotic airmen throughout the Air Force is what concerns me the most,” he said. “I’ve been out there talking to airmen and I hear their concerns. They certainly have let me know how they feel about the system.”

Some of those comments and customer feedback through AFPC’s contact center have helped to identify many of the ongoing problems, he said. “We encourage feedback. It’s our way of finding out how what we do here is affecting everyone out there.”

Among the efforts is a renewed emphasis on customer service for people calling the contact center at DSN 665-5000 or toll free (866) 558-1404.

One focus will be on calling people back and monitoring their situations until they, the customers, are satisfied that the problem is solved, said Maj. Alessandra Stokstad, chief of the contact center.

Such calls are an opportunity to identify lingering systemic problems, she said. And a renewed emphasis on follow-up calls might provide a good chance at highlighting problems that AFPC officials thought were fixed, she said.

General McMahan said every effort is being made to eliminate pay problems caused by the personnel data system.

“The best thing we can do is to fix these problems so that every airman can get back to his or her job and not have to spend extra time worrying about whether such things as their pay will be right,” he said.

The general pointed to senior Air Force leaders’ concern about the problems as well. In March, Air Force finance, personnel and manpower leaders formed a personnel/pay council, lending ongoing high-level commitment to efforts

to solve difficult pay problems.

Pay problems have been with the system since it was launched in June.

MilPDS, then called Military Modernization, or MilMod, was a necessary transition to get the Air Force’s personnel data system in line with current technologies and current needs, “to allow us to move forward,” the general said. “We can’t stay stuck in the past using ancient technology.

“And when we finally get it working as designed, it will improve service and accuracy,” the general said. “But until we get hard fixes to all the problems, it is more work and more disruptive than the old system, and that’s why we’re working very hard to fix it.

“Truth is, this system has great potential to make the personnel function more responsive to airmen’s needs,” he said.

Among initiatives to get final control over MilPDS is a push for additional training for the workers at military personnel flights about how best to use the system to serve customers.

The plan is to give MPFs and finance offices better access to the latest information and to offer them more training, conducted by experts at the center, said Dave Ashton, who is in charge of requirements for the data system.

“A desire to offer the good training resources is spurring development of online help for personnel specialists,” said Mr. Ashton. “The electronic document will contain not only the technical orders for the data system but also ‘clickable’ links to current temporary ‘workarounds.’”

“It’ll be, pardon the expression, ‘the MilPDS bible’ for ‘personnelists,’” he said.

“We’ve identified this as a need for the field since we’re fixing, updating and developing workarounds constantly, and there’s almost no way for folks at the MPFs to all keep current. This will be up-to-the-minute current,” he said.

The document will be similar to the linked “help” function in many standard commercial computer programs, he said.

Another effort at training the MPFs and finance offices will be the use of Webcasts for base personnel flights. A live question-and-answer format running simultaneously with live online demonstrations of procedures will allow more than 20 people at more than 20 locations worldwide to be trained on the latest processes at the same time.

“But when we need to send out [training] teams, we’ll do that, too,” Mr. Ashton said.

“We have had challenges with several different important issues begging for attention all at once, but pay and customer service have been, and will continue to be, very high priorities for us,” said General McMahan.

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

# Gulf Guide

**in the  
Tyndall community**

## MAY

**FRI**  
**3**

### 95th Fighter Squadron reunion

The 95th Fighter Squadron's 60th anniversary reunion is today and Saturday. The reunion will consist of numerous events honoring former "Bonehead" members. For more information, call Capt. Christopher Levy, 283-2121, or 2nd Lt. Kevin Tyler, 283-2910.

**SAT**  
**4**

### Boating safely class

The Coast Guard Auxiliary Flotilla 16 two-day boating safely class will be 1-5 p.m. Saturday and Sunday in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. An exam will be held at the end of the course. The cost is \$20 for materials. The course satisfies the requirement for those born after 1980 to operate personal watercraft. For more information, call John Clark, 271-3828, or visit the flotilla Web site at: <http://www.uscgauxflotilla16.com>.

**MON**  
**6**

### EIT exam

The Gulf Coast Chapter of the Florida Engineering Society's 23-lesson Engineer in Training exam review course will continue every Monday through Sept. 30 at Gulf Coast Community College. The course is designed for those who plan to take the Florida State EIT exam on Oct. 26. Registration is at the GCCC campus. For more information and to indicate intent of registration, call Doug Merkle, 283-6113 or 871-3132 or e-mail: [dmerkle@tyndall.afm.af.mil](mailto:dmerkle@tyndall.afm.af.mil).

### 'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets on Mondays. For more information and meeting locations, call 286-5812.

**TUE**  
**7**

### Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Tim Jones, 283-8018, or Master Sgt. Perry Newberry, 283-4189.

**WED**  
**8**

### Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 5-7 p.m. Wednesdays at Chapel 2. For more information, call the Chapel 2 office, 283-2925.

**THU**  
**9**

### Palace Chase briefing

Palace Chase briefings for all those interested in the Palace Chase program will be 1 p.m. on the second and fourth Thursday of each month in Room 222 of Building 662. For more information, call in-service recruiter Master Sgt. Brian Zinner, 283-8384.

### Coastal navigation course

The Coast Guard Auxiliary Flotilla 16 navigation by global positioning system course will be 7-9 p.m. Thursday in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. The cost of the one-night course is \$20. Registration and payment will start at 6:30 p.m. the night of the course. For more information, call John Clark, 271-3828, or visit the flotilla Web site at: <http://klik.to/USCGAUXFlotilla16>.

**FRI**  
**10**

### Change of command

Lt. Col. David Uzzell will take command of the 83rd Fighter Weapons Squadron from Lt. Col. Steven Wills in a change of command ceremony at 3 p.m. May 10 in Hangar 5.

## NOTES

### Yard of the month program

The "Yard of the Month" program for Tyndall Family Housing residents began Wednesday and runs through Aug. 31. The selection of the "Yard of the Year" winners will be announced prior to Sept. 30. Judging for the contest will occur every third Thursday of the month and prizes will be awarded. Two or more inspection violations will disqualify residents from winning the contest. The housing areas included in the contest are: Shoal Point/Bay View; Wood Manor I; Wood Manor II; Wood Manor III; Felix Lake; and Red Fish Point. For more information, call Mrs. Mary Ann Barbieri, 283-8140 or 283-8141.

### 2002 Magnolia Conference

The 2002 Magnolia Conference, held to celebrate the month of the military spouse, will be 9:30 a.m.-2:30 p.m. May 18 at

the Eglin Air Force Base Enlisted Club. The conference includes 27 workshops offered by volunteer physicians, small business owners, spouses and local artisans and is designed for the spouses of deployed men and women who are supporting the war effort. Registration forms can be picked up from any local MWR facility and mailed in. Members of the "Hearts Apart" program at Eglin AFB can register in person at the family support center on base. A limited number of \$5 reduced-registration opportunities are available for Hearts Apart members. Registration will be on a first come-first serve basis.

### Fire extinguishers available

Fire extinguishers are available for military family housing residents at the DGR self-help center. The center is open noon-7 p.m. Monday-Friday.

## RETIREE NEWS

### Protection against identity theft

Identity thieves have gone to new lows to defraud unsuspecting people, including military retirees. The following steps are recommended in order to protect yourself against and catch identity theft early. First, every six months, order a copy of your credit report from the three major credit reporting agencies – Experian (800) 301-7195, Equifax (800) 525-6285 and Trans Union (800) 680-7289. Make sure there is nothing on the report that looks suspicious. If there is something unfamiliar, call the credit reporting agencies and report it as a fraud. Then call the company where the line of credit was established using your identity and report it. Second, keep phone numbers for all of your credit cards in a safe place. If you lose your credit cards or find unfamiliar charges on your bills, call the credit card companies immediately to report the problem.

Finally, and most importantly, safeguard your personal information. Do not leave credit card receipts where someone can find them. Identity thieves do go through garbage, so shred your receipts when you are ready to dispose of them. When at a restaurant, cross out the credit card number on the receipt you leave on the table. Keep credit cards, Social Security cards and drivers' licenses in a safe place. Do not give out information from these cards over the phone and only make copies of them when absolutely necessary. Vigilance is essential in protecting your personal information, even when giving it to the courts.

## BASE THEATER

**Today:** "Blade 2" (R, strong pervasive violence, language, some drug use and sexual content)

**Saturday:** "E.T. The Extra-Terrestrial" (PG, language and mild thematic elements)

**Sunday:** "Showtime" (PG-13, action, violence, language and some drug content)

**Thursday:** "Blade 2"

*All movies start at 7 p.m.*

## YARD SALES

The following yard sale is scheduled for Saturday: 3509 Clay Court. All yard sales are held between 8 a.m.-4 p.m.

# Running club begins at Tyndall Fitness Center

**MARCIA A. ROBERTSON**  
325th Services Squadron marketing

The Tyndall Fitness Center has announced the recent formation of a base running club. The club will have two primary goals: helping runners to find others at a similar fitness level for training partners and organizing teams for participation in the Air Force Marathon.

"It can often be difficult to find a training partner," said Martin Littlefield, 325th Services Squadron fitness center civilian management trainee. "The running club is a way for runners to get together."

"A running partner keeps you motivated," said 1st Lt. Bill

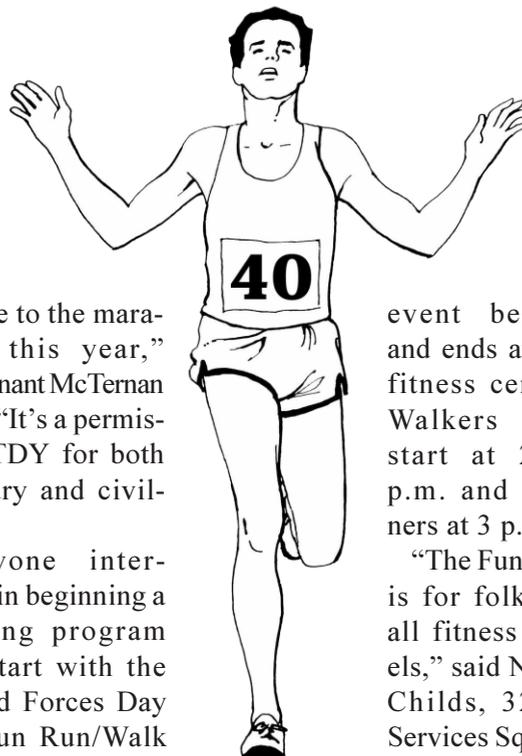
McTernan, 325th Air Control Squadron air battle manager instructor, who is also coordinating the club. "Having someone to account to makes you more committed to running. You don't want to let that person down."

Plans for the running club began in February. The club's current focus is on preparing for the Air Force Marathon at Wright-Patterson AFB in Fairborn, Ohio Sept. 21. The first Air Force Marathon was in 1997. It has been held yearly since then with the exception of last year when it was cancelled due to the Sept. 11 bombings.

"We'd like to take between eight and ten

people to the marathon this year," Lieutenant McTernan said. "It's a permissive TDY for both military and civilians."

Anyone interested in beginning a running program can start with the Armed Forces Day 5K Fun Run/Walk which is scheduled for May 30 as part of Tyndall's May Fitness Month promotion. The



event begins and ends at the fitness center. Walkers will start at 2:30 p.m. and runners at 3 p.m.

"The Fun Run is for folks of all fitness levels," said Norm Childs, 325th Services Squadron fitness center manager.

"This, as well as all the events planned for Fitness

Month, is an excellent way to start a fitness program that will last beyond May."

Those other events include 3 on 3 basketball scheduled for Saturday and an Aerobathon set for May 18. Individuals can earn points for participating in these programs as well as for doing other fitness-related activities such as biking or stairclimbing.

Point punch cards are available at the fitness center. Those completing the cards will have a chance to win prizes including a trip to Jamaica or the Bahamas from sponsors such as Gatorade, LifeFitness and SuperClubs. No federal

endorsement of sponsors intended.

Additionally, the running club is holding an organizational meeting Tuesday in the Community Activities Center's Emerald Room. That meeting is from 5 - 5:30 p.m. and open to anyone interested in joining the group.

For more information about the running club, contact Mr. Littlefield at 283-2631 or Lieutenant McTernan at 283-4428.

Staff Sgt. Richard Byers, 325th Services Squadron fitness specialist, is the point of contact for May Fitness Month activities and can be reached at the fitness center number.

## 'Silent disease' plagues 3 million

**RICHARD ZOWIE**  
12th Flying Training Wing public affairs

**RANDOLPH AIR FORCE BASE, Texas** — It's a painless, chronic disease that currently plagues 3 million Americans. Half of those with this disease, which has no known cure, don't even know they have it.

This disease, glaucoma, is also known as the "silent disease" since it slowly deprives a person of sight without any noticeable signs.

The Glaucoma Research Foundation reports that glaucoma is the second leading cause of blindness in the United States and the leading cause of preventable blindness. Approximately 120,000 Americans are blind due to glaucoma.

The foundation also reports that African-Americans suffer glaucoma six to eight times more frequently than Caucasians. Glaucoma is also the leading cause of blindness among African-Americans, including baseball star Kirby Puckett.

Glaucoma, the foundation reports, is actually a group of diseases that limit or eliminate vision by causing damage to the optic nerve. This nerve carries images from the eye to the brain. The most common form of glaucoma is primary open angle glaucoma.

With this disorder, the eyes' drainage canals become clogged and can't properly drain. As a result, the intraocular pressure within the eye rises. A person suffering from this form of glaucoma will eventually lose their eyesight if the problem isn't diagnosed or detected.

Lt. Col. (Dr.) Greg Young, Randolph Clinic's optometry flight commander, said glaucoma doesn't initially affect a

person's color or fine vision. He added people with 20/20 or even 20/15 vision could still have glaucoma.

"We highly recommend that at-risk people have glaucoma exams more often than others," said the doctor. "At-risk people include African-Americans, people over 40 and those with a family history of glaucoma. If we target those who are high-risk, we can detect and treat it earlier. These are the people we want to screen for glaucoma every year."

If a medical screening detects glaucoma, patients are given eye drops or referred for more specialized treatment.

Eye drops are used for patients with mild cases of glaucoma, Dr. Young said. The drops work to decrease a person's intraocular pressure low enough to not cause damage to the eye.

"Usually, through an assortment or a combination of the drops, you can get the required effect," he explained.

Dr. Young encouraged people in at-risk groups to have eye exams every year. For people not in risk groups, the doctor recommended an eye exam every two to three years.

"Bottom line, it's important that detection and prevention come before intervention and treatment," he stressed.

The doctor added there are some things people can do to keep pressures low and damage to a minimum. Studies have shown that long distance runners have lowered their pressures significantly. Also, keeping the optic nerve nourished with a healthy blood supply can be accomplished through regular exercise along with eating a well-balanced diet or taking multi-vitamins.

For more information on glaucoma, people should call or visit their optometry clinic.

### Sports Standings

Volleyball		Team	Points
Team standings are current as of April 30.		COMM	19
		95 FS	19
		2 FS	18
Team	W	L	Points
AFCESA	11	0	17
ACS 1	11	2	17
COMM	9	2	16.5
OSS	10	3	12.5
1 FS	10	4	12.5
CONR	7	3	11.5
RHS	7	4	11
WEG	7	4	11
MXS	6	7	9.5
MDG	5	7	9.5
28 TS	5	8	9.5
372 TRS	4	10	8.5
MSS	3	9	7
83RD	2	10	6.5
SEADS	2	11	5
ACS2	0	15	3
Golf		Team	Points
Team standings are current as of May 1.		372 TRS	3
		83 FWS 2	2.5
Team	Total points	MSS 2	2
MXS	24	CONR 3	1.5
MSS 1	20	TS 2	0.5

# Funshine NEWS

May 3, 2002

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

## Graphic Impressions has moved!

We have relocated to Building 1311 on Suwannee Ave. Come visit us at our new location!

**283-2228**

## 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 appliance were operational when removed from the rooms.

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

**283-4211**

## Bonita Bay Outdoor Rec.

☎ 283-3199

### Extended Weekend Hours

Bonita Bay is now open Sat. & Sun. 8 a.m.-6 p.m.

### Kayak Classes

\$40 per class. May 12, June 9

### Sailing & Windsurfing Classes

Cost \$40 per person. Minimum age: 10. 2 day courses, 9 a.m.-4 p.m. Call for dates.

## Youth Center

☎ 283-4366

### Volleyball Clinic

This clinic is designed for youth ages 10-12 yrs and 13-16 yrs. Sign ups begin May 3 and the cost is \$10. The clinic will run from June 17 to 21.

### Major League Soccer Camp

Sign ups begin May 3 for youth ages 5-18 yrs. For more details call 283-4366.

## Information, Tickets & Travel

☎ 283-2499

### Tallahassee Customer Appreciation Shopping Tour

May 5. Cost per person is \$5. Departure time is 8:30 a.m., returning at 5 p.m.

### Cruise Specials

Call for information on 6-7 day cruise specials. 283-2864.

### Spring Mountain Tour

Travel to beautiful Helen, GA and experience the sights and sounds of this quaint recreation of a small Bavarian village. Visit Anna Ruby Falls and Unicoi State Park. Cost per person double occupancy is \$150

## Community Activities Center

☎ 283-2495

### Base Level Chess Tournament

May 18, 1 p.m. in the CAC Ballroom. Signup deadline is May 14. Call for details.

## Family Child Care

☎ 283-2266

### Arriving or Departing?

Air Force Aid offers free child care in Family Child Care Homes. Contact the relocation personnel in the Family Support Center for your PCS certificate. A list of FCC providers is available through the FCC office in building 1309.

### May Classes

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

### Provider Appreciation Day

May 10 is provider appreciation day. This is a great time to remember your child's teacher or caregiver.

## 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!

### Scuba Lessons

Spring special only \$125.00 for open water certification.

### 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.

The CAC has bicycles for rent.  
Call 283-2495 for details.



## Air Force Club Scholarship Program

Three scholarships will be awarded to AF Club members or their eligible family members for 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 beginning April 15.

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.

## 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, Life Fitness & Super Clubs

No federal endorsement of sponsors is intended.



## 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.

## Mothers Day Buffet

**Sunday, May 12**

**Reservations Highly Suggested**

Two Seatings: make your choice for the  
10:30 a.m. or 12:45 p.m. reservation times.

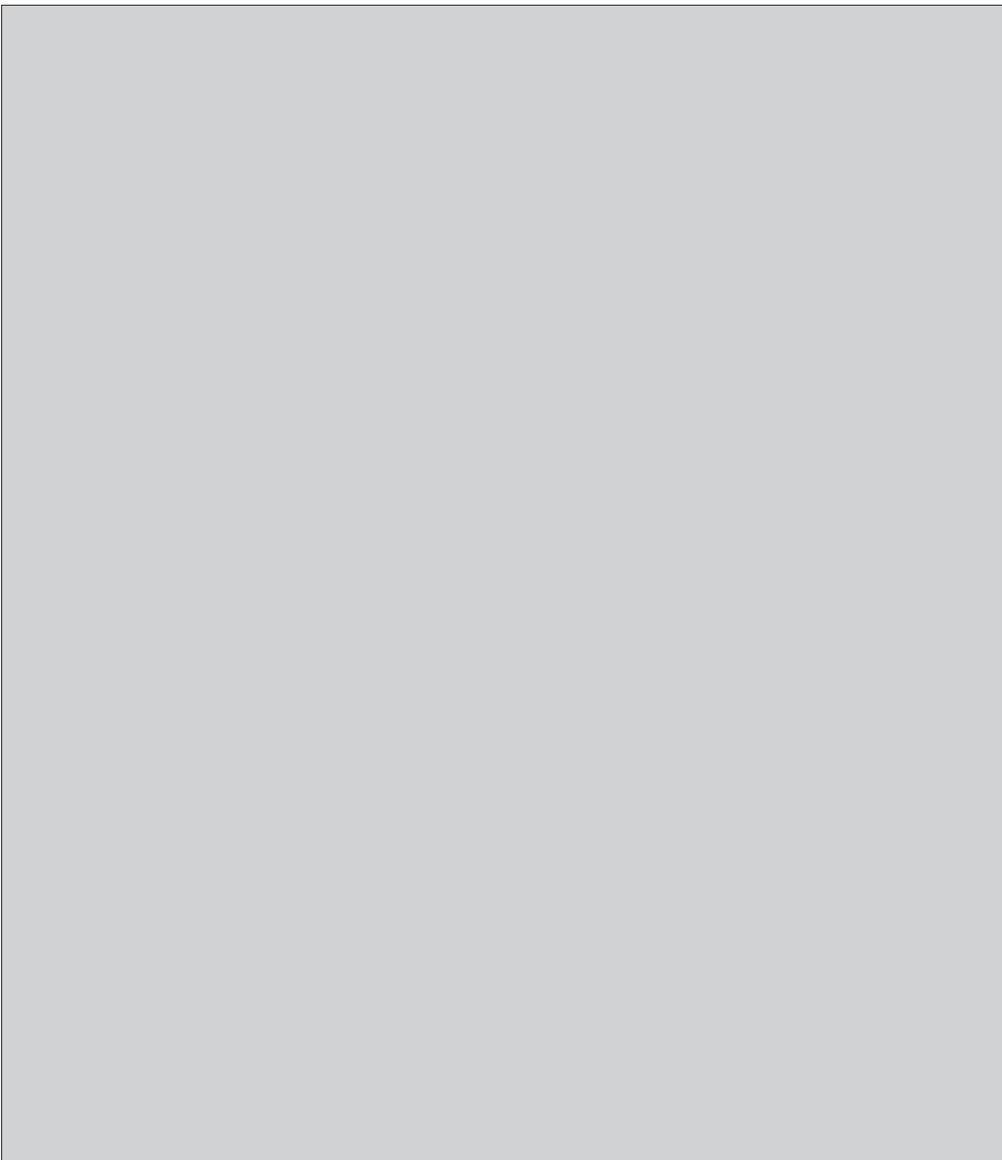
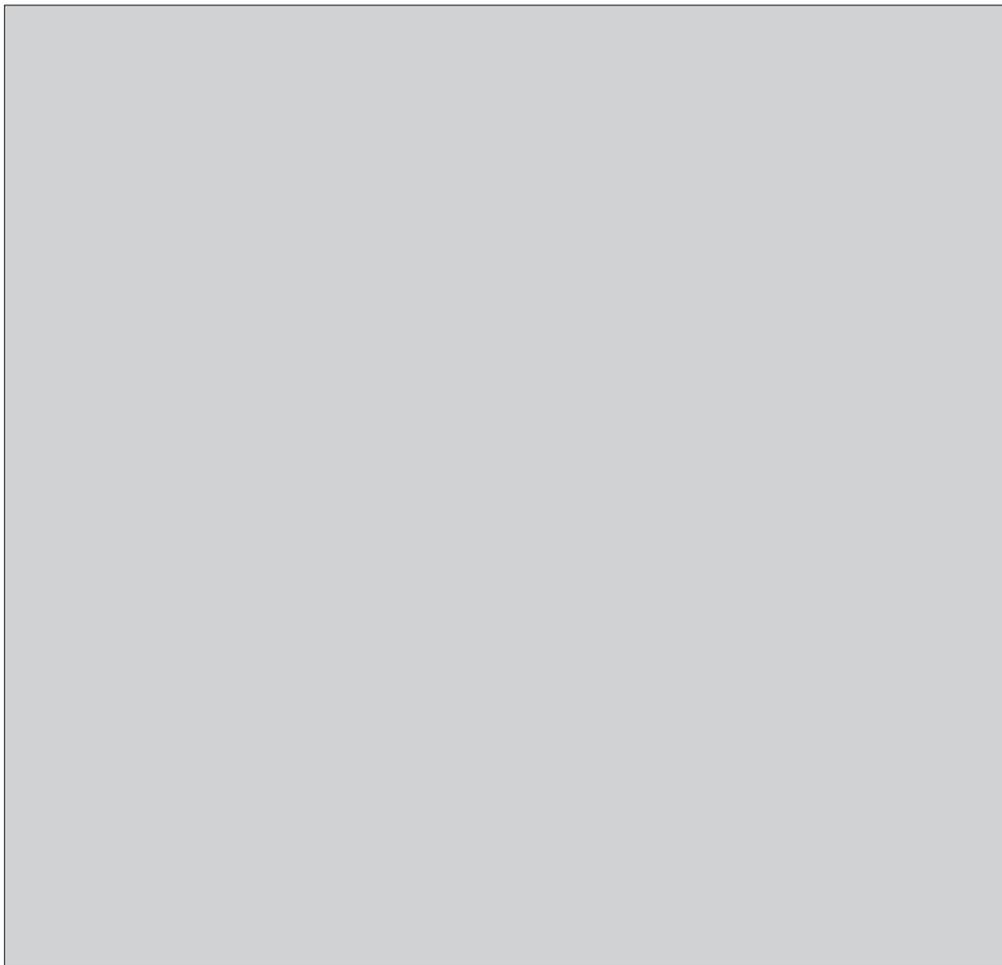
All Ranks at the Officers  
Club Dining Room  
**Adults \$12.95**  
**Children 5-11 \$5.95**  
**Children 4 & under free**

**Buffet will feature:**

Carving Station w/ Steamship Round,  
Baked Ham and Turkey, Seasonal  
Vegetables, Mini Salad Bar,  
Omelet & Waffle Station,  
Home Fries, Bacon, Cream  
Beef w/ Biscuits, Assorted  
Fruits, Juices and Dessert  
Station.



Reservations:  
**283-4357**



Tech. Sgt. Dan Neely

### It's that time of year ...

Daryl Flauta helps 2nd Lt. Ryan Fitzgerald load a lawn mower. Tyndall members can now rent lawn and garden equipment from the Marina Club located off Eagle Drive.



## Learn not to burn

*Regularly apply sunscreen when outdoors*

