

GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

April 25, 2003

In brief

Sponsor training

Air Education and Training Command requires all sponsors receive training within the preceding 12 months of being assigned as a sponsor. Training is available at the family support center and within the individual units by the unit intro monitor. A list of intro monitors is available on the Tyndall home page at: www.tyndall.af.mil/sponsor.htm. For more information, call the family support center, 283-4204.

Volunteer resource program

The Tyndall Volunteer Resource Program serves as the central base resource for volunteer requirements, placement and recognition by assisting individuals seeking volunteer opportunities, as well as authorized organizations seeking volunteers to fill their staffing needs. Anyone interested in volunteering can call the family support center, 283-4204.

Military scholarship Web site

GI Bill Express, a military-only scholarship Web site, is available for anyone wanting information on GI Bill benefits, scholarships and military training credits. Military dependents and spouses as well as veterans and active-duty members can access the site at: www.gibillexpress.com.

Inside

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Lisa Carroll

Mobility line advice

Chaplain (Capt.) Andrew Suh talks to a member of the 325th Security Forces Squadron before his deployment to an undisclosed location in the Persian Gulf. A security forces contingent of about 30 people deployed April 18. For more photos on the deployment, see Page 6.

New ID cards tested to be secure, ready

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The high-tech identification common-access card currently replacing the familiar green ID card worldwide is secure and proven in combat, despite some rumors to the contrary.

“Worries are unfounded” that the new ID cards are easily accessible to identity thieves or even hostile forces, said Chief Master Sgt. Ricky Arnold, survival, evasion, resistance and escape program manager at the Pentagon.

“These cards are not a risk to anyone’s privacy or security,” said the chief.

“We thoroughly researched the security risks before we even began to issue common access cards,” said Maj. Gen. Richard Mentemeyer, director of operations and training at the Air Staff.

“We were satisfied then, and recent events have reinforced our belief that common-access cards are not only secure and safe but also provide required Geneva Conventions information in the

event an airman is captured,” the general said.

“In a war zone or at home station, there should be no hesitation: Don’t leave home without it,” he said.

The card does not contain any personal information electronically that is not already printed on the card, officials said. What it does is allow electronic access to computer systems that contain personal data. Also, an extra layer of protection is provided when a card is reported lost or the

cardholder goes into missing or captured status. At that point, computer and data system access is turned off, officials said.

And built-in electronic security measures make getting access to the information on the chip extremely difficult, if not impossible, officials said.

“To date, there has not been a single successful attempt to extract information from one of these cards,” Chief Arnold said.

Chief Arnold said airmen iso-

●SEE ID PAGE 10

Pride in self, work key to ORI success

BRIG. GEN. LARRY NEW

325th Fighter Wing commander



Great teams need to have great chemistry, be willing to work hard and have the right attitude in order to achieve success.

These ingredients are required to be the best in any profession and will certainly be front and center during Tyndall's Operational Readiness Inspection July 20-29.

In order to be successful, role clarity is also vital. It is critical each member of the team knows his or her role in the mission and is able to execute it to near perfection. Similarly, it is important to have a clear understanding as to what will be inspected in order to achieve the highest rating.

Most of the answers can be found in unit self-inspection checklists, Air Force instructions and exercise scenarios. First impressions will also be key. Sharp salutes and rendering the appropriate greetings and courtesies all reflect how proud each member is to serve their nation and



“In order to impress the inspection team, it is absolutely critical to show your pride, enthusiasm and devotion to duty.”

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

Team Tyndall. They also set a positive tone for the inspectors and speak volumes as to how we feel about our line of work—our nation's defense. We all deserve to take pride in, and get excited about, what our armed forces are achieving today and our role in the armed forces of the nation. Our Air Force and the training we conduct right here has been critical to the most deliberate, disciplined and precise air campaign in history.

In order to impress the inspection team, it is absolutely critical to show pride, enthusiasm and devotion to duty. Excellence is reflected not only in the ability to accomplish the mission, but also in how

one presents him or herself while accomplishing it. Excellence will be seen via the shine on your boots, the crisp appearance of a uniform, and individual and team knowledge and ability to accomplish the mission effectively and efficiently.

In these times of increased demands placed upon military organizations, it is important to showcase how we have risen to meet the challenge of deployments, increased operations, supporting various associate units and contingencies across the globe, as well as what improvements we have made since the last inspection. For instance, since the last inspection, Tyndall

●SEE PREPARATION PAGE 3

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.

Larry D. New

BRIG. GEN. LARRY NEW

325th Fighter Wing commander

Why do we fight? *E-mail from friend answers question*

COL. MARSHALL SABOL

321st Air Expeditionary Wing commander

OPERATION IRAQI FREEDOM (AFP) — Now that we've been involved in the war on terrorism for some time through Operations Enduring and Iraqi Freedom, I think it's important to reflect on why we fight.

I was working on this article when I received an e-mail from a very good friend of mine. He was in the World Trade Center on Sept. 11 when it was hit — his words to me, to us, hit the mark:

“I am sitting in the comfort of a beautiful home, safe and secure, due in large part to what you and your team are doing today. I send my heartfelt thanks to you for the sacrifice that you and your wonderful group of young people are offering up to our country. I pray daily for the safe return of all of you. I also pray for the innocents that are in the way of your difficult work.

“How does a country like ours have the great for-

tune to have dedicated people like you and your command in our service? How can we thank you and your families enough for all that they have been asked to bear?

“As you know, my service to our country was with the 3rd infantry at Arlington in the late 1960s. Back then, late at night, I would see the faces of those we had put to rest and know firsthand the dangers that all of our troops must be experiencing today.

“At night these days, I see the faces of the men in uniform who came to our rescue in the buildings on 9/11. Arlington did not prepare me for the river of tears that were shed here in New York over the last 16 months. The justice that I feel that all of you are delivering today warms my troubled soul. I believe all those who were lost that day would send you their gratitude as well.

“I think of how proud I was to give a few years to my country's service. I now feel the same kind of pride

when I reflect upon all the people we have in uniform today in harm's way. It gives me a great deal of comfort to know there are dedicated professionals like you and your team that this country can call upon, in our time of need.

“I lost many friends on 9/11. I truly believe that what you are doing for us today is making us all a lot safer. I also believe that you are making those who don't like us more reflective of the consequence of their actions.

“God bless you. God bless all in your command. God Bless America.

“Survivor WTC 9/11”

Let us never forget why we fight. I salute you and am proud to be in this fight with you, and leave you with this quote, one by Abraham Lincoln:

“Our reliance is in the love of liberty ... Our defense is in the preservation of the spirit which prizes liberty as the heritage of all men, in all lands, everywhere.”

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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.

● FROM PREPARATION PAGE 2

has turned into a growth industry as homeland defense and the importance of the training mission has taken center stage. Show the inspection team how you achieved mission success and made adjustments to meet increased demands. Share examples of teamwork, organizational excellence and mission accomplishment within your unit. Let them know that excellence is a constant.

Simply meeting what is on the checklist won't warrant an excellent or an outstanding rating. What merits the highest grade and makes the greatest impression is showing improvements and initiatives since the previous inspection and the intangibles such as having a positive attitude, displaying teamwork and a knowledge and mastery of your duties.

Also, it is important to have an understanding of the Ability to Survive and Operate guide as inspectors will ask questions to test your knowledge in various areas. We'll have a few more exercises prior to the ORI, but don't wait until the last minute to thoroughly review and become familiar with the ATSO guide. During the inspection, as well as during exercises, people need to have a copy of the ATSO guide and Airman's Manual either with them or in a place that is readily accessible. Those who do not have a copy of the Airman's Manual or ATSO guide should go to the personnel readiness unit, their orderly room or to the first term airman's center to obtain a copy. If an inspector asks you a question from the manual and you are not familiar with a procedure, use it as a resource. Base units should be taking the time to make sure all their paperwork is squared away and that in-house training is being conducted, thinking through various scenarios that might come up during the exercise.

It is important to take the time leading up to the inspection to prepare your people and yourself for anything that may occur and give the wing and your unit the best chance of succeeding.

Ultimately, we need to work together and provide the inspectors the information to validate what I know to be true—we are the most mission-ready and motivated wing in the command and are very capable of earning an outstanding rating because we have outstanding people accomplishing the mission.

Safe to bite when the temperature is right!

USDA research shows that one out of four hamburgers turns brown in the middle before it is safely cooked. Using a food thermometer is the only way to tell if your food has reached the safe temperature to destroy harmful bacteria and prevent illness. For more information call the USDA's Meat and Poultry Hotline at (800) 535-4555.

As ORI nears, preparation is key

LT. COL. STEVEN KOTAN
Operations Readiness Inspection officer

As we count down the days to the Tyndall Operational Readiness Inspection, preparation is key to our overall success. As individuals, you can start this process by looking at your own standards of appearance, conduct, work and personal responsibilities.

First impressions

First impressions are always the last ones folks will remember about you and it's no different with an ORI team.

Look at yourself in the mirror; for males, is your haircut within standards? Are you in the habit of getting your hair groomed weekly or every two weeks? If not, now is the time to start practicing such standards. Hair should not exceed 1-¼ inches in bulk and not exceed ¼ inch in length.

Females need to ensure that hair is conservative and not decorated with ribbons or jeweled pins. Females should also remember cosmetics should be conservative and in good taste.

Are you wearing the uniform the way it was meant to be worn? Another aspect of standards of appearance is weight management and fitness. If you have not started a physical fitness regime, now is the time to start. Your weight affects not only how you look in uniform, but also affects your unit's mission readiness. The base fitness center and health and wellness center can help get you

started on the road to optimum physical health.

Standards of conduct are a personal responsibility.

Keep working relationships professional at all times. Lead by example and always remember that you never know who is watching

Count-down to ORI has begun



you. Favoritism, misuse of position or abandonment of organizational goals is unacceptable.

Treat people how you would want to be treated; in other words, with the utmost honesty, integrity, loyalty, respect, fairness and accountability.

Always remember that you are responsible for your actions, and ignorance is no excuse.

Your own work and personal responsibilities.

Are you receiving the proper training for your work area? If not, why not? Don't wait until one week before the ORI to update your career development course records; this not only increases personal stress, but other issues always come up that may make it dangerous if you procrastinate.

Examine your responsibilities. Go through each one and ask yourself, "What do I do?" Do you know? If not, now is the time to get with your supervisor and know exactly what your individual responsibilities are and how they contribute to your unit's mission.

Do you know your unit's mission; can you articulate it to someone who may ask you about it, such as an IG inspector?

Make sure your personal business is in order; if you're on mobility status, are your shots, immunizations and family matters up to date? Standing in the mobility line getting ready to take off is not the time to decide what should be in your will, nor is it the time to lack important documents and immunizations that could save your life.

Are your family members listed in DEERS? Is everything in order with TRICARE? Trying to figure this out when you're 6,000 miles away could prove disastrous!

Preparation is key.

Don't get caught in a last-minute rush trying to get your personal appearance, conduct and work and personal responsibilities up to speed. Not only will you get the job only half done, the results will show what you have put into your responsibilities. Your contribution matters! All Tyndall members, from the newest airman basic up through the wing commander must do their part to show the IG that the 325th Fighter Wing is AETC's most *outstanding* wing!



Christine Sullivan

Blood works

Evon Hastting, Red Cross phlebotomist, draws blood from David Vananda, Trend Western, who took time out April 17 to donate blood during a base-wide blood drive. More than 115 showed up to donate blood. Some people were unable to donate due to restrictions on people who have been assigned to the European theater of operations in the past.

Thinking of getting out?

THINK AGAIN!

Make sure you've got all the facts first! Contact **Chief Master Sgt. Ron Georgia**, 325th Fighter Wing career assistance adviser, at **283-2222** for information on your career and its future.

Week highlights laboratory professionals

National Medical Laboratory Week, April 28-May 2, is a time set aside to honor more than 280,000 medical laboratory professionals across the nation who perform and interpret laboratory tests that save lives and keep people healthy.

Laboratory technologists and technicians at the 325th Medical Group's clinical laboratory are among the many unsung heroes of medical health care.

Using state-of-the-art technology and instrumentation, laboratory professionals help prevent disease by detecting unknown health problems and by aiding in the diagnosis and treatment of existing conditions by interpreting test results.

To celebrate National Medical Laboratory Week, the 325th MDG laboratory personnel will give tours throughout the week upon request to help ac-



Staff Sgt. Roel Utley

Staff Sgt. Bradford Harris prepares specimens for shipping.

quaint the public and other health-care professionals with the workings of the medical laboratory.

"We are proud of the work we do," said Airman 1st Class Stephanie Lowman, laboratory technician. "We have to be painstakingly meticulous in performing our jobs to provide dependable answers to your family physicians."

Results of laboratory tests often identify the presence of disease in its earliest stages, when the possibilities of a cure are greatest.

Medical laboratory professionals represent a variety of specialties, including pathologists, medical technologists, clinical laboratory scientists, medical laboratory technicians, phlebotomy technicians, microbiologists, laboratory managers and medical educators.

(Courtesy 325th Medical Group)

'Support the Troops' rallies limited to off-duty, out of uniform

Off-base "Support the Troops" events and rallies are being held around the nation. Typically, these events include civic and political leaders and/or civic groups and may involve public speeches.

These events are a welcome expression of a community's desire to show that it is 100 percent behind the men and women serving in the armed forces.

However, these events may also, simultaneously, be an expression of the

community's (or a portion of the community's) desire to show its support for the ongoing war in Iraq. That issue is a political one with people having strong viewpoints and emotions on both sides of the question.

What is billed as an off-base "Support the Troops" event may also be or has the potential to become a "Support the War" event. For that reason, military members should know and follow the rules for political events and rallies if they attend a "Support the Troops" event.

Generally these rules are:

- Military members must attend in a personal capacity, not on duty time.
- Military members should not attend in uniform.

Military members may consult with their local staff judge advocates if they have questions on these issues. Another good source of guidance is Air Force Instruction 51-902, *Political Activities by Members of the U.S. Air Force*, or visit the following link: <http://arpc.afrc.af.mil/press/supportourtroops.htm>.

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

QUIT

**American Heart
Association**
WE'RE FIGHTING FOR
YOUR LIFE



Photos by Staff Sgt. Roel Utley



Deployment goodbyes

Left, Senior Airman A.C. Llorens and his wife Yesenia embrace April 18. Airman Llorens was tasked to deploy along with other members of the 325th Security Forces Squadron. Above, members of the 325th SFS receive a briefing prior to deployment to an undisclosed location in the Persian Gulf.

Save for Your Future **U.S. SAVINGS BONDS**

Help Us Conserve
 **YOU HAVE the POWER.**

Moved from p.8

Promotion study guides scheduled to arrive in May

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The 2003 promotion fitness exam and supervisory examination study guides are expected at Air Force locations worldwide in May.

Air Force Occupational Measurement Squadron officials said Air Force Pamphlet 36-2241, Volumes 1 and 2, Promotion Fitness Examination and U.S. Air Force Supervisory Examination study guides are being distributed and should be available from unit Weighted Airman Promotion System managers in May. The guides become effective July 1.

The new study guides have a CD-

ROM with an electronic version of the study guide included with each volume.

Members testing for promotion are required to have their promotion study references at least 60 days before testing. Senior master sergeants testing for chief master sergeant will be the first to test using the new study guides. All enlisted members are authorized a copy of the study guides, but airmen eligible for promotion have priority.

The 2003 study guides have changed considerably and should be reviewed thoroughly, according to Chief Master Sgt. Debra Bass, of AFOMS' professional development flight.



Checkertail Salute



Lisa Carroll

Airman Butler is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.

The Checkertail Clan salutes Airman Butler for establishing a vital Sipernet profile for the legal office to ensure it had the capability to compose and receive time-critical secure messages, diverting any possible delay in mission accomplishment. She also ensured the implementation of 10 time-compliant network orders ahead of schedule — contributing directly to the security and integrity of the network. In addition, she meticulously reviewed more than 200 enlisted and officer performance reports and decorations and general correspondence for accuracy.

Senior Airman Shayla Butler

Duty title: Wing information manager

Unit: 325th Fighter Wing commander's support staff

Time on station: 2.5 years

Time in service: 3 years

Hometown: Abilene, Texas

Hobbies: Reading, decorating, traveling and doing photo collages.

Goals: Finish my CCAF and get my bachelor's degree in business administration. I hope to have my own business some day.

Favorite thing about Tyndall:

Being close to my family in Georgia and working with some wonderful people — it really does make your job a lot easier.

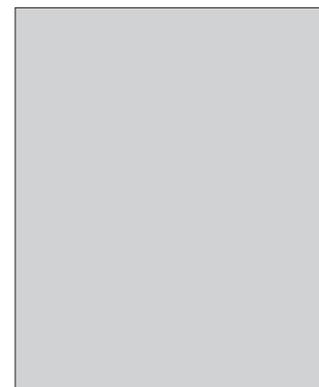
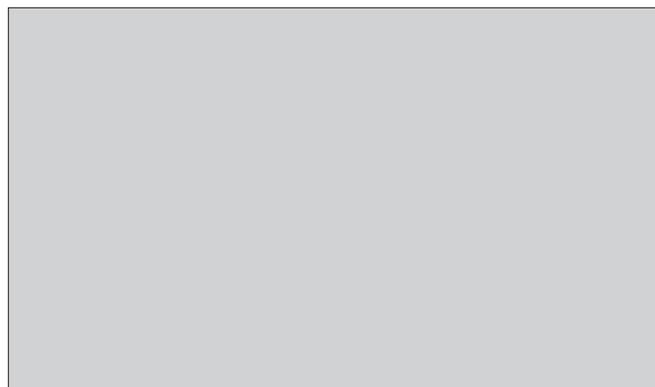
Pet peeves: Things that are disorganized.

Favorite book: "Sula"

Favorite movie: "The Color Purple"

Proudest moment in the military: Visiting veterans in the nursing home.

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.



Tyndall's environmental flight protects, serves

CHRISTINE SULLIVAN

325th Fighter Wing public affairs

Tyndall's past provides a rich legacy of Army Air Corps and Air Force training, resulting in the development, management and enhancement of the lands entrusted to it for current and future generations. The base's growth and historic training missions have also created unforeseen environmental impacts and risks, and members of the 325th Civil Engineer Squadron are rising to the challenge to correct or minimize those impacts and risks.

"Future generations have entrusted care of their environment to us and its our privilege and obligation to conserve and protect it," said Ann Garner, CES flight chief.

The installation restoration program is one way the CES ensures the base environmental objectives are met.

"The installation restoration program investigates historical sites with potential contamination, assesses any associated human health and ecological risks, and conducts needed cleanup actions," said Joseph McLernan, 325th CES installation restoration program manager. "The focus is on cleaning up from past activities, eliminating or managing exposure risks and restoring the land for future use."

Mr. McLernan emphasized that 37 sites have currently been identified and 21 of those sites were found to pose no risk and have subsequently been closed. The remaining 16 sites are now being investigated or are moving into the cleanup phase.

With the exception of four historic landfills and disposal areas, active sites are located in base industrial areas, all of which are located away from residential and developed areas. Mr. McLernan said the program's goal is to have those sites restored by 2014.

The restoration process balances current and future area use, the relative risk, time to cleanup, effectiveness of available cleanup technology, and clean up cost to select the best remedy for the site. A technical review committee and a Florida-wide partnering initiative provide input with the involvement of regulatory agencies, stakeholders and the community as well.

Because Tyndall is considered an industrial operation, it's obligated to comply with all federal, state and local environmental permits and regulations. Any fines or injunctions could halt work, which would have a major impact on the ability of Tyndall to continue its mission, according to Steve McLellan, an environmental engineer at Tyndall.

Mr. McLellan is proud to point out that Tyndall's environmental stewardship is among the best in the Air Force, and an inspection team from the AETC Environmental Compliance Assessment and Management Program confirmed that last year.

"(The team) spent a week visiting shops and files around the base to evaluate how good a job Team Tyndall is doing in complying with environmental regulations," Mr. McLellan said.

Col. Patrick Fink, Air Education and Training Command environmental division chief, summarized the findings by telling Tyndall's senior leaders that it was the best ECAMP inspection he had seen at any AETC base in the past three years.

"All Tyndall personnel should be proud of this accomplishment, and we plan to continue being proactive in our protec-



Christine Sullivan

Daniel Shaw and Quinton Adams, contract workers for the 325th Services Squadron, sift through paper and printed materials for recycling.

tion of the environment," Mr. McLellan said.

The focus of the environmental flight goes beyond ensuring compliance with permits and regulations. Quality of life for Team Tyndall members is directly impacted by the quality of the environmental they live, work and play in.

Mr. McLellan stressed that the prevention of air, land and water pollution substantially protects the people who live and work on base as well as the surrounding community.

One way Tyndall members can protect that quality of life is through the base-recycling program. Residents and workers are asked to participate in the proper storage, use and disposal of thousands of products used every day.

"In fiscal year 2002, approximately 652 tons of corrugated cardboard, 52 tons of paper, 328 tons of scrap metal... 24 tons of plastic, and 27 tons of glass were recycled on-base," said Jose Cintron, a CES environmental engineer. That resulted in a savings of over one million dollars in local landfill tipping fees.

One recycling initiative that has resulted in a big savings for the base involves the spent bullets at the small arms training indoor range. The bullets are collected in bullet traps and are

no longer considered a hazardous waste stream. The bullets make up part of the more than 3,000 pounds of lead-based recyclable material generated at the base.

Mr. Cintron said that by recycling the lead as scrap metal, instead of paying more than a dollar per pound for disposal, Tyndall is currently being paid almost five cents per pound.

Because the storage, usage and disposal of many materials on Tyndall is much more highly regulated than if the same materials were purchased and used at home, educating the base populous about the difference can be a challenge.

According to Mr. McLernan, the environmental flight works closely with unit environmental coordinators to make sure all individuals are aware of the appropriate requirements to prevent any problems. State and federal regulators make periodic and often unannounced inspections and so far have not found any significant problems.

"By correcting past impacts, improving current practices, and planning for future activities, Tyndall's environmental flight is ensuring both the base's mission and environmental stewardship continue, preserving our legacy," Mr. McLernan said.



United States Air Force

Retiree Activities Newsletter

Tyndall AFB, Florida

April 2003

What's inside

325th Fighter Wing commander sends thanks to retired community

Brig. Gen. Larry New sends word of thanks to retirees who volunteer in local communities — Page 1.

Burial scheme targets veterans

As South Florida's first veterans cemetery prepares to open, officials warn of companies making fraudulent claims that they can save veterans a plot for a fee — Page 2.

Right to privacy includes health records

One of the basic rights as a military health system and TRICARE beneficiary is the right to keep health-care information private — Page 2.

New mail order pharmacy contract

More than 400,000 military pharmacy mail order customers were switched March 1 to a new TRICARE Mail Order Pharmacy program — Page 3.

Solve the TFL ID-card puzzle

Confused about TRICARE For Life and whether you need to update your identification card to use the program? — Page 4.

Hearing aids not covered by TRICARE

Find out how to get a hearing aid at cost or for free through the VA — Page 4.

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Retiree volunteers make difference in Air Force, local communities

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

As Tyndall continues to conduct its mission of training the world's best air superiority team and supports contingencies across the globe, the services of our volunteers have become even more critical. Last year, Team Tyndall members and their families donated tens of thousands of hours to local community projects and organizations. In 2002, retirees alone contributed 2,795 volunteer hours, making a huge difference in the quality of life that we always strive to improve.

Volunteerism has a major positive impact on Tyndall and the community and no retiree volunteer program would be complete without the invaluable assistance of the Retiree Activities Office and its

members. Not only are retirees a critical part of Team Tyndall, they also make a significant difference in the surrounding community as well. Volunteers are giving their time at the base pharmacy, the Red Cross, the chapel, Special Olympics events and Habitat for Humanity, among others. Without a doubt, military retirees are volunteering and making a difference.

In all, we currently have more than 600 volunteers involved in the resource program at Tyndall, saving the base more than \$1 million a year in labor costs. Without a doubt, retirees epitomize the Air Force's core value of service before self. There are limitless reasons why retirees volunteer, such as learning new marketable skills; keeping the skills they have

current; getting current experience in the local area for their resume; meeting new friends and learning about the community; but most volunteer just to make a difference in the lives of others.

All of our volunteers—active-duty, civilians, Guard, Reservists and our retirees are definitely making a marked difference in the community and are setting a positive example for others to follow.

For those interested in volunteering, the Volunteer Resource Program at Tyndall works for all volunteers and volunteer organizations by providing recruitment, training, tracking and recognition programs. Volunteer positions currently available include: office and administrative assistance, customer service and receptionist, classroom

instructors, recreational assistant and relocation information specialist. Training is available by the organization in some cases. You may contact the family support center at 283-4204 for more information on current volunteer programs and availability.

Volunteerism immeasurably enhances Tyndall organizations and the surrounding community by allowing on-base programs to provide better services.

The time and enthusiasm offered by our family of retirees is a welcome addition to Team Tyndall. We are grateful for your dedication and service to country.

Thank you for continuing to make a difference in the lives of our airmen, civilians and their families—we appreciate your selfless contributions and continued service to our nation.

Disability claims related to Agent Orange

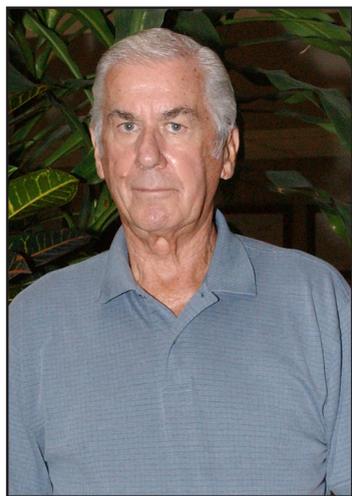
Some of the criteria related to disability claims for exposure to Agent Orange in Vietnam has changed. Veterans with lung cancer or prostate cancer claims based on exposure to Agent Orange, who have been previously turned down, need to reapply.

Prostate cancer is almost an automatic disability for veterans who served in Vietnam. Veterans who were stationed in Thailand, and landed or stayed overnight in Vietnam, may also qualify for disability. The basic criterion is that you have to have been on the ground in Vietnam to be considered.

Contact the Department of Veterans Affairs at (800) 827-1000 (the same for all states). This number will give you your state VA. Contact can also be made on the Web at www.va.gov.

Source: March 2003 AMVETS Meeting in Orlando, Fla.

Director's Corner



RETIREED LT. COL.
EDWARD BULTMAN
Retiree Activities director

The Tyndall Retiree Activities Office (RAO) is located in Building 662, Suite 245, 445 Suwannee Road, Tyndall AFB, Fla. A satellite office (SRAO) is located in the National Guard Armory, 1225 Easterwood Drive, Tallahassee, Fla. The Tyndall RAO number is (850) 283-2737. The telephone number for the Tallahassee SRAO is (850) 574-9094. The office hours for both offices are 9 a.m.–12 p.m. weekdays.

The RAOs serve as points of contact for information and assistance in resolving questions or problems related to retiree and survivor entitlements, benefits and privileges. They also maintain a retiree Web page on the Tyndall Internet site (www.tyndall.af.mil/325FW/RAO.htm). This

Web site provides access to a wide range of information and news related to retiree affairs. The Tallahassee satellite RAO also operates a courier service for prescription drugs between the Tyndall pharmacy and the SRAO. A variety of publications and periodicals from all the military services, the new TRICARE Handbook, TRICARE Mail Order Pharmacy Guide, and TRICARE Dental Plan Guide are available in the Tyndall office. If you have a problem or need information, please contact one of the RAO offices.

Retiree volunteers provide valuable support to several organizations at Tyndall. There is always a need for more volunteers at the base pharmacy, hospital, family support center and the RAO office. No special skills and minimal training are required for most positions.

If you can contribute three hours once a week, your help would be of great value. The Tyndall RAO has lost a couple of volunteers due to illness over the past few months, and we may have to curtail our days of operation if replacements are not found.

The family support center can provide information on other organizations needing your assistance.

Burial scheme targets veterans

As federal officials work toward opening South Florida's first veterans burial ground next year, they're bracing for what sometimes comes along with such a milestone — companies making fraudulent claims that they can save a vet a plot for a fee.

Reservations aren't accepted for any of the 120 national cemeteries run by the U.S. Department of Veterans Affairs, including the one being built west of Boynton Beach. The VA doesn't begin processing a veteran's request for burial until he or she has died.

Yet several months ago, a St. Petersburg man told the VA that he received a call from a Fort Lauderdale-area company offering to "preregister" him at the new cemetery for \$35. While there haven't been any additional complaints, officials worry more may come as opening day for the yet-unnamed burial ground draws closer.

"We know many local veterans are interested in having it as their final resting place," said VA spokeswoman Jo Schuda at Washington, D.C., headquarters. She said preregistration schemes have popped up over the years in other states, as World War II vets are dying at a rate of more than 1,000 a day.

Worthless preregistration isn't the only trick being played on veterans, according to the Florida Funeral Home Directors Association.

Companies are allowed to take a veteran's dis-

charge papers and signed burial application in advance along with a payment, with the promise to process the documents upon death. But that probably would be considered preneed planning, said former association president Mark Panciera — a function that by law requires a special certificate.

"There are a lot of veterans in this area, and as they age, there's been a lot of marketing to them," said Mr. Panciera, president of the Hollywood-based Panciera funeral home group. "They need to be very careful and understand exactly what solicitors are saying and what they are buying."

Private cemeteries also sometimes set aside a veterans section, then tell potential clients they are being buried in a veterans cemetery, Mr. Panciera said. But the full federal burial benefit available to all honorably discharged vets, their spouses and dependent children applies only if they are interred at a national cemetery. That includes a gravesite and grave liner, flag, headstone and marker, opening and closing of the grave and a military honor guard, all at no cost.

For more information on eligibility and arranging burial in a VA national cemetery, visit the Web site at www.cem.va.gov or call the nearest VA national cemetery or regional office at (800) 827-1000.

(Courtesy E-Florida Vets News)

Health-care information protected by patient's right to privacy

As a beneficiary of the Department of Defense Military Health System and TRICARE, one of the basic rights that you have is the right to keep private your health-care information.

The Health Insurance Portability and Accountability Act of 1996 established health-care standards or "privacy rules" that all U. S. military and civilian health-care providers, hospitals and organizations are required to follow to protect the privacy of health-care information from unauthorized disclosure or use. TRICARE implemented the new privacy rules April 14.

Under HIPAA privacy rules, the MHS is required to inform patients about how their personal health-care information is used, provide guidance on privacy rights, and limit use and disclosure of personal health-care information.

Under the privacy rules, patients have the right to receive a notice

of MHS privacy practices from the military treatment facility; access, review and receive a copy of their personal medical record or health-care information on file at the MTF; request a change or correct an error in the medical record; know how, when and to whom the medical information is disclosed; file a grievance with the MTF regarding a privacy concern; and finally, provide written instructions on personal preferences regarding use and disclosure of personal health information.

Personal health-care information may be disclosed to other health-care providers such as specialists, pharmacists or laboratory technicians who, at the request of your primary care manager, may need access to private health care information to provide optimal care.

The MTF may not share personal health-care information with outside sources for marketing,

health-care research or any other reason without the patient's knowledge and written consent.

Privacy officers are located at every MTF and serve as beneficiary advocates for privacy issues. They will respond to inquiries from TRICARE beneficiaries who may have questions or concerns regarding personal health-care information or the new privacy rules. Privacy officers will ensure that private health-care information remains accessible to beneficiaries and their providers and protected from unauthorized access.

Beneficiaries who have questions or concerns regarding their privacy rights may contact their local MTF privacy officer for assistance. A copy of the MHS Notice of Privacy Practices is available on the TRICARE Web site at www.tricare.osd.mil/hipaa.

(Courtesy TRICARE Management Activity)

*The Tyndall Retiree Activities Office Newsletter is published as an insert to the **Gulf Defender**. Articles appearing in this publication do not necessarily reflect the position of the Department of the Air Force or Tyndall. While editorial effort has been made to ensure the accuracy of the information herein, no absolute guarantee of accuracy can be given or assumed. Editor: Retired Lt. Col. Edward Bultmann, RAO director, 283-2737. Design and layout: Staff Sgt. Roel Utley, editor, **Gulf Defender**, 283-2983.*

New contractor runs TRICARE Mail Order Pharmacy

More than 400,000 military pharmacy mail order customers were switched March 1 to a new TRICARE Mail Order Pharmacy program.

Express Scripts Inc. will provide services under the new mail order pharmacy program. Express Scripts won the \$275 million, five-year contract in September 2002, which is similar to the previous contract with MEDCO.

The director of the Department of Defense pharmacy programs said beneficiaries who have prescription refills remaining on March 1 will be transferred to Express Scripts so they can continue ordering medications on time. However, there are exceptions. Narcotics or other controlled substance prescriptions cannot be transferred. Neither can compounded prescriptions — those that are physically prepared by the pharmacy.

Medication that requires refrigeration is shipped through priority mail or a courier service, such as FedEx. That's one reason medications that require refrig-

eration are not sent to APO and FPO addresses overseas.

TRICARE beneficiaries living and working overseas can use the mail order pharmacy if they have an APO, FPO or a U.S. embassy address. However, the prescription must be written by a provider licensed to practice in the United States.

Current users should have received a postcard in January announcing the new services. That should have been followed by a mailing which included a registration form, a description of benefits and a brochure covering the TRICARE program. Those eligible to use the current mail order program or the retail benefit are eligible to use the new TRICARE mail order

program. New customers have must register for the program.

Registration forms can be obtained from the Regional TRICARE service center by calling (800) 444-5445, a military treatment facility pharmacy, or www.express-scripts.com.

New prescriptions can be mailed to Express Scripts, or your doctor can FAX them to (877) 895-1900. Check, money order, or credit card authorization must accompany all mail

orders. Credit card authorization is the easiest and preferred method of handling new and refill orders. Once you have established an account, refills can

be ordered online at www.express-scripts.com or toll-free at (866) 363-8667.

The usual delivery time for medication is five to seven days. The easiest way for patients to ensure they don't run out of their medication is to have the provider write a prescription for up to a 90-day supply with up to three refills. The beneficiary can request a refill once 75 percent of the medication has been used.

All medication is screened for potential drug interactions or therapeutic overlaps that could produce an adverse drug reaction. Patients' complete beneficiary profiles are entered into the Pharmacy Data Transition Service, which enhances patient safety by keeping their medication records current, on file and readily available.

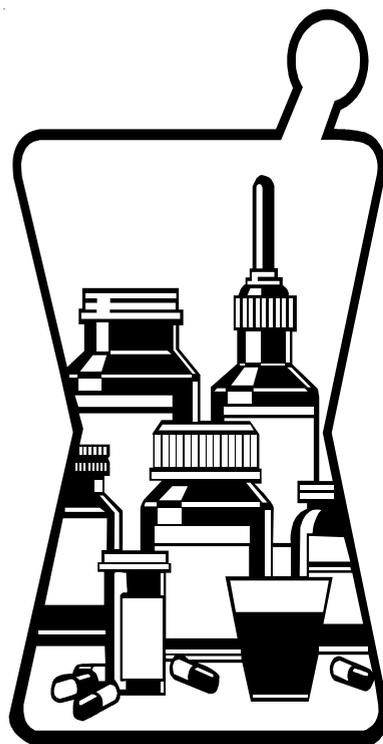
Patients can fill prescriptions three ways: by direct care at military treatment facilities, the retail pharmacy network or the mail order program. The direct care system will still serve the bulk of the beneficiary population. About 2.5 million beneficiaries use the

retail pharmacy network because they don't have access to a military facility.

Beneficiaries who have long-term medication needs should consider using the mail order program. It provides up to a 90-day supply of most medications for a single co-payment, whereas they only receive a 30-day supply for a single co-payment in the retail network pharmacy system.

Under the TRICARE Mail Order Pharmacy system, the co-payment for up to a 90-day supply for most medications is \$9 for branded products or \$3 for generics. Exceptions include controlled substances, and active-duty members pay no co-payments. Standard shipping and handling are free. There is an additional charge for expedited shipping.

For more information, including a complete section on the co-payment structure, visit the TRICARE Web site at www.tricare.osd.mil. Reservists can check the site for details of their benefits under the program.



Larry Buck

Office: Retiree Activities Office
Years in Panama City area: 29 years.

Years in the military: 20 years.

Hometown: New Monmouth, N.J.

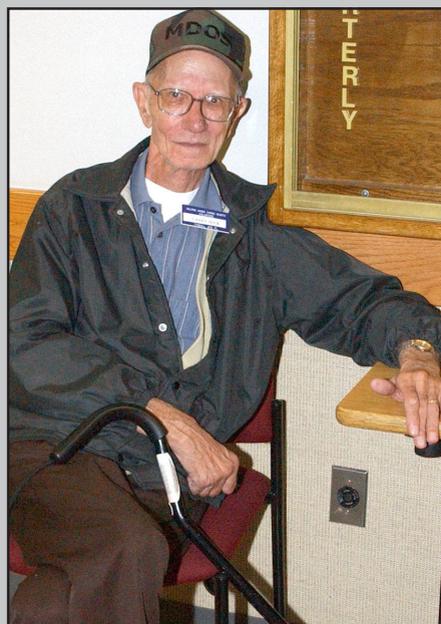
Favorite Assignment: Volunteering.

Greatest aspect of your job: Helping others.

Why do you volunteer: To help!

Favorite book: Bible.

Hobbies and activities: Volunteering.



Larry Buck helps people find their way in the hospital at the information desk. Bobby Buck helps check in patients in internal medicine.

Retiree Spotlight

Bobby Buck

Office: American Red Cross
Years in Panama City area: 29 years.

Hometown: Born in Dothan, Ala., graduated in Campbellton, Fla.

Favorite Assignment: Denver, Colo., and Tokyo, Japan.

Greatest aspect of your job: Doing the many things I do. I like doing them all.

Why do you volunteer: I love working and doing things for people.

Long-term goals: Doing my everyday work and seeing my grandchildren.

Favorite book: "At Home in Midford"

Hobbies and activities: Volunteering for the Red Cross and my church.



Solving the TFL ID-card puzzle

Confused about TRICARE For Life and whether you need to update your identification card to use the program? Want to know why the back of your ID card reads "Civilian No" and your friend or family member's reads "Civilian Yes?" If your answer to these questions is yes, the following information is for you.

If you are a sponsor, age 65 or over, eligible for Medicare Parts A and B, and purchased Part B, you do not need to update your ID card to receive health care under TFL — even if the medical eligibility status printed on the back of your ID card indicates "Civilian No."

Medicare Part B is required for TFL eligibility. If you have used TFL and have received a TRICARE explanation of benefits statement that TFL has paid your claims, you do not need to notify DEERS that you have Medicare Part B. Your Medicare Part B information has been picked up in a data match with Medicare. You do not need to update anything in DEERS other than changes in your residence, address or family member status.

If you haven't used TFL yet or don't think that your Medicare Part B information is being picked up during TFL claims processing, you may call your regional managed care support contractor or visit your nearest military personnel office and register your Medicare Part B enrollment status in DEERS. At Tyndall, the military personnel flight customer service in Building 662 can provide this service. Call (850) 283-2276 before making the trip to make sure the computers are on line. Take your Medicare card with you. You do not need to obtain a new ID card when you add your enrollment in Medicare Part B because you are only updating your record.

If you are a family member, survivor or TRICARE-eligible former spouse age 65 or over, eligible for Medicare Parts A and B, and purchased Part B, you need to look at your ID card and see if it expired. If you have an expired ID card, you should visit the nearest military personnel office to have a new ID card issued. Individuals not able to travel should contact the nearest ID-card facility for instructions on renewing ID cards by mail. ID cards are current for four years, unless you turn 65 during the four-year period. Turning 65 is another reason your ID card's medical eligibility status will expire. If you are age 65 or over and have recently updated your ID card, your medical eligibility status printed on the back of your ID card might show as "Civilian Yes." This means you are eligible for TFL.

If you have had no reason to update your ID card (it hasn't expired and you haven't recently turned 65, that is, you turned 65 earlier), your medical eligibility status printed on the back of your ID card might show as "Civilian No." You are not required to update your current ID card to receive health care under TFL. The next time you update your ID card, the medical eligibility status will be changed.

(*Courtesy TRICARE at www.tricare.osd.mil.)*

Funerals: preplanning eases worry

When a loved one dies, grieving family members and friends are often confronted with dozens of decisions about the funeral - all of which must be made quickly and under great emotional duress.

What kind of funeral should it be? What funeral provider should you use? Should you bury, cremate, or donate the body to science? What are you legally required to buy? What other arrangements should you plan? And, as callous as it may sound, how much is it all going to cost?

The following information from the Federal Trade Commission may help:

Each year, Americans grapple with these and many other questions as they spend billions of dollars arranging more than 2 million funerals for family members and friends. The increasing trend to-

ward preneed planning — when people make funeral arrangements in advance — suggests that many consumers want to compare prices and services so that ultimately, the funeral reflects a wise and well-informed purchasing decision, as well as a meaningful one.

Many funeral providers offer various "packages" of commonly selected goods and services that make up a funeral. But when you arrange for a funeral, you have the right to buy individual goods and services. That is, you do not have to accept a package that may include items you do not want.

According to the Funeral Rule:

* You have the right to choose the funeral goods and services you want (with some exceptions).

* The funeral provider must state this right in writing on the general

price list.

* If state or local law requires you to buy any particular item, the funeral provider must disclose it on the price list, with a reference to the specific law.

* The funeral provider may not refuse, or charge a fee, to handle a casket you bought elsewhere.

* A funeral provider that offers cremations must make alternative containers available.

Planning for a funeral

1. Shop around in advance. Compare prices from at least two funeral homes. Remember that you can supply your own casket or urn. 2. Ask for a price list. The law requires funeral homes to give you written price lists for products and services. 3. Resist pressure to buy goods and services you don't really want or need. 4. Avoid emotional overspending.

It's not necessary to have the fanciest casket or the most elaborate funeral to properly honor a loved one. 5. Recognize your rights. Laws regarding funerals and burials vary from state to state. It's a smart move to know which goods or services the law requires you to purchase and which are optional. 6. Apply the same smart shopping techniques you use for other major purchases. You can cut costs by limiting the viewing to one day or one hour before the funeral, and by dressing your loved one in a favorite outfit instead of costly burial clothing.

7. Plan ahead. It allows you to comparison shop without time constraints, creates an opportunity for family discussion, and lifts some of the burden from your family.

(*Courtesy AF Retire, www.afpc.randolph.af.mil/afretire.)*

Hearing aids not covered by TRICARE

TRICARE does not cover hearing aids for retirees or their family members under any of the TRICARE programs, according to TRICARE officials responding to an increasing number of questions by retirees.

However, if the beneficiary who needs the hearing aid is a retired military member (and therefore a veteran) he or she can check with the Department of Veterans Affairs

to see if the VA can help.

Additionally, some military facilities support a Retiree At-Cost Hearing Aid Purchase Program. The military treatment facility may be able to purchase the hearing aid, and you reimburse the MTF its costs, probably much less than if you purchased it on the open market.

The Tyndall clinic is not equipped or staffed to provide such assis-

tance; however, it is possible to request an appointment at the nearest military base that participates in RACHAPP, either Ft. Rucker or Keesler Air Force Base. If you have a prescription or referral for hearing aids visit the clinic health plan management office located on the first floor of the main clinic building or call 283-7331.

(*Courtesy AF Retire and Tyndall health plan management office*)

Retiree news e-mail service

This service is to inform members of the Air Force retiree community — including family members — about legislation, policies and other matters affecting their rights, benefits and obligations.

TO SUBSCRIBE

Address a new e-mail.

In the "to" line put (exactly as shown) list.manager@listserver.afpc.randolph.af.mil

Your e-mail address will automatically appear in the "from" field.

On the subject line, type in exactly as shown:

Subscribe AFRETIRE

There is no need to write anything in the body of the message.

That's all there is to it. Hit send. You will get a return message indicating that you have been subscribed as a non-digest member.

Team Tyndall volunteers do make a difference

CHRISTINE SULLIVAN
325th Fighter Wing public affairs

To recognize the contributions of the many base volunteers, Brig. Gen. Larry New, 325th Fighter Wing commander, proclaimed Sunday – May 3 Volunteer Week at Tyndall.

“Volunteerism immeasurably enhances Tyndall organizations and the surrounding community by allowing on-base programs to provide better services,” General New said. “Volunteer Week is just a small way to say ‘thank you’ for the big shoes our volunteers fill.”

Whether at the base or in the local community, Tyndall volunteers are making a difference, said Catherine Tarrant, volunteer resource program manager for the 325th Mission Support Squadron.

Currently, approximately 600 volunteers

donate their time at Tyndall, saving the base more than \$1 million a year in labor costs, Ms. Tarrant said.

Many organizations rely on volunteers, and without them some base services would not be available, said Lt. Col. (Ret.) Edward Bultmann, Tyndall Retiree Activities Office director. The Retiree Activities Office is an all-volunteer organization staffed by six active volunteers.

“It’s a commitment to provide a certain amount of time to support an organization on a regular basis,” Colonel Bultmann said. “Organizations plan activities based on this commitment.”

Non-profit organizations, such as the American Red Cross, also rely heavily on volunteers. Larry Avery, volunteer coordinator for the Red Cross blood drives at Tyndall, said 35 volunteers donated over 7,500 hours at Tyndall’s Red Cross last year. Red Cross volunteers contribute in many ways, including disaster assistance, blood drives and emergency relief.

“I started working with the Tyndall Red Cross in 1949 and the need is still there to continue to keep an active program at the base,” Mr. Avery said.

Tyndall volunteers also work on projects such as Habitat for Humanity or

Volunteer Week activities

The following events are scheduled for Volunteer Appreciation Week set for Sunday-May 2.

Sunday - The Tyndall Chapel will include special recognition for volunteers during their services.

Monday - Volunteer display all week at the library

Tuesday - The Tyndall Credit Union will have an open house at the base branch from 10 a.m. - 2 p.m. Door prizes will be given throughout the day.

Wednesday - The Tyndall Base Exchange will offer a special 10 percent discount on any one item priced \$500 or less.

Thursday - Volunteer Recognition Luncheon beginning at 11:30 a.m. at the Pelican Reef Enlisted Club. For reservations contact your volunteer organization/agency or the family support center at 283-4204/4205.

Friday - Free coffee and cake in the commissary bakery beginning at 9 a.m. Tours of the commissary at 11 a.m. and 2 p.m. (Volunteers who would like to sign up need to call 283-4825 and speak to either Jo Smith or Steve Paros to schedule a time.) Registration for volunteers for giveaways and gift cards will be at the commissary customer service office next to register 12. (Note: Gift cards can only be won by authorized patrons of the commissary)

Special Olympics.

Master Sgt. Michael Baynard, Southeast Air Defense Sector superintendent, is the volunteer coordinator for Habitat for Humanity of Bay County. He has been a volunteer for Habitat for eight years and gets satisfaction out of knowing he’s helping others.

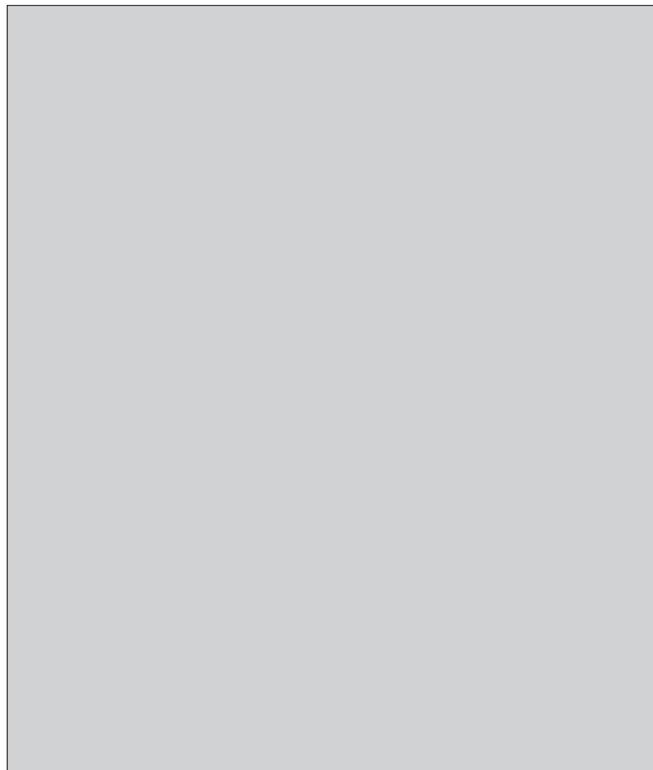
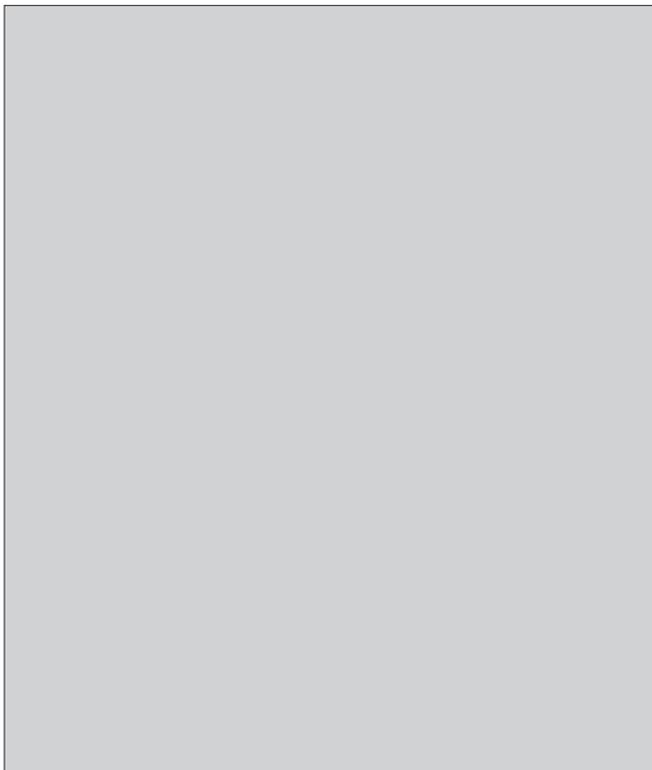
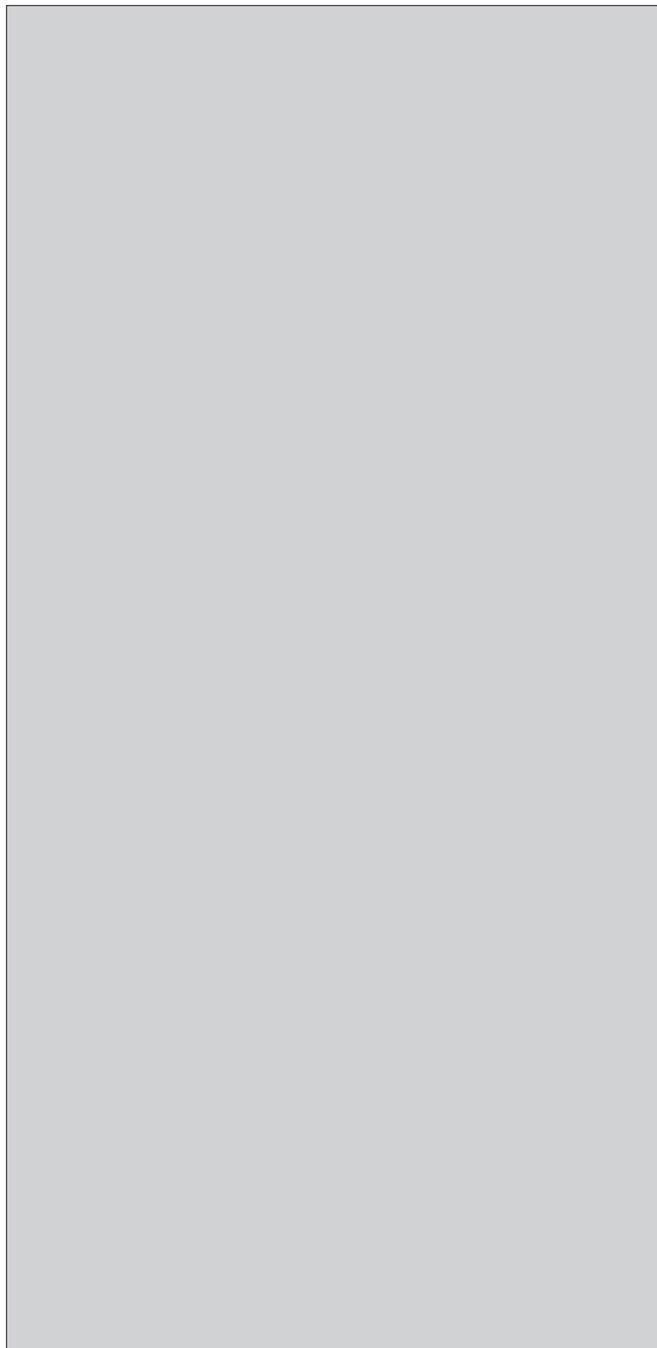
“I really enjoy seeing someone get a house of their own when they thought all their life that it was the impossible dream,” Sergeant Baynard said. “It’s hard to beat that feeling.”

Sergeant Baynard said training is usually provided for many of these volunteer

opportunities, so anyone can volunteer.

The Family Support Flight’s Volunteer Resource Program offers assistance for those seeking volunteer opportunities at Tyndall. Positions currently available at the base include office and administrative assistant, customer service and receptionist, classroom instructors, recreational assistant and relocation information specialist.

If you would like additional information, have questions about the VRP or would like to become a volunteer, please contact the family support center at 283-4204 or stop by Building 745.



2003 NCO retraining program begins

WASHINGTON (AFP) — The Air Force recently began the voluntary phase of its fiscal 2003 noncommissioned officer retraining program.

The program is designed to help the Air Force balance its enlisted force by moving NCOs in specialties with surpluses to those with shortages, and consists of two phases — voluntary and involuntary.

“We begin this program with the clear recognition that people are our most valuable resource,” said Chief Master Sgt. of the Air Force Gerald Murray. “Retraining will allow us to alleviate stress from those airmen in undermanned specialties, while still giving our people options and choices in the process.”

The voluntary phase of the program is scheduled to run through April 25. The involuntary phase, if needed, is scheduled to run May 9 through June 13.

“While every effort is made to attract volunteers, some airmen may be selected for involuntary retraining if the number of volunteers falls short,” officials said.

“Airmen in eligible career fields should look to their supervisors and leadership to help them make informed choices,” Chief Murray said.

This year, officials seek to move approximately 1,400 midlevel NCOs into shortage specialties.

These imbalances in the midlevel NCO grades have occurred because of personnel force structure changes, differing retention trends among specialties and the equality of promotions across all skills, officials said.

“(The retraining program) seeks to carefully balance member expectations with the needs of the Air Force,” officials said.

“Ultimately, we need to balance our enlisted force to better meet today’s mission

requirements and those in the future,” Chief Murray said. “The retraining program will help us do that.”

Several new features have been added to the program this year to make implementation smoother.

The selection criterion is no longer based solely upon seniority, officials said. Selections are now made across all eligible year groups mirroring assignment eligibility.

For example, once all ineligible NCOs have been removed from consideration, everyone left will be sorted by the date they arrived on station. Those with the most time will appear at the top of the list for involuntary retraining.

Wing commanders may recommend assignment curtailments up to six months except at remote tour locations or those requiring 100-percent manning.

The total active federal military service date requirement was extended by six months to increase the pool of eligible NCOs. In addition, military personnel flights will provide local commanders, first sergeants, career assistance advisers and supervisors with a comprehensive briefing regarding the program.

Vulnerability listings by grade and Air Force specialty code will be updated on a weekly basis.

Airmen “at risk” for involuntary retraining may access their relative standing via the Air Force Personnel Center’s Web site at <https://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm>.

All eligible NCOs are also encouraged to consider a special duty assignment such as the recruiting field, military training instructor, first sergeant duty or professional military education instructor. Anyone interested in more details about the NCORP can contact their local MPF.

● FROM ID PAGE 1

lated in hostile areas do not have to worry because officials tested and validated the process for turning off computer access during Operation Iraqi Freedom.

Common access cards should be issued across the Department of Defense by October to all eligible Air Force active-duty people, guardsmen, reservists, civilians and some contractors, officials said.

Rumors that some deployed airmen destroyed or lost their common access cards in an effort to get an old-fashioned green ID card reissued to them spurred officials to conduct an informal study into the matter, Chief Arnold said.

“The results showed no evidence of that sort of activity which would be illegal, since the cards are government property,” the chief said.

“The statistics don’t show any cases where people are intentionally maneuvering to get old-style cards. And we checked specifically for indications of that. It just seems to be a completely unfounded ru-

mor,” he said.

Even in hostile areas, the new cards do not put people’s privacy and security at risk, officials said.

Each card bears a color photo and service seal of the holder, required visible personal data, a magnetic strip, linear and two-dimensional barcodes, and a 32-kilobyte computer chip.

“The amount of information on the new ID cards is less than people normally voluntarily give to salespeople or over the Internet to buy things with their credit cards,” said General Mentemeyer.

Even if someone had the extensive knowledge and expensive equipment needed to get information off the chip, an attempt would take longer than eight hours per card, and cause the card to be deactivated and/or destroyed in the process, he said.

More information can be found at www.dmdc.osd.mil/smartcard.

(Courtesy of Air Force Personnel Center News Service)



**Think
before
you
drink.**

Protect children from poisons at home

- Do not keep medicines and household cleaners on kitchen counters or bathroom surfaces. If possible, lock them up when not in use.
- Store all household cleaners away from food.
- Use child-resistant packaging for medicines and household cleaners. Close the container securely after use.
- Avoid taking medicines in front of children. Children tend to imitate grown-ups.
- Throw away medicines by flushing them down the toilet. Then rinse the container.
- Keep products in their original containers. Leave the original labels on all products.
- Do not store chemicals in containers that normally hold food.”

Legal office can help on short-notice deployments

Team Tyndall airmen seem to be deploying faster than crabgrass grows. Every rank is getting short-notice tasked to deploy for an undetermined amount of time. With these stressors, servicemembers have little time to worry about their livelihood and families that are left behind.

The 325th Fighter Wing's Office of the Staff Judge Advocate (Tyndall Legal Office) offers a variety of legal services for deploying members.

Primarily, the office provides assistance to military members and their families to discuss legal matters with any one of the judge advocates (attorneys). The attorneys can advise and assist in any way possible. Normal sign-in times for walk-in legal assistance are from 8-9 a.m. Monday and 2-3 p.m. Wednesday.

"We realize that many deployments are 'short-notice' and may not allow you to visit during those times," said Tech. Sgt. Alphonso Overton, paralegal at Tyndall. "Therefore, in such instances you may contact the legal office and schedule an emergency legal assistance visit with one of our attorneys."

The legal office can also provide on-the-spot Law of Armed Conflict training or airmen can complete training online at www.aetc.randolph.af.mil/ja/loac/000.htm.

Another service offered by the legal office is power of attorney, used to give "power" to a person designated to do something in the servicemember's behalf.

There are two types of POAs:

— Special POAs, which are valid for up to two years, are short or long-term child care, buying or selling a house or automobile and managing savings and checking accounts.

— General POAs, which are valid for up to one year, give the servicemember's designee full power to do basically anything in their name. For this reason, and the fact that many places — such as the base finance office — will not accept General POAs, the legal office suggests Special POAs instead.

POAs are done from 7:30 a.m. - 4:30 p.m. Monday, Wednesday and Friday and 8:30 a.m. - 4:30 p.m. Tuesday and Thursday. No appointment is necessary.

Those tasked with a short-notice deployment who need a will immediately can call the legal office to set up a same-day appointment. Normal hours for will appointments are 1-2:40 p.m. Tuesday and 9-10:40 a.m. Thursdays.

Servicemembers can also have most documents notarized any day of the week. Remember that notarizing a document is not "certifying" a document. A notary verifies the identity of the person signing the document. Unfortunately, the legal office cannot certify documents as true copies of the original (i.e. birth certificates, marriage licenses, etc.). For certified copies of these types of documents, contact the issuing office.

For more information, call 283-4681 or visit the legal office on the Web at www.tyndall.af.mil/.

(Courtesy 325th Fighter Wing legal office)

Incident reminds servicemembers to stay safe

STAFF SGT. J. LAVOIE
56th Fighter Wing public affairs

LUKE AIR FORCE BASE, Ariz. (AETCNS) — The wife of a military member received an unexpected message recently from an anti-war protester.

Jessica Resendez, who was wearing a sweatsuit printed with an Air Force emblem, was walking through a shopping center parking lot when a woman grabbed her sleeve and asked her if she was in the military.

After explaining that she was the wife of an airman, the woman spat at the ground near Ms. Resendez's feet and said, "This is what I think of your military."

"She was looking at me with the most hate I've ever seen," Ms. Resendez said. "I looked at her and said 'How dare you.' It was all I could say. I (then) walked back to my car and cried."

Air Force members need to be prepared for these incidents, especially when wearing their uniform or cloth-

ing printed with Air Force emblems in public, according to Special Agent William Pillai, acting commander of Air Force OSI Detachment 421.

"With current world events, varying views of the public and higher stress levels, one should always be cautious and vigilant of their surroundings," said Special Agent Pillai.

People confronted with a similar situation should walk away, Agent Pillai said.

Specifically, do not argue with the individual or allow the situation to become violent.

Despite the incident, Ms. Resendez continues to wear her Air Force T-shirts in public.

"I'm proud that I'm part of this family ... even if people want to spit at me," Ms. Resendez said.

(Editor's note: While most people in the Bay County area are very supportive of Team Tyndall, servicemembers who travel across the country should be aware that not all are as supportive of the military.)

Save
for
Your
Future



U.S. SAVINGS
BONDS

Your link
to what's going on

Gulf Guide

in the
Tyndall community

APRIL

FRI
25

Financial management class

A personal and family financial management class is 11 a.m.-12:30 p.m. today in the family support center. For more information or to make reservations, call the family support center, 283-4204.

SAT
26

Variety show

The Tyndall Black Heritage Committee's Variety Show will be Saturday at the Pelican Reef Enlisted Club. The event is held to provide scholarships to high school students within the local community. Everyone is invited to attend the buffet-style dinner and show. Tickets are \$18. For more information, call Tech. Sgt. Mike Graham, 283-4868.

AMVETS blood drive

AMVETS Post 2298 in Callaway and the American Red Cross will hold a blood drive 10 a.m.-2 p.m. Saturday in the AMVETS Auxiliary Building across from the St. Andrews Bingo hall in Callaway. Complimentary hot dogs and beverages will be available in the main building next door. For more information, call Steve Spears, 874-9918.

SUN
27

Chapel religious education

The Tyndall Chapel offers religious education 9:30-10:30 a.m. Sundays for Protestants and 11 a.m.-noon Sundays for Catholics. Both sessions will be held at the spiritual fitness building. For more information, call 283-2925.

MON
28

Anger-management workshop

The last meeting of the four-session anger-management workshop will be 10:30 a.m.-noon Monday in the family advocacy conference room in Building 1305. For more information, call family advocacy, 283-7511.

WED
30

Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 6-8 p.m. Wednesdays in the spiritual fitness center. For more information, call the Chapel 2 office, 283-2925.

'Moms, Pops and Tots'

The "Powerful Parenting for Moms and Pops of Tots," group will meet from 9-10:30 a.m. Wednesdays at the

community activities center, Building 1027. Parents are asked to bring a snack for their child and a toy that he or she can share with another child. For more information and cost, call Ms. Bonnie Fuller, 283-5812, or Ms. Karen Blood, 874-0292.

MAY

THU
1

Prayer vigil

Members of the Protestant Women of the Chapel will host a prayer vigil for armed servicemembers and their families 1-7 p.m. Thursday in Chapel 1.

Antiterrorism training

Mandatory antiterrorism training is provided by the Air Force Office of Special Investigations on a walk-in basis 8 a.m. every Thursday in Building 656. The training will last approximately 45 minutes. Anyone with a permanent change of station or temporary duty assignment to an overseas location who has not received Level-I Antiterrorism training within six months of their departure date is required to receive this training prior to out-processing. Out-processing checklists should be brought to the training session. Military dependents are encouraged to attend. For more information, call Special Agent Doug Hartwell, 283-3261 or 283-3262.

Bible study

A weekly Bible study session offered by the Officer Christian Fellowship and Christian Military Fellowship will be 11:30 a.m.-12:30 p.m. Thursdays in the community activities center. For more information, call Capt. Carma Pauli, 283-7669.

FRI
2

Change of command

Lt. Col. Patrick Moylan will take command of the 95th Fighter Squadron from Lt. Col. Matthew Donovan in a change of command ceremony 1:35 p.m. May 2 in Hangar 4.

TUE
6

Transition-assistance workshop

A three-day transition-assistance workshop for anyone leaving the military within the next 12 months will be 7:45 a.m.-4:30 p.m. May 6-8. The workshop topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills, veterans benefits and much more. Spouses and Department of Defense

civilians are welcome. For more information or reservations, call the family support center, 283-4204.

NOTES

AFIT opportunities

The Enlisted-to-Air Force Institute of Technology program recognizes enlisted professional development in conjunction with other professional training and education programs. Resident AFIT science, engineering and management graduate degree opportunities can further develop members' technical education and skills. Classes will begin in October. For information and procedures supporting this year's Enlisted-to-AFIT opportunities, contact the education center or link to the official Web site at: www.afit.edu.

CLEP Exams to be retired

The following CLEP Exams will be retired effective June 30: 04910/04926-Humanities; 26107-General Chemistry; 75027-College Level German; 18074-General Biology; 65048-Western Civilization I; and 66052-Western Civilization II. The last date to take these exams is June 26. The education center schedules CLEP Exams on Tuesdays, Wednesdays and Thursdays. Visit the education center to pick up a listing of exams offered or access the Tyndall Air Force Base Web site to retrieve study guide information. To schedule an exam, call the education center, 283-4285 or 283-4286.

Claims briefings

The Legal Office Household Goods Claims Briefings will now be held 10 a.m. every Wednesday in the claims office instead of on Thursdays.

Math and accounting tutor

Gulf Coast Community College has a math and accounting tutor available to assist students 4:45 -7:15 p.m. Tuesdays in Room 55 of the education center.

Tyndall Riders Association

The Tyndall Riders Association currently has about 50 riders and is inviting others to join. Membership is free and open to military members, civilians and dependents. The association was set up to help both new and experienced riders to be safe riders and to encourage esprit de corps. A mentorship has been set up for those who want or need to learn to ride or work on their bikes. The association is involved in group rides, bike shows and working with toys for tots. All types of bikes are welcome. For more information, call Senior Airman Guy Leach, 283-4231 or e-mail guy.leach@tyndall.af.mil.

YARD SALES

There are no yard sales scheduled for Saturday.

CHAPEL SCHEDULE

The following Catholic services will be held at Chapel 2: Daily Mass, 11:30 a.m. Monday-Friday; Reconciliation, after Saturday Mass or by appointment; Saturday Mass, 5 p.m.; Sunday Mass, 9:30 a.m.; religious education, 11 a.m. Sunday. Protestant services will be as follows: Communion service, 9:30 a.m., Chapel 1; general Protestant service, 11 a.m., Chapel 2.

Healthy eating while deployed possible; know your needs

ARMY MASTER SGT. JENNIFER BROWN
Nutrition care specialist

Healthy airmen are valuable assets to the U. S. Air Force especially during deployment missions. The Air Force's goal is to improve and protect the health of troops during deployments, because healthy airmen will do their best when they feel their best. Healthy eating during deployment is crucial and is the airman's responsibility. In addition, it adds to overall mental alertness and physical stamina.

Not eating the right amount and kinds of food during deployments can cause barriers such as fatigue, dehydration, constipation, diarrhea, emotional instability and muscle loss to personal and unit performance; however, knowing the importance of nutrition in the field can help an airman overcome these barriers. Good nutrition in the field means eating a regular high-carbohydrate, low-fat diet with adequate protein, vitamins and minerals at least three times a day.

Energy needs

Energy needs increase while in the field environment due to higher physical demands.

The climate can also affect energy requirements, for example, working in cold weather can increase energy needs by 10 to 25 percent and operations in high-altitude areas can increase energy needs by 50 percent or more. Weight loss during deployment should be taken seriously. A quick weight loss during deployment can be detrimental to your health and performance by leading to fatigue and loss of strength. You must fuel your body with a combina-

RULE OF THUMB	WHY	FOR TOP PERFORMANCE
EAT THE RIGHT AMOUNT OF FOOD	Food gives you energy. Not enough food = fatigue. Too much food = unwanted pounds.	Balance food intake and physical activity ... energy in, energy out.
LOTS OF CARBOHYDRATES	Energy nutrient for a quick start, short bursts of energy, and the long haul. Prevents fatigue by maintaining blood sugar and filling energy-giving glycogen stores.	55-70% of your calories.
ADEQUATE PROTEIN	Builds and repairs muscles and tissue. Needed to heal wounds and fight infections.	Total daily protein intake should be 12-15% of calories.
LOTS OF FLUIDS	Prevents dehydration, which reduces physical and mental performance.	Drink frequently, at least 4-6 quart canteens a day. (or 16-24 cups per day)
NOT TOO MUCH FAT	Burned for energy, but slow to kick in. Body stores plenty of fat. Too much fat fills you up before you get enough carbohydrates, your premium energy nutrient.	30-35% of calories from fat
VITAMINS AND MINERALS	The spark plugs in your engine; they keep body functions running smoothly.	Eat a variety of foods. Operational rations provide adequate quantities of vitamins and minerals if you eat all components.

tion of nutrients by eating the entire field ration or at least some of each item. Eating snacks every three to four hours will keep your stamina up and your morale high.

Food safety in the field

Do not consume unapproved food sources such as food, ice or water or food items that have been improperly stored. Purify any water, ice or snow used for drinking. Protect food and beverages from insects, rodents, dust and

humidity. Consumption of unapproved food sources, improperly stored food and unpurified water sources can lead to life-threatening disease or illness.

Operational rations

Operational rations or combat rations meet the nutritional needs of the airman when in extremely intense and highly mobile combat situations and other contingency operations. Different types of operational rations are used in the field: general-purpose rations,

special purpose subsistence and survival rations. The most popular operational rations are Meals- Ready-to-Eat, Individual (MRE), Unitized Group rations and the Unitized B rations. The MRE gives you the most nutrition in the smallest package. They are made with real food. Each MRE has 35 percent calories from fat, 1,200 to 1,300 calories and the six essential nutrients - carbohydrates, protein, fat, vitamins, minerals and water. Some parts of the MRE have extra nutrients, which means when you eat only a part of the MRE, you are still getting a well-balanced diet. If you can't or don't want to eat all the food in the MRE do the following:

- Eat a part of each component to get a good balance of nutrients.
- Eat the bread/cereal/pasta/rice part first for energy.
- Save unopened dry snack items to eat when you are on the move.

Readiness nutrition

Paying attention to your nutrition is important, because everything you eat will contribute to your failure or success. One of the most important things you can do for your health is to eat a balanced diet high in carbohydrates, low in fat, and having a balance of other nutrients, including protein and vitamins and minerals. Eating right helps you perform at your highest level; gives energy and endurance; helps you think clearly and helps you stay confident and motivated.

More nutrition information

Visit this website for more nutrition information <http://chppm-www.apgea.army.mil/dhpw/Wellness.aspx>

STANDINGS

Intramural golf

The following standings are current as of Tuesday.

Team	Total points
AFCESA	12
SEADS	12
CES	11.5
COMM	11.5
ACS	11
CONR 1	8.5
MOS 1	7.5
MSS	7
TS	7
MXS	6.6
CONR 3	6
OSS	6
RHS	5.5
WEG	5
AMXS 1	3.5
SVS	3
1 FS	3
83 FWS	2
MOS 2	0.5
MDG	0
CONR 2	0
AMXS 2	0

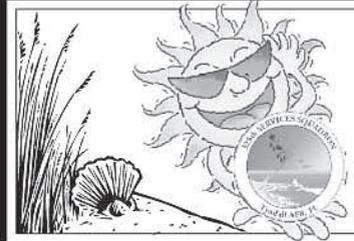
Intramural volleyball

The following standings are current as of Tuesday.

Team	W	L
COMM	5	0
AFCESA	5	1
ACS	4	1
1 AMU	4	2
MSS	3	3
MXS	3	3
OSS	2	3
SFS	2	3
CONS 1	0	5
CONR 2	0	7

National league

Team	W	L
MDG	7	0
WEG	5	0
CONR 1	5	2
COMM 2	3	3
2 AMU	3	3
TEST	1	5
ACS 2	1	6
MSS 2	0	6



Funshine NEWS



April 25, 2003

325th Services Website: www.325thservices.com

Here's What's Happening at the Tyndall Officers' Club

All Ranks Lunch

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar,
fountain soda, tea & coffee!

Includes: Fresh Hot Carved Meat
Sandwiches on Kaiser Roll

Mondays	Chef's Choice
Tuesdays	Italian
Wednesdays	Oriental
Thursdays	All American
Fridays	Seafood

*Members, show your club card to receive a \$1 discount!

On Base Food Delivery

■ **Lunch Menu:** Mon.-Fri. 11 a.m.-1 p.m.
Limited to office deliveries (i.e. squadron addresses)

■ **Evening Menu:** Fri. & Sat. 5:30-9 p.m.

Subs & Pizzas 286-2900

AF Club Scholarship

Six scholarships will be awarded to AF Club
members or their eligible family members.

First place is \$6,000

Applicants must be accepted by, or enrolled in,
an accredited college or university graduate or
undergraduate program by fall of 2003.

Information packages with complete instructions
and requirements are available from the
Tyndall Officers' Club business office.

Entry deadline is July 15.

283-4357
for more information.



Sponsored in part by:

First USA Bank, Coca Cola and Master Card.
No federal endorsement of sponsor intended.

All Ranks Seafood Extravaganza May 2 @ the Officers' Club

All Ranks Mothers Day Buffet

@ the Officers' Club Dining Room

Reservations Recommended
May 11, 10:30 a.m.-2 p.m.

For more information call:
283-4357

Information, Tickets & Travel

☎ 283-2499

Cinco De Mayo Tour to Tallahassee

May 5, Special \$5. Shop at both malls.
Depart at 8 a.m. from ITT and return at
5 p.m.

Fitness Day Hike at Wakulla Springs

May 7, Cost is \$5. Depart at 8 a.m.
from ITT and return by 5 p.m.

Wild Adventures Theme Park Tour

May 17-18, Cost is \$110 per person
double occupancy. Depart at 6:30
a.m. on the 17th. Return at 5 p.m. on
the 18th.

Cruises

Stop by ITT for information on cruises.

Youth Center

☎ 283-4366

2003 Pitch Hit & Run

Sign up today at the Youth Center.
Youngsters age 7-14 enter for FREE.
Show your skills in pitching, hitting and
running. A copy of birth certificate is
required for participation. Boys & Girls
compete together on May 3, 10 a.m.
Field #1. Rain Day May 4, 10 a.m.

Cartoon Network Tennis

Hey kids, join the club and learn basics
of Tennis and get Cartoon Network
tennis gear. May 3, 10, 17, 31 and
June 7, 14. Ages 5-7 at 8 a.m. and
ages 8-11 at 9 a.m. Cost is \$60.

Start Smart Golf

Is your 4-7 year old ready to play golf?
Sign up for start smart golf and
participate one-on-one with your child
learning basic skills. Program runs May
17, 31 and June 7-14 at 11 a.m. Cost
is \$30. Call Andy for more information.

Skeet & Trap

☎ 283-2499 (ITT office)

Huge Sale

Reloading supplies on sale below cost.

Teen Center

☎ 283-0295

Operation Nite Hoops

Teens only! Nite Hoops basketball
league forming. Call for details.

Skills Development Center

☎ 283-4511

Engraving

We can engrave a variety of items,
including: pen and pencil sets, mugs,
coins, medals, and more.

Mat Cutter

Our new computerized cutter can cut
hundreds of different shapes on mats.

Large Format Printing

We can print large posters for your next
squadron function or retirement gift.

Fitness & Sports Center

☎ 283-2631

3 on 3 Basketball

Sat. May 3, Games begin at 11 a.m.

5K Run/Walk

May 8. Walk begins at 2:30 p.m., Run
begins at 3 p.m.

Muscle Beach Powerlifting

May 17. Register by May 10.

Bonita Bay

☎ 283-3199

Summer Hours

Beginning May 1, Bonita Bay will
extend hours to Mon.-Thurs. 8 a.m.- 5
p.m., Fri.-Sun. 8 a.m.-6 p.m.

Base Pool Opens in May

Call for further details.

Family Child Care

☎ 283-2266

Extended Duty Child Care

Members returning from OEF and OIF
are eligible for Returning Home Care.
This care is offered through the
Extended Duty Child Care Program.
Contact us for details.

Volunteering

Volunteering to enhance your resume
or just to get out of the house is great
for you and helpful to the community.
Child Care can be a snap if you are
volunteering with a Tyndall agency. Air
Force Aid for Volunteers provides child
care in FCC homes. Call for details.

Marina Club

☎ 283-3059

Seafood Buffet

All-you-can-eat only \$6.50! Fri. 11 a.m.-
1 p.m.

Tyndall Dive Club

Meetings held the 4th Thurs. each
month.

Bowling Center

☎ 283-2380

End of Season Pro Shop Sale

Thru May 31 all stock balls, bags and
shoes 15% off. (No other discounts apply.)

Summer Play & Save

On sale now: 40 games for \$30, 20
games for \$15. Not valid during Cosmic Bowling.

INFORMATION, TICKETS AND TRAVEL

FRIDAY, MAY 2, 2003

10 A.M.-1 P.M.

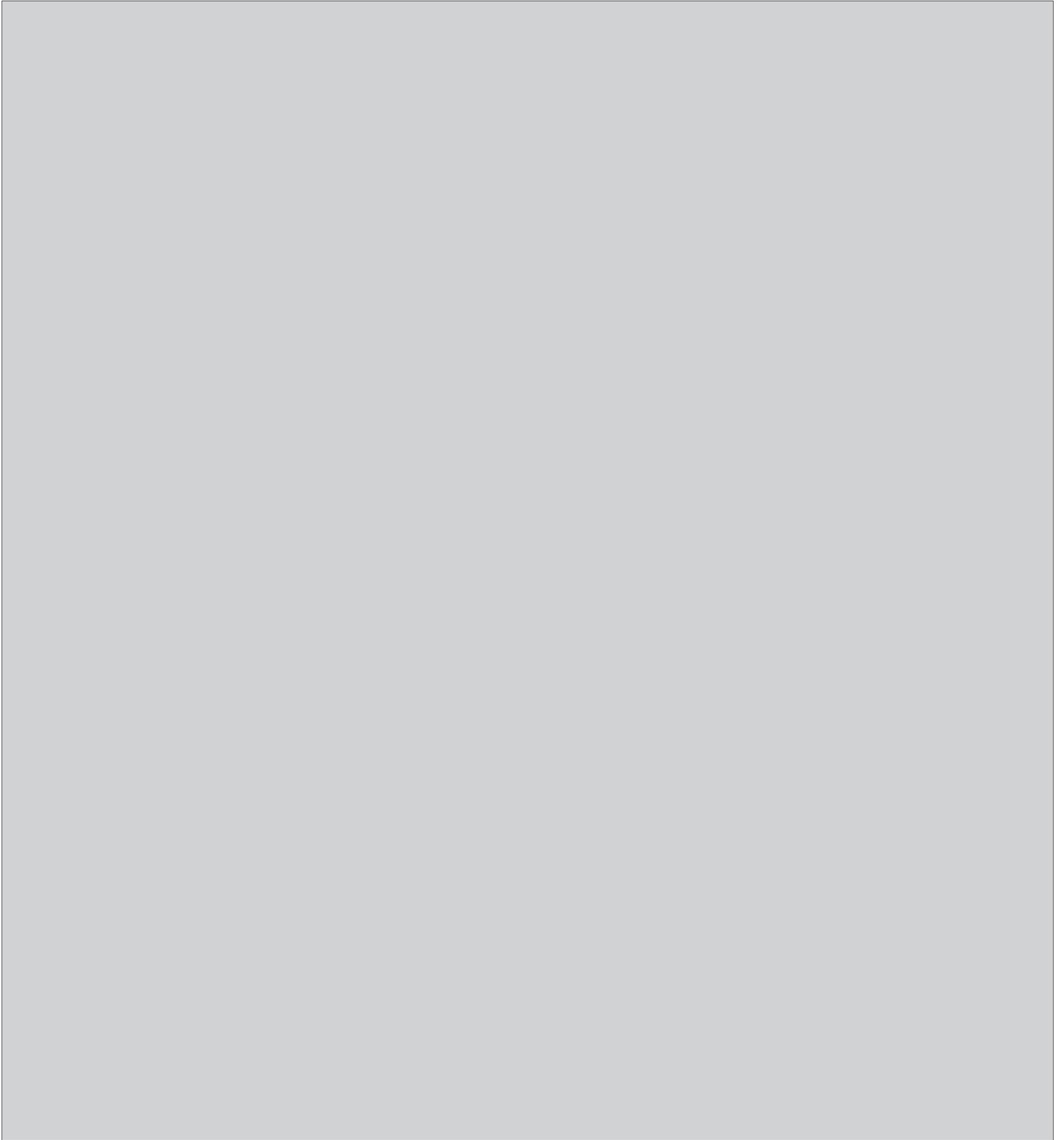
AT THE OFFICERS' CLUB



Door Prizes! Over 50 Vendors! Freebies!

The entire Tyndall AFB community is invited to attend. Representatives from major attractions, hotels and southeast convention and visitors bureaus will be in attendance. Walt Disney World, Universal Studios, Shades of Green, Cabbage Patch Kids, Alpine-Helen, Georgia, Wild Adventures Theme Park, Medieval Times, National D-Day Museum of New Orleans, Casino Magic and Cruise West are just a few of the over 60 vendors who will attend.

For more information call: 283-2499



Two SARS cases at Hill; patients recovered

HILL AIR FORCE BASE, Utah (AFPN) — Test results confirmed by the Centers for Disease Control and Prevention April 21 show that two retired Air Force officers, who recently returned to Utah from a trip to Asia, had severe acute respiratory syndrome, and have now recovered.

One patient works as a contractor on base and the other works off base. One patient was seen at the clinic, and the other was seen off base, according to Col. (Dr.) Charles Williams, 75th Medical Group commander.

“One patient came to us March 24 with recovering upper respiratory symptoms,” said Maj. (Dr.) Melinda Screws, the treating physician. “We got in touch with Davis County Public Health Department, and tests were sent to the Centers for Disease Control and Prevention. Despite the CDC’s low suspicion due to the absence of fever, we monitored the patient for SARS. The tests for SARS are new and unfortunately the results take a while.”

The second patient was directly handled through the Davis County Public Health Department without incident, and continued to recover.

Both patients are now fully recovered, in good health and have returned to work. No one living with the patients has been infected, and no new cases of SARS have been reported from their contacts. Any new cases would probably come from abroad rather than stem from Hill AFB, Major Screws said.

“There is no risk of spread at Hill AFB or the surrounding community,” Colonel Williams said, who praised the clinic and laboratory staff for their vigilance since the outset of SARS worldwide.

SARS is a new disease that has recently been reported in Asia, North America and Europe. According to CDC officials, as of April 13 about 190 cases of SARS had been reported in the United States.

“Anyone returning to Hill AFB from high-

risk SARS endemic areas (such as in some Asian countries), and presenting with upper respiratory symptoms, will be screened as part of our routine approach to the prevention of the spread of SARS in Utah,” Colonel Williams said.

SARS signs include, a fever greater than 100.4 degrees Fahrenheit, headaches, an overall feeling of discomfort and body aches. Some people also experience mild respiratory symptoms, closely mimicking other respiratory infections, including the flu, Colonel Williams said.

People traveling abroad should be cautious, avoid close contact with known SARS patients, and wash their hands frequently, said officials. Anyone with the symptoms of SARS should consult their primary care physician and report any travel to SARS-related areas, or contact with anyone who has displayed symptoms of SARS, Major Screws said.

Those who have had direct, close contact with an infected person or health-care workers who did not use infection control procedures while treating SARS are at the greatest risk, Major Screws said.

CDC officials say there is no indication of “community-spread” SARS in the United States at this time, but President Bush signed an executive order April 4 revising the list of quarantinable communicable diseases to include SARS.

The patient evaluated at Hill AFB was not quarantined or retained because the acute infectious phase of the illness was suffered overseas and the patient presented to medical officials during the recovery phase, Major Screws said.

“When the patient came to us there were no more signs of fever, and the patient was feeling better,” Major Screws said. “But, as a precaution and due to our suspicions, we used universal precautions like gloves, masks and temporary isolation.”

For more information on SARS visit the CDC’s Web site at www.cdc.gov or contact a primary care physician.

AF clubs offer scholarships

SAN ANTONIO (AFPN) — Air Force Clubs is offering \$25,000 in scholarship money to any club member or his or her family members. There will be six scholarships awarded, with the top prize of \$6,000 for higher education costs.

Scholarships will be awarded based on a 500-word essay written about “Air Force Clubs — Help Us Make Members First.”

All entries must be submitted to the base services commander or director by July 15.

Students are eligible if they have been accepted by or are enrolled in an accredited college or university for the fall 2003 term as a part-time or full-time student.

Rules and entry forms are available online at www-p.afsv.af.mil/Clubs/Scholarship.htm.



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