



GULF DEFENDER



In brief

National police week observance

Team Tyndall is invited to join the 325th Security Forces Squadron noon today for a wreath laying ceremony at Flag Park to honor police officers who have lost their lives in the line of duty. In addition, a static display will be set up at the base exchange 11 a.m. to 1 p.m. Saturday and will showcase Air Force and local law enforcement equipment, such as vehicles, weapons, military working dogs, and the drug awareness and resistance education program. For more information, call the 325th SFS at 283-2558.

Re-training opportunity

The 325th Fighter Wing Manpower and Organization office is seeking qualified enlisted personnel in the pay grade of E-4 and E-5, to retrain into the MO career field, Air Force Specialty Code 3U0X1. It is a career field that offers opportunities for professional growth, recognition and gaining experience with high-level management. Qualified applicants should possess above-average math and communication skills. For more information, call Tech. Sgt. Robert Stegemeyer at 283-8277 to schedule a personal interview.

Inside

● HAWC has fitness and health programs for all ... **Page 8**

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Tech. Sgt. Dan Neely

Flightline vigilance

Staff Sgt. Marquis Wilson, 325th Security Forces Squadron installation patrolman, scans the flightline for suspicious people and activity during a shift on the Tyndall ramp. This week is National Police Week, and Tyndall defenders host special law enforcement related events today and Saturday. For event listings see the In Brief section this page.

VA reaches out to newest combat veterans

WASHINGTON (AFPN) — The Department of Veterans Affairs is expanding its efforts to reach veterans of combat operations in Iraq and Afghanistan to ensure they are aware of benefits they have earned.

Anthony Principi, VA secretary, is sending a letter to more than 150,000 veterans of operations Iraqi Freedom and Enduring Freedom who have recently separated from the military to thank them for their service. In the letter, he also reminds them of their eligibility for VA health-care and other benefits.

“I want these men and women to know that we are grateful for their service to our country,” Mr. Principi said. “Those who served in Afghanistan, Iraq and other places around the world have risked their lives to make America more

secure. One of the ways the nation shows its gratitude is by ensuring veterans receive the benefits they deserve.”

Mr. Principi’s letter includes brochures and links to the department’s Web pages that contain more details about VA benefits, including an opportunity to apply for benefits online.

As the veterans continue to leave active duty, VA officials said they expect to mail about 10,000 letters each month. The first letters were sent Monday.

Department officials also regularly mail information packets to all servicemembers separating from the military to remind them of eligibility for basic benefits, such as VA-guaranteed home loans and education benefits. In addition, there are provisions in these programs for

reservists and National Guard members.

The additional outreach to those recently deployed to combat areas alerts them to special eligibility that increases their access to health care for two years after separation from the military for illnesses and injuries that may be the result of military service. For those medical problems, VA waives copayments for inpatient and outpatient care. The VA focuses special attention on those with service-related disabilities, officials said. The department’s goal is a seamless transition from military to VA services, with claims for financial benefits receiving expedited processing.

For seriously wounded people, the VA has counselors working at the bedsides of patients in military

hospitals with the largest numbers of casualties to begin benefit applications before they leave the military.

The department’s social service people work at these military facilities to plan health-care coordination as servicemembers move from military to VA care. This helps ensure a smooth transition to a VA hospital or clinic near the veteran’s intended residence for continuing medical care, officials said.

“VA has learned many lessons since the Gulf War in 1991 and other conflicts, which will ensure that this newest generation of war veterans receives the health care and assistance they deserve when they return to civilian life,” Mr. Principi said.

(Courtesy of American Forces Press Service)

AF Secretary, CSAF send Armed Forces Day message

WASHINGTON (AFPN) — *(The following is an Armed Forces Day message from Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper:)*

"Since 1949, America has paid tribute to its men and women in uniform by celebrating Armed Forces Day on the third Saturday in May. Grateful Americans in every state will hold parades and fly Old Glory to honor those who have worn the uniform either as a Soldier, Sailor, Airman or Marine.

"It is indeed an important time to be a

member of our nation's Armed Forces and especially to be an Airman. America needs your service today as much, if not more, than any other time in our country's history. America's security is a global issue as we continue the fight in the war on terrorism. Our country needs your steadfast devotion to protecting the freedoms we enjoy.

"Today, we serve a grateful nation. From shore to shore, Americans are proud of your professional competence, combat capabilities and unwavering courage to defend our country. They have seen

firsthand your efforts in the mountains of Afghanistan and the skies over Iraq and your steadfastness in protecting our homeland. They have reveled with us in your triumphs and cried with us when we lose brothers and sisters in battle.

"You represent the pride and patriotism of the United States. You are the standard for sacrifice, devotion and bravery. We are proud to serve with you. On this Armed Forces Day, let's remember those who came before us and those who made the ultimate sacrifice for our freedom. May God bless all of you and our great nation."

AFROTC cadets arrive, Tyndall prepares for hurricane season

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Yesterday, Tyndall's first Air Force Reserve Officer Training Corps encampment began, and more than 300 cadets arrived to call Tyndall home for the next several weeks. Cadet field training is a vital component of the development of Air Force officers. Since our mission here is training, it's appropriate and fortunate that we can provide the venue for this critical point in their professional development.

As we do each year, Tyndall will host the AFROTC field training effort with three encampments scheduled throughout the summer. During this period, I want to remind folks to be particularly cautious when driving near the AFROTC dorms, fitness center, dining facility or anywhere you see cadets. The cadets will be marching on the roads in formation to and from vari-

ous facilities, and we all need to slow down and give them plenty of room. We want their experience at Tyndall to be safe and successful.

As I mentioned in earlier issues, we are nearing the start of hurricane season. In order

the Florida panhandle being as unpredictable as it is during hurricane season, it is important that we ensure we are prepared to deal with a potential disaster before it occurs. For information on the briefings, contact the 325th CES

such, these exercises are crucial as they allow us to measure how well-prepared we are to deal with severe weather. We have many new faces around the base, and they may have never dealt with contingencies such as hurricanes, tornadoes or severe weather conditions. For those of us who have, the exercise provides an excellent opportunity to remind us of appropriate actions to be taken during a storm.

During the exercise, expect to deal with events such as preparing aircraft and facilities for storm protection and evacuation, procedures associated with each HURCON level, and responsibilities associated with the Evacuation Lead Element, Base Recovery Element and Ride-Out Element.

An additional component of

●SEE PREPARE PAGE 3



"Hurricane preparation is a necessary part of what we do at Tyndall due to our location."

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

to help everyone on Team Tyndall to prepare, the 325th Civil Engineer Squadron is conducting hurricane preparedness briefings each Monday throughout the month. I encourage everyone to attend one of these briefings as time permits. With the weather in

Readiness Flight at 283-2010. Speaking of preparation, we will kick off an exercise Monday focusing in part on issues surrounding hurricane and tropical storm activity. Hurricane preparation is a necessary part of what we do at Tyndall due to our location. As

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 Base Inspector General's Office, 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

ANONYMOUS. DEPENDABLE. FREE RIDE.

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FRIDAY & SATURDAY 5:00PM - 5:00AM

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325th Fighter Wing public affairs: 2003 Best in Air Force - Large Wing

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PA, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed 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 PREPARE PAGE 2

the exercise will pertain to deployments and mobility processing. Folks who have been identified to take part in the mobility processing portion should ensure they are ready to fulfill the task in the event support is required.

Not only does Team Tyndall support the combat air forces by training the world's best air dominance team, we also are a force provider, deploying mission-capable Airmen to multiple areas of operations. To that end, it is incumbent upon everyone to ensure they are ready to fulfill mission requirements should they be tasked to deploy. That said; make sure all necessary paperwork, such as medical records, wills and powers of attorney are current.

Come to work ready to go Monday and give 100 percent throughout the week as each of you do everyday!

Have a great weekend and I'll see all of you next week.

Groups arrange foster care for military pets

WASHINGTON (AFP) — Deploying overseas means leaving friends and loved ones behind. For servicemembers with no one to take care of their beloved dog, cat, bird or other pet, it once meant also having to abandon or turn the pet over to a shelter — never to see it again.

Thanks to two nonprofit groups servicemembers can arrange foster care for their pets while they are gone.

The Military Pets Foster Project, a nonprofit group founded by animal lover Steve Albin, has placed about 15,000 pets in foster homes throughout the United States while their owners serve in Iraq and Afghanistan. Operation Noble Foster, which specializes in foster homes for cats, has found temporary homes for about 25 military cats a month since shortly after Sept. 11, 2001, founder Linda Mercer said.

Mr. Albin and Ms. Mercer said they established their groups shortly after the Sept. 11 terrorist attacks. That is when they learned that

thousands of servicemembers had been forced to give up their pets when they deployed to Operation Desert Storm more than a decade earlier.

“What kind of morale builder is that?” Mr. Albin asked. “Does it mean that to serve, you have to be willing to put your best friend to sleep?”

Since launching his group, Mr. Albin estimates that it has saved as many as 150,000 pets from being abandoned or turned over to shelters, where pets not quickly adopted often are euthanized. Although dogs and cats are the most common pets

in need of foster homes, he said his group has also placed ferrets, rabbits, horses, lizards, snakes and other “exotics,” including a pot-bellied pig.

Mr. Albin said he matches pets in need of foster care with appropriate foster homes and requires those involved in the arrangement to sign a foster agreement.

In need of pet foster care or willing to help?



Operation Noble Foster

www.operationnoblefoster.org/

Military Pets Foster Project

www.netpets.org/netp/foster.php application for military pets foster project

88 Airmen face involuntary retraining

RANDOLPH AIR FORCE BASE, Texas (AFP) — Many Airmen have volunteered to change career fields or separate under the initial phase of the Air Force's fiscal 2004 noncommissioned officer retraining program. As part of the program's Phase II, Air Force officials have notified 88 Airmen selected as most vulnerable to retrain and asked them to submit their choices of shortage career fields they would most like to retrain into.

If they do not voluntarily apply for retraining by May 24, those without approved retraining or special-duty assignments will have another Air Force specialty chosen for them by Air Force Personnel Center officials here. Their retraining class date will be scheduled by June 7, said Chief Master Sgt. Alvin Diaz, chief of the

center's skills management branch.

"This phase of the retraining program is necessary to help meet the needs of the Air Force by

"It's up to each Airman, but if it were me, I'd think having control over my career would be a priority and help reduce the stress of not knowing ... I'd volunteer."

CHIEF MASTER SGT. ALVIN DIAZ
Chief, AFPC Skills Management Branch

putting Airmen where they are needed most," he said.

Under Phase II, not everyone is guaranteed his or her first choice, officials said. Major commands continue to accept volunteer applications and personnel officials encourage all eligible NCOs to also consider special-duty assignments that need to be filled. Some of these include recruiting jobs, military training instructors,

first sergeant duty or professional military education instructor, officials said. However, the member must have approval before the May 24 deadline.

"There's still time for those who have been identified for possible retraining to volunteer," Chief Diaz said. "It's up to each Airman, but if it were me, I'd think having control over my career would be a priority and help reduce the stress of not knowing ... I'd volunteer."

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties

with surpluses to those with shortages, Chief Diaz said.

"We will work with those who have been selected for retraining, as we would any retraining case, in order to make the transition as smooth as possible for the Airman and his or her family while still meeting the needs of the Air Force," said Tech. Sgt. Derek Hughes, noncommissioned officer in charge of Air Force retraining at the center.

Vulnerability listings by grade and Air Force specialty are posted on the Web and will be updated weekly on the Air Force Personnel Center's restricted site at www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm.

Local military personnel flights have more details about the program.

(Courtesy of AFPC news Service)

Back to basics

Q. What does the regulation say about hair styles?

A. Hair styles for women must present a professional appearance. Plain and conservative pins, combs, headbands, elastic bands and barrettes similar to the individual's hair color are permitted to keep hair in place. Ornaments, such as ribbons or jeweled pins, are not allowed. Hair will not be worn in an extreme or fad style or violate safety requirements. It cannot extend below an invisible line drawn parallel to the ground at the bottom edge of the shirt collar at the back of the neck. It will not exceed three inches in bulk

or prevent proper wear of headgear. Women's hair cannot touch the eyebrows when groomed or protrude below the front band of properly worn headgear except when wearing a flight cap. Hair may be visible then. However, the flight cap should be approximately one inch above the eyebrows.

Men's hair styles should have a tapered appearance. A block cut is permitted with a tapered appearance. Hair will not touch the ears and only closely cut hair on the back of the neck may touch the collar.

Sideburns will be straight and even. They cannot extend below the lowest part of the exterior ear opening.

This is a column highlighting proper military customs and courtesies.

Tyndall Officers' Spouses' Club awards scholarships to students, spouses

The Tyndall Officers' Spouses' Club recently awarded 18 high school seniors and eight spouses of active duty military members more than \$14,000 in scholarships. The scholarships were funded mainly through proceeds from Tyndall Thrift Shop sales and the annual OSC auction, held in February.

Scholarship winners were selected on a basis of GPA, SAT or ACT scores, academic honors and awards, extracurricular activities, community service involvement and employment. Candidates submitted essays and teacher/mentor recommendations that were scored by a panel of independent judges.

The following high school seniors received scholarships:

*Melissa Dorn (Rutherford)
Catherine Woodworth (Rutherford)
Erich Cromwell (Mosley)
Andrew Campbell (Bay)
Holly Griffin (Rutherford)
Jennifer Allen (Mosley)
Stephen Oakes (Mosley)
Aaron Byas, Jr. (Bay)
Jessica Thomas (Mosley)
John Michalik, Jr. (Bay)
Jessica Canfield (Covenant Christian)
Ryan Lane (Rutherford)*

*Stephanie Hall (Mosley)
Amanda Hess (Rutherford)
Jared Waring (Mosley)
Joshua Lentsch (Rutherford)*

The following are military spouse winners:

*Elizabeth Windfelder
Mandy Carden
Christa Starck
Tracy Parker
Jennifer Klosterman
Connie Longstreet
Audra Resler
Sandra Boies*

Understand Tricare benefits while traveling

AIRMAN 1ST CLASS KATIE BOOHER
5th Bomb Wing public affairs

MINOT AIR FORCE BASE, N.D. (AFPN) — It is easy for a person to access his or her health benefits at home, but it can get complicated when they going on vacation across America or overseas.

Emergencies, including injuries threatening someone's life, limb or eyesight, are covered by Tricare Prime; but, the beneficiary still has some responsibility for getting in touch with the medical facility at his or her home base, said Terri Bell, 5th Medical Support Squadron beneficiary counseling assistance coordinator.

"If a Tricare Prime beneficiary, whether active duty, retiree or family member, is confronted with an emergency while traveling, they should seek immediate care at the nearest hospital emergency room," she said. "However, members should be sure to notify their primary care manager within 24 hours to initiate a record of the care they are receiving. Members on the personnel

reliability program or flying status must notify the PRP section or flight medicine as soon as possible after receiving treatment." Urgent care is also covered; however,

be responsible for the total charges."

Beneficiaries should take their prescription medication and immunization records with them on vacation, but if they are on

pay the entire amount and seek reimbursement from Tricare once they return."

Under the new pharmacy contract, Ms. Bell said there will be only one claims processor for pharmacy claims. When beneficiaries use a network pharmacy, their claims will be processed online; however, they are also responsible for covering their \$3, \$9 or \$22 copayment.

When traveling outside the United States, patients pay the bill upfront, but Tricare will reimburse them when they return, Ms. Bell said.

For more information on these and other military health-care benefit issues, call the local Tricare office.



"If a Tricare Prime beneficiary, whether active duty, retiree or family member, is confronted with an emergency while traveling, they should seek immediate care at the nearest hospital emergency room."

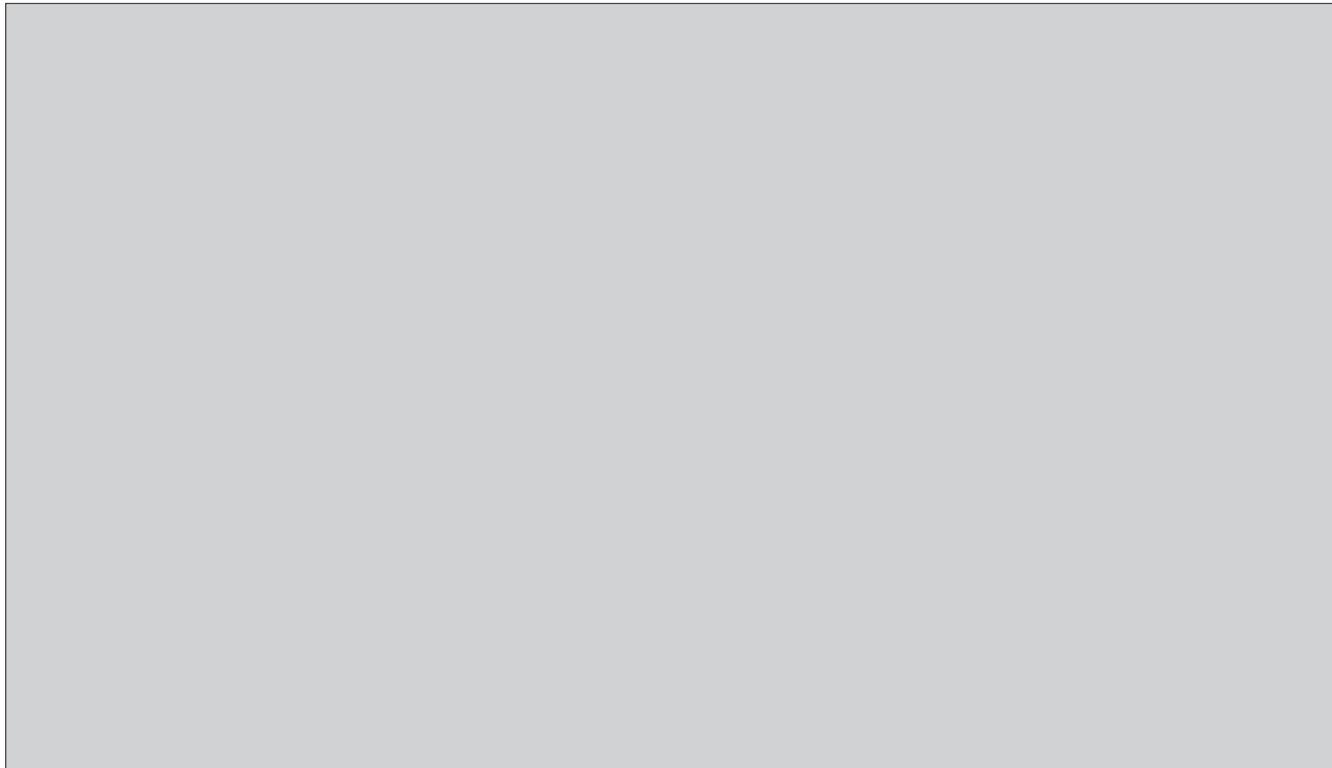
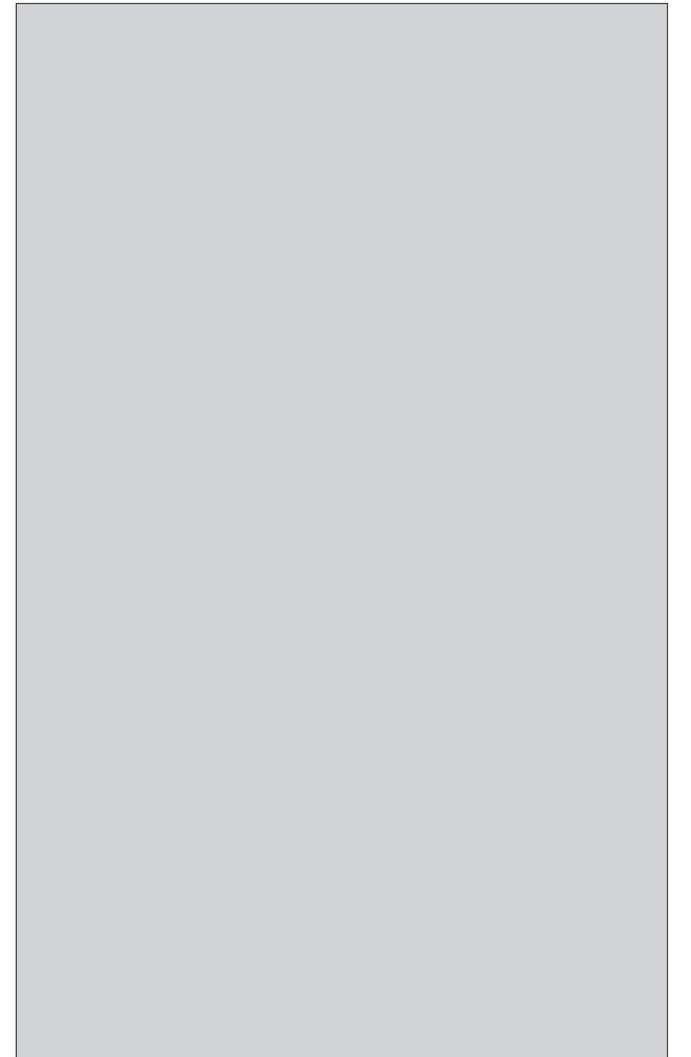
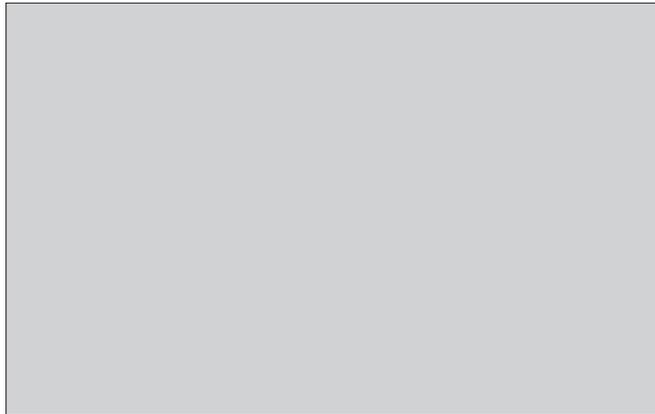
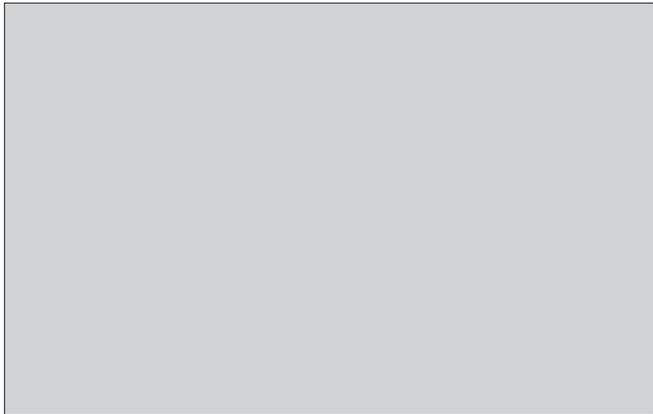
TERRI BELL
5th Medical Support Squadron beneficiary counseling assistance coordinator

all Tricare Prime beneficiaries must contact their primary care manager to obtain authorization before seeking care, Ms. Bell said.

"If a beneficiary seeks care from a civilian provider and doesn't receive a prior authorization for the care, they'll be billed under the point-of-service option, and they will pay a higher cost-share and a \$300 deductible," she said. "Active-duty members will

maintenance medication, they can receive a 90-day supply, Ms. Bell said.

"If people are traveling within their Tricare region and need medication, they only have to pay the copayment by using a network pharmacy," she said. "If members must fill a prescription while outside of their region, they will have to



Helpful Web Sites



Leave Web

leave.tyndall.af.mil/leaveweb/

Virtual MPF

www.afpc.randolph.af.mil/

Checklists

wwwmil.tyndall.af.mil/325sg/325mssext/mssnews.html

My Pay

emss.dfas.mil/

emss.htm

AFPC Contact Center

www.afpc.randolph.af.mil (Click on Contact Center)

Checkertail Salute

Tech. Sgt. Joanne Kiewiet



Sergeant Kiewiet receives the Checkertail Salute Warrior of the Week award from Col. Doug Cochran, 325th Fighter Wing vice commander.

Lisa Norman

The Checkertail Clan salutes Sergeant Kiewiet, who serves as the 1st Fighter Squadron resource advisor and has managed a \$245,000 annual budget, functioned as the Defense Travel System approving official and has monitored the unit government travel credit card program. She has also managed more than 75 security clearances for assigned squadron members, which is a vital key to mission security and continued operations.

Additionally, Sergeant Kiewiet volunteered for Tyndall's 2004 Gulf Coast Salute, where she managed \$75,000 of appropriated funds.

Duty title: Guard information manager, resources advisor

Time on station: Four years

Time in service: 18 years

Hometown: Albuquerque, N.M.

Hobbies: Jogging

Goals: Complete master's degree at Embry Riddle

Favorite thing about Tyndall: The beaches

Proudest moment in the military: Being in the Guard and being recognized by the 325th Fighter Wing and my supervisor, Lt. Col. Charles Schumacher

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.

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

Live well: Tyndall's HAWC has fitness, health covered

**AIRMAN 1ST CLASS SARAH
MCDOWELL**

325th Fighter Wing public affairs

Becoming a healthy Airman takes more than running 20 minutes three times a week, it takes knowledge on how to eat right, exercise properly and what elements to avoid.

The Tyndall Health and Wellness Center offers a variety of classes tailored to meet individual needs and goals for those who are looking for wellness improvement, or who want to make specific lifestyle changes.

According to Capt. Angela Coeey, 325th Aeromedical Dental Squadron dietician, the HAWC provides education classes on fitness, nutrition and tobacco cessation, to name a few. Many classes are offered on an individual or group basis.

If modifying your diet is the goal, the HAWC offers classes on how to eat healthy, such as its healthy cooking and recipe modification classes.

"The healthy cooking class is a 'lunch and learn' class to teach healthy low-fat cooking techniques and recipes," Captain Coeey said. "The recipe modification class teaches you how to modify your favorite recipes to lower fat, sugar and salt and increase fiber."

Other classes that teach healthy eating and food monitoring include the techniques to lower cholesterol, or "TLC" class, which teaches participants how to identify fat, saturated fat and cholesterol in order to lower their cholesterol. In addition, the hypertension class teaches the affects of certain foods and lifestyle on one's blood pressure as well as the diabetes management class where one can learn proper diabetes control through diet, ex-

ercise and weight loss, Captain Coeey said.

Also, the HAWC has the area of fitness covered with its Air Force fitness program classes.

"The fitness improvement and body composition improvement program gives active-duty members the proper tools to improve their lifestyle and fitness scores," said 1st Lt. Eric Phillips, 325th ADS dietician.

Along with classes on fitness, the HAWC offers a gym full of exercise equipment, and an exercise physiologist to help people get started on the right track or improve upon an existing one.

The gym has cardiovascular conditioning machines, such as bikes, elliptical trainers, treadmills, rowing machines, and a stair stepper, as well as Cybex strength training machines, exercise balls and bars, and free weights.

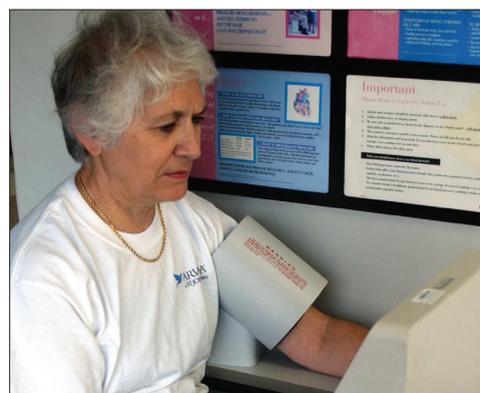
If you want to stop smoking, the HAWC can help. The center offers a smoking cessation class that is a behavior modification class, which consists of four one-hour sessions designed to help participants kick the habit. It also offers medical support for eligible participants with the Nicoderm patch or Zyban tablets, Captain Coeey said.

With all the information and equipment the HAWC has, researching and getting all the knowledge it takes for a person to achieve total wellness can be as easy as going to one building and asking for it.

Knowing the proper way to eat and exercise correctly is a big factor in the results one achieves. As with any fitness program, there are many questions to be answered and things to learn, and the HAWCs variety of classes can help answer them.



An Airman breaks a cigarette as a sign that he has decided to quit. Smoking cessation cl



Above: Marie Garland, 325th Mission Support Group secretary, checks her blood pressure at Tyndall's Health and Wellness Center. Classes offered through the HAWC, teaching how to keep your heart and blood healthy, encompass the topics of lowering cholesterol, and ways to control hypertension and diabetes.

Right: Senior Airman Scott Moore, a personnelist from the 325th Operations Support Squadron, puts the finishing touches on a banana-raspberry layer cake during a previous healthy cooking class at the HAWC. He was one of the volunteers from class to demonstrate new recipes.



HAWC hours of operation

7 a.m. to 5 p.m. Monday - Thursday

7 a.m. - 4:30 p.m. Friday

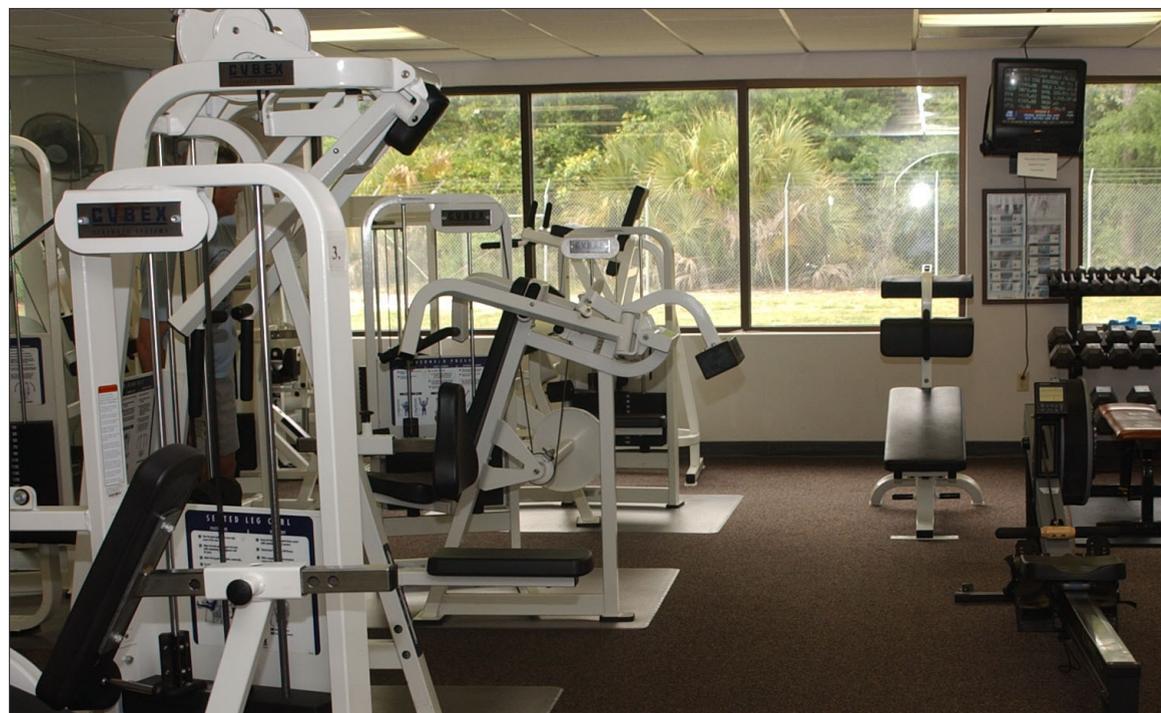
Fitness center open during hours of operation



Photos by Airman 1st Class Sarah McDowell
Classes are available at the HAWC.



Lt. Col. Mike Dickson, 601st Combat Operations Squadron, 1st Air Force, performs exercises on the row/rear deltoid machine at the HAWC.



The HAWC's gym has a variety of equipment, such as bikes, elliptical trainers, treadmills, rowing machines, and a stair stepper, as well as Cybex strength training machines, exercise balls and bars, and free weights.

At a glance

There are many reasons people should educate themselves on preventative health and fitness issues, and The Tyndall Health and Wellness Center offers many classes to get some education on various issues.

Top five reasons to visit the HAWC:

1. Eat healthy:

With the healthy cooking class and the recipe modification class, you can learn how to make new meals or modify some of your favorites to incorporate healthy ingredients into good tasting meals.



2. Get fit:

The HAWC offers a fitness center with a variety of equipment as well as an exercise physiologist on staff to help you get started with a program or help you improve an existing one. It also offers Air Force fitness program classes to help active-duty members improve their fitness scores.



3. Keep your heart and blood happy:

There are the Techniques to Lower Your Cholesterol, hypertension and diabetes management classes to educate people on how their lifestyle and eating habits affect their health.



4. Quit smoking:

The "Quit Smart Program" is a behavior modification program that consists of four one-hour sessions to help participants kick the habit. Nicoderm and Zyban are offered to assist eligible patients.



5. Relax.

A relaxation chair that targets the neck back and shoulders is available on a first-come, first served basis Mondays and Wednesdays.

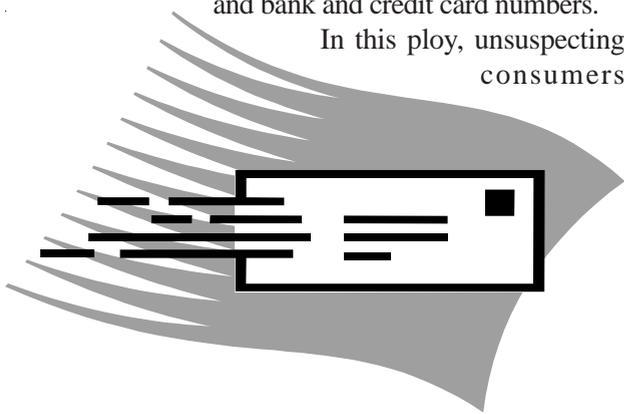


To find out the times for classes, or for more information about the HAWC, call 283-3826

New e-mail scam targets taxpayers

WASHINGTON—The U.S. Department of the Treasury and the Internal Revenue Service warned taxpayers April 30 of an e-mail-based scheme that attempts to trick taxpayers into revealing personal information such as social security numbers, driver's license information and bank and credit card numbers.

In this ploy, unsuspecting consumers



receive an e-mail claiming they are under investigation for tax fraud and are subject to prosecution.

The e-mail informs recipients they can "help" the investigation by providing "real" information and directs them to an official-looking Web site, deptreas.org/irs/7634//, where detailed personal information must be provided to dispute the charge.

Identity thieves can use an individual's personal data to take over their financial accounts, run -up charges on their credit cards, apply for loans, credit cards or other services in the victim's name, and file fraudulent tax returns.

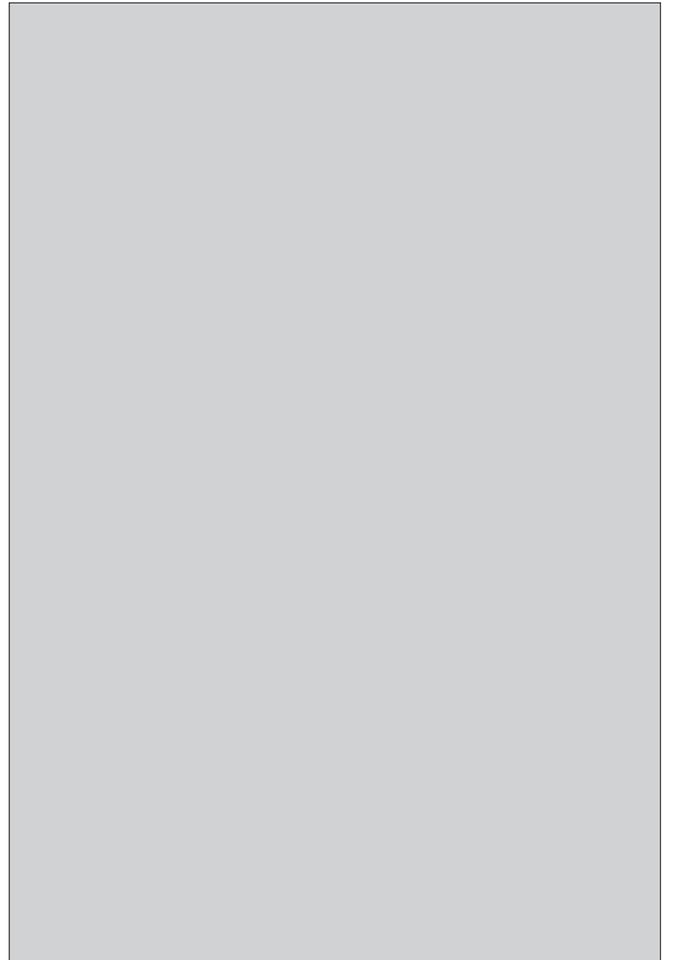
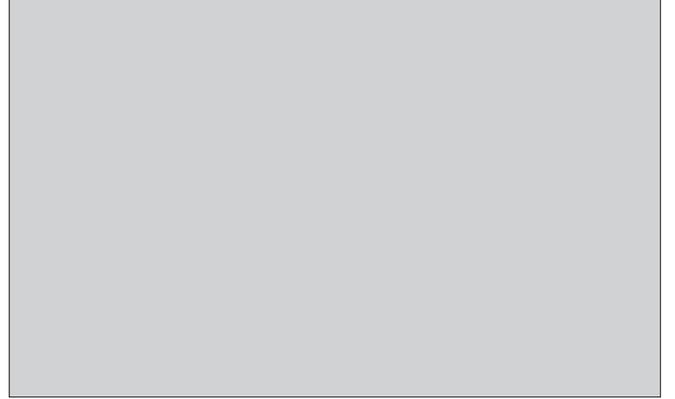
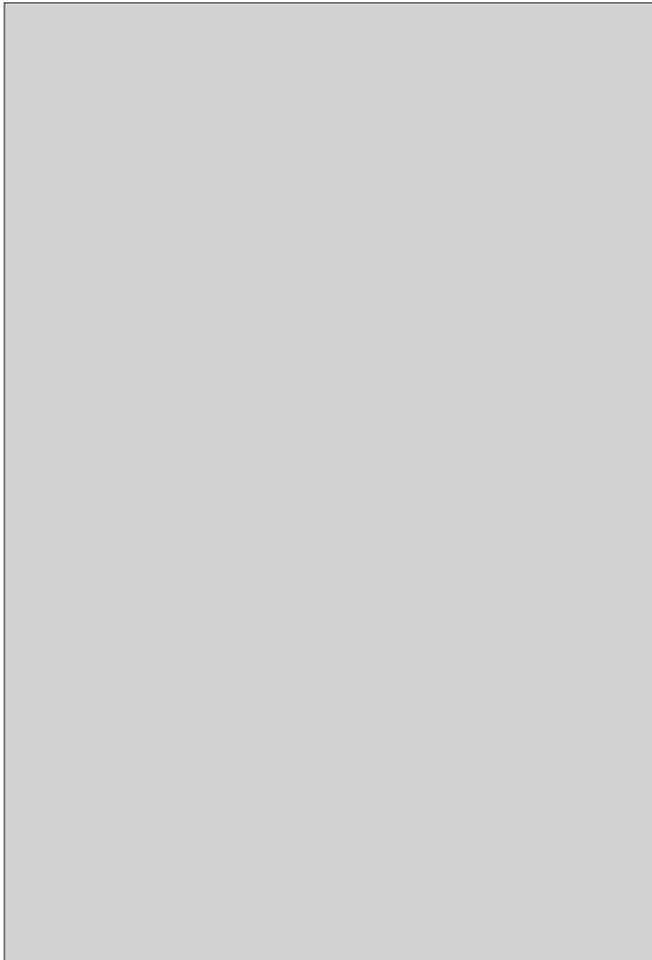
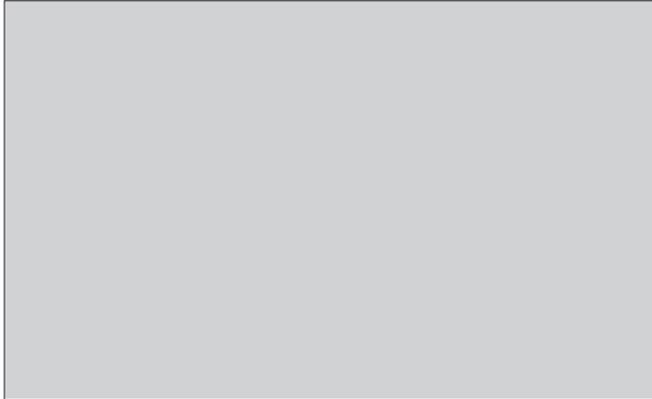
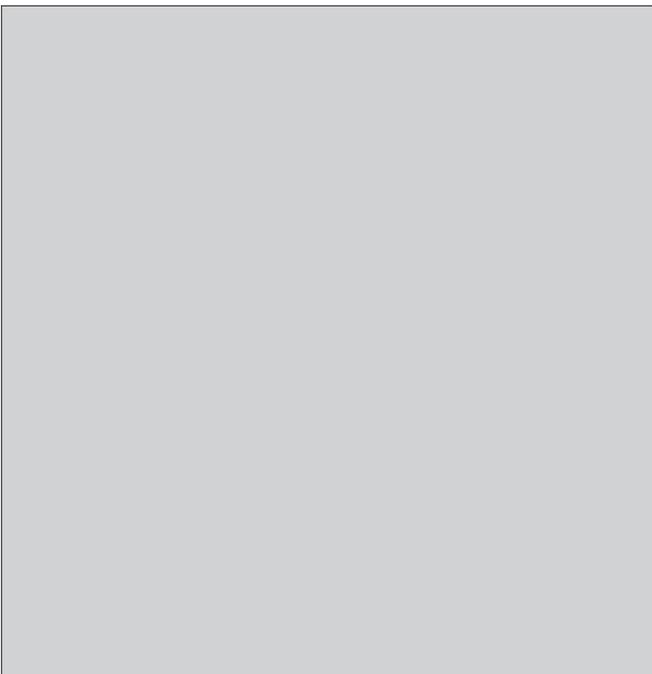
At the request of the IRS and the Treasury Inspector General for Tax Administration (TIGTA), the Internet service provider that was hosting the Web site has shut the site down. The scheme is being investigated by TIGTA, which addresses threats to federal tax administration.

The bogus IRS Web page, and the e-mail in this instance,

contained several grammatical errors, rendering them immediately suspect. However, new versions of the scam could surface in the future, including more effectively-written text and a different destination Web site.

The IRS does not use e-mail to contact taxpayers about issues related to their accounts. Official taxpayer contact usually includes a letter on IRS stationery in an IRS envelope. IRS letters also contain a contact phone number.

Taxpayers who believe they have received suspect communication are encouraged to call TIGTA's toll-free fraud referral hotline at (800) 366-4484. Taxpayers can also contact the IRS at (800) 829-1040. An IRS representative will be able to verify the taxpayer's account status and determine whether a communication is legitimate.



ARTICLE 15s

The following adverse actions took place at Tyndall Air Force Base in April:

Article-15s:

- An airman first class received a reprimand for making a false official statement.
- An airman first class received a reduction to E-2, forfeitures of \$688 pay per month for two months (one month suspended), 14 days restriction to base

(seven days suspended) and a reprimand for larceny of military property and attempting to cheat on a test.

- An airman first class received 30 days correctional custody and a reprimand for misuse of a government travel card.
- An airman received a reduction to E-1, forfeitures of \$150 pay per month for 2

months, and 30 days extra duty for underage drinking.

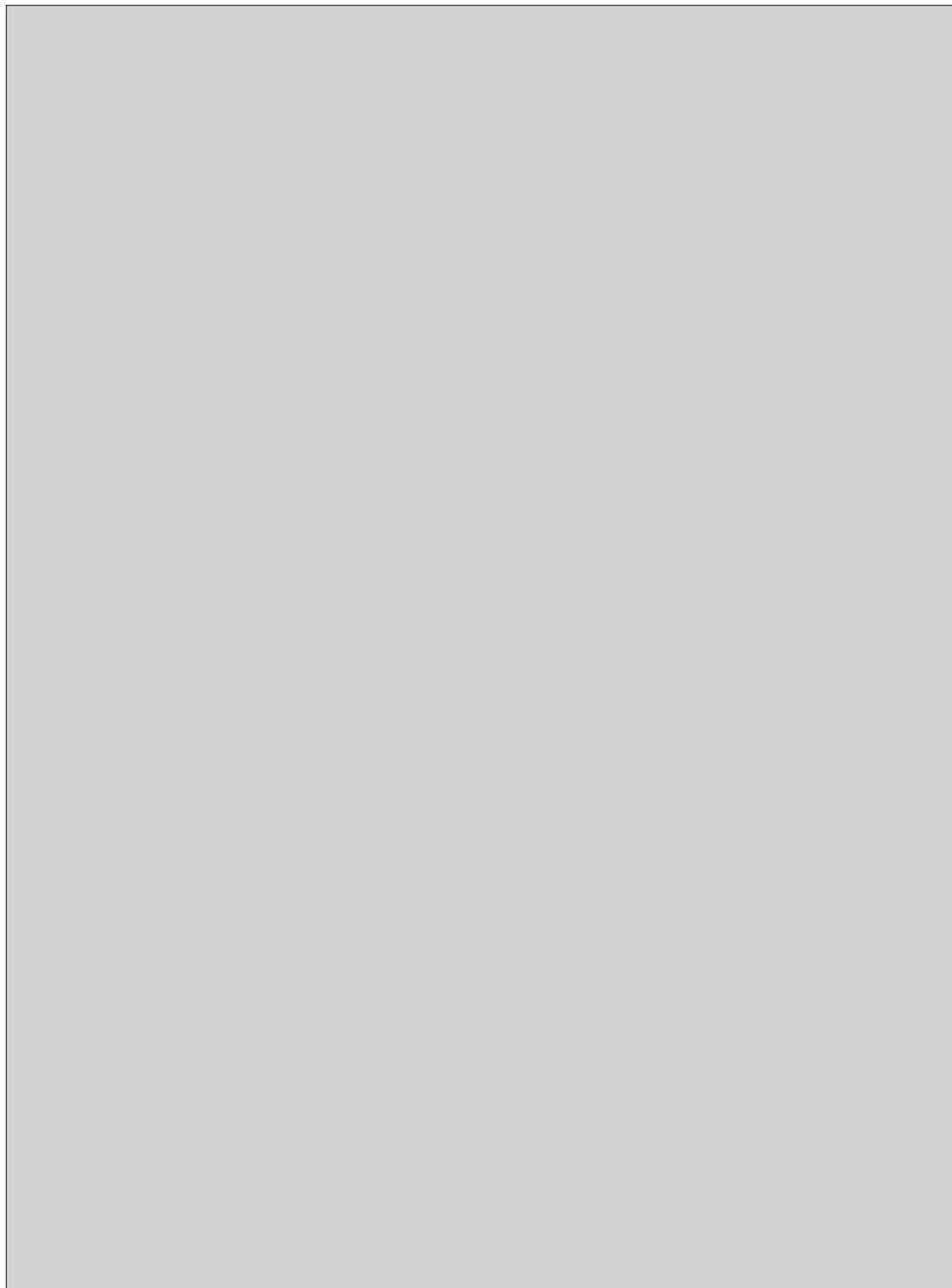
Administrative Discharges:

- An airman first class received a general discharge for marijuana use.
- An airman received a general discharge

for minor disciplinary infractions.

- An airman basic received a general discharge for marijuana use.

(Courtesy of Base Legal Office)

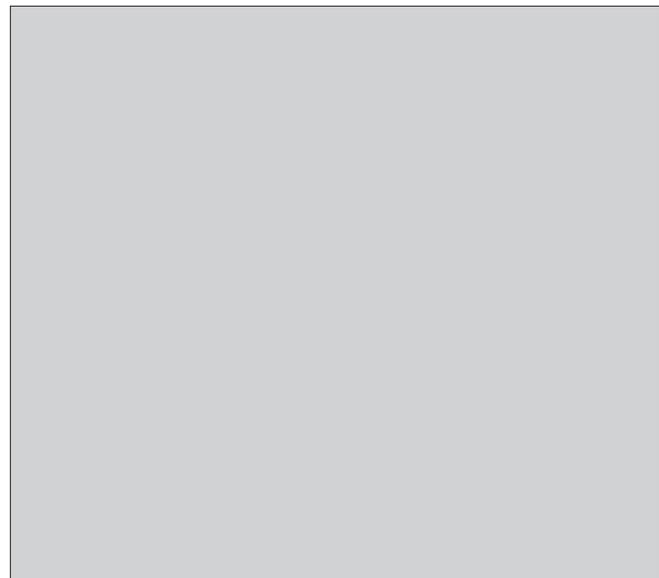
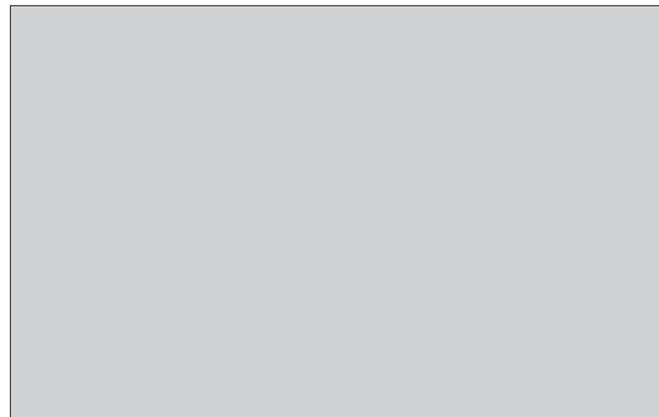


plans
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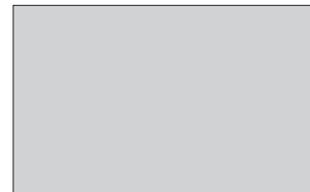
plan
to do this

Then



Help Us Conserve

YOU HAVE
the POWER





Photos by Master Sgt. Billie Hayden



MOPP 4 medics

Above: Members of the 325th Medical Group, don MOPP 4 gear during the bi-annual medical unit readiness training session held at Silver Flag April 30 and May 1.

Left: Medical group members diagnose a crash victim during the MURT. The annual training is mandatory for all the group members and allows medics to practice their ancillary skills.

Events

Manage and reduce debt

A class teaching techniques to effectively manage and reduce debt load will be held 11:00 a.m. to 12:30 p.m. May 25 in the Family Support Center classroom, building 743. For more information or reservations, call 283-4204.

Pharmacy update

All new prescriptions will be processed at the Main Clinic Pharmacy as follows:

Civilian prescriptions 8 a.m. to 5 p.m. Monday through Friday Tyndall Clinic provider prescriptions 7:30 a.m. to 5 p.m. Monday through Friday. Drop box service is available after hours. Prescriptions are available by 10 a.m. next business day.

The Satellite/BX pharmacy will only provide refill prescription service 9 a.m. to 5 p.m. Monday through Friday.

Stress classes

The Life Skills Support Center is offering the following two-session classes June 2 and 9, and July 14 and 22: "How to Beat Stress" from 10 a.m. to noon, "Depression and you" from 1 – 2 p.m., "Getting a handle on my anxiety" from 3:30 – 5:30 p.m. Classes are located in the Family Support Center classroom and are offered to everyone age 18 and over. Call 283-7511 to sign up.

Thrift Shop

Consignments may be brought in every Wednesday and Thursday from 9:30-11:30 a.m. Twenty items may be consigned each day (10 of which may be spring/summer clothing). Regular shopping hours are 9:30 a.m. to 12:30 p.m. Wednesday through Friday. The Thrift Shop is located at 743 Suwannee Dr., across from the post office. Phone: 286-5888.

Hurricane briefings

In preparation for the upcoming hurricane season, the 325th Civil Engineer Squadron Readiness Flight will be conducting hurricane preparedness briefings 9 a.m. every Monday in May at the Enlisted Club.

All base personnel and their dependents are encouraged to attend.

For more information, contact the Readiness Flight at 283-2010.

Retiree X-rays discontinued

Due to an anticipated manning shortage, the Tyndall Dental Clinic will temporarily discontinue its radiograph (x-ray) service for retirees starting Monday. This service is scheduled to resume in September.

Classifieds

Puppies for sale

Two male predominately chow/mix puppies available to a good home. Cost is \$50, money will go to charitable causes, new owner will receive a certificate for neutering

services. For more information or a photo call Sarah, 819-4064 or Lauren, 866-0070.

2001 Yamaha XL 800 Waverunner

With Westco trailer; 64.2 operating hours; new battery; just tuned up for summer; excellent condition; \$6,000; call Stephen or Lesa at 769-3849 for details.

Household items:

Lighted roll top desk \$150; 300 designer ladies outfits, sizes 10 to 14 \$3 each; several lamps available \$5 to \$25; propane outdoor grill \$75; two rattan chairs \$50 each; oval dining room table rattan glass with six rattan chairs \$500; four wood barstools with cushions \$60; 51" Phillips Magnavox television, less than one year old, \$900; six-piece birch wood bedroom set that includes dresser, queen bed, headboard, night table; chest of drawers, mirror, less than one year old, \$850; two-piece sofa, loveseat, cream colored Italian leather, \$800; white wood top baker's rack, never used, \$80; country farm white wooden table with four matching chairs \$250. Call 871-1045.

Retiree news

Department of Defense issues CRSC guidance

The Defense Department issued new rules for processing Combat-Related Special Compensation (CRSC) applications last week. Effective since Jan. 1, this instruction replaces the guidance introduced last year. The Defense Finance and Accounting Service (DFAS) is in the process of developing this election system. Applicants also have the option of authorizing DFAS to automatically pay whichever amount is higher. The new form is available at www.dior.whs.mil/forms/DD2860T.PDF.

Garage Sales

There will be a garage sale at 2736 A Eagle Drive 8 a.m. to 4 p.m. Saturday

Chapel Schedule

Catholic services will be held at Chapel 2:

Daily Mass, 11:30 a.m. Monday-Friday
Reconciliation (before Saturday Mass or by appointment)
Saturday Mass, 5 p.m.
Sunday Mass, 9:30 a.m.
Religious Education, 11 a.m. Sunday.

Protestant services at Chapel 1:

Communion service, 9:30 a.m., Chapel 1
Religious Education classes, 9:30-10:30 a.m. in Building 1476
General Protestant service, 11 a.m., Chapel 2.

Five minutes of fame:

The Tyndall Enlisted Club's Thursday Karaoke Night lets troops be stars

STEVE RIDDLE
325th Services Squadron publicist

Tyndall Enlisted Club staff members want to have a packed house on Thursday nights, and a new Karaoke DJ just may help them accomplish that.

Thursday nights have become Karaoke Night at the E' Club, and DJ Debbie Barclay has enough going on to boost excitement.

Ms. Barclay has more than 300 songs on the Karaoke list, and another 300 that just arrived. Along with the songs, She holds pop culture trivia contests and other competitions throughout the night that give people a chance to win prizes. She encourages everyone to come to the club, have fun and try something new.

"I would like to see people really explore the Karaoke list," she said. "There's enough variety that everyone is going to like something."

On the last Thursday of every month, the list does get some extensive exploration, when Ms. Barclay holds a Shotgun Karaoke contest. In these, a song is drawn randomly for each contestant. The crowd picks the winner depending on how well they performed.

Ms. Barclay's song list includes hits

from Aerosmith to Christina Aguilera, Destiny's Child to the Dixie Chicks, Jimmy Buffet to Jewel, Eminem to the Eagles, Ricky Nelson, Willie Nelson, Usher, Young MC, the Beatles, Aaliyah, Alabama, Frank Sinatra, Elvis Presley, and of course, the Village People's "YMCA."

But, the night is not just about Karaoke, or waiting for someone to take the stage. Ms. Barclay brings a case full of CDs to spin between songs, and there is just as much variety as her song list.

"I play anything," she stated. "One song may be an '80s hair band like Motley Crue, the next song might be Steve Earle. I like to do a lot of 'B' sides, and I guarantee you're not going to hear the same old thing you do on the radio."

Ms. Barclay also said that people who might think they won't like Karaoke could be in for a surprise.

"We had a lady that came in here a couple of weeks ago just to drop some people off, and came in here to wait," she recalled. "The lady was real shy, and didn't want to sing at first, but she did eventually get up on stage to sing one song. As soon as she did one, she



Steve Riddle

Debbie Barclay, a local DJ, helps a couple of Karaoke singers decide what to sing during a recent Karaoke night at the Tyndall Enlisted Club. Ms. Barclay has nearly 600 songs for people to choose from.

was addicted, and did six more."

Ms. Barclay said she hopes to see more ladies turn out for Karaoke, and said the Airmen of Tyndall could make the E' Club the place to be on Thursday nights.

"It's their club," she said. "If they show up, they can decide what happens – they can build the club up into what they want it to be."

For more information on the Tyndall Enlisted Club, call 283-4146.



Steve Riddle

'Improving grounds'

Tyndall Fitness Center director Lou South operates a grader while Tech. Sgt. Pete Smith, Fitness Center NCO in-charge, digs out the hole for first base Tuesday at Falcon Field. Fitness Center personnel have been performing maintenance on all five Tyndall softball fields this week in anticipation for the start of the 2004 Base Intramural Softball Season, which begins Monday. The 325th Maintenance Squadron will defend their title against 25 other teams this season. Playoffs will be held in mid-July.

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

QUIT

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



Funshine NEWS

May 14, 2004

www.325thservices.com

NCOIC Needed

NCOIC needed for highly visible Base Honor Guard program. Minimum requirements:

1. Must be a SSgt or above and have complete 7-level training.
2. Must possess 16 months retainability.
3. Must have experience with Microsoft Word, Power Point and Excel.
4. Must present a positive personal image and possess the ability to brief upper echelons of military and civic leaders alike.
5. Experience in Honor Guard preferred, but not required. Use the targeted resume format from the Tongue and Quill and turn in to the OIC, 2 Lt Carolyn Czepiga, X1108, NLT Jun 16. A selection board will be held the week of June 21-25 and results will follow soon after. Training/Start date for the position is tentative for July 1.

34th Annual

Panama City Open

**Spearfishing
Tournament****June 18-20, 2004**

at the Tyndall Marina Club

Important Dates & Times:

Registration/Mandatory Safety Meeting:
6:30 p.m., June 17, 2004

This is mandatory for all competitors.

Competition: 6 a.m., June 18 - 12 p.m., June 20

Weigh-ins: June 18 & 19, 5-8 p.m.,
June 20, 9 a.m. - noon

Only those divers who have notified the weigh master in person and are waiting in line at the cutoff time to weigh fish are eligible.

Awards Ceremony will follow the last weigh-in when scores are tabulated.

Fish Fry: Starts at 11 a.m. on Sunday
(Open to the Public)

For more information call:

283-3059

Tyndall Base Library presents:

**The Librarian from
the Black Lagoon**

the 2004 Summer Reading program
which will take place every Wednesday
11:30 a.m.-1 p.m.

from June 9 until August 4 this summer
Call 283-4287 for more information.

Worldwide Air Force**Colossal Cookie Challenge**

Sign up by May 14. Awards and certificate will be given to the 1st, 2nd, and 3rd place in each category. Top winner in each category will compete at Command level. Event open to all active duty members, DoD civilians, contractors, military dependents & retirees.

May 21, 1 p.m. CAC Ballroom **283-2495**

Bonita Bay

☎ 283-3199

Horseback Riding Lessons

Available for youth of all ages. Call for info.

Base Pool Info:

The base pool is now open for open swim for weekends only: 11:30 a.m.-6:30 p.m. Pool is open for lap swim 6-8 p.m., 11-11:30 a.m.; 5-6:30 p.m., Tues.-Fri.: FREE Water aerobics begin: May 18 on Tuesday and Thursday 11:30 a.m.-12:30 p.m. and 6:30-7:30 pm. FREE.

Pool opens for open swim during the week on May 19; Wed & Fri from 11:30 a.m. - 6:30 p.m., Thurs. 12:30-6:30 p.m.

Pool passes: \$40 per person and \$5 for each additional person up to 3 and free to all other family members from the same family. 30 punch card for \$25 or \$1.00 per day.

Community Center

☎ 283-2495

Music Room

We have drums, keyboards and guitars available for you to play, all in one room.

Fax Services Available**Skills Development Ctr.**

☎ 283-4511

**Youth Arts & Crafts
Summer Camp**

Fee is \$10 for three days (Tues.-Thur.) 1-3 p.m. Fee includes summer camp t-shirt and supplies to make a different art project per day.

Agenda: June 15, Orientation tour of the facility with an embroidery machine demonstration. Students will design their own t-shirt.

June 16, Students will construct bookends in the wood shop.

June 17, Students will design their own print and learn to frame the print properly in the frame shop.

The camp is open to children 8 yrs. and older. Max. of 8 per session. Must register by June 8. If you cannot attend all three days, you may register for one of the days. Cost is \$5 per day.

All Ranks Lunch

at the

Officers' Club

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

Monday	Chef's Choice
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Tuesday	Italian
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Wednesday	Oriental
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Thursday	All American
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Friday	Seafood
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*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****Crazy Cash Give-away
at the O' & E Clubs Fridays
during Social Hour.**

Jackpot starts at \$100. The first member name drawn is for the jackpot. If there is no winner \$25 will be added to next week's jackpot (max. \$500). Once the name is drawn the winner has 5 minutes to claim their prize. If the winner fails to claim their prize a second drawing will be held from bar receipts for \$25.

283-4357 for details

Leisure Travel

☎ 283-2864

Cruise Alaska

May 31. 7-nights, fees, port & taxes, roundtrip air & transfers plus more starts at \$1820 per person. Call for additional perks and pricing.

Sporting Event Tickets

Through a joint program with Hurlburt Field, we have tickets and transportation to several sporting events such as the Kentucky Derby, NASCAR series.

**Pelican Point Golf Course
AETC Youth Golf Clinic**

June 7 & 21, July 12 & 26

Each session - Monday, Wednesday, Friday

For 2 weeks each

2 Sessions per day 8 & 9 a.m.

Cost: \$59.95 first time participant

\$30 repeat participant

Total value: \$185.00 worth of clubs, bag, hat, shirt, instruction booklets, bag tags, and tournament

**Sign-up: No later than 14 days
before clinic starts.**

**Call the Golf Pro Shop for
more information: 283-4389**

E Club Entertainment

At the E' Club In The Zone

Ballroom, Swing, Waltz**Dance Night****May 15, Doors Open at 6 p.m.**

Dance Lessons at 7 p.m.,
Open Dancing at 8 p.m.
Bring a CD and introduce
US to YOUR favorite music.

KARAOKE**May 20, 6-10 p.m.**

Fun, Games and Prizes

"DJ Debbie from DC"

Got Questions?

Call 283-4357 for details

Ship Fed Ex with Us!**Fed Ex Express Services****Which include:**

Priority Overnight Economy 2 Day
Standard Overnight Express Saver 3 Day

Our rates beat the others!

Packages must be at the Community Center by 1:30 p.m. for Overnight. Exclusions exist. Limit 10 lbs.

Call the CAC for details: 283-2495

Youth Center

☎ 283-4366

America's Kids / Family Run

The youth center in conjunction with the Fitness Center will be hosting this event on May 15. This event is open to ages 5-13 and adults. The run for ages 5-6 (1/2 mile) starts at 8 a.m., ages 7-8 (1 mile) at 9 a.m., and ages 9-13 (2 miles) at 10 a.m. The first 100 youth and 85 adult participants will receive a t-shirt. Call for additional details.

Archery Camp

Hit the bulls-eye and sign up for Archery Camp for boys and girls ages 8-15 yrs. The program runs May 24-28 at 9 a.m. cost is \$10. The camp emphasizes safety and archery fundamentals. Call Andy at 283-4366 for more details.

Fitness Center

☎ 283-2631

**2004 Muscle Beach Bench
Press and Powerlifting
Competition**

Register by May 28, 2004. Weigh-ins begin at 9 a.m., competition begins at 10 a.m. Participants must be 16 years of age or older. This competition is open to all Active Duty, Reservists, DoD employees, Government Contractors, Retirees and family members. Call for more information.

'Functional foods' often lack scientific backing

2ND LT. MISA OKAMOTO
959th Diagnostics and Therapeutics Squadron

LACKLAND AIR FORCE BASE, Texas (AETCNS)—“Functional foods” are complete foods or food ingredients that claim to provide health benefits beyond the traditional nutrients they contain.

The American Dietetic Association advises “functional foods, including whole food and fortified, enriched or enhanced foods, have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis at effective levels.”

Currently, there is no standardized system in place to evaluate the claims on functional food labels, so the burden falls on the consumer. Some questions to ask regarding functional foods are as follows:

— Does it work? It is very difficult to determine whether the claims made on the packages of functional foods are backed by solid evidence. For example, a juice product alleges it is a “defender of your health” because it includes Echinacea.

Other herbal supplements used to en-

hance food and beverages, such as St. John’s Wort and ginkgo biloba, are on the rise. The

bottom line is most studies are inconclusive or are not designed to benefit a healthy person.

— What does it contain? If vitamins and minerals are added to fortify a food, the label must state the amount and the percentage of recommended daily allowance. In contrast, this is not mandatory of functional foods. Even when the amount is listed, few people know how much is recommended or the specific amount needed to receive the claimed health benefit.

The skinny on functional food:

- *Functional foods are foods and food ingredients claiming to provide health benefits.*

- *Some products use functional foods as additives to claim health benefits.*

- *Nutritional labels are mandated to tell the consumer what the food product contains.*

- *Nutritional labels should be checked by the consumer for proper identification of healthy foods.*



foods are relatively new. There has been no long-term research done to determine if they have adverse effects, such as causing cancer. In addition, the ingredients that make the food “functional” might increase the toxicity or block the absorption of medications.

— Is it healthy? Just because a food claims to have a function doesn’t mean it has nutritious value. For example, some popular sports nutrition bars are just hyped candy bars, which may add excessive calories from fat and sugar rather than implementing the claims on the wrapper.

Consumers should check the nutrition facts on the package to determine whether the food is really worthwhile.

Many natural foods fall under the category of functional foods. Fruits and vegetables contain phytochemicals, also termed as phytonutrients, which are plant components that have health-promoting properties.

Originally this term was limited to substances found in edible fruits and vegetables that appeared to be protective against cancer. Now the term is much broader and applies to any plant component that has a health-enhancing benefit. Other natural functional foods include whole grains, beans, low-fat milk and yogurt.

Since functional foods in the United States are not defined or regulated by law, many of the claims on packages are not backed up by scientific evidence. Therefore, the best advice for feeling healthy and energetic is to choose a balanced diet, exercise regularly and find time to relax.

(Lieutenant Okamoto is a dietetic intern at Wilford Hall Medical Center)

