

Hawai'i Air National Guard
154th Support Group

Part of the 154th Wing

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**June 2000**

**Training  
Bulletin**  
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Our Vision:
**Quality in Service
and Support**

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A Genius Among March Madness

*Taken from the Strong Investment Company
annual report, written by Richard Strong,
President.*

Basketball has been a big part of my life ever since I was seven years old trying to heave that huge, heavy ball into the 10-foot basket hanging from our garage in Wahpeton, North Dakota. There is no way that I can ever repay the game for the pleasure it has given me and the lessons it has taught me during the past 50 years.

In 1966, having just graduated from the University of Wisconsin, my wife Donna and I moved to Milwaukee. I joined my employer's city league basketball team, hoping to make some friends. Our social life immediately picked up. My buddies on the team were buzzing about the fast-talking, charismatic new coach at Marquette University. His name as Al Maguire, and if you believed my friends, this was the man who was going to take Marquette to the top?

We went to our first Marquette game and promptly signed up for season tickets. Marquette got better, and tickets became tough to find. The excitement of cheering for a winner helped us make it through many cold Milwaukee winters.

Al Maguire was the street-smart basketball coach who put Marquette University on the map in the 1970s. Twenty-four years ago this month, he led Marquette to the Final Four and won the NCAA championship. Having reached the summit of college coaching, he promptly retired. Talk about going out on top? Since then we have seen him on TV, the savvy basketball analyst on hundreds of nationally televised basketball broadcasts.

I had never actually met Al Maguire until one night several weeks ago, when a group of us stopped at Wendy's. I was introduced to Al, and he bought us dinner - which, by his own admission, happens about as often as snow in the Sahara. I was thrilled to be sitting with a basketball legend, picking his brain about what had gotten him to the top of his profession. I had always suspected that this guy who grew up over a tavern in Rockaway Beach, New York, had one of the most interesting and innovative minds around.

The lessons of life that Al dispensed over dinner are just as applicable to your personal finances as they are to basketball. Here are just a few of life's lessons from The World According to Al Maguire:

Never underestimate the value of common sense. Al claims he was never the most brilliant guy on the

block, but he got by with an uncommon supply of common sense. He tried to reduce things to what made obvious sense and what did not. It's a good approach for investors, too. If it seems like the stock market has had an incredible ride (which it has) and is due to return to earth, balance your stocks with bonds to deal with the inevitable.

Don't lose your cool. No matter how tight the game, Al was always in control. Part of that cool came from being prepared. He and his assistant coach, Hank Raymonds, knew their opponent's strengths and weaknesses. The same is true of managing your money - construct a portfolio that can work in both good times and bad. Like Al said, even when the clock is running down, time is your ally.

Don't be greedy. For Al, that means getting out of the coaching profession at the right time. He wanted a normal life, and he valued a lot of things that had nothing to do with money or celebrity. In our business, that same instinct translates into expecting reasonable returns. When you try to shoot the lights out all the time, you mainly end up with a lot of holes in the ceiling.

Set realistic goals for you and your team. Setting goals and having a solid road map to achieve those goals are the keys to a winning basketball season or a successful financial plan.

Value your true friends. Nine items out often, these are the folks who stick with you when times are tough. They are also the people who tell you what you need to hear, not necessarily what you want to hear.

Nothing is more important than having purpose in life. Having a cause to fight for—whether it's to win the NCAA tournament or to live a respectable life and have a positive impact on your family and friends—inspires passion in a person. And passion drives an individual to perform at the top of his or her game.

Finally, to quote Al one more time, "Dick, **95% OF COMMUNICATION ON THIS PLANET IS BODY LANGUAGE.**" It's true when you're trying to read the opposing coach or the mother of a hot recruit listening to your sales pitch.

I saw an article in the paper a few weeks ago in which Dick Enberg, the dean of TV sports broadcasters at NBC, said that one of these days he is going to write a book. When he does, he claims he's going to devote a whole chapter to the wit and wisdom of "Coach" Maguire and his "saloon philosophy."

"He's the wisest man I've ever met," said Enberg. I'd second that sentiment. And, I might add, after dinner at Wendy's he's one of the most generous, too.

"In My Opinion ..."

by Lt Col Galen R. Yoshimoto

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Congratulations to **TSgt Teal Cross, 154th Communications Flight**. Teal won the Military Appreciation Week karaoke competition at the *Hawaii's Stars* show. He stole the show with super rendition of Al Green's "Let's Stay Together." He had the crowd cheering and swaying to the music. *Super job by Teal!*

Congratulations to **SMSgt Stanley Gomes, 154th Civil Engineer Squadron**. The HIANG Commander, **Brig Gen Myron Dobashi** selected Stan as our new Command Chief Master Sergeant. Stan starts as the CCM this UTA weekend. Stan is a long time member of the CES, and will do a super job. *Congratulations again to Stan!*

Among those promoted at the May promotion boards were some old friends. *My personal congratulations to each of them!*

- ★ **SMSgt Kenneth Dunham, Jr., 154th Communications Flight**. "KC" has done a super job since joining the flight full-time. *Well deserved promotion!*
- ★ **SMSgt Owen Nishimura, 297th Air Traffic Control Squadron**. Owen has been a member since the Quonset hut days at Barbers Point. *A long time coming for Owen!*
- ★ **MSgt Nathan Kum, 293^d Combat Communications Squadron**. Besides being a super technician, Nathan does an outstanding job as a barbecue cook.
- ★ **MSgt Christopher Partika, 154th Aircraft Generation Squadron**. I remember when Chris enlisted way back when. He has done a super job since then, rising through the ranks.
- ★ **MSgt Buenaflor Robles, Jr., HQ 154th Operations Group**. Smiling Ben is *finally* a master sergeant. *Congratulations to Ben!*
- ★ **SSgt Shayne Kayatani, HQ 201st Combat Communications Group**. Shayne is another second-generation Guard member who worked hard since coming on board. His Dad, **SMSgt Stan, Retired**, must be proud!
- ★ **SSgt Danny Selga, Jr., 154th Services Flight**. Danny has gained many skills since his enlistment and is yet another bright star in our Services Flight.

Aloha and Welcome back to **Capt**

James Kawano. Jimmy returns to the HIANG after a stint in the Air Force Reserve. He will serve as our full-time intel officer. *Good to have Jimmy back!*

Among those retiring before the July UTA weekend are some old friends. Each of them has contributed to the Hawaii Air National Guard in his own way. *My personal Happy Retirement to each of them!*

- ★ **Lt Col Patrick Oka, 154th Operations Support Flight**. Pat is a friend since our intermediate school days. A ROTC graduate who flew on active duty before joining the HIANG to fly our C-130s. Pat's flying career continues with Aloha Airlines. *Aloha to Pat!*
- ★ **CMSgt Moses Akana, 297th Air Traffic Control Squadron**. I have known the Chief since the early 80's. He has been an important factor in his squadron's constant improvement. *A special Mahalo to the Chief for all his hard work!*
- ★ **CMSgt Delbert Dandurant, HQ HIANG**. The Chief has been outstanding as the Command Chief Master Sergeant. Prior to his assignment as the CCM, he served as the then 154th Mission Support Squadron's First Sergeant. In civilian life, the Chief still is a flight steward with United Airlines.
- ★ **MSgt Herbert Funasaki, 154th Logistics Squadron**. Herb has been a fixture in our supply squadron for years. His knowledge and personal service will be hard to replace. *His advice has kept me out of trouble on several occasions.*
- ★ **MSgt Howard Nanaka, 154th Maintenance Squadron**. Howard has done a super job throughout his HIANG career. *Well deserved retirement!*

Social News. **Lt Col Terry Hudson**, commander of the **154th Maintenance Squadron** got married over the Memorial Day weekend. According to Terry, his new bride is **Jane Hardy**, a childhood friend. They tied the knot in Las Vegas. *My best to the new Mr. and Mrs. Hudson!*

Congratulations to the **154th Logistics Squadron** for their outstanding work on this year's **Food Bank Drive**. This year's goal was 5000 pounds for the HIANG and 8000 for the entire State Department of Defense. As always, your generosity came through as the HIANG collected 12,596 pounds of food. This exceeded our goal by 242%. *A Super job by everyone involved with a Special Mahalo for the Logistics Squadron for chairing this drive!*

There were unit awards presented at the May 24th Wing Standup. Units

receiving awards were:

- ★ Most Food Collected (large unit-over 150 militarily): 154 AGS (645 pounds)
- ★ Most Food Collected (small unit-under 150 militarily): 203 ARS (5062 pounds)
- ★ Most Food Collected Per Capita (per military member assigned): 203 ARS (63 pounds per person)

Chapter 18, ANG NCO Academy Graduates Association (NCOAGA) will host Seminar 32, the national conference here in Honolulu, July 24-26. To defray expenses, Chapter 18 is selling Cookie Corner cookies. A bag of these ono cookies go for \$3.00. Contact **SMSgt Doug Awana** for more information or to volunteer your support for the conference.

Sorry to hear that **Lt Col Ed "EZ" Pickering, Retired** is back in the hospital. "EZ" continues his valiant battle against cancer. *Please keep EZ in your prayers!*

SMSgt Carol Keanini, 154th Mission Support Flight, told me about this little Hawaii Quizzes web site. Visit the site and take the tests. By the way, I had 42 on test #1.

www.orbito.net/cgi-bin/quiz/quiz.htm

Congratulations to all the Guard members who graduated from colleges and universities in May and June. Your hard work got you that diploma. Hopefully, your tuition waivers and GI Bill benefits helped fund your education. *Enjoy your moment because full-time work is around the corner!*

And Finally: Well Summer is finally here. As we enjoy summer activities with our families and friends we must continue our preparation for our **Unit Compliance Inspection** in September. Immediately following the UCI, we start with our AEF commitments that will take us through the rest of the year.

When we return from our AEF tours, we must turn our attention to our **Operational Readiness Inspection** next August. As Col Hastings briefed at our technician meeting, it looks like parts of the Wing will deploy to Alaska to participate in a joint ORI with the two ANG units there.

After we pass the ORI, we start preparations for our next AEF go.

While it looks giant mountain range to conquer, our Wing will once again pull together and do an outstanding job.

One Wing - Together 

A THOUGHT

*"Beer is proof that
God loves us and
wants us to be happy"*

-- Benjamin Franklin

June 2000 UTA Activities

Saturday & Sunday: Normal UTA training activities. The uniform of the day determined by section supervisors.

Mask Fit Testing continues. The schedule follows:

- ♻ Sat and Sun afternoons, of UTAs, for DRILL STATUS personnel ONLY. 1300-1400; 1400-1500; 1500-1600.
- ♻ Tuesday and Thursday mornings, for full-time, and available drill status personnel. 0800-0900; 0900-1000; 1000-1100. Personnel failing the initial test, in the morning, will be required to return at 1300, that afternoon, for corrective actions.
- ♻ Additional test dates may be arranged, based on: availability of Readiness personnel, and "days" provided by the requesting organization.

Eventually, all personnel must be tested. However, for now, our emphasis is on deploying personnel.

Therefore, we need your assistance in identifying those personnel MOST LIKELY to deploy, during the next 9 months: please provide name, SSAN, and status (full-time or drill-status) for each person.

Testing is by appointment (see 1-hour blocks above). Until further notice, we'll accept requests for "x" number of people, for a specific date/time (not to exceed 6/hr, during the week; and 2 per/hour during UTAs). Please ensure these personnel are on the MOST LIKELY to deploy list. Requests for appointments must be by email, to "readiness".

SPECIAL INSTRUCTIONS:

- ♻ Masks must be clean and DRY, for the test: moisture will result in M-41 failure, and require depot repair. Wash and dry masks, in accordance with T.O. 14P4-15-1, at least 1 day prior to testing.
- ♻ Do not use aftershave, perfume, or cologne, the day of testing.
- ♻ DO NOT SMOKE, or CHEW tobacco,

for at least 1/2 hour before testing. Traces of tobacco use will cause instant test failure.

Any Questions? Email us at "readiness@hihick.ang.af.mil"; call 448-7785; or stop by our office, in building 3440.

Upcoming Events:

The following is a calendar of some upcoming events in the HIANG.

- ★ The Federal Executive Board will host the **2000 Excellence in Federal Government Awards Luncheon** on Thursday, June 8th. The luncheon location is the Hawaii Ballroom, Sheraton Waikiki Hotel. Cost is \$23.00 per person. **MSgt Preston Nishie, 169 ACWS**, is a nominee for the Federal Employee of the Year (Profession, Administrative, Technical category). *Contact SMSgt Debra Brownhill, 733-4114, for more information.*
- ★ The **Retirement Party for Col Walter Kaneakua** is set for Friday, June 16th. Come enjoy fellowship with heavy pupus from 1830-2130 at the Hickam AFB Officer's Club: Back Lanai. The cost is \$20.00 per person, \$3.00 for gift only. POCs are **TSgt John Mueller, 448-7259, TSgt Pearl Lafaver, 448-0150, SSgt Mark Crabbe, 448-7268.**
- ★ The **154th Air Control Squadron** will host its annual **SurfRider Ahi Tournament** on June 21-23. Port Allen is the fishing headquarters, but other events are on the schedule. *Contact the 154 ACS for more information.*
- ★ The **Retirement Party for MSgt Herbert Funasaki** is set for Monday, July 10th. The luncheon buffet, followed by a program will run 1100 through 1430 at the Pearl Country Club. The cost is \$25.00 per person, \$5.00 for gift only. POCs are **SSgt Jan DeRego, 448-7343 and SMSgt Ivan Mineshima 448-7351.**
- ★ **Chapter 18, ANG NCO Academy Graduates Association (NCOAGA)** will host Seminar 32, the national conference July 24-26. Contact **SMSgt Doug Awana** for more information or to volunteer your support for the event.
- ★ The **292^d Combat Communications Squadron** will host the **Annual HIANG Softball Tournament** on July 29-30. There are three divisions: Co-ed, Masters, and Open. The games will be at Papohaku Park, Ke'opualani Parks 2 & 3, located in central Maui. The tournament coordinator is **SMSgt Francis Marino Quitazol** at the 292

CBCS.

- ★ **NEW DATE!** The HQ PACAF Inspector General Team will conduct Our Wing's **Unit Compliance Inspection (UCI)** in **September 2000**. Although it has been put off we still need to continue our preparations.
- ★ **NEW DATE!** The Air Force Inspection Agency will conduct the **154th Medical Squadron's Health Services Inspection** (HSI) **sometime next Spring.**
- ★ The HQ PACAF Inspector General Team will conduct an **Operational Readiness Inspection** during **August 2001**. As briefed at our technician meeting, we deploy to Alaska for the ORI.

Promotions

The following list is the HIANG members promoted in May 2000 UTA weekend. *Congratulations to each of them!*

SMSgt Kenneth Dunham, Jr.	154 CF
SMSgt Owen Nishimura	297 ATCS
MSgt Eric Correa	154 AGS
MSgt Nathan Kum	293 CBCS
MSgt Stanford Masuda	154 MXS
MSgt Christopher Partika	154 AGS
MSgt Buenaflor Robles, Jr.	HQ 154 OG
MSgt Charles Tomlinson	292 CBCS
TSgt Blaine Agena	297 ATCS
TSgt Darien Bardago	154 AGS
TSgt Malcom Chun	154 MXS
TSgt Rex Godinez	154 AGS
TSgt Kevin Thompson	297 ATCS
SSgt Steven Cruz	154 LSF
SSgt Caplan Hashimoto	154 CES
SSgt Shayne Kayatani	HQ 201 CCG
SSgt Daryle Lum	154 AGS
SSgt Macie Peiler	169 ACWS
SSgt Danny Selga, Jr.	154 SFS
SSgt Anthony Torres	297 ATCS

Retirements

The following personnel filed their retirement paperwork with our Military Personnel Flight, and will retire prior to our next UTA in July.

Lt Col Patrick Oka	154 OSF
CMSgt Moses Akana	297 ATCS
CMSgt Delbert Dandurant	HQ HIANG
MSgt Herbert Funasaki	154 LS

Babooze

Compiled by Lt Col Galen R. Yoshimoto

Fake roach creates real scare.
ATLANTA -- Put away that can of Raid next to the remote. The cockroach you see crawling around the TV screen is probably on the inside.

An Orkin Pest Control commercial that features a realistic-looking roach crawling across the screen has given a number of viewers the creeps. Two people even threw things at the imagined intruder, damaging their TVs.

"Apparently, when you're sitting in your darkened den, it seems pretty real," says Michael Lollis, executive creative director at the Atlanta office of J. Walter Thompson, which created the ads. Titled "Fake Out," the commercials began airing, mostly at night, on March 1 in 90 percent of the country.

The commercial begins as an ad for a fictional fabric softener, before a roach starts crawling around. Orkin and the ad agency say they've received dozens of calls from irate and amused viewers.

A woman from Greensboro, Maryland says she woke up two neighbors late at night to come to her house to hunt and kill the roach. One quickly concluded the bug was from the commercial.

"I felt really stupid for getting my neighbors out of bed in the middle of the night," she wrote. "You really got me!"

Then there was the Tampa, Florida, woman who hurled a motorcycle helmet at the bug. She broke her TV set, and demanded that Atlanta-based Orkin replace the set. Sorry, the Orkin Man isn't in the TV repair business.

Next time, try Federal Eggs-press.
TRENTON, New Jersey (AP) -- Philadelphia radio station managers and personalities have egg on their faces after promoting a contest that asked listeners to mail raw eggs to the station.

Sam Milkman, programming director for WMMR-FM, said the scheme was hatched last week in the spirit of the Easter holiday. But they didn't realize it would coincide with the income tax return deadline, he said.

"The contest was supposed to be a mind bender, but it got completely out of control," Milkman said. "It wasn't like we cracked here. People don't listen carefully."

The Main Post Office in Philadelphia unwittingly participated in the prank by faxing the station postal regulations for mailing a perishable item.

The regulations served as the contest rules, and the first person to successfully mail an unblemished and properly packaged egg in a No. 10 envelope would win the \$1,000 prize. Unfortunately, not everyone followed directions.

In Stratford, a postal worker found a raw egg in a mailbox. Bellmawr postal employees had to wipe whites and yoke off of about a dozen pieces of mail -- including tax returns.

Paul Smith, a spokesman for the U.S. Postal Service, appealed to radio listeners Tuesday. "Although this sounds like a fun thing, it could wreak havoc," he said.

Altering History. The school district in Columbus, Georgia, assigned aides to alter textbook photos of Emanuel Leutze's *Washington Crossing the Delaware* painting because some grown-ups thought Washington's pocket watch, dangling against his thigh, might appear to fifth-graders to be the Founding Father's manhood. The aides located matching paint and spent two weeks touching up 2,300 textbooks.

And This Month's Winner: The following article first appeared in **Quality Digest** magazine. Written by Scott Paton, the article points out some good and bad service quality, and reveals some Babooze qualities.

I recently had the honor of attending the awards ceremony for the 1999 Malcolm Baldrige National Quality Award in Washington. All of quality's best and brightest were in attendance: award winners (past and present), quality gurus, state quality award leaders, award examiners and judges, Secretary of Commerce William Daley, and President Clinton. The Secret Service, the Marine Corps Band and the president's honor guard were also there. It was quite a spectacle, full of pomp and circumstance.

I would have thought that such a collection of bright, highly educated, highly trained professionals would have had the sense to leave when the fire alarm went off. Wrong! The events that unfolded during the ceremony were shining examples of poor service quality and excellent service quality: You judge which were which.

About 500 people were crowded into the ballroom of Washington's Marriott Wardman Park Hotel, anxiously awaiting the President's arrival. When "Hail to the Chief" began, we leapt to our feet to catch a glimpse of President Clinton.

The ceremony went well at first, a testimony to the hard work and planning of the very talented staff at

the Baldrige Award office. Secretary Daley began with a short speech full of praise for the winning companies (and for the Clinton administration). Next, the CEOs of the four winning companies each gave short speeches. The President presented each winning company with its award. Secretary Daley then introduced the President.

As soon as the President began to speak, a high-pitched noise began blaring in the ballroom. The usually unflappable Clinton looked confused. He made a joke or two and, after a minute, asked, "Would somebody please tell me what's going on?" No one told him a thing. The Secret Service didn't make a move.

After another minute or two, Secret Service agents made their way around the large room and covered up each of the shrieking alarms. Another minute went by and the President asked: "Is this a fire alarm? Do we need to leave the building?" Again, no one answered him.

After another minute or two, three firemen walked into the room. Again, the President asked: "Is this a fire alarm? Do we need to leave the building?" One of the firemen addressed the group: "Would everyone please calmly exit the building immediately."

Only then did the Secret Service spring into action, whisking the President out of the room and into his waiting limousine, which quickly sped away. The rest of the attendees made their way to the parking lot and waited for about 30 minutes before we were allowed back into the hotel. There had been a small fire in the hotel laundry room, which is some distance away from the ballroom.

A number of people grumbled that the hotel shouldn't have evacuated the ballroom. In fact, one unhappy woman berated a hotel employee for not having an emergency plan. She was upset that the ceremony had been cut short. I, on the other hand, was happy it was cut short: When it comes to fires, I think it's best to err on the side of caution. And I think the hotel had a pretty good plan: When in doubt, get people out.

I was amazed by the Secret Service, however. The very people who are supposed to protect the President with their lives actually covered up screeching fire alarms. Why didn't they take charge and usher the President out of potential harm's way? Why didn't they evacuate the ballroom? You'd think that when the leader of the free world asks, "Is this a fire alarm? Do we need to leave the building?" that someone (especially the Secret Service) would provide an answer



Attention Palm Owners

Taken from a HQ ACC/SCN R290826Z MAR 00 message, Interim Guidance on Purchase and Use of Personal Digital Assistants (PDAs).

In recent weeks, the interest in ACC policy for using personal digital assistants (PDAs) increased significantly. This family of devices offers personal productivity enhancements, particularly by making certain features of your Microsoft Outlook portable, including contacts, notes, appointments and e-mails. However, depending on the product and features, these devices also introduce risks to ACC networks. Air Force policy governing PDAs is in the works, but is not yet available. This message provides interim ACC guidance for purchase and use of PDAs.

PDAs refer to handheld devices with limited computing power and functionality. Examples are 3Com's Palm connected organizer and COMPAQ's Aero. There is a distinction between this class of device and a true Palm PC, often described as a scaled down laptop. This message does not address palmtop computers/Palm PCs, nor does it recommend a specific PDA product. The PDA products will go through the ACC/SCS certificate to operate (CTO) process to identify risks and define proper security procedures. ACC/SCW will add approved PDA products to ACCWAY and will ensure products fall within the bounds of security guidance.

PDA Do's. ACC/SC support the following PDA functionality in ACC.

- ★ Use PDAs to carry information from desktop workstation. This includes carrying schedules, contract information, notes, e-mail, and other items from Microsoft Outlook.
- ★ Use PDAs to take notes, save information, or write e-mails while away from your desk, whether down the hall or out of the country.
- ★ Use PDAs to synchronize

information between your desktop workstation using direct connect cables.

PDA Don'ts. ACC/SC does not support the following PDA functionality in ACC

- ★ Do not use PDAs for classified information. ACC does not authorize these devices for such use at this time. Additionally, not approved methods exist for clearing classified information from the devices. If contaminated, users must protect PDAs which could be then be confiscated and possibly destroyed if they cannot be cleared.
- ★ Do not use commercial internet service providers (ISPs). Air Force guidance is clear on the use of commercial ISPs – it is not allowed due to the high risk of sensitive information in particular, Palm VII offers a wireless internet service. ACC PDA users cannot contract for wireless internet service at this time.
- ★ Do not use modems to exchange information with your desktop or other systems on the base network. Many of these devices have optional modem units. The required modem connections, either direct or via RAS connection, could open backdoors to Air Force networks. Also, the software on many of these devices does not encrypt passwords or modem sessions to Air Force standards
- ★ Do not synchronize files or devices across the network. The configuration required to allow such functionality introduces risks, including opening firewall ports and sending passwords in the clear, disable network synchronization features
- ★ Do not arbitrarily download and load freeware or shareware software enhancements. Such software is from untrusted sources and may contain malicious code.
- ★ Do not endorse use of personally owned PDA devices. Use of personally owned PDAs is discouraged, but allowed until the Air Staff publishes AF-level policy. ACC/SCN anticipates ACCWAY will market PDAs with an Air Force approved standard configuration. At that time we expect AF-level policy which prohibits personal PDA connections to Air Force networks.

Again, this is a first step in preparing for anticipated Air Force policy. Please use the above guidance in your considerations for purchasing

and using PDAs and in advising your user population. ACC/SCN will keep you informed on status of the PDA CTO, inclusion of PDAs on an ACCWAY and forthcoming Air Force policy.

Editor's Note: Remember this is currently only Air Combat Command policy. However, the Air Force often times follows the lead of ACC in establishing AF-wide policy.

Medical WWW Sites

As you search for information on the Internet, you can never be sure of the information you get. This is especially true in the medical area. A recent article in the Hawaii Medical Service Association (HMSA) member magazine listed three WWW sites where you can start your search for medical information.

- ★ **The Consumer Health information Service:** www.hml.org/CHIS/index.html, a community service of Hawaii Medical Library, maintains an extensive and frequently updated list of worldwide and local Internet health sites.
- ★ **Healthfinder:** www.healthfinder.gov is a free gateway to reliable consumer health and human services information developed by the U.S. Department of Health and Human Services. It can lead you to selected online publications, clearinghouses, databases, Web sites, and support and self-help groups, as well as the government agencies and not-for-profit organizations that produce reliable information for the public.
- ★ **Ask 2000:** www.ask200.org is a database of community health services in Hawaii. The database can be searched by topic and geographical area.

Tap vs Bottled

Many parents assume that drinking bottled water is healthier for their families, but recent research shows that may not be true. Tap water is actually more closely monitored by the EPA for bacteria and pollutants. About 20% of bottled water contains higher levels of bacteria than does the tap water in most cities. Another concern is fluoridation: only 5% of bottled water contains recommended levels of fluoride. If your children are drinking primarily bottled water, check with your dentist to see if fluoride supplements are needed.

Hatch Act Do's and Don'ts

WASHINGTON (AFP) -- Certain restrictions apply to federal civilian employees when it comes to political campaigns and elections. Of course, federal employees may, and should, register and vote for the candidates and issues of their choice, said Jane Love, from the general law division of the office of the judge advocate general.

However, there is a federal law, called the Hatch Act, which applies to federal civilian employees. Here are some of the rules of the Hatch Act

Federal civilian employees MAY:

- ♣ be candidates for public office in nonpartisan elections
- ♣ assist in voter registration drives
- ♣ express opinions about candidates and issues
- ♣ contribute money to political organizations
- ♣ attend political fundraising functions
- ♣ attend and be active at political rallies and meetings
- ♣ join and be an active member of a political party or club
- ♣ sign nominating petitions
- ♣ campaign for or against referendum questions, constitutional amendments and municipal ordinances
- ♣ campaign for or against candidates in partisan elections
- ♣ make campaign speeches for candidates in partisan elections
- ♣ distribute campaign literature in partisan elections
- ♣ hold office in political clubs or parties

Civilian employees MAY NOT:

- ♣ engage in political activity while on duty, in a government office, wearing an official uniform; or driving a government vehicle.
- ♣ be candidates for public office in partisan elections.
- ♣ use official authority or influence to interfere with an election.
- ♣ solicit or discourage political activity of anyone doing business before their agency.
- ♣ solicit or receive political contributions; however, this may be done in certain limited situations by federal labor or other employee organizations.

- ♣ wear political buttons on duty.
- ♣ use their official title on invitations to political fundraisers. Exceptions include those workers who are ordinarily addressed using a general term of address, such as "the honorable." An employee's name may not appear on an invitation to a fundraiser as its sponsor, point of contact, or if there is a reference that suggests the employee solicits or encourages contributions.

Love said people can find more information on the Hatch Act and its guidelines for federal workers on the U.S. Office of Special Counsel's Web site: <http://www.osc.gov> or by calling its toll-free number, (800) 854-2824.

How to Disappear

A handful of Internet advertising agencies are responsible for virtually all the banner ads you see on the Web. Through sweepstakes, surveys, and other come-ons, they try to entice you to provide personal information; most let you stop the data collection by "opting out". Here's a list of links that let you do just that.

- ★ **24/7 MEDIA:** www.247media.com/privacy.htm You'll find privacy policy and opt-out instructions. Ironically, you must send an email with personal information to have it removed from the database.
- ★ **ADSMART NETWORK:** Sister company of Engage Technologies: see instructions under Engage Technologies
- ★ **ENGAGE TECHNOLOGIES:** www.engage.com/privacy/koptout.htm Just click on its opt-out link.
- ★ **ADFORCE:** www.adforce.com/home/comp3_priv.html Claims not to store personal information: privacy policy does not include opt-out instructions.
- ★ **DOUBLECLICK:** www.doubleclick.net/company/info/about_doubleclick/privacy/privacy2.htm#optout Includes details for removing the cookie-based tag that identifies your computer.
- ★ **FLYCAST:** www.flycast.com/about_us/index.cfm?sub=pri&content=privacy#optout Features privacy policy and opt-out instructions
- ★ **MATCHLOGIC:** www.matchlogic.com/privacy/po

[licy.htm](#) For detailed opt-out instructions go to www.delivere.preferences.com/OptOut

- ★ **NETGRAVITY:** www.netravity.com A division of double-click: see double-click for opt-out instructions
- ★ **REAL MEDIA: www.real.com** No published privacy policy or opt-out instructions: claims its Privacy Proxy software prevents collection of personal data.

Editor's Note: Most of these site do NOT work from government computers.

A Brainy Way to fight Disease

As if you needed another reason to eat your broccoli. After all, everyone knows that fruit and vegetables can lower your odds of developing heart trouble, cancer, and countless other diseases. Well, add a healthy serving of inspiration to your cart: It can help prevent strokes.

In the first large study of examine this link, a team led by Harvard epidemiologist Kaumudi J. Joshipura scrutinized the eating habits of more than 75,000 women. The researchers found that each daily serving of fruit and veggies translates into a 7 percent reduction in the incidence of ischemic stroke. (Roughly four out of five strokes are ischemic, caused by a clot that blocks blood flow to the brain.) That means women who added a few more servings sliced their risk by nearly a quarter.

There's no single explanation for the foods' clot-busting power. Experts believe a produce-rich diet cuts the risk of a stroke because it tends to be low in fat and is packed with heart-friendly ingredients like fiber, folate, and potassium.

Alas, these nutrients have their limits. The stroke-fighting benefits appear to top out at around six servings. Joshipura also points out that not all vegetables are created equal: Potatoes and legumes, for example, did not have a measurable risk lowering effect. People with the lowest risk overall munched mainly on crucifers like broccoli, cabbage, and cauliflower, along with leafy greens and citrus fruit.

Most women would be wise to take a cue from these healthy eaters. Nutritionists estimate that Americans eat just three to four servings of fruit and veggies each day. Although it may seem like a challenge to work a couple of extra servings into your diet, it's not hard to swallow the payoff.