



108th Wing  
NJ Air National Guard

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## Commander's Column

### Quick facts for losing weight, staying fit

By: Col. Sandra D. Long, 108th Medical Group commander

It's that time of season again to get in shape for those summer clothes and of course that new fitness test. We all know the basics behind weight loss and the benefits of exercise. The fewer calories we consume relative to our energy expenditure, the more pounds we shed.

If you're like most people that diet, you think the weight you are losing is from fat. But that is not always true. If you go on a very low calorie diet and do not exercise you are more than likely to lose muscle mass as well as fat. Those who exercise and diet will lose between 90 – 100 percent fat and 0 – 10 percent lean body mass (muscle). Those who diet alone can lose up to 70 percent fat and 30 percent muscle mass, and that is not good.

When you exercise you develop more skeletal muscle and here are two good reasons for having more lean body mass. First, a lean body mass it is more metabolically active - burning about three times as many calories as fat - even at rest. Second, as your metabolic rate increases, so does the number of calories you can consume and continue to lose weight

Furthermore, the health benefits of aerobic exercise are well known. For example, it helps in lowering your heart rate; maintaining/lowering cholesterol levels; blood pressure; helping in preventing the onset of diabetes; lowering your risk of certain types of cancers; maintains strong bones and better mental health and energy, just to name a few. But if you are truly interested in losing weight – aerobic exercise is a mandatory requirement for success and maintenance.

Aerobic exercise utilizes carbs and fat as an energy source. After about 40 minutes of

aerobic exercise, you actually burn more fat than carbs. That's not to say that working out less than 40 minutes is not beneficial, it's just the fact that you do utilize more fat as your energy source.

One of the best ways to figure out if your aerobic workouts are beneficial is by taking your heart rate while working out. Your goal should be to workout in your "Target Heart Zone". This zone is a pulse range that will give you the best aerobic workout. It is usually calculated to be between 60 – 80 percent of your estimated maximum heart rate. If you go below 60 percent you're not working hard enough (note: certain medications can effect your heart rate), if you go above 80 percent you may become too exhausted and not able to work out for long. Remember, it's the time that you work out that helps burn fat, as long as you're in your target heart zone.

Here is how you can determine your "target heart rate" – the rate at which your heart should beat while doing aerobic exercise:

Lower workloads:  $220 - \text{Age} \times 0.6 = \text{heartbeat}$  (the heartbeat you want to achieve)

Upper workloads:  $220 - \text{Age} \times 0.6 = \text{heartbeat}$  (the heartbeat you want to achieve)

In addition, you can also use what is referred to as the "Borg Scale" of perceived exertion for your workouts. Basically it's how you feel while working out - from very easy to extremely difficult. You should shoot for a feeling that your workout is "somewhat difficult". While not carrying on an in depth conversation, you should be able to talk while running, biking, etc.

Some interesting tidbits:



- There is no such thing as "spot reducing".
  - Calisthenics and weight training only tone and build
  - Fat cells do not go away, they just shrink
  - The way you are built is genetic
  - The last place you gain weight is usually the first place you lose weight (least stable fat deposit)
- Ok – now that you may have learned a few things, here's some other little helpful hints for success (I'm sure you already know these, but they really do work):
- set realistic goals – not unrealistic expectations
  - get a partner on board, so you can both keep each other on target
  - follow-through
  - when you lapse – don't give up or dwell on it – move on
  - don't expect perfect behavior, you will have lapses – just like in life
  - while there's always tomorrow, you need to start now – it's a lifestyle change and the sooner you start, the easier it is.



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The Department of Defense recently announced the Tricare Young Adult (TYA) program is now open for enrollment with coverage beginning May 1, 2011.

Military dependents under 26, unmarried, and not eligible for their own employer-sponsored health care coverage may be qualified to purchase TYA, which offers Tricare Standard coverage, for monthly premiums of \$186, as long as their sponsor is still eligible for Tricare. Those eligible for TYA who have been saving receipts since Jan. 1, 2011, in anticipation of the new program, can also pay all premiums back to January to purchase coverage retroactively.

Beneficiaries can find out where to send their form and payment by filling out the simple profile at <http://www.tricare.mil> to get information tailored to their specific location. Once the initial three-month fee is made, monthly premiums must be paid in advance through automated electronic payment.

When the application is processed, Tricare coverage will begin the first day of the

following month. However, since TYA was "fast-tracked" to begin enrollment as soon as systems changes, forms, premiums and other rules governing the program were approved and in place, a short term waiver will allow coverage back to May 1, 2011, as long as enrollment forms and payment are received (not postmarked) by the regional contractor prior to May 31, 2011.

After getting a welcome letter and enrollment card, dependents and their sponsor should visit uniformed services identification (ID) card issuing facility to obtain a dependent ID card. This card will identify eligibility for health care, prescriptions and access to military installations for the dependent. Nearby ID card facilities can be found through a link at <http://www.tricare.mil/tya>.

A Prime benefit will be available later this year. To get e-alerts on TYA and other Tricare news, sign up at <http://www.tricare.mil/subscriptions>.

A complete telephone list of regional healthcare support contractors can be found at <http://www.tricare.mil/tya>.

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# A Message From the Safety Office

## Preventing ticks and insect bites

As we move into the spring season of the year, the following points are important for the prevention of tick borne related diseases.

There are three stages in tick development: larval, nymph, and adult.

While all three may be infected with *Borrelia burgdorferi* - the agent for Lyme disease - only the nymph and, to a lesser extent, the adult are infective to humans. The nymphs are active during the spring. They reside in the leaf litter of wooded areas and uncut grasses. They are not found in cut lawns beyond nine feet from the border. Therefore, people frequenting lawns, ball fields, industrial facilities, or golf courses are not likely to become infected unless they venture into these wild-border areas. Removal of the leaf litter from such wooded areas is effective in reducing the likelihood of a bite. Such removal also increases the effectiveness of pesticides that may be put down to control ticks.

If the nymph tick bites, the tick must remain attached for at least 36 hours before there is a significant likelihood of transmission of the Lyme disease to the host. In this part of the country, 90 percent of all cases of early, acute-Lyme disease originate from a nymph bite that occurs between mid May and late



July. Thus the appearance of the typical rash - does not have to be a "bull's eye" - or an acute febrile illness with fever, malaise, headache, and muscle aches during the months mentioned above should be treated promptly with appropriate antibiotics. Seroconversion, the development of specific antibodies resulting from immunization or infection, would not necessarily be expected if bitten by a tick.

Adult ticks typically cause a problem from October to December. Like the nymphs, they must remain attached for a prolonged period before transmitting the disease. The adults though, because of dif-

ferences in their internal physiology, are less infective to man than the nymphs. Again, appearance of the rash or a febrile illness should be closely examined.

May 27, the Friday before Memorial starts 101 days of summer and runs thru Labor Day in September. It is during this time that outdoor activities increase along with off duty mishaps. In the coming months, the Safety Office will be sharing with you safety tips on pool safety, boating safety and other outside activities to help reduce the risk of mishaps to you and your families. Have a safe summer from the 108th Safety Office.



*Fact: Out of the over 850 species of ticks, about 100 can spread disease.*

# Tips of the Month

## *Updating military records is virtually easy*

### **Duty History is important for all members**

Every job position you've held in the Air National Guard is important and should be properly documented in your military personnel record. You can use virtual Military Personnel Flight (vMPF) to view your duty history and request a correction or change to your duty history. If you're already in vPC-GR, you can request corrections to your duty history from there as well. You can access vPC-GR and vMPF from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section.

### **Electronic Military Personnel Records**

If you are planning to go to the Force Support Squadron on drill weekend and ask for copies of forms from your military personnel record – think again – because electronic records are now available and you can access them 24/7 from your home! Just use the Personnel Record Display Application (PRDA) to view and/or print forms from your official military personnel record. You can access PRDA from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section.

### **Evaluations, Evaluations**

Is it time to draft, sign, or submit an evaluation and you cannot attend the scheduled Unit Training Assembly this month? Did you know that you can keep the process moving using online services? In virtual Personnel Center- Guard and Reserve (vPC-GR) you can write, sign, and submit evaluations, including LOEs. You can also request a copy of previous EPR/OPR forms. If needed, you can view your evaluation data to include reporting official information in virtual Military Personnel Flight (vMPF). You can access vPC-GR and vMPF from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section.

### **Awards and Decorations**

Have you just been awarded a federal award or decoration? Well now you can view/print a visual display of your Federal Awards and Decorations using virtual Military Personnel Flight (vMPF). Do you want to recognize outstanding airmen? You can use virtual Personnel Center-Guard and Reserve (vPC-GR) to initiate and process decoration nominations such as Meritorious Service Medal (MSMs), Air Force Commendation Medals (AFCMs) and Air Force Achievements Medals (AFAMs). Access vMPF and vPC-GR systems from the AF Portal, [www.my.af.mil](http://www.my.af.mil), under the Top Portal Links section.

## **NJ anglers required to register with state**

### **State creates free-registry Web site to comply with federal mandate**

Attention 108th Wing saltwater anglers. There is a federal mandate that requires everyone 16 or older to register and carry with them a printed registration when fishing in New Jersey's saltwater.

Effective May 4, the New Jersey Department of Environmental Protection has launched the state's free web-based saltwater fishing registry, keeping recreational saltwater fishing in New Jersey a sport that anyone can enjoy without having to pay fees.

All saltwater anglers and for-hire ves-

sel operators will now be able to register through the no-fee State system rather than the fee-based federal system.

Those who fish from a for-hire party or charter fishing vessel that is registered with the New Jersey Saltwater Recreational Registry Program are not required to file for an individual registration.

Everyone 16 or older must register and carry the printed registration with them when fishing. People who fish for shellfish such as crabs, clams or lobster are not re-

quired to register, though existing license or permit requirements may be required depending on the gear used.

Any person who fails to register with NJSRRP is subject to a penalty of \$300 to \$3,000 for a first offense and \$500 to \$5,000 for subsequent offenses.

To learn more about the registry and to register, visit: [www.saltwaterregistry.nj.gov](http://www.saltwaterregistry.nj.gov)



# Diamond's Corner

## Help Airman be ready when promotion comes calling

By Master Sgt. Mark Bajada, 108th CRG

As an Airman, being promoted is a gratifying moment. Once you hear the news, a sense of pride, joy and accomplishment of being recognized by your leadership and peers sets in.

As you begin to think of the many rewarding benefits that lie ahead – such as the additional rank and pay – a nervous feeling also permeates through your body, knowing that in the near future you will have to face the Wing Promotion Board to finalize this whole process.

First of all, being nervous for a job interview is normal. So, how do you mitigate the nervous feeling(s) and prepare yourself for this interview? How do you increase your confidence level to leave the best impression? Well, if you can get an idea about the interview questions the Board might ask you, then you can face the interview confidently and lessen the hesitation when being questioned by the interviewers.

An effective tool to help Airman prepare themselves for their interview is to institute the mock board in your unit's promotional process.

The mock board interview is an essential technique that will closely replicate the actual board experience. Learning to interview well is a life-skill that will help people succeed, not only in their job but also in life. The purpose of the mock board is to give Airman some tools that can lead to a successful promotional interview and educate them on the importance of preparation. This technique will allow the Airman to get valuable feedback and coaching on their performance. The mock board interview is similar to working with a sports coach to learn how to improve your game. Both will enable you to learn where your strengths lie and where you may need work to improve.

To begin, once all the paperwork has been completed and your Airman has received their promotional study guide, it is time to schedule the mock board. Routinely, it is recommended to give the candidate a month to review the study material and to prepare their service uniform prior to the interview. On the interview day, the candidate is asked a series of questions within the promotional study guide. Once the candidate has completed all questions, the board should provide feedback to the Airman. The mock board



members will critique body language, overall image, as well as answer content. The entire feedback session should provide the candidate with an objective measure of their level of discussion performance.

Once the interview process is complete, the Chairman of the Board should brief the candidate in person, and their chain of command through email, on the results of the interview. The board should recommend if the Airman should either proceed to the Wing Board or to reschedule another mock board.

In conclusion, as leaders, our responsibility is to develop our Airman in the path of success. By instituting the mock board interview in your promotional process, an Airman's confidence will be increased not by being prepared for the known but rather the unknown. As Ralph Waldo Emerson, a mid-19th Century American poet, once said, "don't waste life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours and ages that will follow it".



## Odds & Ends

### **NJNG to celebrate Unity Day**

The New Jersey National Guard will host its 13th Annual Unity Day Celebration on Thursday June 16 from 11:30 a.m. to 3:30 p.m. at Joint Force Headquarters in Joint Base McGuire-Dix-Lakehurst.

Come celebrate the ethnic, cultural, and organizational diversity of the New Jersey National Guard through food sampling, music, entertainment, educational displays, and dessert contest and giveaways.

Fun activities and community service projects will include a Zumba class; fun walk/run; and a blood drive and bone marrow registration.

Registration for these activities will be required:

Zumba – on site registration from 7:30 a.m. to 8:30 a.m.

Fun walk/run – on site registration from 8:30 a.m. to 10 a.m.

Blood drive and bone marrow registration – at the rear of JFHQ building from 10 a.m. to 3 p.m.

The point of contact for the event is Army Maj. Barbara Brown-Wilson, state equal employment manager. Brown-Wilson can be contact via phone at 609-562-0856 or via E-mail at [Barbara.g.brown@us.army.mil](mailto:Barbara.g.brown@us.army.mil).

The Joint Force Headquarters building is located at 3650 Saylors Pond Road in JB MDL.

### **Monmouth Park to host Armed Forces Day**

To honor and salute past and present veterans and military service members, the Monmouth Park Race Club will host their first ever “Armed Forces Day” on Saturday June 4 at the Monmouth Park Racetrack in Oceanport, N.J.

The general public and all members of the military are encouraged to attend the special day, which will be filled with spectacular exhibits, music, a fly over, and exhilarating Thoroughbred horse racing.

The scheduled events will consist of a Blackhawk landing at approximately 10:30 a.m. with tours of the helicopter; a military fly over; honor guards from the Army, Navy, and Coast Guards; displays from the Army, Navy, and Marines; antique and military vehicles; and live music from several local bands.

The “Armed Forces Day” event is free to all veterans and military service members with a valid military ID. In addition, general parking will also be free to all veterans and military service members.

A \$3 general public admission will apply for grandstand and \$5 for clubhouse admission. Children under the age of 12 will be admitted free.

The event will run from 10:30 a.m. until the end of the last race for the day.

The Monmouth Park Racetrack is located at 175 Oceanport Avenue in Oceanport, N.J.

For details of this event, information about sponsors, parking, and other general questions please visit [www.monmouthparkraceclub.com](http://www.monmouthparkraceclub.com) or [www.mprc.us](http://www.mprc.us) or [www.monmouthpark.com](http://www.monmouthpark.com), or you may also contact Paul M. Travers, president of MPRC, at 732-213-8421 or via E-mail at [paulmtravers@gmail.com](mailto:paulmtravers@gmail.com).

### ***Annual 5K race to benefit Soldier's family***

Looking to improve your running stamina and also helping a family in need?

Well, the 7th Annual 2011 SGT Nutter Run will be held on Sunday May 15 at the National Guard Training Center, Sea Girt, N.J., at 10:30 a.m.

Sgt. Sam Nutter (1/28/66-1/2/2005) was a member of the New Jersey Army National Guard and had also served in the U.S Navy. Each year the NJ ARNG Officer Candidate School holds a benefit 5K run in his memory and 100 percent of the proceeds raised are donated to a New Jersey National Guard family in need.

This year's proceeds will go to the family of Sgt. Michael Supple, a current NJ ARNG member whose wife was diagnosed with Lupus.

Registration is currently open at the organization's Web site: <http://www.nutterrun.org/registration.html> or you can register on the day of the event beginning at 8:30 a.m.

The SGT Sam Nutter Organization is a registered non-profit organization which exists solely to benefit the lives of National Guard families in need.

### ***DMAVA to host Memorial Day event***

You and your families are invited to attend the Department of Military and Veterans Affairs annual Memorial Day commemoration on Saturday, May 28 at the Brigadier General William C. Doyle Veterans Memorial Cemetery in Wrightstown, N.J.

Ceremonies will begin at 10:30 a.m. with a parade of color guards from various veteran organizations led by the Cemetery's Joint Honor Guard. A Memorial Day service will follow at 11:00 a.m.

The cemetery is located at 350 Province Line Road in Wrightstown.

### **Senator, veterans' office to host Veterans Information Day**

The office of U.S. Sen. Robert Menendez and the Camden County Office of Veterans Affairs is hosting an event on May 18 at Camden County Boathouse from 4:30 p.m. – 7:30 p.m., to assist past and present veterans.

The event, Veterans Information Day, will have representatives from Philadelphia VA Medical Center; the Philadelphia VA Regional Office; Camden County Office of Veterans Affairs; New Jersey Department of Military and Veterans Affairs; Camden County College and more.

The intent of this event is to assist veterans with enrolling in any state run veteran programs that are available to them and to find out about any state benefits to which they are entitled.

The Camden County Boathouse is located at 7050 North Park Drive, Pennsauken, N.J.

For more information/questions about this event or to RSVP, please email Richard Locklear at [Richard\\_Locklear@menendez.senate.gov](mailto:Richard_Locklear@menendez.senate.gov) or contact him at 856-757-5353.