

# RABBIT TALES



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All photographs are Air Force photographs unless otherwise indicated.

## This UTA in History

August 4, 1914 – As World War I erupts in Europe, President Woodrow Wilson formally proclaims the neutrality of the United States, a position that a vast majority of Americans favored, on August 4, 1914.

Wilson’s initial hope that America could be “impartial in thought as well as in action” was soon compromised by Germany’s attempted quarantine of the British Isles. Britain was one of America’s closest trading partners, and tension arose between the United States and Germany when several U.S. ships traveling to Britain were damaged or sunk by German mines.

August 5, 1976 – On this day in 1976, the National Basketball Association (NBA) merges with its rival, the American Basketball Association (ABA), and takes on the ABA’s four most successful franchises: the Denver Nuggets, the Indiana Pacers, the New York (later New Jersey) Nets and the San Antonio Spurs.

Founded in 1967 to fill the basketball void in areas not served by the 10-city NBA, the ABA selected former NBA star George Mikan as its first commissioner. He helped institute a more entertaining, high-scoring brand of basketball than that seen in the NBA, as well as an eye-catching red, white and blue ball, the three-point shot and an emphasis on marketing players with colorful nicknames like Julius “Dr. J” Erving and George “The Iceman” Gervin. Despite these popular innovations, the ABA was plagued by a series of bad business decisions, among them a failure to copyright the red, white and blue ball, which went on to sell wildly in the 1970s.

## Caption This!

Caption This! Is a new contest within the 513th ACG that will be featured every month. All submissions will be reviewed and the top three will be featured in the next issue along side the current photo.

To submit a caption, Email SSgt Misty Ackiss (misty.ackiss@tinker.af.mil).

## Upcoming Events

- Monday Nights – 1700 – Monday Night Volleyball
- Thursday Nights – 1700 – Intramural softball
- Friday – 24 Aug – Force Support Services “Land Run”

### Tinker Club Schedule:

- Tuesdays, Thursdays and Fridays – Lunch buffet.
- Wed – 01 Aug – Mongolian BBQ for lunch.
- Fri – 03 Aug – Bingo (win up to \$500) at 1800.
- Wed – 08 Aug – All you can eat steak luncheon.
- Fri – 10 Aug – Bingo – 1800.
- Wed – 15 Aug – Pasta Bar luncheon.
- Fri – 17 Aug – Bingo – 1800.
- Sun – 19 Aug – Champagne Seafood Brunch – 1030-1300.
- Wed – 22 Aug – Mexican Food buffet lunch.
- Fri – 24 Aug – Bingo – 1800.
- Wed – 29 Aug – All you can eat steak luncheon.
- Fri – 31 Aug – Bingo – 1800.



Airmen Memorial Museum (Courtesy Photo)

## In The Spotlight



**Technical Sergeant Charlie Floyd**

**Unit:** 970th Airborne Air Control Squadron

**Job title:** Communications Technician

**Hometown:** Jersey City, New Jersey

**Place I'd like to visit:** I would like to drive from coast to coast, and visit Madagascar and Australia.

**Favorite part of my job:** Providing mission support.

**Biggest pet peeve:** Liars

**Little known fact about me:** I have been boxing for 7 years.

**Favorite memory from your time in the 513th:** When the squadron allowed me to try out for the Air Force boxing team.

**If I had a superhero ability, it would be:** Reading people's minds.



**Technical Sergeant Greg McAboy**

**Unit:** 513th Aircraft Maintenance Squadron

**Job title:** Repair and Reclamation Shop Technician

**Hometown:** Kingston, Oklahoma

**Place I'd like to visit:** Ireland and France.

**Favorite part of my job:** The reward of being able to maintain a \$300 million airplane and keep it flying.

**Little known fact about me:** I have a degree in Kinesiology.

**Biggest pet peeve:** Being late.

**Favorite memory from your time in the 513th:** The day we returned home from the desert.

**If I had a superhero ability, it would be:** To hulk smash.

*To suggest someone to be featured in the next issue, email [513acg.publicaffairs@tinker.af.mil](mailto:513acg.publicaffairs@tinker.af.mil).*

## 4 Reasons to Kick Your Diet Soda Habit

Chances are, you already know that diet soda is too good to be true. With that sweet taste and zero calories, something's gotta give. And chances are, it's your waistline and your health. In fact, study after study shows that diet soda is likely failing you in its pounds-free promise and putting your health at risk at the same time. Researchers have linked drinking diet soda with:

**1** **Weight Gain:** Diet soda drinking correlates with both increased waist circumference and a heightened body mass index. What's up? One possible explanation is that diet soda disrupts our ability to feel full. Scientists have found that, at least in rats, having something artificially sweetened before a meal leads to greater food consumption at chow time. In general, sweet tasting foods and drinks appear to increase our appetite.

**2** **Higher Sugar Consumption:** "The intense sweetness of these products primes the brain to want more of the regular sweeteners," says Lora Sporny, adjunct associate professor of nutrition and education at Columbia University Teachers College. Artificially sweetened drinks activate our sweetness response, but don't completely satisfy it, leaving us craving more of the real thing. This can drive us to eat more sugary foods than we would normally.

**3** **Kidney Problems:** Dr. Julie Lin, a kidney specialist at Brigham and Women's Hospital in Boston, studied the soda habits and kidney health of more than 3,000 women for 11 years. "What we observed," Lin said, "was an association between drinking two or more servings of diet soda per day and faster kidney function decline." In fact, the kidneys of diet soda drinkers declined at three times the rate typical of aging. You don't want to mess with your kidneys, noted Lin. "They're really one of the most important organs for keeping our whole body in balance in terms of processing the waste that

**"For most people," says Sporny, "the weight of water isn't great enough to make it appealing to them."**



the body generates just from our daily food intake," she said. Even just moderate kidney decline goes hand-in-hand with an increased risk for cardiovascular disease.

**Increased Diabetes Risk:** "If you're a consumer of diet soda, you have a higher risk of developing metabolic syndrome than a non-consumer," says Dr. Lyn Steffen, a professor in the division of epidemiology and community health at the University of Minnesota. Here's why that's bad news: Metabolic syndrome

involves a deadly combination of abdominal obesity, elevated blood pressure, low HDL cholesterol, high triglycerides (fatty acid derivatives linked to heart disease and stroke) and elevated glucose (high blood sugar)—all of which increases the risk of diabetes, coronary heart disease and stroke. Steffen studied thousands of people over 9 years.

At the end of the study, she looked at the study subjects' diets and whether they had developed metabolic syndrome. She found that the greatest predictors of someone getting the syndrome were those who consumed meat-heavy diets, fried foods and diet soda. Other researchers have linked diet soda drinkers with a 67 percent greater risk of developing full-fledged type 2 diabetes.

**Stroke:** A January 2012 study in the Journal of General Internal Medicine found that people who guzzle diet soda daily have a 43 percent higher risk of vascular events—such as stroke and heart attack—than people who don't drink diet soft drinks. However, light diet soda drinkers—those who sipped diet soft drinks somewhere between once a month and six a week—were not more likely to suffer vascular events. So what can you do if you're truly hooked on diet soda? While drinking water is the best way to quench your thirst, the truth is, that doesn't always make for the most appetizing replacement. "For most people," says Sporny, "the weight of water isn't great enough to make it appealing to them. When fluid becomes a bit heavier, it's more palatable." That's why both Sporny and Lin recommend seltzer water as your swap of choice. Carbonation is a naturally calorie-free way of putting some extra oomph in your glass. If you still want some sweetness to your drink, mix a bit of fruit juice with your seltzer and sip away.

## Where Are They Now?

*CMSgt Joseph L. DiTommaso (Ret.) was the first 513th Aircraft Maintenance Superintendent. He served from August 1996 to March 2011.*

Wow, how time flies! It has been 17 months since I retired and I keep wondering where the time has gone. I remember waking up the day after my retirement, at about the same time I usually did, and instead of heading to work, I went to my shop and began doing all the honey do's. The tasks didn't take too long to complete. So, my wife and I decided to do a little traveling, but to our surprise the gas prices were rising, forcing us to cut our traveling short. In addition, my son and daughter were struggling a little financially so I was trying to help them, all the while I had yet to receive a full retirement check (took about six months). So, I began digging into my savings, and yes, that didn't last long either. I said to myself, "I'm not ready to retire and besides I'm too young," so I began looking for a job. It didn't take long before I was hired by Leader Communication Inc. (LCI), a contractor on base. Today, I'm an Equipment Specialist with the KC-135 Program Office. I plan on doing this until I start receiving my military retirement pay and can hopefully really enjoy retirement. We just had our first grandchild and we hope to spend a lot of time with him and eventually buy an RV to tour the countryside.

It was great to read Col. Suggs article last month. It was he that asked me to come to Tinker to start the first Associate unit in ACC. I had just moved to McGuire AFB 2 years before after BRAC decided to move the KC-10 and start up an Associate unit there. So, after convincing my family to move from the south to the north, we were off again to the south to begin a new chapter in our lives. It was very exciting to start a new unit from scratch and to meet



new people.

Forming a new unit had its challenges, but mine weren't as bad as those that Col. Suggs had to face. It was people like Lt. Col. Rod Lane, Chief Mike Riley, Lynda Witty, our flight chiefs and mostly the men and women of the 513 MXS/AMXS that made the unit what it is today, a success! Maintenance is Maintenance, but I believe 50 percent of the job is all about personalities. Once you get over that



hurdle, then building relationships with your counterparts is the next step. Some of the biggest challenges, I believe, was to continually educate the active duty on the civil service ways of doing business. Seems like there was so much turnover on the active duty side that we would always have to re-educate them. As we hired more and more Air Reserve Technicians (ARTs) the job of educating became a lot easier.

Another challenge was our reserve weekends. At the beginning we would have our reservists come in and the active duty side would not allow us to do anything. I remember Chief Riley asking for the keys to unlock the maintenance shops so we could do some work. Luckily, there were no keys to the flight line. Anyway, that didn't last long because of people like Chief Ernie Bellard, 552nd Maintenance Group Chief, who believed in us and trusted us enough to give us full reign of the complex. He realized our people had an abundance of knowledge and could be an asset to them on weekends. As the years went on, we worked together as a team and the events that we struggled with in the past became a lot easier. I believe the success of the 513th is because of all the men and women and their professionalism and enthusiasm they exhibit every day to make the mission and serve their country.

Some of the best memories I have were the TDYs and deployments I have been on. No matter who I was with, the reserves, active duty or both, I never had a bad TDY

## Maintenance is Maintenance, but I believe 50 percent of the job is all about personalities.

or deployment. We were only in existence for a short time when we took our first 30-day trip to Geilenkirchen (GK). I can say it was one of the best TDYs I have ever been on and the people that went were outstanding. Again, it's the people that make the trip and the mission worthwhile. To this day, when I hear the 513th is going TDY I get jealous, wishing I was still part of that. I really miss the traveling portion of my job and seeing the world.

I have no regrets for the past 34 years and thank God for every one of them. I have been so blessed to have met so many outstanding individuals who have helped me along in my career. I will always be thankful for the friendships and the memories I've made over the years. I want to personally thank all the maintainers who do a great job every day to support the mission and kept me out of trouble. To all the Commanders I have served with, thank you for your support and for having the faith in me to help make the 513th the best Associate Unit in ACC.



## Last Minute

**A New Approach to Reserve Compensation:** Can the U.S. military maintain the size of its reserve forces and cut costs? It can, according to a new study by RAND corporation, a non-profit research and analysis institution.

Every four years, federal law calls on the Defense Secretary to assess military compensation. The 11th quadrennial review, released in June, proposes compensating Reserve Component members like their Active Duty counterparts, including regular military compensation based on days of reserve service, regardless of duty status, according to RAND.

"Using this new approach, the service branches also can use various incentive pay categories to improve retention in jobs with particular skill sets or high-demand categories," said Michael Mattock, the study's lead author.

RAND's verdict: "We conclude that the approach is not only cost-effective but also fairer vis-à-vis the compensation for Active Duty members, and it improves the transparency and simplicity of the overall military compensation system," reads the study's summary. The study is dated June 28.

## Safety Tip

**WATER. REST. SHADE.**  
*The work can't get done without them.*

Heat illness can be deadly. Every year, thousands of workers become sick from exposure to heat, and some even die. These illnesses and deaths are preventable.

Who is affected? Workers exposed to hot and humid conditions are at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions.

What is heat illness? The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.