



GULF DEFENDER



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Tyndall Air Force Base, Fla. *Gulf Defender*

April 5, 2002

In brief

Daylight Savings Time



Times are changing

Everyone is reminded to turn their clocks forward at 2 a.m. Sunday in observance of Daylight Savings Time.

Vehicle parking

All vehicles in the Tyndall Military housing area will be parked in authorized spaces – carports, garages or paved parking areas. On-street parking is permitted only on the side of the street opposite the fire hydrants, with four exceptions. On Eagle Drive between Beacon Beach Road and Phantom Street, parking will be on the side with even house numbers; on Dart Avenue parking will be on the odd side; on Falcon Street the even side; and where parking spaces are designated. Motor homes, camping trailers, campers, boats and boat trailers will be parked in the Recreational Vehicle Storage Area when not in use.

Inside



● Senior master sergeant list ... **Page 4**

● Life support ensures flying safety ... **Pages 8, 9**

● Muscle Beach 2002 results ... **Page 13**



Tech. Sgt. Dan Neely

Attention to detail

Senior Airman Matt Kurpaski, a 95th Fighter Squadron Life Support specialist, tacks a D-ring on a pilot's G-suit harness. For more about the mission of Tyndall's life support members, see pages 8-9.

Fightin' Furies take first in Turkey Shoot

MASTER SGT. ROB FULLER
325th Fighter Wing public affairs

It's neither a Thanksgiving celebration, nor a hunt for that fine-feathered friend known as a gobbler. It's a wing competition pitting three fighter squadrons against each other for six month's worth of bragging rights – this time, it's the Fightin' Furies in the 1st Fighter Squadron.

Units in the 325th Operations Group recently held the semi-annual Turkey Shoot competition that entails instructor pilots flying missions against adversary aircraft. The adversary aircraft during this particular Turkey Shoot were FA-

18s with VMFA-321, a Marine Reserve unit from Andrews Air Force Base, Va., here supporting the F-15 basic course syllabus.

The Turkey Shoot not only offers the units an opportunity to enjoy competition, it also tests the pilot's employment capabilities.

"This Turkey Shoot was four-ship defensive counter-air for the flying competition," said Capt. Nick Kavouras, 325th Operations Support Squadron Turkey Shoot 02-01 project officer. "We also had two simulator competitions; four-ship offensive counterair and four-ship defensive counterair."

Not every aspect of the compe-

tion happens in the air, there's a lot of activity on the ground too. "The 325th Air Control Squadron instructors control the air during live missions and compete for top scope and top technician awards," said Captain Kavouras. "Other people involved are each squadron's maintenance division. Maintainers compete for top weapons load crew and top launch crew."

"A Turkey shoot is a morale and esprit de corp builder among maintainers," said Staff Sgt. Craig Grogan, 325th Operations Group tactical aircraft maintenance specialist quality assurance evaluator. "It's a commendable accomplish-

ment to see the crews change gears from the daily ops tempo to a competition and have jets ready in minimal time to be picked over with a fine-toothed comb."

This Turkey Shoot introduced a new area of competition – intelligence. According to Captain Kavouras, the wing intelligence office evaluated each fighter squadron intel shop's ability to brief pilots prior to missions.

When it was all said and done the 1st FS gets its name on a trophy displayed in the officer's club for bragging rights. Tom Turkey will sport a scarf from the 2nd Fighter Squadron.

Look home before we get busy

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander



Wow! What a busy few months we've had here at Tyndall! Gulf Coast Salute 2002 air show and open house, the *American Fighter*

Pilot premiere – great things for us and the Air Force! I know I don't have to point out that all these fantastic products come from your dedication and tireless effort.

Many of you have been running at break-neck speed for as far back as you can remember. I deeply appreciate your hard work. So does the rest of the Air Force. Now that things are beginning to cool down a little (well, maybe not the weather), be sure to take a little time to relax. There's definitely no shortage of busy around here and it is important to find time to take a break. Don't forget to thank the folks behind the scenes – the family. They are a vital part of Team Tyndall.

This week I received great news that **Tech. Sgt. Dan Neely**, 325th Fighter Wing public affairs, won first place in the



“Many of you have been running at break-neck speed for as far back as you can remember. I deeply appreciate your hard work. So does the rest of the Air Force.”

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander

Air Force Media Contest feature-writing category for the article he wrote on Maj. John Thayer and his daughter, Rachel, and the letter she wrote to the president volunteering her dad's service following the Sept. 11 attacks. If you didn't get a chance to read this article when it ran back in November, then make sure and get over to www.afnews.af.mil/internal/mediacontest/2001contest/index.htm and check it out. Congratulations Dan! You were able to take a very special moment for one family and made it something an entire wing was proud to read! Also in the Air Force public affairs awards, Tyndall

brought home the hardware for best commander's support to the public affairs mission! This is truly an honor and recognition of the great support all our commanders provide. Without a collective team effort, so many wing projects – be it AFP, an open house, media days, or a presidential and governor's visit, to name a few – could not happen. Let me say that it's truly an honor to work with such a great group of dedicated, professional commanders who care about the mission as much as they do their people.

It's also just about time to spring the

● **SEE FAMILY PAGE 5**

Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

BRIG. GEN. WILLIAM F. HODGKINS

325th Fighter Wing commander

Airman recalls 'how and why' of auto accident

According to wing safety officials, this is an example of what can happen when you overextend yourself driving and fall asleep at the wheel. Airman Thomas is a very lucky airman to be able to tell his story after experiencing an accident such as this one.

AIRMAN 1ST CLASS ANDRE THOMAS

325th Maintenance Squadron

The evening of Jan. 21, 2002, was an unbelievable experience for me, and it will be a night I'll never forget. At approximately 11:30 p.m. eastern time I was involved in a near-fatal car accident. If it had not been for the Lord on my side, I surely would not be here today. I planned to drive from Panama City to Jacksonville,

Fla., on the night prior. However, with my bags unpacked I figured if I woke up early enough the following day, I should be on the highway by 6:30 a.m. The next day came and I was on the road and arrived in Jacksonville ahead of schedule. As my day was quickly winding down without any sleep and barely a bite to eat, I made a rash decision to jump back on the highway around 9:25 p.m. On Interstate 10, 45 minutes into my drive, I began to feel extremely tired. I was getting closer to Tallahassee, and very eager, because I knew once I reached the city I was going to stop and gas up my vehicle. Before I got there I needed some rest so I pulled into a hotel parking lot and slept for nearly 30 minutes. Still tired, I imme-

diately got back on the highway, because I was more than determined to make it back to the Panama City area that night. A few minutes later, all that changed and my life instantly flashed before my eyes.

There I was only 50 miles from Tallahassee and I dozed off at the wheel of my 2001 Ford Ranger. I veered off onto the left median and suddenly awoke. I tried to regain control of my vehicle, but I overcorrected. I hit the brakes, lost control and skidded into some trees. I recall heading into those dark woods and looking up into the stars and just calling on the name of Jesus, who saw my whole situation, but still showed mercy and kept me safe. The impact happened so fast I couldn't tell if my airbag deployed, but luckily I was

wearing my seat belt. Conscious and sensing a weird smell, my reaction was to get out of the vehicle as soon as possible, because I didn't know how much time I had before the truck ignited.

I first attempted to get out through the driver-side door, but realized that it was stuck or pressed up against something. Then I attempted to exit through the rear-sliding window, but realized that if I squeezed any harder I was going to be stuck. Finally, I escaped through the passenger-side door. Dizzy and staggering, I looked back at my truck and saw tires spinning. "I asked myself, did this just happen to me, but how?" Thankfully, a truck driver pulled over and came to my aid.

● **SEE ACCIDENT PAGE 5**

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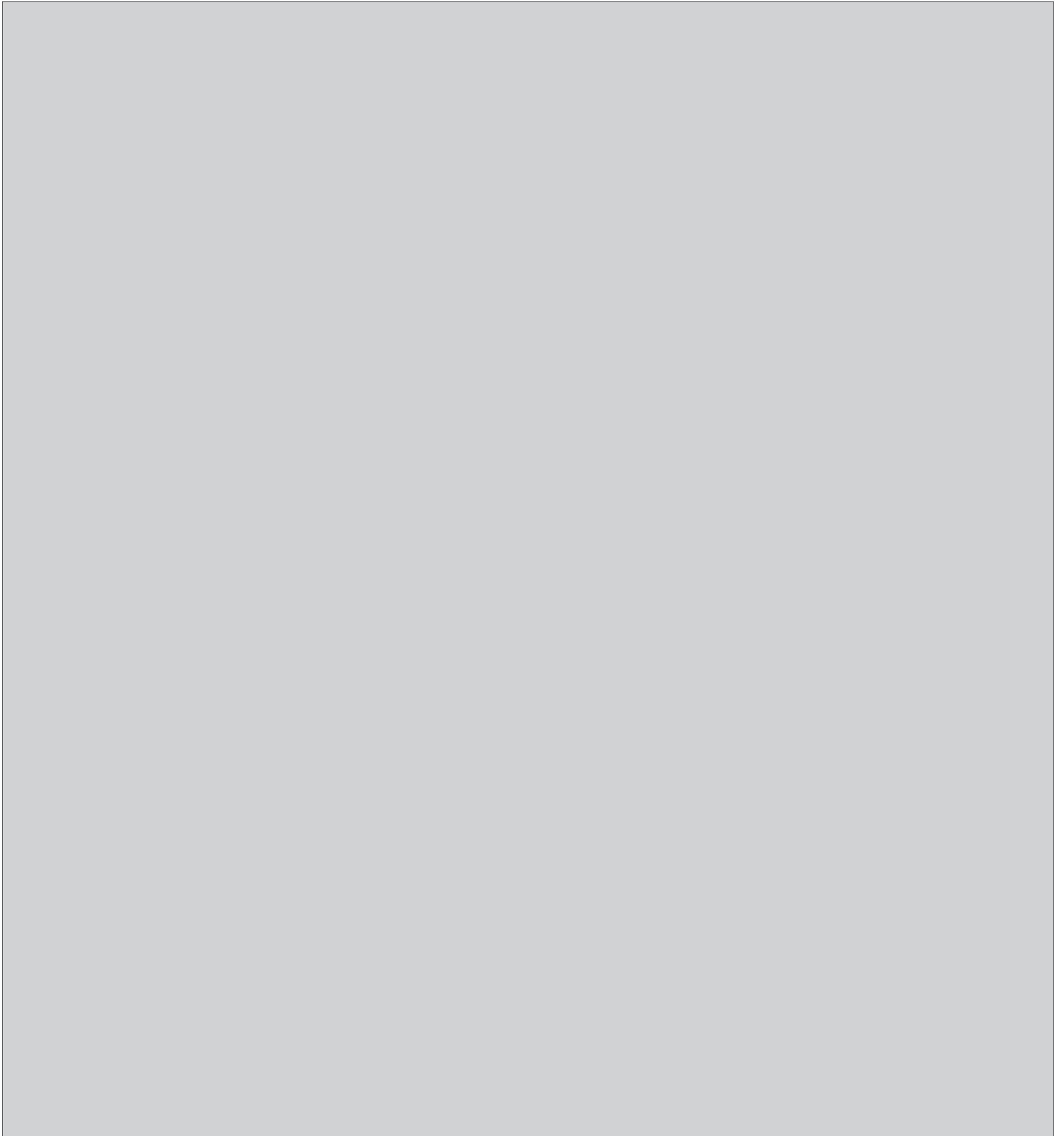
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Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

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/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



E-8 promotion rate highest since 1987

COURTESY OF AIR FORCE PERSONNEL CENTER NEWS SERVICE

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Officials at the Air Force Personnel Center here have announced a 10.09 percent selection rate to senior master sergeant for the 2002 E-8 promotion cycle — the highest seen since 1987 and an increase from last year's promotion rate of 8.36 percent.

The Air Force selected 1,544 of 15,307 eligible master sergeants for promotion. The average selectee has 5.11 years time in grade and 19.73 years time in service.

“Over the past few years, senior master sergeant promotion rates represent a significant improvement when compared to percentages in the early to mid-1990s,” officials said.

In 1993 and 1994, selection rates to senior master sergeant were 5.7 and 4.62 percent, respectively.

Officials said promotion rates are projected to remain fairly consistent through 2003 for all grades as the Air Force reaches its goal of increasing the top five enlisted grade mix to 56 percent of the enlisted force.

The Air Force's current promotion plan drives E-5 through E-9 promotion rates upward to fill projected vacancies while increasing the top five grade mix; however, rates for 2004 and beyond show a gradual decline, but remain above promotion opportunities realized throughout the majority of the 1990s.

The 2002 E-8 Senior Master Sergeant Evaluation Board convened Jan. 23 to Feb. 8 to evaluate individual records of senior master sergeants eligible for promotion.

The average total score of selectees during the cycle was 674.79 points.

Average selectee score breakdowns are:

- 36.44 points for time in grade;
- 20.75 points for time in service;
- 134.99 points for performance reports;
- 19.77 points for decorations;
- 68.91 points for the U.S. Air Force Supervisory Examination; and
- 393.93 points for evaluation board score.

Those selected will be promoted to senior master ser-

geant beginning in April.

Those promoted to senior master sergeant automatically receive a school quota for the Senior Noncommissioned Officer Academy, officials said. Of those not selected, 360 primaries are scheduled to attend the SNCOA and an additional 720 alternates are selected as backup in the event primaries cannot attend.

Team Tyndall selects

Team Tyndall had 194 members eligible for promotion to senior master sergeant. Out of those, 21 were selected for a Tyndall average of 10.82 percent, beating the Air Force average of 10.09 percent.

Larry J. Aderholdt, 2nd Fighter Squadron

Bruce W. Ash, 325th Operations Group

Dennis W. Carson, Air Force Engineer and Services Forces

Roxann M. Columbus, 325th Mission Support Squadron

David R. Dick Jr., Det. 2 66th Training Squadron, Naval Air Station Pensacola, Fla.

Russell L. Duffey, inbound

Michael Farley, 325th Fighter Wing

Michael D. Feeny, 325th MSS

Cecil R. Fuller, 325th FW

Jeff L. Gray, 83rd Fighter Weapons Squadron

Glen P. Heacock, 325th Comptroller Squadron

Douglas R. Mahoney, 325th OG

Susan M. McBride, 325th Air Control Squadron

Joseph W. Ohl, 325th Maintenance Squadron

Jose E. Perez, 95th Fighter Squadron

Robert B. Siperko, 85th Test and Evaluation Squadron

Brenda L. Soel, 325th MXS

Scott E. Sutherland, 2nd FS

Harry L. Taylor Jr., 325th MSS

Victor Wherry, inbound

Thinking of getting out?

THINK AGAIN!

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

●FROM ACCIDENT PAGE 2

About 10 minutes later, my truck started smoking and caught fire. For the rest of my life, I'll be extremely grateful I survived the accident with only a slight contusion and minor cuts, and was not seriously injured or knocked unconscious; if I had been, I probably wouldn't be here writing this testimony.

If anyone is planning a road trip whether

it be brief or extensive, please plan ahead and accordingly, with plenty of rest before and after.

Always carry a few extra dollars in your pocket for emergency purposes or for a quick stop to eat and drink to keep those eyes open on the road. Once you've reached your destination it's important to put some food into your system and get some rest. And remember, buckle up!



Courtesy photo

Airman First Class Andre Thomas, 325th Maintenance Squadron, amazingly walked away from an accident in this vehicle after falling asleep at the wheel.

●FROM FAMILY PAGE 2

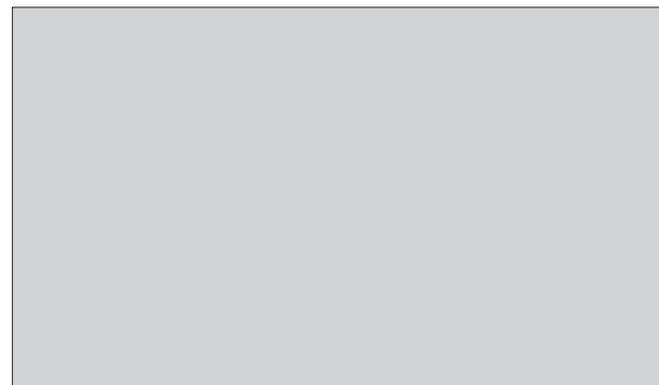
clocks ahead. That's right, at 2 a.m. Sunday we'll jump the clocks an hour forward. The time change means more hours of sunlight and that translates into more time to spend outdoors with the family, fishing, boating, playing water sports or just having a bit of fun in the sun. Of course, while we enjoy living in a great beach community and take advantage of the extra sunlight, keep safety in mind. No doubt with the extra hour and the fact the weather is warming up, there will be more folks out and about. Don't become a statistic – stay safe in the water and in the sun.

The month of April plays host to a couple of great causes – it's National Child Abuse Prevention Month and it's the Month of the Military Child. I've authorized for uniformed folks to be able to wear a blue ribbon to show their support in combating child abuse. Keep an eye out for blue ribbons as part of NCAPM. Child abuse is a complex, real problem affecting a number of people in society. It's not

just something that happens on television or to 'people we'd never associate with.' This month is a great opportunity to increase your awareness of the signs associated with abuse and to help eliminate it. You never know... you might find yourself in a situation where you can help stop abuse.

April also marks the Month of the Military Child. We take great pride in setting aside this month to recognize the contributions and personal sacrifices our children make to the Air Force. The looks they give us when we come home from work should remind us how special they are. However, sometimes work and other commitments take time away from family. Therefore, use this month to spend some quality time with your children or if you don't have children, volunteer in a capacity that will make a positive difference in a child's life.

Once again, thanks for all your hard work over the last couple of months! Have a great week!



AETC bases grow with 2003 force structure changes

COURTESY AIR EDUCATION AND TRAINING
COMMAND NEWS SERVICE

RANDOLPH AIR FORCE BASE, Texas — Air Education and Training Command will grow by 453 duty positions as a result of Fiscal 2003 force structure changes announced by the Air Force March 22.

The significant gains in AETC reflect most of the overall net growth Air Force wide of 470 positions: 299 military authorizations, 142 civilian authorizations and 29 drill authorizations.

“These changes are going to enable us to provide the trained people needed for a ready and capable Air Force,” said Gen. Don Cook, AETC commander. “In today’s world of limited national resources we must strive for efficiencies.”

Three flying training bases in AETC received the command’s increases: Luke Air Force Base, Ariz., home of F-16

pilot training, Little Rock AFB, Ark., site of the command’s C-130 aircrew training, and Tyndall AFB, Fla., current home of F-15 training and future home of F-22 training.

The 56th Fighter Wing at Luke gains 151 military positions due to increased aircraft maintenance workload, according to the Air Force announcement. The 56th Support Group gains one military position to stand up a First Term Airman Center and the 56th Component Repair Squadron will lose 12 military positions as a result of decreased workload for a total impact of an increase of 140 military authorizations.

The 314th Airlift Wing at Little Rock gains 77 military authorizations due to increased aircraft maintenance workload and one military authorization to stand up a First Term Airman Center. Detachment 3, Air Mobility Command Air Operations Squadron, will

gain two military positions for the C-130J simulator test transition from Keesler AFB, Miss. The 463rd Airlift Control Squadron will lose 42 military positions due to the Air Mobility Operations Group consolidation of command and control. The 463rd Operations Support Squadron will lose one military position for the Command and Control Information Processing System conversion to Global Decision Support System II. Total impact at Little Rock is an increase of 37 military authorizations.

The 325th Fighter Wing at Tyndall gains 181 military authorizations due to the stand up of the F-22 Replacement Training Unit, 93 military authorizations for an increase in aircraft maintenance workload and one military authorization to stand up a First Term Airman Center. Other minor actions result in an increase of one military authori-

zation. Total impact is an increase of 276 military authorizations.

The F-22, which is scheduled to arrive at Tyndall in Spring of 2003, will generate about \$8.9 million in Bay County revenue.

The announcement specifies the force structure changes experienced by the Total Force made up of active duty, Guard and Reserve, officials said. Prior to making any decisions concerning a major movement of forces, the Air Force will fully comply with the spirit and requirements of the National Environmental Policy Act.

In reference to manpower authorizations, “military” equates to a full-time active duty, Air Force Reserve Command or Air National Guard authorization. “Drill” indicates part-time Reserve or Guard authorizations. “Civilian” refers to federal civil service, Reserve technician or Guard technician authorizations.

Teamwork essential ingredient in explosive safety

ROCKY JOHNSON

325th Weapons Safety Manager

Few people probably realize it, but explosive ordnance safety is everyone’s business at Tyndall Air Force Base.

All boaters should know that the signs around the explosive ordnance disposal range is to detour them from that area. A red flag flying anywhere on base is a warning to keep people out of that area. A good rule of thumb for boaters is that if they can see red flags flying at the EOD range, they are too close.

During disposal operations, explosives can often be

expelled far from the point of detonation.

As time goes by, an explosive may not be exposed on the ground.

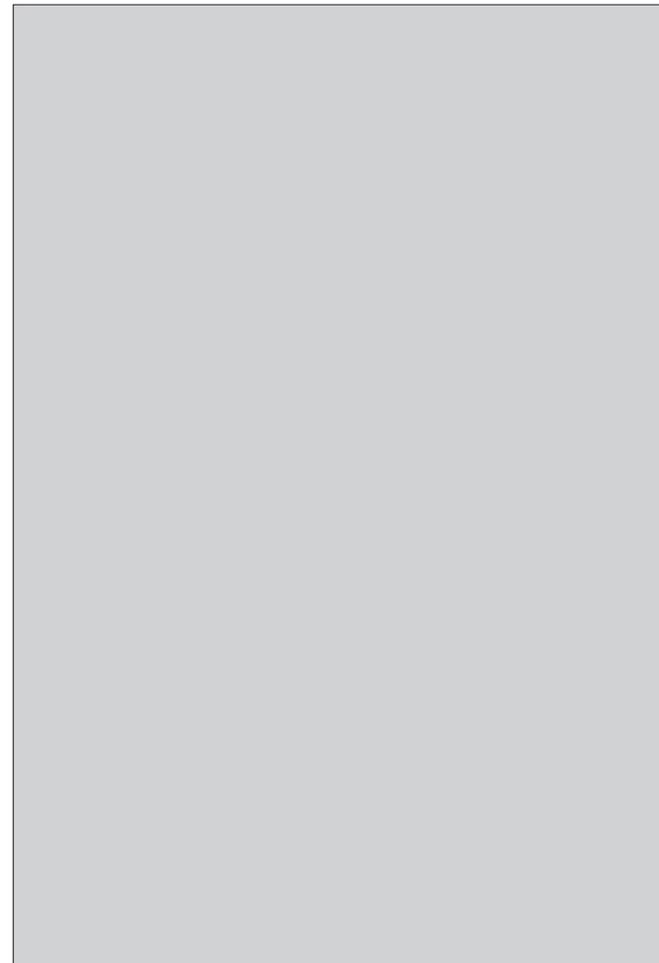
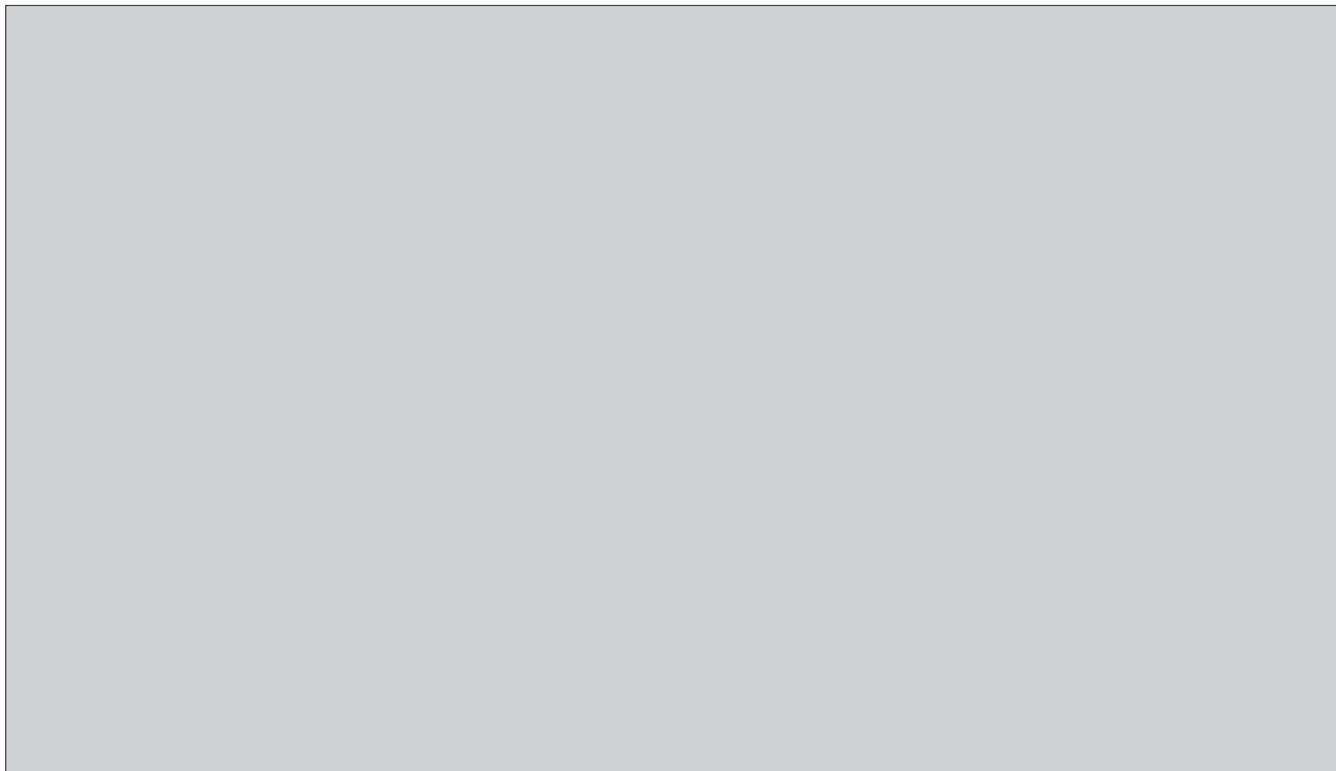
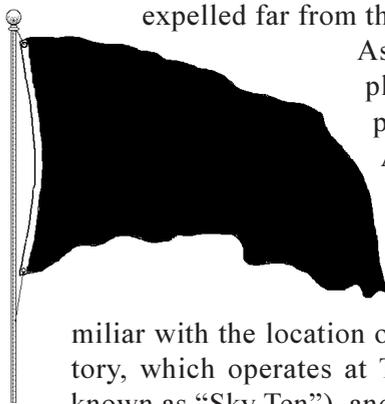
Anyone accidentally stepping on it definitely risks serious injury or death. It’s

important to be familiar with the location of the research laboratory, which operates at Test Range II, (better known as “Sky Ten”), and where the mock run-

way at Silverflag is located.

Never try to acquire explosive items as souvenirs. Stealing government explosives is a serious offense and can obviously cause serious harm to the collector and other people. Call the command post to dispatch

●SEE EXPLOSIVE PAGE 11



Nutrition, dental health go hand in hand to prevent unsightly cavities

COURTESY 325TH MEDICAL GROUP

We've all been told to limit the amount of sweets we eat to reduce the risk of that dreaded "C" word, cavity. However, there are many other factors involved in helping to stay cavity free.

Nutrition is an essential component of oral health. In fact, diet and nutrition have a direct influence on the progression of tooth decay, a **preventable** oral infectious disease. There are four factors to consider in determining whether foods are likely to cause decay. These include:

Type of food. Bacteria in the mouth feed on carbohydrates. Foods high in sucrose, a simple sugar, such as candy, desserts and even fruit can promote tooth decay. What most people don't realize is that other foods that aren't sweet contain carbohydrates that can contribute to decay such as bread, crackers, potato chips or pasta. These foods contain complex carbohydrates that, when broken down, become simple sugars. It is important to read food labels and be aware of which food items con-

tain sugars or starches.

Texture of food. Retention in the mouth is the biggest indicator of cariogenicity (a food's decay-promoting potential) according to Dr. Shelby Kashket of the Forsyth Dental Center in Boston. The longer teeth are exposed to food, the higher the risk of developing a cavity. Stay away from sticky foods such as jellybeans or gumdrops. If foods like these are eaten, try to brush your teeth immediately so that sugars aren't allowed to remain on the teeth.

Frequency of eating. The more often you eat foods high in simple sugars, the more likely you are to develop cavities. An example would be sipping on a soft drink for an extended time. Each time you take a sip of soda, sugar washes over your teeth and your mouth attempts to break it down, hence an acid attack that can last for up to 20 minutes! Imagine the effect sipping several sodas every day can have on your teeth! Try to limit the number of sugary sodas you drink or try diet sodas. If you

●SEE DENTAL PAGE 15

Caption contest

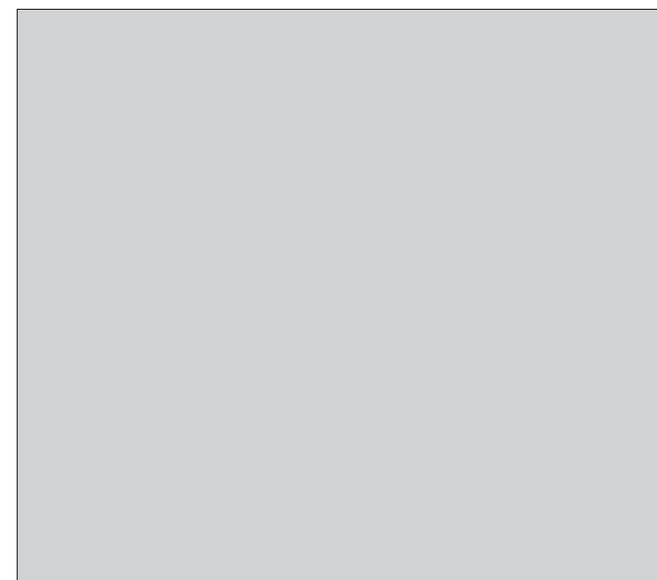
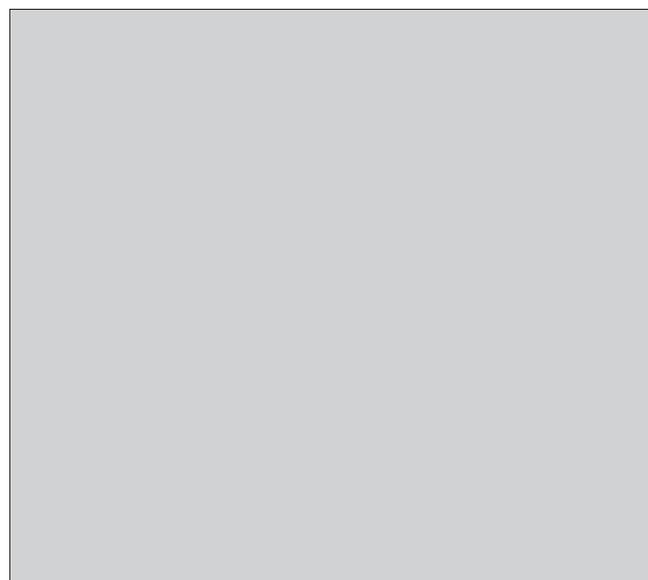


Submit an entry for this month's Safety Caption Contest and win a free lunch from the 325th Services Squadron! Send your caption to 2nd Lt. Cecil Woolard at 283-4231 or e-mail the safety office.

Last month's winner

"Airmen pulling their weight."

SENIOR AIRMAN DONOVAN C. MUIR II
325th Mission Support Squadron





Staff Sgt. Denise Remetta, 1st Fighter Squadron, repairs a G-suit harness.

Tech. Sgt. Dan Neely

**‘Your life is
our business.’**

– Life support slogan



Helmets and oxygen masks, shown arrayed inside the 1st FS equipment room, are part of a life support specialist's inspection and maintenance responsibilities.

Life ‘assura

Tucked-away troops amon

TECH. SGT. DAN NEELY

325th Fighter Wing public affairs

Airmen 1st Class Brad Bell, 1st Fighter Squadron, and Lance Clark, 95th FS, earn their livings mostly behind windowless, cypher-locked equipment rooms that resemble large walk-in closets for fighter pilots. Long rows of gray helmets rest atop small wooden lockers with G-suits hung neatly beneath each. But these work centers are anything but changing rooms for the aerospace inclined.

Inside a small adjoining room, workers busily labor in assembly-line fashion, engaged in projects that go largely unnoticed.

But in an emergency, if one of their pilots had to depart a not-so-perfectly good airplane, they'd take plenty of the airmen's products and training with them as they made their unscheduled return to Earth. Thanks to aircrew life support specialists like Airmen Bell and Clark, statistics are highly favorable the ejectee will survive to climb into another fighter cockpit.

“Life support technicians are absolutely crucial to our business,” said Lt. Col. David Freaney, 1st FS commander. “Those folks are solely responsible for the care and feeding of critical parts of the F-15, specifically the ejection seat and life support survival equipment. Pilots place their lives in these technicians' hands daily.”

Airman Clark made his career field's bottom line very clear.

“If a pilot ejects, we're his last chance for survival,” he said. “We really have to make sure we're following



Airman Bell makes a harness. David Solomon, a 1st FS F



Airman 1st Class Brad Bell, 1st FS, disassembles a helmet earpiece during a maintenance procedure.



Airman 1st Class Dustin Rawls, 1st FS, works on a G-suit D-ring to keep it from slipping.

nce' agents

ng Tyndall pilots' top allies



ss adjustment on 1st Lt. -15 student pilot.

all the necessary steps and that we're paying close attention to what we're doing in terms of equipment."

Anyone considering retraining into the life support career field should be forewarned: lazybones need not apply.

"We've always got work to do," said Senior Airman Matt Kurpasky, 95th FS, as he rattled off a lengthy inventory of equipment he and fellow life support airmen and NCOs must clean, inspect, repair/replace as necessary and return to service. "All of our gear is basically on 30-, 120-, or 180-day (inspection) schedules."

"No matter what goes on," Airman Kurpasky continued, "if it rains, if we have a hurricane or something else comes along, we still have to get that gear done, regardless of what's happening. If pilots are flying we have to be here, no matter what. If they have problems with their gear while they're out there (parked on the ramp), they have to call us to fix it."

Aside from helmets, oxygen masks, parachute harnesses and G-suits, one of the pilot's most critical equipment items is his Advanced Concept Ejection System II, or ACES II Survival Kit as it is known. Inside the 1st FS life support shop, Staff Sgt. Danny Smith, assistant NCO in charge, unfolds one of the jam-packed kits to display its items. And there are plenty of them – life raft, signal flares, signal mirror, medical kit, compass, locator and radio beacon devices, sea dye markers, to name but a few. A pilot ejecting from a disabled aircraft will wear, be strapped to, or pack up to 50 different items designed to support or save their life on the way down



Airman 1st Class Lance Clark, 95th Fighter Squadron, performs a 30-day inspection on a parachute.

to a watery or dry land surface, and while awaiting rescue in an earthbound survival mode. But the life support staff's contribution to a pilot's well-being doesn't end there — they've already provided the pilot with plenty of localized water and ground survival training.

"In land training," said Airman Kurpasky, "we'll teach them local area survival, from finding and drinking water, to all about the swamps around Tyndall, poisonous spiders like the brown recluse and black widow, even wild

boars. Every time a pilot comes to a base, they have to learn about the local area because, if they have to eject, they have to know what to expect."

While spending the majority of their work shifts in the shop, life support specialists routinely head out to the flightline to work in the cockpits of their squadron's F-15 Eagles, usually to remove or install parachutes or survival kits, among other recurring duties.

Some of the biggest challenges the specialists encounter come from having to re-fit gear for newly arriving pilots.

"I guess they come from previous life support units that don't pay too much close attention to their gear," Airman Kurpasky said. "Being in an AETC unit that's constantly putting out A-plus pilots, we have to be on top of their gear. We have to do it because basically our job is keeping them alive. When you're keeping somebody alive, you want to make sure they have the best equipment you can give them. You want to be able to go home at the end of the day and be able to sleep knowing they have A-plus equipment for A-plus pilots."

With so much equipment at their disposal to support and sustain them, it's not surprising pilots are grateful for the jobs performed by Tyndall's life support team.

"Once in a while, pilots will come by and thank us for what we do," said Airman Bell. "But if they ever have to punch out of an aircraft, I'm sure they'll be thanking us for everything."

Airman Bell shared an example of one pilot's unique pat on the back message. The pilot occasionally inserts a roll of Life Savers candy in his oxygen mask that life support specialists find during post-flight inspections.

Another pilot summed up his feelings more directly.

"I can't say enough about these folks, said Colonel Freaney. I trust them with my life."

American Fighter Pilot member of elite group

SENIOR AIRMAN RUSSELL CROWE
325th Fighter Wing public affairs

Three thousand hours equals 180,000 minutes. That's 1,000-plus screenings of *Top Gun*, more days than the entire Gulf War and more time than anyone, other than about 18 other Air Force pilots, can say they've spent flying an F-15 Eagle.

Lt. Col. Dave Freaney, 1st Fighter Squadron commander here, stars as one of the instructor pilots of the CBS series *American Fighter Pilot*. He is also a member of an elite Air Force club. He has more than 3,000 hours in an F-15 and he's still flying strong.

The commander of the 1st Fighter Squadron, known also as the "Fightin' Furies," feels fortunate for the opportunities the Air Force has presented him.

"I feel honored and fortunate," Colonel Freaney said of the experience. "Honored that I was able to achieve the 3,000-hour milestone and fortunate the Air Force has allowed me to stay in the F-15 for so long and become a squadron commander."

Colonel Freaney has been in the business for nearly 21 years. He said while many pilots record 3,000 hours of flight time, doing so in the same aircraft model is a unique accomplishment. At Tyndall, he trails only Lt. Col. Jerry Kerby, 325th Operations Support Squadron, as having the most hours in the F-15.

"The primary reason a lot of people don't break the 3,000-hour mark is because they get transferred to another plane," he said. "It's pretty easy to fly for 17 years out of a 20-year career – but it's very rare that you fly the same airplane for 20 years. Aside from (undergraduate) pilot training, that's the only airplane I've ever flown in the Air Force."

And he wouldn't have it any other way.

"It doesn't get any better than the F-15," he said. "It was my first choice out of pilot training and I've been lucky enough to fly it ever since."

The colonel, a distinguished graduate of nearly every flying and professional military education course he participated in, recalled his first F-15 flight nearly 20 years ago.

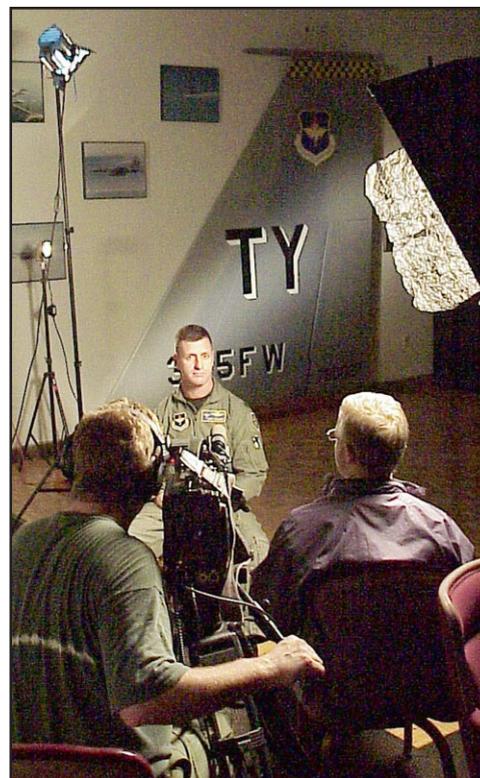
"I remember my very first ride in an F-15," he said. "It was given to me by an exchange instructor pilot from the Australian Air Force named Flight Lt. Brian Johnson back in November of 1982. I didn't know I wanted to be an F-15 pilot before I came in. I really developed my desire during my first year in the Air Force during pilot training. I know now that I made the right decision. I wouldn't have traded it for anything."

According to the colonel, the average mission runs 1.3 hours. The biggest flying stretches are ocean crossings, when pilots deploy from the continental U.S. to overseas. A lot of those flights run in excess of 12 hours, but he said the majority of his 3,000 hours are made up of short missions.

Colonel Freaney has flown more than 2,400-plus sorties. One, in particular, stands out in his mind.

"One time I was flying back from Europe across the north Atlantic and it was me, another F-15 and a tanker," he said. "I developed an in-flight fuel leak and I remember looking down into the ocean, even from 30,000 feet, and thinking 'man, that water's got to be cold.' I remember tightening up my exposure suit in case I had to get out of the airplane. For whatever reason, that's about the only time I was ever worried in the F-15. If that fuel leak didn't stop on its own, I didn't have too many options."

The colonel said the best part of his cur-



Courtesy photo

Lt. Col. Dave Freaney, a main character in the *American Fighter Pilot* series, is interviewed for the show.

rent job is being able to impart his experiences to young fighter pilots-in-training.

"Being an instructor pilot is about imparting wisdom, guidance and lessons learned from one generation to the next to ensure today's young pilots are ready to assume leadership positions and handle any challenge that may come their way," he said.

That's obvious to anyone who's seen him in AFP.

The colonel, who was operations officer for the 95th Fighter Squadron prior to being the top 'Fightin' Fury,' is a major player in *American Fighter Pilot*. He spent many hours imparting his experience and wisdom training the trio of Captains Marcus Gre-

gory, Mike Love and Todd Giggy during their quest to become F-15 pilots – a quest that is currently airing on national television every Friday night.

"When a student shows up on training day one, they don't know the first thing about how to fly the F-15, they can barely spell F-15," said Colonel Freaney. "Our job is to take these students and 110 days later produce a combat-coded F-15 wingman qualified in all aspects of F-15 air combat."

According to Colonel Freaney this show will take an up-close look at these three students and the experiences they encounter as they learn the skills and what is required to become a combat-ready F-15 wingman, while balancing demands of family and professional and personal challenges.

"I'll be gone one of these days and the only thing left will be the young folks, so it's really important to teach them what we know. I was lucky as a second lieutenant to be trained by some very capable instructors. So I'm really just passing it on from the generation right before me. The guys that trained me were the Vietnam-era crowd, and the lessons learned from that generation were applied to the F-15. That's gotten us to where we are today – at peak readiness."

After achieving top honors in academic and flying environments, logging 3,150-plus hours, being a squadron commander and being featured in a primetime television series, you'd think the colonel might be planning to slow down. Think again. He's going to keep on pressing ahead, looking forward to what the future may hold and how he can best serve the Air Force.

"I couldn't have picked a better profession," said Colonel Freaney. "This is fun for me."

Retired enlisted members can return to active duty

AIR FORCE PERSONNEL CENTER — Recently retired enlisted members now have the option to come back to active duty and in the process help the Air Force quickly and inexpensively get experienced people on the job.

“The program is for retirees, and we’re going to make every effort to help people come back in,” said Chief Master Sgt. Al Diaz, chief of the skills management branch. “People have asked how they can serve again and we certainly have a need — so here we go.”

The Voluntary Retired Airman EAD Recall program, VREAD for short, is designed to offset the shortages of trained airmen in hard-to-fill skills. Airmen who retired from the regular Air Force within the last three years can serve for a period of 24 months.

“There was a dramatic increase in the number of people wanting to rejoin the service following Sept. 11,” said Chief Diaz. “At that time the Air Force could accommodate those who separated or wanted to transfer services, but there was a void for those qualified retirees who wanted to return. This program fills that void.”

For a retiree to rejoin the service they must have served in one of the designated, hard-to-fill specialties and not be within two years of the high-year-of-tenure restriction for the rank they retired in.

Initially, around 600 inquiries were made from retirees to see what, if any, role they could serve in. Of

those 600, about 100 met the criteria to return in an active-duty capacity.

“We’re trying our best to bring these folks back on active duty in around 30 to 45 days,” said Chief Diaz.

People returning will be brought back to active duty for 24 months while the current state of national emergency is in effect. If the national emergency is declared no longer in effect, the time a retiree will be able to serve on active duty is one year.

“People being brought back will be required to serve for one year no matter what the national emergency is,” said Chief Diaz.

“We started by establishing a list of those eligible to return, then contacted all of those who weren’t eligible, gave them the news and told them we would keep their name in the chance something becomes available for them,” said Chief Diaz. “Currently we have more than 500 on that list.”

Those eligible (around 140) who have expressed interest in returning to active duty are being provided the forms needed. The forms eligible people should submit include: an AF Form 125; a retired statement of understanding; a security clearance pre-screening questionnaire; an assignment preferences worksheet; physical examination documents; a resume; a copy of their DD Form 214; and copies of their last three enlisted performance reports.

Once the retiree completes the paperwork and returns

it to AFPC, airman assignments or the AFPC Chief’s Group works to establish utilization based upon the individual’s skills and their bases of preference.

“We will use the (Air Force Specialty Code) listing as a guide, but will also consider any special skills these applicants may possess ... the driving factor will be utilization,” said Master Sgt. Jerry Tapia, chief of assignment issues, procedures and training in airmen assignments.

After the utilization is determined, assignment NCOs will make every effort to match the person with a base, within three days of receiving the package.

“Each retiree will send us a list of the top five bases they would like to serve at,” said Sergeant Tapia. “We will do our best to put them at one of those bases. If we cannot accommodate any of their choices, we will contact them and see if they would like to return at a base that has a position available.”

View the VREAD/prior service skills list at www.afpc.randolph.af.mil/pubaffairs/release/2002/04/VREAD-skills-list.htm. For more information about any of the enlisted return-to-service programs, visit the AFPC Web site at www.afpc.randolph.af.mil and click on the “Want to rejoin the Air Force” link, call the AFPC Contact Center at (866) 229-7074 or send an e-mail to afpc.dpsfm@randolph.af.mil.

Separated enlisted members should contact their local recruiter for assistance.

●FROM EXPLOSIVE PAGE 6

EOD so arrangements can be made to dispose of explosives properly. EOD makes house calls, so no one should ever dispose of explosives on their own.

All Team Tyndall members are obligated to inform authorities in such cases. They are also morally obligated to try to warn or stop offenders and inform authorities of infractions concerning explosive safety.

For more details about any of this information, contact the safety office at 283-4231.



Your link
to what's going on

Gulf Guide

in the
Tyndall community

APRIL

SUN 7 **Felix Lake Shoppette hours**
Effective Sunday, the Felix Lake Shoppette will be open 6 a.m.-9 p.m. daily. For more information, call 286-2400.

MON 8 **'Moms, Pops & Tots'**
The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets on Mondays. For more information and meeting locations, call 286-5812.

TUE 9 **Civil Air Patrol meeting**
Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Tim Jones, 283-8018, or Master Sgt. Perry Newberry, 283-4189.

WED 10 **Protestant youth group**
The Tyndall Chapel's Protestant Youth Group meets 5-7 p.m. Wednesdays at Chapel 2. For more information, call the Chapel 2 office, 283-2925.

THU 11 **Panhandle job fair**
The Spring 2002 Panhandle Job Fair will be 10 a.m.-3 p.m. Thursday at the Okaloosa County Fairgrounds, 1958 Lewis Turner Blvd., Fort Walton Beach. The job fair will have employers from all over the United States with jobs in a wide variety of career fields. For more information, call the family support center, 283-4204.

GCCC placement test

The Gulf Coast Community College placement test will be 1 p.m. Thursday and April 17 in the Tyndall Education Center. There is a \$4 fee to take the test and space is limited. For more information, call the education center, 283-4332.

Palace Chase briefing

Palace Chase briefings for all those interested in the Palace Chase program will be 1 p.m. on the second and fourth Thursday of each month in Room 222 of Building 662. For more information, call in-service recruiter Master Sgt. Brian Zinner, 283-8384.

Antiterrorism training

Mandatory antiterrorism training is provided by the Air Force Office of Special Investigations on a walk-in basis 8 a.m. every Thursday in Building 656. The training will last approximately 45 minutes. Anyone with a permanent change of station or temporary duty assignment to an overseas location who has not received

Level-I Antiterrorism training within six months of their departure date is required to receive this training prior to out-processing. Out-processing checklists should be brought to the training session. Military dependents are encouraged to attend. For more information, call Special Agent Doug Hartwell, 283-3261 or 283-3262.

FRI 12 **Debt-management class**
A bring-your-own brown-bag lunch-time debt management and debt reduction class will be 11 a.m.-12:30 p.m. April 12 in the family support center classroom. For more information or to make reservations, call the family support center, 283-4204.

OSC crystal bingo

The Officers' Spouses Club's Waterford crystal bingo event will be 6 p.m. April 16. Reservations should be made by noon April 12. For more information, call Susan Reents, 286-2890.

NOTES

Yard-improvement supplies

Tyndall Military Housing residents can pick up landscaping timbers, mulch and other yard-improvement supplies noon-7 p.m. Monday-Friday and 8 a.m.-noon Saturday from the housing-improvement center, Building 3304. Plants can be ordered noon-7 p.m. on Wednesdays and picked up 8 a.m.-noon Saturdays or ordered 8 a.m.-noon Saturdays and picked up noon-7 p.m. Wednesdays. For more information, call Steve Calhoun, 283-4689. The plant program will end April 25.

Summer employment opportunities

The 2002 summer employment program for Tyndall has begun. Applicants must be 18 years old, a high school graduate and a United States citizen. Interested individuals may submit a job application kit to the Air Force Personnel Center at www.afpc.randolph.af.mil/afjobs. The job kit must be on file prior to self-nomination to vacancy announcements. At the Web site, under Menu, click Summer Jobs for more detailed information and to view vacancy announcements. For more information, call 283-3203.

2002 Magnolia Conference

The 2002 Magnolia Conference, held to celebrate the month of the military spouse, will be 9:30 a.m.-2:30 p.m. May 18 at the Eglin Air Force Base Enlisted Club. The conference includes 27 workshops offered by volunteer physicians, small business owners, spouses and local artisans and is designed for the spouses of deployed men and women who are supporting the war effort. Registration forms can be picked up from any local MWR facility and mailed in. Members of the "Hearts Apart" program at Eglin AFB can register in person at the family support center on base. A limited number of \$5 reduced-registration opportunities are available for Hearts Apart members. Registration will be on a first come-first serve basis.

Free AMVETS memberships

The American Veterans Post 2298 in Callaway is offering free

memberships to the first 100 new members during the month of April. AVETS is open to all active-duty personnel as well as former military personnel with honorable discharges. Post 2298 is located at 5510 Highway 22. For more information, call 784-0066 or 814-0885.

Dining facility use

The 325th Services Squadron operates the Berg-Liles dining facility to provide the subsistence entitlement to enlisted members who reside in the dormitories. Other enlisted personnel may use the facility on a cash basis. The current surcharge on meals for these customers is 33 percent. Officers are not normally authorized to use Berg-Liles except under specific circumstances. The wing commander can make this authorization in situations where other dining facilities are not available, adequate or readily accessible. The commander can also designate, in writing, certain officers to utilize the dining facility to determine the quality and quantity of food served. Officers may also use Berg-Liles when receiving the meal portion of per diem when authorization is included in temporary tour of duty orders. For more information about Berg-Liles and authorized users, call the food service staff office, 283-4422 or 283-2377.

RETIREE NEWS

Long-term care insurance

Long-term care insurance helps pay for nursing and custodial assistance for people with chronic illnesses or disabilities that limit their ability to carry out daily tasks. Health aides at nursing homes, assisted-living facilities or patients' homes typically deliver long-term care services. Much of the care is expensive. Testimony at Senate hearings included a projection that the cost of nursing home care will rise from an average of \$46,000 a year to \$97,000 a year by 2030. About 70 percent of nursing home residents deplete their assets within 12 months, according to the insurance industry.

President Clinton signed the Long-Term Care Security Act in Sept. 2000, establishing long-term care insurance coverage for employees and retirees of the federal government, including military personnel and their families. The program offers group rates for participants, providing 15 to 20 percent savings over private LTC insurance plans. Participants will be required to pay 100 percent of the premiums. The cost of coverage is based on your age on July 1, 2002. Premium rates will be released on the Office of Personnel Management's LTC Web site, www.opm.gov/insure/ltc.

Coverage will include nursing home care, adult day care, home health aides and stays in assisted-living facilities. The LTC early enrollment period for the program has already begun and ends on May 15, 2002. Upgrades in coverage will be available during the open enrollment season from July 1-Dec. 31, 2002. Enrollees are offered choices on the amount or length of coverage, the rate at which benefits are paid, the kinds of facilities covered and whether to pay extra to protect themselves from inflation.

Assuring receipt of Tyndall newsletter

Air Force retirees who have moved recently and have failed to notify the DFAS-CL of their new addresses should write to: DFAS-CL/FR, P.O. Box 99191, Cleveland, Ohio 44199-1126 to ensure delivery of the Afterburner or the Tyndall retiree newsletter. If you know DFAS has your correct address on file and you are not getting the Afterburner, call the Air Force Personnel Center toll free at (800) 531-7502.

It is important to understand the difference between receiving money under the Survivor Benefit Plan and receiving it from Veterans Affairs as Dependents Indemnity Compensation. Unremarried former spouses of retirees who receive an SBP annuity automatically get the Afterburner. Anyone in this category who has moved and failed to change an address with DFAS-DE should write to: DFAS-DE/FRB, Denver, CO 80279-6000, or call (800) 435-3396.

YARD SALES

The following yard sale is scheduled for Saturday: 3101-A Dagger Drive. All yard sales are held between 8 a.m.-4 p.m.

Register online for Air Force marathon

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — People can now register online for the 2002 U.S. Air Force Marathon, scheduled for Sept. 21.

All levels of marathoners, including people in wheelchairs, from around the world are invited to participate in the marathon, which is traditionally held the third Saturday of September.

More than 350 runners have already registered, said Tom Fisher, marathon coordinator.

“That number is double what we had this time last year,” he said.

Those registrants represent 34 states and three countries.

The first U.S. Air Force Marathon was held Sept. 20, 1997, to coincide with the Air Force’s 50th anniversary. The governing body of long-distance running in the United States, U.S.A. Track and Field, certified the course in 1997. Air Force Marathon officials asked for certification to assure participants the course is exactly 26 miles, 385 yards.

Runners will receive a 2002 Air Force Marathon T-shirt as well as a patch. Par-



Tech. Sgt. Lance Cheung

With a sunrise start, about 3,000 runners from around the world converged onto Wright-Patterson Air Force Base, Ohio, for the fourth annual Air Force Marathon in 2000. Online registration is now available for people interested in participating in the next marathon, scheduled for Sept. 21.

Participants who finish the marathon within the eight-hour time limit will receive a medallion.

Reduced fees for early registration are available until July 1. The registration

deadline is Sept. 4.

To register, or for more information, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at (800) 467-1823.

Sports briefs

Chiefs' golf tournament

The Tyndall Chiefs' annual golf tournament will be 7:30 a.m. April 27 at the Pelican Point Golf Course. The cost is \$30 for golf course members or \$40 for nonmembers and includes cart and entry fee, prizes, plus a meal during the award presentations. The tournament is open to everyone — interested individuals may form their own teams. For more information or to sign up, call the Pelican Point Pro Shop, 283-4389, or contact any Tyndall chief master sergeant.

VolkSport Club walk

The Panama City VolkSport Club's 6/10/11K walk will be Saturday in the Florida State Caverns park off Highway 231 in Marianna. There is a park entrance fee of \$3.25. The walk can be started anytime between 9 a.m.-noon, but must be completed by 3 p.m. 6K walks are the equivalent of walking 3.4 miles. Good walking shoes are recommended. The walk is free to those not desiring credit, \$2 for those desiring IVV/AVA credit and \$5 for those wanting the bunny pin and walk credit. For more information, call DJ Moore, 871-2624, or Caroline Bagley, 234-5792.

Tyndall weightlifters headed for command competition

COURTESY OF THE 325TH SERVICES SQUADRON MARKETING OFFICE

Staff Sgt. Brian Crouse (right) and Staff Sgt. Kent Byas (below), both from the 16th Electronic Warfare Squadron/Operating Location-A, competed in the squat competition at the Tyndall Sports and Fitness Center last Saturday during Muscle Beach 2002. Sergeant Crouse won over-all in power lifting by putting up 1,425 pounds while Sergeant Byas won over-all in bench press by benching 475 pounds. Byas also won his weight class (232+ lbs.) in power lifting. They will be the two representatives from Tyndall at the Air Education and Training Command level competition in Little Rock scheduled for May.





Funshine NEWS

April 5, 2002

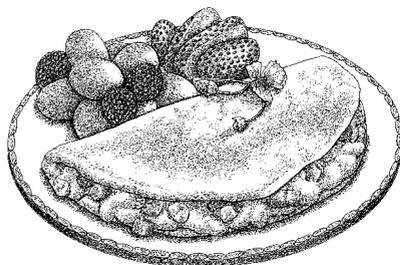
This page is produced by the 325th Services Marketing office, 283-4565.

All Ranks Super Sunday Brunch!

at the Officers' Club
April 14

9 a.m. - 12:30 p.m.

\$6.95 Members
\$8.95 Non-members



Menu Includes:

- Omelets (made to order)
- Belgian Waffles
- Sausage
- Bacon
- Hash Browns
- Fresh Fruit
- Muffins
- Danish
- and Biscuits & Gravy

For more information call:

283-4357

Enlisted Club

☎ 283-4146

All Ranks Barbershop Hours

Beginning April 1 the barbershop hours will be: Mon., Tue., Thur. and Friday, 8 a.m.-4 p.m.

Enlisted Club



with
Déja Groove
Live Band

April 20
8 p.m.-midnight

283-4146

Community Activities Center

☎ 283-2495

Modeling Classes

Starts April 6, 11-11:30 a.m. 8 yrs old and up. Cost: \$20 for 4 week session.

Modern Dance Classes

Starts April 6. 3 yrs old to 6 yrs old at 11:30 a.m.-noon. 7yrs old and up at noon-1 p.m. Cost: \$20 for 4 week session.

8-ball Tournament

April 6, 1 p.m. Best 2 out of 3, double elimination. Awards for 1st & 2nd place.

9-ball Tournament

April 13, 1p.m. Best 2 out of 3, double elimination. Awards for 1st & 2nd place.

Ballroom Dance Classes

(Swing- Waltz-Slowing Dancing)
Starts April 19, 7 p.m. in CAC ballroom.
Cost: \$32.50 for singles; \$65 per couple for 4 week sessions.
Deadline for sign-up: April 18.

Ping-Pong Tournament

April 18, 6 p.m. Best 2 out of 3, double elimination. Award for 1st & 2nd place.

Tae Kwon Do/Chung Do Kwan (ITF) Class

Mon-Tue-Wed, 6 p.m. in CAC ballroom.
10 classes for \$30.

Guitar Lessons For Beginners to Advanced

\$8 for 1/2 hours. Guitar available for lessons.

Base Library

☎ 283-4287

Library Book Sale

The next book sale is Thurs. April 25 through Sunday April 28 during regular library hours. The library needs your donations of hardcover and paperback books to make this book sale a success. The library cannot have book sales without your donations, and all proceeds are used to buy new library materials. Some of the books you donate are added to the library collection.

Youth Center

☎ 283-4366

April is Month of the Military Child & National Child Abuse Prevention Month!

Start Smart Baseball

Is your 3-5 year old ready for organized baseball? Sign up for Start Smart Baseball and work one-on-one with your child improving basic skills. Program runs April 6, 13, 20, and 27 at 9 a.m. Cost is \$30.

Red Cross Babysitting Course

April 20, 8 a.m.-6 p.m. Ages 11 and up. Cost is \$30. Make checks payable to Red Cross.

Diamond Skills Competition

Beginning April 1, come sign up for this annual baseball skills competition for boys & girls ages 7-14. Event is May 4.

Family Child Care

☎ 283-2266

Arriving or Departing?

Air Force Aid offers free child care in Family Child Care Homes. Contact the relocation personnel in the Family Support Center for your PCS certificate. A list of FCC providers is available through the FCC office in building 1309.

Child Care for Volunteers

Child care for volunteers is available through FCC homes for parents volunteering in base activities.

Marina Club

☎ 283-3059

NASCAR Sundays

Enjoy NASCAR Sundays at the Marina club with food and beverage specials and door prizes. Call for details.

Friday Seafood Lunch Buffet

It's back! Come try our seafood lunch buffet on Fridays 11 a.m.-1:30 p.m. Cost is \$6.50 and includes soft drink or tea. This is an All-You-Can-Eat buffet!

Scuba Lessons

Spring special only \$125.00 for open water certification.

Dive and Fishing Charters

Deep sea and bay fishing, trolling or bottom fishing: \$75 per operating hour, everything included. Four hour minimum.

Information, Tickets & Travel

☎ 283-2499

Defuniak Springs Crafts Festival April 13

Cost per person will be \$15. Space is limited so sign up early.

St. Augustine Tour April 19-21

Cost per person double occupancy is \$195. Price includes tickets for sightseeing, accommodations and transportation.

Visual Arts Center and Antiques Shopping April 23

Cost per person \$2. Depart at 9 a.m. and return by 3 p.m.

Garage Sale Trip April 27

Cost per person is \$5 and space is limited. Depart at 6:30 a.m. and return by 2 p.m.

Summer Cruise Special

Call for information on 6-7 day summer cruise specials through Carnival. 283-2864.

CARTOON NETWORK BOWLING CLUB

Starts April 14, 2002

Sunday Night • 6 p.m.

(Bowl for 16 Weeks*)

Ball and Bag: \$8.75 per week

Accessory Package: \$5.70 per week

Bowling: Adult \$4.50, Youth \$3.00 per week

Raptor Lanes

283-2380

*League length and cost may change once league committee has met.

Skills Development Ctr.

☎ 283-4511

Woodworking Class

Ladies wood working class "Spruce up for Spring" - Yard art and picnic tables. Class cost: \$4. All wood at 10% above cost. Duration: 2 Hours. Call in advance to schedule your class.

●**FROM DENTAL PAGE 7** must drink a sugary soda, try to drink it with a meal or drink it quickly rather than sipping on it for a long time. Rinse with water or brush to get the sugar off your teeth.

Method of eating. Eating a snack alone can put

your teeth more at risk for developing cavities than eating a meal when several foods are eaten in combination. The cavity-causing potential of a carbohydrate may be reduced when eaten with foods that do not promote cavities, such as foods containing calcium,

protein and fat.

Although it is impossible to completely eliminate foods containing sugar and starches from your diet, try eating them with meals and limit the number of times you snack between meals. Remember that good dental health depends on

more than diet alone. To promote good oral hygiene, brush your teeth with fluoride toothpaste at least twice a day and after snacking to remove plaque. Floss your teeth daily to remove plaque in areas that your toothbrush cannot reach. Don't forget to visit your dentist regularly.

American Heart Association Tributes



The gift that always fits.

For more information please call 1-800-AHA-USA-1 or visit us online at americanheart.org

Mark special events in the life of a friend, relative or colleague—and continue the fight against heart disease—with an American Heart Association Tribute.



American Heart Association
Fighting Heart Disease and Stroke

