

GULF DEFENDER



Vol. 61, No. 30

Tyndall Air Force Base, Fla. *Gulf Defender*

Aug. 2, 2002

In brief

Elementary gate opens

The Tyndall Elementary School back gate will reopen during the school season for Bay County school bus entry and exit only. All other pedestrian or vehicular traffic will be denied access through this gate by Security Forces personnel. Parents may continue to drop off or pick up their children by utilizing one of the school entrances off of Highway 98.

In the event of increased force-protection conditions, this gate will be closed. Motorists are reminded to be extremely cautious while operating a motor vehicle around the area. Drop-off areas are extremely congested and narrow. Questions or concerns may be addressed to Master Sgt. Troy Gilliard, 325th Security Forces Squadron, at 283-2527.

Power outages

A power outage will affect Building 485 (SEADS) east to Building 325 (hush house) from 5:30-7:30 a.m. Sunday. There will also be a two- to three-minute outage at 5:30 a.m. and sometime between 3:30-7:30 p.m. affecting Bonita Bay, Tyndall Elementary, Visitor's Center, Sabre traffic light, Shoal Point and Bay View Housing, and the 400 and 6000 areas including the SEADS building.

For more information, call 283-4547.

Hurricane briefing

Disaster Preparedness will be offering a hurricane briefing from 2-3 p.m. Tuesday at the base theater. Newcomers and individuals who missed the pre-season hurricane briefings are encouraged to attend. Dependents are welcome. For more information, call disaster preparedness at 283-4107.

Inside

● New wing recognition program ... **Page 5**

● Motorcycle safety wear ... **Page 6**

● Art contest ... **Page 9**



Master Sgt. Rob Fuller

Aiming high again

Staff Sgt. Aaron Clark, 1st Fighter Squadron weapons load crew chief, inspects the striker points and aft detent on the F-15C launcher rail. Sergeant Clark is one of many Air Force members who returned to active duty after a break in military service. His story is on Page 8.

325th reorganizing under Combat Wing structure

MELISSA HARTLE

325th Fighter Wing public affairs

The organizational structure of all U.S. Air Force wings will soon become standardized across the force and the 325th Fighter Wing is no exception to this implementation.

Two 325th FW groups will redesignate and several squadrons will activate or redesignate under these groups in a ceremony here Aug. 16, as part of the Air Force Chief of Staff directive to reorganize current wing structure under the new Combat Wing structure.

“With any change, a great deal of cooperation and teamwork is required,” said Brig. Gen. Larry New, 325th FW commander. “The end result of this reorganization will be a functional and more capable force better able to meet the increased demands of our service.”

The reorganization, with an overarching goal

to consolidate core competencies under a single group commander at every wing, will standardize operations and enhance capabilities throughout the Air Force.

“The reorganization will consolidate the requirements under one group commander and let that group commander be responsible for not only day to day operations, but also contingency operations and career development for personnel within the group,” said Lt. Col. Glenn Waddell, wing reorganization transition team chief.

“Currently the 325th has four groups: medical, operations, support and logistics,” said Colonel Waddell. “Under the new structure, the medical and operations groups will remain, the logistics group will be replaced by the maintenance group, and the support group will be replaced by the mission support group.”

The colonel said all current group command-

ers will remain group commanders with the change, but their roles may change as they focus more on their specific core competency.

“The U.S. Air Force has four core competencies – to operate air and space weapons systems, to maintain these complex weapons systems, to provide medical support of expeditionary, contingencies and humanitarian missions and to provide enhanced mission support of our expeditionary, rapid reaction, contingency-based Air Force,” said Colonel Waddell. “The new wing organization will mirror these core competencies.”

Under the new structure across the Air Force, the operations group will focus on planning and executing air and space power, the same as they do today. The

●SEE WING PAGE 7

Team Tyndall bids fond farewell to one commander, welcomes another

BRIG. GEN. LARRY NEW
325th Fighter Wing commander



This week Team Tyndall bid a fond farewell to Maj. Gen. Larry Arnold, 1st Air Force and Continental U.S. NORAD region commander, and his wife Linda, a member of our finance team here. Although I wasn't fortunate enough to work with General Arnold at Tyndall, his reputation for excellence is well-known across the Air Force. General Arnold has demonstrated tremendous leadership during his entire tour of duty, but he is probably best known for his remarkable performance during and following the events of Sept. 11, 2001.

Under the general's dual-hatted command position, the people of 1st Air Force and CONR have provided a valuable element of the Operation Noble Eagle, or the homeland defense mission. In support of the Operation Noble Eagle mission alone, tens of thousands of sorties have

been flown.

Without a doubt, America has gained a firmer appreciation for the total Air Force team as a direct result of General Arnold's leadership. Today America depends on the total force concept to execute its missions at home and abroad. Undoubtedly, our nation, as well as our active-duty, Reserve, Guard and civilian Air Force team have benefited tremendously from General Arnold's experience, wisdom and mentoring. Bay County and the Air Force will truly miss him.

Although we will miss General Arnold's leadership and friendship, the 1st Air Force/CONR team will be left in great hands. On behalf of the men and women of the 325th Fighter Wing, I'd like to extend a warm welcome to Maj. Gen. Craig McKinley, the new 1st Air Force and



“Without a doubt, America has gained a firmer appreciation for the total Air Force team as a direct result of General Arnold's leadership.”

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

CONR commander, his wife, Cheryl and their family. General McKinley returns to Team Tyndall and brings a wealth of knowledge with him. He last served here as the commander of the Southeast Air Defense Sector from July 1996 to January 1998.

He has served in numerous assignments in flying and operations, as well as command positions at the group, wing sector and field operating agency levels. He is a command pilot with more than 4,000 flying hours primarily in the T-38, F-106, F-

●SEE FAREWELL PAGE 3

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.

Larry D. New

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Taking control: Learn to successfully rein in your inner workaholic

LT. COL. BILL STARR

4th Command and Control Squadron commander

F.E. WARREN AIR FORCE BASE, Wyo. (AFPN) - One summer evening, shortly after arriving at my new assignment, my boss strolled by my house and saw my wife and children sitting on our front porch. He asked her where I was. My wife told him I was still at the office. When she relayed this to me, in the egotistical corner of my heart I secretly hoped he was impressed by my work ethic.

The next morning, my boss called me. I expected a verbal pat on the back for my diligence and hard work. Instead, he asked me what I was doing so late at the office and asked if I had been doing that every night since taking over. I told him I had indeed been working late every night.

Contrary to the kudos I expected, he told me anyone could be a workaholic and achieve great things profes-

sionally. He had hired me to perform and excel in not one but two areas: my professional and personal life.

This incident gnawed at the back of my mind and caused me to do a lot of introspection. I examined my professional, family and personal life and found that they weren't in balance. So I made a commitment to myself to work on achieving a better balance in these three areas. This is what my little voyage of self-discovery revealed to me.

My professional life. I've always been a competitive person by nature, and I don't think there are many people who hang around in our profession who aren't. I discovered over the years I had slipped into a pattern of late work hours, bringing work home, going in on the weekends and never quite mentally disengaging from the office. I justified this by trying to stay competitive with my peers and to make sure my work output was beyond reproach. Don't get me wrong, mission dictates a lot of

long, hard work for all of us and when duty calls, we must answer. However, I'm talking about putting in the long hours simply because it has become a habit that becomes the major focus in your life.

My family life. In conjunction with my slow drift into being a workaholic, I discovered that I had put in very little quality time with my family. My excuse was always that there was work that had to be done so I was going to be home late. My day had been rough, so I was going to lie on the couch and vegetate for a while. Stress from work became my excuse to not get involved at home.

My personal life. Growing up, church and sports were a big part of my life. Over the years, without realizing it, I had reduced my worship to only the major holidays and my physical activity to the bare minimum required to pass the annual physical fitness test. Again, my excuse to myself was I was at the office on Saturday, so my only chance

●SEE CONTROL PAGE 9

Gulf Defender Editorial Staff

Brig. Gen. Larry New 325th FW commander
Capt. Chris Karns chief, 325th FW public affairs
1st Lt. Serena Wallace chief, internal information
2nd Lt. Albert Bosco public affairs action officer
Staff Sgt. Roel Utley editor
2nd Lt. Ryan Fitzgerald staff reporter
Tech. Sgt. Dan Neely staff reporter
Teresa Nooney News Herald staffer

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the pur-

chaser, user or patron.

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

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/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.

●FROM FAREWELL PAGE 2

16 and F-15. We look forward to continuing the outstanding working relationship we enjoy with your organization.

Speaking of excellent work, last week the 325th Medical Group impressed the Joint Commission on Accreditation of Health Care Organizations and the Air Force's Health Services Inspection teams, and earned high ratings. Congratulations to the men and women of the 325th Medical Group for successfully completing these two critical inspections in the world of health care. Your day-to-day service keeping the base healthy and fit to fight is an integral part of Team Tyndall's success. To learn about the results, see Page 4.

Undoubtedly, this has been a busy summer. For some, summer is over and it's back to school. Next week the streets will be filled with school buses and children. I urge all of you, whether you reside on or off base to please pay close attention to crossing guards, bus caution signals and school zones. Let's keep an eye out for and protect our children.

Also there are still about 400 ROTC cadets attending field training at Tyndall, so let's be on the look out for them and please be patient when you encounter the cadet formations.

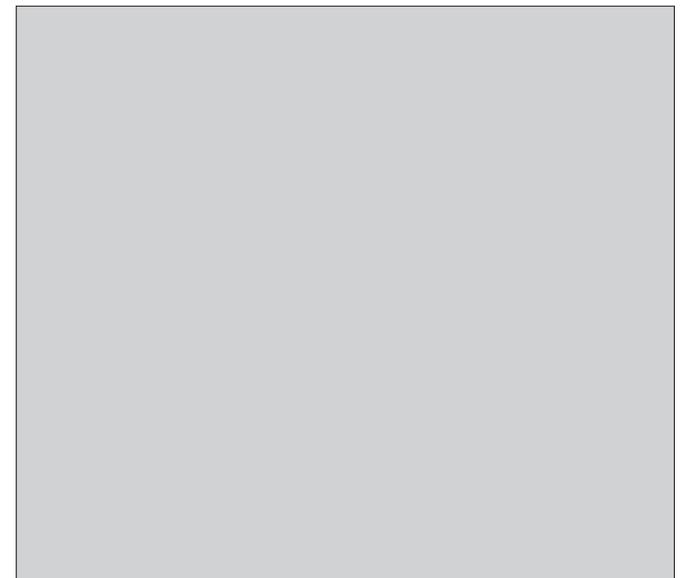
In the Air Force, mentoring plays a tremendous role in mission success, especially in a training environment such as ours. A key component in mentoring is sharing experiences. This same principle can be applied as children head back to school. The success of our children depends on a strong volunteer base of parents and students who understand the value of 'being involved.'

I encourage our military community to reach out and help the local community when you see a need. Whether you feel inclined to help in a mentorship program, a school organization, sports or the Parent/Teacher Organization, your support goes a long way in making the school system and our community a better place for all.

Also, thank you to all involved in making my promotion ceremony a first-class event. It was a very special day and reminded me of all the great folks I have had the privilege of serving with over the years.

It was definitely an event my wife Diane and I will look back on fondly. Again, thank you for all you have done in making my transition here a smooth and enjoyable experience.

Be safe and have a great week!



325th Medical Group gets clean bill of health

2ND LT. ALBERT BOSCO

325th Fighter Wing public affairs

The results are in and it has been confirmed that the 325th Medical Group is providing quality care for its beneficiaries. The Joint Commission on Accreditation of Health Care Organizations, in conjunction with the Air Force Inspector General's Health Service Inspection Team, conducted an inspection of the 325th MDG to evaluate the health care being provided.

Lt. Col. Dennis Oakes, 325th MDG Project Officer for the inspection, provided some background and details concerning the inspection. The JCAHO is an accreditation organization that measures the performance of health-care providers against established standards, while the HSI team evaluates "military unique" aspects of health care.

The combined on-site inspection teams rate the organization based on 240 standards, on which the organization must receive a rating of 70 or better from each team to become accredited. Additionally, inspections must be conducted every 36 months in order to retain accreditation.

According to Colonel Oakes, "there are two questions that the inspection teams must answer: First, are we delivering a high standard of care and second, are we performing our mission — to keep our people flying and fighting? The answer, in a nutshell, is yes [we] are!" In fact, the 325th MDG received an overall rating of 91 on the JCAHO inspection and an 87 on the HSI.

So, what does this mean? Colonel Oakes summed it up by explaining that these scores are considered "excellent, well above typical scores for medical facilities of



2nd Lt. Albert Bosco

The quality of the 325th MDG's health-care delivery went under the microscope during the recent inspection, and the group passed with flying colors.

preparation lies in self-inspection and continuous improvement.

As a result of the summer PCS cycle, the 325th MDG faced its fair share of turnover, including receiving a new group commander in Col. Daniel Wyman. However, the team approach to conducting business remained intact.

"I felt comfortable going into the inspection because I knew our self-inspection program was doing well," said Colonel Oakes.

Similarly, Colonel Wyman said he was very pleased with the results. "I knew I was coming into an out-

our size and capability. "This reaffirms that we are, indeed, providing high-quality medical care to our beneficiaries," Colonel Oakes said.

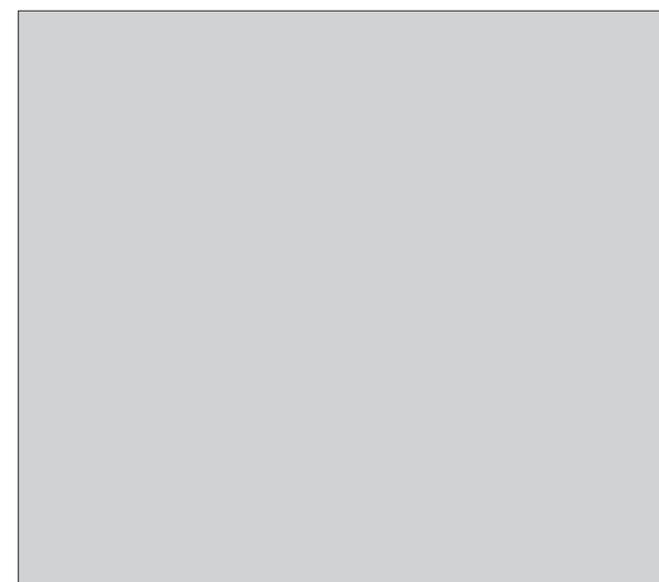
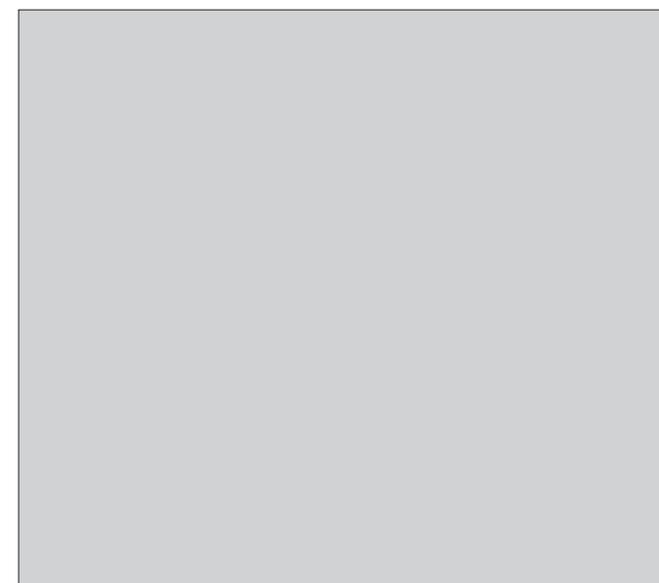
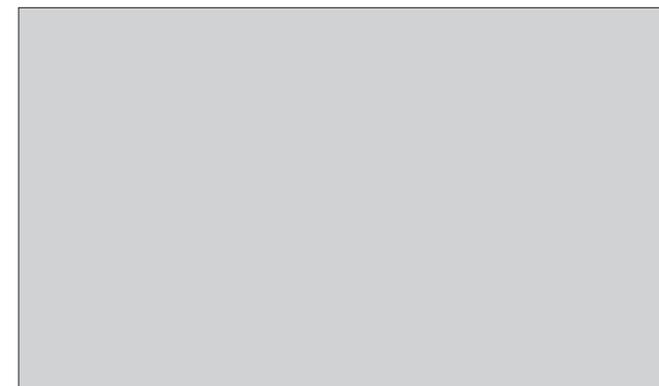
When asked about the preparations needed for the inspection, Colonel Oakes explained that civilian organizations are afforded the privilege of having approximately six months to become "inspection ready." "For the Air Force we don't get that. In fact we only get 28 days," said Colonel Oakes.

When asked how the 325th MDG was able to prepare in such a short amount of time, Colonel Oakes said the key to

standing medical group and this inspection just confirmed that," he said. Colonel Wyman credited the success of the 325th MDG to the efforts of the entire team.

Additionally, both Colonel Wyman and Colonel Oakes said the efforts of the wing made the inspection run more smoothly.

Interviews with various individuals throughout the wing were conducted during the course of the inspection, and both Colonel Wyman and Colonel Oakes wished to thank those individuals for taking the time to provide valuable information for the inspection team.



'Checkertail Salute'

New award program honors wing's best

CAPT. CHRIS KARNs

325th Fighter Wing chief, public affairs

The 325th Fighter Wing commander will implement a new recognition program to honor the Checkertail Clan's warrior of the week Aug. 16.

The Checkertail Salute Award, a weekly award, recognizes 325th Fighter Wing people for superior duty performance and customer service. All military and Department of Defense civilians assigned to the 325th FW are eligible to compete for the award.

Each week the award will be rotated among the operations group, medical group, support group and the logistics group with the intent of recognizing people who are critical to mission accomplishment and make the community a better place to live.

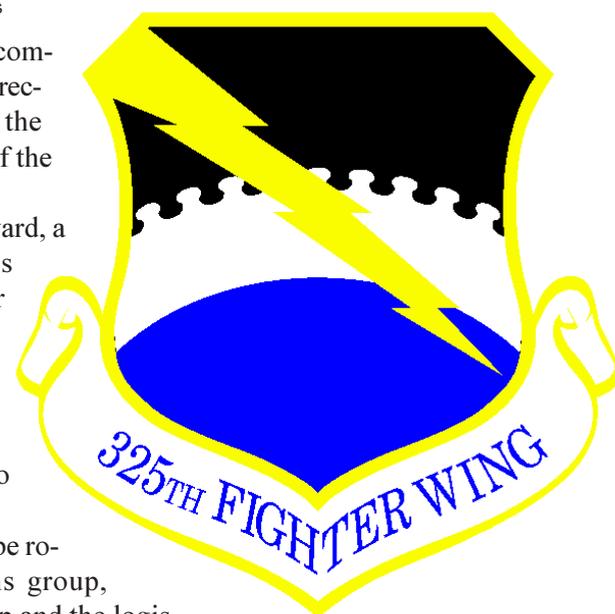
"We do a lot of great things on the job and in the community. As commanders, it is imperative we take every opportunity to recognize excellence and thank people for a job well done," said Brig. Gen. Larry New, 325th Fighter Wing commander. "To make this program a success, I will rely on the group commanders to help me

identify those people in their organization who excel and exemplify the warrior spirit."

General New explained the warrior spirit as those character traits critical to mission success.

"The warrior spirit can be defined as those who display a great, team-focused attitude and uncanny technical skill, initiative and drive to accomplish the mission," said General New. "It is basically those who set the example in everything they do."

To be eligible for the award, supervisors or peers should forward a one-page nomination letter, containing no more than five to seven bullet statements to their respective



group commander, including examples of why they feel their nominee is worthy of recognition.

In recognition of exemplary performance, award recipients receive a letter from the wing commander, a certificate of appreciation and a one-day pass. The award may also be included

in performance reports or listed on quarterly award packages. Also, each week's Checkertail Salute Warrior of the Week Award winner will be featured in the

Gulf Defender.

The supervisor of a selected award recipient will be notified by the public affairs office to coordinate the award presentation. The award will either be presented by General New at Friday's wing standup or at the recipient's work center earlier in the week.

"This program allows me the opportunity to personally thank and recognize a different person more than 50 times a year. That's a great thing," said General New. "And it's a great way to highlight and recognize what our people bring to the fight."

"We do a lot of great things on the job and in the community. As commanders, it is imperative we take every opportunity to recognize excellence and thank people for a job well done."

BRIG. GEN. LARRY NEW
325th Fighter Wing commander

Vest investment saves motorcyclists' lives

KEN JOLLEY

325th Fighter Wing ground safety manager

The number of Air Force off-duty mishaps has been extremely grim this year. Statistically speaking there has been nearly a 100 percent increase in fatalities over 2001. The vast majority have been traffic-related deaths, with 16 (so far) motorcycle mishaps resulting in fatalities.

Also there have been a higher number of lost-time motorcycle injuries and an untold number of near misses. Tyndall has had eight reportable traffic-related injuries of which three were motorcyclists.

Air Force motorcyclists account for less than 1 percent of all Air Force private vehicles, yet they are involved in 27 percent of Air Force fatalities. Why is the number of motorcycle mishaps so disproportionate to the number of motorcycle riders?

“Did they have adequate training?” is the first question that comes to mind. Our research revealed that training of our motorcyclists does not seem to be the issue, as most of the victims had completed motorcycle safety courses. Personal protective equipment, such as helmets and the like, have been worn. So, what’s left?

Common in the deaths has been speed too fast for conditions, or speed just too fast for the physics involved. You can’t survive crashing your cycle at speeds over a hundred miles per hour or taking out a guardrail on a curve at 65 mph. Speed is the number one offense and has been a cause of most mishaps. Self-discipline and common sense are lacking.

Another cause might be that motorcyclists are not visible to other motorists. Air Force Instruction 91-207 re-



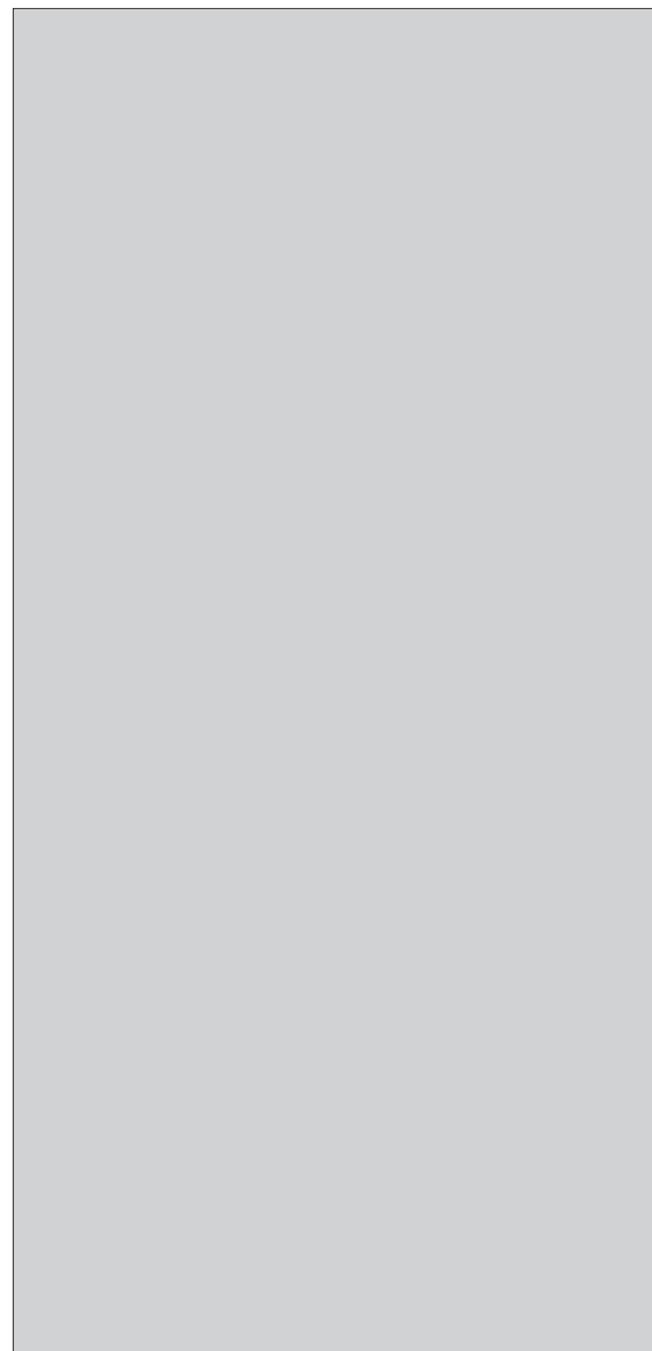
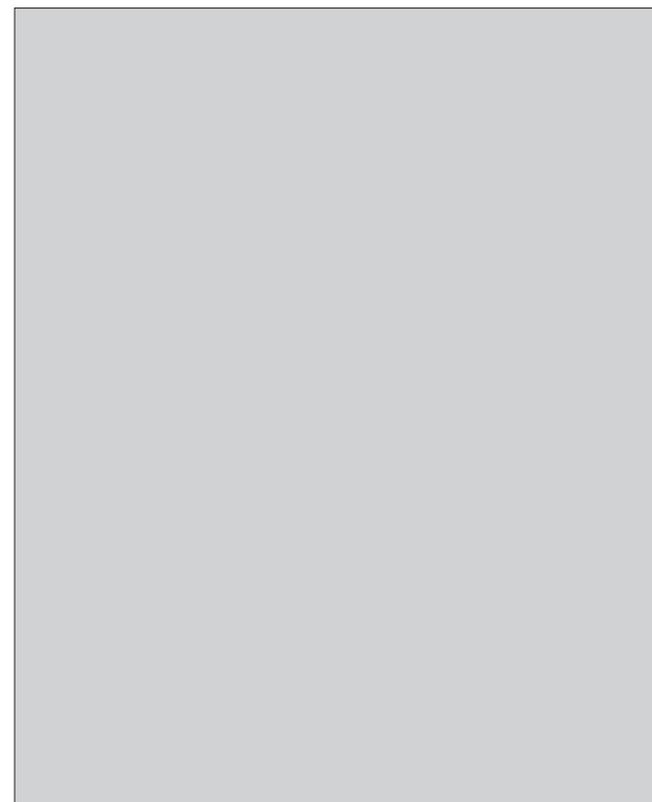
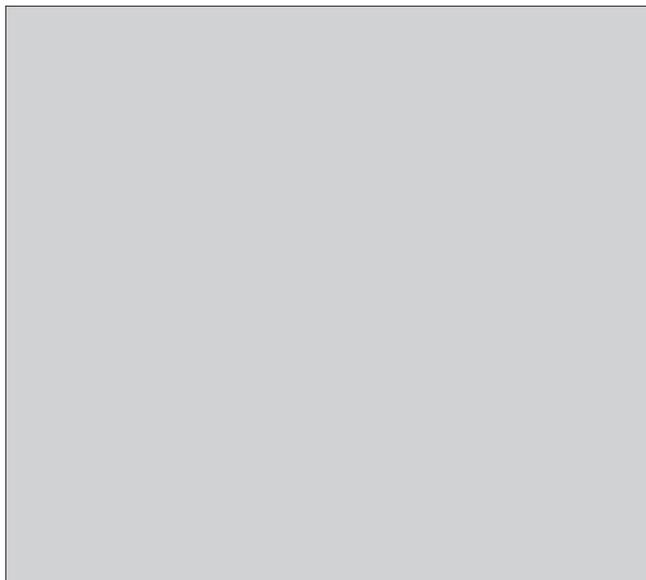
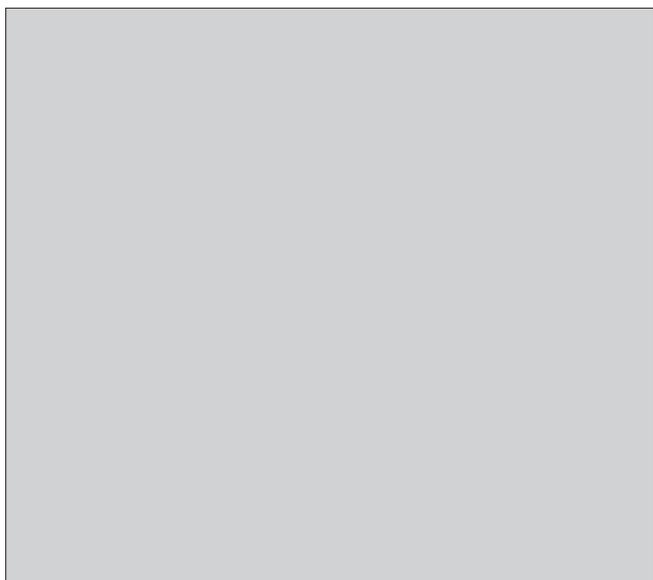
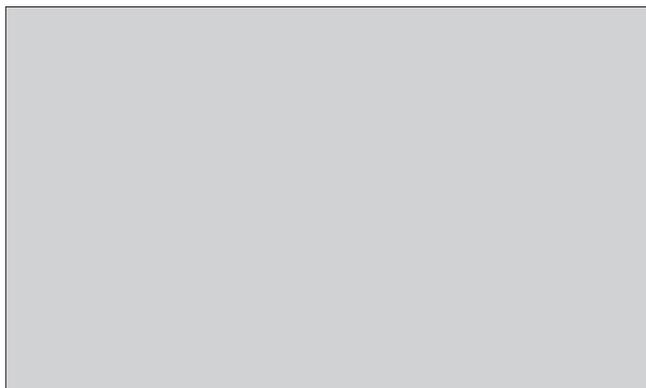
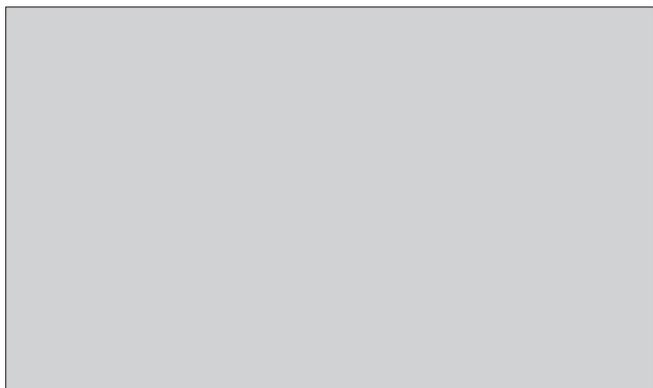
Courtesy photo

Col. Doug Cochran, 325th Fighter Wing vice commander, displays his motorcycle safety vest, a key part of the personal protective equipment required for all Air Force motorcyclists, on or off duty.

quires a brightly colored or contrasting vest or jacket as an upper garment during the day and reflective during the night applicable on or off base and on or off duty.

Camo-fatigues or other dark clothing, although they

●SEE VEST PAGE 13



●FROM WING PAGE 1

primary difference is aircraft maintainers will no longer fall under the realm of responsibility of the operations group commander. According to Colonel Waddell, the Air Force has also recognized the emerging necessity to more closely integrate tactical skills with execution at the operational level of war. To that end, operations group commanders will be increasingly involved in planning and training for the operational level of war.

The wing's newly formed maintenance group will be responsible for all wing maintenance, including aircraft flightline maintenance.

Aircraft maintainers will report to the maintenance group commander instead of the operations group commander. This transition will allow career maintenance professionals to hone their skills toward maintaining the Air Force's aging fleets.

The new mission support group will be responsible for all wing supply, transportation and contracting, in addition to the current responsibilities that fall under the support group such as security forces, communications, personnel, services and civil engineers, among others. Commanders of the

mission support group will follow a career path allowing them to understand the full scope of home station employment and sustainment, as well as deployment, beddown and sustainment at contingency locations.

Colonel Waddell said that while the significant changes in the groups and squadrons will impact who the men and women in these squadrons and groups work for, how and where they do their jobs should remain the same for most personnel.

"This reorganization at Tyndall will directly impact about 1,000 people who will move from one organization to another – either move to another squadron or to another group," said Colonel Waddell. "But very few people will physically move offices. And to the customer this move should seem transparent."

The colonel said the bulk of personnel movement will come from the operations group, since aircraft maintainers currently working under this group will move to the newly formed maintenance group.

Colonel Jeffrey Snyder, the current logistics group commander who will command the maintenance

group, said he is looking forward to the change.

"It's an exciting time for me professionally to be given the responsibility for all aircraft maintenance at the wing," said Colonel Snyder. "I've talked with the operations group commander and have assured him that the new maintenance group will not only provide him with the same level of aircraft maintenance support he receives today, but will be working hard to improve that support."

Both colonels agree that this change is timely and should prove effective.

"This new structure clearly reflects the challenges we have today throughout the Air Force," said Colonel Waddell. "The Air Force needed to transition to a structure that supports the Expeditionary Air Force and this structure really suits world operations we're involved in today."

All Air Force wings are required to implement the new organizational structure beginning Oct. 1.

A redesignation and activation ceremony for the new groups and squadrons will follow a wing commanders call at 2 p.m. Aug. 16 in Hangar Two. All wing military personnel are required to attend.

Going TDY?

Keep your fitness level in check. The Health and Wellness Center now offers a "Staying Fit TDY Bag." Call 283-3826 or stop by the Health and Wellness Center 7:30 a.m. to 5 p.m. to get one.

The prospect of separating from the Air Force can be a daunting decision. So ask yourself a question. Is the grass really greener on the other side of the fence, or ...

... Am I taking the grass around me for granted?

MASTER SGT. ROB FULLER

325th Fighter Wing public affairs

Taking the Air Force and its benefits for granted never crossed Aaron Clark's mind. Matter of fact, if you asked him in early 1990 what his future held, he had no plans to join the Air Force — period!

Until 1990, Aaron Clark was happy working jobs in construction, as a life guard or ski instructor in Sugar Mountain, N.C. As has been the case for many other young men and women, things changed dramatically as he and his wife Shelly faced the prospect of being new parents and the responsibility that comes with starting a family. Family... a factor that would shape their decisions again someday.

Now, Aaron Clark, an Air Force staff sergeant and weapons load crew chief, reflects on the early days of his career.

"My wife was pregnant at the time, and we decided it was time I got a job that could actually pay the bills and support a family," Sergeant Clark said. "Parked on the Blue Ridge Parkway one day, we were discussing how we would raise our child, and there I decided to join the Air Force."

"I was excited," said Shelly. "I grew up near Dover Air Force Base and always thought the Air Force would be a great way of life, traveling and meeting new people."

So, 20-year-old Aaron Clark entered basic training in July 1990, choosing the open mechanics career field.

"It was a crucial time. My wife was about to have a baby, and if I wanted the military to help pay for our child to be born, I needed to get in the Air Force by a certain date," Sergeant Clark said. "The only available career field at the time was open mechanics."

While in basic training he made a list of the career fields he wanted and was selected to be an aircraft armament sys-

tems specialist.

Being a Florida native from Ocala, Sergeant Clark and his family felt pretty fortunate when they drew Eglin AFB as their first assignment.

During his first tour in the Air Force, Sergeant Clark said he experienced the normal things any weapons troop does, including temporary duties at some unique locations. His job carried him to Las Vegas, Puerto Rico and even Holland.

"Of course I had to do a Saudi deployment," Sergeant Clark said, "to include some nice stateside TDYs."

Now it's 1995. The same stubborn young man who told his parents he would never join the military is about to re-enlist.

"As soon as I re-enlisted, I got orders to Korea," said Sergeant Clark. "Osan Air Base was a neat experience and I met new friends, but I think the worst part was by then I had two children — two birthdays, an anniversary and Christmas away from your family is tough."

When looking at prospects for a follow-on assignment, the Clarks decided on Hill AFB in Utah since some friends were being assigned there as well. At Hill, Sergeant Clark faced two rotations a year to Southwest Asia, a future he and Shelly didn't relish, he said. After seven years of marriage they had only spent three anniversaries together — it was time to call it quits.

"This is it," Shelly said. "Let's see what our options are and see what we can do."

"I applied for an early out and was told I had to provide proof of outside employment that will pay better than the military," said Sergeant Clark.

Sergeant Clark's father was opening a new construction company and was happy to provide the documentation needed for the early-out separation. His

"I don't think there's anything I've ever done that I regret. I don't regret joining the first time and I don't regret getting out; that's because I am where I am now."

Just remember this, it doesn't matter what the job offer is, or whom it's with, nothing is guaranteed ... I had a secure job with my dad and it didn't work out. You never know what can happen out there."

STAFF SGT. AARON CLARK
1st Fighter Squadron



commander approved it, and just like that, he was a civilian again. No college, zero school to support his job prospects on the outside. But he had a plan. Who would doubt that going to work with family could fail; it appeared to be a lucrative business.

"I started to work with my dad, and it was great ... only one problem," said Sergeant Clark. "I'd work for three weeks, then wait for a new lot to be cleared, foundation to be poured and everything." It was a cycle he endured for almost three months. The money was great when he was working, said Sergeant Clark. There was no money when he wasn't.

Sergeant Clark, his wife and two kids were living on his father's boat in Daytona Beach at the time — something he and the kids saw as an adventure, but not Shelly.

"I love going on boats," said Shelly, "but living on one is a different story; it didn't pan out."

It didn't take long for the adventure to wear thin. Sergeant Clark's mother and stepfather asked him and his family to move to North Carolina to work as a foreman on their Christmas tree farm and landscaping company.

"So the Clark family packed up again and moved to North Carolina," Sergeant Clark said.

Christmas trees are beautiful, said Sergeant Clark, but very few know just how hard the work is in the Christmas

tree business.

"Most of the Christmas tree farms in North Carolina are on the side of a mountain," Sergeant Clark said. "You have to carry a backpack with 50 pounds of fertilizer up the mountain, fertilize 10,000 trees and shear them in preparation for the market." The work doesn't end there. Each tree must be cut down, taken down the mountain, baled and loaded on a tractor/trailer. But, when Christmas was over, so was the job until March.

Still, Sergeant Clark's determination and pride drove him on. Rejoining the Air Force was not an option.

"I was not going to look back and I didn't even want to think about the Air Force," said Sergeant Clark.

"I tried a ski shop, but they only offered \$7 an hour," said Sergeant Clark. Not enough to pay rent and support a family of four. But for a few months he made ends meet.

Then another opportunity presented itself; Shelly's dad owned a construction company in Maryland. So once again, in the same year, the Clark family pulled up roots that hadn't yet taken hold, and trudged toward another light in the tunnel.

"I love moving, but we were getting further and further behind (financially)," said Shelly. "The grass was always greener ..."

In Maryland, with everything in stor-

●SEE GRASS PAGE 11

Color your world

Arts/crafts, photo contest program now seeking entries

MARCIA ROBERTSON

325th Services Squadron, marketing

The skills development center, in conjunction with Air Education and Training Command and the Air Force, has announced the category and criteria specifics for the 2002 Artist/Craftsman Contest and Photography Contest. Both contests are held yearly with winners advancing from base level to command level to Air Force-wide competitions.

"We're accepting entries from Aug. 1 to Sept. 1," said Ray Mergil, 325th Services Squadron skills development center director. "All work will be on display at the skills development center throughout the entry period."

Both the artist/craftsman contest and the photography contest have

adult and youth divisions. There are four categories in the artist/craftsman competition. Fine art consists of painting, drawing or sculpting in mediums such as metal, clay or stone. The textile art category is comprised of weaving, needleworking, quilting, knitting or crocheting. Items made or carved from wood compete in the industrial arts group along with items produced from plastic, fiberglass or metal. The last category, multicrafts/pattern art, includes those items which are made from a pre-formed mold, kit, pattern or other commercial aid.

"Last year, we had no entries in the textile category for either adult or youth," Mr. Mergil said. "We're really hoping we get some entries in that area this time. And, of course, we'd like as much partici-

pation as possible in all the areas."

The photography contest also has four major classifications for entries. These are monochromatic, color, color transparencies and digital. These four groups are further divided into subcategories such as military life, people, nature and creative effects.



Marcia Robertson

Tarra Kohler, daughter of Tech. Sgt. Matt and Master Sgt. Geri Kohler, consults with Ray Mergil, 325th Services Squadron skills development center director about her winning artist/craftsman entry, "Dream of Africa."

in presenting the work.

For the photography contest, evaluators will also be looking at the quality of each photo and its storytelling component.

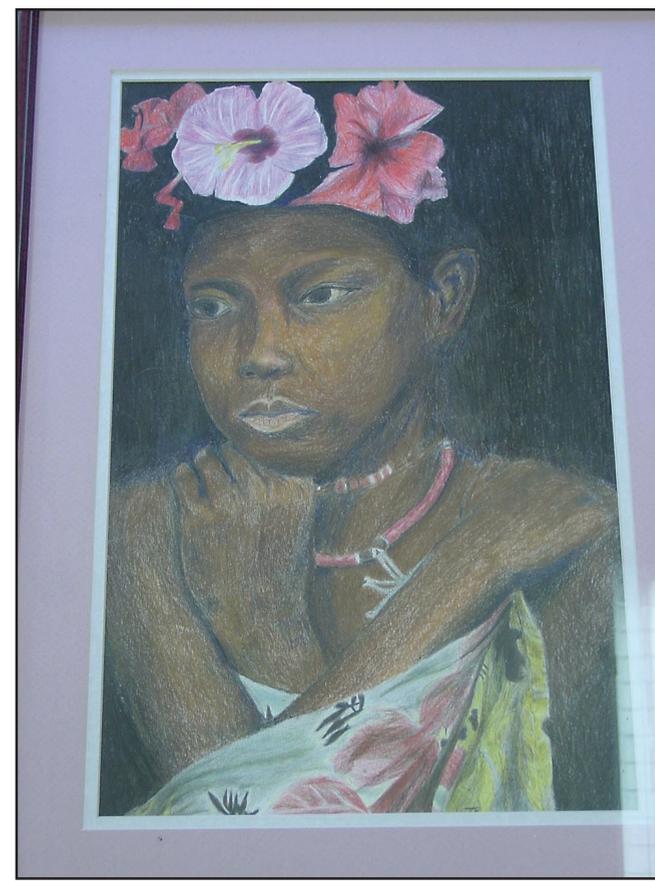
Last year, Tarra Kohler and Lisa Carroll were two of Tyndall's base-level winners who placed first at the AETC level and advanced to the Air Force-wide contest. Ms. Kohler's work "Dream of Africa" was done in colored oil pencils.

"I like to challenge myself," Ms. Kohler said. "Entering the contest was a good experience. It's fun having other people say nice things about your work."

Ms. Carroll's digital photo of jellyfish, entitled "Free Falling," not only received top AETC honors, but also

"The first place winning entries in the photography contest are physically sent to AETC," said Mr. Mergil. "For the artist/craftsman contest, we will video the winning entries and send the tape instead of the actual artwork."

Entries in both contests will be evaluated using the following criteria: freshness of approach, technical skill, composition and impact. Additionally, judges for the artist/craftsman competition will assess the complexity level each contributor achieved



Marcia Robertson

"Dream of Africa," by Tarra Kohler

won first place at the Air Force level.

"I love to travel and most of my shots are scenic," explained Ms. Carroll. "The jellyfish were actually taken at an aquarium in Monterey, Calif., even though the photo looks like it was taken underwater."

Judging for the competitions will take place at the skills development center in early September with the winners being announced at a reception later in the month.

"We encourage people of all levels of skill and capabilities to enter," Mr. Mergil emphasized. "We especially welcome young artists and photographers. It's good experience and exposure as well as being good family fun."

Information packages and entry forms are available from the skills development center beginning Aug. 1. Contact the SDC at 283-4511 for hours of operation and additional information about these contests.

●FROM CONTROL PAGE 2

to relax was Sunday; therefore, I couldn't go to church or some equally rationalized excuse. My failure to routinely participate in sports and physical activity fell along the same lines. After looking at these three areas of my life and realizing things were sufficiently out of whack, I made a conscious decision to achieve balance. The first thing I did was to leave the office one day at (gasp) 4 p.m.

It was a hard thing to do, but believe it or not, the office actually kept running without me and the world didn't come to an end. I can't leave every day at that time, but when the end of the normal duty day comes around, now I do a quick inventory of what needs to be done.

I spend a lot fewer late nights in the office and things still actually get done.

I found out a very simple truth. I was a workaholic because I was afraid to fail in my professional life. What I discovered was that once I was able to take the risk to slow down at work and placed more emphasis on my family and personal life, my professional performance actually improved. I was able to get more done in less time. I was less stressed out and was nicer to the folks at work, and, all in all, I enjoyed all the facets of my life more.

Having said that, I must be honest and tell you that I'm writing this while sitting on an airplane on the first day of our family vacation. Old habits die hard.

First-class sponsorship is active process

CATHERINE TARRANT
Family support center

First impressions are lasting impressions. They're especially important for Tyndall Air Force Base members who serve as sponsors of newcomers. Sponsors are in a unique position to affect how newcomers perceive their unit, Tyndall AFB and Bay County.

The information you provide, the questions you answer, and your attention to detail in welcoming a new member and/or family will determine how easily they transition into the community.

When you are chosen by your unit to be a sponsor, you become an ambassador for Tyndall AFB. Your actions help shape the initial impression of the people you are assigned to sponsor.

In order to be an effective sponsor, here are a few pointers to help you create the right impression while providing the newcomer the type of assistance they deserve.

First, good sponsorship is nothing more than quality customer service. Your number one priority should be to eliminate as much stress for the member and their family as possible.

When asked about his experience with the sponsor program, 2nd Lt. Craig

McMahon, 325th Services Squadron, responded by saying, "My sponsor made our transition an extremely smooth one. His dedication to the sponsor program was evident by his actions."

Think back to when you first arrived at Tyndall. If you had a sponsor who was responsive to your needs, your transition was smooth and hassle free. Conversely, if your sponsor did not take very good care of you, your level of enthusiasm diminished.

The truth is, no one wants to be part of a team that doesn't take care of its people. While the sponsor does not necessarily represent the total organization, at a minimum, they should:

Contact the member

Make contact with the member within two working days of your appointment as sponsor, by phone, fax or e-mail. The needs of each newcomer and family are unique, and it's your responsibility to find out what their needs are and to respond appropriately.

Send a sponsor package

You'll want to send a sponsor package to the member, which should include a

personal letter from you with information about the unit, base and local area that may be of interest to them. Also included in the sponsor package is a welcome letter from the installation commander and any information specifically requested by the member in conjunction with maps and other generic information.

Know where to get answers

Whether it's your first or 15th time being a sponsor, you are not going to have all of the answers. Some agencies that can assist you are the family support center, housing office, lodging and the unit orderly room. Additional information is provided in the Sponsor Guidebook.

Newcomer's arrival

Personally meet the newcomer upon arrival. If you are scheduled to be TDY or on leave, make arrangements ahead of

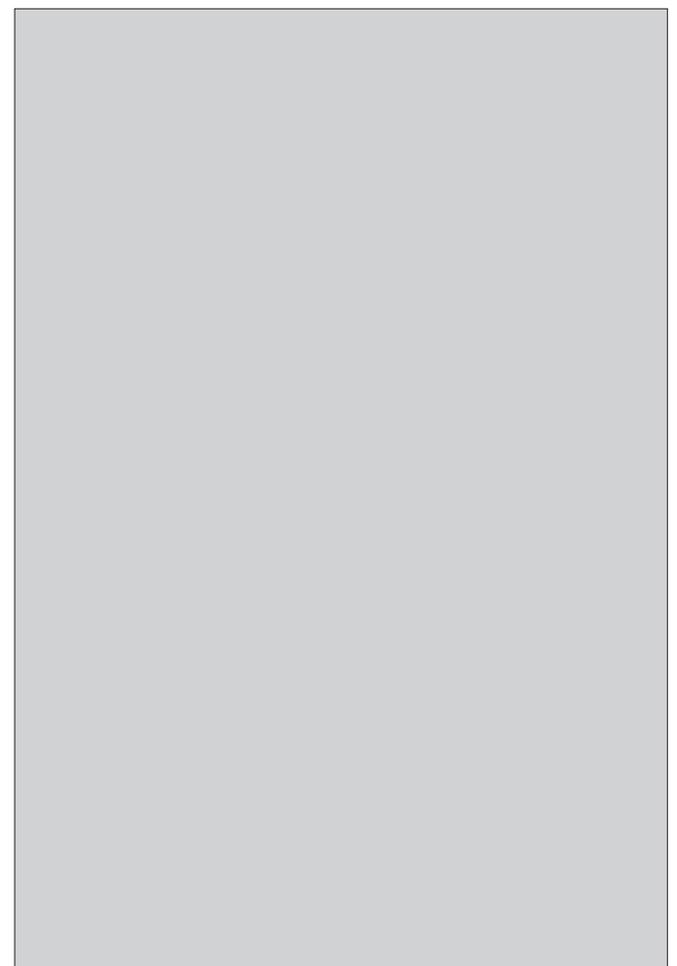
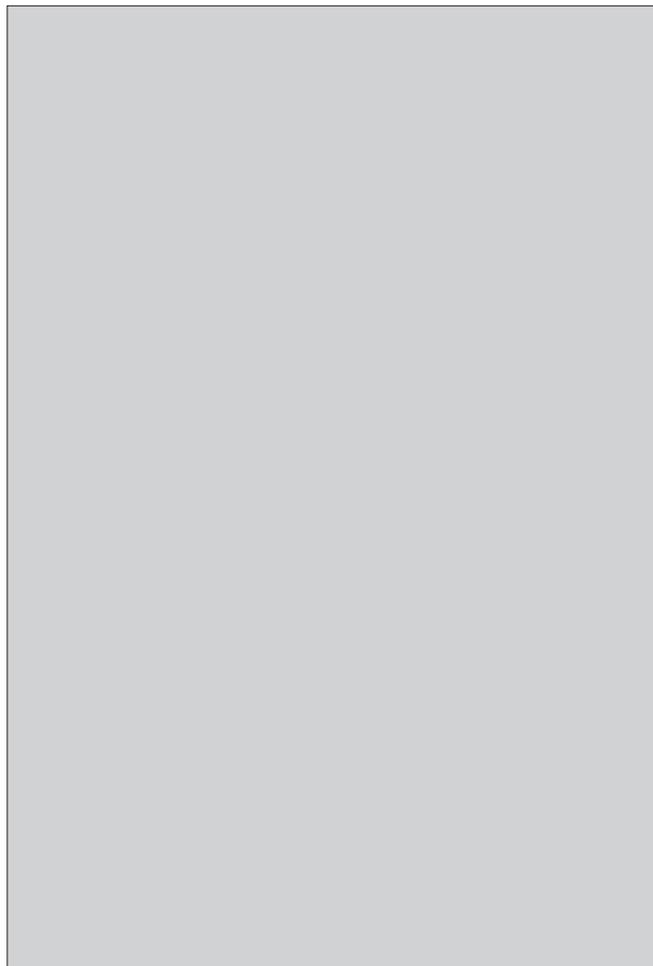
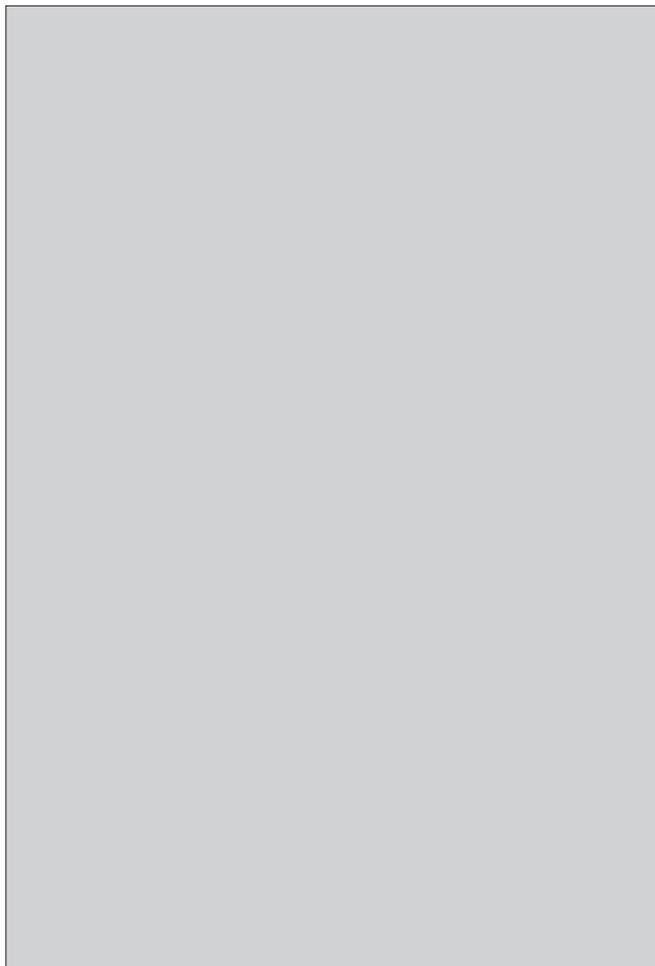


time to have an alternate fill in for you.

Accompany the newcomer to the military personnel flight/unit orderly room/housing, etc.

Provide a base tour

Remember, the sponsor's job is not complete until the newcomer and their family are settled. If you have any comments or suggestions to improve the sponsorship program, or if you encounter any problems while you are a sponsor, contact the relocation assistance program manager at the family support center, 283-4204/283-4205.



●FROM GRASS PAGE 8

age, the family moved in with Shelly's parents. The \$10 an hour and relatively steady work was a definite improvement; they were even paying off bills. Yet, it wasn't enough to find their own place or provide medical insurance.

"Reality finally set in," said Sergeant Clark. "My wife and I were talking one day. The entire time we'd been out of the Air Force we didn't have a home. We'd lived on my dad's boat, then with my mother and now with my wife's family."

"Shelly said one day, 'what are we doing?'" Sergeant Clark said. "She said then, 'I think you need to look into getting back into the Air Force.'"

"I had already done some research and called a couple of recruiters before approaching Aaron with the thought," said Shelly.

Initially Sergeant Clark fought it, even tried to join the Florida Highway Patrol, but things just didn't work out the way he wanted.

"One day I called a recruiter," Sergeant Clark said. "He told me I had already been out too long and I had too much time in service from the first time to re-enter."

Now, the former aircraft armament systems specialist had a new mission. Realizing how good he and his

family once had it, he was again determined not to give up. He tried recruiters, anybody and everybody he knew. Finally the break came that he was looking for.

"A friend called me from the Pentagon saying he knew a recruiter in Pennsylvania who understood my situation and thought he could help," said Sergeant Clark.

A month later, Sergeant Clark found himself in familiar surroundings going through the Military Entrance Processing station. He was back in the Air Force. Unfortunately, the break in service came with a price. There would be no re-enlistment bonus and he lost half of his time in grade. The only way back in was to rejoin his former career field, which was critically manned. So he gladly did, and found himself where he knew he belonged. Four years later, Sergeant Clark is glad he made the decision to come back in. He made staff sergeant the first time around and hopes to make technical sergeant soon, or maybe even try for a commission some day.

"I'm shooting for 20 now," Sergeant Clark said. "I've recently finished my CCAF degree and won Team Tyn-dall NCO of the Quarter. Although those aren't my main goals in life, they're things I didn't find important before and it's almost like, 'hey, I'm part of the Air

Force now.'"

Sergeant Clark likes to share his experiences during Right Decision seminars, sponsored by the wing Career Assistance Adviser, Chief Master Sgt. Ronnie Georgia. He said he hopes his example will help someone make the right decision for them.

Looking at the determination in this man's face, there are no regrets, just experiences and some lessons learned at the school of hard knocks.

"I don't think there's anything I've ever done that I regret," said Sergeant Clark. "I don't regret joining the first time and I don't regret getting out; that's because I am where I am now. Just remember this, it doesn't matter what the job offer is or whom it's with, nothing is guaranteed ... I had a secure job with my dad and it didn't work out. You never know what can happen out there."

"I think we appreciate our family life more now," said Shelly, "and the military family is wonderful, pulling through in times of need or separation. The staying power of the military is the best." Down the road, Staff Sgt. Aaron Clark sees himself once again checking out a new job and new surroundings, but this time he hopes to explore the grass a little closer to home — retraining to another job in the Air Force.

CHAPEL SCHEDULE



The following Catholic services will be held at Chapel 2: Daily Mass, 11:30 a.m. Monday-Friday; Reconciliation, after Saturday Mass or by appointment; Saturday Mass, 5 p.m.; Sunday Mass, 9:30 a.m.; religious education, 11 a.m. Sunday. Protestant services will be as follows: Communion service, 9:30 a.m., Chapel 1; general Protestant service, 11 a.m., Chapel 2.

Your link
to what's going on

Gulf Guide

in the
Tyndall community

AUGUST

FRI 2 **Embry-Riddle registration**
The last opportunity to register for Embry-Riddle Aeronautical University's fall term is 8 a.m.-4:30 p.m. today in Room 48 of the education center. Class dates are Monday-Oct. 5. For more information, call 283-4557.

MON 5 **Anger-management class**
A four-session anger-management class will be 1-2:30 p.m. Monday, Aug. 12, 19 and 26 in the life skills support center, Building 1305. For more information, call family advocacy, 283-7272.

TUE 6 **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.

Transition-assistance workshop

A three-day transition-assistance workshop for anyone leaving the military within the next 12 months will be 7:45 a.m.-4:30 p.m. Tuesday-Thursday. The workshop topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills, veterans benefits and much more. Spouses and Department of Defense civilians are welcome. For more information or reservations, call the family support center, 283-4204.

WED 7 **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.

Parenthood preparation class

The last meeting of the four-session preparation for parenthood course will be 3-5 p.m. Wednesday in the

life skills support center, Building 1305. The course covers basic infant care and development, including how to change, feed, bathe and care for a sick or crying baby. For more information or to sign up, call family advocacy, 283-7272.

THU 8 **Food demonstration**
A food demonstration entitled "Healthy Brown Bag Lunches" will be noon Thursday in the health and wellness center. For more information or to register, call 283-3826.

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.

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.

BASE THEATER

Today: "Juwanna Man" (PG-13, language and sex-related material)

Saturday: "Hey Arnold" (PG, some thematic elements)

Sunday: "Juwanna Man"

Thursday: "Hey Arnold"

Aug. 9: "Star Wars: Episode II" (PG, sustained sequences of sci-fi action/violence)

Aug. 10: "Powerpuff Girls"

All movies start at 7 p.m.

RETIREE NEWS

TFL deadline extension

The Department of Defense has announced that the deadline for beneficiaries to update their eligibility in the Defense Enrollment Eligibility Reporting System and remain eligible for TRICARE For Life is extended until Sept. 1.

After this date, claims for beneficiaries who are not shown as eligible in DEERS will be denied and will no longer be sent electronically from Medicare to TRICARE for payment. These beneficiaries will be responsible for paying for services that Medicare does not cover.

Claims received for beneficiaries with expired eligibility will continue to be denied until their eligibility information is updated. By law, the DOD must take back payments made for ineligible persons. Since the initial Aug. 1 deadline for updating expired eligibility was set, the DOD has received health-care claims for more than 40,000 TRICARE For Life beneficiaries with expired eligibility, of whom almost 19,000 have updated their eligibility.

Approximately 4,000 lost their TRICARE eligibility due to certain events such as divorce from a military retiree, remarriage of a widow or death. Nearly 17,000 beneficiaries, however, have not responded to mailings from the DOD urging them to update their eligibility in DEERS so they may use TRICARE For Life. The DOD will take advantage of the deadline extension and send additional letters to beneficiaries who have not updated their eligibility information.

TRICARE For Life beneficiaries who need to update or reverify eligibility, or beneficiaries who have received an Explanation of Benefits stating that they need to update their eligibility, should contact the nearest identification card facility for assistance.

At Tyndall, the customer support section in Building 662 can update DEERS registration information. For more information, call customer support, 283-2242. Beneficiaries may also visit www.dmdc.osd.mil/rsl/ on the Web to locate the three nearest ID card facilities or call the DOD Benefits Reverification Telephone Center at (800) 361-2620.

YARD SALES

The following yard sales are scheduled for Saturday: 3626-B Kisling Loop, 3182-B Voodoo Drive, 2815-A Falcon St. and 2745-B Eagle Drive.

All yard sales are held between 8 a.m.-4 p.m.

CLASSIFIEDS

AT&T Pentium I 100 MHz computer, high-resolution color monitor, color printer, desk. Runs great, good for kids, Internet capable, \$90. Call 286-8063.

AF needs members to get *'backs' in shape*

CAPT. JAMES TANNER
325th Medical Operations Squadron

What costs more than \$80 billion a year, affects eight out of ten people sometime in their life and is the leading medical reason for people to miss work?

Another hint: it costs more money and causes more disability than any other work-related injury. It may surprise you that the answer to these questions is back pain. Sometimes there is a specific injury that causes back pain, but most of the time back pain occurs gradually as the result of cumulative daily stress.

There are many things that can be done to reduce the risk for future back injury. Unfortunately, most of us neglect our backs until an injury does occur.

In the Air Force we recognize that a rigid program of preventative maintenance saves countless lives and millions of dollars by preventing aircraft failures. We certainly would not accept an 80 percent mishap rate for the life expectancy of our jets. So why don't people practice preventative care to avoid disabling back pain?

Our back is a complex structure made of bones, muscles and ligaments. Its complexity makes it prone to degenerate naturally with time.

Poor posture, faulty body mechanics, stressful living and working habits, loss of flexibility and strength and general decline of physical fitness all contribute to the back's degeneration. Preventative maintenance slows down the daily wear and tear by keeping the back healthy. Some

things you can do to prevent and reduce back pain are: improve posture, increase flexibility, strengthen abdominal muscles, improve overall fitness, quit smoking and lose excess weight.

Improve posture and body mechanics: To improve posture, avoid slump sitting, standing stooped with rounded shoulders or getting into awkward positions. Lifting should be done with your legs instead of your back, and your back should be kept straight (avoid twisting and lifting).

Increase flexibility: To increase flexibility, work on the hamstrings by lying flat on your back with your legs stretched out, then raise one leg as high as you can without bending your knee (hold for 15-30 seconds). Then switch legs. While also on your back, bend each knee individually up to your chest. Then bring both knees up to your chest.

Strengthen the abdominal muscles: Mini crunches, or partial sit-ups where the back remains on the floor, are the most effective way to strengthen your abdominal muscles without stressing your back. Lie on your back with your knees bent. Slowly raise your shoulders off the floor. Your lower back always stays in contact with the floor. Work on increasing the duration you can perform this exercise.

Get fit: To increase your general fitness there are a variety of exercises you can do. The guideline is to exercise continuously for 20-30 minutes four to five times a week. It doesn't matter what spe-



2nd Lt. Albert Bosco

Staff Sgt. Donte Walker, 325th Medical Operations Squadron, demonstrates the proper technique for performing crunches. Exercising abdominal muscles can help prevent back injuries.

cific activity you choose. It is better if you enjoy the activity because you will be more likely to continue exercising on a regular basis.

Stop smoking: Recent research determined that smoking increases your chances for getting back pain. Nicotine causes contraction of small blood vessels, thus decreasing the vital blood supply to muscles that are in constant use in the back. Smoking also slows down the healing process therefore prolonging the back pain.

Lose weight: If you are overweight, the extra weight puts added daily stress on your back and other joints. This added stress accumulates over time and accelerates the natural degeneration of your spine.

One of the major factors that contributes to the development of back pain is a person's attitude. When people get back pain they fail to accept the responsibility that their ne-

glect has contributed.

People with back pain often believe they shouldn't have to change anything they do. They always say "I've done it that way for years and it never hurt me before." But it is important to understand that it may take years of accumulative stress from bad habits to damage the back before it actually causes pain.

Once the injury occurs, pain is the clue that bad habits need to be changed. Unfortunately, injury should not have to occur before you decide to implement the above recommendations. If you make a conscious effort to take care of your back, you decrease your chances for back pain or at least reduce the severity of it.

So, don't fly in a plane that hasn't had its proper scheduled maintenance. Don't take a trip in a car that has never had its oil

●SEE BACKS PAGE 15

●FROM VEST PAGE 6

may be "contrasting" with something, do not fit the spirit or intent of the AFI; they're not highly visible or "brightly colored." As we understand that individuals riding their privately owned motorcycles have individual taste and should have a choice in fashion, we don't advocate mandating a particular color or device, such as a vest; however, we strongly advocate being visible to other motorists.

Remember, it is a requirement to wear reflective material at night. You are authorized to wear a safety vest or brightly colored jacket on top of your uniform, just remember to remove it when you exit the bike.

For the money, a good leather jacket with reflective tape applied or worn with a safety vest over it is the best choice. This combination will help prevent hypothermia, road rash if you fall down, and make you more visible to other drivers.

Believe it or not, a good leather jacket can help keep

you cool on a hot day as long as you're moving and get a little air circulation. If you decide to opt for a safety vest, be sure to get one that is easy to put on and secures very well to the body. Those that zip up the front are best, both for getting them on and preventing them from flopping up into your face while riding.

You may have spent upwards of \$30,000 to get the cycle of your dreams, so it really does not make sense to scrimp and not buy some highly visible body armor to go with it.

We strongly encourage units to purchase a few well-made, highly visible and reflective vests as organizational equipment to temporarily issue to unit cyclists until they have a chance to get a suitable jacket or vest of their own. Buy them a size or two larger than will fit the chest so they can be worn over a uniform or jacket. A squadron patch is also suggested.

Keep in mind that Air Education and Training Command

Supplement 1 to AFI 91-207, paragraph 14, requires security forces personnel, all commanders and supervisors to enforce the safety requirements.

We can't afford to keep losing people to traffic mishaps, and it is up to you to take reasonable steps to protect yourself by wearing the required safety gear on a cycle or seatbelts in your car, and by obeying the posted speed limit.

Air Force-wide, more than 70 servicemembers have lost their lives to mishaps so far this year. If the speed limit is posted at 45 mph, not only is that the legal limit, it is also usually the result of an engineering study that says it is the safest speed for that section of roadway. Driver or cyclist, man or woman, we all share equal responsibility to act responsibly on our nations' streets and highways. We owe it to ourselves, our families and our country to be present for duty.

Funshine NEWS

August 2, 2002

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

YES!
Membership
Pays!

Here s How...

Mind Moods
At the
Enlisted Club
with D.J. Krowne
August 17
9 p.m.-
midnight
Caf

Tyndall Officers Club
Retiree
Appreciation
Night **August 23**
25% discount on all entrees

Tyndall Enlisted Club
THE Steak-Out
Zone
Every Friday
5:30-8:30 p.m.
Only \$5.95
The Steak Zone features:
choice steak cole slaw
potato salad fire extinguisher
283-4357 for details

Every Wednesday at the O Club
Family Night Buffet
5:30-7:30 p.m. \$6.95
Children 6-11 \$4.95 5 and under eat free
Visit your club where your
satisfaction is guaranteed!
If you are unhappy with your club
experience just talk to your club manager.
283-4357

2nd Annual All Ranks
Medieval
Banquet
(Members only)
September 28

Youth Center

☎ 283-4366

Start Smart Soccer

Is your 3-5 yr. old ready for organized soccer? Sign up for start smart soccer and work one-on-one with your child developing basic skills. Program runs Aug. 17, 24, 31 and Sept. 7 at 9 a.m. Cost is \$30 and space is limited. Call Andy for details.

Back to School Block Party

Friday, Aug. 2 at 6 p.m.
Outside the youth center. Live entertainment with DJ "Clyde Rolfe". Door prizes every half hour. Games, contests and a whole lot more. Call for more information.

Marina Club

☎ 283-3059

Flea Market

August 10, 8 a.m.-1 p.m. Table rental \$10 for members \$15 for non-members. Come out and find some bargains!

32nd Annual Panama City Spearfish Tournament

August 15-18, 2002
This event begins with a safety meeting at 6:30 p.m. on Aug. 15 and ends with an awards ceremony on Aug. 18. Call for more information.

Pontoon Boar Rentals

Full day rental only \$95. Call for more information.

Sunday Breakfast

The Marina is open for breakfast every Sunday morning 7:30-10 a.m.

Seafood Lunch Buffet

All-You-Can-Eat only \$6.50, including soft drink. Every Friday 11 a.m.-2 p.m.

Scuba Lessons

Open water certifications: \$125.

Raptor Lanes Registration for Youth Winter Leagues

August 10 & 17

9-11 a.m.: Jr. and Sr.

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

Shooting Stars & Pee Wee

Call 283-2380 for more information.

Skills Development Ctr.

☎ 283-4511

Framing Class

Available on Thurs. 5-7 p.m. Costs \$30 which includes 8x10 frame supplies. Must preregister for class.

Skills Development Center Entries accepted Aug. 1- Sept. 1 Annual AF Contests

Artist Craftsman Categories Include:

Numerous categories include:

- Fine Art ■
- Textile Art ■
- Industrial Art ■
- Multicrafts/Pattern Art ■

Photo Contest Categories Include:



- Monochrome Prints
- Color Prints
- Color Transparencies
- Digital Photos

Call 283-4511 for more information.

Altitude with Attitude



Join the Aero Club by the end of Aug. 2002 & you could win:

- \$100 flight scholarship
 - SoftComm C-90 Headset
 - \$84 Proficiency Flight Scholarship
 - \$100 toward flight time
- (awarded to pilot with most monthly hours)

Call 283-4404 for details.

FREE AEROBICS CLASSES

Free aerobics classes are available at the Tyndall Fitness Center. The New Energy team of instructors offers a large variety of classes for the month of July.

- Cardio-Kickboxing at beginning level
- muscle fit ■ advanced step
- basic step ■ Butts-n-Guts ■ hi-low

Work at your own fitness level, and remember to have fun!

Call 283-2631 for more information

Pool Hours

Hours:

Fitness (Lap) Swim:

(last day for lap swim is Aug. 23)

Tues. 6-7:30 a.m.

Wed.-Fri.: 6-7:30 a.m.,

11-11:30 a.m., 5-6:30 p.m.

Open Swim:

Wed.-Sun.: 11:30 a.m.-6:30 p.m.

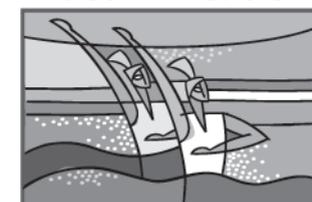
The pool will be closed Aug. 26-30

& open Aug. 31-Sept. 2.

Fees:

- Open Swim: \$1 per person per visit
- Fitness (Lap) Swim is free

Water Aerobics



AquaFit: Take this fun filled, relaxed aerobics class that's moved from land to water, without feeling cheated out of an intense workout.

Aquabox: This is what you get when you mix water aerobics with a dash of kick-boxing -- an action packed, effective workout without joint stress

Customer Appreciation: Water Aerobics will be FREE during the month of August!
Tues., Wed. & Thurs.: 6:30-7:30 p.m.

283-3199

Community Activity Ctr.

☎ 283-2495

Yoga Classes

Thurs. 6:15-7:30 p.m. (Begins Aug. 22)
Cost is \$60 per person for 5 classes.
Min. of 10 people required for class.

King of the Grill Queen of the BBQ Cook Off

Three Categories: Ribs, Chicken and Sauce

Prizes include: Gas Grill,
Charcoal Grills,
Remote Cooking
Thermometer & Timer,
Deluxe BBQ Utensil Sets

Aug. 9
11:30 a.m.-1 p.m.

Sponsored in part by:
AAFES, Hodge Barb-Que & The Chefs Shop
No Federal Endorsement of Sponsor Intended

283-2495

The Pelican Point Golf
Course Advisory Council
Meeting has been rescheduled
for August 15. Call 283-4389
for more information.

Sports Standings

Softball standings			Intramural Golf Standings	
American League			<i>Squadron</i>	<i>Total points</i>
<i>Team</i>	<i>Win</i>	<i>Loss</i>		
MXS	16	2	COMM	55.5
2 FS 2	14	5	SVS	49
IFS	14	5	MXS	48
SEADS	14	6	SEADS	48
ACS 1	13	6	CES	44
SVS	9	11	ACS	44
LSS	8	11	TS 1	44
OSS	8	12	CONR 1	43
COMM 2	6	13	AFCESA	41
WEG	5	14	95 FS	36
CONR	4	15	WEG	35
95 FS	3	14	LSS	35
National League			MSS 1	33
<i>Team</i>	<i>Win</i>	<i>Loss</i>	2 FS	31
RHS	13	1	OSS	30
COMM	12	2	CONR3	24
SFS	8	5	CONR2	22.5
AFCESA	9	7	83 FWS 1	18
TW	8	7	RHS	15.5
TEST	6	9	SFS1	13.5
MDG	3	9	MEDGP	13.5
CES	3	10	83 FWS 2	13
2 FS 1	2	12	372 TRS	11
			TS 2	7

Sports Shorts

Men's varsity basketball signups

All active-duty interested in trying out for the 2002-2003 Tyndall Tigers varsity basketball team may sign up at the fitness center.

The Tigers play in the highly competitive Southeastern Military Athletic Conference, which includes teams from the following Air Force bases: Keesler, Columbus, Eglin, Hurlburt, Maxwell, Robins and Moody.

The Army's Fort Benning is also included. Try-outs are scheduled to begin at 6:30 p.m. Aug. 19.

For more information, contact the Fitness Center at 283-2631.

●FROM BACKS PAGE 13

changed and don't live with a back that hasn't been properly taken care of. Take care of your back. The 325th Medical Group Physical Therapy department has information on back-care education. If you have any questions or want additional information, call 283-7019. If you do develop sudden onset of severe back pain, consult your doctor for proper care.

