

# GULF DEFENDER



## In brief

### Air Force News

News and information from around the Air Force will air on the base cable network's Channel 12. Air times are 8 a.m., noon, 2 p.m. and 6 p.m. Tuesday and Thursday.

Current stories include 'Moving a major part of southwest Asia defense,' 'Bombs and birds living in harmony in Florida' and 'Stepping out in what could be a new style.'

### 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, parking will be permitted on the even side of the street 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.

Inoperative vehicles may not be parked in any family housing area. All major repairs, such as sanding and painting, are not allowed in the housing area. Housing inspectors will also issue discrepancy notices for parking on the grass.

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Senior Airman Kenny Kennemer

## Raptor ride

Lt. Col. Jeffrey "Cobra" Harrigian, 43rd Fighter Squadron commander, settles in for his first Raptor flight at Nellis Air Force Base, Nev. For more information on his flight, see Page 8.

# AF announces staff sergeant promotions

**RANDOLPH AIR FORCE BASE, Texas (AFP)** — The Air Force has selected 13,651 of 27,416 eligible senior airmen for promotion to staff sergeant, a 49.79-percent selection rate.

The Air Force released the promotion list Wednesday (Thursday for Western Pacific bases). The complete list of selectees will be posted today to the Air Force Personnel Center's Web page at [www.afpc.randolph.af.mil/eprom/](http://www.afpc.randolph.af.mil/eprom/).

"As far as promotions are concerned, this has proven to be another great year for our senior airmen," said Chief Master Sgt. Mark Billingsley, enlisted-promotion and military-testing chief here. "The message is loud and clear: There really is no limit. If

you work hard and prepare for promotion, the Air Force will entrust you with that next stripe and give you all the responsibility and opportunity for growth that come with it."

People who tested are expected to receive their score notices by the end of August, officials said. Score notices allow airmen to see how their Promotion Fitness Examination and Specialty Knowledge Test scores rank against those they are directly competing with for promotion within their Air Force specialty code. Individuals can also get an electronic copy of their score notice, available after 7 p.m. today by clicking on 'vMPF' at <http://www.afpc.randolph.af.mil/>.

The average score for those

selected was 265 points, with the following averages:

— 130.81 points for enlisted performance reports.

— 53.29 for Promotion Fitness Examination.

— 53.54 for Specialty Knowledge Test.

— 15.52 for time in grade.

— 10.60 for time in service.  
— 0.62 for decorations.

The average selectee has 1.62 years time in grade and 4.25 years in service. Those selected will be promoted to staff sergeant from September to August 2004.

(Courtesy of AFPC News Service)

## Team Tyndall promotees

The following senior airmen were selected for promotion:

**Ryan Ahern**, 325th Security Forces Squadron

**Scott Allen**, 95th Fighter Squadron

**Anthony Amphay**, 325th Communications Squadron

**Brandt Arceneaux**, 325th Maintenance Squadron

**Ryan Artrip**, 83rd Fighter Weapons Squadron

**Michael Avery**, 325th Aircraft Maintenance Squadron

**Mario Ayala-Zuniga**, 325th CS

**Benjamin Baker**, 325th AMXS

● SEE PROMOTEES PAGE 10

## Changes continue but at slower pace

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander



School has begun, summer is ending and we're settling down from all of our changes in wing leadership.

Things are still happening at Tyndall, though, and this morning marks our final change of command from among our groups.

At 8 a.m., Col. Jeffrey Snyder, 325th Maintenance Group commander, will hand the controls and maintenance responsibility of Tyndall's 78 F-15s to Col. James "Jim" Van Antwerp.

Over the past two years, Jeff has kept the 325th Fighter Wing at the forefront of air superiority by providing maintenance excellence to each and every Tyndall F-15 and leading the group to an overall "Excellent" rating in the operational readiness inspection. Commanding a maintenance group is difficult enough without adding the challenge of reorganizing. However, Jeff stepped up to the challenge, rallied the troops and made the reorganization appear seamless. Jeff,



**"... The 325th Fighter Wing made history once again this week as Lt. Col. Jeffrey 'Cobra' Harrigian, 43rd Fighter Squadron commander, took his much anticipated first flight in the F/A-22 at Nellis AFB, Nev."**

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander

thank you, for your hard work, dedication and commitment to excellence and we wish you and Paula all the best on your new assignment at Langley AFB, Va.

Colonel Van Antwerp joins Team Tyndall from Nellis AFB, Nev., where he served as the 57th Maintenance Group deputy commander. I am confident that Jim will continue to make improvements to an already stellar 325th Maintenance Group as Tyndall prepares to usher in a new era in air dominance with the arrival of the F/A-22.

Speaking of the Raptor, the 325th Fighter Wing made history once again this week as Lt. Col. Jeffrey "Cobra" Harrigian, 43rd Fighter Squadron commander, took his much

anticipated first flight in the F/A-22 at Nellis AFB, Nev. Please join me in congratulating "Cobra" on this monumental and historic feat as AETC's first-ever F/A-22 pilot. To learn more about "Cobra's" first flight, see the story on Page 8.

Recently, the Air Force Chief of Staff, General John Jumper, released his Sight Picture concerning current Air Force fitness standards. The Air Force will transition to a new era of maintaining the fitness level of its airmen in Jan. 2004. This will include better opportunities for getting and maintaining fitness, and a more meaningful test of the fitness required for the Expeditionary Air Force.

●SEE CHANGES PAGE 4

### 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

## CMSAF: Wear-testing a new utility uniform; feedback required

**CHIEF MASTER SGT. GERALD MURRAY**

Chief Master Sergeant of the Air Force

There are many things that set airmen apart from the private sector of our great nation; one of the more obvious is the uniform. Airmen take pride in wearing the uniform well, and presenting a professional appearance to each other, sister services and to the public.

Because our uniform is a source of great pride, changes can sometimes make us uneasy. That's why we're taking great care in the design and wear-test of a new utility uniform to replace the current Battle Dress Uniform.

The need for a distinctive Air Force Utility Uniform stems from years of feedback from the field on our

current BDUs. Airmen through the years have complained of poor fit, the desire for better material, more functionality and more distinction from other services. The timing is right: our current uniform is supplied through Army sources, and as the Army looks at its own uniform and makes changes that suit its mission, it follows that we establish a source that can provide us with a uniform specifically designed to meet the needs of 21st century airmen.



**Chief Master Sgt. Gerald Murray**

Let me assure you that this is not change for the sake of change. It is a well-thought-out proposal that will now go to the field in a wear-test for your feedback.

Early in 2004, 300 airmen at nine test bases throughout the Air Force will wear the uniform and give feed-

back on its fit, durability, comfort and functionality.

We want your feedback as well — not shoot-from-the-hip feedback, but feedback that comes from seeing the uniform in action, and thinking about how it will meet your needs based on your work environment. A Web site will be available that will provide a forum to capture comments and suggestions. We will use these comments in addition to the feedback from the test participants in our final decision about this uniform.

One of the great strengths of our Air Force and its airmen is the ability to adapt to new missions, new technologies, and an ever-changing world landscape; this new utility uniform is another example of seeing a need for improvement and moving forward. I believe it's a uniform fitting of the world's greatest expeditionary Air Force, and one that, if implemented, we will be proud to wear.

### Gulf Defender Editorial Staff

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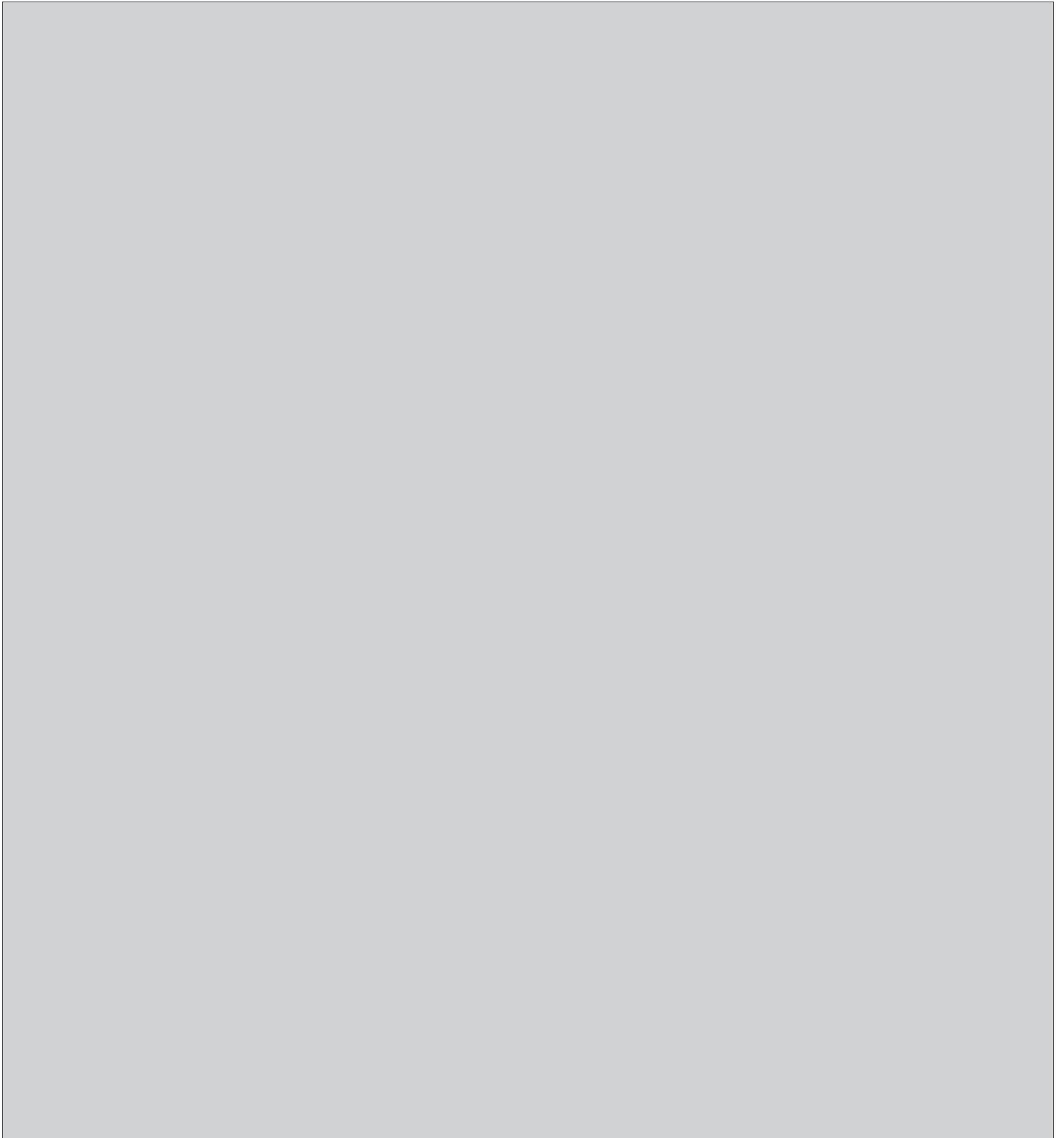
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chaser, user or patron.

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.



# Operations group gets new leader

AIRMAN SARAH McDOWELL

325th Fighter Wing public affairs

A change of command ceremony Aug. 8 welcomed the new 325th Operations Group commander, Col. Timothy Merrell. "Today we celebrate a brief but important ceremony of the succession of command as we bid farewell to a respected member of the 325th Fighter Wing, and we welcome a new family member to the 325th OG," said Brig. Gen. Larry New, 325th FW commander.

"There is no one better prepared or better capable of stepping into the job than Colonel Merrell. The men and women of the 325th OG have done an excellent job and I am sure they will continue to excel and tackle new challenges with great success," General New said.

Colonel Merrell arrived to Team Tyndall from the Air War College at Maxwell Air Force Base, Ala. Prior to graduating Air War College, he served as the deputy commander for the 39th Operations Group, Incirlik Air Base, Turkey and later deputy commander of the 33rd Operations Group, Eglin AFB, Fla.

"To be given the opportunity to lead an organization as successful, diverse and as rich in tradition as the 325th OG is without a doubt the highlight of my 22 years of service," Colonel Merrell said.

Colonel Merrell came to Tyndall with the mind-set that success in battle is the only objective of military training.

With that mind-set, he mentioned the concept that the men and women of the 325th OG must have "overwhelming competence in their areas of expertise. I expect each and every one of us to strive for that (top-notch) class rating – the go-to person, the best of the best ... The key to this mentality is



Lisa Carroll

**Brig. Gen. Larry New, 325th Fighter Wing commander, ceremonially passes command of the 325th Operations Group to Col. Timothy Merrell.**

attitude."

The second key concept that Colonel Merrell communicated is, "leave it better than you found it. Leaving it better than you found it is akin to ownership," Colonel Merrell said. "With regard to our people, make sure they get the recognition, awards and coaching they deserve. For our equipment, treat it like you paid for it out of your own pocket. In both cases, leave the people and equipment in better condition than what you inherited.

"Men and women of the 325th OG, and families, I look forward to the opportunities we will face together over the next couple of years. It is a pleasure to serve with you in this paradise by the gulf."

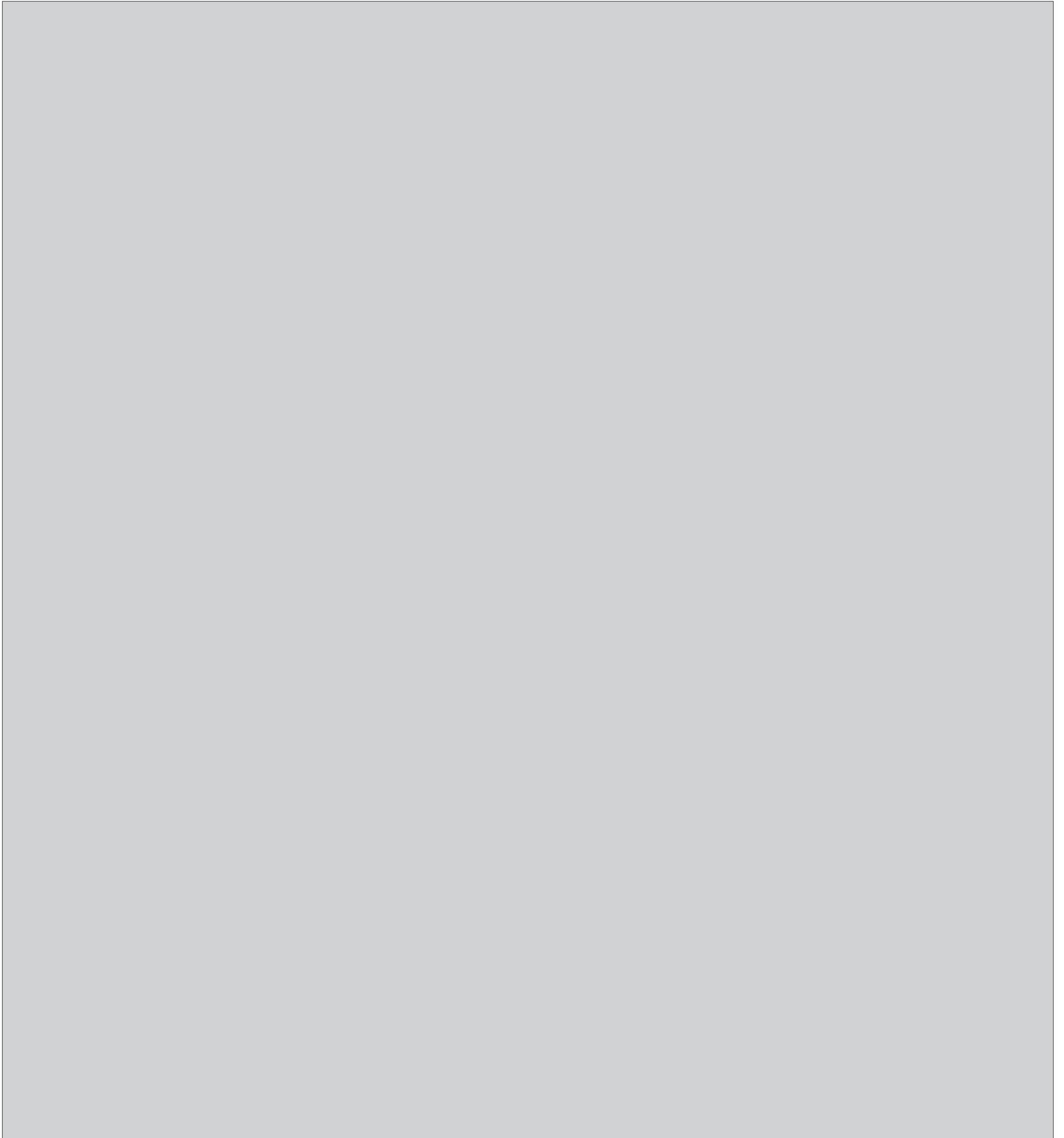
## ● FROM CHANGES PAGE 2

The new standard will be based on a composite score generated from various fitness tests including a 1.5-mile run, sit-ups, crunches and body measurements. More information will be available in the near future. For planning purposes, we are less than six months away from the new test and I want each of you to make sure you are prepared. If you are not fit, I would highly recommend you adopt a training program now so you will meet the physical requirements of being an effective Air Force airman, and pass the test with flying colors. Your commanders and supervisors should be helping you in your fitness endeavors.

Speaking of preparations, the Air Force Ball is just over a month away. This will be an evening filled with fun and excitement as we celebrate the Air Force's 56th birthday. I encourage everyone to celebrate with us. Tickets can be purchased from representatives for \$25 each from 11 a.m.-1 p.m. and 3-5 p.m. on Fridays in the base exchange lobby.

Finally, I want to congratulate all of Team Tyndall's staff sergeant selects. While every promotion is important, for the enlisted folks, making Staff Sergeant is the first major milestone in their careers as they join the non-commissioned officer ranks and assume higher levels of responsibility and accountability. For a list of staff sergeant selects, see Page 10.

Have a great weekend, be safe and I'll see you next week.



ON THE STREET

How did you spend your summer vacation?



"I went to Puerto Rico and we went to the beaches a lot. I went to my grandma's hometown of Vieques to visit my grandma, grandpa, aunts and cousins."

**CAMILLE VALLE**

Daughter of Capt. Michael and Camille Valle



"I went to Tennessee to see my grandmother and I went to a camp where they were teaching us and let us play outside."

**MARVIN GARDNER**

Son of Tech. Sgt. Marvin and Kella Gardner



"My grandma came to visit. I went to Orlando for four days. I went swimming. I went to Disneyland and Universal Studios."

**DANIEL TRAHAN**

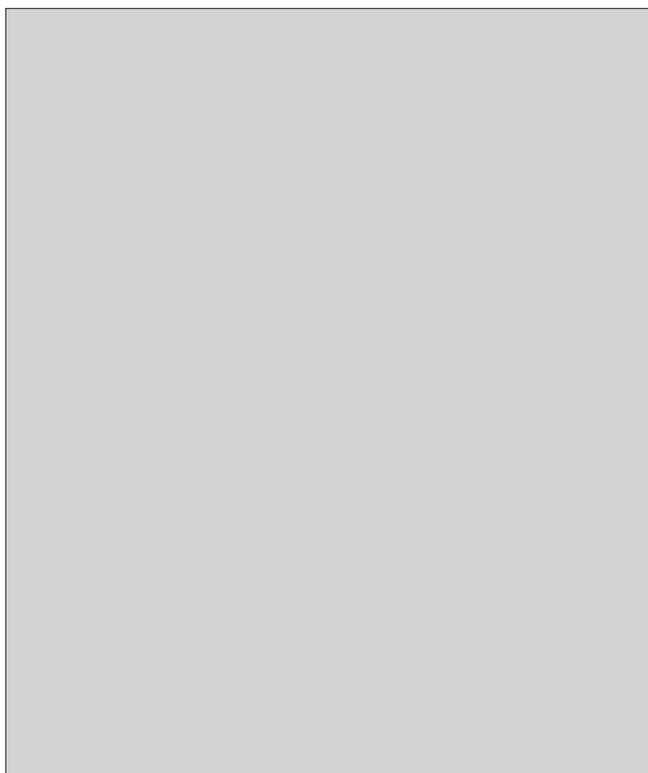
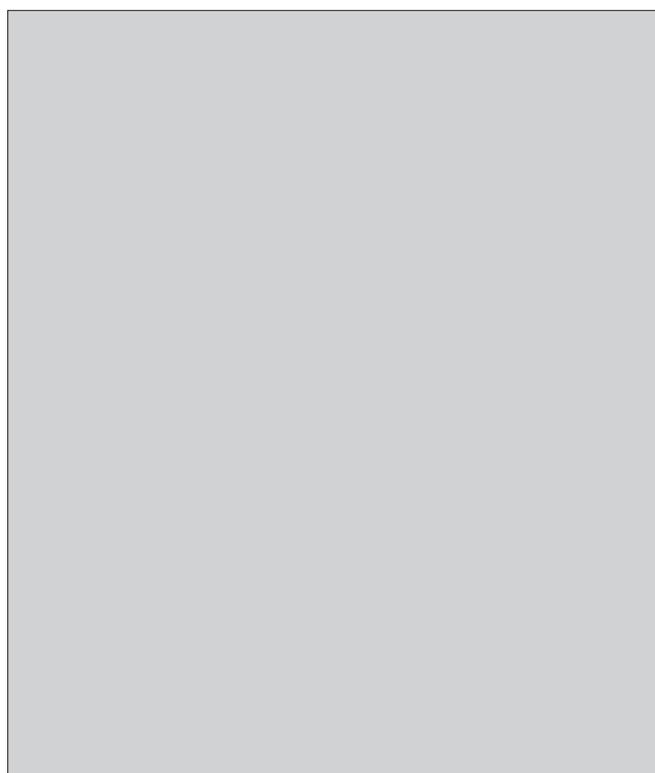
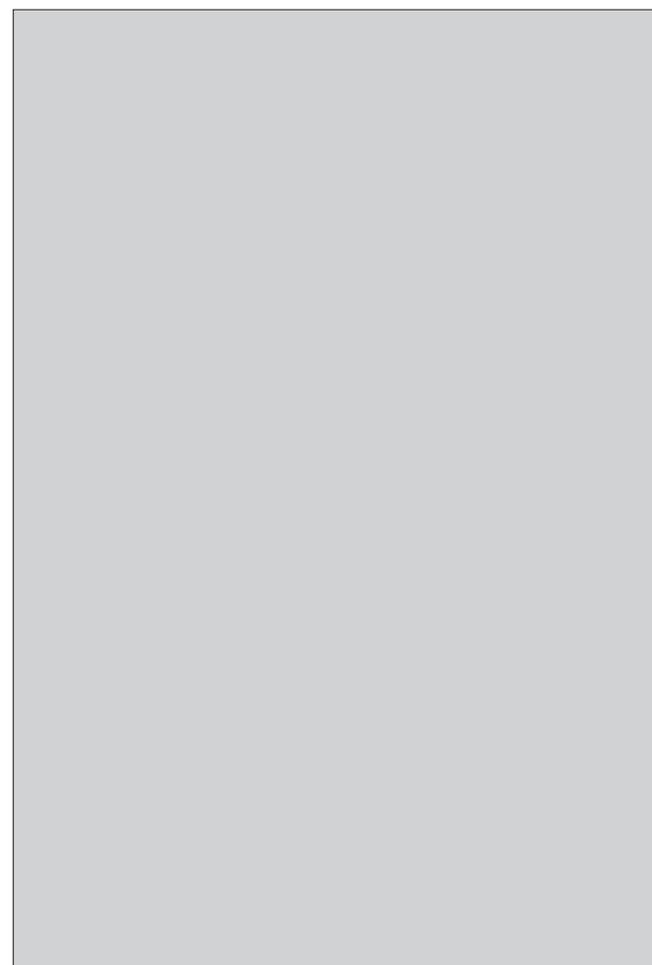
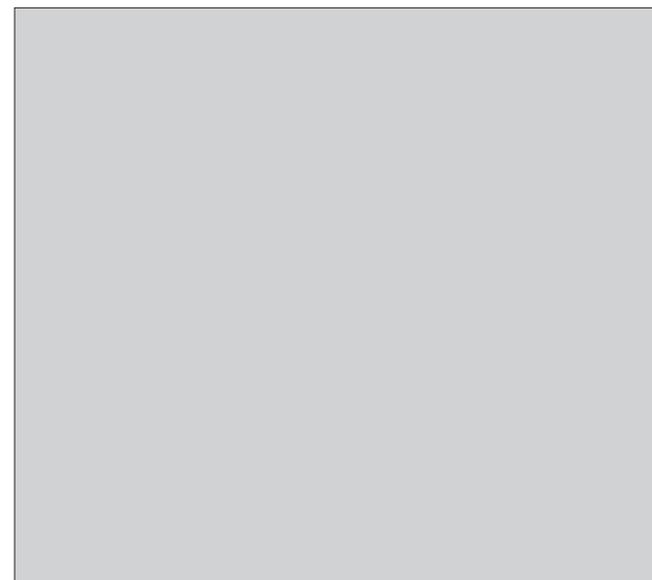
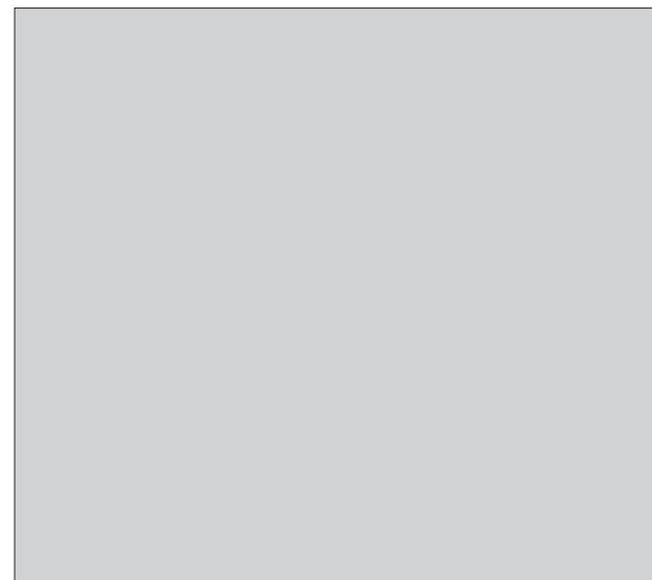
Son of Master Sgt. Daniel and ChomSun Trahan



"I went to my Nana and Papa's house and I went to Disney. I also had swimming lessons."

**JAYLEN NELSON**

Son of Tech. Sgt. Bryon and Shannon Nelson





In the event of an evacuation or other contingency, Team Tyndall members can call the Air Force Military Personnel Center's contingency line at (800) 435-9941 or the Tyndall Straight Talk contingency line at (877) 529-5540.

# Hurricane

## Checkertail Salute



Lisa Carroll

Lieutenant Anderson is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.

The Checkertail Clan salutes Lieutenant Anderson for creating the first intelligence formal training unit supplement for the inspector general self-inspection checklist which was a benchmark for use not only by the F-15C IFTU but also by both the Luke Air Force Base, Ariz., and Air Force Special Operations Command IFTUs as well as the future FA-22 IFTU.

**1st Lt. Kristina Anderson**

**Duty title:** Chief of F-15C intelligence formal training unit  
**Unit:** 325th Operations Support Squadron

**Time on station:** 2 years

**Time in service:** 8 years

**Hometown:** Luverne, Minn.

**Hobbies:** Racquetball, cooking and karaoke

**Proudest moment in the military:** Getting my commission.

**Goals:** Go to Maxwell (Air Force Base, Ga.) and be a great Aerospace Basic Course instructor.

**Favorite thing about Tyndall:** The great people I work with.

**Pet peeves:** Bad grammar.

**Favorite book:** "Divine Secrets of the Ya-Ya Sisterhood"

**Favorite movie:** "Rocky"

*The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.*

# DRUNK DRIVERS



*are not survivors!*

# First F/A-22 squadron commander, AETC pilot flies Raptor

SENIOR MASTER SGT. ROB FULLER

325th Fighter Wing public affairs

The Checkertail Clan made another mark in airpower history Tuesday, as the commander of the Air Force's first F/A-22 squadron officially became Air Education and Training Command's first Raptor pilot.

Lt. Col. Jeffrey "Cobra" Harrigian, 43rd Fighter Squadron commander, flew his first F/A-22 sortie at Nellis Air Force Base, Nev. in the transformational aircraft, culminating many hours of training, preparation and a lot of anticipation.

"It was a great flight, it's an awesome airplane, easy to fly, easy to take off and land, I had a good time,"

Colonel Harrigian said. "It's everything you've read about — from engine start to engine shutdown we were able to very easily get the jet out there, execute some maneuvers and come back and land."

Before he even left the ground however, Colonel Harrigian felt this would be the moment of a lifetime he would never forget.

"How many chances do you get to take a relatively new aircraft out, all by yourself?" the colonel said. "You're strapped in, and very focused on the mission at hand. But as I sat at the end of the runway, I took a deep breath and said, 'Man this is cool!'"

Colonel Harrigian, along with Maj. Steve Luczynski, also with the 43rd FS, has been on temporary duty at Nellis AFB since Aug. 6 training to fly the F/A-22. As the Raptor continues operational tests and evaluations in Nevada, the plan is to train a cadre of Tyndall pilots to be the initial 43rd FS flight instructors.

"I think the most important part of this training and experience is that we are one step closer to building the cadre of instructor pilots that are going to start training other F/A-22 pilots down the road," Colonel Harrigian said. "In the bigger picture, for the Air Force, it's another step closer to initial operational capability

and producing pilots to protect America."

Back in the cockpit though, the colonel recalled the performance of his first flight as simply awesome.

"It's world class," Colonel Harrigian said. "Probably the biggest thing I took from the flight is the fact that if you want the airplane to go some place, it's very easy to get it there. We did a little formation flying, and from a task loading perspective it's very easy to do. Same with the landing, I found it very comfortable. If you request something of the airplane it goes 'OK,' and it makes it very easy for the pilot."

A lot has been written about the F/A-22 performance and nothing quite compares to firsthand experience.

"The integrated avionics gives situational awareness that's unmatched anywhere else in the world," Colonel Harrigian said. "As I was flying around in the ranges up there, if anyone was within 80 miles, I was seeing them. From a maneuverability perspective, the airplane is very easy to go to regimes that other aircraft can't go."

Reflecting on the flight, Colonel Harrigian acknowledged that it takes many people to keep these aircraft flying.

"This (F/A-22) is a huge credit to the Raptor team," he said. The team includes people from across the Air Force to include Air Education and Training Command, Air Combat Command, civilians, military and contract partners as well as the men and women at Tyndall.

"It was a big day for me," Colonel Harrigian said, "but in the bigger picture it's one step closer to bringing Raptor Number 18 to Tyndall, and for us to start training pilots. More importantly, this aircraft is going to save lives, pilots' lives and depending on the mission, guys on the ground or folks in the United States. This aircraft will have the capability to do that."



Senior Airman Kenny Kennemer

Colonel Harrigian lifts off during his first flight in an F/A-22 at Nellis Air Force Base, Nev.

There's only one way  
to come out ahead  
of the pack.

**QUIT**

 American Heart  
Association  
WE'RE FIGHTING FOR  
YOUR LIFE

Help Us Conserve



YOU HAVE  
the POWER

Save  
for  
Your  
Future  **U.S. SAVINGS  
BONDS**

# 1st AF unveils new air defense system

**MAJ. DON ARIAS**

1st Air Force public affairs

First Air Force, responsible for defending the air sovereignty of the continental United States, dedicated the Air Force's first operational prototype of the Joint Based Expeditionary Connectivity Center here July 18.

The JBECC, a first of its kind system for the Air Force, helps solve the problem of providing a common air picture to joint-service commanders in the field.

At about \$4 million, it is a cost-effective system that provides accurate information and early warning of airborne threats, such as cruise missiles and unmanned aerial vehicles to military and civil authorities.

Housed in a Humvee and mobile shelter, the JBECC can be deployed on short notice to improve air defenses in specific geographic areas indefinitely.

Designed through the Advanced Concept Technology Demonstration program, the 1st Air Force-led initiative was ranked No. 1 by the Air Force and No. 2 by the Department of Defense among ACTD programs.

ACTD programs are designed to cut the length of the military acquisition process from nine years to five years.

The ACTD process typically receives 50 to 100 proposals per year, but only selects eight to 10. To be considered, a proposal must have joint uses. Driven by necessity, 1st Air Force saw the need for a rapidly deployable, mobile communications shelter that could connect sensor systems from the other services.

"The program is less about technology and more about concepts," said Maj. John Ackermann, chief of command, control, communications, computer and



Courtesy photo

**An Army Sentinel radar unit provides low-level coverage in the national capital region. The Joint Based Expeditionary Connectivity Center can connect sensor data from Sentinel radars, as well as from other systems.**

intelligence for the 1st Air Force requirements team.

"Because NORAD relies on sensor augmentation from other services from time to time, we needed to find a way to incorporate many diverse sensors and systems into a single, usable air picture."

After 1st Air Force defined the requirement, it learned the Marine Corps, Navy and Army were working on similar projects. First Air Force built a coalition from each service and together the services worked to maximize the multi-service use of the system.

The connectivity shelter that resulted houses various radios and communications systems used by each service. A "correlation-fusion engine" gathers the radar data, electronic intelligence and other digital information from each service and "fuses" it into one air picture.

"New technology is a red flag for the ACTD process," Major Ackermann said. "It means increased risk of spending defense dollars on a developing technology that may not work. The JBECC utilizes existing "off the shelf" technologies and communications systems to-

gether in a new, innovative way to help war fighters now.

Just after the attacks of Sept. 11, then 1st Air Force commander, Maj. Gen. Larry Arnold, ordered the JBECC deployed to protect Washington, D.C. That order meant the requirements team would continue to develop the JBECC while operating it "real world" before it was fully operational.

"It was a very difficult time," Major Ackermann said. "We had to be out in the field with the system. At the same time, we needed to be back in the office to work the longer-term containment, logistics and training issues that go along with fielding a new system."

The team relied on support from computer and communication specialists from the Army, Navy and Marine Corps. Equipment operators from the Air Force, Air National Guard and civilian contractors spent three months in the field as "civilian soldiers."

JBECC technology has been used by the Air Force to protect the Winter Olympics in Salt Lake City, and prototypes have deployed to Afghanistan and Iraq.

● FROM PROMOTEES PAGE 1  
**Arthur Baldonado**, 325th CS  
**James Bandy**, 1st Fighter Squadron  
**Carlos Barretogoty**, 325th AMXS  
**Kelsi Basom**, 325th Medical Operations Squadron  
**Tamika Baucom**, 325th Aero-medical-Dental Squadron  
**Samuel Benedetto**, 325th MXS  
**Eric Bennett**, 325th MXS  
**David Betancourt**, 325th AMXS  
**Christine Beuscher**, 325th Operations Support Squadron  
**Michael Bevis**, 325th MXS  
**Anthony Bibbo**, 28th Test Support Squadron  
**Trinity Bolman**, 325th CS  
**Michael Bookhardt**, 325th CS  
**Robert Booth**, 325th AMXS  
**Austin Borchardt**, 325th AMXS  
**Michelle Brenize**, 325th OSS  
**Ferdinand Brown**, 325th AMXS  
**Joshua Brown**, 325th Civil Engineer Squadron  
**Sheretha Brown**, NAS Pensacola  
**Joshua Broyles**, 16th Electronic Warfare Squadron  
**Amy Brunelle**, 325th OSS  
**Jessica Busman**, 325th Air Control Squadron  
**Shayla Butler**, 325th Fighter Wing  
**Falsen Cambre**, 325th SFS  
**Christopher Carden**, 325th AMXS  
**Christopher Clark**, 325th AMXS  
**Michelle Clark**, 325th Mission Support Squadron  
**Lance Clark**, 95th FS  
**Michelle Clements**, 325th CS  
**Brendan Cochran**, 325th CS  
**James Cochran Jr.**, 325th AMXS  
**Kerry Compton**, 325th AMXS

**Marvin Conley**, 325th AMXS  
**Glenn Corbitt**, 325th MXS  
**Kevin Crawford**, 325th AMXS  
**Adam Croyl**, 325th AMXS  
**Erica Cummings**, 325th SFS  
**Ronald Davis**, 325th AMXS  
**Ra'Sean Davis**, 325th OSS  
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**Shaun Donohue**, 325th MXS  
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**Fred Dutton**, 28th TSS  
**Eric Eaken**, 325th SFS  
**Jon Echols**, 325th AMXS  
**Samuel Edwards**, 325th AMXS  
**Earl Ellis II**, 325th AMXS  
**Teddy Ennis**, 325th MXS  
**Anthony Ensey**, 325th AMXS  
**Rosindo Espinoza**, 325th Services Squadron  
**Virginia Evans**, 325th AMXS  
**Scott Finkbeiner**, 325th AMDS  
**Kristi Foley**, 325th ACS  
**Donna Freigo**, 325th MXS  
**Ian Gamroth**, 325th MXS  
**Jorge Garcia**, 325th AMXS  
**Michael Gardiner**, 325th AMXS  
**Tarrance Garner**, 325th CS  
**Bryan Garnett**, 325th SVS  
**Jesse Gentile**, 83rd FWS  
**John Gladney IV**, 325th OSS  
**Daniel Gomez**, 325th CS  
**William Goolsby**, 325th AMXS  
**Leah Gordon**, 325th MXS  
**Amanda Grissom**, 325th SVS  
**Zachary Gronau**, 83rd FWS  
**Patrick Hallisey**, 325th AMXS  
**Luke Harris**, 325th OSS  
**Walter Harris Jr.**, 325th AMXS  
**David Hauser**, 325th AMXS  
**Angela Heavrin**, 325th OSS  
**Joseph Hedin**, 325th SFS

**Antenney Hemingway**, 325th MXS  
**Michael Hensley**, NAS Pensacola  
**Charles Herndon**, 325th AMXS  
**Jose Herrera Jr.**, 325th MXS  
**Meyer Herzog**, 325th AMXS  
**Joshua Higley**, 325th ACS  
**Ryan Hill**, 325th OSS  
**Richard Hogan**, 325th AMXS  
**Paulo Hong**, 325th SVS  
**Dustin Hoover**, 325th AMXS  
**Shelica Jackson**, 43rd Fighter Squadron  
**Travis Jenkins**, 1st FS  
**Anita Johnson**, 325th OSS  
**Jennifer Jones**, 1st FS  
**Scott Joseph**, 325th AMXS  
**Michael Kervaski**, 325th AMXS  
**William Knight**, 82nd Aerial Target Squadron  
**Erik Kort**, 325th AMXS  
**Jeffrey Kowalski**, 325th SFS  
**Guy Leach**, 325th AMXS  
**Shanelle Leach**, 325th MXS  
**Edith Lemaire**, 325th Maintenance Operations Squadron  
**Kendra Levtzow**, 325th SFS  
**Jason Lewis**, 325th AMXS  
**Anica Lewis**, 325th MSS  
**George Little**, 325th AMXS  
**Jerry Lopez**, 325th CS  
**John Luteran**, 325th Maintenance Group  
**Brian Luther**, 325th MXS  
**Amanda Madlin**, 325th AMXS  
**Daniel Mallo Jr.**, 325th CS  
**Maria Martinez**, 325th CES  
**Donald McCutcheon**, 1st FS  
**Shane McDonah**, 325th AMXS  
**Angela McKnight**, 325th Medical Support Squadron  
**Michelle McMenamin**, 325th SVS  
**Ivette Michael**, 325th AMDS  
**Aaron Miller**, 325th AMDS  
**Daniel Miller**, 325th AMXS

**Tamika Mills**, 325th MSS  
**Jennifer-Lee Miranda**, 325th MDSS  
**Maricela Miranda**, 325th SVS  
**Shawntane Mitchell**, 325th SFS  
**Tanya Mitchell**, 325th SFS  
**Jason Moseley**, 325th SFS  
**Alejandro Muniz**, 325th CS  
**Christopher Myers**, 325th CS  
**Heath Neighoff**, 325th AMXS  
**Rafael Nunez Jr.**, 325th SVS  
**Benjamin Orgeron**, 325th MXS  
**Shantel Oswald**, 325th MDOS  
**Keith Parrish**, 325th SFS  
**Todd Partin**, 325th SFS  
**Andrew Pfarr**, 325th AMXS  
**Latoria Pippin**, 325th MDSS  
**Brian Pollock**, 325th AMXS  
**Brandon Ponce**, 325th SFS  
**Jeremy Powell**, 325th CES  
**Chad Price**, 823rd REDHORSE Squadron  
**Wendy Puckett**, 325th ACS  
**Charlene Ramsey**, 325th CS  
**Bee Rennicker**, 325th AMXS  
**Kelly Reynolds**, 2nd Fighter Squadron  
**Mandy Reynolds**, 325th MDSS  
**Christopher Richards**, 81st Test Support Squadron  
**Michael Rose**, 325th AMXS  
**Roderick Rose**, 325th AMXS  
**Stephen Rosera**, 325th AMXS  
**Andrew Ruester**, 325th MXS  
**Grace Ruiz**, 325th AMDS  
**Douglas Russell**, 325th AMXS  
**Dominic Salas**, 325th AMXS  
**Eva Samuel-Malcom**, 325th MOS

**Craig Schafer**, 325th MXS  
**Richard Schantz**, 325th MXS  
**George Schmalz**, 325th CES  
**Wilbur Scott Jr.**, 325th MXS  
**Gregory Simpson**, 325th SFS  
**Jason Simpson**, 82nd ATS  
**Robert Smith**, 325th ACS  
**Dontavion Smith**, 325th MXS  
**David Stancil**, 28th TSS  
**Efphraim Thompson**, 81st TSS  
**Dennis Thrower**, 325th AMXS  
**Joshua Todus**, 325th MXS  
**Juan Toves Jr.**, 325th CS  
**Jonathan Tringali**, 325th AMXS  
**Melvin Truss II**, 16th EWS  
**Billie Tuck**, 325th Contracting Squadron  
**Michael Urli**, 325th OSS  
**Antonio Valente**, 325th AMXS  
**Daniel Velez**, 325th SFS  
**Jeffrey Waldrup**, 325th AMXS  
**Mary Weaver**, 325th SFS  
**Travis Wheeler**, 325th AMXS  
**Samantha Whitfield**, 325th MXS  
**Deandrew Williams**, 325th AMXS  
**Timothy Williams**, 325th AMXS  
**Joseph Williams**, 325th SFS  
**James Withycombe**, 325th AMXS  
**Brent Wood**, 325th AMXS  
**Walter Woods**, 325th AMXS  
**Joseph Woodward**, 325th CS  
**Sheldon Wright**, 325th AMXS  
**Christopher Yannayon**, 325th MOS  
**Douglas Zyla**, 325th SFS

## BACK TO BASICS

**Q. What does the regulation say about hair styles?**

**A. Hair styles for women must present a professional appearance. Plain and conservative pins, combs, headbands, elastic bands and barrettes similar to the individual's hair color are permitted to keep hair in place. Ornaments such as ribbons or jeweled pins are not allowed.**

**Hair will not be worn in an extreme or fad style or violate safety requirements. It cannot extend below an invisible line drawn parallel to the ground at the bottom edge of the shirt collar at the back of the neck. It will not exceed three inches in bulk or prevent proper wear of headgear. Women's hair cannot touch the eyebrows when**

**groomed or protrude below the front band of properly worn headgear except when wearing a flight cap. Hair may be visible then. However, the flight cap should be approximately one inch above the eyebrows.**

**Men's hair styles should have a tapered appearance. A block cut is permitted with a tapered appearance. Hair will not touch the ears and only closely cut hair on the back of the neck may touch the collar.**

**Sideburns will be straight and even. They cannot extend below the lowest part of the exterior ear opening.**

*Back to basics is a column highlighting proper military customs and courtesies.*

# New pamphlet explains AF plan for transformation

STAFF SGT. C. TODD LOPEZ

Air Force Print News

**WASHINGTON** — Transformation is on the mind of every Air Force leader, but for many airmen, understanding the Air Force's plan for transformation proves difficult.

The Air Force hopes a new 20-page booklet called "The Edge" will explain the concept of transformation to the service's uniformed airmen and civilian employees, a Pentagon official said.

"One of the things we wanted to do was tie together all the aspects of the 'Transformation Flight Plan' into a logical definition that everyone could understand," said Maj. Gen. Ron Bath, director of strategic planning. "We wanted to put together something that conveys Air Force Chief of Staff General John Jumper and Secretary of the Air Force Dr. James Roche's message, and conveys that the Air Force has always been transformational just by its cultural nature."

The Transformation Flight Plan is the Air Force's roadmap for transformation, as mandated by the September 2001 Quadrennial Defense Review.

"The Edge is an encapsulation of that plan," General Bath said. "Readers will be able to grasp that the Air Force is squarely behind transformational concepts and that we have identified our definition of transformation and what the three pillars of transformation are."

The Edge explains and gives examples of the three pillars: organizations, new technologies and operational concepts.

According to a preface explaining orga-

nizational adaptations that contribute to transformation, "The process of transformation begins and ends with our people by allowing us to tailor our organizations to enhance concepts of operations to evolving technology."

The Edge states that current force development efforts and the creation of the directorate of homeland security are both examples indicative of the organizational adaptations.

New technological objectives such as directed-energy weapons and greater stealth technology are given as examples of transformational technological advances.

Operational concepts such as global response, global mobility and global strike are also contributors. The Edge states it is the merger of CONOPS along with technological advances and newly tailored organizations that will yield a near order of magnitude increase in combat effectiveness.

"We are shifting from threat-based planning to capabilities-based planning with specific emphasis on joint relationships," General Bath said.

Approximately 2,000 copies of The Edge have been distributed to all Air Force major commands, agencies and offices, but the document is not just for airmen, the general said.

"The Edge also has a target audience of our service brethren in the Army and Navy, so that when they develop their next plans for transformation we can merge toward joint transformation as part of a team," General Bath said.

Save for Your Future  U.S. SAVINGS BONDS

Your link  
to what's going on

# Gulf Guide

in the  
Tyndall community

## AUGUST

FRI  
15

### Spouses' club meeting cancellation

The enlisted spouses' club's general membership meeting, scheduled for Wednesday, has been canceled. A casual evening out at the Hong Kong Buffet is 6:30 p.m. tonight. For more information, call Shantelle Dedicke, 286-8928.

### Retirement ceremony

Chief Anderson Edwards, assistant inspector general, will retire during a ceremony at 3 p.m. today at Chapel 2.

MON  
18

### Basketball try-outs

Try-outs and practice for the Tyndall Tigers Men's Varsity Basketball team, the defending champions of the Southeastern Military Athletic Conference, will begin 6:30 p.m. Monday at the fitness center. Try-outs are open to all active-duty military members. For more information, call the fitness center, 283-2631.

### Anger-management workshop

The four-session anger-management workshop will continue 10:30 a.m.-noon Monday and Aug. 25 in the family advocacy conference room in Building 1305. For more information, call family advocacy, 283-7511.

TUE  
19

### Bible study group

The Protestant Women of the Chapel's Bible study group meets 6:30 p.m. every Tuesday in the Chapel 2 Annex. The current topic is a study of Leviticus. Watchcare is available on an as-needed basis. For more information, call the base chapel, 283-2925.

### Children's weight class

The health and wellness center's sensible weight class for children meets 3:30-4:30 p.m. every Tuesday in Room 111. For more information, call the health and wellness center, 283-3826.

WED  
20

### Palace Chase briefing

Palace Chase briefings for first-term airmen with half of their enlistment completed, officers with at least half of their active-duty service commitment completed, or career

airmen who are interested in separating early in exchange for an Air Force Reserve assignment will be 2 p.m. every Wednesday in Room 222 of Building 662. For more information, call Master Sgt. Brian Zinner, 283-8384.

### Parenting workshop

The three-session effective parenting workshop will continue 1-3 p.m. Wednesday and Aug. 27 in Room 127 in Building 1305. For more information, call family advocacy, 283-7511.

### Bible study group

Our Lady of the Skies Catholic Community is currently studying a scripture study authored by Dr. Scott Hahn and Jeff Calvin. This 28-week course meets 6:30-8:30 p.m. Wednesdays in various parishioners' homes. For more information, call Roxanne Tabo at Chapel 2, 283-2925.

THU  
21

### School and sports physicals

School and sports physicals will be offered by the 325th Medical Group 8 a.m.-noon and 1-5 p.m. Thursday at the pediatric clinic. To make an appointment, call central appointments, 238-2778.

### Marriage workshop

The five-session "Married and Loving It" workshop will continue 11:30 a.m.-1 p.m. Thursday, Aug. 28, Sept. 4 and 11 in the family advocacy conference room. For more information, call family advocacy, 283-7511.

## NOTES

### 2003 Air Force Ball

The "Crossing Into A Blue Tie Affair" celebrates the Air Force's 56th birthday with a celebration at 6 p.m. Sept. 20 at the Edgewater Beach Resort.

Live music will be performed by "Reserve Generation," an Air Force Reserve band from Robins Air Force Base, Ga. A separate ballroom will feature a disc jockey. Childcare will be available for an additional charge.

Attire for the evening is mess dress for all officers, and mess dress or modified mess dress for enlisted and formal wear for civilians.

Representatives will be in the base exchange lobby from 11 a.m. - 1 p.m. and 3-5 p.m. Fridays for sign up. The cost of the event is \$25 per person. For more information, contact your unit representative or Capt. Benita Arceneaux at 283-2739.

### Florida State University registration

Florida State University is now registering for the fall semester. The semester begins Aug. 25. For more information, stop by the FSU Tyndall office in the education center or call 283-8908.

### Legal office services

The Tyndall Legal Office offers a notary service as part of its broad range of legal services. Often confused with "certification," notarization is merely verifying the identification of the individual signing a particular document. The legal office cannot certify documents as true copies of the original. For certified copies of birth certificates, marriage licenses and similar types of documents, contact the issuing office.

## RETIREE NEWS

### Cold War certificates still available

Servicemembers, veterans and federal employees who served between Sept. 2, 1945 and Dec. 26, 1991, are still eligible for a Cold War Recognition Certificate, according to U.S. Army Personnel Command officials. In fiscal 1998, the Secretary of Defense approved awarding the certificate to personnel who served during the Cold War. The application for the certificate can found on the Internet at <https://coldwar.army.mil>. The Web site informs applicants about the correct procedures and the required documentation to receive the certificate. The minimum turn-around time is six months. Applications will only be accepted by fax or mail.

### Medicare cost increase

According to the Chief Actuary of Medicare, the cost of Part B premiums for 2004 will rise to \$66 from \$58.70 per month (a 12.4 percent increase over the 2003 premium). Medicare consists of two distinct parts: Part A (Hospital Insurance) and Part B (Supplementary Medical Insurance). In general, Part A covers inpatient hospitalizations, skilled nursing care and home health services. Part B covers physician services and care received in hospital outpatient facilities.

Both Parts A and B of Medicare require certain cost-sharing contributions from beneficiaries in the form of deductibles and copayments. Part B of the program requires a premium contribution equal to 25 percent of the program's cost. The increasing cost of health care and the requirement to maintain the 75/25 percent ratio is forcing up the cost of the premium, which for 2004 is much more than the COLA paid to Social Security recipients, military retired pay and survivor benefits and veterans compensation and pension programs.

## YARD SALES

The following yard sale is scheduled for Saturday: 3672-B Kisling Loop. All yard sales are held between 8 a.m. -4 p.m.

## 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; religious education classes, 9:30-10:30 a.m. in Building 1476; general Protestant service, 11 a.m., Chapel 2.

# Air Force changing view on healthy lifestyles

## Program highlights reasons to slim down

The Air Force is combating a weighty issue. Too many servicemembers are overweight. Although most people consider the military to be lean and fit, a surprising 54 percent of active-duty members are either overweight or obese. This is similar to the 64.5 percent overweight or obese people within the U.S. population.

For each individual, body weight is the result of a combination of genetic, metabolic, behavioral, environmental, cultural and socioeconomic influences. Behavioral and environmental factors offer the greatest opportunities for change.

Armed with this information, and a mission to prevent weight gain, Air Force health and wellness experts have developed a program called *Shape Your Future...Your Weigh!* in an effort to prevent weight gain.

Although obesity is significantly lower among active duty compared to the nation, the impact of excess weight is costly.

The rising incidence and array of consequences associated with being overweight and obese pose serious problems for both the nation and the Air Force.

Just consider the facts known about excess weight. Obesity is associated with type 2 diabetes, high blood pressure, stroke, certain types of cancer, heart disease and depression. Individuals who are obese based on body mass index have a 50 to 100 percent increased risk of premature death from all causes, compared to individuals with a healthy weight.

Even moderate weight excess (10 to 20 pounds for a person of average height) increases the risk of death, particularly among adults aged 30 to 64 years. More than 300,000 deaths each year are attributed to obesity. According to the surgeon general, the economic cost of this disease in 2000 was \$117 billion.

Excess weight is the leading predictor of low fitness for men within the Air Force, regardless of any other behavioral factor. Each year, the Air Force spends about \$28 million on medical costs and productivity losses, not to mention loss of valuable air-

men who do not maintain weight and body fat standards. The key to stopping this epidemic is prevention.

The campaign slogan emphasizes the two key points of the program. *Shape Your Future* signifies the vision that all individuals have the power to 'get and stay in shape' and achieving and maintaining a healthy weight will shape an individual's future by decreasing health risks and enhancing fitness, confidence and

readiness. *Your Weigh!* implies that a unique, healthy weight exists for every individual and maintenance of that weight is important. It also means there are a variety of healthful and effective methods to choose from to

reach and maintain that weight and it is all about the individual and the personal path chosen to follow.

Due to the magnitude of the problem, it is highly unlikely this epidemic of weight gain will be resolved in the near future. The intent of the *Shape Your Future...Your Weigh!* campaign is to implement progressive phases, each targeting different aspects of military life that may impact weight gain and its prevention. Future phases of the campaign will focus on community commitment to a healthy environment by employing a roadmap to assess base efforts in supporting healthy weights and lifestyles. Recognizing and offering helpful solutions to factors which often contribute to weight gain, such as deployments, injuries and stress may make it easier to reach the goal of achieving or maintaining a healthy weight.

Once fully implemented, the *Shape Your Future...Your Weigh!* campaign will provide the missing link between awareness and action necessary to maintain a fit and healthy force, ready to face the current and future demands of the Air Force. This responsibility lies not with a select group of members but with each individual member. The *Shape Your Future...Your Weigh!* campaign is designed to make this goal an individualized reality. For more information about this campaign or weight-gain prevention, call the health and wellness center at 283-3826.

(Courtesy Tyndall health and wellness center)



## 1.5 mile run prep should start now

AIRMAN SARAH McDOWELL  
325th Fighter Wing public affairs

The Air Force has an early New Year's resolution to get fit. In his Sight Picture, the Chief of Staff of the Air Force, General John Jumper pointed out that he is pleased with the Air Force overall, but there is an aspect requiring attention: physical fitness of Air Force members.

There are ways that airmen can start a personal fitness program that will get them in shape, not only for the run test commencing Jan. 1, 2004, but also for over-all health.

"About ten years ago, we transitioned to fitness testing based on the cycle ergometry test. This was done to preclude injuries experienced in the previous one and a half mile run format," General Jumper said.

This means that it is necessary for people to acclimate their body to running, instead of overexerting it once a year – just because the run may not seem that hard, doesn't mean people are not at risk for complication during the test. "If you run once or twice a week at the minimum, you should not see any health complications. But, ideally you should work out three to five times a week. You don't have to run every day, but realistically, you need to run sometimes to pass the test," said Tad Stout, exercise physiologist, health and wellness center.

The goal of the run test is to make sure people are exercising, so to get ready for the test, it is highly recommended airmen start a regular aerobic workout program, which can be started at the fitness center or the HAWC, Mr. Stout said.

People who may work out but not run, run a little or not work out at all may want to start out with an interval workout. A sample interval workout that helps strengthen the heart and gradually condition the body for running would be this: first, start out on the track, walk the first lap, jog the second lap, stride the third lap and give it all you've got on the fourth lap. Repeat this four to eight times a day three to five times a week until you are acclimated to running the whole time, said Martin Littlefield, 325th Services Squadron management trainee at the fitness center. "This exercise will help

you get the time down for the one and a half mile run."

Also, people need to concentrate on their form when they are running. They should keep their arms in a more to and fro motion than the horizontal side-to-side motion. This will reduce workload and save the energy the person has for actual running, said Mr. Littlefield, who placed 18th out of about 5,000 in the Air Force Marathon. "The main thing is to do some kind of strengthening exercise, such as sit-ups and push-ups, which are core strengtheners and help with your form while you run."

Other important ways to avoid personal injury during exercises include warming up and stretching before exercise and cooling down and stretching after exercise. "Always warm up before aerobic workouts - do a three to five minute warm-up, stretch then get into exercise. Every good program is going to have those elements," Mr. Stout said.

Also, "you don't want to eat too close to your run time because you don't want a big meal bouncing around in your stomach. If you do, you are not going to feel comfortable. You might want to eat a light meal an hour or two before," Mr. Stout said. "You want to be well-hydrated though, that is key."

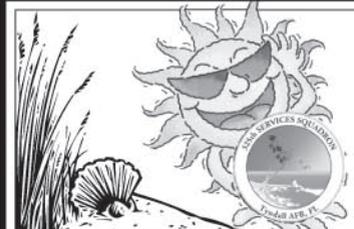
Also, find a workout that you like. "People need to fall into an exercise program that they enjoy to make sure that they don't get into a rut. Your body is very adaptable. If you don't do different exercises you will get locked into a routine and your body won't have to adapt as much. It is good to switch it up," Mr. Stout said.

These are some suggestions to get people who haven't ran or worked out in a while used to the physical demands before the test. "We will start this program on Jan. 1 so there is plenty of time to get ready," General Jumper said.

"I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force. We expected to be required to sustain the standards required in basic training, the Air Force Academy, Reserve Officer Training Corps or Officer Training School. Let's not disappoint ourselves any longer. The message is simple: if you are out of shape, fix it."

**"People need to fall into an exercise program that they enjoy to make sure that they don't get into a rut."**

TAD STOUT  
Exercise physiologist



# Funshine NEWS



August 15, 2003

325th Services Website: [www.325thservices.com](http://www.325thservices.com)

## Officers' Club

### All Ranks Lunch

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95  
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar, fountain soda, tea & coffee!

Includes Fresh Hot Carved Meat Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood

\*Members, show your club card to receive a \$1 discount!

### On Base Food Delivery

- Lunch Menu: Mon.-Fri. 11 a.m.-1 p.m.  
*Limited to office deliveries (i.e. squadron addresses)*
- Evening Menu: Fri. & Sat. 5:30-9 p.m.

**Subs & Pizzas**  
**286-2900**

### All Member Services

are provided at the Officers' Club Business Office  
9 a.m.-3 p.m., Mon. - Fri.

- Membership Inquiries
- Account Maintenance
- Club Card Payments
- Birthday Voucher
- Monthly Advantage Coupon Books
- Catering Arrangements
- Transfers
- Sign-ups
- Check Cashing

283-4357



### Family Child Care

☎ 283-2266

#### License Requirement

The Air Force requires persons caring for children of other families more than ten hours be licensed. Call for more information.

#### Extended Duty Child Care

Extended Duty Child Care is available for children whose parents are required to work beyond the "normal" duty hours. Please call 283-2266 for scheduling and additional information.

#### Returning Home Care

This service is provided for members returning from OFI and can be scheduled with the FCC office.

### Youth Center

☎ 283-4366

#### Start Smart Soccer

Is your 3-5 year old ready for soccer? Sign up for Start Smart Soccer and work one-on-one with your child improving basic soccer skills. Program runs Sept. 4, 11, 18, 25 at 9 a.m. Cost is \$30. Call Andy for more info.

#### Start Smart Golf

Is your 4-8 year old ready to tee it up? Sign up for Start Smart golf and work one-on-one with your child learning golf basics. Program runs Sept. 6, 20, 27 and Oct. 4 at 9 a.m. Cost is \$30. Call Andy at 283-4366 for more info.

### SKILLS DEVELOPMENT CENTER

## 2003 Photo Contest & Artist Craftsman

#### I. MONOCHROME PRINTS

All must be 8"x10", dry mounted on mat or illustration board and cropped with no border showing.

#### II. COLOR PRINTS

All must be 8"x10", dry mounted on mat or illustration board and cropped with no border showing.

#### III. COLOR TRANSPARENCIES

Standard 2"x2" in commercial or comparable mounts for use in carousel-type projector.

#### IV. DIGITAL PHOTOS

Min. size 5"x7", Max. size 8"x10" on photo stock or computer paper, dry mounted on mat or illustration board and cropped with no border or mat showing.

These contests has both an adult and youth category (Adult: over 18 yrs., Youth 17, and under.)

All Entries for both contests due by Aug. 30

Contact the Skills Development Center at 283-4511 for more information and entry form.

**283-4511**

#### Categories

#### I. Fine Art

painting, drawing, sculpting, etching and graphic design

#### II. Textile Art

weaving, needlework, quilting, knitting and crochet.

#### III. Industrial Art

woodworking, woodcarving, cabinetry, furniture building, plastic, fiberglass and metal works.

#### IV. Multicrafts & Pattern Art

home decor items, arts and crafts kits, basketry, leather tooling, ceramics (poured molds), stained glass and jewelry

### Information, Tickets & Tours

☎ 283-2499

#### Leisure Travel

Check out tours to Europe, Asia and other exotic destinations. Call Nancy at 283-2864.

#### Riviera Centre Outlet Mall Shopping in Foley, AL

Aug. 30. Cost per person is \$15 and trip will depart at 6:30 a.m. and return at 8 p.m. Deadline for signup is Aug. 25.

### Community Activity Ctr.

☎ 283-2495

#### Surf Classes

Aug. 23, 30; 8:30-10:30 a.m. Cost is \$35 per person per class. Learn the basic skills needed to start surfing the safe, fun and easy way. We'll teach all the right do's and don'ts and get you surfing during your first class.

#### Bogha-Baisti School of Irish Dance

A fun-loving spirit and atmosphere make learning comfortable for children and adults of all ages and ability. Students begin with a foundation of soft-shoe and progress to hard-shoe. Cost is \$40 per person for a 4 week session. Classes start Sept. 6. Signup by Aug. 29.

#### Ballroom Dance Class

Instructor: Russ Knight. Sept. 4, 6:30 p.m. in the CAC Ballroom. Cost for a four week session is \$65 per couple or \$32.50 per individual. Learn to Disco, Cha-Cha, Swing, & Slow Dance in a fun & friendly atmosphere.

#### Coffee Shop Reopening

Sept. 9, 7-11 a.m. Numerous flavors of coffee beans sold by the pound.

## Base Pool

- Open Swim, Aug. 23, 30, 31, & Sept. 1, 11:30 a.m.-6:30 p.m.

### Pool Prices

Entry fee is \$1 per person.

- Seasonal Pass: \$35 per person or maximum of \$50 per family.
  - Punch Pass: \$20 for 30 punches
- All guests must be accompanied by ID holder.

### Lodging NAF Sale

Aug. 26 & 27: 8-11 a.m.

Building 1137  
Assorted Furnishings  
Cash or Check only  
283-4211 ext. 3329

### Marina Club

☎ 283-3059

#### Friday Seafood Buffet

All-you-can-eat, \$6.50, 11 a.m.-1 p.m.

#### Best Salad Bar on Base

Tues.-Thurs., 11 a.m.-1 p.m., \$4.25

#### Dive Club Meeting

Aug. 28

### Get in Shape with the Fitness Center's Aerobic Classes

Tyndall AF Clubs presents:

## Travel the World

A membership recruitment & recognition program designed to "take you away".

### August 18 - October 31

More than 140 people Air Force wide will win travel related prizes valued from \$500 to \$5,000 just for signing up. The drive is open to all eligible non-members. (active duty, reserve, civilians and retirees)

A set of prizes will also be offered to current club members, who are automatically entered to win.

Membership applications are available at the club and at Services Marketing in building 1311.





Steve Riddle

## Batter up

**Maj. Dan Garoutte watches his son Cade take a swing during Saturday's Start Smart baseball class at the youth center. The classes are designed to introduce children ages 3-5 to basic sports skills and run every Saturday until Aug. 30.**

**The program has classes throughout the year and helps to give both parents and their children a head start in sports programs, said Andy Wallace, youth center youth program director.**

**There are specialized Start Smart programs for various sports. Some upcoming programs include golfing and soccer. For information, call 283-4366.**

## Survey gauges commissaries

**BONNIE POWELL**

Defense Commissary Agency

**FORT LEE, Va.** — A commissary industry committee is spearheading a first-ever online survey aimed at finding out more about the commissary shopping habits and perception of savings of active-duty military servicemembers.

The survey is being funded, conducted and compiled by the Consumer Awareness Team, a commissary industry committee that researches and funds projects to help military servicemembers understand the value of their commissary benefit. At stake for anyone taking the survey: two minutes of their time and a chance to win one of 250 commissary gift certificates valued at \$50 each. The certificates are also funded by industry.

Since the survey is being conducted and funded by private industry, the survey is not available at commissaries, but can be taken online at <http://catsurvey.shortsurveys.com>. The online survey will be available through September.

Any authorized commissary shopper is welcome to take the survey, but the Consumer Awareness Team does have a specific audience it's trying to reach. "We want to gather more information on the shopping habits of active servicemembers, particularly E1-E6 and junior officers," said Steve Lamkin, CAT chairman. "The results will help us make decisions about what outreach projects we undertake. In addition, our projects are funded by the manu-

facturers who sell products to commissary customers, so those manufacturers obviously have an interest in any projects that will increase business."

The survey has just six questions on demographic information such as duty and family status, frequency of shopping, perception of commissary savings and percent of household grocery money spent at the commissary.

According to Deborah Kalas, chairman of the CAT survey subcommittee, "Even though shoppers can save 30 percent or more over retail at the commissary, it's sometimes difficult to get the word out to new military members that the commissary can really help them. Hopefully this survey will help us understand their perceptions about the commissary and what we can do as industry partners to communicate the value of the benefit to all authorized shoppers."

Although the survey is not "official," the results will also be shared with DeCA as a tool for outreach and marketing. "We aren't able to collect that kind of demographic information on our customers," said Kaye Kennedy, chief of DeCA corporate communications, "and although we do an official Commissary Customer Satisfaction Survey twice a year, it only surveys shoppers who are already in the stores. It's great that our industry partners are doing projects that can provide valuable feedback and help us focus our outreach and marketing efforts to the right audiences."

