



In Brief

TRICARE

A TRICARE benefit briefing is scheduled to be held Aug. 7 at 9 a.m. in the Airey NCO Academy auditorium here.

Health care information will be provided for all categories of TRICARE beneficiaries.

For additional information, call the 325th MDG TRICARE Operations office here at 283-7157.

Registration

The Gulf Coast Community College registration for the fall term is ongoing at the Tyndall Education Center and classes start Aug. 20.

Book buyback is Tuesday and Wednesday from 8 a.m. to 6 p.m. at the main campus bookstore.

For more information, call 283-4332.

Tryouts

Tryouts for the 2007-2008 Tyndall Tigers Men's Varsity Basketball team are scheduled to begin Aug. 27 at 6 p.m. in the fitness center.

For more information, contact the fitness center at 283-2631.

Air Force Ball

The Air Force Ball is scheduled to be held Sept. 14 at 6:30 p.m. at the Officers' Club.

More information will be known as the date approaches.



Staff Sgt. Samantha Whitfield

Welcome to the Operational Air Force

Airman First Class Emily Allsbrook, Airman First Class Kyle Armstrong, Airman First Class Joshua Bogner, Airman First Class Tyler Borgstrom, Airman First Class Michael Brooker, Airman First Class Michael Cantrell, Airman Basic Jennyliz Correa-Rodriguez, Airman Angela Granados, Airman First Class Joshua Grant, Airman First Class Jason Johnson, Airman First Class Jaceson Hardin, Airman First Class Michael Morehouse, Airman First Class Daniel Rodgers, Airman Ryan Smith, Airman Rebecca Throop, Airman First Class Xiomary Torres Zayas, Airman First Class Christopher Vanduyn and Amn William Alla-baugh graduated from FTAC July 20. FTAC is a two-week course to help transitioned Airmen to the Operational Air Force.

HAWC helping Airmen go healthy

SENIOR AIRMAN

TIMOTHY R. CAPLING

325TH FIGHTER WING PUBLIC AFFAIRS

For all of the Airman looking to shed those few extra pounds, quit smoking, lower that cholesterol or just live healthier, help is here. The Air Force Health and Wellness Center here and Air Force wide offer free classes to teach Airmen how to lead healthier lifestyles.

The classes, not a commonly known resource for Airmen, are available to all Department of Defense identification

card holders and some civilians with restrictions.

"All of our classes are free," said Tonya Nash, a health program manager at the HAWC. "Referrals are not necessary to attend."

The classes have a wide range and vary from tobacco cessation classes that assist students quitting smoking, to weight management classes.

"Some of the most popular programs include the Cholesterol and Tobacco Cessation Classes," Nash said.

"Cooking demonstrations are also very popular and are offered quarterly."

"Our Fitness Program Manager also offers special classes each month. On July 25, we will be offering a Weight Training for Women class from 4 to 5:30 p.m." said Nash.

They also offer classes for active-duty military members that score poorly on their fitness test.

"These classes are designed to support active-duty members to return to optimal

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Checkertail Salute

Staff Sergeant Daniel R. Smart



Airman First Class Anthony J. Hyatt

Sergeant Smart, 325th Aircraft Maintenance Squadron, inspects the landing gear of an F-15 Thursday afternoon in Hangar 2. Sergeant Smart corrected a nose-landing gear unsafe light and changed the up-limit switch at approximately a 1.3 percent repeat rate.

Sergeant Smart responded to oxygen system failure, quickly swapping bottle leads during aircraft launch. He also found a defective bypass valve. Sergeant Smart educated Air Force Cadet's tours on F-15 electro/enviromental systems.

- Duty title:** Electrical and Environmental Systems craftsman
- Hometown:** Cloy, Ga.
- Time on station:** Three years
- Time in service:** Eight years
- Hobbies:** Playing basketball and pool
- Goals:** To have a degree within the next two years
- Favorite thing about Tyndall AFB:** All the great people on the base
- Favorite movie:** "Life"
- Favorite book:** "Escape from Slavery"
- Pet peeves:** When individuals blow things out of proportion and make big deals about things that can be solved easily
- Proudest moment in the military:** Graduating from basic military training

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.

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shape to be 'Fit to Fight,'" said Nash
 "The goal of the HAWC is to support our community to optimize quality of life by promoting healthier lifestyles," Nash said. "Our classes help us accomplish this goal, one person and one class at a time. Many people need support and resources to make the push towards a healthier lifestyle. We are here to assist them in their efforts."

All the classes are taught by qualified professionals.

"We have a Registered Dietitian, an Exercise Physiologist, a Diet Technician, and a Health Educator that all teach classes." Nash said. "Every one of our staff members has the required certifications in their career field to teach the classes offered."

In addition to the classes, tobacco cessation medication is available for DOD cardholders trying to quit tobacco.

"Chantix, Zyban, and the Patch are the medications that we have available here at Tyndall," Nash said. "Attendance in the Tobacco Cessation classes or participation in the ALA QuitLine Program is required to receive medications."

For a schedule of classes; more information; to enroll in a class; or make an individual appointment with a nutritionist, call the HAWC at 283-3826.



Lisa Norman

Ultimate super-soaker

On July 20, family members and co-workers sprayed down Col. Scott Davis, former 325th Fighter Wing vice commander, during his finiflight. Colonel Davis had been vice commander of the 325th FW since July 2006.



Identify this ...

Can you identify this object?

If so, send an e-mail to editor@tyndall.af.mil with "Identify this" in the subject line.

Three correct entries will be chosen at random and drawn from a hat to determine the final winner. The prize can be claimed at the Public Affairs office.

Airman First Class Calvin Smith, 325th Air Control Squadron, correctly guessed the July 16 "Identify This" as the cover of an Airman's manual. Congratulations Airman Smith.