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In Brief

Black History Month

The Black History Month Luncheon is 11:30 a.m. Feb. 7 at the Collocated Club. Reservations are due Jan. 30.

Tickets are $9 for club members and $10 for non-club members. For more information, call Melissa Greene at 283-2807.

Focus 56 Meeting

The monthy Focus 56 meeting is 3:30 p.m. Feb. 7 at The Zone. For more information, call Tech. Sgt. LaToya Jones-Sanders at 283-1224.

Tax Center

The Tax Center is open from 8 a.m. - noon Feb. 1 at the Wing Support Building, bldg. 662. For more information, call Staff Sgt. Charles Zaldivar at 283-4681.

HPV Vaccine

The 325th Medical Group Immunizations Clinic now carries the human papilloma virus vaccine. The vaccine helps protect eligible women ages 9-26 against cervical cancer. For more information, call 283-2778.

Basic Savings

The next series of Basic Savings and Investment Classes have begun with classes Feb. 6 and 20, Mar. 5 and 19. Classes are 9-11 a.m. in the Airman and Family Readiness classroom, bldg. 743. For more information, call 283-4204.

Instructor tows trucks with muscle power

Staff Sgt. Timothy R. Capling
325th Fighter Wing Public Affairs

Tech. Sgt. Jacob Peeterse, Tyndall Air Force Base Airmen Leadership School instructor, has been training to lift some heavy logs.

He isn't moonlighting as a lumberjack. The logs are 265 pounds of solid steel, and he's aiming to lift them from the ground to his chest; to over his head in as many times as possible in a short amount of time.

Sergeant Peeterse is preparing to compete in the South Atlantic Strongman III platinum contest, Feb. 16 in Columbia, S.C. The top three competitors from each weight division receive a berth into the national competition in Las Vegas this November. Sergeant Peeterse is competing in the 231-265 pound weight division.

The contest, similar to television's "World's Strongest Man," contains non-traditional athletic events that require substantial feats of strength.

One event requires the contender to pull a 700-pound chain, while another has participants pull semi-style trucks by way of a body harness. The keg loading contest has contestants lifting 200, 225, and 250-pound kegs to various heights.

Sergeant Peeterse first became interested in participating in strongman competitions a year ago while reading about them on the Web.

He placed fourth in the "Powerhouse of the South," his first competition last April.

"I started competing to have a reason to train," he said. "I used to go to the gym just to go; now I have a definitive goal. I like directing that competitive urge toward something I can compete in."

He also said he likes being solely responsible for the results.

"There aren't any teammates. If you're going to blame anybody (for poor results), you have to blame yourself," the sergeant said.

His typical day begins with a 4 a.m. wake-up, followed by a one-hour commute from Apalachicola. He trains at the Tyndall AFB fitness center for a few hours and then works at ALS until 4:30 p.m. He said his bedtime is usually between 7-8 p.m.

"Tech. Sgt. Peeterse is one of the most dedicated people I know when it comes to physical fitness," said Staff Sgt. Richard Marshall, ALS instructor. "He does not have to rely on other people to keep him motivated because when the gym is open he will be there with or without you."

His weekly training regimen consists of weight training three days a week and cardiovascular training two days.

"I try to do as many lifts in the gym that mimic the competition lifts," Sergeant Peeterse said. "I tend to do a lot of clean presses, squatting and dead lifting."

To maintain his current weight, Sergeant Peeterse tries to keep his caloric intake at 4,500 calories a day.

"I eat five to six meals a day with a meal every two to three hours," he said.

Courtesy photo

Tech. Sgt. Jacob Peeterse, Tyndall Air Force Base Airmen Leadership School instructor, complete the log clean and press at the Powerhouse of the South competition in Mississippi in April, 2007.

He noted his diet consists of a lot of shakes and protein bars supplemented with whole food at lunch and dinner.

Despite his full schedule, Sergeant Peeterse doesn't think of himself as being very busy.

"I don't think of it as busy," he said. "Busy denotes I don't like what I'm doing. I like what I'm doing."

He is known for his competitive spirit, hard work and positive attitude by his co-workers as well as being an example for displaying a positive Air Force image.

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Lady Tigers finish 2-0 at MLK Challenge

Story provided by Tyndall Lady Tigers

The Tyndall Tigers women's varsity basketball team won both of their games at the inaugural Martin Luther King Basketball Challenge last weekend at Eglin Air Force Base.

In their first game, the Lady Tigers faced the Keesler AFB Lady Dragons, the same team they defeated 90-61 the previous week. Keesler successfully used a spread-offense, slowing down the peace of the game in the first half. Tyndall was down 24-26 at the half.

In the second half, the Lady Tigers imposed their will as they played tenacious defense and changed the tempo of the contest into a fast-break affair. Behind leading scorer Tiffanie Guthrie, who scored 33 of her 44 points in the second half, the Lady Tigers quickly jumped out to a double digit lead and didn't look back. The Tigers pulled off the victory 71-51.

Monica Mason collected 11 points and led in assists with seven. Guthrie added 15 rebounds to her stats. Shell Joseph led Keesler in scoring with 14 points.

Sunday, the Lady Tigers faced the host Eglin AFB Lady Eagles. The Tyndall squad put on a dazzling display on both the offensive and defensive sides. At the half, the Tigers led 47-16. The second half was the same story as Tyndall cruised to a 92-43 victory.

Guthrie led Tyndall with 31 points, six assists and 14 rebounds, followed by Mason's 21 points. Sandra Williams and Richere Harrison both collected 10 rebounds each. Fatimat Bello led Eglin with 11 points.

The Lady Tigers improved their record to a perfect 10-0 on the season. They await the Southeastern Military Athletic Conference Women's Post Season Tournament.

Southeastern Military Athletic Conference Standings (as of Jan. 25)

Men's Basketball 2007 Regular Season Standings

Team	Won	Loss
Tyndall	9	1
Eglin	8	2
Hurlburt Field	5	4
Mayport	4	5
Keesler	3	6
Moody	2	7
Ft. Benning	1	8

Women's Basketball Standings

Tyndall	8	0
Keesler	2	3
Eglin	2	3
Ft. Benning	1	3
Moody	0	4

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"For Tech. Sgt. Peeterse, the gym takes precedence over all else," said Master Sgt. Rhonda Martin, ALS flight chief. "There are many activities that provide solace and peace. I would not say he is obsessed but he is definitely committed to always displaying a fit image. As the saying goes, 'An apple a day keeps the doctor away,' but for him a workout a day keeps a bad attitude away!"

Following the Feb. 16 contest, his next competition is slated for March 22 in Pensacola and he has high hopes.

"I want to win. I go in with the attitude that I'm going to win," he said. "If I go in and give 100 percent, then I'm satisfied."

Checkertail Salute

Jillian Messina

Photo by Chris Dahmer

Jillian Messina, an office automation technician for the 325th Fighter Wing, reviews Equal Employment Opportunity case files for accuracy and proper documentation.

Ms. Messina provided exemplary administrative support to both the civilian and military portions of the Wing's Equal Opportunity programs. She flawlessly coordinated all EO investigations with the Civilian Personnel Management Service, Investigation and Resolution Division with logistical arrangements and provided all required documentation in advance of required suspenses.

Hometown: Great Falls, Mont.
Time on station: One year, nine months
Time in service: Civil Service since June 2003
Hobbies: Reading, photography and spending time with the family
Goals: To attain a degree in Business/ Human Resources
Favorite thing about Tyndall AFB: Being stationed with so many friends
Favorite book: "The Red Tent" by Anita Diamant
Pet Peeves: Pessimistic people
Proudest moment in the military: Winning the Checkertail Salute Warrior of the Week

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.