



Col. O.G. Mannon, 16th Special Operations Wing commander, flies a CASA C-212 AVIOCAR along the Emerald Coast during the aircraft's final flight here. (above) The C-212 on the flightline.



Photo by Staff Sgt. Greg Davis

First in, last out for CASA

Hurlburt Field says goodbye to venerable aircraft

By Tech. Sgt. Andre Nicholson
Public Affairs

The same person who first flew the CASA C-212 AVIOCAR onto Hurlburt Field's flightline back in 1998 was the last to fly it before the aircraft was given to the U.S. Army Special Operations Command, Ft. Bragg, N.C., Dec. 22.

Col. O.G. Mannon, 16th Special Operations Wing commander, brought the multi-purpose aircraft to the base a few years ago and with Maj. Joaquin Pereda, 6th Special Operations Squadron at his side in the cockpit, he took the final flight of the CASA 212 over various

local coastline areas. "It was an honor to be the one to bring the CASA here to Hurlburt and to be the last one to fly it before we pass it on to the Army," Colonel Mannon said. "We definitely made great use of the aircraft by providing valuable proficiency training in several areas for our crewmembers in the 6th."

The CASA is an all-metal, two turbo propeller engine aircraft, designed for light transportation, with a metal structure, high wing, fixed tricycle landing gear and propellers with a variable and reversible pitch.

The aircraft also has short take-

off and landing capability. It can operate in areas lacking in infrastructure and on unpaved runways.

The aircraft was brought here for fixed wing pilot training in areas such as infiltration/exfiltration, airdrops, and night vision operations, Major Pereda explained.

The CASA, which was directed to be given to the Army by U.S. Special Operations Command, was flown here for more than five years.

"The final flight went very well," Colonel Mannon said. "I'm sure the Army will put it to great use and hopefully get as much training out of the aircraft as we did here."

Family housing to be privatized

By Lois Walsh
AAC Public Affairs

Military family housing at Hurlburt Field and Eglin Air Force Base is embarking on a 10-year plan to undergo major revitalization and location changes through the process of privatization, since the recent approval of the concept design by the Air Staff.

The plan follows suit with many other Air Force bases and sister service installations moving toward housing privatization, where private sector alternatives provide military families access to safe, quality, affordable, well-maintained housing in a community where they will choose to live at a cost that does not exceed members' basic allowance for housing.

In a meeting Monday with local community leaders, Col. O.G. Mannon, 16th Special Operations Wing commander, and Brig. Gen. Chris Anzalone, Air Armament Center vice commander, addressed the issue.

"We recruit airmen, but retain families, and that's what this project is all about. It allows us within a much shorter length of time to provide new family housing," said Colonel Mannon. "Rather than having a 25-year cycle for new housing, this allows us to bring new housing in within 10 years."

"Privatization is an essential means of freeing resources to apply toward modernization and other priorities," General Anzalone said. "More than

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AFSOC is first unit on base to test under new standards
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International volleyball
Two Hurlburt airmen compete in Military World Games
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Weather

Weekend forecast
Today – mostly cloudy, High 59 Low 43
Saturday – scattered showers, High 63 Low 47
Sunday – isolated showers, High 63 Low 57



www.hurlburt.af.mil/milonly/weather/5day

Open Line

The Commander's Open Line is your direct line to me for questions or suggestions about subjects of concern to the Hurlburt Field community. I really appreciate your feedback.

To receive a response, leave your name, unit and telephone number. Open lines of general interest will be printed in the

COMMANDO. I'll answer the others by letter or phone call. Remember, the quickest and most efficient way to resolve a problem is to talk directly to the agency responsible. This gives them an opportunity to help you, and perhaps improve their process.

However, if you're not satisfied with the answer you receive, feel free to give me a call at 884-OPEN (6736), or e-mail your concerns to commando@hurlburt.af.mil.



Col. O.G. Mannon



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Traffic trouble

Comment: Has anyone brought up the suggestion of adding a sensor to the new traffic light on Cody Ave? The light is very much needed but it also seems to delay motorists. It seems that the light is currently on a timer and motorists are just sitting there, no other cars around, waiting for the light to change from each direction. I just thought maybe a sensor would allow the lights to change in a more timely/feasible manner (based on the

traffic) and would prevent any unnecessary delays.

Response: Thanks for bringing this up. At the moment this light is set to a default position until we're able to work with the county traffic engineers to evaluate the traffic flow in this area and adjust the settings accordingly. In addition, we have received funding to install sensors on the lights and upgrade those at the intersection of Independence and Cody just inside the main gate. You'll see those improvements in the near future, in the meantime we appreciate your patience.

Fitness standards received well

By Gen. John Jumper
Air Force Chief of Staff

The changes to our fitness program I announced last July are being well received by our airmen.

As I visit our people, both at home and deployed, I'm pleased to see airmen taking my fit to fight challenge seriously.

Commanders are integrating fitness into their units' daily routine; airmen are excited about this emphasis on their well-being; and our mindset is changing to one more focused on our warrior culture.

Over the past several months, I've been working with the MAJCOM Commanders to develop a sound policy for our units to

execute our new fitness program. We've captured that policy in a command series Air Force Instruction, AFI 10-248, and you can review it at <http://www.e-publishing.af.mil/pubfiles/af/10/afi10-248/afi10-248.pdf>.

The change from a 40 series AFI to a 10 series AFI demonstrates my conviction that fitness of our airmen is a responsibility of command. As I've said before, commanders, supervisors, and front-line leaders must lead the way – through unit physical training, personal involvement and, most important, by example. This AFI delineates responsibility and accountability at each level. I expect all commanders to read this AFI. Understand it, adhere to it, and support it fully.

Aircrew members to receive flying crosses

Air Force and Headquarters Air Force Special Operations Command officials will present 20 decorations to members of the AFSOC family during a ceremony Jan. 27, 11 a.m. at the Corrosion Control Facility. Among the decorations to be presented are the Silver Star, Distinguished Flying Cross, and the Purple Heart for achievements during Operations Enduring Freedom and Iraqi Freedom.

■ All base personnel are invited to attend the ceremony. Attendees should adhere to the following procedures during the ceremony:

■ Outside protocols apply – covers should be worn throughout the ceremony.

■ Uniformed personnel are required to salute during the following events: The playing of ruffles and flourishes, national anthem and stars and stripes; when the flag passes within six paces of the member, and until six paces away.

■ Parking will be available at the base exchange, with shuttles providing transport to the event.

Core values a way of life

By Col. Brian Kistner
376th Expeditionary Mission Support
Group commander

MANAS AIR BASE, Kyrgyz

Republic – Most of us encounter situations in life we do not always agree with. Positive results can stem from how we respond to these situations.

All of us in the Armed Forces have a sacred duty to adhere to the highest standards of military conduct. We have a wide range of choices; from turning a blind eye and doing nothing to confronting situations head on and ensuring we adhere to standards.

The Air Force core values – integrity first, service before self, and excellence

in all we do – form the backbone for our acceptable way of life. Just about everywhere you look, there are rules and standards to be followed to effectively meet an end.

Without our high standards, we would not be able to prosecute the nation's wars.

As an armed force, Americans require much from us and we must be prepared to deliver. We have to give our personal best and be cognizant of how we conduct ourselves.

Standards and core values aren't cliché. They are what set us apart from the rest of society and what make us the best and most trusted air and space force in the world. (AFPN)

Paradise Lounge off limits

Effective immediately, the "Paradise Cafe and Lounge" in Fort Walton Beach/Ocean City, Florida is ordered off-limits to all Hurlburt Field military personnel. A recent death and recurring violence at this establishment have made it necessary to forbid all local military personnel from entering in or near this establishment. This order is temporary, but will remain in effect until further notice. Violators are subject to discipline under the Uniform Code of Military Justice. Authority: AFI 31-213, *Armed Forces Disciplinary Control Board*.

Hurlburt Field DUI Tracker

Jan. 1 – Total DUIs for
Jan. 15: 2003: 53
No DUIs

Days since last
DUI: 34

Total DUIs this
year to date: 0

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this year: 19**



Photos by Senior Airman Sam Taylor

Obey traffic laws

Traffic flows smoothly Tuesday morning at the intersection of Cody Avenue and U.S. Highway 98 (left). The 16th Security Forces Squadron and the Okaloosa County Sheriff's Office are working together to enforce traffic safety on Highway 98. Both law enforcement agencies will be monitoring traffic in an effort to decrease traffic violations, such as speeding and running red lights. (inset) Staff Sgt. Russell McLaughlin, 16th Security Forces Squadron, uses a radar gun to measure the speed of traffic on Cody Avenue, Monday. The speed limit on base is 25 miles per hour unless posted otherwise. People are reminded to obey speed limits, especially when passing group formations, around the child development center, and the base housing areas where many children play. Also, the speed limit when driving through a parking lot is 10 mph.

Wing impresses members of MAC

By Amy Oliver
16th SOW Public Affairs

Despite cold winter rain, Hurlburt Field's finest made a positive impression on its nearest neighbors, members of the Navarre Chamber of Commerce Military Affairs Council, Friday.

The Military Affairs Council is a component of the Chamber of Commerce which is comprised of a limited set of members who act as liaisons between their community and the military. The group works with local military leaders to improve relations between military and civilian communities, and supports the military missions of the local installations.

The 16th Special Operations Wing hosted the visit of 30 Navarre MAC members in order to give them a better understanding of the base's mission.

"These folks literally live in our back yard with many of their next door neighbors being Hurlburt airmen," said Col. O.G. Mannon, 16th SOW commander. "With the support this community has given to this base throughout the years, we owe it to them to host their visit, and to proudly showcase what we do every day to defend their freedom."

Their tour began, not with a briefing, but with a 16th Security Forces Squadron military working dog demonstration and security check before they even boarded the bus.

"I want to show them that we take security seriously here," said Col. Raymond Killgore, 16th SOW vice commander. "That is a message I want them to carry back to their community."

The group then went on to receive a mission briefing before they visited the deployment control center and experienced a mock deployment line.

Capt. David Sanford, the installation deployment officer, explained the deployment process, during which he said due to a variety of factors, several people lose a good bit of weight while deployed.

With that promise, Dorothy Slye, a MAC member and former MAC Chairman, enthusiastically volunteered to participate in a future

"The level of professionalism displayed here today was unbelievable."

— Ed Taylor,

Former Navarre Chamber of Commerce president

deployment.

The tour of the DCC gave the visitors a realistic view of what our troops go through prior to deploying.

The group experienced another dose of reality as they enjoyed lunch at the award-winning Oasis Café with a group of Hurlburt airmen. The lunch not only showcased the delicious and nutritious meals Air Force enlisted personnel enjoy every day, but demonstrated the Air Force's commitment to taking care of its troops.

With the rain finally gone, the group toured the AC-130U Spooky Gunship. Master Sgt. William Fletcher, 4th Special Operations Squadron gunner, demonstrated the loading of the 40 mm Bofors cannon with inert ammunition, and the different sounds made by each weapon.

MAC member Joyce Engehauser said now when she lies in bed at night in Navarre and hears the Gunships,

she'll know which weapon they're firing.

In addition to touring the aircraft, the visitors had the opportunity to try out night-vision goggles and various life support equipment utilized by our Special Operators during a visit to the 16th Operation Support Squadron's Aircrew Training Flight.

The group's tour ended with a visit to the 23rd Special Tactics Squadron where they learned the unique mission of this tenant unit, and were able to view a variety of specialized equip-

ment that enables them to accomplish their mission.

"I wanted to tour Hurlburt to gain a better understanding of what these folks do for us everyday," said Ms. Slye. "Every time I come here, I learn something new," she said (explaining that she didn't realize that Hurlburt was the third largest base as far as military strength.) "It's as big as Navarre."

During the short bus ride back to their vehicles, there was no shortage of praise and gratitude to the base for the spectacular day they'd spent here.

"The level of professionalism displayed here today was unbelievable," said Ed Taylor, MAC member and former Chamber of Commerce president.

Another MAC member agreed.

"The professionalism and pride each group showed in their presentation just made you proud to be a part of the day," said Shirley Brown.

HOSC, FCFP support education

By Airman 1st Class Heidi Davis
Public Affairs

The Hurlburt Officers' Spouses' Club and First Command Financial Planning have teamed together to offer academic scholarships to all military family members who would like to pursue educational opportunities.

Three scholarships are available through the HOSC and FCFP: the Turnaround Scholarship worth \$500, the FCFP scholarship worth \$2,000 and HOSC scholarships ranging between \$1,250 and \$1,500.

A few of the major factors that will determine the winners of all three scholarships include a personal essay expressing short and long-term educational goals and two letters of recommendation.

Interested people are encouraged to review each of the scholarship applications before applying to ensure they meet certain eligibility requirements.

The Turnaround Scholarship, a new scholarship this year, is awarded to the senior who has made exceptional improvement in their academics during their high school years. The senior isn't required to have a certain grade point average, but must be looking to attend a university, community college or technical/trade school after graduation.

According to the Turnaround Scholarship application, the candidate must also be: a class of 2004 graduating senior, a dependent of a Hurlburt Field military member, have a valid military identification card and be enrolled in DEERS, have a nomination by a princi-

pal, counselor or teacher, and may not be a family member of a HOSC Scholarship committee member, nor any of the judges.

The high school counselor for each of the local schools will submit two Turnaround Scholarship nominations, and the winners will be determined by lottery.

The FCFP Scholarship is open to high school seniors with a "B" average or higher and has the same eligibility requirements as the Turnaround Scholarship.

The third scholarship is the HOSC Scholarship available to Hurlburt Field spouses seeking an associate, undergraduate or graduate degree on a full or part-time basis.

Winners for the HOSC and FCFP scholarships will be selected by a panel of independent judges from the local community who are not associated with the HOSC and don't have access to application identification until applicants are selected.

All scholarship applications and necessary paperwork must be received no later than Feb. 7; a verification letter will be mailed to the candidate once their application has been received.

All winners will receive notification by April 1, and an awards luncheon will be held in their honor in mid-April at the Soundside Club.

For a complete list of scholarship requirements and restrictions, pick up an application at the family support center, base education office, base library, thrift shop and local high school guidance offices or call 939-8153.

AF logo sewn on jacket

By Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON – Air Force Uniform Board members have introduced a new addition to the lightweight blue jacket.

"The Air Force chief of staff approved adding the Air Force logo to the existing lightweight blue jacket," said Senior Master Sgt. Jacqueline Dean of the Air Force Uniform Board.

All told, 300 jackets will be distributed Air Force-wide for wear testing, Sergeant Dean said. Board members are targeting Maxwell Air Force Base, Ala., as a distribution point because of its high number of temporary-duty officers and enlisted airmen.

"Because the TDY members come from so many bases throughout the Air Force, giving them out at Maxwell allows us to reach a large audience in a short amount of time," Sergeant Dean said.

Airmen receiving the jackets will wear test them and give feedback to the uniform board about fraying or other problems with the embroidery, Sergeant Dean said.

While not a mandatory item at this time, anyone not issued an embroidered jacket can have the logo applied on their jacket by a local embroidery shop using certain guidelines, Sergeant Dean said.

The Air Force logo is to be embroidered in a polyester white meridian thread with a stiff tear-off backing, according to information provided by Libby Glade, Air Force clothing office chief. The total stitch count of the logo and lettering will be between 4,200 and 5,000 stitches.

There is a one-fourth inch space between the symbol's lowest point and the "U.S. AIR FORCE" type. The "U.S. AIR FORCE" type is to be one-fourth of an inch high, 3.5 inches long, in all capital Arial font, 24 point.

The symbol is to fit within a two-inch square and embroidered on the upper left chest. The dot in the center of the symbol is centered vertically between the shoulder seam and where the underarm side seam joins the armhole sleeve, and centered horizontally between the zipper and the sleeve armhole seam.

Rank on the jacket continues to be worn on either the collar or the sleeve, Sergeant Dean said.



Photo by Master Sgt. Jim Varhegyi

News Briefs

Claim

Anyone with claims for or against Airman 1st Class Juan Lozada, 16th Security Forces Squadron, who died Jan. 7, should call the appointed summary court officer, 2nd Lt. Jason Taylor at 884-7777.

Mandatory briefing

The next mandatory separations/Palace Front briefing for all officers and enlisted personnel separating within the next six months is held Thursday at 2 p.m. in Building 90210, Room 148. For more information, call Master Sgt. Bobby Gaston at 884-2656 or e-mail bobby.gaston@hurlburt.af.mil.

Change of command

The Detachment 1, 46th Operations Group invites the public to attend its change of command ceremony today at 10 a.m. at the Soundside Club, where Lt. Col. John Shapland will relinquish command to Lt. Col. Edward (Tony) Arrington. Seating is limited; call 884-3589 to reserve a space.

3650th BMT reunion

Sampson Air Force Base Veteran's Association, Inc. is looking for all 3650th Basic Military Training Wing, per-

manent party, Women's Air Force, basic trainees and Special Training School personnel from 1950 to 1956 for the 2004 reunion. For more information, e-mail Chip Phillips at chip34@aol.com or by mail at P.O. Box 331 Williamsville, NY 14231-0333.

Overflow parking

Temporary parking is now available in the 16th Logistics Readiness Squadron vehicle maintenance motor pool yard for personnel assigned to organizations located in building 90210. There are 54 parking slots available. Drivers are advised not to park on the side past the barriers – they will be ticketed. There's also parking available on the grassy area behind the command post.

Limited service station hours

The Military Service Station will operate on limited hours from Monday to Feb. 9 due to scheduled construction, which will encompass the replacement of the unleaded fuel tanks and their island servicing pumps. During the construction period, unleaded customers will be serviced via a C-300 ground fuel truck staged at the service station. The following is a list of the temporary operating hours:

Monday through Friday	Weekends/holidays
8 to 10 a.m.	8 to 9 a.m.
1 to 3 p.m.	1 to 2 p.m.
6 to 8 p.m.	6 to 7 p.m.
2 to 3 a.m.	2 to 3 a.m.

For emergency/after-hours support, call the Fuels Resource Control Center at 884-7374 or 884-6528.

AFCOMAP vacancies

The Air Force Cadet Officer Mentor Action Program seeks enthusiastic people to take on leadership roles in the organization. There are currently two vacant positions, fundraising chairman, membership committee chair, treasurer and social committee chairman. For more information, call Major Mitchell at 882-4831.

Military Order Purple Heart

Chapter 566, Military Order Purple Heart in Pensacola is interested in contacting any former members or anyone at Hurlburt Field who is a recipient of the Purple Heart. The chapter meets on the third Saturday of each month at 11 a.m. at the Second Cup Café in Gulf Breeze through March. For more information, call Norman Meeker at 932-0824 or Bill Sharon at 936-9284.

AF leaders complete first new PT test

By Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON – The Air Force's most senior leaders, both officer and enlisted, completed their fitness evaluations Jan. 7 at the Bolling Air Force Base Wellness Center.

The group was among the first in the Air Force to have their physical fitness evaluated using the service's new fitness standard. Under the standard, fitness evaluations now include body composition, strength and aerobic fitness measurements.



Photo by Master Sgt. Jim Varhegyi

Nearly 60 Air Force general officers, led by Air Force Chief of Staff Gen. John Jumper, were evaluated. The chief master sergeants were evaluated later in the afternoon. While it is unusual for so many senior leaders to be together at once for a fitness evaluation, General Jumper said the gathering served a purpose.

"We want everybody to know that when I say commanders are responsible for fitness, it starts at the top," said the general. "We've gotten all the Air Force leadership in the

Washington area out at one time. Hopefully this demonstrates that leading from the top really means leading from the top."

General Jumper said he expects commanders around the service to follow his example and to participate in leading their airmen toward a more fit force.

"I expect squadron commanders to be out in front of their squadrons, group commanders to be out in front of their groups and wing commanders to be out in front of their wings, as we go through this test cycle," General Jumper said. "I expect the whole Air Force to test, and that we're all going to pass."

The evaluations also represented the culmination of more than a year's worth of work in developing a new fitness standard for the Air Force.

The service had been using the same gauge of fitness – the cycle ergometry test – for more than a decade.

The new evaluation is more fitting of the demands put on airmen in today's expeditionary climate, General Jumper said.

"We're all over the world and in all sorts of climates," General Jumper said. "If you talk to the Combat Controllers, who during Operation Enduring Freedom were up at the top of 14,000-foot mountains with 100 pounds of gear, it becomes quite evident we need to be fit – fit to fight is the term we use."

Actually becoming fit to fight and maintaining that fitness, is a similar process regardless of where an airman is stationed in the world, said Chief Master Sgt. of the Air Force Gerald Murray prior to leading nearly 40 chiefs through warm-up exercises before their evaluation.

"Our efforts to develop a holistic approach to fitness – that includes aerobics, body composition and strength – has given us something that can be maintained anywhere we are," Chief Murray said. "It's nice to have great gymnasiums and facilities and equipment, but we don't need those to maintain our fitness. You can maintain fitness at deployed locations or at home."

Chief Murray also said he is impressed with the fitness efforts already under way at Air Force installations around the force.

"I am extremely pleased with what is coming together here and with our Air Force, as we see the culture is already being changed," Chief Murray said.

"Wings are already out running together," he continued. "That momentum will be important to us through this year as we evaluate the new standards, the way people approach them and the programs that are being developed to help us meet them."

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For many years, retirees were urged to have their DD 214's recorded at the county clerks office.

People are now learning that once recorded, the DD 214 becomes a public record.

With inceased concerns over identity theft, serious thought should be given about recording a DD 214.

It's suggested that a DD 214 be placed in a secure place such as a bank safe deposit box or placed with an attorney.

Some tips to avoid identity theft:

- Scrutinize return e-mail addresses

- Never carry a social security card

- Don't write driver's license or social security numbers on checks

- Shred or destroy papers that have personal information before discarding them.

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that, these steps enable the Air Force to harness the expertise of the commercial sector for our needs and allow us to focus more consistently on our core responsibilities."

The commanders' message endorsed the DoD's directive to the Air Force to upgrade all required housing by Fiscal Year 2007. To comply with this mandate, the Air Force launched an aggressive program to revitalize all military housing units through a combination of traditional military construction and housing privatization. Since traditional military construction funds are insufficient to meet this goal, the Air Force determined the best solution is to use privatization to leverage available resources.

According to Thomas Wahl, Air Force Special Operations Command housing privatization project manager, the plan to privatize takes into consideration environmental, community and economic concerns, but most of all it takes into consideration the needs of military families.

In January 2003, a housing requirements and market analysis was conducted for both Eglin and Hurlburt.

"The analysis used military manpower projections available at that time, housing market availability from the on-base housing office, local realtors, census data and other sources to determine our end-state housing requirement," Mr. Wahl said. "The bottom line shows our projected combined housing requirement to be 2,455; however, the analysis is conducted every three years, and any changes in projected requirements will be factored into the privatization concept."

Currently, Hurlburt housing consists of 380 government-owned units; 306 north of Highway 98, and 74 south of the highway. Eglin housing consists of 2,180 houses on main base, 150 houses at Poquito Bayou, 25 at Camp Rudder and four at Camp Pinchot. There are also 300 leased houses just East of Hurlburt Field not included in the project.

Because of the proposed development of a new housing area, potential impacts of various alternative sites are being assessed through an Environmental Impact Statement.

"In compliance with the National Environmental Policy Act, or NEPA, we established a two phase screening process," Mr. Wahl said. "Phase I included the identification of the primary screening criteria. These criteria consisted of both inclusionary criteria – those areas meeting these criteria were included as potential alternatives, and exclusionary criteria – those areas meeting these criteria were not included as potential alternatives."

The inclusionary criteria were those areas within a 60-minute commute time of the bases and those areas on Air Force property. The exclusionary criteria were those areas with mission conflicts, wetlands/floodplains and areas less than 100 acres. Phase II of the screening process was coordinated with Eglin user-groups which included the weapon safety footprint/impact limit line and unexploded ordnance/historic range use.

The end result of Phase II yielded two potential sites for the housing, areas on Eglin main base and a preferred alternative location for joint development.

Regarding the preferred alternative location, Mr. Wahl stated, "The Camp Pinchot site (on Highway 198) can accommodate the Hurlburt reconstruction plus additional Eglin units and the North Graduate Engineering Research Center, or the North GERC site, can be utilized as an expansion site to accommodate any future requirements that may be identified," Mr. Wahl said.

An environmental assessment of the proposed sites is on an accelerated schedule for completion by December 2004. A final decision on housing location could be made by this summer.

"Some of our houses are 50 years old, so we are happy for this opportunity to give our young people, the true treasure of our Air Force, new places to live, the right places to live with their families," said Colonel Mannon.

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Photo by Senior Airman Sam Taylor



Photo by Senior Airman Sam Taylor

Base members use the cardiovascular equipment (above) at the Aderholt Fitness Center Monday. Since the announcement of the new Air Force fitness test, members have significantly increased their patronage of the fitness facilities on base. (Left) Senior Airman Zane Holland, 16th Medical Operations Squadron, does pull-ups to increase his upper body strength.

New Air Force fitness tests begin

Hurlburt Field units have already started evaluating their members according to the new Air Force fitness standards.

Air Force Special Operations Command headquarters was the first unit to employ the standards, which went into effect Jan. 1.

The fitness score will include four components: crunches, push-ups, an abdominal circumference measurement and the 1.5-mile timed run. People who are not medically cleared to run will continue to take the bike test. The component scores are then added to get a composite fitness score and determine if the person falls into the excellent, good, marginal or poor category.

The charts are available online at www.af.mil/news/USAF_Fitness_Charts.pdf.

Fitness categories will determine how often a person must



Photo by Master Sgt. Jim Varhegyi

Chief Master Sgt. of the Air Force Gerald Murray, does pushups during his fitness evaluation at Bolling Air Force Base, D.C.

retest. For instance, a composite score of 70 to 74.9 places the person in the marginally fit category. This designation requires retesting at six-month intervals.

A score of less than 70 places a person in the poorly fit

category. That score requires a retest every three months.

People at the marginal and poor levels also will participate in educational programs.

Air Force leaders encourage commanders to recognize people

who attain an excellent fitness level or make substantial improvement. Air Force Instruction 10-248, Fitness Program, was released this month with guidelines on the new fitness program.

Brig. Gen. John Folkerts, Air Force Special Operations Command vice commander, does crunches during his fitness evaluation according to the new Air Force standards.

Photo by Staff Sgt. Carrie Hinson



www.af.mil/news/USAF_Fitness_Charts.pdf

Fitness level	score
Excellent	≥90
Good	75-89.9
Marginal	70-74.9
Poor	<70

Fitness Safety tips

- Start off slow
- Utilize fitness monitors
- Ensure water is available
- Be aware of traffic
- Do not enter construction sites

Components	Points
Aerobics	50
Body comp.	30
Push-ups	10
Crunches	10

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Gums: What's the big deal?

Courtesy of the 16th Medical Group

Bone, tiny ligaments and gums surround teeth. All these tooth-supporting structures are subject to "periodontal" diseases. 50 percent of people suffer from gingivitis (gum inflammation), and 20 percent have periodontitis (inflammation that has progressed and now affects the bone).



The enemy is plaque – a sticky, colorless film of bacteria that collects on teeth. Bacteria cause gingivitis, which is identified by red, swollen, sore and bleeding gums. However, this condition is reversible with better daily oral hygiene and good cleanings by the dentist or hygienist.

If plaque isn't removed, it may harden, forming tartar or calculus. Such deposits on teeth cannot be brushed off, leading to even more plaque accumulation.

Unchecked gingivitis progresses to periodontitis. Bacteria produce poisons, which cause an infection in the tooth ligament and surrounding bone. Gums can separate from the tooth causing small pockets to form around the teeth leading to bone loss.

Each person's body has a different response to bacteria. Some will have rapid bone destruction; others will have slow disease progression. Smoking is known to worsen the condition.

The key to long-term health is early detection using dental exams, x-rays. Once detected, the condition should be treated otherwise the disease will result in tooth loss.

Symptoms:

- Bleeding gums
- Spaces developing between teeth
- Swollen or tender gums
- Changes in the way teeth fit together
- Gums receding or teeth appear longer than before

For more information, call the 16th Medical Group dental office at 884-7881.

AF medical program helps patients combat 'silent killer'

The Air Force Medical Service's Center of Excellence for Medical Multimedia in Colorado Springs, Colo., is helping to combat one of the Air Force's major health care burdens – Hypertension.

"Cardio Connection: Hypertension," the CEMM's newest interactive patient education program, is designed to inform patients about high blood pressure, including diagnosis and treatment methods.

It contains state-of-art animations of the heart, circulatory system and kidneys to help patients understand this common medical condition.

Topics covered in the program include:

- Lifestyle changes
- Risk factors
- Proper diet and exercise
- Basic anatomy and physiology

■ Testing procedures and medications

"We are very excited about the release of our latest program," said Maj. Randy Mauffray, a physician at the USAF Academy's 10th Medical Group and Director of the CEMM.

"Cardiovascular disease remains the leading killer of men and women in the United States," Major Mauffray said.

Cardio Connection: Hypertension is the only program that includes the new JNC 7 Prehypertension guidelines and the first in a series of programs about heart health. Dyslipidemia is slated for release in February, followed by Coronary Heart Disease in May.

For more information and a list of all CEMM programs, visit <http://www.cemm.org/>.

History of 16th Special Operations Wing

In 1961, a special category of U.S. Air Force special operations forces was reestablished. Called Air Commandos during World War II, they now wear the emblem of the 16th Special Operations Wing at Hurlburt Field.

The wing's lineage dates back to the 1st Air Commando Group created March 29, 1944 at Hailakandi, India. The unit first won fame providing fighter cover, air strikes and airlift for Wingate's Raiders, who operated behind enemy lines in Burma. They were disbanded with full honors Oct. 8, 1948.

The Air Commando legacy was revived. It became the 1st Special Operations Wing of the U.S. Air Force

Special Operations Force July 8, 1968.

In mid-January 1991, President George Bush ordered the execution of Desert Storm to expel Iraq from Kuwait; Hurlburt Field personnel played a significant role. The MC-130E Combat Talons dropped leaflets on Iraqi forces and 15,000-pound BLU-82 bombs in combat. The MH-53J Pave Lows teamed with Army helicopters to knock out Iraqi early warning sites and open a hole in their air defense system at the start of the war. The AC-130H Spectre Gunships flew armed reconnaissance and destroyed targets identified during Desert Shield. Also, the HC-130 Combat Shadow tankers flew deep into Iraq to refuel 1st SOW helicopters

in a high threat environment.

On Oct. 1, 1993, the 1st SOW was redesignated the 16th SOW.

Since the creation of the 16th SOW, Hurlburt Field Special Operations forces have been involved in a large number of operations and rescues, to include Operation DENY FLIGHT and JOINT ENDEAVOR.

In April 1996 aircraft, crews, and support personnel from the 16th SOW assisted U.S. forces in a non-combatant evacuation of more than 2,200 people, including 436 American citizens from Monrovia, Liberia in West Africa.

The 16th SOW is both willing and able to pick up and move anywhere around the world at a moment's notice.

Customs and Courtesies

Etiquette is defined as everyday courtesy.

The following are a few ways to practice good military etiquette.

■ Say "please" and "thank you."

■ Be on time.

■ Address civil service employees properly with "Mr.," "Mrs.," "Miss," or "Ms." and a last name.

■ Don't gossip.

■ Use proper telephone etiquette.

■ Don't lean or sit on desks.

Community

Traffic change

Now in effect, drivers heading east from the housing area on McMillan Street may no longer go straight at the Cody Avenue intersection from the right lane. Those wishing to go straight at this intersection or turn left should travel in the left lane.

MyPay PIN deadline

Effective Feb. 1, base members will no longer receive hard copy LESs, however, they'll available at the myPay Web site <https://emss.dfas.mil/mypay.asp>. In order to set up a myPay account, members must have a PIN. The finance customer service office will be at the Deployment Control Center to issue PINs Tuesday through Jan. 23 and Jan. 26-30 from 8 a.m. to 4 p.m. Members may also visit finance Monday through Friday from 8 a.m. to 4 p.m.

Finance closure

The finance office will close at 2 p.m. today for an official function. For emergencies, call 803-3324.

Clinic closure

The 16th Medical Group will be closed Monday in observance of the Martin Luther King Jr. holiday. The Eglin Air Force Base emergency room will be open for any emergencies.

WIAO closure

The 16th Special Operations Wing Information Assurance Office is closed through Jan. 23 for renovations. WIAO services will be severely limited during this time, responding only to emergencies via pagers. For any communications security issues, page Master Sgt. Gregory Potts at 881-8368. For any information security issues, page Master Sgt. Keith LeFevre at 881-6739. For more information, call 2nd Lt. Joseph Ketchum at 884-1922.

HOSC luncheon

The Hurlburt Field and Eglin Air Force Base's Officers' Spouses' Clubs hold a joint luncheon Wednesday at 10:30 a.m. at the Eglin Officer's Club. Guests will learn how to pamper themselves, receive relaxation tips, make-up tips, mini facials and massages. The menu is a deli buffet at a cost of \$10.36 for members and \$12.36 for nonmembers.

Childcare will be available for \$3 per hour per child or \$5 per hour for two or more children. For more information or to make a reservation, call Betsy Treloar at 936-5306.

Couples' massage class

Air Force Special Operations Command directorate of civil engineer is sponsoring a command

wide conference, Tuesday-Thursday. The conference will provide units a forum to discuss a wide range of AFSOC civil engineer issues.

Base tax assistance

The base tax center will open Jan. 26 to assist all military personnel with filing their taxes. Hours of operation are as follows:

Monday and Friday, 8 a.m. to 3:30 p.m.

Wednesday, 8 a.m. to 2 p.m.

Tuesday and Thursday, 10 a.m. to 7 p.m.

1040EZ forms are completed on a walk-in basis – all other tax forms by appointment only. To make an appointment, call 884-7542/7544.

Items to bring for appointments:

Military identification card, all W-2 forms, interest and dividend information, names, birthdates and social security numbers for yourself and dependents, bank routing and account numbers, power of attorney, childcare expenses, deduction receipts and any other tax-related items.

AF enlisted village

The Air Force Enlisted Village is a provided home for enlisted widows who are at least 55 years old and receive retirement benefits. Low-income widows may be eligible for rent subsidy. The village has two independent living facilities – Bob Hope and Teresa Villages – and will open a new assisted living facility in early 2005. The AFEV is located one mile south of Eglin Air Force Base, Fort Walton Beach.

For more information, call 651-9422 or (800) 258-1413, e-mail afef@afenlistedfoundation.org or visit www.afenlistedwidows.org.

Classes

FSC classes

For more information on the following family support center classes, call 884-5441.

Transition Assistance Program – Tuesday, 7:20 a.m.; Wednesday, Thursday, 7:30 a.m. Reservations required, call 884-6281.

Moms, Pops and Tots – Tuesday, Wednesday, 10 a.m.

Employment Orientation – Wednesday, 1 p.m.; reservations required

HAWC classes

For more information on the following health and wellness center classes, call 884-4292.

Diabetic Nutrition – Tuesday, 10 a.m.

Healthy Living Workshop – Tuesday and Thursday, 1 p.m.; Thursday, 8:30 a.m.

Total Fitness Enhancement Nutrition – Wednesday, 8:30 a.m.

Lean and Healthy Eating – Tuesday, 3 p.m.

Pre-Deployment Nutrition – Wednesday, 1 p.m.

Lean On Me - Wednesday, 11 a.m.

Hurlburt Field Chapel



Catholic Mass

Saturday, 5:30 p.m.
Sunday, 7:15 and 10 a.m.

Confessions:

Saturday, 4:30 to 5 p.m., or by request.

Youth: 5 p.m. Sunday

Religious Education: September– May

Protestant Services

Sunday, 8:30 a.m. (praise & worship),
11:30 a.m. (traditional),
12:45 p.m. (Gospel)

Religious Education: August – May
Youth and Singles groups available

Jewish Services (882-2111)

Sabbath services: Friday, 7:30 p.m., Eglin Chapel Center

Havdallah services: next-to-the-last Saturday of each month, 7 p.m., Chapel annex

Muslim Services (882-2111), Eglin Chapel Center

Jumuah: Friday, 12:45 p.m.

Qur'an: Saturday, 6 p.m.

For more information, call 884-7795

At the movies



Prices are \$3 for adults and \$1.50 for children. Movies start at 7 p.m. unless otherwise indicated.

Hurlburt Field 884-7648

Friday – (PG-13) *Timeline*, starring Paul Walker and Frances O'Connor – In France, professor Johnston, his son Chris and a team of archaeology students are working on the ruins of 14th century castle. Kate and Andre make a startling discovery – an old bifocal lens and a letter from professor Johnston. It turns out that the head of the corporation running the dig, Robert Doniger, opened up a wormhole leading to the 14th century. Professor Johnston is now trapped in history and it's up to his students to find a way to get him back.

Saturday – (R) *Tupac: Resurrection*, starring Tupac Shakur – This is the first authorized biopic of the late rapper-actor Tupac Shakur. It includes poetry readings, musical clips and video from his life as well as various interviews, private home movies and previously unreleased concert footage.

Sunday – (R) *Gothika*, starring Halle Berry and Robert Downey Jr. – Criminal psychologist Miranda hears confessions from a satanic patient Chloe and later has an experience with a mysterious woman. This leads to nightmares, but her life really becomes horrific when she wakes up and discovers she's been locked in her own sanitarium for a murder that she can't remember committing. Miranda then tries to figure out what's happened and separate fact from fiction.

Eglin 882-1066

Friday – (PG) *The Haunted Mansion*, starring Eddie Murphy and Jennifer Tilly – Real estate agent Jim and his family visit an old mansion, thinking they're just stopping by to check out the property. But, soon, the Evers family is stranded there, along with 999 creepy ghosts. Mr. Evers discovers that the only way to escape from the spooky house is to find a key.

Saturday – (PG-13) *Honey*, starring Jessica Alba and Mekhi Phifer – Honey Daniels is an up-and-coming choreographer who finds her career in jeopardy after she refuses to reciprocate the sexual advances of a music-industry bigwig. Determined to pick herself back up, Honey goes back to the inner city of her youth with plans of starting a dance school.

Sunday – (PG-13) *Love Don't Cost A Thing*, starring Nick Cannon and Christina Milian – Alvin stars as a brilliant, but awkward teenager who seizes a golden opportunity when popular cheerleader Paris wrecks her parents' car and is strapped for cash. Alvin pays Paris to pretend to be his girlfriend with hopes of elevating his social standing. Little does he know, being popular isn't all it's cracked up to be.

(Editor's note: Movies are subject to change. Telephone numbers are provided for patrons to confirm scheduled playdates.)

Commissary officials sensitive to beef concerns

FORT LEE, Va. – Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy, also known as “mad cow” disease, identified Dec. 23 in a single cow in Washington state.



Photo by Airman 1st Class Heidi Davis

Regardless of the outbreak of mad cow disease, the commissary continues to stock fresh-cut meat .

Since then the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may originate from the infected cow and from cows slaughtered at the same time and location.

“No beef in any of our 275 commissaries worldwide has been involved in a USDA recall,” said Col. Mark Wolken, chief of public health, safety and security for DeCA. “The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution – not fear that the meat is infected. Should the USDA make a determination that there is a danger, DeCA would be first to react to protect the health of our customers,” he said.

Since the first U.S. case of BSE was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary. Questions range from, “should I return the ground beef I bought last week?” to, “has my commissary received meat from the infected cow?”

The answer to both questions is “no” said Colonel Wolken, an Army veterinarian. “As is always the case, customers who wish to return commissary products for a full refund may do so without question.

“The brain, spinal cord, and lower intestine – where the protein or “prion” that is believed to cause BSE is found – is

not generally used in food consumed by Americans,” Colonel Wolken said. “Those parts were removed from the infected cow before any of it could enter the meat supply.”

USDA investigators have determined that the recalled meat went to a few commercial markets in Alaska, Hawaii, Idaho, Montana and Guam as well as Washington state, Oregon, California and Nevada.

“No commissaries received any of those shipments,” Colonel Wolken emphasized. “But I can certainly understand customers having concerns and questions. We’re all affected by this – we’re all concerned.”

Mad cow is a fatal disease that destroys the brains of the infected animal. It is caused in cattle by misshapen proteins called prions and is thought to spread from animal to animal through contaminated feed.

A rare form of the disease in humans, known as variant Creutzfeldt-Jakob disease, has been linked to the consumption of contaminated beef products.

The approximately 140 deaths linked to “mad cow” since the mid-90s have mainly been in Britain.

For the latest developments on the current situation as well as for links to the USDA and other information on recalls and food safety, commissary customers should check the food safety link at <http://www.commissaries.com>.



**AADD
available
24/7**

Airmen Against Drunk Driving is now a 24 hours a day, seven days a week alternative to drinking and driving.

The program offers a free, confidential ride home, call

884-8844.

Hurlburt volleyball players compete in Italy

By Senior Airman Sam Taylor
Public Affairs

Two Hurlburt Field airmen joined the American volleyball team at the Third-annual Military World Games in Catania, Italy, in December.

Scott Allen, 16th Equipment Maintenance Squadron, and Ashley Spurlin, 16th Special Operations Squadron, both senior airmen, were part of a 12-servicemember team that took on rivals from 13 countries.

The team won two of eight games played, the best the American team has ever done, said Allen.

"We beat Canada, the only other team from North America, which is huge for bragging rights," he said. The other team they beat was from



The American military volleyball team celebrates a victory against Belgium at the Military World Games in Catania, Italy, in December.

Belgium.

While in Italy, the airmen stayed at Naval Air Station Sigonella, in Sicily.

Photo by Photographers Mate Third Class Sally Mendez

"That was the most fun part (of the trip)," said Allen. "We got to scrimmage some Italian pro-league teams. They're so good, even ex-U.S. Olympians can't make their teams. Italy is big on volleyball."

Second in size only to the Olympics, some players in the Military World Games are Olympic athletes, said Spurlin and Allen, whose six-foot, five-inch frames can barely touch the players of many other teams, who can pass seven feet in height.

In many other countries, a few years of military service is a requirement. Professional athletes are often signed up to play their sport, as if basketball or baseball was an Air Force Specialty Code.

"It was an awesome experience competing with all those countries," said Spurlin. "Some of these countries are at war with each other, and yet can still come together for friendly competition."

Allen said competing in the upper level sports wouldn't be possible without the support of supervisors and co-workers who pick up the slack while athletes are gone. "If it wasn't for them, years of work preparing for 'that moment' would go to waste."

The Military World Games are held every four years. Forty-three countries participated in the December games. Hyderabad, India, has been asked to host the 2007 World Military Games.

Duke Field airman pedals toward BMX record books

By Karen Hall
919th SOW Public Affairs

DUKE FIELD, Fla. — When the gate opens, entrants better start pedaling. No one knows this better than one Duke Field airman here who has pedaled his way to the top of the Bicycle Motocross charts in Florida.

Tom Blackwood, a senior airman and integrated avionics systems journeyman with the 716th Maintenance Squadron, is an award-winning racer. His sponsors include several well-known American companies who donate bikes, uniforms and pay his entry fees if he wins.

Blackwood started BMX racing about 13 years ago with a friend. The sport, a cross-country bicycle race designed for rough dirt terrain, is divided into four classes: rookie, novice, expert and pro. Blackwood said he now races in the expert class and

has never finished lower than the top eight in state competitions he has competed in. He finished first place in the Florida State BMX Championship in 2000, the same year he joined the Air Force. He raced in the same competition again in 2002 and finished third.

In October 2003, Blackwood competed in the National Bicycle League Fall Classic at Albany, Ga., and placed first. In that race, people earn points towards the Grand National race at the end of the season, said Blackwood. One of his goals is to come in first at the 2003-2004 Grand National.

Bill Madden, owner of a local BMX and skateboard park in Fort Walton, trains with Blackwood. He said Blackwood is a great training partner.

"He's an excellent competitor and one of the top racers in Florida," said Mr. Madden.

To stay competitive, Blackwood said he practices two to three times a week.

Practicing and racing in competitions also helps to maintain the strength needed for Air Force fitness requirements, said Blackwood.

"The sport helps build stamina because the dirt track is more than a quarter mile long, and I have to pedal the whole way," he said.

The airman deployed twice in 2003 to support aircraft maintenance requirements in the war against terror. While gone, Blackwood said he stayed in shape by riding the stationary bike at the deployed location to maintain the strength needed for winning races.

He will not be content to win only at the national level.

"In July 2003 the International Olympic Committee announced that BMX racing will be added to the Olympic program at the 2008 Summer Olympic Games in Beijing," said Blackwood. "I'm training harder than ever to qualify and compete to win."



Courtesy photo

Tom Blackwood (right) battles a competitor through the first turn of a national Bicycle Motocross race in Daytona Beach, Fla. Blackwood is a senior airman and integrated avionics systems journeyman with the 716th Maintenance Squadron, Duke Field.

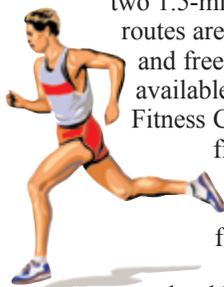
Runners reminded to mind manners

Hurlburt Field runners are reminded to practice jogging etiquette while hoofing it around base.

○When using jogging routes on base, people must run in the proper direction, marked with arrows.

○Runners are also required to give right-of-way to vehicles when their route takes them on streets. Headphones are also prohibited when running on streets.

○There are five regular running routes on base: a 10-



mile, 4.6-mile, 2.6-mile, and two 1.5-mile courses. The routes are clearly marked, and free copies of maps are available at the Commando Fitness Center and the main fitness center.

○People walking on the main fitness center's jogging track should use the outside lanes.

For more information, call Master Sgt. John Lilly or Staff Sgt. Tamara Rosa at the Commando Fitness Center, at 884-4412.

Sports shorts

Fitness center hours

The Aderholt Fitness Center is open from 5 a.m. to 1 a.m. Monday through Friday, and from 8 a.m. to 6 p.m. Saturday and Sunday. The Health and Wellness Center is open from 6 a.m. to 9 p.m. Monday through Friday, and is closed weekends.

Youth base/softball

Registration for youth baseball (age 5-14) and girls softball (age 7-14) is available at the youth center. Cost is \$42 per player or \$84 for two or more family players. Please register weekdays from 6:30 a.m. to 5 p.m.

Coaches are also needed for all age groups. Applications are available at the

youth center. For more information, call 884-6355.

Elks Hoop Shoot

The Fort Walton beach 32nd annual Elks Hoop Shoot, a basketball free-throw contest for boys and girls age 8-13, will be held at Fort Walton Beach High School gymnasium Saturday at 8:30 a.m. Local winners will move on to the district competition with the hope of reaching the national finals, where winners are enshrined in the Basketball Hall of Fame.

There are no registration fees. To register, call 581-1931, e-mail d_stake@yahoo.com, or register the morning of the event.