



COMMANDO

Any Time Any Place

Vol. 52, Issue 30

16th Special Operations Wing, Hurlburt Field, Fla.

July 30, 2004

Unique dining, fitness center set to open

By Karen DeCarlo
16th SVS

With base-wide anticipation mounting, the Riptide Dining and Fitness Center is set to open its doors Aug. 16.

"The Riptide is the first combination military dining and fitness center in the Department of Defense, which uniquely supports the Air Force's mission for excellence in health, fitness and nutrition," said Capt. John Cronin, 16th Services Squadron, Combat Support Flight chief.

The two-story facility is located across from the base exchange/commissary on Loop Road. The first floor is designated as an authorized military dining facility, and the second floor is a co-ed fitness center open to government-issued identification card holders.

The Riptide's dining facility offers approximately 144 seats indoor and about 30 outside in a covered area with overhead ceiling fans. The dining facility's food and beverage stations are strategically placed throughout the main dining hall to ensure a smooth



Photo by Karen DeCarlo

Jacki Hinkel and Jamie Brooks, both from 16th Services Squadron, test some of the new cardiovascular equipment at the Riptide Dining and Fitness Center. The Riptide is scheduled to open Aug. 16.

and efficient customer flow. The primary stations include: a salad bar, a quick serve line with grill-to-order capability, a main course line, a sandwich and deli bar, a beverage station and a dessert bar. Eight televisions and five Internet cafe work stations are conveniently located in the main dining room. Tech.

See **FITNESS**, Page 10

16th SOS earns AF level safety accolades

By Airman 1st Class Heidi Davis
Public Affairs

Whether they're landing an aircraft with malfunctioning landing gear, extinguishing hydraulics fires or flying mishap-free combat missions, the 16th Special Operations Squadron is putting safety first.

Col. Raymond Killgore, Air Force Special Operations Command chief of safety, presented the 16th SOS with three Air Force safety awards July 30.

As a squadron, the Airmen earned the Air Force Special Operations Command Unit Safety Award for their performance in fiscal 2003.

According to a letter submitted by Lt. Gen. Paul Hester, former AFSOC commander, the squadron logged approximately 3,200 mishap-free hours over 914 sorties. This included 2,000 combat hours during 388 combat missions in support of Operation Enduring

See **SAFETY**, Page 3

New AFSOC supply squadron stands up

By Capt. Tom Montgomery
AFSOC Public Affairs

Air Force Special Operations Command will upgrade the supply directorate to the supply squadron here Tuesday, in order to enhance service to combat and support units across the command.

The AFSOC Regional Supply Squadron will provide supply oversight and management for logistics readiness squadrons and deployed AFSOC combat units with U.S. based supply assistance, when forward supplies aren't sufficient.

"The RSS concept is adopted Air Force wide," said Lt. Col. Brian Trigg, AFSOC, who will command the squadron. "The RSS manages a standardized process for field units to get the supplies they need."

Base level supply units, such as logistics readiness squadrons, physically manage the delivery of supplies to Air Force units, but it's the RSS that manages the complex system of ordering and tracking those supplies.

"We work with electrons, and it's the LRS folks who'll carry a box of supplies or turbine to the warfighter," said Clifford Dawson, AFSOC RSS deputy commander.

The squadron will be responsible for managing supplies for Hurlburt and Duke Fields, and Moody Air Force Base. In addition, the AFSOC RSS will be responsible for weapons system supplies for AFSOC units at Davis-

See **SUPPLY**, Page 10

Town hall meeting

A town hall meeting is scheduled for 6 p.m. Monday and 10 a.m. Tuesday at the base theater. The 16th SOW Commander, Col. and Mrs. O.G. Mannon will provide an open forum to discuss various military issues facing Hurlburt Field Airmen and their families. For more information, call Barbara Weber at 884-6798.

Special Event

A retirement ceremony for Chief Master Sgt. Eddie Alicea, former 16th SOW command chief, is planned for 11 a.m. today at the Air Park. All base members are invited to attend. The ceremony will take place at the 4th Special Operations Squadron in case of inclement weather.

Feature



Up to speed

Physical therapy clinic helps injured Airmen get back on track

Page 15

Weather

Weekend forecast

Friday – isolated showers, High 89 Low 74

Saturday – isolated showers, High 90 Low 75

Sunday – partly cloudy, High 89 Low 74



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

Addressing traffic safety

Comment: I'm writing concerning the traffic light at the Cody Avenue and McMillan Street intersection. The light doesn't change for motorcyclists coming out of base housing. I've sat there on my bike for five to 10 minutes several times, before I finally had to turn right, go across the double yellow line and turn right again just to get through it.

I'm also concerned about the number of individuals who sit in the middle of this intersection trying to get off base in the afternoon. If they're in the intersection, and the light turns green for the other direction, no one can move. These people need to have tickets issued to them. I know security forces can't always monitor every intersection, but I feel this is a significant safety concern.

I don't know if a project is pending for improving the flow of traffic off base at peak hours, but a suggestion would be to lengthen the on ramp accessing U.S. Highway 98. I looked, and there is plenty of room for this type of addition

Response: Thank you for bringing this traffic safety issue to my attention. The traffic sensors embedded in the road surface at the McMillan Street and Cody Avenue intersection should sense the presence of a motorcycle, which initiates the light change sequence needed to allow your safe passage through the intersection. The 16th Civil Engineer Squadron has contacted

our traffic signal maintenance contractor to correct this malfunction.

Regarding the heavy traffic flow periods in which people are sometimes caught in mid-turn causing them to block traffic flow, our 16th Security Forces Squadron have and will continue to issue tickets to such inattentive drivers. Drivers shouldn't pull into an intersection unless they can see enough space ahead to allow them to clear the intersection.

Regarding your suggestion on how to improve the peak traffic flow off base, lengthening the acceleration lane onto U.S. Highway 98 actually wouldn't improve the situation. What would help is for drivers to come to a complete stop at the beginning of an acceleration lane. When an opening in oncoming traffic is approaching, drivers should accelerate to the speed of the oncoming traffic and merge. Slowly moving forward in the acceleration lane, while waiting for a break to occur in traffic, completely defeats the purpose of having an acceleration lane – as you end up with no room to accelerate for a safe merge.

We have been and are continuing to work with the Florida Department of Transportation and Okaloosa County to find ways to improve the traffic flow at the intersection of U.S. Highway 98 and Cody Avenue. Future improvements at this intersection include additional entry and exit lanes (as part of a 2006 Force Protection improvement project) and a FDOT project (now in design) to construct an elevated overpass to fly U.S. Highway 98 over Cody Avenue.

No place for favoritism, unprofessional relationships

By Staff Sgt. Bill White
16th SOW MEO Office

"Unprofessional relationships/favoritism" is a term used to describe personal interaction resulting in – or reasonably creating – a perception or appearance of favoritism.

The dictionary defines favoritism as a display of partiality toward a favored person or group.

Col. O.G. Mannon, 16th Special Operations Wing commander, wants to make it perfectly clear that "unprofessional relationships and favoritism won't be tolerated in this wing."

During the 16th Special Operations Wing Climate Assessment, there were comments indicating unprofessional relationships/favoritism are happening in the workplace.

Here's one comment from a member surveyed during the WCA that really caught our attention, "My squadron, in my opinion still has a

'good ole boy' system...there's a lot of favoritism within this particular squadron."

Unprofessional relationships/favoritism hurt our morale and affect our discipline, especially if our leaders aren't making the right decisions for the right reasons.

Here's another quote that talks about this very thing: "Sometimes, I see certain individuals 'get away with murder' just because they're buddies with the boss..."

What effect does unprofessional relationships/favoritism have on 16th SOW personnel? Let's look at the following scenario: "My supervisor and I get along great, he comes over to my place all the time, we hang out, go out and party; I know he's my supervisor, but no harm, no foul, right?"

What do you think?

I hope you're able to see how this type of relationship could lead to serious problems within the unit – especially if this particular supervisor overlooks poor performance of

his/her subordinate because they're 'buddies.'

Another example is a subordinate referring to a supervisor by their first name. This is inappropriate, but worse when a different subordinate calls the supervisor by their first name, and the supervisor corrects them, but doesn't correct their buddy.

AFI 36-2909 Professional and Unprofessional Relationships governs, stipulates and explains what relationship(s) the Air Force deems as professional and appropriate.

If a relationship is perceived to be unprofessional or inappropriate by coworkers and/or subordinates, it could negatively impact the unit.

The bottom line is this: Unprofessional relationships/favoritism have no place in the U.S. Air Force, regardless if you're at work or not.

For more information, visit the Military Equal Opportunity office, building 90210, Suite 241, or call 884-7888/6844/2631.

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Production

Editorial content is edited, prepared and provided by the 16th Special Operations Wing Public Affairs Office. All photographs are U.S. Air Force photography unless otherwise indicated. The COMMANDO staff may include or exclude articles based upon the news value determined by the staff, impact on the wing's mission, and the space allotted for editorial content by the publisher.

Submitting articles

The deadline for submissions to the COMMANDO is 4 p.m. Wednesday, the week prior to publication. Articles may be submitted on IBM format computer disk or via electronic mail. Non-electronic submissions must be typed, double-spaced and all submissions must include the name and telephone number of a person to call for questions.

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DUI Tracker

July 23 - July 29: 2 DUIs

This year: 21

DUIs for 2003: 54

Last DUI: 16th Special Operations Squadron, July 25

Airmen Against Drunk Driving

Don't Drink and Drive. Call 884-8844

Potential saves this year: 658

16th OG....4 16th MSG..21

16th MXG...8 16th MDG..157

As of Feb. 15, individual groups get a down day for 60 consecutive days without a DUI. Totals are current as of July 29.

Congratulations to the 16th MDG and 16th SOW staff agencies for more than 120 days without receiving a DUI.



SAFETY, Continued from Page 1

Freedom. The squadron was also recognized for its attention to personal safety while performing in weather climates ranging from 120 degree heat in the deserts of the Middle East to sub-zero temperatures of the Central Asian winter.

"The squadron met every challenge while mitigating risks to acceptable levels," General Hester said. "The Quiet Professionals of the 16th (SOS) are truly the 'risk management advocates' I've tasked all in the command to be."

Not only was the squadron as a whole awarded for their "safety first" mentality, but also for their ability to react quickly and efficiently in the face of possible danger.

On behalf of the entire Spectre 61 aircrew, Capt. Jeffrey Welborn and Tech. Sgts. Gary Carter and Mark Alden were presented with the 2003 Air Force Chief of Safety Aircrew of Distinction Award. The Airmen were recognized for their 'outstanding performance,' which resulted in the 'safeguarding of 11 lives and a multi-million dollar asset.'

On Sept. 2, 2003, Spectre 61 (AC-130H) took off from MacDill Air Force Base, Fla., carrying 37,000 pounds of fuel and four crewmembers en route to Hurlburt Field. Shortly after takeoff, the crew noticed that although the nose and left main landing gear had retracted, the right main landing gear was still "in-transit," according to the award citation.

Aircrew members, acting quickly, grabbed the flight manual in search of emergency procedures to follow. However, due to the magnitude of the malfunction, the aft main landing gear strut failure wasn't covered in the manual, according to the award citation.

It was decided that all three landing gears be put in the "down and locked" position, after the pilot recalled a similar instance at Dyess Air Force Base, Texas.

The crew then proceeded to retract the guns to keep them from impacting the runway upon landing if the gear collapsed. The aircraft was positioned further south over the Gulf of Mexico in case the right landing wheel would detach.

This proactive thinking safeguarded Hurlburt Field personnel and civilians living near the base. After safeguarding the people below, the crew turned to safeguard the aircraft. Emergency landing gear tie-down fixtures were installed to reinforce the front struts for landing. They then moved all passengers as far forward as possible, and opened the right paratroop door in-flight to guarantee availability later, according to the nomination package.

Securing all loose objects and performing all checklists, the aircrew prepared for the landing. Although the pilot performed a soft landing, a fire broke out on the right side of the aircraft.

The alarm bell was sounded, the tower was notified and the engines were feathered before the pilot exited the aircraft and performed a head count.



Photo by Tech. Sgt. Carlotta Holley

Members of the 16th Special Operations Squadron display safety awards garnered in 2003.

"This was no routine shutdown," said Colonel Killgore, who was at the command post the night of the incident. "It was a tense, tense time for us on the ground. I'm proud of what you guys did, and now the Air Force recognizes that level of excellence with this award."

The last award was given to Airman 1st Class James Smoot, who earned the Outstanding Mishap Prevention Award for discovering and extinguishing a hydraulics fire aboard an AC-130H aircraft.

On Dec. 14, 2003, Airman Smoot heard a loud bang during a routine preflight inspection, after the engineer applied power to the auxiliary hydraulics system. He noticed the sparks and soon after, a fire broke out.

He then told all personnel to evacuate, while he contained the fire. Working through the smoke and without regard for his own safety, Airman Smoot worked quickly to extinguish the fire. His actions resulted in the safeguarding of lives and an \$80 million aircraft.

"If we teach our young and teach them well," Colonel Killgore said, "when the time comes, they'll have the confidence and certainty to react. And that's what the case was here."

Aviation Ground School prepares future Air Force pilots

By Amy Oliver
Public Affairs

What does it take to be a pilot in the Air Force? What's Air Force life like?

Thirty-eight Junior Reserve Officers Training Corps cadets from around the country got answers to those questions, when they attended an Aviation Ground School at Eglin Air Force Base July 18 through July 23.

The school is an annual training course, in which cadets prepare to take their Federal Aviation Association private pilot written examination, sponsored by the Air Force JROTC program and the Navy Sea Cadet program.

The cadets stayed in the dorms, ate their meals at the dining facility and marched from place to place in formation.

The school's curriculum included daily academic classes at the Eglin Training Facility and orientation flights in the Eglin Aeroclub's T-41 and Cessna 172 aircraft.

In order to educate the cadets on Air Force missions and aircraft, the group visited Hurlburt Field July 22. While here, they toured an AC-130H Spectre Gunship and visited base operations, the weather station and the air traffic control tower.



Photo by Staff Sgt. Chris Jordan

Junior Reserve Officers' Training Corps cadets examine an AC-130H static display during their tour here July 22.

Tours of base operations and the weather station provided insight to the practical applications of their lessons on how to read flight plans and weather maps.

Cadet Scott Hall from Destrehan High School in Louisiana, who dreams of being a pilot one day, plans to attend the Citadel or Embry-Riddle Aeronautical University.

"I've learned to really appreciate all that goes into making one flight happen," said Cadet Hall. "I've wanted to fly since I was 3 years old. Now, I want to (go to ERAU) more than ever."

First Lt. Brian Huster, a KC-10 pilot stationed at McGuire AFB, N.J., attended the Aviation Ground School when he was a cadet and is now an instructor there.

"The school provides the building blocks for those thinking about going into aviation," said Lieutenant Huster. "The cadets learn the

fundamentals of aviation to see if that's really what they want to do." According to retired Lt. Col. Jim Webb, the school's coordinator, the program provides an important service to the cadets and the country.

"If America is to continue to be the world leader in aviation, we really do need to do everything possible to educate and inspire our rising citizens in the private, commercial and military aviation opportunities," Colonel Webb said. "I believe this program is an instrumental aspect of America's future aviation leadership."

USAF Test Pilot School holds next selection board

AIR FORCE PERSONNEL CENTER – The Air Force plans to hold its next test pilot school selection board here Nov. 15.

The U.S. Air Force Test Pilot School trains pilots, navigators and engineers to test and evaluate the newest aircraft and weapons systems.

Applicants from all aircraft types and backgrounds must have strong academic and technical experience,

along with a desire to help develop the next generation of Air Force weapons and weapons systems.

Eligible Air Force officers and civilians can volunteer for a joint Air Force Institute of Technology and test pilot school program leading to a Master of Science degree in aeronautical, electrical systems, mechanical or computer engineering.

Selected officers will enter AFIT for a special program, followed by

entering the regular test pilot school curriculum 15 months later.

Completed applications must arrive no later than Sept. 24 at:

HQ AFPC/DPAOT3

550 C Street West Suite 31

Randolph Air Force Base,

TX 78150-4733

Applicants should advise their commanders and/or supervisors who are providing comments on an *AF Form 1712, Special Flying*

Programs Recommendation, of the application deadline.

All officers eligible in accordance with *AFI 99-107, Test Pilot School*, may apply.

Only those available for reassignment and meeting time-on-station requirements will be considered.

For more information on application procedures, call base formal training at 884-2698/2690/2728.

SNCO promotion video 'demystifies' board process

AIR FORCE PERSONNEL CENTER – In an effort to educate all Airmen on senior enlisted promotion boards, the Air Force Selection Board Secretariat and the Enlisted Promotions Branch here have partnered to produce a new video to help shed light on the inner workings of the selection board process.

A copy of the video, "How Senior NCOs Are Promoted to Senior and Chief," will be distributed to each Air Force installation public affairs office, military personnel flight, command chief master sergeant as well as to all NCO academies and the Senior NCO Academy.

The video provides an insider's view of boardroom activity at the Air Force Personnel Center, including how records are scored and what board

members actually do when evaluating candidates for promotion.

"It's important for all enlisted personnel as well as officers and civil service employees who supervise them, to know how the Air Force promotes senior NCOs to the top two grades," said Senior Master Sgt. Nathalie Swisher, video production coordinator.

"The career path to chief master sergeant begins early in an enlisted member's career," said Sergeant Swisher. "This video will stress the essence of how Airmen can take control of their careers early, and how supervisors can assist in helping them reach their goal."

The video explains the process from the way board members are chosen to sit on selection

boards, to how board members impact the final promotion list. One point of emphasis is the importance of each master and senior master sergeant keeping his or her records current and correct.

"We have a great promotion system. There are numerous safeguards in our promotion process to make sure it remains so, while ensuring Air Force members receive fair and equitable consideration," said Col. R.J. Rouse, chief of the selection board secretariat. "The video highlights those safeguards as well as other important promotion topics."

The video should be available by early September. For more information, call the MPF at 884-5400.

Dress and Appearance: Personal grooming standards

According to *AFI 36-2093, Dress and Personal Appearance of Air Force Personnel*, each military member has the responsibility to maintain an "acceptable military image," as well as the right, within limits, to express individuality through their appearance.

Men's hair must be clean, well-groomed, and neat and must not contain excessive amounts of grooming aids. If dyed, the hair should look natural. Hair won't touch the eyebrows when groomed or protrude below the front band of properly worn headgear. It must have a tapered appearance on both sides and back; with and without headgear. A tapered appearance is one, when viewed from any angle, outlines the individual's hair so that it conforms to the shape of the head, curving inward to the natural termination point. It won't be worn in an extreme or fad style, or in such a way that exceeds length or bulk standards or violates safety requirements.

Men's hair won't touch the ears,

and only closely cut or shaved hair on the back of the neck may touch the collar. It won't exceed one and one-fourth inches in bulk, regardless of length and not exceed one-fourth inch at the natural termination point. Hair won't contain or have any visible foreign items attached to it.

Women must style their hair to present a professional appearance. Hair won't be worn in an extreme or fad style or violate safety requirements.

If hair is dyed, it should look natural and not be an unusual color or contrast with natural coloring. The length of a woman's hair can't extend below the bottom edge of the collar. Hairstyles must allow proper wear of headgear and won't exceed three inches in bulk.

Women may wear plain and conservative pins, combs, headbands, elastic bands and barrettes that are similar to their hair color to keep their hair in place. Hair ornaments, such as ribbons or jeweled pins, aren't allowed.

Week in History

The following is a list of extraordinary events that occurred this week in military history:

July 25, 1953 – The B-36's capability to launch and recover an F-84 aircraft in flight is announced.

July 26, 1947 – President Harry Truman approved the National Security Act of 1947. He also issued *Executive Order 9877*, which by presidential directive, outlined the duties of the three services. Each was responsible for the area in which it operated – ground, sea and air, although the Navy retained an air arm and the Marine Corps.

July 27, 1976 – An SR-71 flew at a speed of 2,092.29 miles per hour over a 1,000-kilometer course over Edwards Air Force Base, Calif. This flight set three closed-circuit records: world absolute speed, world jet speed with 1,000-kilogram payload and world jet speed without payload.

July 28, 1934 – The Explorer I balloon attained an altitude of 60,613 feet.

July 29, 1952 – An RB-45 assigned to the 91st Strategic Reconnaissance Wing flew from Elmendorf Air Force Base, Alaska, to Yokota Air Base, Japan, making the first no-stop transpacific flight by a jet aircraft.

July 30, 1909 – The second test of the Army's Wright Military Flyer completed a ten-mile cross-country flight.

July 31, 1941 – The U.S. Army Air Force officially established Tuskegee Army Air Field.



SR-71 Blackbird

Big Truck Day – ‘big’ fun

Story and photo
by Amy Oliver
Public Affairs

Members of the 16th Security Forces Squadron and the 823rd RED HORSE Squadron braved the mid-July heat in order to showcase some of their equipment at the fifth annual Big Truck Day in Destin July 23.

According to Aaron Bradley, Destin Community Center, approximately 130 kids flocked to the center to explore the 23 trucks parked in the lot.

“Not as many trucks participated this year as they have in the past,” said Mr. Bradley. “Hurlburt (Field) and Eglin (Air Force Base) really helped us pull this day off.”

RED HORSE participated in the event with a variety of vehicles. The squadron arrived with a freight tractor-trailer carrying a Bob Cat and a track dump truck, which they off-loaded in the Center parking lot. They also brought a 20-ton dump truck with a deafening horn.



An excited child maneuvers the controls of a ‘big truck.’

The 16th SFS brought an armored Humvee.

“The kids always like climbing in the Humvee,” said Staff Sgt. Bobby Heath, 16th SFS. “I still remember when I was a kid, and the police officer came to my school. I got to climb all over the police car. It was a great time.”

In addition to RED HORSE and 16th SFS, other participants included Eglin AFB, City of Destin and the Okaloosa County Sheriff’s Department. They provided

vehicles ranging from fire trucks and front loaders to military armored vehicles; even a sheriff’s police dog.

Beat the heat Wet Bulb Global index

Heat Cond/ (Flag Color)	WBGT Index (Degrees F)	Water Intake (Light/Heavy work)	Work/Rest Cycle (Outdoors)
NONE	78 – 81.9	0.5/0.5 Quarts/hour	50/10 minutes
GREEN	82 – 84.9	0.5/1.0	50/10
YELLOW	85 – 87.9	1.0/1.5	45/15
RED	88 – 89.9	1.5/2.0	30/30
BLACK	90 & above	2.0/2.0	20/40

WBGT index is used to measure the potential for heat stress injury, which is preventable by following these eight listed actions:

- Education
- Water
- Salt
- Clothing
- Acclimatization
- Work schedules
- Foods
- Medical treatment

To obtain WBGT/heat stress stage/flag color, call bio-environmental engineering at 881-1822 Mondays through Fridays, 9 a.m. – 4 p.m. At other times, call the command post at 884-8100.

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Military members inflicted by post traumatic stress disorder

By Capt. (Dr.)
Theodore Masino II
16th MDOS

Post traumatic stress disorder can conjure up images of Vietnam flashbacks and severe mental illness. Few understand that PTSD has become common and widespread in this age of increased military conflict.

Its presentation is often very subtle and easy to miss. PTSD is a mental health disorder caused by a traumatic event in one's life, which increases the anxiety level when reminded of the event.

Nightmares and difficulty sleeping often occur with

PTSD along with a startle response, where the person is jumpy at the slightest noise. You might think of it as everyone on base is at Force Protection Condition Alpha Plus, but someone with PTSD is constantly at FPCON Delta.

The first signs of PTSD usually include: sleeping problems, distancing from others, avoiding things or people that may remind them of the trauma, jumpiness, and nightmares and flashbacks of the event.

Military members are going to be exposed to traumatic events more frequently than most other professions, and therefore, are at greater

risk to develop some of these symptoms.

If you notice these symptoms in yourself, a spouse or a friend, it may be in your/their best interest to seek professional help. The faster someone identifies difficulties and receives assistance, the faster the symptoms may resolve.

If you think of it as an infection – treating it before it spreads – recovery is quicker. The longer you let it fester, the longer it will take to cure it.

There are effective methods to treat PTSD, which may include individual or group counseling, medication or a

combination of both.

Recent studies revealed that 16 – 17 percent of military members returning from Iraq and 11 percent of those returning from Afghanistan reported some symptoms of PTSD. This is significantly higher than the five-percent rate for the general population.

The study also notes that of those reporting symptoms, only 40 percent were interested in getting help, and 23 percent reported actually receiving help for their symptoms. The main reason cited for not asking for help was the fear of negative consequences on their military career.

However, for those voluntarily requesting help before the symptoms became worse, only three to four percent reported having any negative consequences for getting the

help they needed.

Another reason given for not requesting help is the Airman doesn't want his or her unit to know. The only reason for discussion with the Airman's unit is when symptoms have progressed to the point where an Airman may be in danger of harming themselves or someone else or if a profile or duty restriction needs to be considered.

The biggest consideration to keep in mind is the longer someone tries to deal with PTSD, the more severe the symptoms may become, and the more problems the member will have functioning. This could have a far greater impact on the Airman's career than coming in to the Life Skills Support Center and requesting professional help.

For more information about PTSD, call 884-4237.

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Photo by Staff Sgt. Chris Jordan

The Riptide Dining and Fitness Center is the first of its kind in the U.S. Air Force.

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Sgt. Michelle Scott will manage the food service aspect of the Riptide.

Master Sgt. Karen Guilmette, 16th Services Squadron food service superintendent said the Riptide staff anticipates serving about 100 people for breakfast, 300 for lunch and 150 for dinner. The planned hours of operation are 5:30 to 8 a.m. for breakfast, 11 a.m. to 1 p.m. for lunch and 4 to 6:30 p.m. for dinner, Mondays through Fridays.

"The Oasis Cafe operation, as we know it today, will change with the opening of the Riptide. In general, the Oasis Cafe will become more of an expanded flight kitchen," Sergeant Guilmette said.

The Oasis will open for lunch (10:30 a.m. to 12:30 p.m.) with sit down and carryout capability, but dinner (6:30 to 8:30 p.m.) and the midnight meal (11 p.m. to 1 a.m.) will have an emphasis on "grab and go" type menu items. Hours of operation for the flight kitchen and the Reef dining facilities will remain the same as they are today.

Accessible either by stairs or elevator, the Riptide's second floor co-ed fitness center includes a main fitness area, an aerobics room with a "floating" low impact floor, a smoothie bar, a co-ed sauna and men's and women's locker rooms with daily use full-length lockers.

The main fitness room includes more than 40 strength-building and 20 cardiovascular Nautilus exercise machines such as treadmills, stationery bicycles, lifecycles and cross trainers. The strength and cardio circuit training equipment are integrated with a state-of-the-art, wireless fitness advisor program, using remote resistance trainer and cardio trainer units and a central user-friendly kiosk.

"The Fitness Advisor system is a comprehensive exercise prescription and tracking network that delivers custom workout programs to remote units on strength and cardiovascular exercise machines," explained Riptide's Fitness Manager, Nate Harris.

"It also tracks non-networked exercises like free-weights, and allows users to record workouts performed outside of the gym, such as running and bicycling. Users can also maintain a record of fitness measures such as body fat, resting heart rate and blood pressure," Mr. Harris continued.

"From a central kiosk, patrons enter their customer ID and personal identification numbers to access workout programs and histories, view and print progress charts and communicate with our fitness staff via e-mail," Mr. Harris said.

"We're looking forward to providing the best possible service with progressive fitness programs and equipment."

"It took many exceptional people and organizations like the 16th Civil Engineer and Contracting Squadrons to take this benchmark concept from the design table to reality," said Lt. Col. Chris Wright, 16th SVS commander. "We're confident it'll provide one more world-class facility for the people assigned to Hurlburt Field and the surrounding community to enjoy."

SUPPLY, Continued from Page 1

Monthan and Nellis Air Force Bases. The AFSOC units in Europe and the Pacific will have their supply chains managed by other RSS's in those overseas areas.

"We maintain an active relationship with the regional supply squadrons who feed the European and Pacific AFSOC units," said Colonel Trigg.

The AFSOC RSS has 60 Airmen divided into three flights.

"Our folks provide agile combat support to the professionals in the field and here in garrison," said Colonel Trigg.

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16th Medical Group opens new addition

The 16th Medical Group will open part of the first floor of its new addition and the new patient parking lot Monday.



The following clinics will open on the first floor: family practice, women's health and pediatrics.

The pharmacy will open on the first floor Aug. 9 along with the entire second floor, which will house flight medicine and force health management.

In a couple of months, life skills and family advocacy will relocate into the new addition, and optometry and immunization clinics will be relocated within the existing part of the facility.

Don't forget to recycle!

Recycling participation has recently decreased in the base housing developments, despite housing occupants recovering 6,397 pounds of recyclables during the month of June. Families are reminded to utilize recycling bins. Drop-offs can be made on Recycling Way, adjacent to the commissary parking lot. The recycling center is located on the east side of base, Building 91360. For more information, call the recycling center at 884-7577. Also, now through Labor Day, bring unwanted personal computers, laptops, printers, handhelds, cell phones – or any other qualifying products – to the nearest Office Depot. Items purchased with appropriated funds need to be turned into DRMO.

For more information, visit <http://www.officedepot.com/promo.do?file=/promo/pages/recycle.jsp>.

VA officials establish a compensation deadline

The Department of Veterans Affairs wants to ensure that surviving spouses of deceased veterans are aware of an approaching deadline that may affect entitlement to Dependency and Indemnity Compensation benefits.

Last year, President Bush signed *Public Law 108-183, the "Veterans Benefits Act of 2003,"* which restores entitlement to compensation, and related home loan and education benefits for surviving spouses who remarry on or after their 57th birthdays.

VA officials are concerned that surviving spouses may not be aware of this change in law or may overlook this benefit if their subsequent marriages haven't ended.

Generally, VA pays compensation to the surviving spouses of military service members who die while on active duty, and to surviving spouses of veterans whose death resulted from service-related causes.

The basic monthly rate is \$967 and is increased if the surviving spouse has dependents, is housebound or meets criteria common to those who need a home aide.

There are additional payments for dependent children. Parents who were dependent upon the service member's income also may qualify for compensation.

Under previous law, surviving spouses who remarried weren't eligible for compensation unless their marriages ended. At that time, they could apply for reinstatement of benefits.

Under the new law, surviving spouses who remarried after age 57 and before Dec. 16, 2003, have a limited time to apply for restoration. They have one year from the date the new law was enacted (Dec. 16, 2003) to apply for restoration of benefits. If VA receives the application later than Dec. 15, 2004, restoration of compensation must be denied.

The one-year application period doesn't apply to other surviving spouses whose remarriage on or after attaining age 57 followed enactment of the law.

For more information on restoration, call VA's toll free number at (800) 827-1000. People who are hearing impaired should call VA at (800) 829-4833 by use of a telecommunications device for the deaf.

NOTICE

Due to a recent change to the base traffic regulation, use of cellular phones in vehicles is restricted. Effective immediately, drivers using cell phones must use a hands-free device. A hands-free device is classified as a speakerphone or an earpiece, used in one ear only. Drivers not following this policy are subject to receive a traffic ticket, which will result in three points being assessed to their base driving record. The reason for this policy is to reduce the number of distracted drivers and traffic accidents. For more information, call security forces operations at 884-6185.

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Seventh, eighth seeds wage war during softball championship games

Story and photos by
Airman James Dickens
Public Affairs

The 16th Component Maintenance Squadron buckled down to beat 16th Aircraft Maintenance Squadron team two and win the intramural softball championship July 23.

Both teams put on quite a show during the playoffs. The 16th CMS even managed to stay undefeated until the championship round with 16th AMXS 2.

"Toward the later part of the season, we really had some people step up and take charge," said Ben Goddard, 16th CMS coach.

AMXS dominated the first championship game to give CMS their first loss in the double elimination playoffs.

"After the first game I realized the AMXS guys came to play," Coach Goddard said.

"Our guys came here motivated and wanted to win the intramural championship trophy," said Robert Register, 16th AMXS coach.

As the second and deciding game kicked off, it was clear that both teams wanted the intramural championship trophy.

CMS had the lead all the way until the bottom of the sixth inning when AMXS started to rally.

AMXS brought the score back to a tie at seven after being down a few runs. They seemed to take the lead after a hit up the middle, but the umpire called it back saying it hit the runner.

This call ended the inning and gave CMS one last shot to take the lead back, which is just what they did.

"Going into the sixth inning, with the score tied at seven, I knew it was all or nothing," Coach Goddard said.

"Scott Day, 16th CMS, and Steve Sexton, 16th CMS, stepped up with some huge hits to start a rally," Coach Goddard said.

CMS slugged in five runs and

took the lead back after some errors on AMXS's part.

In the hole 12-7, AMXS tried to get something started in the bottom of the seventh inning, but they just couldn't seem to get the ball rolling for a rally.

CMS took home the trophy in an action packed game and a 12-7 win.



Ray Estep, 16th AMXS, takes a whirl at the ball.



Robert Register, 16th Aircraft Maintenance Squadron coach, is safe at first as Chuck Shepherd, 16th Component Maintenance Squadron, stretches out to try and make the play.



Scott Day, 16th Component Maintenance Squadron, prepares to take off for second, as Ed Shackelford tries to get a base hit and bring him around.

Sports shorts

Bowling coach course

Hurlburt Lanes is sponsoring a level one Bowling Coach Certification course Aug. 7 from 9 a.m. to 4:30 p.m. The course will cover basic bowling fundamentals and teach students how to instruct new players to bowl with proven coaching techniques. The cost is \$55 per person and must be paid at time of registration. Space is limited to 30 people. For more information, call Hurlburt Lanes at 884-6941.

Men's baseball league

The Okaloosa Men's Baseball League is kicking off with registration on Aug. 15 at 3 p.m. at the Twin Oaks baseball field in Niceville for the 18 and over, and 30 and over divisions. The Twin Oaks Baseball Field is located on U.S. Highway 85 North, just north of College Boulevard.

The registration process will include the collection of league fees and a short baseball workout

session. League fees are \$100 for all players. The final day of registration is Aug. 22 at 3 p.m. The season begins in early September and is played locally in the Okaloosa area.

For more information, call the league hotline at 864-7529

Coaches clinic

The National Youth Sports Coaches Association will be conducting a coaches clinic for the upcoming soccer and flag football seasons Tuesday at 5 p.m. and Thursday at 5:30 p.m. at the youth center. Prior to these clinic dates, please pick up the coach background information packages at the youth center.

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

Football, soccer registration

Flag football and soccer registration ends today.

Seasons kick off Sept. 18 through Nov. 20. Registration fees correspond with the registration period.

Late registration is after today at \$47 per youth or \$94 for two or more.

For more information or to get registration forms for flag football or soccer, call the youth center at 884-6355.

Cheerleading registration

Cheerleading registration ends today for children ages 6 to 14. Cost is \$5 per child.

Each participant must have a sports physical on file at the youth center.

A coach and parent meeting is currently scheduled for Aug. 17 at 6 p.m. at the youth center.

Also at the meeting, uniform measurements and a \$30 deposit will be required.

For more information or to get a registration form, call the youth center at 884-6355.

Hurlburt Field Physical Therapy: *Rehabilitating Airmen one limb at a time*

Story and photos by
Airman 1st Class Heidi Davis
Public Affairs

Whether they come in on crutches or suited up in layers of gauze and ace bandages, active-duty Airmen can count on leaving the Hurlburt Field Physical Therapy clinic better than when they arrived.

Using several educational resources, and medical techniques and equipment, the physical therapist and technicians "provide the highest quality rehabilitative services and preventative education to their patients."

"Airmen come in with musculoskeletal injuries and need to recuperate quickly," said Senior Airman Zane Holland, a physical therapy technician in the clinic. "We work like pro-sports trainers by decreasing the recovery time. Deployments require many Airman to personally manage injuries until returning home. Our job is to rehabilitate them to the best of our ability returning them to the mission quicker."

"Most of the injuries are knee or back related due to taking on 'too much, too soon,'" said Staff Sgt. Gary Suttles, 16th Medical Operations Squadron, physical therapy technician. "So, we see a lot of sports and fitness related injuries that could have been prevented."

Although treatment for each case varies, the clinic uses a large assort-

ment of weights, a stationary bicycle, medicine balls and balancing platforms for strength training. They also have an array of treatment modalities available for treating musculoskeletal injuries.

"We don't just treat the injured area," Airman Holland said. "We try to strengthen the surrounding elements that support it to prevent injury in the future."

Sergeant Suttles said all patients receive detailed information on their injury and the treatment options available. We try to put an emphasis on education to prevent future injuries.

Airman Holland said that the base population is prime reason for job satisfaction.

"The base population is extremely active, and everyone is highly motivated in getting better. This job wouldn't be as rewarding if we were treating a bunch of slugs."

Although the clinic is small in size, the staff sees a fair number of Airmen on a daily basis.

"On average, we treat between 30 and 40 patients a day," Sergeant Suttles said. "The clinic would like to expand services to all beneficiaries in the future, but right now, the facility just isn't equipped to take on more patients."

Eventually, the physical therapy clinic will be moving into the 16th Medical Group clinic where the out-patient records area is now. The new location will provide the clinic with approximately two to two and a half times more space than is available now, Sergeant Suttles.

Despite the size of the staff and equipment available, patient care is far from 'hurting.'

"The staff is well-educated on their career and care about their patients' rehabilitation," said Senior Airman BJ Davis, 16th Operations Support Squadron, who's recovering from a torn ligament in his knee.

Capt. Tom Montgomery, Air Force Special Operations Command Public Affairs, who's recovering from a torn Achilles tendon said, "Despite the painful exercises, it's a fun atmosphere. They also work well with your schedule - very flexible."

The Hurlburt Field Physical Therapy clinic is responsible for keeping troops fit to meet Air Force standards by rehabilitating the force one limb at a time.



Tech. Sgt. Michael Bowman, 334th Training Squadron, has his foot heat wrapped by Staff Sgt. Gary Suttles after completing strengthening exercises.



Capt. Tom Montgomery, Air Force Special Operations Command Public Affairs, strengthens an achilles tendon injury on a stationary bike.



Senior Airman Brock Davis, 16th Operations Support Squadron, listens as Capt. Sarah Miklaski explains procedures to aid in his recovery from knee surgery.

Community

Clinic closure

The 16th Medical Group will close today at 3 p.m. for commander's call. The Eglin Air Force Base emergency room will be open for any emergency needs. Normal clinic operations will resume Monday.

Red cross volunteers

The Hurlburt Field chapter of the American Red Cross is looking for leadership volunteers to help maintain the stations. For more information, call Jim Pugh at 884-6107.

HAC meeting

Airmen are invited to the Hurlburt Airman's Council meeting Tuesday at 3 p.m. in the base theater. The guest speaker will be Maj. Nancy Whitfill, 16th Comptroller Squadron commander. There will also be an open forum to address questions to Chief Master Sgt. Richard Small, 16th Special Operations Wing command chief. For more information, e-mail Airman 1st Class April Salgado at april.salgado@hurlburt.af.mil.

FSC walk-in hours

The family support center has changed its walk-in hours for deploying individuals to Mondays through Fridays from 1 to 4 p.m. All individuals deploying for more than 30 days must out-process with the FSC. For more information, call the FSC at 884-5441.

16th LRS inventory

Air Force Special Operations Command units in possession of individual body armor and small arms protective inserts are instructed to report the number of assets on-hand and deployed to 16th Logistics Readiness Squadron equipment liaison office. This doesn't apply to the old flak vests.

Assets will be added by ELO to the unit's equipment account. Each item will be accounted for individually by the national stock number, which can be determined by calling the 16th LRS ELO at 884-5731/3552.

Hurlburt toastmasters

The Hurlburt Toastmasters club is having regular meetings Wednesdays from noon to 1 p.m. in Classroom J at the education center. Toastmasters can help individuals improve and develop speaking, listening and leadership skills. For more information, call Marty Mears at 884-9130.

Manpower

The 16th Special Operations Wing Manpower and Organization is currently seeking a motivated senior airman to cross train into the manpower, 3U0X1, career field.

The manpower career field incorporates a broad array of duties and responsibilities to include: process improvements, benchmarking, performing core competencies in organizational structure, manpower requirements, determination and performance management.

Prequalifications are good communication skills and a basic knowledge of algebra. For eligibility, contact personnel employments. For more information, call 1st Lt. Louis Carvin at 884-6787.

Eglin club sale

The Eglin Enlisted Club is selling items in bulk at the old club today from 9 a.m. to noon and by piece from noon to 4 p.m. All sales are final, and the items purchased must be picked up within five days of purchase. For more information, call 678-5127.

Town hall meeting

A town hall meeting is scheduled for 6 p.m. Monday and 10 a.m. Tuesday at the base theater. The 16th Special Operations Wing Commander, Col. and Mrs. O.G. Mannon will provide an open forum to discuss various military issues facing Hurlburt Field Airmen and their families.

For more information, call Barbara Weber at 884-6798.

Commissary ATM replacement

The Eglin Federal Credit Union will replace the Hurlburt Field Commissary automated teller machine with a new cash-only machine to accommodate the high demand for cash withdrawals.

The conversion will take place today through Wednesday. During this time, cardholders may use the ATM at the nearby Hurlburt Field branch.

16th CTPS manning

The 16th Comptroller Squadron will be closed from 7 a.m. to 4:30 p.m. Aug. 6, due to an official function. For emergencies, call 803-3324.

SNCO induction ceremony

The Hurlburt Field Chief's Group and the Top 3 Council will co-sponsor this year's Senior NCO Induction Ceremony. The event will be held Aug. 27 at 3 p.m. in the Soundside conference center.

For more information, call Master Sgt. Paula Jackson at 884-1233 or Senior Master Sgt. Greg Nabors at 884-4552.

NCOA meeting

Hurlburt Field's Commando NCO Association Chapter will hold its monthly meeting Saturday at 6 p.m. in the J.R. Rockers Destination Room. For more information, call Master Sgt. Bob Love at 884-5787.

Volunteers needed

The Airman's Attic needs volunteers Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m. For more information, call the volunteer resource coordinator at 884-1533.

Stars and strikes

"Bowl for the Stars and Strikes" is an Air Force Services-wide summer program at the Hurlburt Lanes Bowling Center. Customers earn rewards by collecting punches on three levels of punch cards: red, white and blue.

Punches are given for every game bowled or 32-ounce fountain beverage purchased at the Spare Time Grill, now through Aug. 31. For every 15 punches, bowlers and non-bowlers alike will receive the corresponding reward for that level, while supplies last. For more information, call the bowling center at 884-6941.

TLCB reunion

The Thailand-Laos-Cambodia Brotherhood is holding a reunion Sept. 24 - 26 in Ontario, Calif. The reunion is for anyone who served in these countries during the Vietnam War. For more information, call Les Thompson at (714) 557-0776.

Air Force TV and Radio News



To check out Air Force TV or Radio News visit: <http://af.feedroom.com> or www.af.mil/news and click on TV or radio to find out what's happening around the Air Force.

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 and 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

Muslim Services (882-2111), Eglin Chapel Center

Jum'ah: Friday, 12:45 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) *Garfield*, starring Breckin Meyer and Jennifer Love Hewitt - Garfield's owner takes in sweet, but dimwitted pooch Odie, turning Garfield's world upside down. Garfield wants only one thing: Odie out of his home and life! But, when the pup is kidnapped by a nasty dog trainer, Garfield - for the first time in his life - feels responsible and springs into action to return the pup.

Saturday - (PG-13) *The Terminal*, starring Tom Hanks and Catherine Zeta-Jones - An Eastern European immigrant is forced to live at John F. Kennedy airport, when his former war-torn country's borders are erased, voiding his passport and leaving him with no political home. The refugee meets and falls in love with a flight attendant, which prompts a bold escape plan.

Sunday - (PG) *Around the World in 80 days*, starring Steve Coogan and Jackie Chan - Passepartout, a Chinese thief, seeks refuge in the traveling companionship of an eccentric inventor, Fogg, who has taken on a bet with members of his gentlemen's club that he can make it around the world in a mere 80 days. Along the way, Passepartout uses his amazing martial arts abilities to defend Fogg from the many dangers they face.

Eglin 882-1066

Friday and Sunday - (PG-13) *Dodgeball: A True Underdog Story*, starring Ben Stiller and Vince Vaughn - When corporate workout center Globo Gym moves to town, locally owned fitness center Average Joe's loses business, so that its manager can't make the mortgage payment. Faced with going under, the crew from Joe's enters a high-stakes dodgeball tournament in order to save their cherished local gym.

Saturday - (PG) *Two Brothers*, starring Guy Pearce and Jean-Claude Dreyfus - Twin tigers, one bold and one shy, are born in a city of ruins in French Indochina and are soon captured. The bold brother is forced to become a circus performer, while the shy sibling becomes the companion of a governor's son. But, an accident leads the governor to sell the tiger to an adventurer, and they find themselves reunited, but as forced enemies, pitted against each other in a fighting match.

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

November getaway cruises

Information, Tickets and Travel can help you "get away" before or during Thanksgiving with two great cruises to the western Caribbean. The Pre-Thanksgiving Cruise sails out of New Orleans for seven days from Nov. 14 to 21. Rates are \$545 for interior rooms, \$695 for oceanview rooms and \$845 for rooms with a balcony.

The Thanksgiving cruise sails out of Mobile, Ala. for five days from Nov. 22 to 27. Rates for oceanview rooms are now \$445 per person. All cruise rates are per person based on double occupancy. For more information, call ITT at 884-7848.

Hispanic Heritage Month

The military equal opportunity office is seeking volunteers to assist in organizing, preparing and supporting Hispanic Heritage Month events from Sept. 15 to Oct. 15. Meetings are held Wednesdays from 1 to 3 p.m. in the MEO conference room. For more information, call 1st Lt. Angel Lugo at 884-8209 or Staff Sgt. Bill White at 884-5879.

Native American History Month

November is Native American History Month. The military equal opportunity office invites volunteers to assist in organizing, preparing, and supporting events for the observance period. For more information, call Tech. Sgt. Dexter Coburn 884-2631.

Classes

Veterans college

The Veterans Upward Bound program at Okaloosa-Walton College is now accepting new students. The program provides free services to U.S. Armed Services veterans of any age, who wish to begin college or earn a high school equivalent diploma. The program provides: academic

refresher courses, free tutoring, skills exploration, preparation for college placement tests, personal assistance with financial aid forms, and career and employment counseling.

Qualified applicants may also be eligible for a monthly financial aid stipend. For more information, call 729-4999.

Boating safety course

Coast Guard Auxiliary Flotilla 18 is conducting a boating safety course Aug. 14 at Okaloosa-Walton College Niceville Campus Learning Resource Center, Room 128 from 7:30 a.m. to 5 p.m.

The cost is \$40, which includes a course book and materials. The course is open to those interested in boating activities. Registration is limited. For more information, call Chris Dewey at 582-0366.

ISOC course

The U.S. Air Force Special Operations School is hosting the Introduction to Special Operations Course Aug. 17 – 20. ISOC provides military and civilian members a joint understanding of Special Operation Forces. For information on seat availability, call Joyce Weber at 884-4731. For information on ISOC, call 1st Lt. Lowell Wiggins at 884-6861.

Orientation course

The U.S. Air Force Special Operations School is hosting a Sub-Saharan African Orientation Course Aug. 16 – 20. The course is designed for personnel preparing to live in or deploy to this region. For more information, call Joyce Weber at 884-4731.

OU course

The University of Oklahoma is offering a new innovative Interpersonal Dynamics course Aug. 9 – 15. This one-week course explores effective com-

munication techniques, which apply to personal interactions and studies gender, cultural and family differences. For more information, e-mail aphurlburt@ou.edu.

U of A degree

The University of Arkansas at Hurlburt Field is offering a Master of Science with a major in Operations Management. Registration for term one is now being held through Aug. 10. For more information, call Sherry DelCastillo at 884-3844.

CCAF graduation

The deadline to apply for the fall Community College of the Air Force graduation is Aug. 27. For more information, visit the education office.

SIU degree

Southern Illinois University is offering a Bachelor of Science in Industrial Technology. With 16 required courses, individuals can complete their degree in 16 months. Courses are held on alternating weekends from 8 a.m. to 4:30 p.m. For more information, call Tracy Deming at 581-9840.

HAWC classes

To reserve a seat in the following health and wellness center classes or for more information, call 884-4292. All classes are free of charge and held in Building 90232.

Healthy Living Workshop – Tuesday, 8:30 a.m.

Body Composition Improvement Program – Tuesday, 1 p.m.

Diabetic Nutrition Follow-up – Wednesday, 9 a.m.

Lean on Me – Wednesday, 10:30 a.m.

Body Composition Improvement Program Follow-up – Wednesday, 1 p.m.

Eating Heart Healthy – Thursday, 9 a.m.

Lean and Healthy Eating – Thursday, 1 p.m.

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