

THUNDERBOLT

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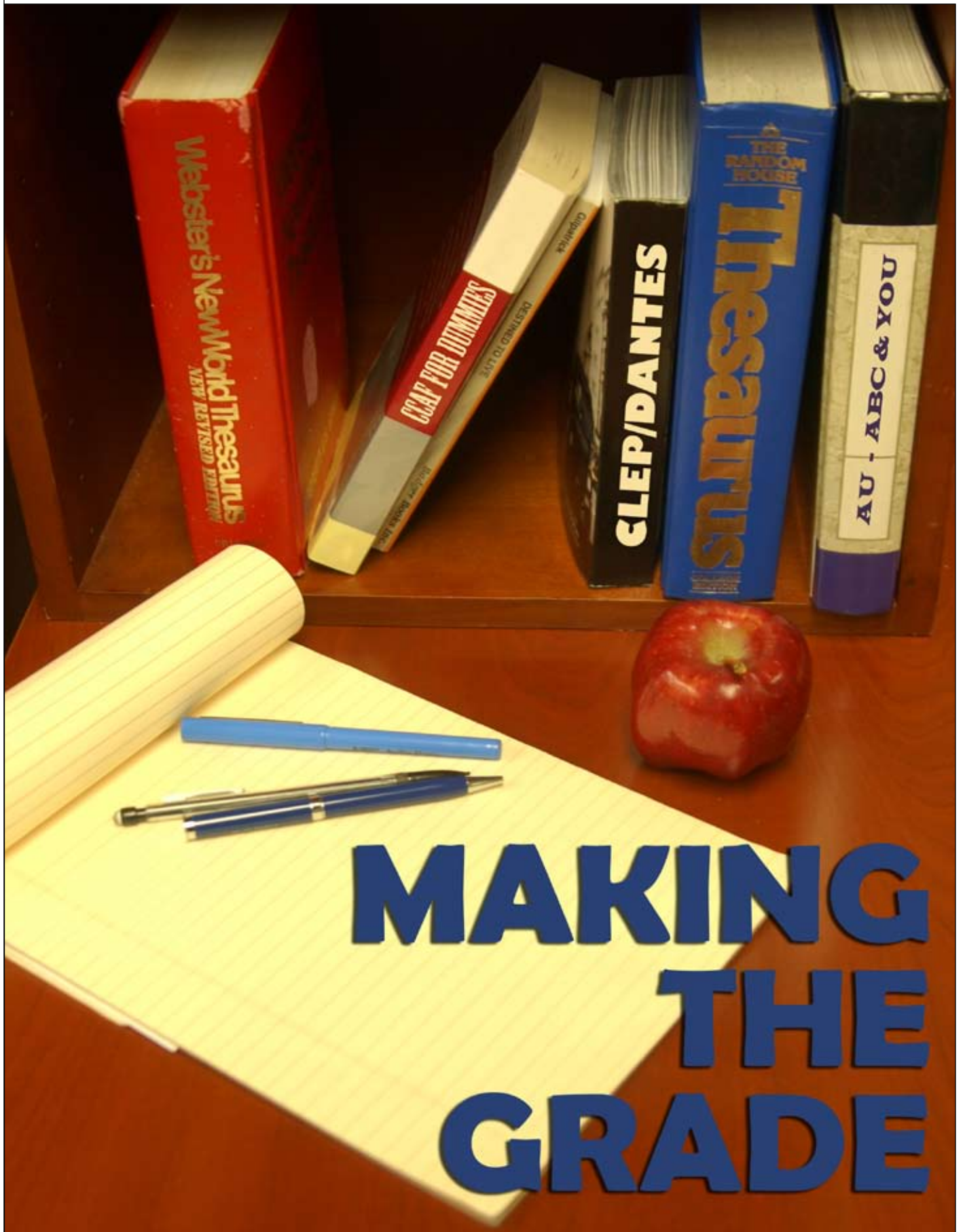
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MAKING THE GRADE

COMMENTARY



Safe Ride: Giving Airmen options

by Master Sgt. Jeremy Sutfin
6th Logistics Readiness Squadron

Options: Sometimes it is all about options. Options give us choices. The choices we make play a big part in the outcome of whatever it is we are trying to accomplish. Doesn't it feel good when you have a plan and through your planning process, you are successful? I know I do.

I would like to take some time and tell you about a couple programs that are available enabling you to make good choices. Of the two programs, one is new and the other has been around the Tampa area for quite some time.

Let me first tell you about the new program, Safe Ride. Safe Ride is a program that will allow

military members or dependants to call and get a taxi ride home or to another location without any immediate expense. The member or dependent will have to show a keychain chit (similar to the ones used at GNC, Best Buy, etc.) that is numbered and an ID card. The driver will take down the keychain number and the name from the ID card and send that to the First Sergeant Council point of contact. The member will be required to bring the receipt to their First Sergeant the next duty day along with the payment. The First Sergeant will take care of settling the debt. The military member can sign up for this program by signing an agreement with terms through their First Sergeant who will control the numbered key

chains.

The second program available that has been around for a while is Alert Cab. Alert Cab is a program sponsored by Pepin Distributing in association with United Cab. The program allows anyone to get a free ride home if they have had too much to drink. They also go a step further and provide a free ride back to your car the next day. Alert Cab is available at most restaurants and clubs as well as Raymond James Stadium, the Ford Amphitheater and other complexes. You only have to contact the bartender, waiter or waitress and ask them to call Alert Cab for you. This program is completely free.

So as you can see, if your first choice, perhaps a designated driver, falls through or you left your recall roster at home, you



Master Sgt. Jeremy Sutfin

still have choices. It is better to have several options available to you so you can make a good choice and get you home safe then it is to get behind the wheel of a car yourself. What choice will you make?

Brotherhood of the coffee bean

by Chaplain (Capt.) Dallas Little
Southwest Asia

What's a cup of coffee worth? At that little diner back in your hometown, maybe a good swig still runs 50 cents. At a busy fast food drive-thru working the breakfast rush, about \$1.25. At that high end designer coffee shop next to your favorite bookstore...yikes. In my five weeks as Senior Chaplain at Ali Al Salem's Army Life Support Area, I've found a cup of coffee might sometimes just be worth a life.

Let me explain. My four-man chapel team (two chaplains paired with two chaplain assistants) works two 12-hour shifts in a large chain of tents that comprise a major Theater Gateway. It's the heartbeat of a huge personnel processing area and point of debarkation for troops entering or exiting the Middle East for deployment, redeployment, and emergency leave. We have 3,000 to 5,000 troops passing through each and every day – a whitewater stream of humanity. Running just perceptibly through that torrent like a blissful stream is the comforting aroma of gourmet coffee...emanating from the Chaplain Section in

Tent 2.

The chaplains and chaplain assistants here do a lot – last week alone we knocked out 24 briefings for 4,955 personnel, racking up 48 hours of visitation to 3,284 troops in the process while securing hundreds of pounds of vital supplies for our ministry. We continuously pass out mountains of Bibles, rosary beads ("Ranger Rosaries" in combat colors, handmade by volunteers back home), and other religious articles, and provide confidential counseling (all counseling done with chaplains is completely protected). But the thing we excel at is our "ministry of hospitality."

An unknown New Testament writer once took comfort in the examples of great people of faith who'd gone before him: "Therefore, since we are surrounded by such a great cloud of witnesses...let us run with perseverance the race marked out for us" (Hebrews 12:1). The great cloud of witnesses that gives my Chapel team and our counseles comfort can be felt palpably in the wisps of steam sweeping up from freshly brewing pots of what I call "the sacred bean." We have up to 5,000 people a day to offer coffee to and a tenuously small budget, so we rely on

the graces of benefactors from all over – a United Church of Christ pastor in northern California who sends us Starbucks, an Anglican priest in Canada who sends us "Timmy's" – Tim Horton's Coffee, a United Methodist minister in Oregon who likes Peet's served fresh from a coffee press. Then there's coffee creamer sent from a saint in Nebraska and pounds of whole beans dropped off by permanent party supporters here in the Gateway. I've come to see these steaming Styrofoam cups as love offerings to our counseles, our visitors, and the odd shuffling denizens passing anonymously through this cavernous operation. Our great cloud of witnesses is swathed in Espresso steam.

What's a cup of coffee worth? As it turns out, it's worth a lot when it's served with concern to a Joe who's been sleeping in gravel for two days, or a friend who's been bumped off their flight three days in a row and is billeted on the chapel couch. It's worth a lot to our dedicated Gateway workers, who amaze me with their resilience and professionalism despite nightmarish shifts and difficult logistical snafus to unravel. It's also worth offering to someone who might not otherwise pop into the Chapel to speak with our staff... someone suffering from combat



Chaplain (Capt.) Dallas Little

stress or thoughts of harming themselves, who linger just long enough for a fresh pot to finish brewing but end staying for counseling or spiritual direction.

It's a privilege to do this work, and to do it with a phenomenal team. Through our intense days and nights, as we deal with the emergency leave crises of those going home and crises dealt with on R and R leave by those coming back – through it all runs the sacred brew and the Brotherhood of the Coffee Bean... "the local sacrament," in the words of our NCOIC, Staff Sgt. Matthew Teets. No less than Jesus himself said, "I tell you with certainty, whoever gives even a cup of cold water to one of these little ones because he is a disciple will never lose his reward" (Matthew 10:42, International Standard Version). The rewards here are great – and I like to think Jesus would heartily approve of a good cup of joe, served with mercy.



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101 Critical Days over; Airmen to remain vigilant with fall safety

by Nick Stubbs
Thunderbolt editor

It was a winning summer for Air Mobility Command, which made it through all 101 Critical Days with no fatalities, with MacDill playing a big part in helping command achieve the good safety record.

MacDill posted no serious injuries, with a low instance of vehicle accidents and sports injuries helping the base put in one of its safest summers ever, said Don Washington, 6th Safety Office.

“We were down on incidents over last year, so we did well overall,” said Mr. Washington. “We were down on four-wheeled mishaps and sports injuries.”

Miscellaneous incidents were up slightly, which includes a range of minor accidents. An example is a MacDill Airman who had a car slip off its jack while changing a tire, causing a minor injury.

Although AMC’s 101 Critical Days of Summer ended successfully this year with no fatalities, mobility Airmen must remain on guard this fall season, AMC officials said.

“Though the command did fantastically during the 101 Critical Days campaign, we must not lessen our accident and personal injury prevention efforts,” said Colonel Donald Halpin, AMC director of safety. “Over the past five years, AMC alone has lost six Airmen, and two others sustained permanent disabling injuries, during the fall campaign time frame.”

To help keep Airmen vigilant, all branches of the armed forces embarked on the first-ever joint service Fall Safety Campaign. The campaign, led by the Air Force during its inaugural year, began Sept. 2 and runs through Nov. 30.

The effort aims to lower the fatality rate during the fall. For the last three years, the Autumn season has seen 29 percent

more fatalities than summer. Four Airmen already have lost their lives in the first three weeks of this year’s campaign, one of whom was an AMC Airman.

“We all need to use smart risk management and be good wingmen for one another,” said Colonel Halpin.

Mr. Washington said the push is on to remind MacDill personnel that in Florida, summer-like conditions exist much of the year, so recreational activities remain a concern well into fall and winter.

“We have a summer environment most of the year, so our focus is still on being safe and using risk management,” said Mr. Washington. “If you are involved in activities or taking long drives, or other things you typically do in summer, precautions should be taken to ensure safety.”

AMC safety officials said although common household hazards are a concern, traffic safety remains a top priority.

“During this campaign, each installation should target their mishap prevention efforts based upon local hazards and needs, but continue to target traffic safety as a critical part of accident and personal injury prevention efforts,” said Lt. Gen. Rusty Findley, AMC vice commander. “Now is the time to refresh drivers and motorcycle riders before they encounter the hazards associated with the fall season – reduced daylight hours, slick roads, and low visibility.”

Mr. Washington said hopes are high that fall and winter will be a safe time for MacDill personnel, a goal easier to achieve thanks to strong support from the Wing command level on base.

“It always helps when command is involved and pushing the message, which is what we have here (at MacDill),” said Mr. Washington.

Bekah Clark, Air Mobility Command public affairs, contributed to this story.

MacDill Thunderbolt

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News items for the MacDill Thunderbolt can be submitted to the 6th Air Mobility Wing Public Affairs office, Bldg. 299, at 8208 Hangar Loop Drive, Suite 14, MacDill AFB, FL 33621, or call the MacDill Thunderbolt staff at 828-4586. Email: thunderbolt@MacDill.af.mil.

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Every article and photograph is edited for accuracy, clarity, brevity, conformance with the “Associated Press Stylebook and Libel Manual” and Air Force Instruction 35-101.



Tobacco, oral health and military readiness: A leadership Issue

by Col. Greg Canney
6th Dental Squadron

"You're not healthy without good oral health." - Dr. C. Everett Koop, former US Surgeon General.

I'm amazed at the numbers of active duty patients who use tobacco despite increased awareness of the risks. Twenty percent of our MacDill personnel smoke, use smokeless ("spit") tobacco or use both, a statistic that has not changed much over time. The Air Force goal is to reduce tobacco use below 12% by 2010, so we have much to do. Not surprisingly, the military percentage of users mirrors the civilian population. It is a national health issue and it is a readiness issue for the Air Force and for our leadership.

Most people know about the risks of tobacco use on lung cancer, but not about mouth and throat cancer. Smoking can delay healing after tooth extraction (dry sockets), contributes to gum disease, causes bad breath, and stains your teeth and tongue.

"Is smokeless tobacco safer than smoking?"

Like cigars and cigarettes, smokeless tobacco contains chemicals linked to cancer. At least 28 cancer-causing chemicals are in spit tobacco. Sugar in these products can cause tooth decay.

And gums can pull away from the teeth where the tobacco is held, exposing tooth roots and causing cold and heat sensitivity. The gums do not grow back! Surgery is required to cover the roots. Uneven white patches and red sores are common and can indicate the very earliest stage of mouth cancer.

The habit starts early with peer pressure and print ads that lead kids to start (remember the clever TV ads of old with pro sports heroes urging "just a pinch between cheek and gums"?). Nearly 14% of high school males in the US use spit tobacco and over 1 million kids will try it this year alone; over 300,000 will become regular users.

A few years ago, America's national Spit tobacco Education Program (www.nstep.org) profiled a 25 year old oral cancer survivor. "Spit tobacco has ruined my life. Every time I turn around, they are putting me in the hospital either to have surgery or some kind of treatment. If I had known then what I know now, I never would have put dip in my mouth. Spit tobacco seems harmless, but in reality it was more than I could handle." This young man had nearly 30 disfiguring surgeries to save his life, including radical surgery to remove half of his neck muscles, lymph nodes, part of his lower jaw and half

of his tongue. He started spit tobacco at age 13 because his friends did, and he had cancer by age 16. Mouth cancer can spread quickly and is very difficult to treat; only half of those diagnosed will survive more than 5 years!

Many of our patients at MacDill say they are thinking of quitting tobacco use.

How many good reasons are there to quit?

◆ It's expensive! A can of dip costs \$3, so a can a day is \$1,110 per year! (A pack of cigarettes is \$4 or more)

◆ It's addictive! Nicotine is a stimulant that affects the brain and body.

◆ It's disgusting! Your breath smells, your clothes reek, and your teeth are stained.

A very attractive habit that once was cool with your friends is now an embarrassment and a health risk.

I encouraged supervisors, wingmen, and commanders to talk to their Airmen to reduce tobacco use as a first step. Even better, contact the Health and Wellness center at 828-4739 for information on their excellent 4 part tobacco cessation program that meets Wednesday from 1030-1130. Good oral health is good for you and your family, and ensures a fit, deployable asset for the Air Force.

622 AES de-activated, becomes part of 45 AES

by Staff Sgt. Patrice Clarke
6th Air Mobility Wing Public Affairs

Members of the 622nd Aeromedical Evacuation Squadron along with the members of the 927th Air Refueling Wing watched Oct. 4 as the 622nd AES was officially deactivated and re-designated as the 45th Aeromedical Evacuation Squadron.

Col. Douglas Schwartz, 927th Operations Group commander officiated the ceremony where Col. Martha Soper officially retired the 622nd AES flag and then re-activated the 45th AES.

The 622nd AES has an illustrious history dating back to 1969 commented Colonel Soper.

The squadron was originally activated in 1969 when the 37th Medical Service Squadron moved from Homestead Air Force Base in Miami to MacDill and was gained by Tactical Air Command. Under that command they were assigned to the 446th Tactical Airlift Wing in Texas. From 1972 to 1976 the parent unit of the squadron moved from Andrews

Air Force Base in Maryland, to Dobbins AFB in Georgia. It wasn't until April of 1997 when the 622nd AES received it's current number designation. Now, 11 years later, the 622nd AES was de-activated for good.

The 45th AES also has a distinguished lineage.

The Squadron was activated into the Air Force Reserves at Richards-Gebaur AFB, Grandview, Mo, in 1959 and then inactivated in 1970. Then in November of 1990, the 45th Aeromedical Evacuation Squadron was consolidated with the 45th Aeromedical Evacuation Flight. The consolidated unit, designated as the 45th Aeromedical Evacuation Squadron, was inactivated again in 1994. The 45th AES has been dormant for 14 years before being reactivated at the ceremony.

"I'm happy and excited that the members of the 622nd are now a part of the 45th AES and the 927th," said Colonel Schwartz. "The members of this squadron already do fantastic work, and I am glad they will be a part of us."



Photo by Staff Sgt. Patrice Clarke

Col. Douglas Schwartz, 927th Operations Group commander, hands the reactivation flag for the 45th Aeromedical Evacuation Squadron to Col. Martha Soper, 45th Aeromedical Evacuation Squadron commander during a re-activation, de-activation ceremony Oct. 4.

FEATURES



Play Ball!

Members of the United States Air Force and the United States Coast Guard participate in the flag ceremony during the American League Championship Series at Tropicana field in St. Petersburg Oct. 10. This year's series is set between the Tampa Bay Rays and the Boston Red Sox. The Rays currently lead 3 to 1.



Photo by Senior Airman David Minor

BRIEFS



MacDill gate construction

The MacDill Gate will require temporary lane closures and changes of the out-bound and in-bound lanes from Oct. 20 until Dec. 1, due to Antiterrorism gate improvements. During construction, expect lane changes and delays. The in-bound lane will remain open during the project from 5 a.m. until 9 a.m., expect lane changes. The outbound lane will be closed from Oct. 20 until Nov. 14. Expect lane changes from Nov. 17 until Dec. 1.

ASMC – MacDill Chapter luncheon

The American Society of Military Comptrollers will hold its monthly luncheon Tuesday, Oct. 28 at 11:30 a.m. at the Surf's Edge Enlisted Club. Ms Barbara Sisson, SES, Director, Resources & Analysis CENTCOM, will be the guest speaker. For more information, contact Mrs. Veronica Floyd at 826-3567.

Pumpkin Patrol volunteers needed

The 6th Security Forces Squadron is currently looking for volunteers for the 2008 Operation Pumpkin Patrol on Oct. 31 from 4:30 p.m. until 8:30 p.m. Volunteers will be assigned duties as crosswalk guards and housing safety patrols. The uniform for the evening will be BDU/ABUs. Please meet at the Security Forces building, 528, on Oct. 31 at 4:30 p.m. Bring a flashlight. To sign up or for further information, please contact Staff Sgt. Hudgins at 828-2045 or Senior Airman Way at 828-4495.

Retiree Appreciation Day

In honor of your dedicated service and sacrifices, MacDill AFB Legal Office is cordially inviting you to join us on Retiree Appreciation Day, Nov. 22, to offer you “walk-in” will service. Our doors will open at precisely 8 a.m. and

close at noon that day. As long as you make it into our office by noon, you will leave with an executed will. This service is provided to you at no cost and it's our way of saying “Thank You”. Due to the scale of retirees in our community, respectfully anticipate a two to three hour wait from the time you step in our office, to the time you leave with a will. There will be an assortment of snacks, along with coffee or juice, for your enjoyment while you patiently wait. If you need directions to our office, please call us at (813) 828-4421 for assistance.

The Base Chapel

Friends and Family Day, presented by the Gospel Service, will be held at the Base Chapel on Sunday, Oct. 26 at noon. There will be singing, praising, preaching and lots of food and fellowship.

NEWS



National Pharmacy Week October 20-24 2008

Pharmacists and Pharmacy Technicians around the country will celebrate National Pharmacy Week from Oct. 20-27, 2008. Recognition of this important profession provides a golden opportunity to educate the public on the critical role pharmacists play in the nation's health care. National Pharmacy Week is also a good time to get to know your friendly pharmacist.

In honor of National Pharmacy Week, the MacDill Pharmacists will be providing medication (brown bag) counseling on Monday and Friday. Simply gather all the medications you are taking (or make a list) and bring them to the pharmacist. They will review the medications for any problems or interactions, and will provide any necessary counseling.

The pharmacists will provide this service at the BX Food Court Area Monday, Oct. 20 and the Commissary Friday, Oct. 24 from 9 to noon both days. In addition, the pharmacists will be speaking to the students at Tinker Elementary School on Oct. 23; and providing medication administration training to staff at the Child Development Center also Oct. 23.

Help celebrate National Pharmacy Week; "Know your medicine, know your pharmacist."



Election time: Federal Voting Assistance Program

The following explains the three possible scenarios citizens face within days of the elections.:

You have received your absentee ballot: Vote and return it immediately! When mailing the voted ballot, the citizen should ask the mail clerk to hand stamp the ballot envelope so that a date is clearly visible. The dated postmark will help ensure that the Local Election Official can make a proper de-termination of timely mailing. Many states that allow late counting of ballots require the ballot envelope has been mailed on or before Election Day. In addition, FVAP recommends that the citizens always vote and return their regular state absentee ballot, regardless of the day it is received, as long as it is mailed by Election Day.

You have not received your requested ballot: If the citizen is a Uniformed Service voter or overseas and has requested the absentee ballot, but has not received the regular state ballot, the citizen may be qualified to use the Federal Write-In Absentee Ballot (FWAB). The citizen should obtain a FWAB now, vote it, fax it (if allowed by the state) and mail it immediately! The citizen can obtain the FWAB from the Voting Assistance Officer (VAO). Important note: If the citizen receives the

state absentee ballot after submitting the FWAB, he or she should vote and return the state ballot up to and including Election Day. The citizen should contact his or her VAO to determine registration status and what options are provided by the state or county according to the VAG and information obtained from the FVAP website. Additionally for many states, the citizen can check his or her registration status online at <http://www.fvap.gov/reference/links/index.html>.

You have not registered or requested an absentee ballot: In some states there may still be time for action. The citizen should contact the VAO to determine, using the VAG and the FVAP website, if the registration is still open and what methods the state allows for expediting FPCA and ballot delivery. The citizen should obtain and complete an FPCA, fax or email it (if state/county allows), and mail the hardcopy immediately to the LEO. If the state/county allows faxing and or emailing the blank and the voted ballot, the citizen should request it on the FPCA and provide email and fax numbers as required.

Voting information can be obtained by contacting your Unit Voting Assistance Officer or Installation Voting Assistance Officer, Sarah Caruso at 828-3556.



MacDill works toward better energy conservation

by Nick Stubbs
Thunderbolt editor

Energy conservation is a lot like voting. The participation of every individual counts for something.

But also like voting, many discount their contribution as miniscule. That's a problem, says Bill Gregg, who heads up MacDill's conservation efforts. While the base has come a long way in the last months, installing energy efficient light fixtures, energy monitoring and control systems and upgraded air conditioning units, an energy conservation mindset among base personnel remains elusive.

"I'm seeing people aren't paying attention to it (energy conservation) at the level we are hoping for, but we are hoping they get to it."

Getting "to it," is awareness that lights are on when they don't need to be, thermostats are adjusted to proper levels, doors to outside be closed when not being

used, and devices not being used are unplugged, said Mr. Gregg. These conservation practices, particularly in October, which is Energy Conservation Month, add up, he said. With fuel costs at all-time highs, conservation not only is the right thing to do ethically, but also can save big dollars.

"It's hard to put a price on it, but there is no question it adds up," said Mr. Gregg.

Under the mandate of the U.S. Congress and the president, every military base must reduce its "energy footprint," said Mr. Gregg. MacDill is about 70 percent along the way toward that goal, with installations of more modern, energy saving devices nearing completion. Work on replacing outdated equipment and fixtures began in July 2007. Water saving plumbing fixtures were another part of the project.

"We already are seeing payoffs," but savings will become even more apparent down the road, said Mr.

Gregg.

One of the most important changes has been monitoring technology that can analyze energy usage statistics of many of the buildings on base. The system can see which buildings are using excessive energy, making adjustments to air conditioning systems as needed. If a thermostat is set to low on a warm night, the computerized system can raise it, said Mr. Gregg.

All the new systems are expected to be in place by the end of November, with the payoff coming over the next few years. With energy prices rising rapidly, the savings are expected to be significant, said Mr. Gregg.

"If we can get everyone on board with good (energy saving) practices, it will be even better," he said.

"The mission comes first, which is as it should be," Mr. Gregg added, but he's on a mission of his own to conserve as much energy as possible in the process.

Energy myths vs reality

MYTH 1: It's better to leave fluorescent lights on rather than turning them off when you leave a room, since turning them on and off makes the bulb burn out faster.

REALITY: While it is true that switching fluorescent lights on and off does shorten the operating life of the bulbs, it is also true that their operating life is shortened by leaving them lit. Leaving a light on when the room is empty also consumes unnecessary energy. Unless the switching frequency is greater than once every few minutes, it is generally cost effective to turn the lights off as needed.

MYTH 2: When buying an air conditioner, the bigger the better.

REALITY: A bigger unit is not necessarily better. The unit

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"RESCUE" IS A MATTER OF PERSPECTIVE ...

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MacDill Mental Health 827-9171

ONE SUICIDE IS ONE TOO MANY

MYTHS

From Page 16

should be sized properly to cool and dehumidify the intended space. A small unit running for an extended period of time operates more efficiently and is more effective at dehumidifying than a large unit that cycles on and off too frequently.

An air conditioner that is too large will not cool an area uniformly and may not provide proper dehumidification. In areas that have high humidity during the cooling months, proper dehumidification, drying of the air, may be as important to feel comfortable as lowering the air temperature. A lower humidity reduces skin temperature and makes you feel cooler in warm weather. Conversely, a high humidity level produces a “clammy” feeling even though

the air temperature is cool.

MYTH 3: We don’t need to turn off equipment at night, since there is no energy used if no one comes into the office to use the equipment.

REALITY: Many people are unaware of the “phantom” loads that lurk in the office and the home. Equipment such as computers, printers, and photocopiers consume energy when turned on and left in their “idle” mode (when they are not being used). The U.S. Environmental Protection Agency is sponsoring an Energy Star Program to encourage equipment manufacturers to produce equipment that go into a “sleep” mode when left idle for a certain period of time. This “sleep” mode consumes far less energy than in the conventional “idle” mode, but pow-

ers up almost instantly when the user wants to use the equipment. So unless your equipment is Energy Star compliant, turning it off at night when not in use can save a considerable amount of energy.

MYTH 4: Building a wood fire in your open masonry fireplace will help reduce your energy bills by warming the house and reducing the amount of heat your furnace needs to provide.

REALITY: Starting a fire in your open hearth fireplace may actually increase your heating bills. The warmth from a fire generally doesn’t radiate through the house; the heat gain is confined to the room with the fireplace. A considerable amount of heated air from other parts of the house can flow into the fireplace and go wastefully up the chimney.

SPORTS



Upcoming Sports Week events

Monday, Oct. 20

<u>Time</u>	<u>Event</u>	<u>Location</u>
0730	5K Run	Fitness Center
0800	Bowling	Bowling Center
0800	4 v 4 Football	Football Field
0900	Tennis	Tennis Courts
1300	Bowling	Bowling Center

Tuesday, Oct. 21

<u>Time</u>	<u>Event</u>	<u>Location</u>
0800	Golf	Golf Course
0800	Soccer	Soccer Field
0800	Bowling	Bowling Center
1000	Dodge Ball	Fitness Center
1300	Bowling	Bowling Center

Wednesday, Oct. 22

<u>Time</u>	<u>Event</u>	<u>Location</u>
0800	3-on-3 BB	Fitness Center
0900	Racquetball	Fitness Cent
1000	Track & Field	Track
	100 meter	Track
	400 meter	Track

Thursday, Oct. 23

<u>Time</u>	<u>Event</u>	<u>Location</u>
0800	1-pitch Softball	Softball Complex
0800	Football/Softball Throw	Softball Complex
1000	Track and Field	Track
	400 Relay	Track
	Medley Relay	Track
1100	Bench Press	

Friday, Oct. 24

<u>Time</u>	<u>Event</u>	<u>Location</u>
0800	Beach Volleyball	MacDill Beach
0900	Horseshoes	MacDill Beach
1000	Tug O' War	MacDill Beach
1100	Chiefs/Eagles V-ball	MacDill Beach
1100	Lunch	MacDill Beach
1200	Awards Presentation	MacDill Beach

For more info, contact : Keith Pilawski/ Tech. Sgt. Demetria Miles @ 8-4496

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Latin style!

Jeny and Faustino Rios dance the Flamenco during the Hispanic Heritage luncheon Oct. 14 at the Surf's Edge Club here. More than one hundred people came to the Hispanic Heritage Luncheon which featured authentic Hispanic food and a guest speaker who spoke about his heritage.



Photo By Senior Airman Rachel Cunningham

EVENTS

Today Quarterly Awards Ceremony

The Quarterly Awards Ceremony will be today at 3 p.m. in the Ballroom of the Surf's Edge Club.

Surf's Edge Club

Latin Dance Night from 9 p.m. until 2 a.m. There will be a live DJ from 9 to 11 p.m. Complimentary buffet for Air Force club members, five dollars for non-members.

Monday Sports Week begins!

Thursday Tops in Blue

Performance will be held in Hangar 3 at 7 p.m.



CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m., Traditional Service
10:30 a.m., Religious Education, Noon, Gospel Service

Tuesday - Noon, Promise Keepers

Wednesday - 10:30 a.m., Women of the Chapel

Thursday - 11:30 a.m., Officers' Christian Fellowship

For details concerning the Chapel or Chapel services call 828-3621.

Catholic services

Saturday - Mass, 5:30 p.m.

Sunday - Mass, 10:30 a.m.

Monday to Thursday: Mass, 12:10 p.m.

Saturday - Sacrament of Reconciliation, 4:30 p.m., (or by appointment)

Jewish and Islamic services

Call 828-3621 for information

AT THE MOVIES

Friday 7 p.m.

Bangkok Dangerous

Joe, a remorseless hitman is in Bangkok to execute four enemies of a ruthless crime boss named Surat. He hires Kong, a street punk and pick pocket, to run errands for him. **R**

Saturday 3 p.m.

Traitor

When straight arrow FBI agent Toy Clayton heads up the investigation into a dangerous international conspiracy, all clues seem to lead back to former U.S. Special Operations officer Samic Horn. **PG-13**

Saturday 7 p.m.

Disaster Movie

Comic misadventures of a group of ridiculously attractive twenty-something's during one fateful night as they try to make their way to safety while every known natural disaster and catastrophic event -- asteroids, twisters, earthquakes, the works -- hits the city. **PG-13**

Coming Soon Babylon A.D.

A mercenary charged with delivering a young woman from Russia to Canada learns that she has been manipulated by a synthetic virus and what lies inside her could doom the human race. **PG-13**