

Hill Air Force Base Retiree Activities Office



Quarterly Newsletter

The Air Force Retiree Services web site is www.retirees.af.mil

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Newsletter Editor
John Lannefeld
801-777-5735

From the Director

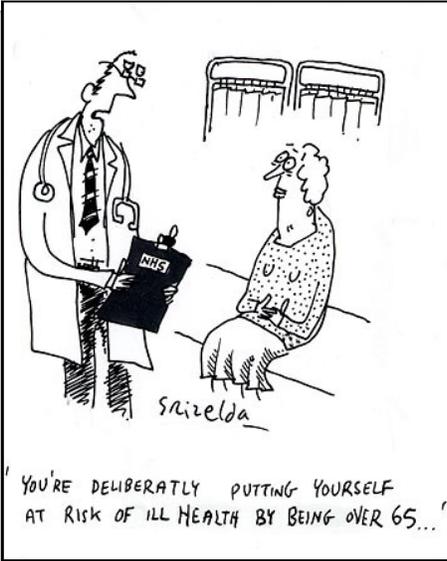
Welcome to our second quarter newsletter and thanks to all of you who have signed on to receive the electronic version. We have made a number of additions to this newsletter and hope you find them useful and informative. In addition to national news, there is a lot more information regarding the happenings around Hill AFB. We anticipate further additions with each newsletter but need your input to make it more relevant to you. Let us know the things you would like to see in future additions of the newsletter.



Mark your calendars for the 27th of August. That will be Hill AFB Retiree Appreciation Day. Our guest speaker will be Rick Jones, Legislative Analyst, with the National Association for the Uniformed Services (NAUS). With the many goings on in the national arena, I believe his presentation will be insightful to us. More information on the Appreciation Day will be provided in the next newsletter to be released in July.

Remember many activities on base are augmented by and require volunteers. If you are able, please check out the volunteer opportunities on base and help out. You can contact us at the Retiree Activities Office by phone 801-777-5735 or email retact@hill.af.mil or you can call the Hill AFB Volunteer Coordinator, at 801-586-2697 for a complete list of volunteer opportunities.

Dan Petrizzo



Please remember—hand-held cell phone usage on Hill AFB is prohibited while driving



Space-A “It’s a good way to travel”

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Places and things for you.....

Flight Passenger Terminal

“The mission of the Logistics Readiness Flight Passenger Terminal is to provide quality customer service and up-to-date information to all eligible passengers”.

The RAO has detailed information regarding sign-up procedures, eligibility and flights in and out of Hill Air Force Base. All flight information can be determined by calling Passenger Service at 801 777-3088/3089.

Lodging

Military life has special privileges! When you travel, you can take advantage of many convenient and inexpensive Space-A Lodging options available around the world from each branch of the military.

Temporary (Space A) lodging on military installations is available not just to active duty members and their families, but also to all retirees and their dependents.

Each branch of the military offers its own special lodging styles and locations. Military.com is an excellent source for further information on Space-A lodging. The phone numbers for Space-A availability for the various branches are as follows:

Air Force 888-235-6343

Army 800-4623-7691

Navy 800-628-9466

For further information on Space-A travel check out the website at www.military.com



COMMISSARY HOURS

801-777-2300

Hours Daily 9 a.m.—5 p.m.

The commissary is your answer to high grocery bills—you save an average of 30% when you shop at commissary.



BASE EXCHANGE—AAFES

Mon-Sat: 9 a.m.-8 p.m.

Sun & Holiday: 10 a.m.-7 p.m.

(801) 825-8584

DD214 Now Available Online

Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents.

The National Personnel Records Center (NPRC) has provided the following website for veterans to gain access to their discharge document (DD Form 214) online: <http://vetrecs.archives.gov/>.

This may be particularly helpful when a veteran needs a copy of his DD Form 214 for employment purposes. NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files.



BASE EXCHANGE—AAFES

Mon-Sat: 9 a.m.-8 p.m.

Sun & Holiday: 10 a.m.-7
p.m.

(801) 825-8584

Save \$\$\$\$\$\$
Shop AAFES

**Take 10% off
any one item at your
Hill Base Exchange**

Please present coupon at the time of Purchase. Maximum discount is \$100 but there is no limit to the value of the items purchased. Coupons cannot be used toward alcohol or tobacco purchases. [Offer good only at Hill Main Store.](#)

AAFES BX/PX



Coupon expires 25 May 2010



*The Commissary- It's Worth
the Trip!*

COMMISSARY HOURS

801-777-2300

Hours Daily 9 a.m.—5 p.m.

The commissary is your answer to high grocery bills—you save an average of 30% when you shop at commissary.

The Commissary is one of the top two benefits for our military. Shopping at your commissary will bring you savings of 30% or more. Here at Hill AFB Commissary we have many products and services available to include

- Bargain Basement located at the end of Aisle 6. Here you can find great savings from our Club Pack program, case lot deals, deleted products and special truckload sales. It changes daily so include it on every visit!
- Sushi Bar
- Deli/Bakery for all your deli and bakery needs. Did you know they offer a fresh sandwich program, meat and cheese trays, specialty cakes made to order, ice cream cakes, fresh salads, olives and more.
- Case lot desk located in the Bargain Basement, if you prefer to purchase cases on a regular basis we will have it ready for your next visit and can do reoccurring orders from the original request. Never take the chance of being out of product on an upcoming visit. Call 586-4884 to request product with a three day lead time.
- In the front of the store in our customer waiting area you can find local newsletters, DeCA news articles, maps, directories, and shopping lists.
- Great produce, meat and grocery departments. Don't see you want or need just ask to speak to our general managers, Greg Sharp, Mark Arave, and Kenny Kamigaki

Need to speak to a person, use 801-586-4884. This phone is manned 24/7

DeCA is a partner with [TRICARE](#) and DoD nutrition and medical professionals from all services in an effort to encourage military consumers to read labels and make healthier food choices to improve health and control weight. To help commissary shoppers make informed decisions while shopping there are 13 "[shelf talker](#)" mini signs that contain simple dietary tips based on the new "Dietary Guidelines for Americans."

If you have a computer you must go to the DeCA website, www.commissaries.com. Here you can find information for every commissary to include local information and community activities. The website contains a wealth of information and links to food safety, recipes, coupons and more. You can keep up the birthdays, anniversaries and other special dates using the Virtual Commissary. You can turn everyday ingredients into well balanced, delicious meals using Kay-Tested recipes and learn more about making your kitchen work for you from the weekly articles. Lose weight, get in shape and maintain good health with advice- packed [weekly columns](#) and an open question and answer [forum](#) with the DeCA Dietician.

May case lot sale will be held May 14th and 15th from 9 a.m.-6 p.m. in the rear parking lot. Any questions, comments, or concerns please contact me at 801-586-4861 or email Karen.ochsner@deca.mil.

See you at the Commissary!

**Need a new
ID Card?**

There has been an upgrade in the identification card system. These enhancements significantly increase the overall security of the system, but wait times are longer. Additionally, retirees and family members seeking to renew or replace a military identification card must provide two types of identification—one of which must include a photo:

- Driver's license or ID issued by a state
- ID card issued by federal, state or local government agency
- Voter's registration card
- U.S. Military I.D. card
- U.S. Passport
- Certificate of U.S. citizenship

Also, if your I.D. card has been lost, you must see Security Forces in Bldg 1219 to fill out AF 1168 prior to issuance of an ID card.

Alternate Locations

- 75 FSS, Hill AFB (801) 586-5437
- 419 FW, Hill AFB (801) 777-0023
- 151 ARW Utah ANG, SLC IAP (801) 245-2331
- 96 RRC, USAR, SLC (801) 656-3393
- AG HQ, ARNG, Draper (801) 432-4337
- Dugway Proving Ground, USA (435) 831-2244
- NMCRC, USNR, SLC (866) 426-1375
- Tooele Army Depot (435) 833-2559
- Utah ARNG Armory HQ, Cedar City, (435) 867-6517

RAPIDS Site Locator:
www.dmdc.osd.mil//rsl/owa/home



George E. Wahlen Ogden Veterans Home

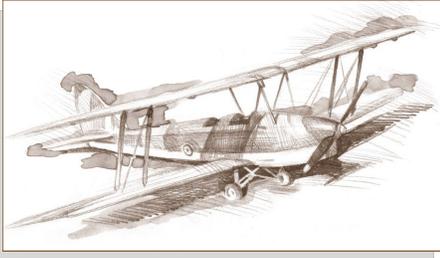
The new veterans home located at 1102 North 1200 West in Ogden is now open and ready for business. If you know a veteran in need of skilled nursing care the veterans home may be a good option.

This state-of-the-art facility offers twenty-four hour care in a very comfortable living environment. The Veterans Administration pays half of the cost resulting in an extremely attractive option for the veteran.

The administrator of the home is Mr. Kelly Snowball and he can be reached at 801-334-4300.



Odds 'n Ends



The Hill Aerospace Museum is home to 96 aerospace vehicles, 77 of which are on public display.

The Museum is open seven days a week, 362 days a year, free of charge. We are closed on Thanksgiving, Christmas, and New Year's Day.

What started out 1986 with a small collection of aircraft and a few displays in an old building has grown to become the second largest field museum in the Air Force system. In 2009 alone, the Museum hosted nearly 180,000 visitors--a 13% increase over our 2008 figures!

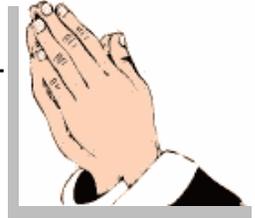
Our volunteers are the heart of the Museum, comprising 96% of our staff.

Most are retirees with close ties to either the Air Force, Hill Field, or both. Many serve as tour guides, others help with restoration, and some work in the ACE Learning Center, where they help us develop the next generation of Airmen.

We currently need help in all areas of Museum operations and have a special need for a new Volunteer Coordinator.

If you are interested in learning more about volunteer opportunities available at the Museum, please contact Scott Wirz at 777-5706.

Church Services at
Protestant Christian Worship—
11 a.m. in the Chapel Annex
Bldg 445
Catholic Mass
8 & 9:30 a.m. at Club Hill



Useful Search Engines

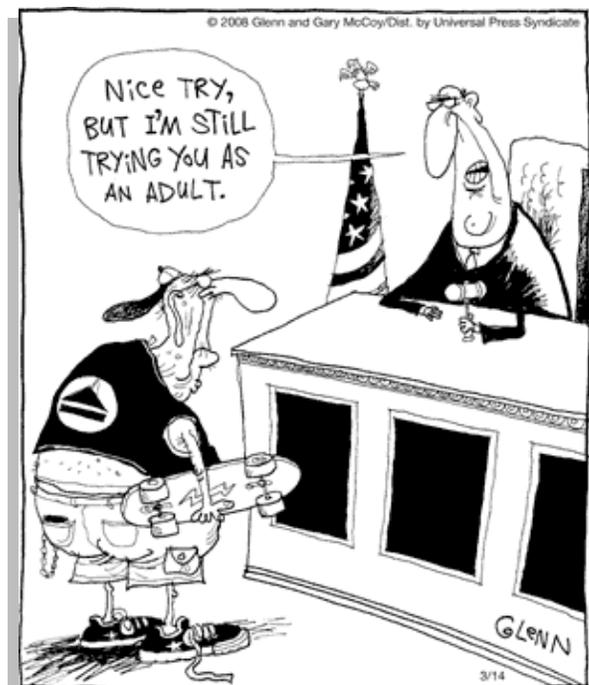
FirstGov—The official government search engine, this site consolidates 20,000 government Web sites and arranges them by topic, such as Money and Taxes, Healthy People and the U.S. in the World.

Google search: Uncle Sam—searches government and military sites.

Government Guide—Search AOL's government directory.

SearchMil.com—Searches .mil sites.

SearchGov.com—Searches .gov sites with a caching feature.



You cannot be mad at somebody who makes you laugh - it's as simple as that.

[Jay Leno](#), *O Magazine*, February 2003

TRICARE—What's the Difference?

After retiring from active duty, your health care options are TRICARE Prime or TRICARE Standard. TRICARE Prime requires enrollment. No action is required for TRICARE Standard, other than receipt of retired pay and payment of associated fees noted below.



TRICARE Prime is similar to a health maintenance organization (HMO). Health care is managed in a military treatment facility (MTF) with an annual enrollment fee of \$230/person or \$460/family. This is considered the most cost effective option but has the least amount of provider choice.

TRICARE Standard acts like a preferred provider organization (PPO) and gives you the greatest flexibility in managing your own care. This does not have an enrollment fee but has annual deductibles of \$150/person or \$300/family, plus 25% cost shares (20% if using network providers). This option allows you to decide which provider you will see and allows for self referral for specialty care. If you have a plan with an employer it will be your primary carrier and TRICARE Standard will be the secondary.



Remember, the TRICARE Mail Order Pharmacy provides up to a 90-day drug supply for the same cost as 30 days at a local drug store.

Call the TMOP Member Choice Center at 877 363-

1433 to assist with one time registration and prescription transfer, or visit the Express Scripts Web site. Of course, you may choose to have your prescriptions filled at the MTF Pharmacy for no cost.

Tricare for Life

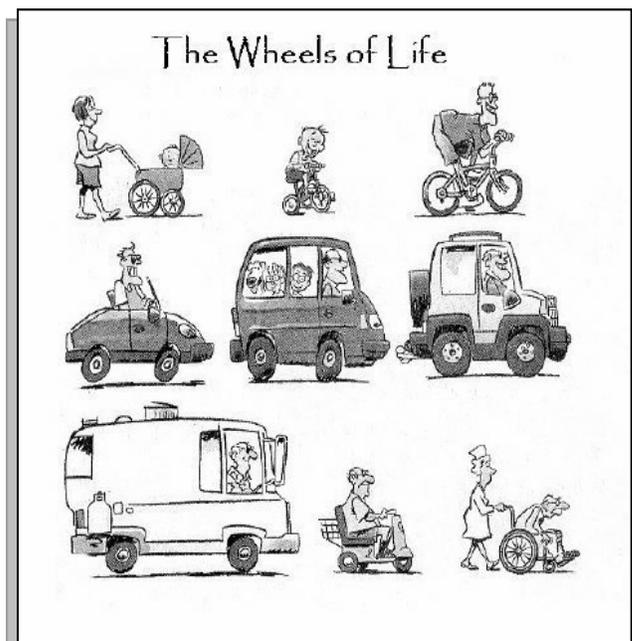
TFL is available for all dual TRICARE-Medicare-eligible uniformed services retirees, including retired members of the Reserve Component who are in receipt of retired pay, Medicare-eligible family members, Medicare-eligible widows/widowers, certain former spouses, and beneficiaries under age 65 who are also entitled to Medicare Part A because of a disability or chronic renal disease.

Dependent parents and parents-in-law are not eligible for TRICARE benefits-except TRICARE Senior Pharmacy benefits-and they may continue to receive services within a military treatment facility on a space-available basis. In order to eligible for TRICARE Senior Pharmacy benefits, they must be entitled to Medicare Part A, and if they turned age 65 on or after April 1, 2001, be enrolled in Medicare Part B.

TFL Cost to Beneficiaries

There are no enrollment fees for TFL. Beneficiaries, other than active duty family members, are required to purchase Medicare Part B and MUST pay the appropriate Medicare Part B monthly premiums.

Beneficiaries may check with the Social Security Administration online at www.ssa.gov, call toll-free at (800) 772-1213 or visit Medicare online at www.medicare.gov for more information about enrolling in Medicare Part B and monthly premiums that apply.



News From the Medical Messenger -

Facility Update

Beginning in May 2010 the clinic will undergo a facelift designed to modernize the interior design, improve the flow and sequence of the main lobby, and to create adequate space to support our operations.



During the initial phase the lobby doors nearest to Family Medicine will be closed and patients will be required to enter through the Dental lobby doors. In addition, the Airmen annex will only be accessible through the annex doors not building 570.

Areas that will be impacted to varying degrees during the construction are Family Medicine check-in, Pharmacy, and the Airmen Annex including Optometry. The project is estimated to be completed in one year and we will continue to update you with the specifics as they occur.

We apologize in advance for any inconvenience, ensuring your safety throughout the project, and providing a world class outpatient facility for our customers is our goal.

Pharmacy Capsules

Q. How can my off base doctor and I get a list of medications the pharmacy carries. Also how many days supply can I get?



A. We keep a patient formulary at the pharmacy windows that lists all the medications we carry and other information including our fax number. Ask for one at any window and give it to your off base provider. We fill 90 day supplies on most maintenance medications if your doctor writes the prescription for a 90 day supply.



Hours of Operation:

Mon-Fri: 7 a.m.-5 p.m.

Wed: 9 a.m.-5 p.m.

Clinic Telephone Tree: 801-728-2600

Appt. Line: 801-728-2600

Pharmacy Refill: 801-775-3630

****Clinic Closed****

May 28th-AFMC Family day

May 31st-Memorial Day

7321 Balmer Street
Hill AFB, Utah

A Common Cold for the Ordinary Man

By Captain Eric N. Littlefield, PA

It is estimated that nearly every American is afflicted one or more times annually with a condition that drives 62 million people to the doctor. The condition I'm referring to is the common cold. The common cold can lead to many unnecessary provider visits, but it is usually an illness easily managed by an individual with knowledge of what symptoms to look for and how best to treat them.



The common cold is a viral infection of the upper respiratory tract, primarily the nasal and sinus passageways, and the throat. This infection is caused by over 200 different viruses. The symptoms most commonly seen are fever **up** to 102 degrees, fatigue, body aches, sore or scratchy throat, sneezing, cough, runny and/or stuffy nose, sinus congestion and head-ache. Cold symptoms for most individuals will typically last 7 to 14 days.

Since the common cold is caused by viruses, antibiotics do not cure, shorten the duration, or improve the symptoms of this illness. The most important treatment is rest and re-hydration. Over-the-counter remedies for the cold contain various medications that are only good for treating or making your symptoms less uncomfortable.

There are instances when an individual with common cold symptoms can develop a more serious infection such as: sinus infection, ear infection (infrequent in adults), and/or pneumonia. These infections can occur when the individual's symptoms have begun to improve and then suddenly manifest as worsening symptoms.



Symptoms could include a fever **over** 102 degrees, difficulty breathing, severe sinus pain (face or forehead), confusion or disorientation, and/or feeling faint or weak. When these symptoms occur it is recommended you make an appointment with your provider at your primary care clinic. Additionally, if you have questions about your symptoms, do not hesitate to call the appointment line and leave a message for a registered nurse to call you back.

VA Burial Benefit Update

VA offers the following benefits and services to honor our Nation's deceased Veterans. The website for detailed information is www.va.gov.

- **Headstones and Markers:** VA can furnish a monument to mark the grave of an eligible veteran.
- **Presidential Memorial Certificate:** VA can provide for eligible recipients.
- **Burial Flag:** VA can provide an American flag to drape an eligible Veteran's casket.



- VA can pay a burial allowance of \$2000 for Veterans who die of service related causes. For certain other Veterans, VA can pay \$300 for burial and funeral expenses and \$300 for a burial plot.

- **Burial in a VA National Cemetery:** Most veterans and some dependents can be buried in a VA national cemetery.

Area Agency on Aging

Did you know there is an Area Agency on Aging in Utah that provides a variety of benefits for seniors? Have you taken advantage of yours? If not, you may visit the AAA Finder at <http://www.aoa.gov>.

Social Security News

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income benefits for more than 57 million Americans will not automatically increase in 2010. This will be the first year without an automatic increase since they went into effect in 1975.

When a Retiree Dies

When a retiree dies the survivors should contact the Air Force casualty assistance representative (CAR) at 877 353-6807. The CAR will handle all relevant details and will ensure that all paperwork necessary for requesting Survivor's Benefit Payment (SBP) annuity pay and other forms of payment from the VA and/or Social Security Administration is initiated.

Fitness Center

The Warrior Fitness Center is one of three fitness centers on the base. Facilities found there include: a state of the art weight room, cardiovascular exercise equipment, universal equipment, saunas, steam rooms, racquetball courts, 2 basketball courts, a climbing wall and indoor running and walking track. Call 777-2762 to make reservations for these facilities.



The second center can be found in Bldg. 520, the Hess fitness center. Facilities there include: an [indoor pool](#), a basketball/volleyball court, racquetball courts, a family fitness area, [martial art](#) room and area and an indoor tennis court. The third center can be found in Bldg. 1277 on the west side of base. The unmanned west side center has a state-of-the-art cardiovascular and universal equipment for your use along with shower facilities.

Fitness Assessment and Wellness Profile

Let the Fitness Center Staff assist you on setting your goals for the New Year. Receive base line measurement on body weight, body fat, blood pressure, heart rate, arm strength, back flexibility and cardiovascular fitness. In addition, a Wellness Profile program will analyze your current health behaviors and provide recommendations to reduce the risk of future disease. Contact the Warrior Fitness Center at 777-2762 to sign up.



Fitness Center Orientation

Held from 9 to 10 a.m., every Tuesday and Thursday of the Month: For those starting a fitness program, orientations will provide participants with the necessary information on a balanced fitness program and instruction on exercise equipment. Contact the Warrior Fitness Center at 777-2762 to sign up.

Fitness Center Hours

Monday thru Friday: 4:30 a.m. - 11:30 p.m.

Saturday & Sunday: 7 a.m. - 8 p.m.

Holiday Hours: 9 a.m. - 5 p.m.
(Thanksgiving 8 a.m.-12 p.m.,
Christmas Closed)

Phone: 777-2761 or 777-2762

*The secret to good health and aging
gracefully is staying fit*

Health & Wellness Center

Want to decrease **your** pain, decrease **your** doctors' visits, & enjoy life more? Davis County Senior Services has teamed up with the Warrior Health and Fitness Center and is promoting Chronic Disease Self-Management Program, called Living Well with Chronic Conditions.

This class is a workshop given 2 - 2 1/2 hours, once a week, for 6 weeks, in community settings. People with different chronic health problems all attend together. Workshops are facilitated by two trained leaders; one or both are non-health professionals with a chronic disease themselves.

Subjects covered include:

- Techniques for frustration, fatigue, pain & isolation
- Appropriate exercise to maintain & improve strength
- Appropriate use of medications & proper nutrition
- Communicating effectively with family, friends & health professionals
- How to evaluate new treatments

Who Should Come?

Anyone with an ongoing condition such as asthma, arthritis, chronic joint pain, fibromyalgia, cancer, diabetes, kidney disease, high blood pressure, high cholesterol, heart failure, COPD or emphysema, depression, chronic pain or others.

The workshop is held in the Warrior Health and Wellness Center, 7250 11th Street, Building 533, HAFB. For more information call Jessica at 801-451-3335.



www.dfas & MyPay

The Defense and Accounting Service (DFAS) website is your tool for accessing any of your pay issues or concerns

MyPay users have greater control over their pay accounts and can make changes to vital information in a secure environment. Some of the options within MyPay include:



- Download, save and print pay account information from military retired or annuitant account statements, or military/federal employee leave and earning statements.
- Download, save and print annual tax statements such as W-2's and 1099R's.
- Verify and update postal and email addresses.
- Verify and update bank account information for direct deposits.
- Start, change or stop financial allotments.
- Make changes to federal or state tax withholding amounts.
- Change user names and passwords to keep accounts secure.

To date, more than 2.6 million MyPay users have accessed their 2009 tax statements online, avoiding delays and possible security risks of regular mail delivery.

Last December, DFAS implemented a MyPay security enhancement requiring users to establish, new login credentials, including personalized login ID's and passwords. The agency has posted step-by-step instructions in both text and video on the MyPay home page to help customers set up new information.

If you need assistance accessing DFAS online, visit the Retired Activities Office at Hill and one of the volunteers will be pleased to help.



Fun Activities for you and your family



Outdoor Recreation

Wasatch Range is an outdoor adventure paradise. There are more skiing, snowboarding, snowmobiling, hunting, fishing, climbing, hiking, kayaking, etc. opportunities than can be experienced in one lifetime. Outdoor Recreation at Hill AFB is here to help you get the most out of your adventure. Hill AFB is located at the "crossroads of the west" between the beautiful Wasatch Mountain Range and the Great Salt Lake; let the 75th Force Support Outdoor Recreation help you experience it!

Head up to the High Uinta Mountains and stay in the CARTER CREEK CABINS--moose, elk, bobcats, and black bear abound. Pack a picnic and spend a sunny afternoon with your family at CENTENNIAL PARK. Reserve it today! Rustic and western, the LOG CABIN is a cozy place to celebrate any shindig. Board your horse, of course, at the RIDING STABLES.

Skaters, rip it from dawn 'til dusk at the SKATE PARK. Blaze away at the ROD & GUN CLUB where we house four trap and skeet ranges. If you think a 3-D Field Course with a variety of shooting situations is tantalizing, then you'll want to check out the ARCHERY RANGE.

If you're looking for a leisure activity, nurture your own garden on one of our GARDEN PLOTS. EQUIPMENT CHECKOUT is the way to play with the least amount of money. If you like to walk on the wild side, sign up for a trip with our OUTDOOR ADVENTURE PROGRAM. **PHONE:** 801-777-9666/2225



Golf Course

Hubbard Memorial Golf Course is located on the east side of the runway. It is an 18-hole championship golf course complete with driving range, practice chipping and putting greens. The Club House offers a full line pro shop, bar, men's and ladies locker rooms.

The course was designed by Stanley W. Hadden with design inputs provided by Lee Stotern. Construction of the first nine holes were completed in 1961, the second nine were completed the following year. The golf course is 7317 yards long from the championship tees. The course has bent grass greens and Kentucky Blue Grass tees, fairways and roughs. The Course record is 60, set in 2007.

All eligible players are entitled to reserve tee times. Weekday times are taken two days prior, except Monday & Tuesday times are taken the Friday before, at 9 a.m. Weekend and holiday times are given out on a drawing or lottery system. Slips are filled out and must be in the box Thursday morning by 8 a.m. prior to the weekend. Call anytime after 12 p.m. to find out your time, or to make a time outside of the drawing. **9 Holes**—\$10.00, **18 Holes**—\$20.00, **Guest**—9 Holes, \$12.00/\$24.00 **Golf Cart** \$6.00/\$12.00 **Tee Times** — **801-777-3272**



Bowling Center

Hill Bowling Center is one of the most modernly equipped Air Force bowling centers, featuring AMF synthetic lanes with automated bumpers, Qubica Conqueror scoring system, youth/handicap ball ramps, full service pro shop and snack bar. Come on in and check us out!

HOURS— Monday-Thursday—10:30 a.m.-9 p.m., Friday—10:30 a.m.-Midnight, Saturday—9 a.m.-Midnight, Sunday—12-9 p.m. Phone: 801-777-6565

Other Services & Recreation News.....

Check out the services at <http://www.75thforcesupport.com/>

YoAFF Original Song Competition

- April 5—May 23
- The competition information is at www.myairforcelife.com
- Click on the "Original Song" icon for all the details!
- Top vote-getters for both the Adult and Youth Categories receive a \$2,000 gift card from Musician's Friend
- Adult Category winner also receives a one-on-one mentoring session with award-winning Nashville songwriter, Thom Shepherd



Outdoor Recreation, 801-777-2225

- Switches to Summer Hours of Operation
 - Monday - Friday, 8 a.m. to 5 p.m.
 - Closed Saturday & Sunday
 - Closed Federal holidays

Information, Tickets & Travel, 801-777-3525

- JUNCTION CITY ROLLER DOLLS SPRING FEVER DOUBLE HEADER
Purchase discount tickets at ITT \$10 each (\$15 at the door)
- Railway Banditas vs. Hilltop Aces / Junction City train Wrecks vs. Choice City Rebels
- April 24
- Davis Conference Center, Layton
- Doors open at 5 p.m.
- Bout begins at 6 p.m.



Manpower & Personnel Flight, 801-586-8680

DEERS/ID Card Office CLOSURE

The Active Duty & Reserve DEERS/ID Card Offices, Bldg 430, will be closed for training April 19. Both offices will re-open for business April 20. Thank you.

Education Services & Military Training, 801-777-2710



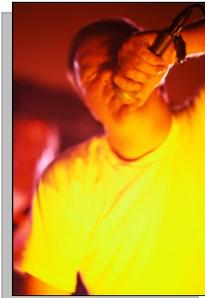
Force Management's Impact on Your GI Bill Briefing

- 1-hour briefing every Thursday in MAY
 - 9 a.m.
 - Bldg. 383, Room 112
- Open attendance for interested parties
- Please bring any questions you have on this subject to the briefing

Airmen & Family Readiness Center, 801-777-4681

Step Family Education Class

- Beginning Tuesday, April 20
- 6-weeks (Tuesday evenings)
- 5 to 7:30 p.m.
- FREE
- For remarried couples, stepfamilies, & cohabitating couples with children
- Concurrent classes for adults & youth ages 6-18 (free child care for ages 0-5)
- Dinner is provided



Club Hill, 801-777-3841

Hill Idol: Singing Competition

- Open to ages 18 & older
- April 23, 5:30 p.m., ROUND 1
- April 30, 5:30 p.m., ROUND 2
- May 7, 5:30 p.m., ROUND 3
- Audience judges & selects 2 finalists from each round
- May 14, 5:30 p.m., FINALS (6 finalists compete. Panel of judges select 1 winner. Winner receives \$200 cash.)

Warrior Fitness Center, 801-777-2762 & Outdoor Recreation, 801-777-2225

Wingman Fitness & Outdoor Expo

- May 5
- 11 a.m. to 4 p.m.
- At the Warrior Fitness Center
- Fitness & Outdoor Vendors
- Free Hot Dogs & Drinks,
- Giveaways

