

# THUNDERBOLT

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Photo by Terry Montrose

## A Tops performance!

Senior Airman Petrice Brown and Airman 1st Class Jarrod Burton, Tops in Blue vocalists, perform a duet at MacDill Air Force Base, Feb. 6. The tour, Rhythm Nation, featured songs from the early 1900s to the present.

# COMMANDER'S CORNER



## Looking good, MacDill; some wing standouts

by Col. Lenny Richoux

6th Air Mobility Wing commander

Quick, take a look around you right now. What do you see? Hopefully you are starting to see a fresher, cleaner MacDill AFB. For the past year, it has been a priority of mine to make MacDill the envy of every other wing in America. Think back to when you first heard you were headed to MacDill. What was the first thing that popped in your mind? Beaches, palm trees, sun and surf probably topped the list, and we certainly have plenty of that, but we must take care of our paradise. So while you're reading this, take a look around and if you see something out of place, take care of it!

Speaking of taking care of things, **Chief Master Sgt. Jeffrey Helm**, the senior enlisted advisor for the Base Exchange was here last week looking for your input. The Exchange is constantly looking to improve, and I want to thank the chief for taking time to personally address our concerns. So if you got the chance to speak with the chief, rest assured that he and the entire Exchange leadership team take your concerns seriously.

Did you see the amazing concert in Hangar 3 that Tops in Blue put on Monday? You could not have drawn up a more perfect night. We had nearly a thousand people turn out to watch the performance and Tops in Blue did

not disappoint. **Capt. Allen Batiste, Lt. Michael Dax, Wendy Foster** and the whole gang ... thank you so much for putting together this night to remember. It was incredible! Honestly though, my favorite part was welcoming a living legend on stage. I had the honor to recognize **Field Officer Daniel Keel**. Mr. Keel is an 89-year-old Tuskegee Airman who was awarded his bombardier, navigator, and pilot's wings in the 1940s. Field Officer Keel, you are my hero, and this country is lucky to have great men like you.

While I had the pleasure of welcoming a living legend at the Tops in Blue concert, I also was able to welcome several great Americans from the Tampa Chamber of Commerce on a tour of MacDill. We've maintained three priorities during my tenure: readiness and training, base community, and community relations. Being a good citizen to our local neighbors is extremely important. These fine people welcome us in to their schools, churches, hospitals and more. They are very proud of you, and through your entire career you will be hard pressed to find a better military city. It is truly an honor to live here, because Tampa is an Air Force town!

Most of us come to work every day trying to reach the pinnacle of our career, and this week I was able to high-five 13 people that have reached the top. Becoming a chief in the United States Air Force is an incredible feat. Only one



Photo by Airman 1st Class Melanie Bulow-Kelly

**Col. Lenny Richoux meets with Chief Master Sgt. Jeffrey Helm, Army and Air Force Exchange Service senior enlisted advisor Chief Helm visited MacDill Feb. 2.**

percent of the entire enlisted force will ever reach this milestone. The Chief Induction Ceremony was an awe inspiring event that I will not forget. When you see the following chief selects, give them an "attaboy."

**Ricky Bargmon  
Timothy Blake  
Timothy Brown  
Todd Farlee  
Todd Herr  
Sana Hooks  
Thomas Keyser**

See **CORNER**, Page 6



### COMMANDER'S ACTION LINE

The Action Line provides a two-way communication between the 6th Air Mobility Wing commander and the MacDill community. A 24-hour recording service is provided so personnel may submit questions, concerns or comments. Call the Action Line at 828-INFO (4636) or e-mail [macdillwingcommander@macdill.af.mil](mailto:macdillwingcommander@macdill.af.mil)



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### MacDill Thunderbolt

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**Editor:** Nick Stubbs

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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.



## Your T-bolt Today

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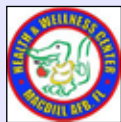
New colonels named

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Ready for emergencies?

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Tactics for saving money

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Event, more...

## 'There I was...'

### A deployment like no other

by Staff Sgt. Puro Jimenez  
6th Force Support Squadron

On the drive to Tampa International Airport, I thought about how my first tour to Afghanistan was going to be unlike any of my previous deployments. Normally in our career field we are tasked as a team, but this time, I was representing the 6th Force Support Squadron alone in theater. Upon arrival at Manas Air Base, Kyrgyzstan, the other member traveling from MacDill AFB and I parted ways and began our journey to different regions in Afghanistan.

My primary mission as the morale and welfare accountant was to maintain the morale and welfare of U.S and NATO troops at our base. In the beginning I was worried because I thought they all looked like the bad guys. It seemed as though every Afghan wanted to enter the gate, and I was in a position that required me to sponsor hundreds of them during my tour. When I traveled outside the gate, I was on the alert. Locals would constantly approach me with many reasons as to why they should be allowed on the base. My worst fear was that I would sponsor the wrong guy on and put the mission and people at risk. I continuously asked myself, how do I know who is the enemy and who is friendly?



Courtesy photo

Staff Sgt. Puro Jimenez shakes hands with Gen. David Petraeus.

I became a liaison between the military and the Afghan business owners. One of my responsibilities was to monitor the local Afghan business owners and employees who worked on the base every day. If a regular employee was ill, I was responsible for sponsoring the replacement onto the base. When vehicles and merchandise were brought in, I inspected them for contraband items. If they had family members who were sick, I would ensure they got care at the base hospital. If they needed a vehicle pass, I would help them fill out the paperwork in eng-

See **THERE I WAS**, Page 16

## Resiliency Region

### I want to go back to school

**DEAR WING MA'AM:** This year, I want to go back to school and finish my bachelors degree. I'm nervous and worried that I can't do it while balancing my work and family. Am I biting off more than I can chew? ~College Bound

**DEAR COLLEGE BOUND:** Going back to school is no easy venture; however, budgeting your time appropriately will facilitate a more easier path



Dear  
Wing  
Ma'am



*Dear Wing Ma'am is written by Capt. Christy Cruz, a Licensed Clinical Social Worker. Wing Ma'am works as the Resiliency Program manager and clinical therapist at MacDill AFB. If*

*you want to ask Wing Ma'am for advice, please send your questions to 6mdos.sgoh@us.af.mil. Letters are kept anonymous. Rights are reserved to edit published letters for style and length.*

for you to pursue your educational dreams WHILE balancing work and family. Making the decision to go back to school impacts everyone in your family. You're going to need the support and help of everyone in your home to contribute in getting the household chores and other responsibilities accomplished. This includes the kids pitching in and staying on top of their homework and chores. In addition, discussions about how to finance your education should be made and planned far in advance.

Time management is going to be the key. You will need to be much more organized with your time, than you already are. Your family will need to get on a routine.

Talk to your supervisors about your plan to engage in classes. Be ready to discuss potential impact to your employer; whether that is getting on day shift or leaving work on time to make your night classes.

See **WING MA'AM**, Page 16

*Not every question can be answered. This column seeks to educate readers and should not be used as a substitute for seeking professional assistance.*



## Emergencies... Are you prepared?

Courtesy of the Emergency Management Office

Emergencies can happen at any time on MacDill Air Force Base and we need to be prepared.

The first steps in any crisis are to be aware of the emergency and knowing what is expected of you. Personnel from the 6th Civil Engineer Squadron, Emergency Management, Security Forces, MacDill Command Post, and MacDill AT/FP composed an informational flyer in an effort to educate and prepare all MacDill personnel. Understanding the nature of the emergency and knowing the expectations are critical in saving your life!

### **Emergency notification:**

The Command Post will be providing notifications when emergencies affect MacDill AFB. First responders have a limited amount of time to determine the effect to the base populace and the protective actions to be taken. Notice must then go out quickly to the installation to ensure protection for affected personnel. MacDill personnel can rely upon the Installation Notification and Warning System to provide the notification they need. The INWS at MacDill consists of a base siren/Giant Voice system, the primary and secondary crash net, intra-base radio nets, a centralized paging system, electronic mass notification system, e-mail, the Commander's Access Channel, runners, mobile public address systems, and the telephone pyramid notification system. While personnel may receive warnings from a variety of channels, most warnings affecting the entire base population will be broadcasted

over the Giant Voice system and via e-mail (Ad Hoc). The Command Post will be broadcasting the terms shelter in place, take shelter immediately, or lockdown over the Giant Voice.

Do you know the difference?

### **Shelter in place:**

Shelter-in-place is a protective action used during a major accident to provide limited protection for otherwise un-protected personnel or casualties. Use in-place protection when evacuation may cause greater risk than remaining in place. NOTE: Even the most weather-tight structure will slowly allow contaminated air to enter. Sealing windows, doors, and vents with plastic sheeting and duct tape can further reduce infiltration of contaminated air into a building. One thing to keep in mind is shelter-in-place is for short term (2-4 hours) protection, not the type of sheltering that is done for hurricanes or the old nuclear warfare shelter program.

### **Take shelter immediately:**

Used for most natural disaster situations such as tornadoes, heavy rains, strong winds, hail, etc. Protective measures include going indoors; seeking protection in central-most part of house or facility away from windows or glass doors. Interior hallways, bathrooms or closets are best measures.

### **Lock down:**

Used when a hostile act such as a terrorist attack or active shooter incident is imminent or in progress. Personnel should be alert and ensure everyone in the area is warned of the

See **EMERGENCY**, Page 18

## Congratulations to the colonel selects

**Joint Communication Support Element**  
Michael Dawson

### **United States Central Command**

Joseph Blevins  
Walter Melton  
Arthur Moore III  
Robert Pope  
Benjamin Ungerman

### **United States Special Operations Command**

Waldemar Barnes  
Bryan Gates  
Jill Higgins  
Rene Leon  
Philip Rowlette  
Kenton Ruthardt  
Michael Ryder  
Michael Seiler  
Jimmie Sullivan Jr.  
Francis Swekosky Jr.

## Congratulations to the following award winners:

**Air Mobility Command Financial Services Office of the year**  
6th Comptroller Squadron

**AF Force Multiplier Civilian of the Year**  
Rebecca Epperson, 6th Comptroller Squadron

## Practice Conspicuous Nutrition Compliance in 2012

by **Susan Haley**

Health and Wellness Center dietician

The 6th Air Mobility Wing has declared 2012 the "Year of Conspicuous Compliance" at MacDill Air Force Base.

This challenge is related to several very important inspections we must prepare for between now and December. Is there a way we can translate this challenge to our personal health? In the last quarter century, the obesity rate in the United States has doubled. Our military personnel have not been spared by this plague. However, fitness and optimal health remain an essential element to readiness and cannot be ignored. Nutritional fitness is an integral part of overall fitness and to-

wards that end, which demonstrates conspicuous compliance.

How can we be conspicuously compliant to the nutrition our bodies need?

First, is to identify the difference between what we need and what we want. It's interesting we feel it's necessary to eat food simply because we paid for it. We may want to have the value meal at our favorite fast food restaurant, but it probably contains more calories than our body needs for a single meal.

Are we entitled to extra food just because we paid for it, or should we respect what our body needs? If you have gained weight then you are eating more calories than you've burned. You may burn 800 calories in your workout, but that doesn't mean you can afford to have a 700-calorie

See **NUTRITION**, Page 8



# CORNER

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From Page 2

**Dale Mcnees**

**Joseph Powell**

**Jeffrey Salakar**

**Jason Tiek**

**Joseph Wakey**

**Tyrone D. Williams**

I am proud to serve with you

in the finest Air Mobility Wing on  
the face of the planet!

“I’ve learned that people will  
forget what you said, people will  
forget what you did, but people  
will never forget how you made  
them feel.” - Maya Angelou



# NUTRITION

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From Page 4

protein shake followed by a 1000-calorie meal. You can't outrun your fork. Conspicuous compliance means learning how many calories your body needs to achieve to maintain a healthy weight. The second necessity for conspicuous compliance is to learn what constitutes a portion and how many portions are needed.

We suffer from portion distortion in our country. Portions have doubled at many eating establishments in the last 20 years, and even our plates have gotten larger, so we're eating more at home also. However, we don't need those additional calories. For example, a portion of meat is 3 to 4 ounces (about the size of a deck of cards), and you only need one to two servings per day. Most chicken breasts in the grocery store are 8 ounces, which is more than many people need for the whole day, much less one meal.

Even if you are doing a lot of strength train-

ing you don't need a lot of additional protein. The extra protein many people consume is a waste of money and calories. One area where portions have not doubled is fruits and vegetables. Only 8 percent of our Airmen at MacDill are eating more than five servings of fruits and vegetables per day. These foods are considered nutrient dense. That is, they pack significant nutrition without contributing excess calories. Five servings per day is not difficult to achieve. Having a small apple chopped up in your oatmeal at breakfast, 12 baby carrots at lunch, a large banana for an afternoon snack, and a salad and a half cup of broccoli at dinner will more than meet this goal.

The third necessity is to choose foods most of the time that provide high quality fuel without a lot of added fat or sugar. Eating clean is a way of describing foods that have been minimally processed. Fresh fruits and vegetables, whole grains, dried beans, fish, lean meat and poultry, low fat dairy foods and healthy fat from oils, nuts and seeds should comprise at least 80

percent of your daily choices. Choosing these foods in appropriate portions that meet your calorie needs will help you achieve your goals.

Last, it is necessary to have resources which provide information that is accurate and helpful. Knowledge, commitment and perseverance are essential components to making changes. This is not easy, but you don't have to do it alone. Your healthcare provider and HAWC personnel are available to assist you. There are also many reputable online resources available, including apps for your mobile devices.

These tools can help you track your food intake and exercise, choose well when dining out, plan menus, generate grocery lists, and much more. Some top rated apps from the Academy of Nutrition and Dietetics include: Calorie Counter, My Fitness Pal, My Net Diary, Livestrong, Daily Burn, Lose it!, Sparkpeople, and Weight Watchers mobile.

Make 2012 the year you practice conspicuous nutrition compliance so you can achieve and maintain the weight you want to be.





# Dietary supplements: beware of dangers

by **Susan Haley**

Health and Wellness Center dietician

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There is a mind boggling array of dietary and sports performance supplements on the market. The recent removal of DMAA from all Army and Air Force Exchange Service sponsored venues, due to a concern that it had caused strokes in U.S. soldiers, highlights the negative effects of some of these substances.

Supplements are considered “food additives” by the Federal and Drug Administration and as such, do not undergo the same strict, safety scrutiny that pharmaceutical drugs do. The wonders of modern chemistry also allow manufacturers to bring new supplements onto the market quickly, staying one step ahead of the regulators.

To make matters even more confusing is the fact that not all manufacturers adhere to the same quality control standards. Supplement

potency and concentration can vary between manufacturers or even between batches from the same manufacturer.

So, where does one turn for objective information on supplements? The Natural Medicines Comprehensive Database, available on the web at <http://www.NaturalDatabaseConsumer.com/DoDNDC> is a good start. This site allows you to search for supplements by their generic and manufacturer’s name or by the disease or medical condition that you are trying to treat.

The web site also allows you to search for harmful interactions between supplements and supplements and prescription drugs.

Finally, your primary care manager at the 6th Medical Group Clinic and the professionals at the Health and Wellness Center can give you guidance on the dos and don’ts of supplements.

Don’t just take a supplement because your buddy does. Get informed.

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## The Pigskin Picker 1st and 10 ...

by **Mack Dill**

The Pigskin Picker

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Hey there Sports Fans! Football season ended with a great game last Sunday and all of you New York Giants fans definitely got the final word. You can’t spell “elite” without “Eli” and you can’t spell “Manningham” without “Manning”. What a great game and a remarkable run through elimination rounds to make it to the Championship.

For all of you Patriot fans out there, there’s always next year.

So that leaves us with college basketball, the NBA, some hockey and a few other things to look out for including the start of baseball season. I might even weigh in on a little NASCAR. I’ve been told that there’s more to it than mashing on the gas and turning left for 500 miles. We’ll see.

In the NBA, I’m going to give the best quote of the week to Minnesota Timberwolves Kevin Love who pulled a Ndamukong Suh and

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# CHIEF INDUCTION CEREMONY

Photos by Airman 1st Class Melanie Bulow-Kelly



MacDill Air Force Base's chief master sergeants and chief selects pose for a group photo. Airmen were selected to chief. The induction ceremony recognizes those individuals selected along the way.



Chief Master Sgt. Nina Watkins, 927th Air Refueling Wing command chief, places a commemorative medallion around Senior Master Sgt. Jeffery Salakar, 99th Air Refueling Squadron, during the Chief's Induction Ceremony.



during the Chief's Induction Ceremony at MacDill, Feb. 3. A total of 13 Team MacDill selected for advancement to chief master sergeant, as well as their accomplishments



Senior Airman John Hoopman, 6th Medical Support Squadron unit personnel coordinator, lights the candle representing the rank of senior airman.



Chief Master Sgt. Timothy Blake, 6th Security Forces Squadron superintendent, and retired Chief Master Sgt. Michael Murray cut the cake during the Chief's Induction Ceremony.



Senior Master Sgt. Jason Tiek, 6th Aircraft Maintenance Squadron superintendent, and Alexandra Tiek, 11, walk through the sabers during the ceremony.





## WING MA'AM

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From Page 3

Talk to your college education counselor about the course offerings, schedules, scholarships and tuition. Traditional college classes may be more challenging with your schedule; however, there are many classes available on base, on-line, at night or on the weekends. For military members, keep in mind you can get credit for some of your military training and experiences; talk to an education counselor (828-3115) for guidance. Don't forget there are a variety of CLEP/DANTE tests available as well.

As you progress through this challenge, remember to take good care of yourself by eating well and getting enough sleep. Remember, even completing one course is one course closer to finishing your bachelor's degree. Your education is a long term investment in yourself that will benefit everyone around you! Go for it!

## 'THERE I WAS'

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From Page 3

lish.

During my 196-day tour, I learned a lot about the Afghan culture and traditions. Many Afghans work long hours seven days a week trying to provide for their families by working in our shops. As I checked in on the Afghan shops during my daily rounds, I was warmly

and openly welcomed. At times, our culture differences clashed; I'm from New York and we need three feet separation comfort zone. The Afghan people love to talk up close and personal and they like to hug. So there were some uncomfortable interaction, but I miss those guys, the food, morn-

ing and afternoon tea and Afghan bread.

My biggest challenge during my tour was driving to military and coalition camps. As the highest ranking member of the group and driver, my primary mission was the safety of the passengers. It always felt as though we were being watched and we were always hyper-aware that an event could happen at any time. Defensive driving was the key to avoiding an accident; however, the locals drove with no regard to safety or speed. During these drives, I continuously thought about how I might react to a dangerous situation if and when the time came. I surmised that in precarious circumstances, when the body is pumped with adrenaline, you just do what you have to do to get out of the situation. We had zero combat experience among us, but our military training and willingness to serve our country kept us traveling the dangerous roads of Afghanistan.

Over all, I had a great tour in Afghanistan. It was a learning experience and an adventure. That's one of the aspects I love about the military, you never know where you're going to end up. One day you are in beautiful Florida and the next in a warzone.







## A&FRC joins Military Saves to help Team MacDill save big

by Nick Stubbs

*Thunderbolt* editor

Saving money has always been something of a challenge for many, but the task is doubly daunting in these times of a tough economy and historically low interest rates.

How to overcome those challenges is the aim of the Airman & Family Readiness Center's Personal Financial Readiness team, and an effort to help gets under way this month.

The A&FRC will coordinate a series of events and learning opportunities with the annual Military Saves campaign, which runs Feb. 19-26. Various stations and displays around base, along - clinics and fairs to improve awareness of financial options - will be held throughout the period, said Mark Stanford, a financial counselor with the A&FRC.

"We advise young military families to do things like pay off debts and credit cards so they don't have to struggle so much, and to use cash for purchases," said Stanford.

In addition, the A&FRC advisors will present strategies for saving and maximizing the return on money saved and invested. The A&FRC cannot give specific investment advice on investments, but will serve as a guide about ways to approach the savings and investment options

available to provide security through diversity, while getting the most for their money, said Stanford.

Military families and Department of Defense employees have some distinct advantages, Stanford noted, including access to the Armed Services Bank and its array of services and options, as well as access to the Armed Services Thrift Savings Plan. In addition, there are the low-interest Air Force Falcon Loan program, as well as loans designed to get Air Force families through tough times, such as those through the Air Force Aid Society, said Stanford.

All this information and more, along with the details of utilizing the tools available, will be available at the following series of Mini Fairs:

- ◆ Feb. 21, 9 to 11 a.m. MacDill Clinic Lunch Area; 1:15 to 2 p.m. - Bx Shopping area; 2 to 4 p.m. - SOCOM
- ◆ Feb. 22, 9 to 11 a.m. 6th MXG; 11:30 a.m. to 1:30 p.m. - CENTCOM
- ◆ Feb. 23, 11:30 a.m. to 1:30 p.m. - CENTCOM
- ◆ Feb. 24, 9 to 11 a.m. - Fitness and Wellness Center area

In addition, two financial clinics will be held:

- ◆ Base Chapel Feb. 21, 1:30 to 3:30 p.m. - Savings and Investments
- ◆ Base Chapel Feb. 23, 2:15 to 3:45 p.m. - Thrift Savings Program

## EMERGENCY

From Page 4

danger. Security measures should be implemented immediately as appropriate. All personnel must quickly determine the most reasonable way to protect themselves from the shooter and escape, hide out, or take action against the shooter.

After the threat has ended, personnel should continue to remain alert for any secondary hazards. Units should account for all personnel as soon as possible and report their accountability through their Unit Control Center. Individuals should report all fires, injuries and hazards by calling 911 and asking for MacDill AFB Dispatch.

### Reference documents:

- ◆ MacDill Installation Emergency Management Plan 10-2.
- ◆ MacDill Integrated Defense Plan 31-101.

Finally, in preparation for next week's Active Shooter Emergency Management Exercise, Mr. Edward Garcia, 6th SFS, built an outstanding power point briefing on "How to Survive an Active Shooter." The briefing is available on the Wing SharePoint page under "Announcements."







## EVENTS

### Friday

#### Surf's Edge Club

Membership Breakfast from 6:30-9 a.m. Club members FREE; Non-members: \$6.95

#### Arts & Crafts Center

Free Open Scrapbooking from 11 a.m. - 3 p.m. New CRICUT machine!

#### Boomers Bar & Grill

Friday Bash! 3-7 p.m. Bar snacks & drink specials! Guaranteed \$100 club card drawing, Bar Bingo, and DJ!

### Saturday

#### SeaScapes Beach House

Continental Breakfast from 7-9 a.m. All guest \$5.95. Club Members & FamCamp Residents FREE. Spouse of Club Member \$4.95.

### Monday-Friday

#### Surf's Edge Club

Global Tastes Lunch Buffet from 11 a.m. - 1:30 p.m. Cost \$8. Mon: Latin, Tue: Italian, Wed: Asian, Thur: Mexican, Fri: Americana

### Monday-Friday

#### SeaScapes Beach House

Daily Early Bird Dinner Special 4:30-6:30 p.m. Home-style favorite meal with drink \$7.

### Monday

#### MacDill Bowling Lanes

Active Duty Bowling Bonanza 11 a.m. - 7 p.m. All you can bowl for \$5 per person. Includes shoe rental. Includes immediate family members.

### Wednesday

#### Bay Palms Golf Complex

Club Member Appreciation Day! Free golf & cart.



Photo by Terry Montrose

## Sing it!

Tops in Blue close their MacDill Air Force Base performance with the song "Proud to be an American" inside Hanger 3, Feb. 6. The tour, Rhythm Nation, featured songs from the early 1900s to now.

## DIAMOND SHARP

### Airman 1st Class Joshua Eidson 91st Air Refueling Squadron



**Job Title:** Boom operator.

**Hometown:** Chattanooga, Tenn.

**Short-term goals:** To finish college.

**Long-term goals:** Obtain a Master's degree and eventually get promoted to chief master sergeant.

**Advice to others:** Be professional; be respectful; be yourself.

**Role model and why:** My grandfather; he taught me a good work ethic.

**Why did you join the Air Force:** For the education benefits and to travel.



#### Protestant services

**Sunday** - 9 a.m. - Praise Worship Service  
9:30 a.m. - FAMCAMP Service (Bldg 2017)  
12 p.m. - Gospel Service

#### Islamic services

**Friday** - 1:30 p.m. - Prayer Service

For all other faith inquiries or to view upcoming event information, call the Chapel at 828-3621 or visit the website at [www.macdill.af.mil/macdillchapel](http://www.macdill.af.mil/macdillchapel)

#### Catholic services

**Saturday** - 4:30 p.m. - Confession  
5:30 p.m. - Mass

**Sunday** - 10:30 a.m. - Mass

**Monday to Thursday:** 12:10 p.m. - Mass



# PIGSKIN

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From Page 22

stomped on a player during the game. Love got a 2-game suspension for the infraction. His response: "I don't want to be known for that. I want to be known as a stand-up guy who happened to make a mistake with a size 19 shoe and just move on. So everybody knows there were no ill intentions there." Wow, let's put this in perspective. A size 19 shoe is roughly the same size as a loaf of bread. However, if you're lying on the ground and it's coming at your face, I'm sure it looks more like a Buick being dropped on your head. Hey, no ill intentions.

And speaking of great quotes, did you hear about Tom Brady's wife lashing out at the Patriots' receivers? Apparently she was still at the stadium after the Super Bowl and some Giants fans started heckling her. I know this is hard to believe because Giants fans are known the world over for being reserved, demure little flowers of propriety, but they got under her skin pretty quickly. And that's where she told the group her husband cannot throw and catch the ball at the same time.

I'm sure one of the Giants fans pointed out

that he could throw a ball and score for the other team at the same time, and thank you for the safety. I don't know if the Pats are looking for a new wide receivers coach, but it sounds like Gisele Bundchen wants the job.

Okay, so enough about that stuff. I'm sure there are some great games going on this week but to tell you the truth, I'm taking the week off and heading out for some fresh air. For all of you who will be staying in and on the couch, some of my recommendations would include:

Saturday's College Hoops action: **#12 Michigan State at #3 Ohio State** - I'm picking THE Ohio State for the win.

**#4 Missouri hosting #6 Baylor** - this will probably be the best match-up of the week and will start to get you ready for March Madness. You'll definitely want to catch this one.

**#21 Harvard at Princeton** - personally I wouldn't watch this game on a bet, but how often do I get to put a ranking by Harvard and not be talking about their law school.

In the NBA, there's really only one game on Sunday that will peak my interest, and that is

the match-up of the Chicago vs Boston. Chicago has the best record in the NBA and Boston (at the time of this being written) are riding some win streaks. There's some talk that Dwight Howard wants to team up with Chicago's Derrick Rose, but at this rate does Chicago really need the big man? The answer is "yes."

Okay, so I'm going a little light on the games this week, but as I said, I need a break too. But before I put this latest column to bed I've had some folks asking how well I did in my football picks this year. Well I did miss the Kelly Clarkson National Anthem pick by almost 45 seconds, but I did get it right by picking the Giants. As far as my regular season college and pro picks, I ended up with getting it right 72 percent of the time. I guess there's always room for improvement.

So have a great week. Send me emails or follow me on Twitter and we'll keep watching the games.

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