

THUNDERBOLT

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Airman & Family Readiness Center ready to serve - Page 14

Photo by Airman Basic David Tracy

Senior Airman Kevin Goldsmith, a financial analyst from the 6th Comptroller Squadron, enters the Airman & Family Readiness Center, Feb. 21, at MacDill Air Force Base. The A&FRC offers many support services to MacDill's military members and their families.



Ride the resiliency slopes

by Capt. Cary Tolman

Air Force District of Washington Judge Advocate

WASHINGTON (AFNS) - Life is like a ski slope.

Life has smooth parts, bumps, turns, and sometimes even icy patches. Every person on that hill needs to find a way down, no matter what his or her experience level is in negotiating the terrain. Some people are better equipped to tackle the large bumps while others are content to try to avoid them. Some people are not at all equipped to handle the terrain and prefer to take their skis off and slide down the hill. No matter the ability level, every person on that mountain needs to get down the hill.

Like the ski hill, we all have obstacles in our daily lives. It's part of life. Like the ski slope, those obstacles can range from a difficult boss, an accident on the beltway that makes us late for work, or an argument with our spouse. These are the ordinary day-to-day stressors that we all deal with as part of our everyday lives. At times, those day-to-day stressors give way to more significant, sometimes traumatic events that can have devastating and long-lasting effects on us, such as the death of a loved one, a serious illness or the stresses associated with combat.

The mechanism we use to deal with the more distressing events that life throws at us is called resilience. Resilience is the ability to work within the face of adversity and come out stronger on the other side. It is the ability to bounce back from difficult or traumatic experiences. Resiliency is a skill set developed during the course of life that includes thoughts, behaviors and attitudes employed when dealing with stressful situations.

Not everyone reacts to trauma in the same way. According to the American Psychological Association, the most important factor in resilience is having caring and supportive relationships both inside and out-

side the family. Additional factors associated with resilience include the capacity to make realistic plans and carry them out; having a positive view of yourself and confidence in your strengths and abilities; possessing communication and problem-solving skills; and the capacity to manage strong feelings and impulses.

In its pamphlet, "The Road to Resilience" (<http://www.apa.org/help-center/road-resilience.aspx>), the APA recommends 10 ways that we can build resilience. Here are a few of those skills and how we can relate them to our everyday lives.

1. Accept that change is a part of living. There are events and circumstances in life that are beyond our control, no matter how hard we try to make it otherwise. By accepting that changes in our lives must occur as a result of an event or circumstance outside of our control, it frees us to concentrate on those objectives and goals that are within our control. Additionally, it encourages us to set new goals for ourselves to keep in line with the change.

2. Keep things in perspective. It is important to try to keep stressful or traumatic events from being blown out of proportion, even when we feel that the pain or stress is never going to end. By employing a long-term view to situations and putting them into the context of a bigger picture, it can provide a greater perspective on the situation. As the old sayings go, "time heals all wounds" and "this too shall pass."

3. Maintain a hopeful outlook. By being optimistic about your future, you become empowered to believe that the best is yet to come. One way to achieve this is to try and visualize what you want your future to look like and then set reasonable, attainable goals toward that future. Even when it's hard to visualize an end to the pain of the event, maintaining a positive, healthy outlook is a small step toward helping to ease the burden.

4. Take care of yourself. Participate in activities that you enjoy doing, whether it's going to the gym, taking a walk in the woods or getting a massage. Taking care

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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



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MacDill Thunderbolt

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Editor: Nick Stubbs

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Events, Chapel, more...

Resiliency the key; training gives Airman tools to bounce back

by Nick Stubbs
Thunderbolt editor

It's not about what life deals you that matters; it's about how you deal with life.

That old saw is at the heart of the new Master Resiliency Training program at the First Term Airmen Center, an effort to teach young Airmen to be ready for what life and service may throw at them, and gives them the tools to deal with it.

The first 8-hour resiliency session was held last month at the FTAC, and while it's too early to tell how effective the new tool will be at helping Airmen handle adversity, Master Sgt. Ann Kentta, the NCOIC of the Airman & Family Readiness Center and lead of the MRT program, expects "good things."

"The FTAC trainers all thought it was really good," said Kentta. "They thought it teaches skills to bounce back from adversity and to prepare to deal with deployments and all the (challenging) things that can happen to us every day of our lives."

An Air Force and Air Mobility Command initiative, MRT is an extension of the Com-

prehensive Airmen Fitness program, and was born out of U.S. Army Comprehensive Soldier Fitness efforts, which was based on university developed life skills research, said Kentta. The idea is to not so much to prepare for the worst as it is to recognize what people often recognize as the worst may not be nearly as bad as they imagine. The other cornerstone of the training is to make Airmen aware that their problems are not unique.

"These problems are common and universal," said Kentta. "They (Airmen) are not alone."

One exercise students of the day-long course do is to imagine a stressful scenario, such as finding out that their first sergeant is looking for them. Students are asked to make a list of what they think the sergeant wants, then imagining how they will deal with each scenario.

Many assume they are in trouble, Kentta noted, and spend a lot of time worrying about how they will deal with it. In most cases, the situation doesn't call for worry, said Kentta.

"He might be trying to congratulate you or

See **RESILIENCY, Page 18**

Resiliency Region Lonely and in need of a friend

DEAR WING MA'AM: The holidays were great because I had more time to spend with my husband and our baby. Now that he's back to work every day, I'm feeling rather lonely not having another person to talk to. I'm a new mom and want to connect with other 'adults'.... What can I do? ~Baby on Board



DEAR BABY ON BOARD: It can be difficult to get back in to the

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.

swing of things after a holiday break...especially after that much appreciated time spent with our family. A great community resource for you to meet some other 'new' parents is through the New Parent Support Program (NPSP). NPSP is an outstanding resource designed for expecting parents and parents of babies and toddlers. Through NPSP, a Registered Nurse provides home visits, telephone consultations, classes, and a weekly playgroup.

The NPSP nurse can provide insight and education on everything from the stages of pregnancy, labor and delivery, and breastfeeding through effective discipline and toilet training. Home visits are personalized, one-on-one appointments in the privacy, safety and comfort of your own home.

In addition to one-on-one appointments, NPSP offers several parenting classes and events. NPSP Playgroup is held every Friday, 0930-

See **WING MA'AM, Page 8**

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

NEWS/FEATURES



What better place for a run?

by Maj. Seth Storms

6th Operations Support Squadron

Members of the MacDill community took advantage of the airfield closure to participate in the “Dick Cutshall Memorial Runway Run” Feb. 17.

Participants were given the unique opportunity to run the full length of MacDill’s Runway 04/22 while contractors were putting final touches on a major repair project that spanned three weeks.

Runners had the option to either take a 5K route through various taxiways, touring the infield of the 70-million-square-foot airfield, or a 10-K route, which ran the span of the two-mile runway. The run was dedicated to Richard “Dick” Cutshall, who coordinated between the city of Tampa, Federal Aviation Administration and various other military and civilian aviation authorities to bring MacDill’s AirFest to the community for more than two decades.

Carol Cutshall was among the distinguished guests who presented and offered motivational words of encouragement prior to the race. The runway reopened for full operations later that same afternoon.



Courtesy photos

Runners participating in the “Dick Cutshall Memorial Runway Run Feb. 17 work their way along the length of MacDill Runway 04/22. (Right) Carol Cutshall addresses runners at the memorial event honoring her husband, who helped bring MacDill’s AirFest to the Tampa Bay community.



Medical disposal event hosted at MacDill Pharmacies

by Lt. Col. Royce M. Terry, BSC

6th Medical Group

The 6th Medical Group pharmacy has scheduled a Medication Disposal Event at their pharmacies on Feb. 24 from 1-3 p.m. to allow the public to dispose of unwanted or unused medications. To help address this vital public safety and public health issue the 6th Medical Group has teamed up with the 6th Security Forces Squadron and the 6th Air Mobility Wing Drug Demand Reduction Office to allow Department of Defense ID cardholders an opportunity to rid their homes of these expired, unused, unwanted and potentially dangerous medications. The service is free and anonymous, no questions asked.

This is the fourth time that this service has been provided to ID cardholders at MacDill AFB in an effort to safeguard the community and environment. To date, ID card holders have turned in 382 pounds of medications for disposal.

This initiative addresses a vital public safety and public health issue. Medicines that accumulate in home medicine cabinets are at risk for diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to stockpiles of medications in the home. Studies show that a majority of abused prescription drugs are obtained

from family and friends, including from the home medicine cabinet. Currently, the public is now advised that previous methods for disposing of unused medications—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

In addition, on Jan. 30, 2012, the Defense Department issued a memo announcing the future expansion of the military drug-testing program to include two additional drug categories: benzodiazepines such as Valium® and Xanax®, and hydrocodone which is found in Vicodin® and Lortab®. Though the misuse of illicit drugs or prescription medications in the Air Force is the lowest of any service, any misuse is unacceptable.

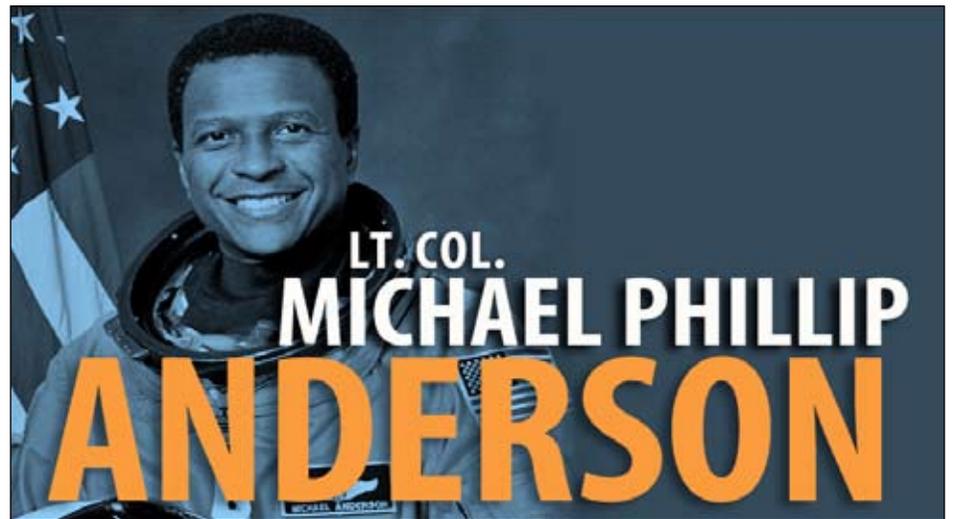
Keeping expired, unused, unwanted and potentially dangerous medications around the house or dorm brings with it a great amount of risk—risk to good health—risk of misuse and diversion—and ultimately risk to the Air Force mission. By getting rid of these items at this event, our homes and community become safer, medications are properly disposed of to minimize any impact to the environment, and significant risk to our mission will be averted.

Detective Eddie Garcia, 6th Security Forces Squadron chief of intelligence and investigations, will ensure there will be a police presence at the collection sites, however there will be no questions asked. Personnel will be available to answer any questions or address concerns.

BLACK HISTORY



African-American astronaut gave ultimate sacrifice during space shuttle mission



FORT GEORGE G. MEADE, Md. (AFNS) — Lt. Col. Michael P. Anderson was one of only a handful of African-American astronauts and was one of the seven crewmembers aboard the Space Shuttle Columbia when it exploded on re-entry just 16 minutes before its scheduled touchdown Feb. 1, 2003. His accomplishments were numerous, and he showed that nothing should get in the way of a person's goals, including their race.

He was born in December 1959, in Plattsburgh, N.Y., but considered Spokane, Wash., to be his hometown. His interest in and drive for becoming an astronaut started when he was just 2 or 3 years old, according to his father.

"He made model aircraft from the time he was a small boy until -- well, when he was at NASA, he was still making them," his mother said. "Science and aerospace, those were his things."

From the shows he watched on television to the classes he later took in school, Anderson always had his sights set on being an astronaut, according to his parents.

"He set his sights on it, and I think everything he did after that was focusing in that direction, hoping that one day he would get it," his mother said. "And, it worked."

He received his Bachelor of Science degree in physics/astronomy from the University of Washington in 1981, and also received his commission as a second lieutenant. He received his Master of Science degree in physics from Creighton University in 1990.

After completing a year of technical training at Keesler Air Force Base, Miss., he was assigned to Randolph AFB, Texas. At Randolph, he served as Chief of Communication Maintenance for the 2015th Communication Squadron and later as Director of Information System Maintenance for the 1920th Information System Group.

In 1986, he was selected to attend Undergraduate Pilot Training at Vance AFB, Okla. Upon graduation, he was assigned to Offutt AFB, Neb. as an EC 135 pilot, flying Strategic Air Command's airborne com-

DEAR WING MA'AM

From Page 3

1100, at the Youth Center on base. These playgroups are an excellent opportunity to socialize your child and meet other parents experiencing the same challenges, and joys, of parenthood. Playgroups are often enhanced through collaboration with local agencies like the Base Library and Gymboree. Themed holiday party playgroups occur throughout the year and are very popular amongst children and parents alike.

There is also a Baby Basics class designed for expectant parents and provides "hands-on" training on infant bathing and dressing, diapering and holding a baby. The class also covers sleep patterns, calming a fussy baby, feeding/burping, and signs of illness. Terrific Toddlers is another popular class for parent with toddlers and covers temper tantrums, effective discipline and potty training. Infant Massage is a wonderful way to help your baby grow healthy, physically and emotionally, and can help with a fussy, gassy or constipated baby.

For more information, call (813)827-9172 and ask about NPSP.

Settlement of estate

Army Maj. Jason Scott has been appointed as the Summary Court Officer (SCO) to handle the disposition of personal property of Army Sgt. 1st Class Michael J. Wiczorek.

Anyone indebted to or having a claim against the estate of Wiczorek should contact Scott at 813-529-3329 or jason.scott@centcom.mil.

DIAMOND SHARP



Senior Airman Marcus Zachary
6th Comptroller Squadron



Job Title: E-Finance customer service technician.

Hometown: Wichita, Kan.

Short-term goals: Finish my Community College of the Air Force degree, I'm only two classes away. And I just received my associates in business administration.

Long-term goals: Become a chief master sergeant.

Advice to others: Education is the best investment you can make in yourself.

Role models and why: Tech. Sgt. Hooks and Sharon D. Howard who told me to learn your rules and regulations and know your job and work at a level higher than you currently are.

NEWS/FEATURES



Arc-fault breakers the safer way

by Tech. Sgt. Richard Golen

6th Civil Engineer Squadron Fire Prevention

People do not think of electrical wiring as a danger, because it's out of sight behind the walls. That's a mistake, as out of sight should not mean out of mind when it comes to fire safety.

Electrical wires account for more than 50,000 home fires yearly, and \$1.5 billion in property damages. Seemingly innocuous acts, like driving screws into the wall to hang a picture or mirror, can pierce the wiring and cause damage that can lead to sparks or shorts that could start a fire.

One good fix is to replace your circuit breakers with arc-fault interrupters (found at your local home centers for around \$30). These breakers detect dangerous electrical arcs and abnormal sparks that signal bad wire insulation or loose connections and shut off power to the suspect wiring or electrical components before they have the chance to start a fire.

School hardship applications due Feb. 29

For those who live outside zip code 33621, hardship applications are due Feb. 29.

Applications are available at Tinker Elementary School and at Hillsborough County School District Office. Applications can be dropped at Tinker or sent to the Hillsborough County School District, ATTN: Terrie or Kim, Office of Student Planning and Placement, 901 E. Kenny Blvd. Tampa, FL., 33602, or fax to (813) 272-4039.

For more information contact Nelly Richards, 828-0146.

Airman & Family Readiness: Here for you

by Airman 1st Class Michael Ellis
6th Air Mobility Wing Public Affairs

In a building centrally located on MacDill Air Base, is a facility that caters to military members of all services and their families. The facility named after Madeline Tinker McCormick, the wife of the first commander (Gen. Clarence Tinker) of what later became MacDill Air Force Base, is filled of counselors with various lev-

els of professional degrees and experience that cater to the needs of Team MacDill and the local community daily.

The Madeline Tinker McCormick Airman & Family Readiness Center has many techniques and tools in their arsenal to help military members cope with the transition to MacDill and to assist with daily life occurrences.

Stress and military life often times go hand-and-hand. With deployments, moving from base to base, which means making new friends and establishing new relationships, transitioning schools/teachers, new church, sports club and the list goes.

The Airman and Family Readiness Center provides “comprehensive services,” said Dora Mayes, A&FRC counselor. “Wherever you go from one base to the next the A&FRC should be one of your first stops. If they don’t provide the service, they will be able to put you in contact with someone who does.”

Some of the many expertise of the A&FRC include financial counseling.

Finances, they’re great when you have them and headache when you don’t. The mismanagement of them have been known to causes much stress and added anxiety, in addition financial scarcity has had strong links to divorce among married couples in the U.S. The Airman and Family Readiness Center offers many tools and workshops to alleviate and/or prevent financial woes. Counselors at the A&FRC can: assist with creating or improving one’s budget, and can offer advice about saving or improving one’s credit.

For those in need of immediate assistance there are programs just for you. Emergency financial assistance provides aid for emergency travel, vehicle repair, rent or mortgage, utilities and more. The Air Force Aid Society, Army Emergency Relief and the Navy-Marine Corps Relief Society provide an interest free loan, a grant or combination of both based on the assessment of one’s level of need.

The Personal Financial Management Program offers long-term solutions to finances by providing the information needed to develop a budget and plan for a strong financial future. “People hire and pay a lot of money for life coaches because they have goals and things they want to accomplish in life. If you do that proactively instead of reacting you normally have a better attitude and a lot more success,” said Mays. For more information about financial assistance or counseling call 828-2215.

Wouldn’t it be great to be able to call a number any-

See **A&FRC, Page 26**



Dora Mays, a community readiness counselor, provides advice to an Airman, Feb. 16, 2015, at MacDill's military members center.



(Above and right) Personal Financial Management Program by the A&FRC.



Photo by Airman Basic David Tracy

Readiness consultant from the Airman & Family Readiness Center, gives support at MacDill Air Force Base. The A&FRC offers many support services to service members and their families.

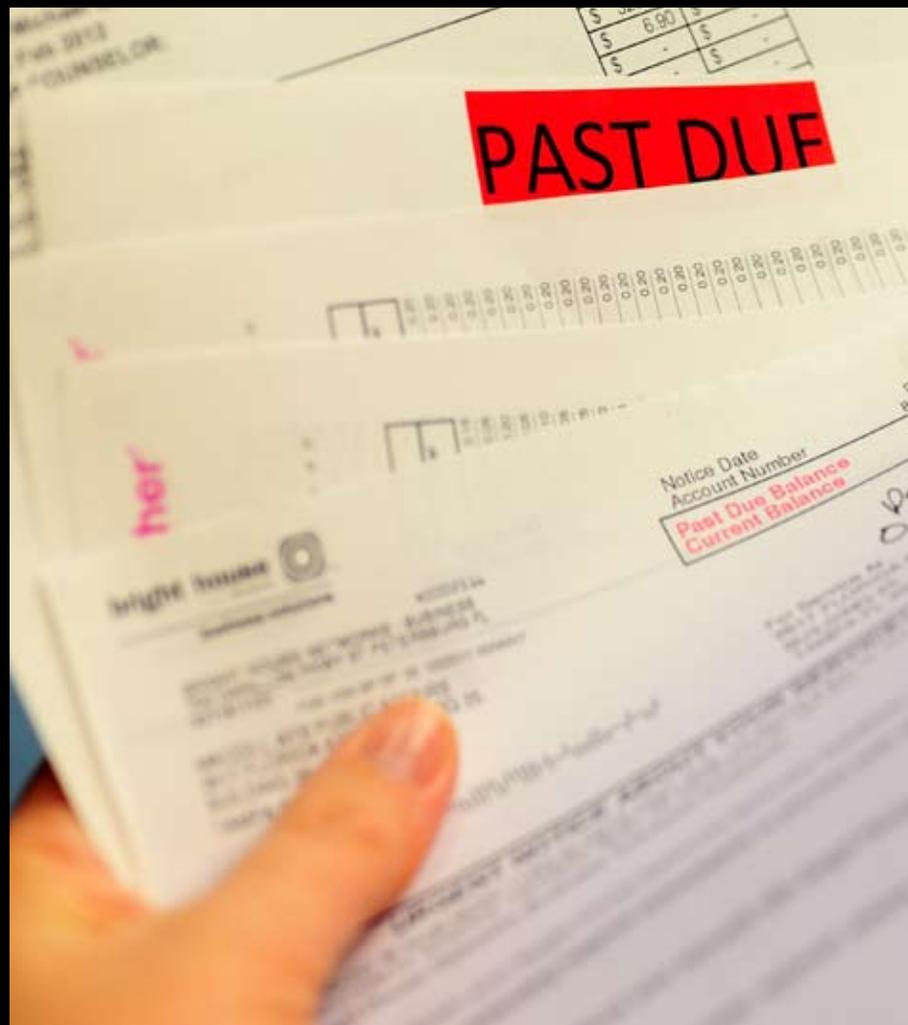


Photo by Airman Basic David Tracy

The Airman & Family Readiness Center offers services to assist with financial hardship, marital issues, deployments and many other factors in life that may cause stress.



Photo by Airman Basic David Tracy

Relationships and family relations counseling are other services offered



Photo by Airman Basic David Tracy

BLACK HISTORY

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mand post "Looking Glass."

From January 1991 to September 1992, he served as an aircraft commander and instructor pilot in the 920th Air Refueling Squadron at Wurtsmith AFB, Mich. From September 1992 to February 1995, he was assigned as an instructor pilot and tactics officer in the 380th Air Refueling Wing in Plattsburgh AFB, N.Y. Anderson logged more than 3,000 hours in various models of the KC-135 and the T-38A aircraft.

Selected by NASA in December 1994, Anderson reported to the Johnson Space Center in March 1995. He completed a year of training and evaluation, and was qualified for flight crew assignment as a mission specialist. He was initially assigned technical duties in the Flight Support Branch of the Astronaut Office. Anderson flew on STS-89 and STS-107, logging more than 593 hours in space.

Because of his focus on education, numerous scholarships around the world have been set up in his name, as well as several schools and libraries named after him, including Michael Anderson Elementary at Fairchild AFB, Wash.

Included in the nation-wide memorials is a life-size statue of Anderson in the middle of Riverfront Park, centered in the town he called home, Spokane. He is outfitted in his space suit and releasing a white dove -- representing peace and humility.

He was posthumously awarded the Congressional Space Medal of Honor, the NASA Space Flight Medal, the NASA Distinguished Service Medal and the Defense Distinguished Service Medal.

RESILIENCY

From Page 3

give you some praise,” she said.

The lesson is that not all worries are valid, but the course also teaches Airmen how to deal with real problems. One of the important coping skills they learn is that there is no problem they will face that many others have not already experienced, and that light follows the darkness.

Two of the most challenging elements of a young Airman’s life are deployments and financial strains. Without years of experience behind them, both can appear to be too much to endure for some, said Kentta.

“They are young and don’t have the life experience – haven’t learned to properly budget their money yet,” she said. “But these things happen and they are not anything that others are not dealing with.”

The next step, and a priority of Chief Master Sgt. Vicki Gamble, 6th Air Mobility Wing command chief, is for MRT at MacDill is to integrate it into training for NCOs, said Kentta, so leaders are better able to support their Airmen in time of crisis.

“Getting it (MRT) into NCO professional development courses is probably the next step,” said Kentta.

SPORTS

Sports with Mack Dill

by Mack Dill

Follow me on Twitter: @MackDill

Email me: Macdill33621@yahoo.com

Hey there Sports Fans. Well, it looks like this week is the week to be taking advantage of living in the great state of Florida. Yes, all of us native and transplanted Floridians will be at the heart of the sports universe as Baseball Spring Training gets ready to kick off, the Daytona 500 roars in, and Orlando hosts all of the festivities during the NBA All-Star Weekend.

The fun starts on Friday night with the **BBVA Rising Star Challenge**. If you're not familiar with this competition, it's all about the all-star rookies and sophomore sensations of the NBA. Although in years past, it's always been the rookies vs. the sophomores, this year they're shaking it up a bit and mixing the squads. So now the nine-man teams are Team Chuck coached by Charles Barkley and Team Shaq coached by Shaquille O'Neal. Believe it or not, I actually watched the draft process for this competition, and let me just say that's 12 minutes of my life I'll never get back. Nevertheless, it may be interesting to watch Team Shaq which is heavy with point guards square off against Team Chuck which is deep with the big guys. So on one side of the ball, look for great ball handling, some three-point shooting and great movement around the perimeter. On the other side, it'll be lots of rebounds and post play, but it may be pretty sloppy. If I had to make a pick for this one, I'd go with Team Shaq.

Also on Friday, you can tune-in to watch the **Sprint NBA All-Star Celebrity Game**. I checked out who is playing for the celebrities and I'm afraid that I may be spending too much time watching sports. I had no idea who most of these people were and why they were celebrities. Here's who's playing: Ne-Yo, J. Cole, Common, JB Smoove, Vinny Guadagnino, Kevin Hart, Javier Colon, Drew and Jonathan Scott, Jesse Williams, Mitch Richmond, Penny Hardaway, Nick Anderson, Tamika Catchings and Doug Gottlieb. Coaches for the teams will be Dwight Howard of the Orlando Magic for the East, and Kevin Durant of the Oklahoma City Thunder for the West.

After the games on Friday, All-Star Weekend celebrates with hosting the skills competi-

tions on Saturday. The Haier Shooting Stars Competition will showcase four three-person teams making shots from six numbered locations. Each team has to make all shots in the correct order and they have to do it in less than two minutes. Teams are made up of one current NBA player, one current WNBA player and one TNT on-air talent/NBA legend. Team Atlanta, last year's winner, will be taking on teams from Orlando, New York and Texas. Of all of the skills competitions, this is my favorite to watch simply because of the camera angles. They put the cameras right behind the players as they shoot, so you really get a sense of the distance each shot is and you get to see some great shooting form and fundamentals.

Then it's time for the **Taco Bell Skills Challenge** which is a two-round timed obstacle course consisting of dribbling, passing and shooting stations. The top three times of round one go on to the final round to compete for the title. Officials can even go to instant replay to check for clarification of the rules and compliance. Last year's winner, Stephen Curry of the Golden State Warriors will be defending his title against Kyrie Irving of the Cavs, Tony Parker of the Spurs, John Wall of the Wizards, Russell Westbrook of the Thunder and Deron Williams of the Nets.

For the third skills competition of the night, it's the Foot Locker Three-Point Contest. Miami's James Jones is returning to defend his title from last year against fellow teammate Mario Chalmers, Atlanta's Joe Johnson, Minnesota's Kevin Love, Orlando's Ryan Anderson and New Jersey's Anthony Morrow. In this fast-paced competition there are five stations set up around the 3-point line and each person gets one minute to shoot as many shots as possible. Watch for the red, white and blue balls. They are worth two points and will make a big difference. Top three move ahead to the final round to compete for the title.

And then it's time for the **Sprite Slam Dunk Contest**. The format for the competition has been changed this year and now it will only be a single round competition, and the winner will be decided based on votes received for each player via Twitter. Each player will get to attempt three dunks. Voting opens after each player has completed one dunk. This year, the participants are all first-timers and it's virtually a "Who's Who" of the NBA because you



COMMENTARY

From Page 2

of yourself physically and emotionally is another way to help keep your mind and body healthy so that you are prepared to cope when adversity strikes. Exercising is a great way to ease stress, as is taking a walk through nature or doing something nice to treat yourself. Good physical health lends itself to good mental and overall health.

5. Resilience also requires flexibility and balance in life as you deal with the emotional rollercoaster that comes along with stressful and traumatic events. There are many resources available to help us fill our boxes with tools to ease the pain of traumatic situations. These

SPORTS

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may be asking yourself that question for each player. Seriously, who are these guys? Don't be looking for last year's winner, Blake Griffin or everybody's favorite showboat, LeBron James. Instead, the participants will be Chase Budinger of Houston, Paul George of Indiana, Iman Shumpert of New York and Derrick Williams of Minnesota. Actually, it'll be refreshing to see some new faces, so check it out.

Finally, on Sunday, it's time to see the **61st NBA All-Star Game**. Starting for the East is Derrick Rose of Chicago, LeBron James and Dwayne Wade of Miami, Carmelo Anthony of New York and Dwight Howard of Orlando. Starting for Los Angeles, I mean the West, is Kobe Bryant and Andrew Bynum of the LA Lakers, Blake Griffin and Chris Paul of the LA Clippers and Kevin Durant of Oklahoma City. All things considered, this is still an all

resources include the chaplain, support groups, books, on-line resources and mental health providers. There are even resiliency applications for smart phones available both for purchase and for free. Each of these resources offers varying degrees of support along with varying degrees of professional expertise and help in building our resiliency tools.

Whether you face the slopes of life head on or you slide down the hill, the point is to reach the bottom of the hill. With the right resources and approach, even the sliders can someday become the triple black diamond skiers, bumps and all.

star game so don't expect too much drama. The good news is that it'll be much more entertaining than the NFL's Pro Bowl, but probably not as interesting as Saturday's National Lacrosse League All Star Game being shown on ESPN3.

Additionally on Sunday, there's a little thing called the **Daytona 500** that you might want to check out. Apparently, there's a fair amount of drama surrounding the event including Danica Patrick seeing if her Indy Car skills translate to NASCAR and whether or not Jimmie Johnson is using illegal parts on his car. Based on how last season ended, you may see more fist fights than crashes. Gotta love NASCAR.

So that's about it for this week. You'll have plenty of fun stuff to watch, and it's all happening in our backyard. Enjoy!



EVENTS

Friday

Surf's Edge Club

A Taste of the Orient Membership Dinner from 5:30-9 p.m. Members: FREE; Non-Members: \$14.95.

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

Hot Breakfast by the Bay from 7-9 a.m. All guest \$6.95. Club Members & FamCamp Residents FREE. Spouse of Club Member: \$5.95.

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 Thu: Mexican Fri: Americana

Monday-Friday

SeaScapes Beach House

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

Tuesday

Airman & Family Readiness Center

Job Search Techniques & Strategies from 9 a.m.- 12 p.m. Provides information on the most and least effective job search techniques, understand how to develop an effective Career Search Campaign Strategy, understand how to effectively market yourself to employers' in order to obtain as many as interviews as possible.



Photo by Airman Basic David Tracy

Performers from Team MacDill act in a play titled "The Tea Party," Feb. 22, at MacDill Air Force Base. The play was staged as part of MacDill's Black History Month celebration and highlighted phenomenal African American women throughout American history and today.



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

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



EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE

A&FRC

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time of the day or night and be able to speak to a knowledgeable individual who will listen and provide feedback on any topic you wanted, for free?

Well, if you feel like you just need to talk to someone but don't want to go through the hassle of making an appointment and sitting in a waiting room to be called, Military Family Life Consultants might be the answer for you. MFLC provide non-clinical counseling to military members and their families, retirees and civilians about a wide range of life issues. The services the MFLC offer are confidential and private, except for duty-to-warn. Some of the many topics include: relationships and marriage enrichment, work-related issues, parenting, anger and stress management, deployments, grief after loss, crisis intervention, relocation adjustment and reintegration. To contact the MFLC confidential direct lines call (813) 426-4145/731-6133.

Military life can sometimes be just as or even more difficult for family members.

"Moving can be especially hard for families

with special needs children. They have doctors they're already seeing at their duty stations so permanent changes of station are especially hard and stressful," said Elaine Williams, A&FRC receptionist.

The A&FRC Exceptional Family Member Program offers resources/referrals, support groups and informational fairs to families with special needs. The EFMP can connect you with local events and activities on a weekly basis and through a monthly email newsletter, for more info call 828-0122.

Another program specifically designed for military families is the Key Spouse Program.

"The Key Spouse Program is definitely one of our tools we use to address potential stressors. Their primary responsibility is to deal with deployed families members, but they also assist families in general," said Mays.

The Key Spouse Program makes contact with 100 percent of the families of deployed members from MacDill.

"They inquire about services or resources available and keep the family informed about

happenings on base. They are a mediator between the commander and the family member," said Mays.

For more info on the Key Spouse Program contact Kris Keyser, 828-0122.

The Airman and Family Readiness Center is open Monday through Wednesday, and Friday from 8 a.m. to 4 p.m., and on Thursday from 11 a.m. to 4 p.m. Their phone number is 828-0145, and there is information and a monthly events calendar on their website, <http://www.macdill-fss.com/mainmenusub-ss.aspx?SectionID=305>. For those who live in Brandon area, the Brandon Airman and Family Resource Center is there to assist, for more info call 655-9281.

"Even positive situations such as the birth of a child can lead to stress because it causes environmental changes. During times of transition, increase in intensity at work or changes at home, are peak times to be on high alert for stress. Be proactive and self aware when it comes to stress, and remember the Airman and Family Readiness Center is here to help," says Mays.