



C M Y K



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MacDill

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THUNDERBOLT

www.macdillthunderbolt.com



MacDill Air Force Base welcomes AMC Phoenix Rally

COMMENTARY



Milestones

by Col. Lawrence Martin
6th Air Mobility Wing commander

As we prepare to welcome General Lichte and Air Mobility Command leaders for the command's Phoenix Rally conference and all of our friends and neighbors in Tampa to AirFest '09, I'm very proud to showcase the outstanding people and teams we have here at MacDill AFB. Our visitors will get to see what I witness every day Milestones

— phenomenal professionals committed to excellence in all they do as they serve the nation and get the mission done.

My pride in our wing was reinforced by recent accolades earned by several 6th Air Mobility Wing squadrons. Our Contracting, Comptroller and Security Forces Squadrons each earned recognition as the best in Air Mobility Command (we're still hopeful about several other squadron competitions yet to be announced). The 6th/927th Aircraft Maintenance Squadron not only earned best in command honors, but garnered the 2008 Air Force Maintenance Effectiveness Award (Small Unit). Our wing has also been awarded numerous individual and small team honors at the command and Air Force level. All of these winners share several common traits—

engaged, proactive leadership, unmatched mission accomplishment, innovative use of their resources and steadfast devotion to serving the larger community.

We celebrated our wing 2008 individual award winners this past Friday evening at a spectacular annual awards ceremony. I was incredibly impressed with all of our nominees and did not envy our awards panels—they certainly had many difficult choices to make in selecting our award winners. Again, these great professionals epitomized our Air Force Core Values both in their individual achievement and by leading those around them. By the raucous cheers Friday night for each of our nominees and winners, we know the lasting, positive impact they have made to their families, units, our base and the community.

Competition for recognition in our Air Force is steep because we're blessed to have awesome people who align their great drive and talent with our mission every day. While we might be disappointed that some of our people and teams did not "win" this year, we still need to celebrate their performance and accomplishments as they continue to get our mission done.

As important as these honors might be, our journey does not



Col. Lawrence Martin and Tampa Mayor Pam Iorio at last week's annual awards banquet honoring top performers of the 6th Air Mobility Wing.

end here. We should always remember these awards are just milestones on a larger road we all travel to a higher calling. While the excellence typified by these awards does matter, we cannot lose sight of our real purpose—we must always tie our individual and team efforts to our mission and serving others. The quest for awards or promotion for their own sake alone is a hollow, empty path.

I know our winners have tak-

en the more honorable road by witnessing their stories, the comments of their wingmen, supervisors and commanders and their devotion to our mission and the Air Force. Please take a moment to congratulate them for their great work and look to them as examples, but know that we all still have much work to do. Keep driving on our journey—our nation, our mission, and our people demand and deserve our very best.



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)

MacDill Thunderbolt

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Deadline for article submissions is noon, Thursdays to appear in the next week's publication. Articles received after deadline may be considered for future use. All submissions are considered for publication based on news value and timeliness.

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.



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Events, Chapel schedule, more...

Air Force Assistance Fund kick off

by Airman 1st Class Katherine Holt
6th Air Mobility Wing Public Affairs

The Air Force Assistance fund kicked off Tuesday at 6 a.m. with a leprechaun and volunteers spread throughout the base promoting AFAF with signs and posters urging Team MacDill members to donate this year and receive a free box of Krispy Kreme donuts.

“Our main goal was to start the campaign on the right foot,” said Maj. Emily Farkas, 6th Air Mobility Wing AFAF point of contact. “We mostly want to bring awareness that the campaign has started.”

The AFAF provides services in the form of the Air Force Aid Society, Air Force village, Air Force enlisted village and the General and Mrs. Curtis E. LeMay Foundation. The AFAF also sponsors the Gen. Henry Arnold education grant for children of active duty, retired, reserve and Title 10 Air Force National Guard to fund tuition, books, fees and other curriculum required materials.

To continue supporting Airmen and their families, the AFAF holds an annual campaign which begins Monday and continues through April 24. This year’s campaign slogan is “Commitment to Caring.”

“MacDill AFB’s goal is to raise \$76,000,” said Major Farkas. “This includes all mis-



Photo by Airman 1st Class Linzi Joseph

Master Sgt. Oscar Aragon, 6th Maintenance Operation Squadron flight chief, gives doughnuts to Maj. Travis Biggar, United States Special Operations Command acting director of cost, in exchange for his donation to the Air Force Assistance Fund Monday.

sion partners, not just the wing.”

Contributions to the fund can be made through payroll deduction, for active duty members, or through cash, check or money order. To contribute to the AFAF, contact your unit’s project officer.

Any member wishing to use the AFAF can do so at any military installation or American Red Cross chapter. Members from other branches can also access funds through the AFAF, to be reimbursed through the respective fund.

Japan valuable coalition partner

by Maj. Cristian Popovici
Romanian Air Force, Coalition Public Affairs

A reliable US partner in Global War on Terror is Japan.

In Coalition Coordination Center Japan is represented by a military liaison team led by Navy Capt. Fukaya, the Senior National Representative.

Born in Kure-city in Hiroshima prefecture in November 1963 he joined the Japan Maritime Self Defense Force in March 1986 after graduation from the Hiroshima University majored the Ethics.

He was commissioned as ensign in March 1987.

His specialty is submariner and he had commanded the JDS SACHISHIO (SS582) from March 2003 to June 2004.

His experience abroad include the United Nation’s peace keeping operation in Mozambique from November 1993 to June 1994 and as the liaison officer for the United States Pacific Fleet in Hawaii from August 2004 to 2006.

Capt. Fukaya is married with three children who currently live in Tokyo.

I asked him to share with the *Thunderbolt* readers a few aspects about his country and his perception about the US and the mission he is performing here in the Tampa Bay area.



Courtesy photo

The Japan Liaison Team at U.S. CENTCOM is Lt. Col. Takada (left), and Capt. Fukaya, SNR.



Sexual Assault Prevention and Response awareness kicks off

By Dr. Eliza Zimmerman

6th Air Mobility Wing Sexual Assault Response Coordinator

The MacDill AFB Sexual Assault Prevention and Response Community Partnering event took place Monday, Mar. 9 with a tour of the SAPR Building and working lunch at the VIP Lounge of Seascapes Restaurant to discuss Sexual Assault Awareness Month campaign scheduled for Apr. 16.

This year's 2009 SAAM Campaign theme is "My Strength is for defending", training will focus on Bystander Accountability and how to be a Proactive Bystander.

It is a milestone collaborative effort to in-

crease sexual assault prevention and response. Invited guests hail from the following organizations, the Veterans Administration, Veterans Hospitals and the Tampa Bay Crisis Center.

Among those who attended were Capt. James L. Danner, CENTCOM Chaplain Corps, Capt. Kim Bowne, CENTCOM, Mr. Ronald Nelson MAJCOM SARC Scott AFB, Dr. Debra Goldsmith of the Women's Veterans Clinic at James Haley VA Hospital, Ms. Elaine Westermeyer Women's Veterans Coordinator Veterans Benefits Administration, Ms. Larri Gerson Women's Veteran Coordinator State of Florida, Ms. Lisa R. Shoemaker Bay Pines Military Sexual Trauma Coordinator and Tom Mueller Director of Tampa Bay Crisis Center Learning

Center.

The Community Partnering event began with awarding SAPR Victim Advocates Master Sgt. Victor Santana, Sufianu Ajose and Tech. Sgt. Michelle Kehoe with a letter of appreciation signed by Col. Matthew Arens, 6th Air Mobility Wing Vice Commander, for three years of volunteering to support Victim Advocates, participating in Sexual Assault Awareness Month training, the MacDill Health Fair and other training incentives.

This meeting will strengthen our community partnership with organizations that provide sustainable supportive services for military members and increase awareness of the services available.

Dry mouth awareness will help maintain readiness

by Maj. Aura M. Cisneros

6th Dental Squadron general dentist

Have you ever asked yourself what saliva is and why it's important?

Saliva is the clear, somewhat viscous secretion from three major saliva glands of the mouth: the parotid, sub maxillary and sublingual. Saliva consists of primarily water, but also contains enzymes, proteins, small organic molecules and electrolytes.

Saliva provides a "first defense" against chemical, mechanical and infectious attacks.

It helps digest food, protects teeth from decay and prevents infection by controlling against bacteria and fungi in the mouth.

Pay attention to this: without enough saliva you can lose your teeth to tooth decay at a very young age, or develop other infections in the mouth. You also might not get the nutrients you need if you cannot chew and swallow food.

Have you heard about Xerostomia or dry mouth?

Xerostomia is the subjective feeling of oral dryness. It is not a disease but a symptom with multiple causes. Everyone has a dry mouth once in a while (if you are nervous, upset or under stress). Your saliva also naturally decreases at night

which can allow the growth of harmful bacteria and plaque.

Do you know how dry mouth can affect you?

Dry mouth can be uncomfortable and can lead to serious oral health problems.

It can cause difficulties in tasting, chewing, swallowing, and speaking.

Dry mouth can increase your chance of developing dental decay and other infections in the mouth that can be sometimes irreversible, uncomfortable, and

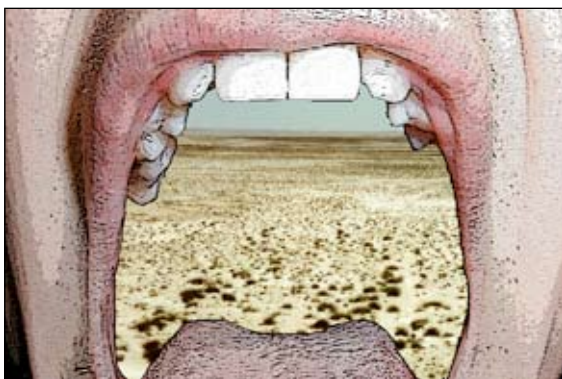
painful. Perhaps, may interfere with your dental readiness.

Being cavity-free is part of readiness!

Be aware that there are several reasons why these salivary glands might not work.

People get dry mouth when the glands in the mouth that make saliva are not working properly. Because of this, there might not be enough saliva to keep your mouth wet.

Be aware of side effects of medication. As you get older, you tend to take more and more medications such as prescription drugs for high blood pressure, depression, sedatives, antipsychotics, antidepressants, diuretics and many herbal preparations such as Salvia, garlic, capsicum, Ginkgo Biloba, and St. Johns' Wort. Caffeine is well recognized as a cause of



Graphic by Nick Stubbs

Calling on all to help prevent child abuse

by John Navarro

Family Advocacy Outreach Program Manager

April is Child Abuse Prevention Month. I challenge all good citizens to help prevent child abuse.

Child abuse prevention is the responsibility of the entire community. Perhaps the first step in preventing child abuse is to outline what the law defines as abusive. The most commonly accepted definition of child physical abuse is physical force that leads to physical injury. This most commonly occurs when a parent or caretaker administers excessive corporal punishment (spanking) to a child for misbehavior, and the child suffers an injury. Although the law provides that parents may use corporal punishment to discipline their children for misconduct, it does not allow use of an instrument (belt, cord, etc.) nor does it accept injuries caused by corporal punishment.

A portion of society believes that the current laws restricting the use of corporal punishment have undermined a parent's capacity to control an unruly child, as anecdotes like "spare the rod and spoil the child" continue to be part of the belief system of many people. In fact, some parents believe that current Child Protective Service guidelines and state laws, cause parents to be afraid to discipline their children due to the possibility of having their children taken away, should they be found to have used excessive force. Although these views may have some validity, abuse is still considered to occur when excessive force is used when disciplining a child, whether using one's own hand or another household item. If this use of force results in a bruise, welt or serious injury, you will be held accountable. In the state of Florida, all child abuse is a felony-level crime.

Parental authority is a critical element in maintaining order and family values within the context of ev-



MacDill putting prototype PT uniform to test

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) — A prototype physical training uniform for the Air Force is undergoing wear testing here, the Pentagon and MacDill AFB, Fla.

The new design was introduced last month at the three sites for 185 males and females of various sizes, ethnic backgrounds, officers--including 42 general officers, and enlisted, to wear during PT three or more times a week. At the end of this month, the Air Force Uniform Office here will evaluate the uniform's performance from feedback provided by the wearers.

Capt. Nick Ferry, program manager for the PT uniform, described it as "100 percent polyester with a moisture management system and an anti-odor lining."

He added that the prototypes differ from the current PT uniform in features including: no hood or vents, better reflectivity, decreased noise and lighter weight. The uniform consists of a jacket and slacks, T-shirt, and tapered shorts with pockets and comfortable liner.

Emphasizing that the uniform still is in testing, Captain Ferry said that wearers initially "loved the fabric." He added they also "appreciated the longer length in shorts and the better fitting liner."

Captain Ferry said that volunteers were carefully measured, and they were required to wear the uniforms during PT activities.

"We have the whole gamut of what people do in PT," he said. "We have the three-times-a-week Airmen, and we have people who exercise longer, such as marathon runners. We require the volunteers to keep logs of exercise and laundry cycles."

The prototype uniform laundry instructions include washing in cold water using mild detergents, and not using fabric softeners or dryer sheets since chemicals from these could clog the pores of the uniform's polyester material and adversely affect performance.



Photo by Bonnie White

Master Sgt. James Lynn (left) and Capt. Nick Ferry workout in the uniforms that are currently being tested at MacDill. Sergeant Lynn is a subject matter expert and Captain Ferry is the manager for the PT uniform. Both Airmen are with the Air Force Uniform Office.

Since 1947, the AF Uniform Office here has been dedicated to giving Airmen the highest quality uniforms for them to accomplish their missions.

The PT uniform currently in use was adopted in 2004 from an Air Force Academy design, and technicians here modified it for general Air Force use. Feedback on the uniform's heat, weight, and discomfort when compared to exercise clothing available commercially led to creating the new uniform.

The wear test is scheduled to end March 31.

FITNESS



NATIONAL NUTRITION MONTH 2009



MacDill AFB, Florida

- **Soar into Shape MacDill**
 - Be the Biggest Winner wellness challenge
- **Tamp Bay Bicycle Challenge**
 - Ride your bike to work or on errands and log your miles!
- **Commissary Tour**
 - 12 Mar 0830-1000
- **Sports Nutrition Workshop**
 - 17 Mar 0800-0930 at the HAWC
- **Healthy Cooking Demo**
 - 19 Mar 1130-1300 at the HAWC
- **Fruit/Veggie Fear Factor**
 - 25 Mar 1130-1300 at the Commissary
- **Operation: Fruit**
 - 31 Mar 0800-1000 at Tinker Elementary

BASKETBALL COURT CLOSURE

25 – 27 MARCH
0700 – 1700
FOR AIR FEST
TRAINING



BRIEFS



Youth Spring Soccer Registration

Youth Spring Soccer Registration has begun and will continue until Apr. 13. Children ages 5 to 11 can participate. The fee for members is \$30 and the fee for non members is \$45 and will be collected at the time of registration. Copies of child's birth certificate, shot record and current sports physical are required to register. There will be a mandatory parents meeting prior to the start of the season. Coaches and referees are still needed! Contact Pete Schmidt at peter.schmidt-02@macdill.af.mil or call the Youth Center at 828-7956/57 for more information.

Brandon Valrico Rams Youth Cheerleading and Football

Children between the ages of 5 and 16, as of July 31, are invited to register with the Brandon Valrico Rams cheerleading and football. Coaches and volunteers are also welcome. Registrations are at 510 E Sadie St Brandon, FL 33510 from 10 a.m. until 2 p.m. on Mar 21, Apr 18, May 16 and June 21. Limited roster spots are available. Visit www.brandonvalricorams.com or call 813-571-5767 for more information.

Free Music Lessons

Villano Music will give free music lessons to the children of men and women currently serving in any branch of the armed forces. We will help you get an instrument to use if you need one. Please call Randall or Leonard at 727-394-2122 for more information.

Coaches needed!

The Youth Center is looking for individuals interested in coaching all youth sports (basketball, soccer, baseball, cheerleading, etc) as well as, officials, umpires and referees. Basketball season is in full swing and individuals are needed to call the games. Any help is appreciated. Games where help is currently needed are played Saturdays at 12:00 & 1:00 pm. If interested please contact Peter. Schmidt-02@macdill.af.mil or call the Youth Center at 828-7956.

HCC Course Offerings

Hillsborough Community College is offering Ethics, Public Speaking, and Introduction to Sociology on an accelerated weekend schedule. These courses are applicable towards a Community College of the Air Force degree. The courses run from Apr.3 through May 4 on Saturdays and Sundays. Please visit www.hccfl.edu or call 813-840-0660 or stop by the Education and Training building and visit with a HCC representative.



AirFest 2009: Information to know

Thunderbolt Staff Report

The MacDill AirFest 2009 is just a week away! Admission and parking for the event are free. The official open house is Saturday and Sunday.

Listed below is some helpful information and tips to make everyone aware of what the AirFest will include and to ensure safety of all who are in attendance. This will help ensure everyone's visit to MacDill for AirFest 2009 will be a great experience.

Gate Information:

The Dale Mabry Gate and the MacDill Gate are open to the general public from 8 a.m. to 5 p.m. March 27 and 28. Once the spectator parking lots are full on base, the gates will be closed to motor traffic and foot traffic only.

These gates are not recommended for base personnel. All vehicles entering through these gates will be directed to the spectator parking lots -- no exceptions.

The Bayshore Gate is open to military ID card holders, base housing residents and individuals with distinguished visitor passes from 4 a.m. to 11 p.m. The general public is not authorized entrance to base through this gate and will be denied

access and redirected to the appropriate gate.

The Tanker Way Gate is not open to the general public.

Parking:

There is "open" parking available for MacDill personnel entering through the Bayshore Gate; however individuals will be restricted to the south side of the base.

AirFest attendees will be directed by security personnel on where to park and are reminded to drive slowly and watch for uniformed personnel as they drive around the base.

FlightLine Entrance:

There is only one general public entrance to the flightline. It's located on the North Ramp.

Base personnel entering through the Bayshore Gate can access the flightline via the gate located on Condor Street at the southeast corner of Hangar 5.

There is no parking on Condor Street -- individuals are reminded not to park in this area because vehicles will be towed at the owner's expense.

Rules/Expectations:

All AirFest attendees must not bring

See AIRFEST, Page 12

MacDill AFB
AirFest
2009

Featuring the
USAF Thunderbirds
March 28 and 29

Open to the Public
Free Admission
Gates Open: 8 A.M.
Show: 9 A.M. - 5 P.M.
For more information call 813-828-SHOW
WWW.MACDILL-AIRFEST.COM

The poster features a USAF Thunderbird jet in flight, the USAF Thunderbirds logo, and a city skyline over water.

AIRFEST

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prohibited items to the show. This includes weapons of any kind, coolers, glass containers, pets, bicycles, roller blades, skateboards, scooters, fireworks and large tote bags. Bicycles, roller blades, etc., are acceptable modes of transportation to the event, however, they will not be allowed on the flightline.

There is no smoking on the flightline, around the aircraft displays or in the hangars. Signs will be posted to distinguish the designated smoking areas.

Alcoholic beverages are not authorized to be brought on base.

Military members are responsible for their family members and guests.

What to Bring:

Sunny skies and warm weather are expected for AirFest weekend, individuals are reminded to bring and drink plenty of water to help stay hydrated during the event. Sunscreen, head protection (hats), hearing protec-

tion, beach chairs and cameras are also good items to bring with you.

No Hat/No Salute:

The flightline is designated as a no hat/no salute area. However, military personnel in uniform are reminded to render proper customs and courtesies during the playing of the National Anthem. The U.S. SOCOM parachute jump team will be descending with the American flag during the opening flag ceremonies. During the National Anthem, personnel should face show center direction and render a proper salute. It is customary for individuals in civilian attire to place their right hand over their heart during the playing of the anthem.

First Aid Station:

The first aid station is located inside Hangar 3 for individuals who may require medical assistance or a band-aid.

Safety:

It's everyone's business. Safety is para-

mount for everyone at MacDill. If you observe anything questionable or an unsafe practice, (reckless golf cart driving, aircraft configurations, individuals who are smoking on the flightline or in the hangars) you should attempt to correct the situation, if within your means. Security personnel or military personnel in uniform will be visible on the flightline and should be notified immediately if the situation continues.

Emergency:

In the unlikely event an emergency evacuation should occur on the flightline, all uniformed personnel are required to assist in ushering the general public through the main flightline exit on the north ramp to the wash rack.

Attendees are advised to stay in close contact with family members and to know their whereabouts at all times. Small children should remain with parents during the event.

Top MacDill performers for 2008 honored

by Airman 1st Class Katherine Holt
6th Air Mobility Wing Public Affairs

The top MacDill members of the year were announced Friday, Mar. 13 at the Surf's Edge Enlisted Club during the 6th Air Mobility Wing 2008 Annual Awards banquet.

The evening began with the arrival of the nominees, escorted by their guests through a saber cordon provided by the 6th Air Mobility Wing Honor Guard, as more than 200 attendees cheered.

Of the more than 50 nominees, 10 were selected as the top in their respective categories. The Airmen, NCOs and senior NCOs will go on to represent the wing in Air Mobility Command annual awards and eventually vie to be named one of the Air Force's Twelve Outstanding Airmen.

Pam Iorio, the Mayor of Tampa, was the guest speaker.

"To be among all of you and talk about leadership is odd because I am among so many leaders," said Mayor Iorio.

Following the announcement of the winners, Col. Larry Martin, 6th Air Mobility Wing Commander, gave his closing remarks.

"The men and women you see before you epitomize the core values that make the Air Force what it is today," said Colonel Martin. "Let this be a milestone in your career, not the end."

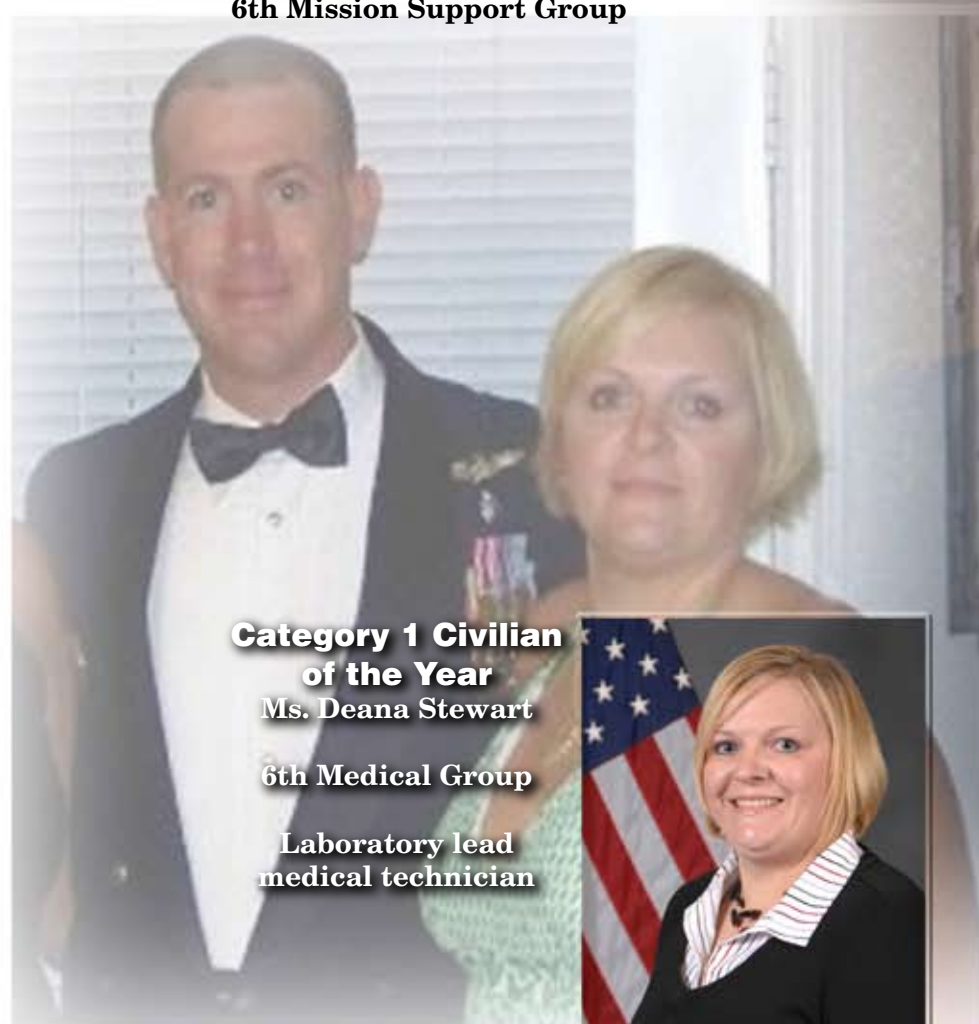
Not Pictured: CGO of the Year
Capt. Matthew Ballanco
6th Mission Support Group



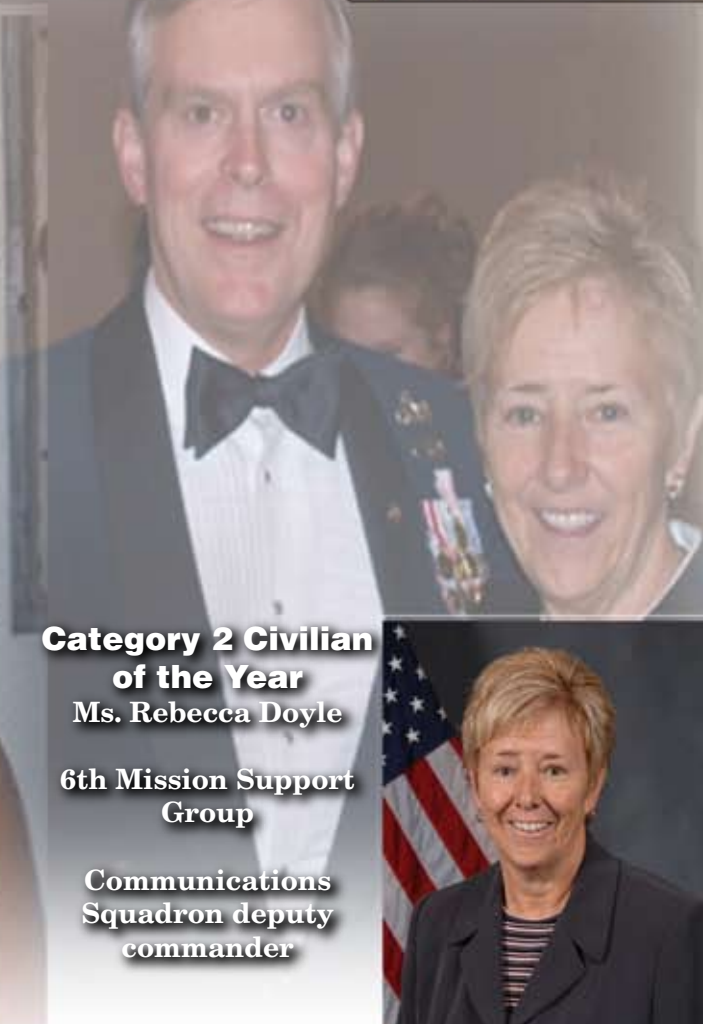
Airman of the Year
Staff Sgt. Samantha Love
6th Mission Support Group
Assistance NCOIC of Circuit Actions



NCO of the Year
Tech. Sgt. Eric Johnson
6th Maintenance Group
Education and Training Manager



Category 1 Civilian of the Year
Ms. Deana Stewart
6th Medical Group
Laboratory lead medical technician



Category 2 Civilian of the Year
Ms. Rebecca Doyle
6th Mission Support Group
Communications Squadron deputy commander



Category 3 Civilian of the Year
Mr. Edward Simm
6th Mission Support Group
Specialized Acquisition flight



Senior NCO of the Year
Senior Master Sgt.
Lisa Poss
6th Medical Group
Resource Management
Flight superintendent



First Sergeant of the Year
Senior Master Sgt.
Craig Neri
6th Mission Support
Group
6th Force Support
Squadron First
Sergeant



**Honor Guard
Airman of the Year**
Airman 1st Class
Timothy Quinn
1st Logistics Readiness
Squadron
Fuels Operator



Honor Guard NCO of the Year
Tech. Sgt. David
Wakeman
6th Mission Support
Group
Security Forces
member





Diamond Sharp



Airman Hoon Choi 6th Aircraft Maintenance Squadron

Job Title: Crew Chief

Home town: Portland, OR

Short-term goals: Be more knowledgeable and experienced with my job.

Long-term goals: travel all around the world.

Advice to others: Try to have a good attitude.

Role model (s): Parents, because they taught me good morals and values.

Why did you join?: Mainly to serve my country, but to face my fears and challenge myself.

DRY MOUTH

From Page 4

xerostomia.

Be aware of diseases that can affect the salivary glands. Sjogren's syndrome, HIV/AIDS, diabetes, sarcoidosis, tuberculosis, Bell's Palsy, thyroid disease (hypo and hyper), cystic fibrosis, late stage liver disease, eating disorders (anorexia, bulimia, dehydration) and Parkinson's disease can all cause dry mouth.

Be aware of treatments. The salivary glands can be damaged if they are exposed to radiation during cancer treatment like radiotherapy to the head and neck. Also, drugs used to treat cancer can make the saliva thicker, causing the mouth to feel dry and also causing difficulties in speaking.

Be aware of symptoms:

- A sticky, dry feeling in the mouth including sleep interruptions due to thirst
- Problems with chewing, swallowing, tasting, or speaking
- Halitosis/mouth odor, gum inflammation, caries and susceptible to decay
- A burning feeling in the mouth or tongue irritation, cracked lips, mouth sores
- difficulty in wearing dentures/prostheses.

Tips for Managing Dry Mouth

- If your dry mouth is caused by medicine, ask your physician to change your medicine or adjust the dose.
- Visit your dentist regularly for cleanings and request fluoride treatments.
- Maintain meticulous oral hygiene using a toothbrush, dental floss, mouth rinses and home care fluoride therapies.
- Chew sugarless gum.
- Avoid alcoholic, carbonated, citrus and caffeine-containing drinks.
- Apply lip lubricants or balms as required.
- Drink liquids with meals and use gravies, sauces, yogurt, broth, margarines, and mayonnaise to make food easier to swallow.
- Puree foods or try soft foods like macaroni and cheese, stews, mashed potatoes, soup, scrambled eggs, cottage cheese, canned fruits and vegetables, yogurt and ice cream.
- Avoid dry foods such as cookies, toast and crackers, or soften them with liquids before eating.
- Carry a small water bottle so you can take frequent sips during the day.
- Suck sugarless hard candies (avoiding those with citric acid).
- Avoid overly salty foods.
- Avoid chewable vitamin C and acidic, sugared lozenges.

Check and ask for the dental products that might fit better with your condition:

Avoid alcohol content rinses; use non- alcohol rinses (e.g. Oasis from Sensodyne, Pro-health from Crest, Biotene from Laclede).

Use fluoride therapies at least once a week (e.g. Gel-Kam from Colgate, Stop from Oral-B).

Don't limit yourself - use inter proximal toothbrushes, water picks, thicker flosses as Super floss and see which works best for you!

ABUSE

From Page 4

eryday family life. However, the role of “parent” is not an exclusively authoritarian role. Parental influence is achieved when a child senses that a parent tempers anger with compassion. Positive parenting involves the use of praise and reward after a child complies with parental expectations. Positive parenting also reinforces the concepts of love and respect, frequently using the voice of reason. Most child abuse is committed by well-mean-

ing parents who are at their wits’ end and find themselves “losing control” in frustration and anger. All parents are encouraged to develop a parenting plan, including strategies for teaching a child to have respect for society’s laws. The parenting process requires us to help build our child’s self-esteem and personal pride by using positive parenting techniques.

The fact remains that parenting is the

toughest job in the world. There is no single guidebook or simple solution to help us succeed in the difficult responsibility of raising children to be productive members of society. The MacDill community has a host of services and resources available to help families. We encourage you to take advantage of the assistance that is available to you. For more information, please contact the Family Advocacy Program at 813-827-9172.

JAPAN

From Page 3

Q: Capt. Fukaya, please give us a brief presentation of Japan.

Japan is the chain islands country surrounded by ocean with four big island, Honshu, Hokkaido, Kyushu and Shikoku and approx 7,000 small islands. Each region has a unique temperature climate with four seasons.

Capital city is Tokyo and total Japan population is 127, 67 million people.

Human civilization arrived on the Japanese archipelago in 33,000 B.C. and firstly united by the early government in 3rd century. The Imperial Family has reigned for about 1,500 years (if include the mythical era, more than 2,600 years) and Akihito, the present His Majesty the Emperor is the 125th. Throughout the long and relatively stable history, Japan has created various of original art, study, modeling, sports, entertainment, techniques etc..

Q: What is the core of Japanese culture?

Japanese has a strong tendency to respect the special workmanship and basic education

for children. It becomes the basic for several high-technology industry i.e Automobile, Electronic device or camera etc.. Also, Japanese Sub-culture including the animation, cartoon or videogames influence on the world.

Major language is Japanese and literacy rates are more than 99%.

Also, the average of life span is first in the world.

Q: Please tell us about your traditional cuisine.

I'm amazed that Sushi is one of the most popular healthy cuisines in the United States.

This combining vinegary rice with fish or shellfish cuisine is originated in 17th Century and spread nationwide in early 20th Century. Beside Sushi, we have several of original food. Since Japan is surrounded by the sea, many Japanese dishes are made of fresh fish and shellfish. We make a special effort to use natural flavors so we do not make the dish taste too strong. Presently, we enjoy many other kinds of foreign food including both western and oriental style.

Q: What do you miss here from back home?

I'm glad that Tampa has more kind of Japanese culture and items including the Japanese food than I expected.

I can purchase the major Japanese food in Commissary and several oriental supermarkets. If I must find something, I miss big bathtub in the Hot Springs at the season of cold winter. Of course I miss my family since I've come as the geographic bachelor.

Q: How does Japan support the Global War on Terror?

Since December 2001, Japan has dispatched the supply vessels and destroyers of the Maritime Self Defense Force to Indian Ocean to supply the fuel and water to the Coalition ships that conducts the Operation Enduring Freedom-Maritime Interdiction Operation. They've supplied approx 510,000KL of fuel for ships and 1,000KL of fuel for aircrafts with short-term suspension.

Also, troops of the Ground Self Defense Force have operated as the Restoration and improvement of public facilities and medical support activities in Samawah, Iraq from Feb. 2004 to July 2006.

MACDILL COMMUNITY



EVENTS

Today

Surf's Edge Club

Boomers Bingo Extravaganza is today at the Boomers Bar and Grill starting at 5:30 p.m.

Monday

Bayshore Club

March Madness Mondays begins Monday, Mar. 23 starting 11 a.m. until 1:30 p.m. at the Bayshore Club

Tuesday

Surf's Edge Club

Drive by pizza is available Tuesday, Mar. 24 behind the Surf's Edge Club from 4 until 6 p.m.

Wednesday

Surf's Edge Club

There will be a Pinochle Tournament at the Surf's Edge Club Wednesday, Mar. 25 from 7 until 9:30 p.m.

Thursday

Bayshore Club

All you can eat Crunch and Munch is at the Bayshore Club Thursday, Mar. 26 from 11 a.m. until 1.30 p.m.



Photo by Airman 1st Class Linzi Joseph

Marines pass and review

Members of Marine Corps Central Command led by the commander of troops, Master Gunnery Sgt. Jose Garcia, MARCENT senior enlisted advisor, salute the flag during the playing of colors at the pass and review parade at the SOCOM memorial March 17. The pass and review parade was the first held at MacDill by MARCENT, and was in honor of the retirement of Cols. Kevin L. Kelley and Scott M. Anderson. MARCENT is a joint command stationed at MacDill.



CHAPEL SCHEDULE

Protestant services

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

Tuesday - Noon, Promise Keepers

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

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

For more information regarding the Chapel or Chapel services, call 828-3621.

Catholic services

Saturday - Mass, 5:30 p.m.

Sunday - Mass, 10:30 a.m.

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

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

Jewish and Islamic services

Call 828-3621 for information

AT THE MOVIES

Base Theater closed for renovations