

THE THUNDERBOLT

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Welcome
to the Wing
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U.S. AIR FORCE

COMMENTARY



Preparation is key

by Col James C. Howe

6th Maintenance Group Commander

The Air Mobility Command (AMC) Inspector (IG) General team along with the command Logistics Standardization and Evaluation Program (LSEP) team will be evaluating MacDill from August 3-10. UCI, EMX and LSEP...How do these acronyms apply to you and why are they vitally important? They stand for Unit Compliance Inspection, Emergency Management Exercise and Logistics Standardization and Evaluation Program. (BLUF: You need to know how these affect the 6th Air Mobility Wing and 927th Air Refueling Wing!)

UCI

Uniformity and standardization is key to organizational effectiveness. We should be leading the way in utilizing a program such as the Enterprise Information Management (EIM) software commonly known as "SharePoint", to help standardize procedures and share information. SharePoint is a new AMC initiative which will allow accessibility and availability of documents and processes across the command. It is an effective web based management tool which avoids information overload and provides a forum for sharing information and managing tasks, schedules, programs, and processes.

The "UCI/LSEP Prep 2009" tab on the Maintenance Group (MXG) Commander's page provides a wealth of standardized information: a countdown clock to the inspection, checklists hyperlinked to detailed descriptive answers, links to previous inspections, Special Interest Items, safety, HAZMAT, Technical orders, AFIs, Policy Letters, and Appointment letters for all interested parties with access to SharePoint.

Compliance, competence and training ensure units are meeting or exceeding established standards. One technique we use in the MXG is the personnel evaluation. Inspectors observe technicians performing tasks to make sure it's done correctly and by the book. Supervisors are then informed how well their technician performed the task. This is a great tool to evaluate compliance since feedback is immediate. Remember, inspections are open book tests! Grading criteria, instructions/guidance and report cards (checklists) are available to all. The IG will grade a program either "in compliance", "in compliance with comments" or "not in compliance." We need you to make sure your program is "In-Compliance!"

Integrity, our first Air Force core value, demands we do the right thing all the time whether someone is watching or not! Being honest is vitally important to ensure safe and effective accomplishment of our mission. Integrity is paramount when grading oneself through the self inspection program and unit staff assistance visits. Identifying and fixing findings, sharing benchmark processes, and networking with experts will only lead to organizational success and ultimately to an exemplary rating from the IG.

EMX

Emergency Action Checklists, Shelter-In-Place (SIP) kits, hurricane evacuation plans, SAFE HOUSE/HAVEN and Major Accident Response Exercises are among a few of the evaluated personnel, equipment, and facility safety programs. Training is very important to safety. Untrained or unqualified personnel will be the weakest link in the chain of success. Does your unit possess the most current grid maps/overlays? Do members of your unit know where

their emergency checklist and critical item lists are maintained and how to access them? Furthermore, do members of your unit know where the SIP areas are and each SIP kit location? These are just a few questions to think about when looking at EMX unit readiness.

Management of personnel resources means taking responsibility for your training and being a mentor to subordinates. This is critical to unit continuity and mission execution. Do your Airmen know the proper self aid buddy care procedures and are they current on training? Do they have the tools available to complete the required checklist items during a contingency operation? Information is powerful, but only if that knowledge is communicated up and down the chain of command.

Exercise Exercise Exercise!!! Exercises test and measure a unit's readiness and capability to perform during a real-world emergency. Effective practice and repetition enforce learning objectives. A well executed exercise program provides feedback needed to fine tune your training program. During an exercise, ask the "5 Whys", evaluate the root cause analysis, and identify possible shortfalls or limiting factors (LIMFAC) that could affect the next real world emergency. Thorough emergency preparation and readiness training will ensure our wing's success in future emergency situations. (Are you ready to exercise your training objectives?)

LSEP

Logistics leaders should work on developing a Safety Culture for Airmen who autonomously implement operational risk management in daily operations. Evaluations involve standardized verification inspections, special inspections and personnel and management evaluations. In-

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MacDill Thunderbolt

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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.



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Events, around MacDill



MacDill closing in on AF Assistance Fund goal

The MacDill Air Force Assistance Fund Campaign has been extended through May 9 to hopefully finish strong and reach our base goal. Therefore, all fundraisers that were planned after April 26 until May 9 must be in support of the AFAF or they require the wing commander's approval. Currently, the 6th Air Mobility Wing is at 84% of the wing goal and MacDill as a whole is at 70% of the base goal.

Something to consider: of the nearly 4,000 people at MacDill that count towards our 100% contact, only 14% of active duty military gave a donation which equates to only 495 members.

We had 54 non-active duty contributors. Anyone can contribute and every little bit counts!

Car washes, donut sales, bowling tournaments, pie-in-the-face contests, etc...are all great ways to make fast cash. You can easily



Bowling tournaments are just one way to help raise funds for the annual Air Force Assistance Fund Campaign. Fund raising events like this are expected to help the base raise the \$20,000 needed to meet its overall fund-raising goal.

make \$500-\$1000 on any of these events.

Brainstorm events with your office and discuss with your commander to do one or two of these during the next couple weeks to help the campaign.

Group/unit	Goal	To Date
Operations Group	\$6,273.00	\$7,552.00
Mission Support Group	\$16,079.00	\$6,423.00
Maintenance Group	\$7,281.00	\$7,946.00
Medical Group	\$9,530.00	\$7,147.75
AMW Staff	\$3,014.00	\$6,394.00
CENTCOM	\$12,382.00	\$2,822.00
SOCOM	\$9,741.00	\$3,412.00
JCSE	\$3,081.00	\$2,379.00
USMTM		\$1,692.00
Special Events		\$1047.92
Total:	\$67,381.00	\$46,815.67

For more information, contact your Units POC:

MacDill AFAF POC: Maj Emily Farkas 828-3381
 MacDill AFAF Alt POC/OG POC : Lt Konrad Trautman 828-9012
 MSG POC: Lt Rachael Mooney 828-5181
 MDG POC: Lt Lisa Rowland 827-9500

MXG POC: SMSgt Ronald Caudill 828-4518
 Wing Staff POC: SSgt Dione Lewis 828-4444
 CENTCOM POC: TSgt Edmund Keillor 827-3115
 SOCOM POC: TSgt Eric Washington 826-1565
 JCSE POC: SSgt Lysandra Anderson 828-0751

Big for a Day is TODAY

Big for a Day will be today, Friday, at the Racoon Creek Pavilion from 8:30 a.m. until 2 p.m. All participants need to report to the pavilion by 8 a.m.



Risk of H1N1 Flu associated with travel to affected areas

Center for Disease Control Health Advisory

Public health officials within the United States and throughout the world are investigating outbreaks of the H1N1 Flu, previously known as the Swine Flu.

The H1N1 flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. H1N1 flu viruses do not normally infect humans; however, human infections with H1N1 flu do occur. Public health officials have determined that this strain of H1N1 flu virus spreads from human to human and can cause illness.

The outbreak is ongoing and additional cases are expected. For more information concerning H1N1 flu infection, please see the Centers for Disease Control and Prevention (CDC) website: <http://www.cdc.gov/swineflu/>.

For specific information on travel precautions and an update on the affected areas, please visit: www.cdc.gov/travel.

The symptoms of H1N1 flu in people are similar to the symptoms of seasonal flu in humans and may include:

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some people have reported diarrhea and vomiting associated with H1N1 flu.

Severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 flu infection in people. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

People entering the United States who are experiencing symptoms consistent with H1N1 flu and have traveled to an affected area (see <http://www.cdc.gov/swineflu/investigation.htm> for affected areas), or have been exposed to someone possibly infected with H1N1 flu, during the last 7 days should report their illnesses to their health care provider immediately and inform them of their recent travel.

People traveling from the United States to affected areas should be aware of the risk of illness with



Photo courtesy CDC

More than 200 Center for Disease Control personnel are working to coordinate the agency's response to this emerging health threat.

H1N1 flu and take precautions.

To prevent the spread of H1N1 flu:

- Avoid contact with ill persons.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands with soap and water, or use an

- Alcohol-based hand gel.

If you think you are ill with flu, avoid close contact with others as much as possible. Stay at home or in your hotel room. Seek medical care if you are severely ill (such as having trouble breathing).

There are antiviral medications for prevention and treatment of H1N1 flu that a doctor can prescribe. Do not go to work, school, or travel while ill.

6 MDG campus is now smoke free

Beginning May 26, the 6th Medical Group campus will be designated a smoke free campus. These will include buildings: 250 (Education & Training), Bldg 691 (Medical Records Repository), Bldg 695 (Storage), Bldg 696 (Medical Logistics Warehouse), Bldg 697 (Medical Systems Training), Bldg 707 (Bio-Med Waste Storage), Bldg 708 (Diesel Tanks), Bldg 709 (LOX Pad), Bldg 710 (TRICARE), Bldg 711 (Main Clinic Facility), Bldg 712 (Boiler Plant), Bldg 715 (WRM Warehouse), Bldg 716 (Flam Storage), Bldg 719 (Inpatient Admin Support), Bldg 722 (Emergency Generator), Bldg 727 (Boiler Plant Storage), Bldg 926 (BX Satellite Pharmacy), Bldg 934 (Pharmacare), Bldg 936 (Vet Clinic) and Bldg 1078 (New Main Facility).

There are approximately 4,000 chemicals in cigarettes, of which 100's

are toxic. Everything from the internal functions of organs to negative impact on the immune system is damaged by smoking. The impact this has on one's ability to have a full and healthy life is enormous. Our mission in the 6 MDG is to prevent disease and treat those who fall ill; therefore we should not be in the business of making it easy for anyone to fill their body with poison.

In addition to all the health hazards contributed by smoking, it stinks! No patient wants to be subjected to the awful smell of cigarette smoke when receiving health care. Also, we firmly believe this initiative will go a long way in supporting the wing's goal of improving deployable Airmen to 85% of Airmen assigned to the wing.

We encourage anyone who just can't seem to kick the habit to contact the Health and Wellness Center and sign up for the next smoking cessa-



Military justice system works; 3 courts in 6 weeks

by Lt Col. Aaron T. Meadows

6th Communications Squadron commander

I had the dubious distinction of being directly involved in three Special Courts Martial (SPCM) during the last six weeks –and I don't even work in the legal office! Because of my recent experience, I wanted to take this opportunity to share with the MacDill community not only the outcomes of those cases, but also my personal impressions of the military justice system in action.

Of the three SPCMs that I was involved with, two of them involved members under my command who were court-martialed for their criminal conduct. For the third one, I served as the panel president (jury foreman) and helped determine the guilt/innocence of the accused and then later helped determine his sentence.

In the first case, A1C David A. Kent of the 6th Communications Squadron was court-martialed on March 9th for violating UCMJ, Art 112a, the illegal distribution and wrongful use

on diverse occasions of Oxycodone, a schedule II controlled substance. A1C Kent fully cooperated with investigators and pled guilty to all charges. He elected to have the case presided on by a judge without panel members and was represented by Capt. Brian Teter of the Area Defense Counsel.

After the reading of the charges and other procedural matters, the judge ensured that A1C Kent fully understood the charges against him, the details of his pretrial agreement and his guilty plea. She then accepted his guilty plea and found him guilty of all charges. At that point, Capt. Matthew Hill made sentencing arguments to the judge and stressed the seriousness of his crimes. He recommended to the judge a Bad Conduct Discharge, reduction to Airman Basic and 12 months confinement.

Capt. Teter then countered with his argument to the judge asking her for leniency in not sentencing him with a Bad Conduct Discharge.

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COMMENTARY

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spectors evaluate over the shoulder evaluations on task performance, competency and proficiency levels. Performing tasks consistently and proficiently will validate personnel Knowledge, Skills, and Abilities. Aug. 3 - 8 will be extra special for all logistics professionals. Both the Mission Support Group and the Maintenance Group will be evaluated on task proficiency and compliance with Air Force instructions and technical orders while simultaneously being inspected by the AMC IG team for program compliance.

Any visit by the major air command IG can cause undue anxiety and outright fear for some personnel. However, if you are prepared and following HQ guidance you have nothing to fear! You should be proud of your programs and want to show them off! When the inspector comes to your section, greet them enthusiastically and show them not only how you comply with higher headquarters guidance, but also show them how you've exceeded their expectations. You want an outstanding! (Merely meeting the intent of an instruction is satisfactory). You need to show you've gone above and

beyond. One way is through detailed continuity books. If you step away tomorrow, can the second in command step into your job seamlessly? If not, then you need to make sure they can. Some functional managers even spell out continuity book formats in their MAJCOM supplements. Make sure you know the book better than the inspector and you will have earned their respect.

All Airmen should be reminded that procedures must be followed Precisely, by the book, all the time! Be sure to implement a change to procedure or suggest an improved process by approved methods—in the technical order world it's called the Air Force Technical Order Form 22 process. Airmen must be Responsive to training opportunities, with an understanding that they are ultimately Trusted to get the job done correctly, whether someone is evaluating them or not.

Regardless of the inspection team, each provides the opportunity to showcase our Airmen and unit capabilities proving we are "America's Best Wing! Precise, Responsive, and Trusted... Always!" MXG ...FMC!

BRIEFS



6 AMW command chief exec. assistant needed

The 6th Air Mobility Wing Command Chief Master Sergeant would like to announce the opening for the Executive Assistant position (staff sergeant select through master sergeant), with a report no later than date of June 10. All Air Force Special Codes may apply. Applicants must submit last five Enlisted Performance Reports, a copy of their SURF and a Commander's release letter to 6amw.ccce@macdill.af.mil no later than close of business Friday, May 15.

Writing Clinic

The Legal Office will host a writ-

ing clinic on the 1st and 3rd Friday of each month beginning May 1 and 15. The class will be held in room 120 of the Education Center from 11a.m. until 1 p.m. and is open to everyone. For more information contact Colleen Otero at 828-9289.

Summer VPK sign up

Tinker Elementary is now taking applications for their Summer Voluntary Pre-Kindergarten Program. The program runs Monday through Thursday, June 10 to July 30. The hours are 7:30 am – 6:00 pm. The Summer VPK Program is free and is taught by certified teachers. To be eligible, your child's

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Wing Staff getting it done behind the scenes

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

Riddle me a riddle: What is a key part of the 6th Air Mobility Wing but falls under no group, no squadron, no unit or flight?

Need a hint? The Chapel, Finance Office, Legal Office and others located in the wing headquarters building are part of the answer. In fact, these agencies don't fall under any group, but are part of the Wing Staff. The 16 agencies in the Wing Staff provide guidance and staff support for the wing's global refueling mission. They work directly for the commander and vice commander. Administratively, these agencies are managed by the 6th Force Support Squadron. Their everyday commander is Lt. Col. (Ret.) Joseph Burns, director of staff.

"As the director of staff, I am often present at direction-setting sessions of the Wing's senior leadership--it's a great privilege to be on hand and offer input to these discussions that set the foundation of Wing focus and policy," said Mr. Burns.

One major agency of the Wing Staff is the Base Chapel.

The Base Chapel provides the free exercise of religion through ministry, readiness and mobility commitments for servicemembers assigned to the Wing and all tenant units.

During special holidays and religious recognitions the Base Chapel will work side by side with another wing agency, the Equal Opportunity Office.

EO, formerly known to servicemembers as MEO and known to government civilians as EEO, provides Alternate Dispute Resolution and meditation to assist the parties in reaching a mutually acceptable solution for resolution of their dispute to enhance mission accomplishments. They process complaints of discrimination and provide education services to commanders, servicemembers and civilian employees assigned to MacDill AFB. The office's four man team accommodates all servicemembers and civilians for the wing and all tenant units.

The Equal Opportunity Office works hand-in-hand with the men and women of the Legal Office.

The Legal Office, a wing agency, provides wills and legal assistance, claims, notary and powers of attorney assistance is available for active duty members and their dependents, retirees and



Exercises are among the important tasks handled under Wing Staff, with the Wing Plans office putting together and managing training scenarios designed to ensure the Wing and base is ready for any contingency.

their dependents, dependent survivors, and Reservists and National Guard members (limited to wills and powers-of attorney for child care issues, unless on active duty.)

"There's an enormous variety of interesting missions across the 16 agencies that make up the Wing Staff--I've learned a ton about these vital functions that undergird the Wing's daily operations since my arrival in July 2007," said Mr. Burns

Working together within the Wing Staff isn't the only way these agencies work. All personnel throughout the Wing know how to work together during an exercise; provided courtesy of the 6th Air Mobility Wing Plans Office.

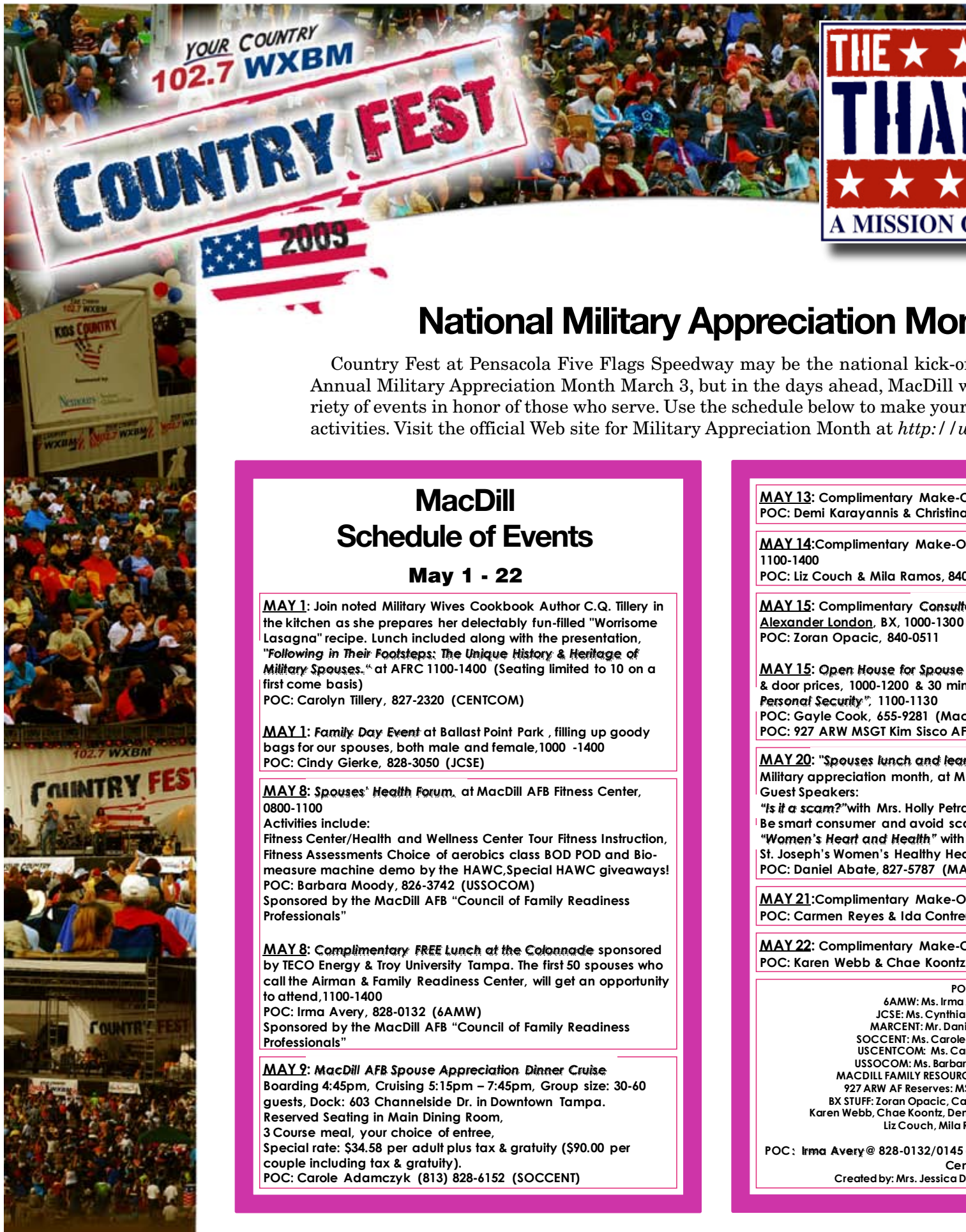
The Wing Plans Office develops the operational and logistical plans necessary for the execution of the wing's worldwide mobility operations including air refueling and airlift requirements for all assigned aircraft and personnel. They manage the base level Logistics Module system, staff the Installation Deployment Officer office, monitor all deployment processes and are the executive agent for the wing Crisis Action Team.

With Wing Plans coordinating all deployments and exercises, one has to wonder about the safety involved. This is where the Wing Safety Office comes in.

The Safety Office is very important to the base. They report and document all accidents on base and take initiative during long weekends and on a daily basis to spread the word about safety. The safety bulletins found in offices can be accredited to the hard work and dedication of the Safety Office.

There are many other agencies that fall under Wing Staff, including: the Finance office, the Inspector General's office, Protocol, the Historian, Public Affairs and many others. The men and women of the Wing Staff have an everyday impact on the Team members of MacDill, even if it isn't visible.

"As the Director of Staff, I am often present at direction-setting sessions of the Wing's senior leadership--it's a great privilege to be on hand and offer input to these discussions that set the foundation of Wing focus and policy," said Mr. Burns.



National Military Appreciation Month

Country Fest at Pensacola Five Flags Speedway may be the national kick-off event of the 11th Annual Military Appreciation Month March 3, but in the days ahead, MacDill will be hosting a variety of events in honor of those who serve. Use the schedule below to make your plans to join in the activities. Visit the official Web site for Military Appreciation Month at <http://www.nmam.org/>

MacDill Schedule of Events

May 1 - 22

MAY 1: Join noted Military Wives Cookbook Author C.Q. Tillery in the kitchen as she prepares her delectably fun-filled "Worrisome Lasagna" recipe. Lunch included along with the presentation, "Following in Their Footsteps: The Unique History & Heritage of Military Spouses," at AFRC 1100-1400 (Seating limited to 10 on a first come basis)
POC: Carolyn Tillery, 827-2320 (CENTCOM)

MAY 1: Family Day Event at Ballast Point Park, filling up goody bags for our spouses, both male and female, 1000 -1400
POC: Cindy Gierke, 828-3050 (JCSE)

MAY 8: Spouses' Health Forum, at MacDill AFB Fitness Center, 0800-1100
Activities include:
Fitness Center/Health and Wellness Center Tour Fitness Instruction, Fitness Assessments Choice of aerobics class BOD POD and Bio-measure machine demo by the HAWC, Special HAWC giveaways!
POC: Barbara Moody, 826-3742 (USSOCOM)
Sponsored by the MacDill AFB "Council of Family Readiness Professionals"

MAY 8: Complimentary FREE Lunch at the Colonnade sponsored by TECO Energy & Troy University Tampa. The first 50 spouses who call the Airman & Family Readiness Center, will get an opportunity to attend, 1100-1400
POC: Irma Avery, 828-0132 (6AMW)
Sponsored by the MacDill AFB "Council of Family Readiness Professionals"

MAY 9: MacDill AFB Spouse Appreciation Dinner Cruise
Boarding 4:45pm, Cruising 5:15pm - 7:45pm, Group size: 30-60 guests, Dock: 603 Channelside Dr. in Downtown Tampa. Reserved Seating in Main Dining Room, 3 Course meal, your choice of entree, Special rate: \$34.58 per adult plus tax & gratuity (\$90.00 per couple including tax & gratuity).
POC: Carole Adamczyk (813) 828-6152 (SOCCENT)

MAY 13: Complimentary Make-Over, BX, Clinique, 1100-1300,
POC: Demi Karayannis & Christina Hansel, 840-0511

MAY 14: Complimentary Make-Over, BX, Elizabeth Arden, 1100-1400
POC: Liz Couch & Mila Ramos, 840-0511

MAY 15: Complimentary Consultation for Business Attire for men, Alexander London, BX, 1000-1300
POC: Zoran Opacic, 840-0511

MAY 15: Open House for Spouse Appreciation, FREE refreshments & door prizes, 1000-1200 & 30 minute workshop "Introduction to Personal Security", 1100-1130
POC: Gayle Cook, 655-9281 (MacDill Family Resource Center)
POC: 927 ARW MSGT Kim Sisco AF Reserves, 828-1854

MAY 20: "Spouses lunch and learn Series" in conjunction with Military appreciation month, at MacDill AFB Chapel, 1100-1300, Guest Speakers:
"Is it a scam?" with Mrs. Holly Petraeus
Be smart consumer and avoid scams
"Women's Heart and Health" with Connie Ramos, ARNP
St. Joseph's Women's Healthy Heart Center
POC: Daniel Abate, 827-5787 (MARCENT)

MAY 21: Complimentary Make-Over, BX, Estee Lauder, 1100-1400
POC: Carmen Reyes & Ida Contreras, 840-0511

MAY 22: Complimentary Make-Over, BX, Lancome, 1000-1600
POC: Karen Webb & Chae Koontz, 840-0511

POC:
6AMW: Ms. Irma Avery, 828-0132
JCSE: Ms. Cynthia Gierke, 828-3050
MARCENT: Mr. Daniel Abate, 827-5787
SOCCENT: Ms. Carole Adamczyk, 828-6152
USCENTCOM: Ms. Carolyn Tillery, 827-2320
USSOCOM: Ms. Barbara D. Moody, 826-3742
MACDILL FAMILY RESOURCE: Gayle Cook, 655-9281
927 ARW AF Reserves: MSGT Kim Sisco, 828-1854
BX STUFF: Zoran Opacic, Carmen Reyes, Ida Contreras
Karen Webb, Chae Koontz, Demi Karayannis, Christina Hansel,
Liz Couch, Mila Ramos, 840-0511

POC: Irma Avery @ 828-0132/0145 at the Airman and Family Readiness Center
Created by: Mrs. Jessica Dittich Rosengarten (JCSE)

BRIEFS

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birth date must fall between Sept. 2, 2003 and Sept. 1, 2004 and they must not have participated in a VPK Program during the school year. If you have any questions or are interested in the program, please call the school at 840-2043.

Spouse employment

Spouse Employment Orientation will be held Wednesday, May 13 from 9 a.m. until noon at the Airman Family and Readiness Center. To RSVP please contact Mr. Troy Johnson at 828-0145.

Walking/running incentive

The MacDill Fitness Center members will be having a walking/running incentive program from April 29 until May 31. For more information contact the fitness center at 828-4496

Hole-in-one

Mr. Gary Bourland, a member of the MacDill Golf Complex, recently scored a hole-in-one Mar. 24 on the South Course at the 7th hole. Congratulations Gary!



JUSTICE

From Page 3

He also cited A1C Kent's annual EPR and read several character statements that were made on his behalf. A1C Kent then delivered an unsworn statement to the judge in which he accepted responsibility for his crimes and asked her for leniency.

After deliberation, the judge asked A1C

Kent to stand while she delivered the sentence. He was sentenced with a Bad Conduct Discharge, a reduction to the grade of Airman Basic, a fine of \$800, and 7 months confinement.

In a similar case, Amn Kevin P. Rowe of the 6th Communications Squadron was court-martialed on

April 21st for violating UCMJ, Art 112a, the wrongful use on diverse occasions of Oxycodone, a schedule II controlled substance. Amn Rowe also pled guilty, but he chose to have the case heard by a panel of officers. Amn Rowe was represented by Capt. Charlton Meginley while Capt. Robert

Thompson represented the government's case. Again, the judge ensured Amn Rowe understood the charges against him and accepted his guilty plea.

Capt. Thompson and Capt. Meginley then took turns delivering their recommendations on the sentence to the court panel of officers. Dur-

ing Capt Thompson's presentation, he called one of Amn Rowe's supervisors to the stand to testify to his sub-standard performance and erratic behavior during the last several months. As in the Kent trial, Capt Thompson recommended the maximum punishment for a SP-CM: a Bad Conduct

Discharge, reduction to E-1 and 12 months confinement.

For Amn Rowe's criminal conduct, he was sentenced by the panel of officers with a Bad Conduct Discharge, a reduction to the grade of Airman Basic, and 6 months confinement.

For the third case, I was selected to sit as the panel president on the court-martial of Amn James R. Welch of the 6th Medical Support Squadron. Amn Welch was charged with violating UCMJ, Art 92 for dereliction of duty (failing to file medical records), and UCMJ, Art 80, for willfully attempting to destroy government property (medical records).

Amn Welch pled not guilty and was represented by Capt. Ezra Glanzer and Capt. David Dickinson of the Area Defense Counsel. Capt. John So-

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JUSTICE

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kohl and Capt. Brett Landry represented the government's case during the 2-day court-martial that began on March 31st.

Because Amn Welch pled not guilty, the case was fully litigated. Before hearing opening statements, the panel (consisting of me and 6 other officers) was questioned by the judge, the prosecution and the defense to ensure we were fit to hear the case. Several of us were called in individually for follow-up questions based on our original answers. No challenges were issued and we were all selected to hear the case.

The prosecution called five witnesses and they were questioned and cross-examined at length by both sides. With the burden of proof resting solely on the government, the defense chose not to call any witnesses. After the presentation of the evidence, closing arguments were made and we were then excused to deliberate.

After deliberation, we returned to the courtroom and the judge asked me if we had reached a verdict. I informed her that we had and she silently read the finding form that I had filled out. After her review, she instructed Amn Welch

to stand. I then stood up and announced to the courtroom that we found Amn Welch guilty on all specifications and charges.

Because it was late in the day, we were then excused and asked to return the next morning. On April 1st, the case entered into the sentencing phase. The government introduced additional evidence and called a physician to the stand to testify to the importance of the medical records that Amn Welch had attempted to destroy.

The defense then called Amn Welch's commander who testified to his character and potential for continued service. Finally, Amn Welch himself made an unsworn statement in which he talked about his life before entering the Air Force and his goals after leaving the Air Force.

The prosecution and defense then made their final arguments to the panel with their recommendations for sentencing. After receiving instructions from the judge, we were then excused to the deliberation room to determine the appropriate sentence for Amn Welch's crimes.

After deliberating, we entered the courtroom

and the judge asked me if we had reached the necessary majority consensus on a sentence (in this case 5 out of 7 had to agree). I informed her that we had reached a sentence and she reviewed the form that I filled out. She then instructed Amn Welch to stand. I then stood and announced the sentence: A Bad Conduct Discharge, reduction to the grade of Airman Basic and confinement for 4 months.

The military justice system is not as dramatic as seen in movies such as "A Few Good Men", but my assessment is that it is fair and it ensures that members found guilty of crimes are held accountable for those crimes. Members facing courts martial are represented by good and competent military attorneys and their rights are upheld just like they are in the civilian world.

I hope this article has shed some light on some of the inner workings of the military justice system. My bigger hope is that the Soldiers, Sailors, Airmen, and Marines stationed here at MacDill will think twice before engaging in criminal conduct, especially when it comes to illegal drug use. It's just not worth it!

STOP SMOKING

From Page 4

tion class.

Effects of Tobacco Smoke

- Smoking KILLS
- Every year hundreds of thousands of people around the world die from diseases caused by smoking.
- One in two lifetime smokers will die from their habit. Half of these deaths will occur in middle age.
- Tobacco smoke also contributes to a number of cancers.
- This can cause heart attacks and stroke. It slows your blood flow, cutting off oxygen to your feet and hands. Some smokers end up having their limbs amputated.
- Tar coats your lungs like soot in a chimney and causes cancer. A 20-a-day smoker breathes in up to a full cup (210 g) of tar in a year.
- Carbon monoxide robs your muscles, brain and body tissue of oxygen, making your whole body and especially your heart work harder. Over time, your airways swell up and let less air into your lungs.
- Smoking causes disease and is a slow way to die. The strain put on your body by smoking often causes years of suffering. Emphysema is an illness that slowly rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure.

- Lung cancer from smoking is caused by the tar in tobacco smoke. Men who smoke are ten times more likely to die from lung cancer than non-smokers.

- Heart disease and strokes are also more common among smokers than non-smokers.

- Smoking causes fat deposits to narrow and block blood vessels which lead to heart attack.

- Smoking causes around one in five deaths from heart disease.

- In younger people, three out of four deaths from heart disease are due to smoking.

Source: <http://www.quit-smoking-stop.com/harmful-smoking-effects.html>

When smokers quit -- What are the benefits over time?

20 minutes after quitting: Your heart rate and blood pressure drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease, too.

15 years after quitting:

The risk of coronary heart disease is the same as a non-smoker's.

Immediate rewards of quitting

Kicking the tobacco habit offers some benefits that you'll notice right away and some that will develop over time. These rewards can improve your day-to-day life a great deal.

- your breath smells better
- stained teeth get whiter
- bad smelling clothes and hair go away
- your yellow fingers and fingernails disappear
- food tastes better
- your sense of smell returns to normal
- everyday activities no longer leave you out of breath (such as climbing stairs or light housework)

(US Surgeon General's Report, 1990, p. vi)

Diamond Sharp

Airman First Class Amanda S. Nelson 6th Medical Support Squadron



Photo by Senior Airman David Minor

Job Title: Prime Vendor Technician

Home town: Kansas City, MO and St. Louis, MO

Short-term goals: I plan on starting a Masters program in the fall also I hope to win below the zone, as well as complete my first Triathlon.

Long-term goals: I want to start a family and settle in St. Louis, MO. My ultimate career goal is to open a personal training facility that focuses on special populations and teens.

Role model (s):

Anyone that lives in a positive manner.

MACDILL COMMUNITY



EVENTS

Today

Writing Clinic

The Legal office is hosting a writing clinic today in room 120 of the Education Center. The class will run from 11 a.m. to 1 p.m. For more information, contact Colleen Otero at 828-9289.

Officer's Call

Col Martin, 6 AMW/CC, will be holding an Officer's Call at the Bayshore Club Ballroom today at 4 p.m. All officers assigned to the 6 AMW should plan to attend.

Seascapes Beach Club

There will be free live entertainment at the Tiki hut tonight at 5:30 p.m. to 9 p.m.

Monday

Bayshore Club

An all-u-can eat and drink crunch and munch will be held at the Bayshore Club Monday, May 4 from 11 a.m. until 1:30 p.m.

Tuesday

Surf's Edge Club

"A Taste of the South" Country Buffet will be served at the Surf's Edge Club Tuesday, May 5 from 11 a.m. until 1 p.m.

Wednesday

Surf's Edge Club

Wild Wednesdays will be at Boomers Bar and Grill Wednesday, May 6 from 4 p.m. until 6 p.m.

Thursday

CCAF Graduation

The Community College of the Air Force Graduation will be at the Surf's Edge Club beginning at 3 p.m.



Ready! Set!

Photos by Senior Airman David Minor



Go!

Participants of the 5k begin to run as the clock begins at the Macdill AFB Fitness Center Friday. The 6th Force Support Squadron holds a monthly run at the Fitness Center, which serves to promote stamina and overall fitness goals for personnel.

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