

THUNDERBOLT

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Photo by Airman Basic David Tracy

Ready!

Staff Sgt. Rachel McCray, 6th Logistics Readiness Squadron deployment training inspector, and Senior Airman Franklin Dover, 6th Medical Support Squadron medical logistics technician, perform a cargo inspection during a mobility exercise at MacDill Air Force Base, April 24. Members of Team MacDill participated in the mobility exercise to test mission capabilities and readiness.

COMMANDER'S CORNER



A hundred birthdays, 28 teeth, one sound mind, seven resiliency enhancing tips

by Col. William Dinse DMD, MS
6th Dental Squadron commander

I recently attended a lecture given by a nationally respected dietician. He studied people with long and healthy lives. He convinced me that diet and lifestyle have a profound effect on a person's longevity and quality of life. Here are seven resiliency-enhancing tips I've distilled from his three-hour talk that may keep you sane, help you live longer and perhaps keep most of your teeth.

Cultivate optimism. We live in the best country on the planet at an amazing time in history. We are blessed with the best military, freedom to pursue our dreams, clean water to drink, plenty of food, and a standard of living that is the envy of most of the world. Be positive! No one wants to be around a person who is a pessimist. "Laugh and the world laughs with you: weep, and you weep alone," said poet Ella Wheeler Wilcox. People prefer cheerfulness in others. A person who is cheerful will have company, but someone who is gloomy will often be alone.

Find your passion. The Japanese call this "iki-gui" or a reason for living. Develop a hobby. It does not have to have great meaning; it just has to mean something to you. Some people collect antiques, others play golf, some are involved in their houses of worship, others

play fantasy football, some make craft beer and others teach children to read.

Stay mobile. Our lecturer stated that one quarter of women and one third of men who fell and broke a hip died within 12 months. There are many medical complications from being sedentary. Military members run, train and stay mobile so this is an easy objective for us to meet. After you leave the military, keep moving. Take a brisk walk, not a leisurely stroll.

Adapt to loss. People who've lived to be 100 years old have learned to cope with loss. My wife and I are adapting to leaving three of our college-age children behind in Ohio. That has been a huge transition for us. Thank heavens for cell phones and text messaging. Some have lived through divorce or lost a close friend. Some of us have lost our parents or, God forbid, a child. Don't carry that burden too long, you must adapt to the loss and move on. Reach out for help. We have a strong mental health team at the 6th Medical Group clinic. They work extremely hard to help us on a daily basis. Feel free to talk to your chaplain.

Be socially connected. Two people are better off than one, as they can help each other succeed. We need friends to share the joys and heartaches of life. A friend in need is a friend indeed. A friend who helps out when



Col. William Dinse

we are in trouble is a true friend; unlike others who disappear when trouble arises.

Have healthy habits. Eat less sugar and animal fat. Eat fish. Your dinner plate should be three-quarters plant based and one-quarter animal based. Avoid tobacco, floss your teeth, and take a multivitamin specific for your sex and age.

See CORNER, Page 3



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 email macdillwingcommander@us.af.mil



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MacDill Thunderbolt

Publisher: Terry Jamerson
Editor: Nick Stubbs

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Every article and photograph is edited for accuracy, clarity, brevity, conformance with the "Associated Press Stylebook and Libel Manual" and Air Force Instruction 35-101.



Your T-bolt Today

News/Features: page 4



MacDill, schools support kids

News/Features: page 4



MacDill members win big

Briefs: page 6



News to know

News/Features: page 8

New FTAC grads welcomed

News/Features: page 10



Mobility exercise

Community: page 17



Event, chapel, more

CORNER

From Page 2

Beat cardiovascular disease. It is the number one cause of death for men and women in the United States. Keep your blood pressure controlled, reduce cholesterol, practice stress reduction and reduce your waistline. Talk to our experts at the Health and Wellness Center located at the base gym for guidance.

Changing your lifestyle can be very tough to do; however with gradual changes, it is possible. Scientists know our genes play a role in the length of our lives and most of us know people who have died young for a myriad of reasons. Our speaker said, "Genetics is the gun but lifestyle pulls the trigger."

On my 100th birthday, God willing, I'll be skydiving.

Commentary

That essential element of success: leadership

by Lt. Col. Mike Dailey

6th Aircraft Maintenance Squadron commander

Sports radio host Jim Rome posed a thought-provoking question on his show in reference to the NBA basketball playoffs. He asked whether it was the process (system) or the players in the process that makes a team successful. I gave it some thought, asked others' opinions and concluded the two are mutually dependent. To be effective, a process needs good players, and in-turn, players need a good process (strategy) in order to win consistently. We all remember favorite teams that failed to reach their potential because they were missing one or the other.

Whatever sports you follow, there are examples of teams with proven processes that fell short because they lacked the talent to execute. And of course there have been teams of star players that lacked a winning process and thus never achieved success. But does winning not require more than just technical talent and processes, perhaps something more elusive and intangible? Can achieving success be as simple as organizing players and running formations? As Airmen, why is this important? To understand, we can draw on one of many parallels between sports and the military.

Let's start with who we are and what we do. Our Air Force and Airmen are widely considered the best ever. Today, we operate in environments with fewer margins for error, requiring more precision than ever. There are fewer of us, often with less experience, to carry out an increasingly complex and demanding mission. So how is it Airmen always come through, time and time again, meeting the challenge, making the mission happen and leaving just enough in the tank to do it again the next day?

Certainly our high performance and success must be more than simply good people and processes. Let's go back to that sometimes elusive, intangible element and ask, what makes talented people and good processes effectively synch together to form a great organization? The answer of course is leadership. In sports as in our profession of air and space, skillful leadership is what



Lt. Col. Mike Dailey

will bring the elements perfectly together - people, resources, methods, to get the job done. Leadership creates and perpetuates the bonds of teamwork, and nothing can replace it. Systems and processes can only do so much. To move people in any direction, you need influence. Sports and world history alike show that without leadership, individual star performers and the best strategies will inevitably be ineffective.

Basketball coach Phil Jackson is renowned for his mastery of melding individual players with the right plays to win more NBA championships than anyone else. Some attribute his success to having had the best players and system, but it is undeniable that without his vision and adept situational leadership, championships would have been unlikely. As all Airmen today are expected to be leaders in some form, it is important to remember that one doesn't have to be high ranking or a famous coach to make a difference. Whatever your leadership role, especially first-line supervisors, strive to know your people, find ways to capitalize on their strengths and improve their weaknesses, and do your best to influence and lead them to greatness.



MacDill, schools spear effort to support military children, families

by Nick Stubbs
Thunderbolt editor

Airmen accept life in the service can be challenging, and they sacrifice much of themselves to do their duty.

What was made clear during a unique and important symposium held at MacDill last week is that two things Airmen parents are not willing to sacrifice are the safety or education of their children.

In a daylong event spawned by Col. Lenny Richoux, 6th Air Mobility Wing commander, and MaryEllen Elia, Hillsborough County superintendent of schools, the Military Impacted Schools Association symposium brought together teachers and school administrators from 16 Florida school districts to address the problems military families with school-aged children face due to frequent family moves. From registration and academic tangles, to loss of friends and adjustment problems inherent to being a perpetual “new kid,” the symposium tackled the key issues for military parents and their children.

While the symposium was divided into several segments, perhaps the most important, said Nelly Richards, MacDill school liaison officer, was hearing from sometimes emotional MacDill parents serving on a panel.

While each highlighted different concerns related to moving from school to school, the safety of their children emerged as a top worry. From bullying and attacks, to proper supervision, MacDill parents pleaded with school officials in the audience for help.

As Lt. Col. Samantha Ray, 6th Communications Squadron commander put it, “When they’re with you, take care of my babies.”

That sentiment was echoed by panelist Michele Richoux, the 6th AMW commander’s wife.

She spoke of how one of her children faced a bullying problem in middle school, how moving frequently resulted in her children losing confidence, and the feelings of being “less connected” her children have felt.

These are not the kinds of problems military children have control over, stressed Cathy Almand, wife of Col. David Almand, 6th AMW vice commander.



Photo by Nick Stubbs

MacDill parents sit on a panel, presenting their stories to school officials from 16 Florida school districts during a symposium last week to examine the challenges the children of military parents face.

“Kids don’t ask to be born into a military family,” she said.

Almand said her son was supported well by Hillsborough County, but overall has had “three mediocre years,” and she’s hoping things will be better for him in his new school when the family moves to her husband’s next assignment this month. The family has been at MacDill just 10 months.

Parents on the panel also lamented the myriad of academic standards and requirements they’ve seen from state to state.

Victoria Molineux, wife of Col. Matt Molineux, 6th Operations Group commander, advises parents to research the state where they are head-

See **CHILDREN**, Page 16

MacDill crew members take top prize for professionalism, courage, leadership

by Terry Montrose
6th Air Mobility Wing Public Affairs

Three crew members from MacDill’s 91st Air Refueling Squadron were awarded the prestigious “General James H. Doolittle” trophy for their efforts above the Libyan skies during Operations Odyssey Dawn and Unified Protector.

Named after aviation pioneer James H. Doolittle, the Air Force Historical Foundation’s Doolittle award was established to recognize a unit that has displayed bravery, determination, discipline, esprit de corps and superior management of joint operations in multiple conflicts.

The crew, with call sign Bora 93, deployed to

Western Europe during 2011 to provide critical aerial refueling support to Coalition and NATO forces. Maj. Marcos Maltby, Capt. Matthew Hedlund and Senior Airman Christopher Cannon were singled out for their exceptional bravery and aviation skill.

The crew expertly negotiated an engine malfunction and maintained mission timing while enroute to refuel three receiver aircraft. Because of their actions, the three aircraft went on to destroy numerous targets, assisting NATO forces in the defense of the innocent Libyan citizens.

Col. Lenny Richoux, 6th Air Mobility Wing commander said, “I am extremely proud of Maltby, Hedlund and Cannon, who were awarded

this prestigious trophy for their professionalism, courage and leadership. Bora 93 represents all of America’s Airmen who answer our nation’s call by defending freedom from the sky.”

The crew members were also recognized for their crucial part in the recovery of a fighter pilot. The crew from MacDill seized the initiative to assist, refueling an F-16 fighter which had arrived to provide cover for the fighter pilot. Maltby said, “We could have kept that F-16 out there all day if we had to; we were ready to do what it took to bring that Airman home.”

The pilot was recovered without incident.

The Doolittle trophy was awarded at a ceremony at MacDill AFB last month.

BRIEFS



Settlement of estate

Marine Corps Col. Stephen Corcoran, commander of the Joint Communications Support Element, regrets to announce the death of Army Staff Sgt. Christopher Woodard, formerly assigned to the Joint Communications Support Element.

Army 1st Lt. Joshua Delos Reyes has been appointed as the summary court officer to handle the disposition of personal property of Woodard. Anyone indebted to or having a claim against the estate of Woodard should contact Reyes at 813-325-9438 or email Joshua.Delosreyes@jcse.mil.

DCC is seeking an E-5 to E-6

The Davis Conference Center has an opening for a staff sergeant to technical sergeant. Any Air Force Specialty Code (5- or 7-skill level) may apply for the position, with a report date of June 15. Applicants are expected to remain in this position for one year. Individuals must obtain their unit commander's approved

release. To apply, contact Kevin Thompson at 828-6601 or ernest.thompson@us.af.mil.

Commissary case lot sale

The MacDill Commissary is scheduled to have a "Tent" Case Lot Sale from 9 a.m. to 7 p.m. May 17-20.

Commissary dog show

The MacDill Commissary will host a "Dog Show" from 12 to 4 p.m. May 19. Dog owners with pets of all sizes are encouraged to participate. Prizes will be awarded.

School physicals, immunizations

The 6th Medical Group is providing physicals and immunizations for the upcoming school year. Make appointments by calling the 6th MDG at 828-2273. A parent or guardian must accompany children. Immunizations are screened for all children, and physicals are required for all children (K – 12) entering Florida schools for the first time.

Team MacDill welcomes new class of Airmen

The following First Term Airmen have arrived to MacDill directly out of technical school. We are excited to have them at “America’s Best Wing” and wish them the best of success on MacDill!

6th Aircraft Maintenance Squadron

Airman 1st Class Brian Barker, Broken arrow, Okla.
Airman 1st Class Adam Dyer, Jackson, Tenn.
Airman 1st Class Kyran Pittner, Rapid City, S.D.
Airman 1st Class Christopher Santos, Norfolk, Va.
Airman 1st Class Darrick Walker, Cedar Hill, Texas

6th Civil Engineer Squadron

Airman 1st Class Trevor Nelson, Fort Dodge, Iowa

6th Contracting Squadron

Airman 1st Class Joshua Brooks, Greeneville, Tenn.
Airman 1st Class Travis Lockwood, Palm Bay, Fla.
Airman 1st Class David Worsham, Palm Coast, Fla.

6th Communications Squadron

Airman 1st Class Elmer Bury, Jacksonville, Fla.
Airman 1st Class Cody Ryan, Hornell, N.Y.

Airman 1st Class Bryan Schroeder, Brandon, Fla.
Airman 1st Class David Stamm, Allegan, Mich.
Airman 1st Class Ryan Strecker, Highlands Ranch, Colo.
Airman Jared Wienke, Genoa, Ill.

6th Dental Squadron

Airman 1st Class Jamel Johnson, Augusta, Ga.

6th Force Support Squadron

Airman 1st Class Vinsetta Brown, Jacksonville, Fla.

6th Logistics Readiness Squadron

Airman 1st Class Joshua Hill, Las Vegas, Nev.

6th Medical Support Squadron

Airman 1st Class Victoria Jacobo, Las Vegas, Nev.
Airman 1st Class Trever Sockman, Renovo, Pa.

6th Maintenance Operations Squadron

Airman 1st Class Richard Tucker, Buckhannon, W. Va.

6th Security Forces Squadron

Airman 1st Class Jonnathan Lozano, Winter Haven, Fla.

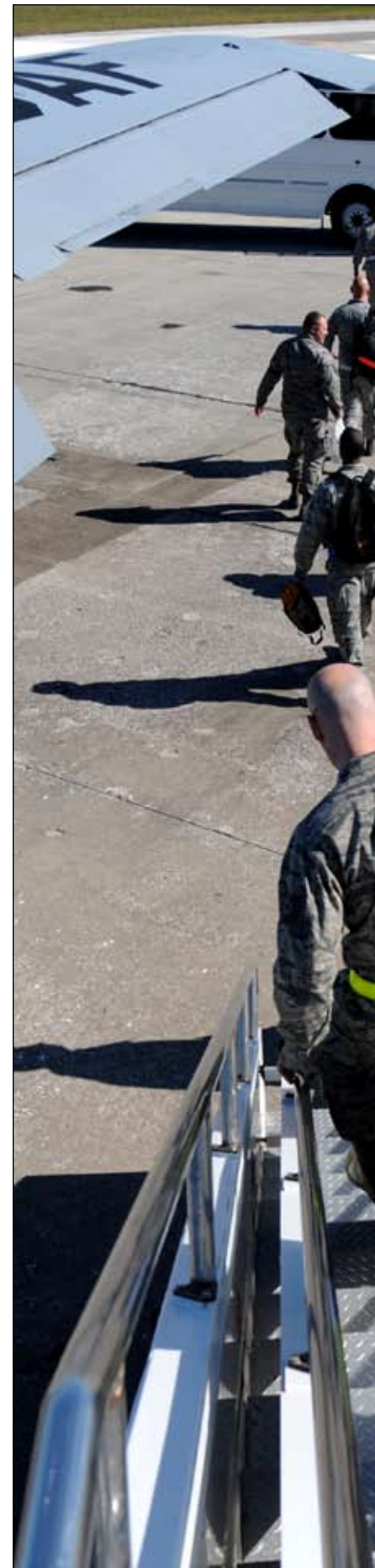
Mobile and Ready

Photos by Airman Basic David Tracy

Staff Sgt. Thomas January, 91st Air Refueling Squadron boom operator evaluator, assists with cargo movement during a mobility exercise at MacDill Air Force Base, April 24. Members of Team MacDill participated in the mobility exercise to test mission capabilities and readiness.



(Left) Staff Sgt. Benjamin Woods, 6th Logistics Readiness Squadron air freight supervisor, and Master Sgt. Nathan Hackney, 91st Air Refueling Squadron operations superintendent, assist Scott Ramsauer, 6th Aircraft Maintenance Squadron transient alert with positioning a stair truck on the rear door of a KC-135 Stratotanker. (Above) Airman 1st Class Jaymee Logan, 91st Air Refueling Squadron boom operator, briefs Airman 1st Class Jose De Jesus, 6th Medical Operations Squadron aerospace medical technician, and Senior Airman Megan Bridges, 6th Maintenance Operations Squadron maintenance scheduler, on the hand signals used while downloading a KC-135 Stratotanker



Airmen from the 6th Air Mobility



Wing exit an aircraft during the mobility exercise.



Ray Gallop, 6th Maintenance Squadron transient alert personnel marshal, directs a KC-135 Stratotanker into a staging area.



Senior Airman Megan Bridges, 6th Maintenance Operations Squadron maintenance scheduler, safely guides a K-loader away from a KC-135 Stratotanker during the mobility exercise.

NEWS/FEATURES



DISA's Mission Partner Conference brings together IT innovators, leading communicators

Courtesy DISA Strategic Communication Division

The Defense Information Systems Agency in partnership with the Armed Forces Communications and Electronics Association is bringing together "thought leaders" from military communications, information technology and from industry at the annual Mission Partner Conference.

The conference, previously called the Customer Partnership Conference, will be held at the Tampa Convention Center May 7-10.

Since 2002, the conference has been the premier forum for IT professionals to be inspired and challenged by the presentations of defense and industry thought leaders, to share ideas in the track sessions, to exchange perspectives with one another and to discuss services and emerging technologies with vendor representatives in the exhibit hall.

"This year's conference theme, The Joint Enterprise: Delivered Through Partnership, reflects DISA's commitment to work with all our mission partners to deliver an enterprise that improves security, enhances effectiveness, achieves efficiency, enables innovation and reduces the warfighter's burden," said Air Force Lt. Gen. Ronnie D. Hawkins Jr., DISA director. "The objective is an environment in which

the user can connect with any device, anytime, anywhere on the globe and be productive."

"Creating, enhancing and sustaining the joint enterprise is a team effort that requires Department of Defense mission partners to develop joint solutions and shared approaches, collaborate with industry partners to develop, operate and sustain the services and capabilities we provide and use, coordinate with other government and non-governmental stakeholders, users, suppliers and experts," Hawkins said.

The lineup of speakers includes: Army Gen. Keith Alexander, commander of U.S. Cyber Command and director of the National Security Agency; Dr. Tom Leighton, founder and chief scientist of Akamai; Dr. Pradeep Sindhu, founder of Juniper Networks; Mark Hurd, co-president of Oracle; and Lowell McAdam, CEO of Verizon.

In addition, Teri Takai, DoD chief information officer, will moderate a panel discussion with the chief information officers of the Army, Air Force, Navy and Marines.

Among the topics of the 60-track sessions are mobility, cloud computing, enterprise services, cybersecurity, command and control and information sharing, and NetOps.

The world-class speakers and track sessions will be complemented by a state-of-the-art tradeshow and exhibit showcase, featuring more than 250 exhibits.

The event is expected to attract more than 3,000 participants across the IT, communications, engineering, and acquisition fields.

For more information or to register for the conference, go to www.disa.mil.

927th ARW NEWS



Fun In The Sun: 927th gives thanks to families

by Staff Sgt. Shawn Rhodes
927th Air Refueling Wing

When the Air Force hits the beach, it does it in style. Hundreds from the 927th Air Refueling Wing gathered with their families at the beach at MacDill for Family Day, an event that gave the reservists a well-deserved break and brought families together for camaraderie.

“Just seeing the smiles on the faces of the kids and families is a great reward for our efforts today.” - Col. David Pavey

“The families are the core of the Air Force; without their support, we couldn’t do what we do,” said Chief Nina Watkins, command chief of the 927 ARW. “This is a way for us to bring families together for some relaxation and fellowship. In the wing we’re all like family to each other.”

“We never have enough opportunities to properly thank our families for serving the nation’s needs,”

said Col. David Pavey, the commander of the 927th ARW. “This is a token of our appreciation for the sacrifices they make for their country.”

The day’s festivities started at lunch when members began arriving with their families at the beach here. MacDill is fortunate to be situated on a peninsula in the Tampa Bay Area, a geographical feature that includes miles of shoreline and a beach. As children played in the water and adults enjoyed talking under shaded picnic areas, volunteers were turning out hot dogs and hamburgers by the grill to a steady stream of diners.

The day included a relay race where reservists worked together to drag their friends behind them in the sand, climb under camouflage netting, and race in the soft sand. When the events were done, the reservists were released to spend time with their families, many whom rarely get to enjoy the sights of Tampa.

“Just seeing the smiles on the faces of the kids and families is a great reward for our efforts today,” Pavey said. “Putting this event on for our reserve families is definitely worthwhile.”



Photos by Staff Sgt. Jennie Chamberlin

(Above) To the victors go the spoils. Members of the 927th Air Refueling Wing celebrate after winning multiple events demanding teamwork, speed, and endurance. Many units participated in the activities during the 927th Air Refueling Wing’s Family Day, an event that brought reservists’ families together to thank them for their support. (Right) Staff Sgt. Michael Hayden, an intelligence analyst with the 927th Operations Group, turns the corner to bring in the win for his team. Hayden was running the obstacle course.



CHILDREN

From Page 4

ed and learn as much as possible. She told the story of how Hillsborough County schools nearly placed her daughter - a top student - into a remedial reading program as a matter of course. Eventually, administrators came around to looking at her daughter as an individual, allowing her to test without the reading course. She achieved a perfect reading score, proving that students transferring in from other states should be evaluated on their individual merits and not just lumped into a system, said Molineux.

It is often the case, some of the parents noted, that a top student moves to a new school only to learn they are not recognized for what they achieved at their previous school.

Children don't understand how they can be considered "gifted (in one state) and not so smart in another state," said Molineux.

A bright spot for military families is the potential positive impact of the Interstate Compact on Educational Opportunity for Military Children, a set of standards in the works to ensure school systems around the country are working from the same sheet of paper when it comes to accommodating the needs of students

of military parents, said Richards, who hopes to hold symposiums on the issues at least annually at MacDill. She also would like to see similar symposiums more common at the national level, bringing military parents and school districts from across the nation together to examine the unique problems that weigh on military parents and children.

"We want to call for national uniformity," she said, adding military parents and their kids should be able to "move from place to place without having to worry."

Richards said everyone should share the philosophy of Richoux, whom she said is not only focused on the "well being of people," but also the importance of freeing Airmen from the stress that can be a distraction from their duty and mission.

"When he first came here (to MacDill), one of his goals was taking care of Airmen, and a very big piece of that was taking care of military families," said Richards.

The simple idea is that if parents and children are not burdened with safety concerns, miles of red tape, and a labyrinth of requirements and inconsistencies from school to school, they will be happier and more effective - strengthening families and the force.



EVENTS

Friday

Arts & Crafts Center

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

Boomers Bar & Grill

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

Saturday

Arts & Crafts Center

Scrap Party from 10 a.m.- 2 p.m. Fun-filled afternoon of scrap- ping and socializing. Cost \$5 per person.

Auto Hobby Shop

Be an Automotive DIY'er from 12:30-2 p.m. Learn how to use a lift, perform an oil change, use an impact wrench, rotate tires and more!

Wednesday

Fitness Center

Aerobathon from 12-6 p.m. on basketball court. Open to all! T-shirts to first 50 participants.

Outdoor Adventure

Last day to sign up for Mac- Dill's Backyard Camp-out on Fri, 11 May at 6 p.m. Call 840-6919 for details.

Surf's Edge Club

Last day for reservations for Mother's Day Buffet on Sun, 13 May from 10:30 a.m. - 2 p.m. Call 840-2020.

Thursday

Arts & Crafts Center

Tot Time Craft Class from 2-3 p.m. Springtime themed project for 3-5 yr olds. \$2 per child. Great way to spend time with your child!



Courtesy photo

A whopping 157 pounds of expired and unused medications will never be misused or make their way to the streets thanks to the MacDill prescription drug take-back efforts held last week. The medications will be turned over to the U.S. Drug Enforcement Agency.



CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m. - Praise Worship Service
12 p.m. - Gospel Service

Islamic services

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

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

For all other faith inquiries or to view upcoming event information, call the Chapel at 828-3621 or visit the web site at www.macdill.af.mil/macdillchapel



EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE

HONOR GUARD SPOTLIGHT

Staff Sgt. Aleta Palmer 6th Force Support Squadron



Job title: Honor guard noncommissioned officer in charge

Why did you join the honor guard: At first I was afraid to join, but how else was I to experience the great stories, wingman ship and camaraderie I kept hearing about.

Special honor guard memories: Great memories would be demonstrating our funeral and colors ceremonies for the Cub Scouts, answering their questions and performing colors at an NBA game in Orlando. Go Heat!

Advice to others: Do not let fear keep you from moving forward. Always follow your dreams and never be afraid to pursue opportunities. If you are a stellar Airman, let your supervisor know you want to join the honor guard team. You won't regret it.

DIAMOND SHARP



Airman 1st Class Angel Villa Estrada 6th Medical Operations Squadron



Job title: Aerospace medical technician

Hometown: Phoenix, Ariz.

Short-term goals: My short-term goals are to score above 95 percent on end of course for my career development courses, earn Airman of the Quarter and get senior airman below-the-zone.

Long-term goals: Long-term I want to become a physician assistant in the U.S. Air Force.

Advice to others: "A crooked stick can still draw a straight line," so know that although we have all made mistakes in the past, you can still correct your path.