

THUNDERBOLT

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Teaching Kids to Just Say 'No' - page 14

Get the winning spirit

Team MacDill is within striking distance of taking the lead in the Air Mobility Command MatchUP 2009 base race. Every active duty, civilian and mission partner can help by registering at least two game pieces, and more is even better. You could win \$10,000.





How ready is your team for the threat of summer heat?

by Lt. Col. Paul Gourley
6 AMDS commander

The dog days of Summer are upon us. With the increase in temperature and outdoor activity it can be expected that there will be cases of heat related illness. My first real experience with serious heat illness was during my emergency medicine residency at Fort Hood Texas. It was a typical hot afternoon in central Texas in the emergency department, busy but manageable. That all changed in a matter of minutes. A call came across our air ambulance radio saying that helicopters were inbound from one of our ranges with six heat stroke casualties. The emergency department staff quickly went to work preparing for and then treating the critically ill patients. Luckily, the quick actions of the pre-hospital and emergency department personnel resulted in a good outcome and all the patients recovered well. After the incident our staff all had similar questions of how could this have happened in a controlled training environment and were there medics in the

field to advise commanders on preventing heat related issues. As we soon found, out there were plenty medics in the field. In fact the patients themselves were all medics as the training that was going on was for the Expert Field Medical Badge. They had decades of medical knowledge but failed in one key area, prevention. Our take away from this incident was that constant vigilance to prevention is the key to combating heat illness.

As the Air Force enters the "101" Critical Days of Summer, it is important that all Airmen review Heat-related illnesses. With proper education and planning heat-related illnesses are clearly preventable. Information on heat related illness is available in the new Airman's Manual. Heat-related illnesses range from minor conditions such as prickly heat, heat cramps, heat exhaustion to a major condition, heat stroke. All these conditions occur because of a body's inability to properly cope with a heat stress placed on it. Additionally age (very young and old), certain skin and medical conditions, obesity, many common medications and alcohol use

weaken the body's ability to compensate to heat stress. Through the proper wear of clothing, adequate intake of electrolyte drinks and salt containing foods, a high degree of physical fitness and proper acclimatization to a hot environments these conditions can be prevented. A great resource for proper acclimatization can be found at: <http://www.usariamilitary.com/download/heatacclimatizationguide.pdf>.

Prickly Heat (heat rash) is an inflammation of the sweat pores of the body. It occurs when sweat pores are blocked. The rash is found mainly over clothed areas of the body. It is red and raised and itchy in nature. Over-the-counter antihistamines will help with the itching. If the rash becomes pustular medical care should be sought. Prickly heat can be prevented by wearing light, loose fitting, clean clothing and avoiding recurrent sweating if possible.

Heat Cramps are muscle cramps that occur when individuals who are involved in activities that cause profuse sweating drink water or low electrolyte liquids instead of commercial electrolyte

drinks such as PowerAde® or Gatorade® to replace their fluid losses.

Cramps are mainly located in the calves but may occur in other muscle groups. The treatment for heat cramps is moving the individual to a cool environment and replacing the fluid and salt losses. In mild cases this can be done with commercial electrolyte drinks. Medical care should be sought if the individual has severe cramping or does not improve with electrolyte drinks. Prevention is through maintaining good salt intake and drinking commercial electrolyte drinks for hydration during strenuous activities. Salt tablets should not be taken by themselves since it may cause stomach upset and they do not replace fluid loss from sweating.

Heat Exhaustion occurs due to the body's loss of fluids and electrolytes when it is exposed to heat stress. Symptoms include weakness, headache, light-headedness, profuse sweating, dizziness, nausea, vomiting and muscle cramps. The individual's temperature may be normal and their mental status

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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, movies, more



Correction

In an article in the June 5 edition of the *Thunderbolt*, the Bay Palms Golf Club was referred to by a different name. We apologize for any confusion it may have caused.



Courtesy image

A satellite image of a hurricane show the tremendous size of some storms.

Hurricane season is in full swing; be ready

by **Bonnie Von Dohre**
6th Civil Engineer Squadron

The Atlantic Hurricane Season runs June 1 through Nov. 30 and causes personnel living and working at MacDill AFB to pause and consider what would happen to them if "The Big One" hit Tampa Bay. Forecasters predict that 2009 will be a near-normal year for hurricanes with nine to 14 named storms of which four to seven of them will become hurricanes – but it only takes one. Remember, Hurricane Andrew occurred in a year with relatively few named storms, so the need to prepare is as important as ever.

Personnel should develop a plan outlining what to do when sheltering, as well as when evacuating, which summarizes everything they will need to do, how and when they will do it and a list of supplies they will need. Included should be as much detail as possible such as locations of flashlights, generators, breaker boxes, and supply kits. Each county in the Tampa Bay area has published a county hurricane guide that includes recommendations for an emergency supply kit and guidance for writing a family hurricane plan.

Pets should also be included in the planning process. All animals should have secure carriers

or collapsible cages as well as collars, leashes, rabies tags and owner identification tags. Pets should also have current immunizations and photographs. Pet emergency kits should include ample food, water, medications, hygiene items, a manual can opener, first aid supplies and muzzles, if necessary. Evacuation locations should be coordinated in advance. If sheltering with family or friends, pet owners need to make their hosts aware that pets will be with them. Lists of pet friendly hotels are available online. Reservations should be made at the time the storm is first predicted to affect the area. Most hotels will allow cancellations within 24 hours.

Once personnel have developed a plan, it is important to make sure that it will work. Families should review the plan and talk through practice scenarios. All members of the family, especially children, need to understand what to do, where to go, and who to call. Only a well thought out plan will take everything into account, and only a well rehearsed plan will be remembered.

Active Duty members are reminded to update their safe house or safe haven information.

For more information, contact your unit Emergency Management representative or the MacDill Emergency Management Office at 813-828-4321.



Meet the new commander

Col. Donald Barnes,
6th Mission Support Group commander

1) What do you expect of the Airmen under your command?

I expect them to be professional and maintain the AF's core values of; Service, Integrity and Excellence. From what I've seen my first week on the job our Airmen are doing just that. I'm tremendously impressed by the men and women in the 6th Mission Support Group, and the 6th Air Mobility Wing. That includes Total Force Airmen, civilians and contractors.

2) Who are your favorite leaders/role models?

My favorite military leaders are General Dwight Eisenhower (USA, WW II) and General Charles Horner (USAF, Desert Storm). Both understood importance of building and maintaining a multinational Coalition in modern warfare. As for role models, my parents are right at the top. My dad was an Air Force and Civil Service professional, and my mom was a school teacher. Both taught me the importance of giving something back to the country in the form of public service.

3) What does it mean to you to be the 6 MSG commander?

Without doubt it is the most exciting, rewarding job I'll ever have, period. People will hear me say this many times over the next two years; "this is a great location, and an even better job!"

4) When you hold your first commander's call what is the first thing you are going to tell your Airmen?

I'll tell them they are members of the best Support Group and the Best Wing in the world, and to maintain that standard they need to continue to develop their skills and care for one another. It starts with individual Airmen, who need to ensure they are mentally and physically fit for today's expeditionary environment. It doesn't stop there. First line supervisors are critical to ensuring the Airmen they lead have the training and experience necessary to accomplish their mission, both at home and in support of worldwide contingencies. I'll be looking at them to ensure our Airmen maintain the highest state of readiness at all times.

5) What are your thoughts about MacDill and living in Tampa?



Photo by Senior Airman David Minor

Col. Lawrence Martin, 6th Air Mobility Wing commander, hands the Mission Support Group flag to Col. Donald Barnes during the MSG change of command at Hangar 1 June 5 .

Kathy, Christopher and I are tremendously excited to be a part of this community. There is so much to do both on- and off-base, and we've already met some wonderful folks in the local community. It is evident there's great linkage between the base and city of Tampa. Thanks to all the men and women of MacDill AFB we already feel like we're at home!

Summer means mealtime for mosquitoes

by Nick Stubbs
Thunderbolt editor

Warm weather upon us, it's a time for family picnics and good outdoor eating. That goes for mosquitoes, as well.

While tube steaks and burgers rank as good barbecue eats, mosquitoes want to suck your blood. It's a small withdrawal from a human body, but it's what they leave behind that matters, not what they take.

"They can spread disease," said Bill Murphy, who heads up pest control for Chugach on base. Each year about this time, he and his crews work diligently to try and reduce the population of mosquitoes on base. So far, they are as under control as can be expected, he said, but everyone should be vigilant to help reduce the mosquito population, he added.

"If you see standing water or containers holding water, empty them," he advised. "Just a cup of water in the crook of a tree is enough to breed hundreds of thousands of mosquitoes."

There was a mosquito explosion after the

heavy rains at the start of summer, he said. But drier weather of late has given us some "breathing room and a break," said Mr. Murphy.

"We got a pretty good handle on it right now," he said. "But that could change quickly if we get more rain."

MacDill is a great habitat for mosquitoes, with plenty of wetland areas toward the south end of the base. It is there where a lot of the larvae grow, and where larvaecide efforts are carried out by Chugach, Mr. Murphy said.

A special chemical that kills the larvae in the water without harming fish or plants is applied. The primary target is the salt marsh mosquito, a big, aggressive species that bite during the day.

"The bad thing is you can never eliminate them," said Mr. Murphy. "Even if you get every one on base, they can fly in from 25 miles away in no time."

To kill adult mosquitoes, machine fogging is used. Workers carry hand-held foggers, hitting areas of brush in damp sections of the base. It is very effective, but again, just a control measure.

"You are limited to how much area you can



Photo courtesy Bill Murphy

Terry Todd of American Services Technology, Inc. demonstrates the use of a handheld thermal fogger for mosquito control.

actually fog," said Mr. Murphy.

Mr. Murphy said base residents and workers exposed to mosquitoes can apply repellants to help fend off the biting creatures, but that overall mosquitoes should be viewed as just a fact of life in Florida.



Diamond Sharp

Airman First Class Matthew K. Jurewicz
6th Comptroller Squadron



Job Title: Customer service technician

Home town: Hazelton, PA

Short-term goals: To continue taking classes, get my Community College of the Air Force degree and below the zone.

Long-term goals: Retire as a chief and continue to pursue my goals with my wife by my side.

Advice to others: Don't let anyone block your path or get in your way from succeeding.



Remain vigilant about H1N1

by Maj Cheryl Magnuson

Public Health Flight commander

There has been a lot of talk in the press over the past several weeks about H1N1 Influenza (previously called “Swine Flu”). Health authorities are continuing to diagnose cases of this new flu virus in the United States and around the world. There are over 400 hundred confirmed cases in Florida including some in the local area. Fortunately the cases have been very scarce at MacDill. Also fortunately, almost all cases in the U.S. have been mild and most people have recovered in about a week to 10 days. However, that could change at any time and we want you to remain aware of the virus and to know how protect yourself and your family.



Photo by Senior Airman David Minor

Disinfecting work areas is one way to reduce the risk of speading influenza .

Here are a few things you can do to prevent the flu:

◆ Wash hands frequently. Handwashing is the single most important preventive action you

can take. If unable to thoroughly wash hands, use a hand sanitizer.

◆ Cover coughs and sneezes with a tissue or cough/sneeze into your sleeve (and then wash hands), and don't touch your mouth, nose, or eyes. Flu is transmitted from person to person by the small droplets formed from a sneeze or cough. These droplets don't stay in the air very long, but land on our hands or other surfaces, and are then most commonly passed by shaking hands, kissing, or touching something recently touched by an infected person, and then touching our own face.

◆ If you are sick with flu-like symptoms, **STAY HOME** from work or school to avoid spreading the virus to other people.

◆ Prepare in advance to be home for a week to 10 days if you develop illness. Stock up on non-perishable food items and your favorite over-the-counter pain reliever/fever reducer and

See **FLU, Page 12**



Community yard sale

There will be a community wide yard sale throughout the Harbor Bay Base Family Housing here June 27 and 28 from 8 a.m. until 3 p.m. All are invited to come out and find great deals. For more information contact Amanda Weeks, community manager at (813)840-2600.

MacDill AFB Top III Association scholarships

Could you use \$100? Are you an enlisted Soldier, Sailor, Airman or Marine? Are you an E-6 or below? Are you assigned to MacDill AFB? Are you pursuing an accredited degree? If so, the MacDill Top III Association scholarships are for you! MacDill Top III Assoc. is offering a scholarship to recognize the contributions and continued service of the career enlisted force. All active duty enlisted personnel, E-6 and below, assigned to the Tampa Bay area pursuing an accredited degree or certification are eligible to apply. Scholarship specifics: 250 to 500 word essay, theme "How can your

educational goals directly impact your current work center?"

Deadline for submission is June 19. If you have any questions, comments or concerns, please contact. For application submittal please contact, Master Sgt. Brad Robbins, (813) 828-4979 brad.robbs@macdill.af.mil. Thank you for your support.

Vacation Bible school

The Base Chapel is scheduled to host a free Vacation Bible School from 5:30 p.m. to 8 p.m. June 22 until 26. Children in grades pre-kindergarten through eighth are invited to attend. The school will include classroom Bible activities, music, recreation, crafts and refreshments. For more information or to register, contact Diane Baggerly or Cathy Lavelle at 828-3621.

Active duty AF marathon team members needed

The 13th Annual AF Marathon will be on Sept. 19, 2009 at Wright-Patterson AFB, (Day-

ton) OH. AMC will again sponsor an active duty team comprised of both male and female runners representing various age groups who compete in the full marathon. Team members will be selected from the submitted AF Form 303. All others interested in competing in the AF Marathon are encouraged to do so at their own expense. The U.S.A.F. Marathon, Half Marathon, and 10K are held on Sept. 19, 2009 and the 5K race is held on Sept 18, 2009 at Wright State University. AMC/A1 POC is Capt. Charles Day, DSN, 779-0680.

AMC Icon 2009

The Air Mobility Command Icon competition is back and looking for the best vocalist! MacDill's winner will receive \$500! Do you have what it takes? The competition will be held at the Surf's Edge Club Friday, July 10 at 5 p.m. For more information and to sign up, log onto: <http://www.amcsvs.com/AMC%20ICON2009.html> for complete rules or call marketing at 828-

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Equestrian farm offering free family day June 27

Thunderbolt staff report

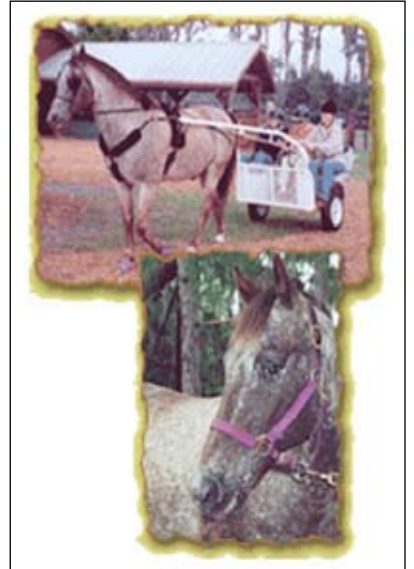
A free Family Fun Day will be held at the Quantum Leap Farm June 27, where the Tampa Bay Rays will be on hand, along with horseback and carriage rides, a petting zoo and water slide. Lunch will be provided.

The event is free to active duty military I.D. card holders, including former servicemembers who were active duty during Operations Iraqi and Enduring Freedom. Call (813) 655-9281 or (813) 828-

0145 to sign up. The event will run from 10 a.m. to 4 p.m.

A free shuttle will travel to the event every two hours from the MacDill Airman and Family Readiness Center and the MacDill Family Resource Center in Brandon.

Quantum Leap Farm is a therapeutic and recreational equestrian program serving servicemembers and their families. Its goal is to assist with transitions within the military, to civilian life, and rehabilitating those with war-related injuries.



FLU

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cold medicines. (Do not give aspirin to children) Drink lots of fluids and stay in bed. Follow the guidance at <http://www.cdc.gov/h1n1flu/sick.htm> . If you're caring for someone who is ill in your home follow the instructions at http://www.cdc.gov/h1n1flu/guidance_homecare.htm

- ◆ Avoid contact with people who are sick. Maintain a distance of 6 feet from other people, especially those who might be sick.

Flu Symptoms. H1N1 flu has much the same symptoms as seasonal flu. If you have these symptoms, stay home from work or school to avoid spreading the virus to other people and potentially compromising the mission:

- ◆ Sudden fever of 100 deg F or more
- ◆ Sore throat and/or dry cough
- ◆ Nasal congestion
- ◆ Headache, sore joints, other body aches, general fatigue
- ◆ In addition, this new virus also causes nausea or vomiting or diarrhea in some people

Warning signs. Seek immediate medical attention for anyone who has flu symptoms coupled with any of these:

In adults:

- ◆ Difficult breathing, shortness of breath
- ◆ Pain or pressure in chest or abdomen
- ◆ Sudden dizziness or confusion
- ◆ Severe or persistent vomiting

In children

- ◆ Fast breathing or trouble breathing
- ◆ Bluish skin color
- ◆ Not drinking enough fluids (becoming dehydrated)
- ◆ Not waking up or interacting
- ◆ So irritable does not want to be held
- ◆ Flu symptoms resolve but then return with fever and worse cough
- ◆ Fever with rash

When you feel ill, you may call or visit your health care provider. Be sure to tell the appointment line that you might have the flu so

precautions can be taken to prevent the spread of the virus.

Also if you are deploying to the USCENTCOM AOR you will be required to take your temperature one week and one day before you are scheduled to depart. If you have a fever over 100.4° F and cough or sore throat, you must see a health care provider. Under no circumstances should you travel if you are sick.

There currently is no vaccine to prevent infection and illness from this new flu virus. and it will take until at least autumn to manufacture a new vaccine that will. The CDC is already working to prepare the virus for vaccine manufacture and its likely to be included with upcoming seasonal flu vaccine.

We will keep you updated on the spread of Influenza and anything new you can do to prevent it. Contact your local County Health Department or MacDill AFB Public Health at 827-9601 with questions.

For the most current information go to the U.S. Centers for Disease Control and Prevention (CDC) Web site <http://www.cdc.gov/>

DEFY teaches children just say 'no'

by Senior Airman Tania Reid

6th Air Mobility Wing Public Affairs

Teaching children to say no to drugs is never easy. Helping them to resist peer pressure is equally as hard. But when a group of 14 volunteers from the Drug Education For Youth program came together last week at MacDill they did both.

In an effort to raise awareness of the harmful effects of alcohol, other drugs and the dangerous influences of peer pressure, DEFY volunteers held their annual summer camp. The week was filled with activities to help build self esteem, leadership skills and friendships.

"This year we have 30 children from ages 9 to 12," said Tech. Sgt. Cindy Rijos, DEFY director of activities. "They are all children of servicemembers who we enroll for the six day program."

Each day the children worked on team building with their assigned mentors. They were educated by members of various organizations at the base such as Office of Special Investigations and the drug testing facility.

The scheduled activities throughout the week included a talent show, movie, flag folding demonstration and a boat regatta during which the children had to work together and build the best boat and race it at the base beach.

"I enjoyed the boat regatta activity, it was fun," said Courtney Stewart, 12 years old and a DEFY youth. "We had two competitions, which boat could stay afloat and which boat was the fastest. Our boat won the fastest but we lost in the stay afloat section."

She said her mother, a retired servicemember, enrolled her in the class after she saw it advertised on a poster.

So far the program has taught her that drugs are bad and that if ever approached at school to say no.

"I knew a little about the negatives of drugs but since the program, I'm more aware of how it can hurt me," she said. "If anyone tried to pressure me to use drugs I know to say 'I have better things to do' and walk away."

Jeri Horne, the program director, said the children were very curious and asked a lot of questions. The feedback she got was that they absorbed a lot of what was being taught.

The program, which was developed initially by the Drug Demand Reduction Task Force, is restricted to only certain ages.

"The program is geared toward children ages 9 to 12 because believe it or not this is the age that peer pressure to join gangs and do drugs begins," said Ms. Horne. "We build their self esteem and teach them new skills and ways to avoid falling into peer pressure."

Many times the children have returned in subsequent years as mentors with the DEFY program, she added. They receive training as mentors and use their experience to help other children.

Each mentor wants the children after graduating to be able to make educated and informed decisions when it relates to alcohol, other drugs and peer pressure.

"I hope the program has a positive impact on all the children," said Sergeant Rijos. "We armed them with the tools, now we trust they will go out into the world and use them."



Children of the Drug Education For Youth Program play basketball at the camp that educates children of servicemembers about the negative effects of drugs.

/Photos by Senior Airman Tania Reid



Drug Education For Youth Program (DEFY) kids build a boat using duct tape, and paint during the DEFY Boat regatta June 10. Campers to win the regatta — have the fastest boat or the longest floating boat.



base pool during DEFY June 11. DEFY is a summer of alcohol, drugs and peer pressure.

man David Minor



ly cardboard, had two ways t.



DEFY participants built teamwork at the base bowling lanes, where children like this boy gathered June 9 to take down pins, while raising camaraderie and competitive spirits.



DEFY campers test their skills in the water during the cardboard boat regatta June 10. DEFY campers and mentors built boat using only cardboard, duct tape and paint.



Restricted reporting available

by Maj. Ernestine Harris

6th Medical Operation Squadron Family Advocacy chief

Prior to April 22, 2006, all reports of domestic violence that occurred between a service-member and their spouse (or intimate partner) had to be reported to the local law enforcement agency on base, the servicemember's chain of command and the Family Advocacy Program. This was considered an "unrestricted report". In some cases, this led to an investigation by the police and possible Uniformed Code of Military Justice charges against the servicemember. The Family Advocacy staff would assist the victim with medical, legal and counseling services and their case was presented to the local Cen-

tral Registry Board to determine if abuse occurred based on a preponderance of evidence presented.

The Department of Defense has changed this requirement to "ensure all victims of domestic abuse are protected, treated with dignity and respect, and provided support, advocacy and care (Domestic Violence Reporting Policy 2006)". The "unrestricted report" remains the same; however, the DoD added a "restricted report" to eliminate any barriers to victims desiring services.

In the case of a "restricted report", victims can disclose the details of their abuse to the Domestic Violence Victim Advocate, Medical Treatment Facility Healthcare Provider, FAP case manager or the Family Advocacy Officer and still receive services without generating

a police investigation, report to the command or a presentation to the Central Registry Board. The wing staff has the responsibility of determining if there is a serious threat of harm to the victim before granting this restricted report. Confidentiality is part of a "restricted report"; however safety to the victim and their children takes priority.

The "restricted report" benefits the victim by giving them the choice of reporting the abuse when they are ready to report; they are still entitled to medical and counseling services; and the details remain confidential without command or police involvement. Unfortunately, there are limitations as well, including the offender not being held accountable for the abuse and possibly having continued contact with the victim; evidence from the abuse and crime scene would be lost; and the victim would not benefit from a

military protection order or a civilian restraining order.

The DoD also "supports effective command awareness and prevention programs, as well as law enforcement, that will maximize accountability and prosecution of perpetrators of domestic abuse." A report of abuse could be made to the command or law enforcement by someone other than the victim, which could generate an investigation without participation by the victim. The overall goal of the Domestic Violence Reporting Policy is to provide a safe and confidential reporting outlet for victims who would not have come in for assistance under the former "unrestricted" reporting policy and get the support they need to move forward.

For more information, call the FAP office located at the 6th Medical Group, Major Harris, Family Advocacy officer, 813-827-9172/73.

COMMENTARY

From Page 3

is normal. Treatment is focused on moving the individual to a cool place, loosening or removing clothing, sprinkling/misting water on and fanning the person. Cooling to the point of shivering should be avoided because it is the body's way to retain heat. If the person is not vomiting, drinking of

commercial electrolyte drinks should be encouraged. It is very important to understand that heat exhaustion can lead to heat stroke. If someone has severe symptoms, has a questionable mental state, or is not improving with the above treatment, medical care should be sought immedi-

ately. Individuals with heat exhaustion should rest and drink plenty of fluids over the following 24-48 hours.

Heat stroke is a life-threatening emergency that requires immediate treatment. People with heat stroke can have all the symptoms of heat exhaustion plus an altered mental status and a temperature >104°F. The hallmark

that differentiates heat stroke from heat exhaustion is an altered mental status. This means the individual will be confused, lack good judgment, unable to walk properly, have seizures or become unconscious. There are two types of heat stroke, classic heat stroke and exertional heat stroke. "Classic" heat stroke is seen generally in the elder-

ly population during a heat wave. They are exposed to heat over several days. Their skin is generally hot and dry and they have altered mental status. Exertion heat stroke occurs much more commonly in the military environment. It is mainly seen in young persons that are performing strenuous work in a hot environment. The bodies of these

individuals are generally not acclimated to the hot weather. They will have altered mental status and be sweating profusely. Just as in a medical stroke, time is critical. The longer a person has symptoms of heat stroke, the more chance they have of complications to include death. The emergency medical system must be activated- call 911. The person should be removed from the heat, have their clothing removed and lay down. Cooling with misting water and fanning should be done immediately while waiting for the ambulance. If the person is able drink, encourage them to sip liquids. Never try to give an unconscious person anything to drink. Prevention of heat stroke and heat exhaustion focuses on adequate hydration, proper heat acclimatization, and avoiding the overexposure of individuals to hot environments.

Fourteen years later I have thankfully not had another incident like the one during my residency. The Air Force Medical Service recognizes that the best way to combat heat-related illness is prevention. Hopefully the above arms everyone with the knowledge to have a safe, enjoyable, heat illness free summer.

SPORTS



MARCENT softball team ends undefeated

by Master Sgt. Marlon Martin

Marine Corps Forces Central Command Public Affairs

Marine Corps Forces Central Command (MARCENT) was crowned champions of the 2009 Intramural Softball season after defeating Joint Communications Support Element (JCSE), 6-5, in a recent championship game.

This win marks a second consecutive title for the defending champions who beat Special Operations Command in last year's championship game, 23-12.

The Marines have struggled through an unpredictable season, surprising themselves, their opponents and fans with several unbelievable come-

from-behind wins.

This hot-and-cold style of play has plagued the Marines all season long, and their performance in the championship game would be no different. They got off to a slow start and failed to score through the first four innings of play. MARCENT found itself in a familiar place – behind in scoring, as JCSE jumped out to an early three-run lead that increased to four by the end of the fourth inning.

“Offensively, we started off great in the first inning. But, we sat down from there and then we matched our opponent,” said William Harrington, JCSE's pitcher and assistant coach. “We weren't scoring; they weren't scoring. We just couldn't get any timing hits. We just couldn't get the runs in that we should've scored.”

See **SOFTBALL**, Page 23



Wing Run

Col. Lawrence Martin, 6th Air Mobility Wing commander leads the way during the monthly wing run held at the CAL docks June 12. The wing run brings together all the members from squadrons under the 6 AMW every month in an effort to keep fit to fight.

Photo by Tech Sgt. Richard Kaminsky

BRIEFS

From Page 8

3055.

Voter registration

Unregistered absentee voters should request their ballots at least 60 days before the election date and registered voters at least 45 days before an election. Remember, voters registration can be affected or cancelled for several reasons: not voting for a period of time, changed residence since the last registration

Annual mandatory human relations training

Did you know that as recently as this May 2009, there was a case of human trafficking in Pinellas County? Trafficking in Persons is the recruitment, transportation and harboring or receipt of persons. There's an annual mandatory Human Relations training for Military and Civilian Personnel. All military and civilian personnel are required to complete Human Trafficking in Persons training. This is a Unit Compliance Inspection Special Interest Item and it's important to report that MacDill's workforce has been trained. Personnel must complete the Human Relations computer based training (CBT) upon initial employment

and annually thereafter. The CBT is available at the ADLS through the Air Force Portal. The Air Force has a zero tolerance approach to trafficking in persons.

For more information contact the Base Training Office at 828-2895 or log on to http://www.dodig.mil/Inspections/IE/trafficking-poster_0405.pdf

JCSE change of command

There will be a Joint Communications Support Element change of command 9 a.m. at the JCSE Headquarters, building 861, Friday, July 10. Col. John B. Morrison, Jr. will relinquish command to Col. Stephen P. Corcoran. R.S.V.P. before June 26 to mary.genna@jcse.mil or call 828-0784.

Growth Financial hosts Rays players cookout

The Growth Financial Federal Credit Union members will be holding a Rays appearance/hotdog cookout at the MacDill branch 11 a.m. Friday, June 26. All are invited. For more information contact Allen Milliron at 813-837-2451 ext 3001.

SOFTBALL

From Page 20

Although Harrington was pleased with JCSE's defense, he acknowledged the team was lacking in its offensive output.

"We let them hang around until they got their bats going. We were up on them before, and we let them slip away," said Harrington, recalling JCSE's regular season loss to MARCENT. "They have a good team, and their infield is pretty tight. You don't go 12-0 by accident. They will hurt you. They have some homerun hitters, and they will hit them."

The momentum shifted in favor of the Marines in the top of the fifth inning, as MARCENT's offense began clicking. The inning started out with a Hector Serrano walk. Serrano, MARCENT's leftfielder, then ran to second after a base hit by Alfredo Delharo, MARCENT's third baseman. Serrano may have stopped at third base when Phil Goodrich singled, but managed to slide home off a JCSE fielding error. This gave MARCENT its first score of the game, cutting JCSE's lead to 4-1. However, this lead evaporated when MARCENT's right center, Willie Davis, blasted a three-run shot over the leftfield fence. Davis drove in Delharo and Goodrich to tie the game's score at 4-4.

MARCENT went yard again in the top of the sixth inning with



Photo by Master Sgt. Marlon Martin

A JCSE player slides into second base for a double in championship softball between MARCENT and JCSE.

a two-run homer by Andy Ayos, MARCENT's pitcher. Ayos drove in Alicea to give MARCENT its first lead of the game, 6-4. JCSE had an opportunity to put more points on the scoreboard in the bottom of the seventh, but only one JCSE player managed to cross home plate.

The Marines credited their success to good defense and timely hitting. A well-balanced attack on offense and defense allowed MARCENT to come back and win several games to end the season on a perfect note of 13-0, according to Alicea who was also a major contributor in the Marines' victory.

MACDILL COMMUNITY



EVENTS

Friday

Eagles vs. Chiefs Softball Game

Come and cheer on your Chief and Eagle at a friendly softball game at the Fitness Center softball fields starting at 7 a.m.

Tech. Sgt. Promotion Party

Come out and congratulate all of the MacDill Tech Sergeant selects at the Bayshore Club at 4 p.m. For more information call TSgt Ryan Wheatley, Network 5/6 president at 828-9296.

Monday

6 MXS Change of Command

Come join the men and women of the 6th Maintenance Squadron welcome their new squadron commander at 9 a.m. in Hangar 1. Call 828-2025 for more information.

Bayshore Club

Crunch and Munch will be Monday, June 22 at the Bayshore Club from 11 a.m. until 1:30 p.m.

Tuesday

6 MOS Change of Command

Come join the men and women of the 6th Maintenance Operations Squadron welcome their new squadron commander Tuesday, June 23 at 9 a.m. in Hangar 1. Call 828-2025 for more information.

Wednesday

Surf's Edge Club

Surf's Edge has drive by pizza Wednesday, June 24 from 4 until 6 p.m.

Thursday

Boomer's Bar and Grill

Bingo Extravaganza will be Thursday, June 25 at Boomer's Bar and Grill beginning at 5:30 p.m.



Photo by Senior Airman David Minor

Preparedness

Mr. Larry Clark, 6th Civil Engineer Squadron's emergency management director, discusses the effects the five levels of Hurricanes might have on MacDill Air Force Base, at the Base Theater June 10. The briefing was designed to refresh base personnel on the dangers and precautions that should be taken during a hurricane threat.

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

Friday - 7 p.m.
Obsessed (PG-13)

Saturday - 3 p.m.
Earth (PG)

Saturday - 7 p.m.
Ghosts of Girlfriends Past (PG-13)