

THUNDERBOLT

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Filling good!
MacDill dentists key part of readiness - page 10



Photo by Senior Airman Melissa Paradise

A black light is used to cure a resin composite during a cavity filling at the 6th Medical Group Dental Clinic, Aug 27. The resin acts as a restorative material for teeth.

CUI - 59 days and counting: preparation tips, page 3

COMMANDER'S CORNER



A Day of Service and Remembrance for 9/11

by Lt. Gen. Darren W. McDew
18th Air Force commander

In 2009, Congress designated September 11th as a National Day of Service and Remembrance. On this day, I think it is fitting that we remember and honor the innocent lives taken during that vicious attack by renewing our commitment of service to our Nation.

As the son of an Air Force NCO, I grew up among people



Lt. Gen. Darren W. McDew

who were proud to serve their country and who understood the importance of what we do. They understood that security and freedom depends on men and women who are willing to make incredible sacrifices for others and who are ready to answer the call when it is given.

I see those same values reflected today among the Airmen, Soldiers, Sailors, Marines, and Coast Guardsmen who are proud members of the world's finest joint team. Together, we understand that no one else can do what we do. The United States military has been and remains the foundation of our national security.

American service members embody the ideal of selfless service.

Just ask the thousands of Haitian, Japanese, or Libyan families alive today because of the hand of friendship we extended. There are few examples of the value of our service that are more poignant.

The events of 9/11 reminded us that we live in a complex, dangerous world. Today, we continue to face many challenges: fiscal uncertainty, regional instability, and a seemingly insatiable appetite for the capabilities we deliver. But I am optimistic that we will continue to succeed, as we always have.

By any objective standard, we have the finest military in our history and the finest in the world. It remains our intent and obligation to the American people

and our fellow service members to remain the best. Thanks to your dedicated service and commitment to excellence, I am confident we will continue to honor that obligation without fail.

Take a moment this day to reflect not only on the great loss we experienced on 9/11 but also on your responsibility in the face of it. Think of the importance of your commitment to our military and our Nation. I hope you'll realize that the greatest legacy of that terrible day is a positive one: a renewal of your commitment in that fundamental core value – service before self.

Thank you for your dedicated service to our military and to America.

6th Air Mobility Wing shoutouts

Staff Sgt. Jennifer Boots, 310th AS

She was the primary crew scheduler for the 310 AS during the coordination of the hurricane evacuation of three C-37A jets, while simultaneously supporting four COCOM support missions.

Master Sgt. Maurice Whitlock, 6th DS

He coordinated the Sept. 31 wing promotion ceremony.

Tech. Sgt. Edward Cerchione (6th FSS), Staff Sgt. Ricardo Rivera (6th FSS), Staff Sgt. Alonzo Loury (6th FSS), Staff Sgt. Brian Brockhoff, Staff Sgt. Ericka Endara (6th FSS), Staff Sgt. Steven Oquendo (6th FSS) and Tech. Sgt. Curtis Blackmon (6th CES) were leaders of the wing's fitness improvement program and motivated our Airmen to exceed standards.



COMMANDER'S ACTION LINE

The Action Line provides 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

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Editor: Nick Stubbs

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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 Style-



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Artist, cafters invited to show

Commentary

To support and defend

by Lt. Col. Derrick Hodges

310th Airlift Squadron commander

As members of the profession of arms, we share a common bond in our oath of enlistment into military service. While federal law requires the oath for anyone who enlists or re-enlists, many military members voluntarily take the oath several times throughout their career to reaffirm this pledge.

As we approach a very competitive election season I believe it is important to reflect on the significance of this vow. The oath is not simply a formality or a patriotic gesture—it is our commitment to support and defend the one document that best describes our framework for governance and our nation's core values, the Constitution of the United States.

The notion of requiring oaths for military members is not new. In the days of Ancient Rome, citizens were transformed into soldiers by pledging their allegiance to their military general. In the Middle Ages, soldiers swore their allegiance not to military generals but to kings and other royalty. During our Revolutionary War, the Continental Army required oaths of their military officers to ensure there was no allegiance to King George III or Great Britain.

Our country is strong because we took a very different approach. The very first law of the United States of America, enacted in the very first session of the first Congress in 1789, was an act which established the oath required by civil and military officials to support the Constitution. Not an oath to support the Air Force,



Lt. Col. Derrick Hodges

the president, or certainly not the flag, but instead the "more perfect union" described in the Constitution's preamble and the Bill of Rights that its amendments offer to our citizens.

Throughout history our oath has changed several times, but the connection to our Constitution has been steady. The next time you witness or take the oath, take time to reflect on the liberty, rights and ideals within this seminal document that we have sworn to support and defend.

COMMANDER'S ACTION LINE

Concern: I was surprised at having to pay a state sales tax on food at Seascapes on my first visit recently. I request to know why base personnel are required to pay the state sales tax on food at the Seascapes restaurant at the Marina area, yet not required to pay the state sales tax on food elsewhere, such as Burger King or the BX Food Court restaurants? This seems to be a double standard. Is there a reason why the Seascapes Restaurant is allowed to collect Florida sales tax while operating on federal property, yet other eateries on base don't collect the tax?

Response: Our 6th Force Support Squadron food service contractor, ARAMARK, is required by law to collect and pay sales tax to the State of Florida. At the Army and Air Force Exchange Service, some of their operations are concessionaires and they do collect sales tax; however, they embed the tax into the sales price. Another example is the Exchange service station on-base, where their contractor, Firestone, collects sales tax on purchases and services. One way to recoup the tax is to show the cashier at SeaScapes your club membership card and receive 10 percent off your purchase.

Get CUI ready

- Make sure you are current on all your Computer-Based Training; this is easily attainable.
- Review previous inspections for reference.
- Remember that nothing below "satisfactory" is acceptable, so strive for an "excellent."



‘There I was...’ The mission picks you

by Master Sgt. James Kamrad
6th Security Forces Squadron

Deploying is one of the most enjoyable and challenging parts of being in the military. To show my interest in deploying, I would hound the unit deployment manager by sending routine emails stating I had passed my physical fitness test; I was not on a profile, and that I was cleared with the dentist. Upon notification of my deployment, I was excited for the new adventure. I envisioned a deployment back to Iraq or Afghanistan, but the Air Force had a different mission for me.

Upon selection for deployment, I was informed I was to lead a team of five members to an undisclosed location in Southwest Asia. To my surprise, the deployment would be only five months, rather than a standard six-month tour.

Although assigned as a team, it quickly became evident that my team would not be filling a “normal” team role upon arrival at the deployed location. The team was made up of Tech. Sgt. Dena Jones, Staff Sgt. Luis Gonzalez, Staff Sgt. Edwin Garcia and myself, all from the 6th Security Forces Squadron. Addi-

tionally, Capt. Robert Pryzybyz was part of our team during regional training.

At our regional training center in El Paso, Texas, we meshed well and quickly learned to work together representing Team MacDill, along with 110 other security forces members also in training.

The first week in training was a refresher course in staff function responsibilities. We then proceeded to brush up on our ground combat skills. I always find something new to learn at the RTC, despite having attended many times.

Every deployment has challenges, but each of the team members excelled.

For Jones, this was her first time deploying as a “straight-leg” cop, since she is no longer a military working dog handler. The deployment forced her out of her comfort zone of eight years as a handler. She soon embraced her role as an assistant flight chief, element leader, and area supervisor. Jones learned how to manage more than 100 Airmen and flight operations. She already was a well versed MWD operations and squadron administrator, and her deployment helped her to develop further as an NCO and leader. Jones excelled both on-duty and off, where she became the president of the Defender’s Den, which supported unit Airmen. Jones made good use of her time during this deployment by completing her Community College of the Air Force associate degree and bachelor’s



Master Sgt. James Kamrad

in forensic science.

Jones was not the only MacDill team member who branched out in their duties. At MacDill, Gonzalez worked as a force protection NCO. When we arrived at our deployed location, his can-do attitude was quickly noticed. He was selected to work on a Joint United States – Host Nation patrol, where he complet-

See **THERE I WAS**, Page 16

Hispanic Heritage Month begins; Guatemala highlighted

by Capt. Jesse Rosal and Tech. Sgt. William Correa Jr.
91st Air Refueling Squadron and 6th Operations Support Squadron

The month of September commemorates the anniversary of independence for many Latin American countries with numerous Hispanic heritage observances throughout the month. MacDill marks this month-long observance annually and celebrates the significant contributions Hispanic veterans and active-duty members continue to make to the military and the nation.

According to the U.S. Census Bureau’s 2010 American Community Survey, more than a million Hispanics or Latinos identified themselves as veterans of the U.S. armed forces. Currently, of the approximately 330,057 active-duty members serving in the Air Force, 18,153 identify themselves as Hispanic or Latino.

President Lyndon B. Johnson introduced National Hispanic Heritage Week September 1968. Sep. 15 marked the weeklong celebration, which was expanded to 31 days running between Sep. 15 and Oct. 15, in 1988 under President Ronald Reagan.

Celebrations take many forms and include culinary delights from across the spectrum of the Hispanic culture, as well as traditional music and stunning dance and dress. Americans recognize and celebrate the rich culture and traditions of those whose roots stem from Puerto Rico, Spain, Mexico, the Dominican Republic, Central America and South America.

This month the MacDill Hispanic Heritage Month Committee is highlighting Guatemala. Located in Central America, it is about the size of Tennessee. The land is mostly mountainous with a wide range of elevations because it borders the Pacific Ocean and the Caribbean Sea. Guatemala also has many active volcanoes. Spanish is the official language of Guatemala and the population is about 14 million people.

Guatemala was a Spanish colony before it gained independence in 1821. The country suffered a 36-year guerilla war that left 200,000 people dead and created about a million refugees. Consequently, more than half of the population is below the national poverty line. Guatemalan culture is deeply rooted in Mayan civilization. Tikal, a beautiful Mayan

See **HISPANIC**, Page 14

Fuel Your Future



Air National Guard

BRIEFS



Internship program

Applications for the Military Extension Internship Program spring 2013 are now being accepted until Sept. 28. Internships are for college students or recent graduates and will take place on military installations across the U.S. and around the world. Interns will have the opportunity to gain first-hand experience in military child and youth programs. Please visit www.ydae.purdue.edu/military for more information about the internships.

Girl Scout opportunities

Girl Scouts of West Central Florida is seeking adults to volunteer for various positions as positive role models for girls. For more information on volunteering with GSWCF visit www.gswcf.org/volunteer. For specific questions about current volunteer needs contact Kristie Wiley at 262-1765.

Boy Scout opportunities

MacDill Boy Scout Troop 56 is looking for Eagle Scouts or individuals interested in helping with the Boy Scouting program on base to serve as leaders, merit badge counselors or guest speakers. Contact Eric Sanders at 299-5689, or Paul Wiegman at 220-9772. The troop meets at building 1064 behind the commissary off Great Egret Avenue Wednesdays at 6:30 p.m.



Dental readiness

Photo by Senior Airman Melissa Paradise

(Above) Dr. Robert Worthington, 6th Medical Group dentist, prepares to inject an anesthetic at MacDill Air Force Base, Aug. 27. Anesthesia is used to numb the mouths of patients when replacing fillings. (Below) Worthington discusses a patient's X-rays with Cindy Knoph, 6th MDG dental assistant, during a dental filling procedure.

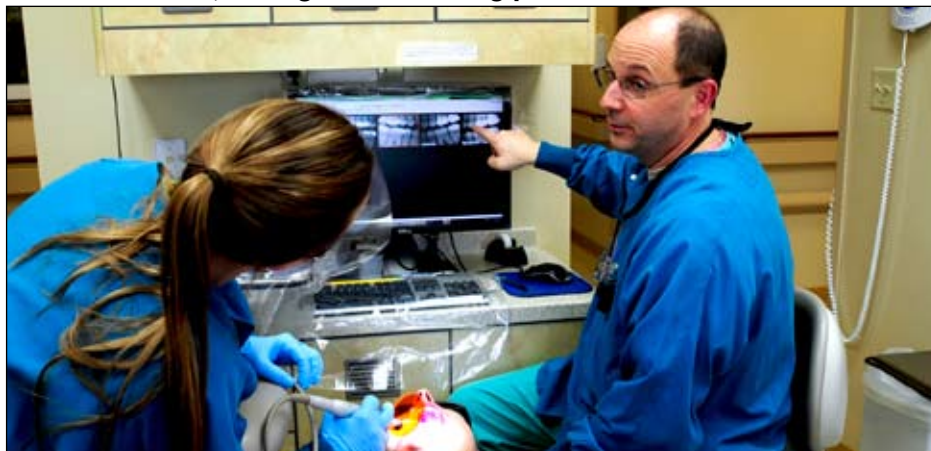


Photo by Senior Airman Melissa Paradise



Photo by Senior Airman Melissa Paradise

Tooth separators are used during a filling procedure at MacDill Air Force Base, Aug. 27. Separators are used to ensure filling material does not reach other teeth.

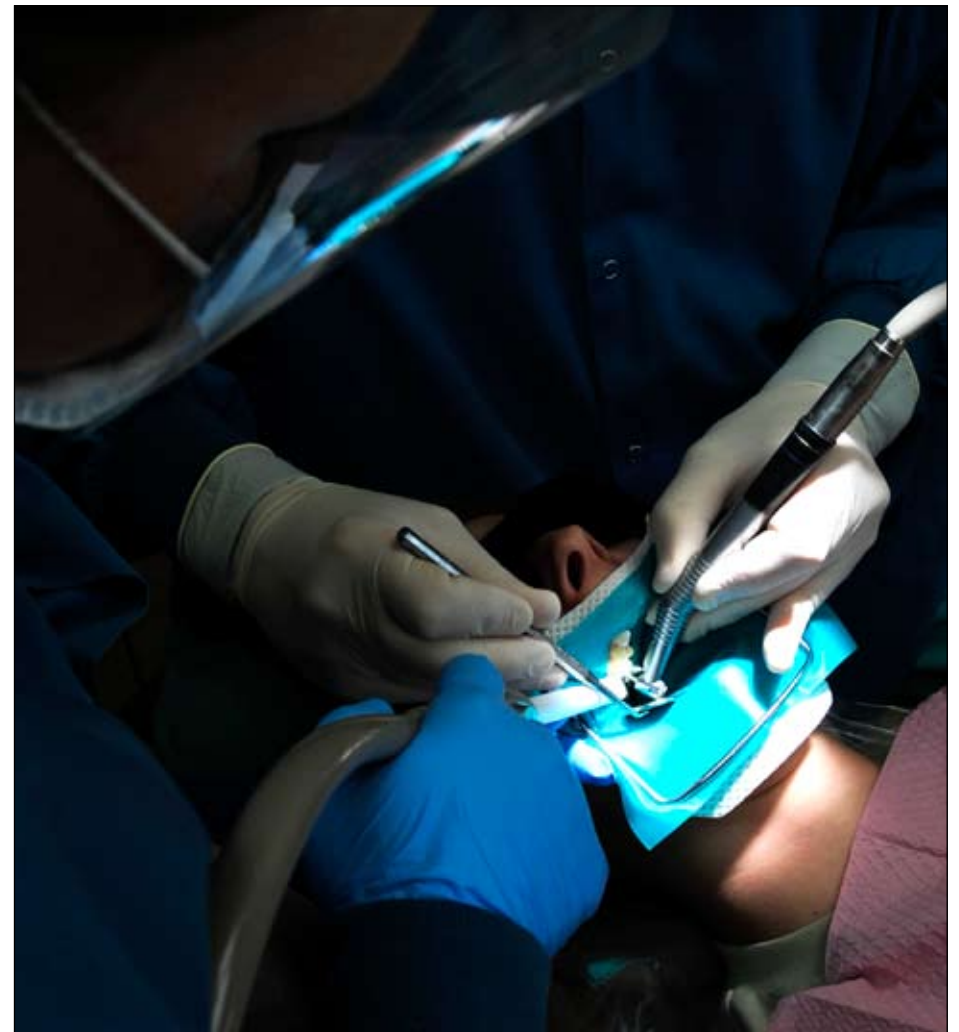


Photo by Senior Airman Melissa Paradise

Dr. Robert Worthington, 6th Medical Group dentist, works on a patient's teeth at MacDill Air Force Base, Aug. 27.

Week in photos



Photos by Senior Airman Melissa Paradise

Members of the 6th Air Mobility Wing run along Bayshore Boulevard during the annual Lt. Helton Haul Memorial Run at MacDill Air Force Base, Sept. 7. Helton was a member of the 6th Security Forces Squadron and was killed in action Sept. 8, 2009.



Photos by Senior Airman Melissa Paradise

(Above) Col. Scott DeThomas, 6th Air Mobility Wing commander, tours Raymond James Stadium, home of the Tampa Bay Buccaneers, Sept. 4. (Top right) Leadership from the Tampa Military Entrance Processing Station participate in a flag passing during the Tampa MEPS change of command ceremony at MacDill Air Force Base, Sept. 7. The mission of the Tampa MEPS is to process individuals into the armed services. (Right) Walter Lamerton, USO Tampa chairman, is presented a memento by DeThomas at the grand opening of the USO at the Tampa International Airport, Sept. 6. The USO will serve nearly 300,000 military and family members who transit Tampa each year and was part of a \$30 million main terminal modernization project at the airport.



Photo by Airman 1st Class David Tracy



Photo by Senior Airman Adam Grant

New HAWC course offers path to better health, better life

by Nick Stubbs
Thunderbolt editor

What's the secret to a better life?

Well, if you consider the old adage that if you don't have your health, you have nothing, then the secret could be the Better Body, Better Life fitness program, which kicked off last week at the MacDill Health and Wellness Center.

An Air Force initiative, the program is a new concept in diet and fitness education. The first five-week session proved so attractive, it quickly filled to over capacity, said Susan Haley, the HAWC's registered dietician and program director. Though she said she would make room for anyone who wants to join now, the next full session begins Oct. 18. Call the HAWC at 828-4739 for more information about the free course open to active duty and reservists, their families and retired military members.

One of the things that make this program different is that it is based on an adult learning model.

"That means I speak less than half the time,

and they (those enrolled) speak the rest of the time," said Haley, who added that the concept is based on "respect" for the life experiences of adults, many of whom have been down many diet and fitness avenues in the past and have a good feel for what works and what doesn't. "I don't tell them what to do, as much as I facilitate change."

Members of the course work together in groups, holding mini roundtable discussions and working as teams using course information and guidance to work out practical solutions to real-life challenges and obstacles to good health.

Each member of the course begins with an analysis in the Bod Pod, a machine the HAWC uses to analyze a person's body fat and other fitness indicators. They then register with one of several online fitness and diet program trackers online, which Haley uses to work remotely and electronically with each member of the group to track their progress.

The program's theme is based on an entertaining set of video animations produced by a dairy association depicting the stone age, a

time when making healthy food choices could have an immediate impact on survival. The campaign uses cutting-edge animation and humor with cavemen, dinosaurs and other fierce prehistoric beasts, cleverly setting up the tagline: "It's always been survival of the fittest. Drink milk."

Though the campaign focuses on the health benefits of milk, Haley said it serves as a general reminder of the importance of fitness in a humorous and engaging way. The HAWC course is also about discovery, said Haley.

Group members learn about lower calorie options among adult beverages, and they are challenged to reevaluate themselves and their eating habits. In one section, members are asked to pour a serving of cereal into a bowl. Afterward, the contents of the bowl are measured and the results are compared to the recommended serving sizes.

All the lessons learned fall into three categories: exercise, lifestyle and behavior modification, said Haley. When the program is over, course members have the tools and knowledge they need to unlock the secret of a better life.

HISPANIC

From Page 4

City, is one of its most popular tourist destinations. Many traditional Mayan communities exist within the country, where more than 23 different Mayan dialects are spoken.

Some upcoming events include:

Sept. 14 - Hispanic Heritage Month kick-off social at Seascapes, 3 p.m.

Sept. 26 - Ethnic food tasting at MacDill Clinic courtyard, 11 a.m. to 1 p.m.

Oct. 3 - 5K Run (three-person team) at the fitness center, 6:30 a.m.

Oct. 12 - Luncheon at Surf Edge Club from 11 a.m. to 1 p.m.

For more information or to volunteer, call Master Sgt. Eliezer Huertas at 828-8833 or the Equal Opportunity office at 828-3333.



THERE I WAS

From Page 4

ed more than 100 outside-the-wire missions, earning him NCO of the month. When performing his duties, he worked hard to foster quality relationships with our host nation counterparts. He continued to assist the Air Force Office of Special Investigations with developing new priority intelligence reporting. This effort will be felt and recognized long after Gonzalez re-deploys back to MacDill AFB.

Garcia performed under continuous pressure and was quickly selected to fill a gap of security forces controller. He performed his duties flawlessly. He assisted in developing the first expeditionary control center which incorporated the base fire department with security forces. He is a desk sergeant and quick reaction force leader and trainer. This elite two squad team is made up of eight personnel who prepare for the worst possible scenarios that could occur on base. They train every day to defend against incidents that could occur. This team trains to be a consistent and cohesive unit in order to protect lives and resources. Garcia was just the right fit for the job.

As the deployment wound down, I could not have been more proud to have worked with my team, whose efforts and versatility were repeatedly noted by unit leadership. My team did not know much about each other, but worked well together on this deployment. It's proof that we don't get to pick our mission or team, but the mission picks you. I am a better senior NCO and person for being able to work this mission with these extraordinary team members. If I did get to pick the mission, I would definitely pick these NCOs to deploy with again — anywhere in world.



EVENTS

Friday

Boomers Bar & Grill

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

Seascapes Beach Club

Patriotic Pride Night from 4-11 p.m. Everyone Welcome! Drink specials, BBQ Feast by Chef Dennis, live band and bonfire!

MacDill Lanes

Club Member Appreciation from 6-8 p.m. All club members and their family members bowl FREE! NEW -DJ!

Deployed Family Bowling & Pizza Event

Bowling and pizza for deployed families at The Alley in Riverview from 6-8:30 p.m. RSVP required call 828-0145 or 655-9281.

Saturday

Free Day For Kids

Youth baseball fields from 10 a.m. - 1 p.m. Games will include kick ball, relay races, pitch, hit and run, punt, pass and kick. Healthy snacks will also be provided. For youth ages 6-18 yrs old of all abilities.

MacDill Lanes

Cosmic Bowling Plus from 7-11 p.m. \$3 a game! NEW - DJ!

Arts & Crafts Center

Canvas & "Cocktails" from 4-6 p.m. Cost: \$10 per person or free for single Airmen. Call 828-4413 to sign up.

Bay Palms Golf Complex

Wednesday Night Scramble from 5-7 p.m. two person scramble with shotgun start on front nine or back nine alternating weekly. For more info call 840-6904.

DIAMOND SHARP

Airman 1st Class Kaleigh Tierney 6th Medical Operations Squadron



Job Title: Alcohol and drug abuse technician

Hometown: Lowell, Mass.

Short-term goals: One of my short-term goals is to complete my bachelor's degree in Applied Behavioral Science by spring of 2013.

Long-term goals: I plan to apply for medical school in the potential field of psychology and achieve my PhD.

Advice to others: Don't question your morals. At the end of the day you want to be able to look yourself in the mirror and be satisfied that you did the right thing.

Role model and why: My mother and grandmother are my role models because no one comes in this life unscathed by some challenges or obstacles. However, these two people in my life have always seemed to be optimistic about overcoming challenges and strived to become better people.

Why did you join the Air Force: Ultimately I joined to help pay for my college education without having to burden my parents or acquire an extreme amount of debt. Also, I wanted to gain a once-in-a-lifetime experience that I would not get anywhere else.



CHAPEL SCHEDULE



Protestant services

Sunday - 11 a.m. - Contemporary Service

Catholic services

Saturday - 5:30 p.m. - Mass

Sunday - 9:30 a.m. - Mass

Islamic services

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

Call the chapel at 828-3621 for more information or visit the chapel web site at <http://www.macdill.af.mil/macdillchapel>.

EXCHANGE

ARMY & AIR FORCE EXCHANGE SERVICE

Arts & Crafts Center calling all artists, crafters

by Nick Stubbs

Thunderbolt editor

If you have a bit of artistic flair, be it drawing, painting, sculpture, photography or digital arts, the Air Force Arts & Crafts Gallery wants to see your best work.

Submissions are being taken at the MacDill Arts & Crafts Center from Oct. 1 through Nov. 30, and will be displayed there through the end of December. Work can be submitted in hard copy, in physical form, or as a digital file. Digital submissions will not be put on display at the Arts & Crafts Center.

Entry is free, and all submissions will be digitized and sent to the Air Force gallery for display at www.airforcegallery.com beginning Feb. 12.

There are three categories for entries:

- **Crafts** – 2D art form with any media (painting, calligraphy, pencil art, charcoal) or 3D art form with any media (ceramics, sculpture, pottery, stone, woodworking, tile, jewelry making, quilting, crochet, knitting, stained-fusion glass, tapestries, basket weaving, paper-mache)

- **Photography** – Subject examples include nature scenes, people or places, military life and landscapes.

- **Digital Art** – Works and practices that use digital technology as an essential part of the creative or presentation process, such as digital photography manipulation, computer-generated visual media, 3D still imagery or animated imagery

There are three age divisions in each category: youth, ages 6 to 12; teen, ages 13 to 17, and adult. Each person may enter three pieces in each category, for a total of nine entries.

Applications to enter are available at the MacDill Arts & Crafts Center or can be downloaded from its Facebook page.



CLICK IT
— **OR** —
TICKET