

THUNDERBOLT

WWW.MACDILL.AF.MIL

Keeping the fuel flowing - page 12



Photo by Airman 1st Class Shandresha Mitchell

Aircraft fuels system craftsmen from the 6th Maintenance Squadron work on a KC-135 Stratotankers fuel bladder on Oct. 6, at MacDill Air Force Base. The KC-135 belongs to the 91st Air Refueling Squadron. More photos - page 12

COMMANDER'S CORNER



Lots happening, more to come; some wing standouts

by Col. Lenny Richoux
6th Air Mobility Wing commander

Does it seem like we're moving ten million miles a second or is it just me?

We just had our CCRI inspection last week, we also just finished our Genex/Mobex on Friday, and were starring down the barrel of Global Thunder this coming week, and oh by the way AirFest is two weeks after that. All of that doesn't even include the stuff you do every day to make this the premiere base in the Air Force and looking over the horizon, I don't see it slowing down.

And I'm ok with that! During every feedback during my career, I've always told my boss these words. "I may not always be 100 percent perfect, but no one will out work me." I'm a strong type A personality and that is what I'm looking for during inspections and doing your job every day. I'm looking for the eye of the tiger. I'm looking for Airmen that want the ball in the fourth quarter when the game is on the line. I'm

looking for leaders at all ranks, and yes you can be a leader at any rank to include our civilian force. I'm happy to say with every inspection so far, you have gone above and beyond and proved that we have leaders throughout this base. Keep up the good work, but now is not the time to rest.

Speaking of feedbacks, are you getting your feedback? As a whole I'm not sure we have always done a good job with formal feedbacks, but you deserve feedback and it's your right to know where you stand with your supervisor. If you haven't had feedback or an eval done in the last six months go to your boss and tell them you would like to know where you would be graded if they had to give you an evaluation today, and what you can do to improve if you are not at the highest level possible. There should be no surprise for you, or for someone that you rate.

Ok, so we are now in mid October, and if you've been here for a year or so you know what that means ... snowbirds will soon be here. Snowbirds are our friends



Courtesy photo

Col. Lenny Richoux with some members of the 6th Security Squadron members at the Cars and Coffee event Saturday at MacDill.

usually from Northern states that come here to get out of the cold during the winter. Pretty soon Fam camp will be filled, and you will notice a family atmosphere out there. They have a significant economic impact on our community and base, and more impor-

tantly, I want to welcome them back home to their military roots. This year should be especially fun for them considering they will be here during AirFest.

Considering AirFest is only

See CORNER, Page 14



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 e-mail macdillwingcommander@macdill.af.mil



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MacDill Thunderbolt

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



Your T-bolt Today

News/Features: page 4

New SOCCENT open



News/Features: page 4

Wing earns 'outstanding' cyber security rating

Briefs: page 10

News to know



News/Features: page 10

Fueling the fight



News/Features: page 20

Pigskin Picker



MacDill Community: page 21

Events, movies, more...



AMC fighting for energy efficiency

by **Gen. Ray Johns**

Commander, Air Mobility Command

SCOTT AIR FORCE BASE, Ill. — “Efficiency promotes effectiveness.” That’s a creed the Air Mobility Command Fuel Efficiency Office has lived by since its creation in 2008. Since then, they’ve helped save the Air Force millions of gallons of fuel as well as millions of dollars in the process.

The FEO’s motto and its efforts are just a part of what Air Mobility Command Airmen are doing to support energy efficiency and conservation across the command. For fiscal year 2012, the Air Force’s motto for energy awareness is, “Power the force – fuel the fight.” The Air Force, as well as AMC, is working to instill a culture of energy efficiency among all Airmen and their families. In the end, the effort helps us all.

Changing our culture on energy use as a military force is critical to driving the new ideas and methodologies essential to achieving increased operational efficiency. We’ve had a good start at AMC and in the Air Force, but we can do more.

We can make efforts similar to those of Lt. Col. Stan Davis, an Air Force reservist from the 317th Airlift Squadron at Joint Base Charleston, S.C. Davis was a key player in building new approach and descent procedures for aircraft at the

joint base where a historic agreement between the Department of Defense and Federal Aviation Administration was made.

The agreement establishes procedures for pilots called Optimized Profile Descent, or OPD, which reduces noises, fuel costs and emissions. Colonel Davis notes, “This new procedure allows pilots to fly descent profiles using [the lowest engine power setting] which reduces the amount of fuel consumed.”

The agreement, worked on by Davis went into effect Aug. 25 with new guidelines that establish four dedicated corridors of the airspace around Charleston, to allow any pilot the flexibility to descend at any gross weight on a predetermined track, guided by waypoints.

Davis spent part of two years in C-17 simulators, inputting data from professors at Georgia Tech University into the test. The data gathered from optimized descents in civilian aircraft was then used in C-17 simulator trials to discover the best way to reduce fuel consumption.

Experts from AMC’s FEO say specific fuel savings from OPD procedures are hard to determine precisely, but “previous FAA demonstrations at Los Angeles, Miami and Atlanta indicated a fuel savings of approximately 50 gallons or 340

See **ENERGY, Page 18**

Resiliency Region

What are the signs?

Dear Wing Ma’am,

I’ve been deployed six times now. I had no problems dealing with my deployments until the last one. Three days before we were suppose to redeploy, one of my troops committed suicide. It’s been four months since he passed. I’m happy to be home with my family, welcomed back at work, and looking forward to retirement. But lately, I’ve been thinking about his family and how horrible his parents must feel. He had his whole life in front of him. I honestly, still can’t believe it! Could you tell me what signs to



Dear
Wing
Ma’am



Dear Wing Ma’am is written by Capt. Christy Cruz, a Licensed Clinical Social Worker. Wing Ma’am works as the Resiliency Program manager and clinical therapist at MacDill AFB. If

you want to ask Wing Ma’am for advice, please send your questions to 6mdos.sgo@us.af.mil. Letters are kept anonymous. Rights are reserved to edit published letters for style and length.

look out for in my wingmen. I hope that no one EVER has to go through this, and maybe they can prevent someone from taking their own life.
~ Wounded in Wisconsin

Dear Wounded: You are proof of the emotional devastation suicide can have on a person, a family and a unit.

The individuals who are close to the deceased may feel guilt or confused about the tragedy. When someone commits suicide during a deployment, it truly affects everyone in the deployed location. The added stress of the long hours, being far away from home for an extensive time, relationship issues, interpersonal issues, and being in harm’s way--are all challenges during a deployment. During a deployment, units tend to grow close - really close. Buddies turn into brothers and small groups turn into surrogate families. After spending many long days and nights together, everyone will get added insight into each

See **WING MA’AM, Page 8**

Not every question can be answered. This column seeks to educated readers and should not be used as a substitute for seeking professional assistance.



SOCCENT opens doors of new headquarters building

by SOCCENT Public Affairs

MACDILL AIR FORCE BASE, Fla. — U.S. Special Operations Command Central officially opened the doors to a new headquarters during a ribbon cutting ceremony held here Sept. 29.

SOCCENT commander, Army Brig. Gen. Ken Tovo, hosted the ceremony and thanked many special guests in attendance including senior leaders from the base, past commanders and senior enlisted advisors, local government officials, and key construction partners.

SOCCENT is a theater special operations command that advises the commander of U.S. Central Command on the capabilities and employment of special operations forces in the geographical theater of operations.

The new headquarters, housing more than 50,000-sq.-ft. of administrative facilities, has been under construction since the fall of 2009. The completion of the project marks a significant upgrade to the capabilities of those responsible for planning and collaborating on special operations abroad.

“The events of 9/11 greatly expanded the operational requirements of SOCCENT, requiring it to plan, coordinate and command special operations across the Central Command area of responsibility against complex and numerous threats on an enduring basis, and at a level far beyond previous levels of activity,” said Tovo.

In a recent statement to the House Armed Services Committee’s Emerging Threats and Capabilities subcommittee, Adm. William McRaven, the commander of U.S. Special Operations Command, spoke about his intent for theater special operations forces.

“One of the areas where I intend to put a lot of emphasis is building up the theater special operations commands, so that they have the entire spectrum of capability that I think they’ll need for the future,” McRaven said.

“I believe that our future, SOCOM’s future, lies in the theater special operations forces and making sure that they are robust enough to handle the problems in their particular geographic areas,” continued McRaven.



U.S. Army photo by Maj. Robert Bockholt

The new SOCCENT headquarters building at MacDill Air Force Base.

During the ceremony, SOCCENT also dedicated a memorial wall to the fallen service members who died while serving under the command since its inception. The wall, adorned with stars representing the fallen, is prominently displayed within the entry of the headquarters and includes a book of names illustrating the narrative of each Warrior honored.

“The wall is a memorial to the Soldiers, Sailors, Airmen and Marines who died giving their life for

freedom,” said Command Sgt. Maj. George Bequer, SOCCENT’s senior enlisted advisor.

Bequer went on to say that the command will hold a special ceremony on Veteran’s Day to continue remembering SOCCENT service members who have paid the ultimate sacrifice.

Following the formal portion of the ceremony, the public was welcomed into the headquarters and had the opportunity to tour the facilities.

6th AMW scores big on first cyber security inspection

by Nick Stubbs

Thunderbolt editor

It was the first time the 6th Air Mobility Wing was subjected to the Cyber Command Readiness Inspection, and it emerged with the highest rating possible – “outstanding” overall.

The inspection, which is described as being similar in form to an Operational Readiness Inspection, was held Sept. 26 through 30, and focused on security in three vital areas: physical, information and computer network. The high rating was the result of many key players of Team MacDill rising to the task, said Pam Hartnagel, 6th Air Mobility Wing information assurance manager.

“The unit security managers and information assurance officers educated their people and they stepped up and did the job,” she said of the preparations for the inspection. “We also had great support from the leadership at wing, groups and squadrons, who communicated and made sure everyone was ready.”

The wing planned, and planned some more, and a good result was anticipated, Hartnagel said, the top rating was not a lock.

“We’re extraordinarily happy with the outcome,” she said. “It was what we were aiming for.”

Another factor accounting for the high rating was that Team MacDill members were able to shadow the CCRI held recently at Scott Air

Force Base, Ill.

“We were able to get some good ideas and apply them here (MacDill),” Hartnagel said.

The CCRI will be ongoing, as cyber security and guarding information is more important than ever when the world and military is so invested in electronic data management and communications, Hartnagel said.

“Cyber security is the future, and the present,” she said.

Hartnagel encourages everyone at MacDill to keep up standards to maintain the high level of security demonstrated during the inspection.

“We need to keep up our guard and not fall down,” she said. “We need to keep up the good work.”



Physical Therapy Month event set

Special to the *Thunderbolt*

National Physical Therapy Month (NPTM) is a celebration held every October to raise awareness of and recognize the important roles that <http://www.apta.org/AboutPTs>/physical therapists and assistants play in helping people maintain, improve, and restore the mobility necessary to stay fit, active, independent while enjoying the things they like to do as they age.

This year's celebration is focused on sports injury prevention across the lifespan. Whether someone is playing Little League or in the Masters, participating in sports helps promote physically active lifestyles. Yet, despite the documented health benefits of physical activity (weight management, cardiovascular endurance, improved muscular function, increased self-esteem, etc.), the potential for sports-related injuries exists.

No matter the area of physical therapist practice, whether it's geriatrics, pediatrics, orthopedics, women's health, or another specialty, the role of the physical therapist is to improve and restore motion to people's lives.

See **THERAPY**, Page 19

WING MA'AM

From Page 3

teammate's personality and life. Take advantage of this familiarity and look out for each other. If you notice depression, irritability or isolation from your battle buddy - talk to them about it. It's as simple as asking, "What's wrong?" Take notice to changes in their eating and sleeping habits. Are there changes to their work performance; distracted? Unable to concentrate? Are they shying away from hanging out after work? In addition, what do you know about their personal circumstances? Is everything okay with their spouse? Are their kids managing okay without them? Did someone pass away? Do they have any issues with alcohol, work turmoil, legal issues or money problems? These are the most common stressors for a deployer. When you are thousands of miles away, it can be difficult to address some of these issues. It may be easier for a person to cope, when they have the support of their deployment family. Keep in mind, there are Mental Health professionals (827-9170/9171) and Chaplains (828-3621) who are available to provide assistance. Remember, a wingman/battle buddy looks out for each during times of trouble. A great wingmen/battle buddy encourages their peers to get help when they need it!!

BRIEFS



2011 Academy Day

Congresswoman Kathy Castor will hold an informational program on Admission to the U.S. Military Academies Oct. 15, from 9 a.m. to Noon at the Davis Conference Center. Representatives from the U.S. Air Force, Coast Guard, Merchant Marine, Naval and Military Academies will be present. Contact her office at (813) 871-2817 or Julie.Fitzpatrick@mail.house.gov for more information, or to confirm attendance.

CENTCOM Picnic

All CENTCOM employees and family members are invited to attend the USCENTCOM 2011 Org & Family Day Oct. 21 from 10 a.m. to 5 p.m. There will be Service Team-based Competitions, numerous activities for children, food and beverages and much more...

7:30 a.m. - Six-Man relay

8 a.m. - 5K Fun Run

10 a.m. - Six-Man Volley Ball

11 a.m. - Beach Six-Man Relay

Noon - Hot Dog Eating Contest

1:30p.m. - Eight-Man Tug of War

To inquire about the Service based competitions, contact your service representative: Air Force - Master Sgt. Vance, 827-6911; Army - Sgt. Major Parker, 529-6007; Marine Corp - Gunnery Sgt. Dothard, 827-6914 ; Navy - Petty Officer 1st Class Baptiste, 827-5877.

See **BRIEFS**, Page 16

Fueling th



Photos by Airman Basic David Tracy

(Top) A member of the 6th Maintenance Squadron Fuel Cell points to a scratch on a fuel bladder cell tank interconnect. Even a small scratch can cause a leak in a fuel bladder, delaying aircraft departure. (Above) Staff Sgt. Christopher Smith, 6th Maintenance Squadron aircraft fuels system craftsman, installs a fuel bladder in a KC-135 Stratotanker.



Senior Airman Bryan King, a 6th Maintenance Squadron aircraft fuels system craftsman, is working on a fuel bladder cell tank interconnect in the fuel bladder cell of a KC-135 Stratotanker, Oct. 10. King has been working a rigorous 24-hour schedule to identify

ne fight!



Photo by Airman Basic David Tracy

aircraft fuels system journeyman, inspects an open-6 at MacDill Air Force Base. The 6th MXS fuel cell and fix a leaking tank interconnect.



Photo by Airman 1st Class Shandresha Mitchell

Senior Airman Jeremy Smith (left), and Staff Sgt Wali Shaheed, 6th Maintenance Squadron aircraft fuels system craftsmen , gather tools to use on a 91st Air Refueling Squadrons's KC-135 Stratotanker's leaking fuel bladder at MacDill Air Force Base, Oct. 6. Smith and Shaheed were assisting other Airmen of the 6th MXS in repairing a faulty fuel cell.



Photo by Airman 1st Class Shandresha Mitchell

Staff Sgt. Michael Robertson, 6th Maintenance Squadron aircraft fuels system craftsman, puts on his boots after exiting a KC-135 Stratotanker. Robertson was replacing a tank interconnect between the fuel bladders, which requires him to remove his boots in order to not damage the fuel bladder.

BRIEFS

From Page 10

Hugh Shelton Scholarship application available

The General Hugh Shelton Leadership Center is pleased to offer a four-year college scholarship for one emerging high school student leader to North Carolina State University. This is the 8th annual Hugh Shelton scholarship provided by the center and is valued at \$10,000 per year (renewable), plus an annual \$2,000 stipend for external leadership experiences such as study abroad. The program wants to identify and reward America's most outstanding high school student leader. Applications are due Nov. 1. Details on the scholarship, criteria and application are available at: <http://www.ncsu.edu/extension/sheltonleadership/leadership-scholarships/national-scholarships.php>.

CORNER

From Page 2

three short weeks away, I think we have this base looking pretty sharp. There are so many of you that have made this possible but I want to single out one person. **Mrs. Judith Grayson** from our 6th Civil Engineer Squadron planned, executed and provided quality assurance for over \$278K of grounds landscape improvements. These enhancements are incredible and significant to the overall appearance of MacDill AFB. Well done, Mrs. Grayson!

Since we have our base looking so well, I like to show it off, and that is made possible by all the hardworking Airmen at the Visitors Center. **Staff Sgt. Josh Williams** has that place humming, and it is through his efforts that I can bring visitors on base knowing that they have been vetted by the best defenders in the world. Josh, I salute you and everyone at the Visitors Center for being the face of MacDill, and doing it so well.

It is an honor to serve with you in the finest Air Mobility Wing on the planet!

Uniform updates: BDUs out, ABUs in

Special to the Thunderbolt

Nov. 1 is on the horizon, do you know what that means? It is the latest changes to the Air Force's uniform policy. For those of you who are the holdouts of BDUs, I'm sorry to say but you need to now tuck them away in the back of your closet. ABUs are now the mandatory utility uniform. As for those of us that have a closet full of tan boots, unless the Theater commander says they are good at a deployed location down-range, sage boots are now all the rage. So, unless you want to get briefed by that SNCO or

first sergeant, it is time to get these uniform items in place.

While we are on the topic of uniform standards, here are a couple friendly reminders. When you are in your PTU or IPTU, your t-shirt must be tucked in at all times. Throughout the base, there still seems to be a trend of people who don't tuck in their shirt. And for those of you that love the five finger shoes, if you wear them with your PTU or IPTU, you must wear socks with them. Socks are a mandatory item; That is why five fingers make the socks to wear with those special shoes, so buy a few pairs.

DIAMOND SHARP

Airman 1st Class Jason Jones 6th Medical Support Squadron



Job Title: Information systems technician.

Hometown: Tampa, Fla.

Short-term goals: A+ certification, promotion to senior Airman Below The Zone.

Long-term goals: Complete my bachelor's degree and receive a commission as an officer.

Advice to others: Always strive to reach the next level in your life, whether it be career, educational or personal goals.

Role model and why: My grandfather, Kendall Hobart, who served in the Air Force during the Korean War. He is a devout man of faith who values family above all. He has also traveled all over the world and never runs out of stories to tell.

ENERGY

From Page 3

pounds per arrival.” Truly this whole effort is efficiency in action.

Also, consider the efforts of Michael Miller at Fairchild Air Force Base, Wash. Miller, an Energy Management

Control Systems operator with the 92nd Civil Engineer Squadron, was awarded the U.S. Federal Energy Management Program’s 2011 Federal Energy and Water Management Award for Exceptional Service earlier in 2011.

Fairchild leaders say that over the past 20 years, Miller has led and overseen the installation and operation of three Energy Management Control Systems. His projects will accrue total lifetime savings of 1,326,000 British

Thermal Units, \$7.9 million in cost savings and avoid emissions of 70,000 metric tons of carbon dioxide. A truly magnificent success!

One more mobility Airman, Staff Sgt. Daniel Morrison of the 60th Aircraft Maintenance Squadron at

Travis AFB, Calif., was also a key player in saving energy in AMC when he implemented an energy conservation plan for his unit’s facility that saved more than \$1,000 a month.

After seeing the amount of energy his

building was using, Morrison and his fellow maintenance Airmen turned off 50 percent of the aircraft hangar lights that typically remain on. Eventually, his unit “saved enough energy in one month to power another facility of similar size.” Before the energy conservation plan was implemented, the monitors displayed 30 kilowatt hours of energy being used. After one month, they read 11 to 15 kilowatt hours.

Just like those AMC energy savings leaders at Charleston, Fairchild and Travis, there are people throughout the mobility family doing great things every day to help our command. As we continue down the path of energy conservation and efficiency, I ask that each and every person in AMC to continue to find ways to further this effort.

During October Energy Awareness Month, please make an extra effort to saving energy and becoming more efficient in your home and workplace. Do your part to “power the force” with less energy, and continue to “fuel the fight” with new ideas for energy conservation. Together through this effort we will be even more efficient while maintaining our unrivaled effectiveness, ready to answer the call of others anywhere in the world.

THERAPY

From Page 6

Physical therapists significantly improve mobility to perform daily activities. They provide an alternative to painful and expensive surgery, in many cases, and they manage or eliminate pain without medication and its side effects.

We invite you to visit www.moveforwardpt.com to review the numerous videos and tools to help you keep mobile, healthy and fit and to learn about the many ways in which physical therapists can help improve your quality of life.

Have a happy, healthy National Physical

Therapy Month and keep “moving forward!”

Open House details

Making the commitment to be physically active is one of the best ways for our Airman to prevent injury or combat physical disability in garrison or in a deployed location. To commemorate National Physical Therapy Month, the Physical Therapy clinic from the 6th Medical Group is hosting an Open House Oct 28 from 1 to 3 p.m. The Open House will be held in the Physical Therapy clinic that will include various physical therapy related activities and games, door prizes, and light refreshment.



The Pigskin Picker 1st and 10 ...

by Mack Dill

The Pigskin Picker

This has to be the best time of the year in the world of sports. We've got baseball, hockey and best of all – great football! Last weekend was a tough weekend for college football fans in Florida, so we'll just chalk that up to tough lessons in the school-of-hard-knocks and jump into this week's picks.

For the game of the week, I'm going to pick the NFL matchup of **Philadelphia at Washington**. I keep watching these Philadelphia games each week like I'm watching a car wreck. I don't want to look, but I just can't avert my eyes. This weekend in D.C. may be the straw that breaks the camel's back for coach Andy Reid. When they call Philly "The City of Brotherly Love," believe me when I say they are not talking about their fans' willingness to love a coach who has yet to bring home a championship. The Redskins, on the other hand, are getting back in their fans' good graces with a defense that, going into their bye week, was tied for first in the NFL on sacks. Add to that the fact the Redskin's defense is looking good in both the pass defense and the rush defense. As for the Skins QB, Rex Grossman continues to be his enigmatic self as he continues to shift from the veteran who throws laser-guided TD passes, to the rookie who gives up foolish interceptions. This is the week he needs to make the smart throws. I'm taking the Redskins at home.

Let's look at what's happening for Saturday's NCAA games.

South Carolina at Mississippi State – I'm only picking one SEC game this week and I chose this one for the drama of both teams doing the quarterback shuffle. Both teams have opted to go with break-out sophomores to step up and show the leadership they need. Here's where it gets interesting. In both cases, the results were so similar it's scary. At South Carolina, Coach Steve Spurrier replaced the undisciplined Stephen Garcia with his firecracker Connor Shaw. Showing the confidence of an upperclassman, Shaw started the game against Kentucky and banged out 639 yards of total offense with 311 yards passing and four touchdown passes. Considering he did all of this and

See **PIGSKIN, Page 22**



EVENTS

Friday

Surf's Edge Club

Membership Breakfast from 6:30-9 a.m. Members: FREE. Non-Members: \$6.95.

Arts & Crafts Center

Free Open Scrapbooking from 11 a.m.-3 p.m.

Boomers Bar & Grill

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

Sunday

MacDill Lanes

Top 8 5 Game Scratch Sweeper. 12 p.m. Cost 40.

MacDill Lanes

NOW OPEN ON SUNDAYS FROM 1-8 p.m.!

Monday & Wednesday

Bay Palms Golf Complex

After 1 p.m. Golf for only \$15 (E1-E4 \$11.25)

Tuesday & Thursday

Bay Palms Golf Complex

FREE Active Duty Clinic from 12-1 p.m.

Thursday

Bay Palms Golf Complex

Club Member Appreciation Day. Free Golf & Cart *Must show valid Club Card when check-in at Pro-shop.

Youth Center

Lights on Afterschool from 3-4:30 p.m. Examples of the different types of programs offered will be displayed and demonstrated.

For more information, visit our Web site at www.macdillfss.com



Photo by Airman Basic David Tracy

Readiness training

Fire Capt. Sean Shillato and Senior Airman Mitchell Blackwell, 6th Civil Engineer Squadron firefighters, simulate putting out a structure fire, Sept. 26 at MacDill Air Force Base. To ensure mission readiness, firefighters must routinely train on how to respond to fires and managing emergency situations.



CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m. - Praise Worship Service
Noon - 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 website at www.macdill.af.mil/macdillchapel



AT THE MOVIES

\$4 for adults / \$2 for children 828-2780

Friday - 7 p.m.

Apollo 18 (PG-13)

Saturday - 4 p.m.

Warrior (PG-13)

Saturday - 7 p.m.

Bucky Larson: Born to be a Star (R)

PIGSKIN

From Page 20

spread it around to 10 receivers, makes the Gamecocks lethal. Not to be outdone, Mississippi State Coach Dan Mullen waited until halftime to change out QBs. When they did, Tyler Russell threw for 166 yards and gained a total of 298 yards total offense, which included three touchdown passes. While I'm excited about the Bulldogs and like the fact they're playing at home, South Carolina still has Running Back Marcus Lattimore so I'm taking the Gamecocks.

Michigan at Michigan State – Yes, I've heard of Michigan's Denard Robinson, but I'm not sure he's faced the type of defense Michigan State is sporting. The Spartan line can be ruthless when it comes to sacks – just ask Ohio State QB Braxton Miller about the NINE he suffered because of them. Speaking of nine, that's how many interceptions Robinson has thrown this year. While Michigan has gone undefeated, I think this is the week-end their luck runs out. I'm taking Michigan State to win at home.

Oklahoma State at Texas – Texas Coach Mack Brown is doing his best to spin this horrible scheduling scenario. Having to play two top-rated Oklahoma teams two weeks in a row is tough. Having to do it against teams that are undefeated

and play run-and-gun offenses seems to be nightmarish for Longhorn fans. OSU's Cowboys love to play on the road and their seven road game win streak is proof. Texas will play as physical as their defense can, but their young corners will have their hands full trying to keep up with Cowboy's WR Justin Blackmon. Oklahoma State wins.

Arizona State at Oregon – Don't let this one fall off of your radar. This is an extremely tough road test for the Sun Devils, but if they continue to force turnovers, 17 in the last four games, they can upset the Ducks at home. At the same time, Arizona State's defense is stingy and Oregon may not have their offensive machine LaMichael James due to a dislocated elbow. I'm going with the Sun Devils to shock everyone.

Ohio State at Illinois – It's always an interesting match-up between these two. Both allow the same number of points per game, but Illinois puts more points on the board. Fans of the Illini know there's usually one game they look past and end up wishing they could get back. This may be the game. Let's hope not. I'm going with Illinois for the win.

And now for NFL match-ups.

San Francisco at Detroit – Are you kidding me? The difference a year, a draft and free agency makes! Both of these teams are making believers out of everyone. The 49ers are “getting back to ba-

sics” and the Lions are staying healthy and getting stronger each week. This should be a good game, but Detroit's home advantage is too tough to overcome. Detroit stays undefeated.

Carolina at Atlanta – This is the week Cam's been looking forward to. He'll have his hands full with a defense that is pretty good at sacks and solid hits to QBs. Offensively, Atlanta started strong against the Packers, but couldn't finish the job. Atlanta operates as if other teams should never score against them. Then, as soon as a team makes a big play, the air is knocked out of them and they become undisciplined and penalty-prone. Carolina is getting better each week. I'm picking the young Panthers.

Houston at Baltimore – Houston is coming off of a tough, emotional loss to the Raiders and now they have to go on the road to play the Ravens and their ravenous defense. Too many injuries will make it too tough for the Texans to overcome. Ravens win at home.

Miami at New York Jets – Get ready for Rex Ryan smack talk to start again. The Jets SHOULD win against the Dolphins, and Ryan will act as if they just beat the toughest team in the NFL. I would love to see Miami shock the world and win. If they do, we might get to finally see that boxing match between Rex Ryan and Mark Sanchez. We should be so lucky to get to see that happen.