

# THUNDERBOLT

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**Halloween Photos** - page 14



Photo and graphic by Senior Airman Linzi Joseph

# COMMANDER'S CORNER



## More Team MacDill standouts

by Col. Lenny Richoux

6th Air Mobility Wing commander

Last week the 927th Air Refueling Wing and 6th Air Mobility Wing team completed a generation exercise to test our readiness capabilities. During our exercise we were inspected by a group from Air Mobility Command Operations Directorate, and expectedly, the after-action comments and suggestions from our inspecting visitors were some of the best I'd heard in my career. You all are doing an outstanding job, and your hard work with training and readiness were reflected during the exercise. Remember, this wasn't the final exam; it was the mid-term. Keep it up!

I want to recognize 6th Security Force Squadron's **Amn 1st Class Curtis Gardner** who I recently coined, and **Staff Sgt Daniel Sprague** and **Senior Airman Jay Pee Espejo** from 6th Operations Support Squadron for their stellar performance during the exercise.

Many of our base members and I will be attending the Airlift/Tanker Association Convention and Symposium this weekend. Seminars

will focus on community best practices, lessons learned and the way-ahead for the Tanker community. If you attend the conference, share what you've learned with those who were unable to attend.

Last week I came back from Phoenix Rally held at Scott AFB. Phoenix Rally is AMC/CC's Commander's Call for AMC's Expeditionary Mobility Task Force commander, Wing-level commanders and AMC staff. We talked about ways to operate in a constrained fiscal environment and best practices gained from operations such as the Haiti earthquake response. One theme that was emphasized over and over again was analog leadership...caring for one another on and off the job. Many of our fellow Soldiers, Sailors, Airmen and Marines are under a lot of stress. Let's take care of each other, especially as the holidays approach.

Kudos to the 6th Medical Group's **Senior Airman Jonathan Flanagan** for his selection for the Diamond Sharp Troop Award. Flanagan is a Medical Laboratory technician currently assigned to the Brandon Clinic. He has also been selected to attend the 2010 American



**Col. Lenny Richoux, left, speaks with Staff Sgt. Justin Smelker, as Airman 1st Class Justin Worcester looks on.**

Society for Clinical Pathologists conference in San Francisco.

**Mr. Bert Gore** recently completed Air Command and Staff College, an 18-month program, in 14 weeks. He serves as Laboratory Manager for Clinical Laboratory Services at the 6 Medical Group.

Thanks to the greatest Air Mobility Wing on the face of the planet!

## COMMANDER'S ACTION LINE

**Q:** Why has CentCom taken over the commissary and retiree affairs parking areas? On three different occasions during the past month I tried to shop at the commissary and after driving around the parking area for 15 minutes gave up and went to Publix. I called the commissary and was told that there were few shoppers inside.

As the wife of a retiree the commissary represents quite a savings on groceries and to be unable to shop there because of no available parking spaces is not acceptable. Surely parking was considered when building the new CentCom facility?

Parking is going to only get worse as our visitors from the "frozen north" arrive for the winter months. What can be done to al-

leviate this problem?

- Marge Moore



ing lots. The 6AMW and USCENTCOM are working with DOD officials to construct a long term parking solution. In the mean time, we rely on personal integrity to ensure personnel park in appropriate locations. For those who choose to violate agreed-upon

**A:** To the concerned spouse, thank you for your Action Line submission. MacDill AFB does not have a readily available resource of personnel to constantly monitor Commissary and AAFES retail store park-

ing lots. The 6th Mission Support Group, Security Forces Squadron and other base agencies are enforcing punitive measures on those who are using Commissary and AAFES parking, but aren't shopping inside the facilities.

The rule is: The first parking offense is recorded. The second offense results in a 30-day suspension, and the third offense is a one-year suspension of on-base driving privilege.

All personnel are being informed about the consequences of violating the standing parking guidelines. The standing guideline for parking is that all parking slots with the exception of designated rows (marked center rows) in the Commissary and AAFES parking lots are reserved for customers only.

**Congratulations to the following selectees and alternates for their selection to attend Developmental Education for the Summer of 2011:**

**Primary Designee for Air Command and Staff College**

Maj. Ben Retzinger, 6th Maintenance Operations Squadron

Maj. Alex Millman, 6th Medical Support Squadron

Maj. John Kelley, 911th Air Refueling Squadron - alternate for Intermediate

**Developmental Education**

Lt. Col. Jamie Dermer, 6th Operational Support Squadron - alternate for Senior Developmental Education



## Your T-bolt Today

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'There I was'



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Retiree appreciation



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MacDill Airman AMC Icon



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Proper disposal of medicine

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Events, movies, more...



## Annual Women's Health Seminar Luncheon Wednesday

The annual MacDill Health and Wellness Center/Memorial Hospital of Tampa seminar will be held Wednesday from 11:30 a.m. to 1 p.m. at Maggiano's Little Italy, 205 Westshore Plaza, Tampa.

The keynote speaker is Eric Harrison, M.D., national director of advanced cardiac imaging - Iasis Healthcare director, USF/Memorial Hospital Cardiac Imaging. Also speaking is Barbara Nedervelt, advanced nurse practitioner, women's health, MacDill.

Seating is limited. Call the HAWC 828-4739 for a reservation.

# Commentary Suicide: when it hits home

by Lt. Col. Nathan H. Johnson

6th Medical Support Squadron commander

Oct. 30, 1977 was like most other Sundays. LSU had beaten Ole Miss the night before. I didn't do my homework that was due the next day. My immediate future was a trip to church, see my friends there, and return home for the big NFL game of the day, the Saints vs. the Rams.

Everything was great, I was 9 years old, and I was the king of my universe. We even got out of church early. When I got home, I jumped on my bike, rode up to the convenience store and bought the latest Batman comic. I had just enough time to return home before kickoff. When I returned, I saw a police car at my house. No big deal, I thought. My brother had probably been illegally riding his motorcycle again. But I saw my mother on our front steps and she looked upset. I can still remember her words, just like it was yesterday, "Your sister seems to have killed herself." With that short statement, my life changed forever.

To me, my sister Kate was unmatched in beauty, smarts, and friendliness. She took me everywhere. When she went on a date, I sometimes came along. Her friends were my friends!

In the late summer of 1977, Kate went off to college. I was sad, but was happy a month or so later when she returned home. I didn't really understand why she came home, but I was happy. I don't remember all that much about the next couple of months, only that very rapidly we had a funeral. My mother was placed in a mental institution, and instead of coming home to family after school, I went to a family friend's house.

I do not remember the last time I talked or



My sister Kate, 1977

even saw my sister. I guess that's understandable given my age and the circumstances of her death. I always wondered what was going on in her life that would make her commit suicide. As a squadron commander, I try to use my experience to help others pay attention to family and squadron mates and point to the devastating effects of suicide on the family.

I wish I could have just once talked to my sister, but people can't return from the grave, or at least that is what I thought until several weeks ago.

My father passed away in late August. Part of my responsibility as one of three surviving sons was to clean out his house. Going through all the old pictures brought back a lot of memories. My brothers and I talked more about Kate in a three-day period than in any other time of our adult lives. On my last day of cleaning, I started sorting through a desk in my father's room. This desk was an area that the kids were never allowed to touch. On top of this desk was a dusty notebook with a yellowed cover, and in cursive writing: "Kate Johnson."

It was the diary of the last two months of my sister's life. Although I knew it would be emotional, I decided to read it. Within the pages of that 33-year-old notebook, I found some things that I want to pass along, because it's not often we get too peer into the mind of someone thinking about suicide.

Suicide minus 54 days – In referring to her best friend, she said "I love you!" On being at School, "God, it's lonely here." On her older brother, "I don't know what I would do without him." On missing home, "Mother called me. I guess she was a little bit worried. I love her so much – especially when I'm away."

Suicide minus 52 days – I love me brother so much. I love it here!

Suicide minus 51 days – My algebra teacher is so nice; I'll even make it in Algebra!

Suicide minus 49 days – It's getting to be more like home now every day. Met Mike at the gas station, I hope we'll start to date before too long.

Suicide minus 47 days – I love my Chemistry class. My dream this quarter is to make



## 'There I was' Deployment filled with crucible moments

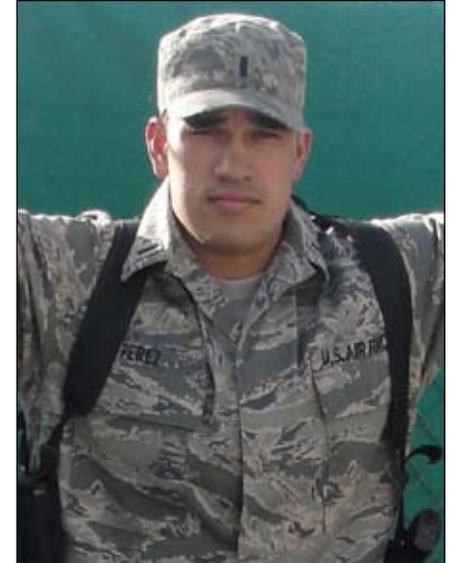
by 1st Lt. Gilberto Perez  
6th Air Mobility Wing

Welcome to some insights from my first deployment. My commander notified me in November, 2009 that I was deploying to Bagram Afghanistan in support of Operation Enduring Freedom. I was grateful for the opportunity to serve the United States, a country that has given my family so much. In January 2010, my jour-

ney began with a monthlong pre-deployment training at Ft Dix, NJ, where I was learning various skill-sets in preparation for my deployment. I worked as a battle captain in the Joint Network Operations Control Center-Afghanistan (JNCC-A), where I facilitated command and control through the delivery of voice, data, and video networks to combat forces. The lack of communication redundancy and dependency on tacti-

cal equipment in the combat zone makes every link critical. There was great satisfaction and sense of purpose in knowing I was able to secure reach-back capability to my brothers and sisters at arms throughout the battlefield.

In a joint environment, I received a first-hand view of each service's unique attributes. However, foundational values of integ-



1st Lt. Gilberto Perez

See **THERE I WAS**, Page 20



## COMING SOON ....

### MacDill AFB

# Retiree Appreciation Day

## November 13, 2010

(SATURDAY)

- **HEALTH FAIR**
- **PAY-AS-YOU-GO BRUNCH**
- **PAY RECORD REVIEW BY DFAS**
- **DBIDS / ID CARD SCANNING**
- **LEARN ABOUT YOUR BENEFITS**
- **SPEAK ONE-ON-ONE WITH REPRESENTATIVES**
- **WINE TASTING, FOOD DEMO, PRIZE DRAWING AND MORE.....**

**RETIRES FROM ALL SERVICE BRANCHES AND FAMILY MEMBERS ARE INVITED ...**

#### RETIREE APPRECIATION DAY - Mark your calendar !



**Saturday, November 13, 2010** has been designated Retiree Appreciation Day by Colonel Lenny J. Richoux, 6th Air Mobility Wing Commander at MacDill Air Force Base. Colonel Richoux invites military retirees of all service branches to visit MacDill AFB on this special day to acquaint themselves with benefits and services available at various base facilities. Please refer to the schedule of events below for details.

**New this year:** Representatives from the 6th Force Security will be present to introduce DBIDS and to register ID cards for retirees and their dependents.

#### Retiree Appreciation Day 2010 - Schedule of Events

Time	Events	Location
7 A.M. to 1 P.M.	<b>Pay-as-you-go Brunch</b>	Base Dining Facility Hillsborough Loop Dr. Bldg 263
10 A.M. to 2 P.M.	<b>Wine Tasting</b>	Class Six Store
8 A.M. to Noon	<b>Health Fair</b> ⇒ Glaucoma screenings ⇒ Cholesterol Measurements ⇒ Blood Pressure Checks ⇒ Health Care Symposium ⇒ Flu shots <i>(will be given depending on availability of flu vaccine)</i> ⇒ TRICARE (Clinic Atrium)	MacDill Clinic 3250 Zemke Ave.
9 A.M. to 3 P.M.	<b>Pay Record Review</b> ⇒ DFAS representative will provide consultation  <b>VA Benefits</b> <b>Survivor Benefits</b>	Retiree Activities Office
8 A.M. to 11 A.M.	<b>Legal Assistance</b> ⇒ Wills - New or update Walk-In service available for only 85 people - Come early !!	Legal Office
9 A.M. to 3 P.M.	⇒ Powers of Attorney and general consultation	Legal Office
9 A.M. to 3 P.M.	<b>ID Card and DBIDS Awareness</b> 📖 Speakers from 6th Security Forces Squadron: ○ Officer Reginald Henderson ○ SSgt Victor Ferreira ⇒ ID card registration with DBIDS ⇒ ID Card Issue or Renewal	Retiree Activities Office  Retiree Activities Office Pass and ID - Building 373
9 A.M. to 3 P.M.	<b>Casualty Assistance</b>	Pass and ID - Building 373
9 A.M. to 3 P.M.	<b>Vehicle Registration</b> Armed Forces Bank Space-A Travel Retiree Associations (MOAA / TREA) Airman and Family Readiness Center Recreation Facilities Volunteer Coordinator Bayada Nurses Home Care Specialists Florida National Cemeteries American Military Retirees Association (AMRA)	Information Booths in the Base Exchange Food Court

© There will be prize drawings sponsored by the MacDill Class Six Store and the UPS Store. In addition, the Army and Air Force Exchange Service and Commissary will offer discount coupons and provide free refreshments.



## COMMENTARY

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From Page 3

straight A's. Maybe it'll come true!

Suicide minus 46 days – Found out I have been going to the wrong English Class. That's how bright I am. Met Brian in my Algebra class. I hope he asks me out. I am going to church tonight. Got a letter from Donna, I am so glad!

Suicide minus 45 days – I am about to get everything straightened out.

Suicide minus 42 days – I am taking a nap this afternoon. One day at a time sweet Jesus.

Suicide minus 42 days – Brian asked me for my phone number, and he bought me some coffee!

Suicide minus 40 days – Brian called and so we went out to get a coke. He's different from all the other guys; he is the real loyal type.

Suicide minus 39 days – Brian is very nice, but he wants to get serious.

Suicide minus 37 days – I love my hometown! I was so glad to see Jan!

Suicide minus 36 days – I went to see my dear friend, I don't know what I'd do without her.

Suicide minus 35 days – The pain I feel. The hurt, all part of growing up. I told Mama that I didn't know how much I loved my family until I left them.

Suicide minus 34 days – College is not right for me. I've wasted so much money. It's all such a big mistake. But I'll stay in my room until November 17th (17 days after suicide, the last day of class). God, please be with me. I'm not ever coming back to this place. It's prison to me. PRISON. And I want out, so bad.

Suicide minus 29 days – I was not very happy with my birthday. I'm eighteen years old and I have to grow up now. I bought two pair of blue jeans.

Suicide minus 28 days – Sat by Mama at Church. Went to see Bonnie (grave of friend who died in car accident). It was so beautiful.

Suicide minus 27 days – I am on a diet. The weather is beautiful.

Suicide minus 9 days – Today I found out I was flying high.

Suicide minus 8 days – Well, now if any is the time to face reality? What is reality? I guess it's life. Life is looking for me – me for it. I'm eighteen with nothing pressing upon my shoulders. This is the biggest burden to bear. There are all kinds of possibilities for which my life may lead. Love – I want and need love desperately. But one must not look for love, love will find who it desires to find. Kate Johnson, who are you? What do you want? One day soon, we will all find out! Forgive Kate, please forgive. Please, Please, Please. It's hard, so very hard. But I must continue. I must, I must.

There were no other entries. Kate died of a self inflicted gunshot to the chest on Oct. 30.

I am not a clinician, but there are several things I learned from reading Kate's diary. First, there is always hope. In the early days of September 1977, Kate was full of optimism. I am impressed by how often she used the word "love" to describe her relationship with friends, family, hometown and school.

Things can rapidly change from good to bad. I am not sure what happened, but unmet personal expectations and disappointments are things we should not ignore, and ever forget the importance of professional help.

I know Kate felt tremendous love from family and friends. This was a temporary situation that would certainly have been avoided with professional help. Kate would have celebrated her 51st birthday this month.

Please keep an eye out for your family and friends, and if you have or are thinking of harming yourself, please do yourself and your family a huge favor and seek help. This one small act of courage will pay dividends for generations to come.









## Cyber Security: Everyone's responsibility

by Richard J. Smith

375th Communications Squadron

**SCOTT AIR FORCE BASE, Ill.** – October was Cyber Security month across the United States. Although the term “cyber security” sounds very high tech, it’s something everyone can and should understand.

Cyber Security involves protecting information online – everything from e-mail to cell phones, digital cable to airplane navigation, online shopping to medical records. Consider that from the time the telephone was invented in 1876 it took another 50 years for the first transatlantic phone call to be placed, and almost 80 years before all Americans could even dial long distance.

By comparison, the first commercial web browser came out just over 15 years ago, and today the vast majority of Americans are online, as are more than a billion-and-a-half people around the world. But the very openness of the Internet, one of its great strengths, is also its greatest vulnerability. The 9/11 hijackers used travel sites to plan their attacks.

The federal government recently set up a cyber security department and is hard at work coming up with a plan to protect cyberspace – but

what can you and your family do?

The first step is to be more aware – to understand what risks are out there. Dangers include viruses which can attack your entire system – someone breaking into your system and altering files – someone using your computer to attack others – or a stranger gaining personal information about you or your family from a picture posted on Facebook.

As individuals, the steps we need to take are clear, and they will make a big difference:

- Install and activate firewalls for your computer and internet connection
- Make sure your anti-virus and anti-spyware software is installed and up-to-date
- Check your computer settings to make sure your operating system and applications are automatically patched
- Practice good online habits by not visiting suspect sites, downloading suspicious documents or attachments, or opening e-mail from people you don't know
- Back up your files regularly and use strong and secure passwords
- Begin educating your children early about staying safe online.

Every time you log on to a computer, we're entering a cyber battlefield. Equip yourself and your family with the knowledge to stay safe and secure. For more information, contact your organization's information assurance officer or the wing information assurance office at



## ***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.





Photo by Senior Airman Nancy Hooks

A house at MacDill Air Force Base is heavily decorated in celebration of Halloween. Base Housing will be open from 6 to 8 p.m. Oct. 31 for trick or treating.



Photo by Tech Sgt. Tanika Belfield

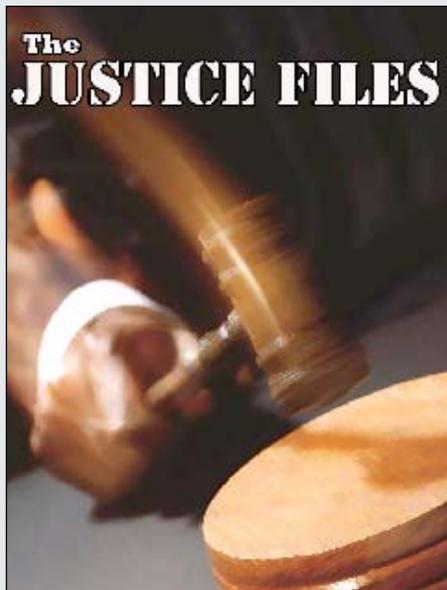
Parents wrapped their children as mummies, and children wrapped their parents (left and above left) at a Halloween party held for members of the 310th Air Refueling Squadron Saturday. Ghostbuster Lt. Col. Wolf, 310th ARS commander, gives his son Davis a quick wrapping, while Alanna Belfield gives the same treatment to dad, Staff Sgt. Jatton Belfield. (Above right) Katrina Sterns, left, daughter of Tech. Sgt. Amy Stevens, and Cydnee Belfield, daughter of Tech. Sgt. Tanika Belfield, prepare to carve a pumpkin.



## Article 15s Issued between June 21 thru Sept. 30

### 6th Air Mobility Wing Legal Office

Over the past three months, the MacDill Legal Office processed 17 nonjudicial punishment actions under Article 15, UCMJ, involving Airmen in the 6th Air Mobility Wing and associate units at MacDill Air Force Base. Offenses included, but were not limited to, wrongful use of marijuana and violating a general order by possessing intoxicating substances other than alcohol.



### Adultery

On July 9, a Senior Airman from the 6th Security Forces Squadron received an Article 15 for adultery. His punishment consisted of 15 days extra duty and a reprimand.

### Absence without leave

On Sept. 14, a Senior Airman from the 6th Logistics Readiness Squadron received an Article 15 for failure to go on two separate occasions. His punishment consisted of suspended forfeiture of \$1,047 pay, 15 days extra duty, and a reprimand.

On July 26, a Staff Sergeant from the 6th Aerospace Medicine Squadron received an Article 15 for failure to go. Her punishment consisted of a reduction to the grade of Senior Airman, 30 days extra duty, and a reprimand.

On June 21, an Airman First Class from the 6th Security Forces Squadron received an Article 15 for being absent without leave on four separate occasions. His punishment consisted of a reduction to the grade of Airman Basic, forfeiture of \$723 pay per month for two months, and a reprimand.

### Drug abuse

On Aug. 11, an Airman First Class from the 6th Communication Squadron received an Article 15 for violating a lawful general order by possessing an intoxicating herbal blend, commonly known as strawberry mamba and blaze. He also had ammunition in his dorm room. His punishment consisted of a reduction to the grade of Airman and a reprimand.

On July 6, three Airmen First Class from the 6th Force Support Squadron received Article 15s for wrongfully using marijuana on divers occasions. All three received a reduction to the grade of Airman

Basic, suspended forfeitures of \$723 pay per month for two months, and a reprimand.

Per AFI 36-3208, "Drug abuse is incompatible with military service and Airmen who abuse drugs one or more times are subject to discharge for misconduct."

### Alcohol related offenses

On July 29, an Airman First Class from the 6th Force Support Squadron received an Article 15 for driving a privately owned automobile while drunk. Her punishment consisted of a suspended reduction to the grade of Airman First Class, forfeiture of \$811 pay per month for two months, and a reprimand.

On July 26, an Airman First Class from the 6th Maintenance Squadron received an Article 15 for indecent conduct and underage drinking. His punishment consisted of 15 days extra duty and a reprimand.

On July 9, a Senior Airman from the 6th Security Forces Squadron received an Article 15 for indecent conduct and drinking underage. His punishment consisted of a suspended reduction to Airman First Class, forfeiture of \$500 pay per month for two months, and a reprimand.

### Larceny

On Aug. 19, an Airman First Class from the 6th Civil Engineer Squadron received an Article 15 for stealing from the Base Exchange. His punishment consisted of a reduction to the grade of Airman and a reprimand.

### False official statements

On Aug. 16, an Airman First Class from the 6th Operations Support Squadron received an Article 15 for making a false official statement. His punishment consisted of a reduction to the grade of Airman, 30-days extra duty, and a reprimand.

### Dereliction of duty

On Sept. 7, a Senior Airman from the 6th Aircraft Maintenance Squadron received an Article 15 for misuse of his government travel card. His punishment consisted of a suspended reduction to the grade of Airman First Class and a reprimand.

On Sept. 7, an Airman First Class from the 6th Security Forces Squadron received an Article 15 for misuse of his government travel card. His punishment consisted of a suspended reduction to the grade of Airman, 30 days extra duty, and a reprimand.

On Sept. 7, a Staff Sergeant from 6th Medical Operations Squadron received an Article 15 for accessing private medical records that were not his in violation of HIPAA. His punishment consisted of a reduction to the grade of Senior Airman and a reprimand.

On June 28, a Senior Airman from the 6th Logistics Readiness Squadron received an Article 15 for failure to obey a lawful command by violating a no-contact order. His punishment consisted of a suspended reduction to the grade of Airman First Class, forfeiture of \$150 pay for two months, 30 days extra duty, and a reprimand.







## MacDill Airman wins 2010 AMC Icon title

by Headquarters AMC Public Affairs

SCOTT AIR FORCE BASE, Ill. — Staff Sgt. Aisha Smith, assigned to the 6th Medical Group at MacDill AFB, Fla., took home top honors at this year's Air Mobility Command Icon competition Oct. 21 at Scott Air Force Base, Ill.

AMC Icon - based loosely around the TV show, American Idol -- is an AMC commander's initiative designed to showcase the vocal talents of AMC Airmen. In July and August, each of the command's 12 installations conducted a base-level Icon contest; the top-rated active-duty AMC winner at each

base-level contest represented their base during the Oct. 21 Command Finals here.

In addition to her first-place finish, Sergeant Smith received a check for \$1,000 and a special invitation to audition with the U.S. Air Force's premier entertainment showcase, Tops in Blue.

The MacDill NCO was one of 11 vocalists from around the command - one from each AMC installation - who competed for the coveted AMC Icon title.

Also during the Command Finals, Senior Master Sgt. James Warrick, from Joint Base McGuire-Dix-Lakehurst, N.J., earned third place and \$600, with his rendi-

tion of Bon Jovi's "Wanted Dead or Alive;" and Senior Airman Naomi Scott, from Dover AFB, Del., captured second place and \$400. Airman Scott entertained the AMC Icon audience with her version of Carrie Underwood's "Cowboy Casanova."

**Other AMC Icon finalists included:**

Master Sgt. Jason Shamis, from Charleston AFB, S.C., singing "History In The Making;"

Staff Sgt. Abigail Foster, Fairchild AFB, Wash., singing "Unforgettable;"

Staff Sgt. Clint Yager, from Lit-

See **ICON, Page 22**



Photo by Tech. Sgt. Michelle Larche

**Staff Sgt. Aisha Smith during her winning performance Oct. 21.**



# How to properly dispose of unused medication; safe disposal critical to safety

by Tech. Sgt. Demetrius Booker  
6th Medical Group

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It happens to all of us ... our medicine cabinet gives us a good look at all the illnesses and pain that we have experienced over the years -- the unused Motrin for the back pain, the Elixir for a sore throat, the Percocet for a dental procedure and the remaining antibiotic that caused an upset stomach after two doses. How should someone get rid of these drugs safely? The information that follows will help you dispose of your unwanted

and expired medications safely and responsibly.

One option is to return the medications to civilian legal agencies. There are drop-off sites that accept unwanted medications and dispose of them for their customers. Some pharmacies or hospitals accept unwanted medications from patients and dispose of them through incineration. There are also nationally known programs that include "Prescription Drug Take Back Day" events sponsored by the Drug Enforcement Agency to collect unwanted medications. Most civilian pharmaceutical chains provide annual drives to accept expired medications from their patrons.

The patient, can also dispose of the medication right at home. If you choose this option, ensure you follow these steps: (1) Be sure to take the medication out of the prescription bottle and dissolve with water; (2) Mix it with an undesirable substance such as coffee grounds, kitty litter, ashes, dirt, sawdust, flour or salt (this step discourages others from tampering with the substance); (3) Place the mixture back in the prescription bottle and remove all personal and drug information from the bottle; (4) Next, place the bottle in a sealable bag, empty container or can; (5) Your last step in the process is to discard of the sealed contents into a garbage can as close to trash collection day as possible to avoid someone from tampering with the contents. As a reminder, don't combine your discarded medications with food as people and/or wildlife can rummage in your trash for food.

Another option is to flush the medications down your toilet. This option assists in keeping everyone in your household safe from accidental ingestion. Certain controlled medications may be extremely dangerous if ingested by persons other than those for which they are prescribed. Symptoms of accidental ingestion by children or pets include: difficulty breathing, heart problems or even death. These medications should be flushed down the toilet or sink for safe disposal. Studies have shown that traces of certain medications have been found in our water supplies. However, according to FDA scientists, no evidence of harmful effects to human health from medicines in the environment has been found to date. Don't flush any medications unless flushing is permitted on the product packaging.

Proper disposal of unwanted and/or expired drugs not only keeps your home safe but it also ensures a healthy living environment. To receive more information regarding this topic or any other prescription-related topics, call the 6th Medical Group's Pharmacy at (813) 827-9300 or (813) 828-2226.

## THERE I WAS

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From Page 4

rity, service, and excellence are core commonalities. Deployments are filled with crucible moments — moments in which you reaffirm your commitment to the mission and your wingman. A million thoughts ran through my head as I heard the whispering sound of a rocket right before it made impact. Where's my team? Are they safe? What do I need to do? The adrenaline rushes, my training kicks in, and I take action.

I really appreciate the little things after living in a tent for more than six months, and working 17-hour days. I was thrilled to return home to my wife Angeline and family, and was so happy I was able to walk in my brother Sergio's wedding Nov. 13, 2010.

I would like to thank all the individuals and organizations that continue to support the troops- even the smallest thoughtfulness can make a significant difference in their daily routines.



# ICON

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From Page 18

tle Rock AFB, Ark., singing “I’m Already There.”

Technical Sgt. Eric Bailey, from Grand Forks, N.D., singing “It’s Getting Better All The Time;”

Senior Airmen Rachel Kleist, from McChord AFB, Wash., signing “At Last;”

Staff Sgt. Brenda Johnson, from McConnell AFB, Kan., singing “Home;”

Staff Sgt. Tim Herrman, from Scott AFB, singing “Desperado;” and

Staff Sgt. Jay Tarnate, from Travis AFB, Calif., who sang “The Freshman.”

“It’s an awesome feeling; it’s surreal,” said Sergeant Smith following the competition. “There’s a lot of great talent here; any one of us could have won. I’m just thankful. And I couldn’t have done it without the [U.S. Air Force Band of Mid-America].” The band provided accompaniment for each of the AMC contestants. She also thanked her friends and co-workers at MacDill AFB for all their support and encouragement.

Sergeant Smith - who performed Billie Holiday’s “God Bless the Child” for the hundreds of attendees who packed the Scott Club - said she didn’t decide to compete until three days before the base-level contest, which was held July 30 at MacDill’s Surf’s Edge Club. But, with encouragement from her co-workers and from her squadron commander, she competed and won the MacDill Icon contest.

“I would definitely encourage anyone who likes to sing to step out there and follow their dreams and give it all they have,” added the sergeant.

The master of ceremonies for this year’s command performance was comedian T.A. Burrows. Known as “The Versatile Entertainer,” in addition to comedy, Mr. Burrows is an accomplished writer, poet, actor, master impressionist and vocalist. Mr. Burrows started his entertainment career in the U.S. Air Force. He is an unprecedented, five-time winner of the Air Force Worldwide Talent Competition, and he completed three tours with Air Force Tops in Blue.

Also on hand during this year’s Command Finals was a panel of judges that included SMASH, from SmashBand.com; Mandy Murphey, from FOX 2 News in St. Louis; and Dr. Stella Markou, the director of vocal studies at the University of Missouri-St. Louis.

“[The judges] said you sang from the heart. I think you sang from your heart and soul,” AMC Commander Gen. Raymond E. Johns Jr. told the performers after presenting participation awards to each of them. “These were phenomenal performances.

“We have a tough job [in the Air Force], and we make tough decisions, but I wouldn’t want to be the three of you,” the general added, pointing to the panel of judges.

Before handing the microphone back to the emcee, General Johns took a moment to thank some of the people and units who contributed to the success of this year’s AMC Icon command performance.

The general thanked the former AMC commander, Gen. Arthur Lichte, and Sam Parker, of the AMC Manpower, Personnel and Services directorate; both of whom were instrumental in creating the AMC Icon program three years ago.







## EVENTS

### Friday

#### MacDill Family Resource Center (Brandon)

Halloween Playgroup from 9:30-11a. m. Dress up your little ones and come for treats and fun!

### Youth Center

Fall Festival from 2-5 p.m. Games, Food and music!

### Saturday-Sunday

#### Base Pool

LAST WEEKEND for Free recreational swimming from 11 a.m.-6 p.m. For more information call Outdoor Recreation 828-4982.

#### MacDill Lanes

Kids Halloween Party on Sat, 30 Oct from 1-3 p.m. \$12 per child includes food, bowling, and prizes! Costume contest! Reservations required.

### Sunday

#### MacDill Bowling Lanes

NOW OPEN SUNDAYS! 1-8 p.m. Sunday Family Special – 2 people \$20.00; 4 people \$30. Includes 2 games, shoes, 1 large pizza and a pitcher of soda (Available from 1-7 p.m.).

### Monday

#### Bayshore Club

Reservations start today! Thanksgiving Buffet on Thu, 25 Nov from 11 a.m.-2 p.m. 828-4756

#### Base Pool

This Monday only open for Free Adult Fitness Swim from 11 a.m.-2 p.m. \*For Active duty military personnel & DoD Civilians Only.

### Tuesday

#### Base Pool

CLOSED for Adult Fitness Swim. (This week only)

## DIAMOND SHARP



### Senior Airman Jonathan Flanagan

### 6th Medical Support Squadron

**Job Title:** Medical lab technician

**Hometown:** Tewksbury, Mass.

**Short-term goals:** To make staff sergeant on my next try; deploy

**Long-term goals:** Get my degree.

**Advice to others:** Learn from both your mistakes, and the mistakes of others.

**Role model and why:** My dad; he worked three jobs to support our family

**Why did you join?** To support my country, travel and experience new things

## CHAPEL SCHEDULE

### Protestant services

**Sunday** - 9 a.m., Traditional Service  
10:30 a.m., Religious Education, Noon, Gospel Service

**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)

### Islamic services

**Friday** - 1:15 p.m.

**Jewish services** - Call 828-3621

## AT THE MOVIES

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

**Friday - 7 p.m.**

**Resident Evil: Afterlife (R)**

**Saturday - 3 p.m.**

**No showing**

**Saturday - 7 p.m.**

**The American (R)**