Terry Montrose, 6th Air Mobility Wing deputy chief of public affairs, instructs Brandon Martin and Cody Rogers, Tampa Bay Rays minor league players, how to heat a Meal-Ready-to-Eat entrée Tuesday at MacDill Air Force Base. The players had an opportunity to see a static display of the KC-135 Stratotanker, try a MRE and be wingman for a day with an Airman to tour their duty section.
Looking forward to a great 2012; some wing standouts

by Col. Lenny Richoux
6th Air Mobility Wing commander

The year 2011 has come and gone, and as we look forward to what 2012 holds as we operate the finest Air Mobility Wing on the Face of the Planet in concert with 37 other partner units on MacDill Air Force Base. Chief Master Sergeant Vickie Gamble and I will honor the 6 AMW’s best of the best at this year’s Annual Awards ceremony on Jan 27th. I encourage each of you to come out and pay tribute to our Airmen and Civilians. This is an extremely competitive competition. You are all amazingly talented Americans charged with the responsibility of defending our nation. Have you ever sat down and thought about all the work you do in a year? Just look at these numbers.

Remember, there are only 365 days in a year when you look at these numbers. You supported 2,845 sorties and offloaded 27,051,000 pounds of fuel this year. You deployed to countries all over the world. You supported 156,034 medical appointments, and filled 586,261 prescriptions. You also saw over 24,817 visits in the dental lab. You also processed over 34,000 travel vouchers, and this is just the tip of the iceberg.

As we look ahead to what 2012 holds, Chief Gamble and I have designated this as the “Year of Conspicuous Compliance”. In 2010 and 2011 you showed the IG how well you perform your operational missions, having exceeded all standards. This year, we will be asked to demonstrate how well we follow federal, state, and local laws and policies throughout all 6AMW mission areas. While we will be tested periodically throughout the year, the Wing is preparing for a series of very big inspections this Fall, one of which is the Air Mobility Command Compliance Inspection. We will hit a home run again. “Conspicuous Compliance” means that any guest who enters your work area will know, with a doubt, that you and your fellow Airmen are in full compliance with all regulations and technical orders. It’s an attitude backed by practice.

This past weekend my wife, Michele, and I had the honor of hosting several civic leaders on base. It was incredible to see the amount of support and respect that our community leaders have for you. Every one of them had nothing but praise for all of the wonderful things that you have done for the Tampa Bay community. The people of Tampa are truly honored to have us as their guest, and I make it a point to let them know that we are grateful for their hospitality. They welcome us into their schools, churches, hospitals and everywhere else. Tampa is an Air Force town, and hopefully they will be recognized for their undying support to MacDill. Community leaders are submitting a package to win the Abilene Trophy awarded to the community in Air Mobility Command that is most supportive of its local Air Force Base. No matter which community ultimately wins this award, the men and women of MacDill are the real winners with a community like Tampa Bay. Good luck Tampa Bay, you’re the best!

Speaking of the best, there are a couple of people that I want to mention for going above and beyond. Tech. Sgt. Heidi Torres-Curry is the 6th Medical Group Unit Deployment Manager. In the last 11 months, she solely managed the 6th Air Mobility Wing’s Unit Deployment Program. Her personal sacrifice and dedication to the mission has inspired everyone around her. Lt. Col. Dan Cruickshank, the 61st Mobility Support Squadron commander, was awarded the Air Force Sergeants Association (AFSA) Supervisor of the Year award.

Commander’s Action Line

The Action Line is the 6th Air Mobility Wing commander’s two-way communication with 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.
People form defense strategy’s centerpiece, official says

by Jim Garamone
American Forces Press Service

WASHINGTON, Jan. 10, 2012 – People are the centerpiece of the new defense strategy guidance that President Barack Obama released last week, the deputy undersecretary of defense for strategy, plans and forces said here yesterday.

Kathleen Hicks told the Pentagon Channel that the new guidance calls for a military force sized to handle the operational environment in the world today, and that the force will not be like that of the past 10 years.

Rather, she said, the strategy guidance says the country is best served through having forward-deployed military forces present abroad.

While technology is an incredible enabler, “what we understand today is that nothing substitutes for the quality of our trained, equipped and ready force, and that’s our focus for the future,” she said.

The strategy guidance uses information gleaned from the 2010 Quadrennial Defense Review, Hicks said, but the situation in two short years has changed. “Now we have a changed fiscal environment, the Arab Awakening, the end of U.S. operations in Iraq, and [we are] looking forward transition in Afghanistan,” she said. Changes in Iranian behavior and other factors also were considered in the new guidance, she added.

The Budget Control Act signed last year calls for the Defense Department to cut $487 billion over 10 years. But even without this impetus, DOD would be incorporating the lessons learned from 10 years of war, she said.

The strategy guidance has some concrete changes to past strategy, Hicks said. “We have been looking toward Asia more and maintaining our presence in the Middle East, but now we have to bring new focus to those primary emphases to ensuring we have the right mix of capabilities for our special operators all the way up to the high ends of warfare,” she explained. The emphasis, she added, is particularly in the air, naval, cyber and space domains.

But people remain the bedrock capability, Hicks said. The message from DOD to service members is “we are looking out for you, we are making sure that any drawdown that does occur comes with appropriate transition incentives and capabilities that we can help people transition to civilian life,” she added.

For service members who opt to stay in the military, department leaders will make sure

DEAR NO CONTEST: I commend you with being able to identify that there is a problem and wanting to get help. Sounds like you are committed to the relationship and just need some pointers on how to resolve conflicts more effectively. Conflict in a relationship is not bad, it’s normal. The way you handle the conflict is what can strengthen or destroy your relationship.

Some individuals feel that avoiding an argument is better for the relationship. Unfortunately, avoiding the opportunity to discussing your frustrations can lead to tension, ‘walking on eggshells’, and resentment towards your partner. It is healthy to address and resolve conflict in a respectable way. When you do express how you feel, remember to use a calm voice, and use “I” statements. By using an “I” statement such as, “I feel rejected...” you are owning your feelings and using a non-accusatory tone. When you start a statement with “you always” or “you never...” the other person will automatically be put on defense by the
MacDill, 6th Air Mobility Wing welcomes new Airmen to team

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

**6th Aerospace Medical Squadron**
A1C Coomes, Carey: Norman, Okla.

**6th Aircraft Maintenance Squadron**
A1C Rogers, Jonathon: Fayetteville, N.C.
A1C Vasas, Adam: Dayton Beach, Fla.
A1C Dasher, Evan: Grover Hill, Ohio
A1C Todd, Bodine: Twin Falls, Idaho

**6th Communications Squadron**
A1C Lewis, Tyler: MacClenny, Fla.
A1C Madison, Dustin: Plymouth, Minn.
A1C McClaren, Jeremy: Melbourne, Fla.

**6th Force Support Squadron**
A1C Zablotna, Paulina: Wichita Falls, Texas

**6th Logistics Readiness Squadron**
A1C Shetterly, Joshua: Troy, Ohio

**6th Medical Operations Squadron**
A1C Williams, Anthony: Mobile, Ala.

**6th Maintenance Squadron**
A1C Fuentes, Darius: Amherst, Mass.
A1C Maloney, Colin: Desoto, Texas
A1C Richards, David: New Rochelle, N.Y.
A1C Treadaway, Tyler: Morris, Ala.

**6th Operations Support Squadron**
A1C Goben, Kacey: Shortsville, N.Y.
A1C Shore, Daniel: Schertz, Texas

**6th Security Forces Squadron**
A1C Adams, Joyville: Charlotte Amalie, Virgin Islands
A1C Aydt, Christopher: Gainesville, Fla.
A1C Burnett, Dustin: St. Louis, Mo.
A1C Chavez, Alejandro: El Paso, Texas
A1C Coggins, Bradley: West Point, Miss.
A1C Curry, Shreeja: Mesquite, Texas
A1C Durst, Quintin: Ottumwa, Iowa
A1C Glaze, Paul: Kansas City, Mo.
A1C Heaton, Christopher: Lufkin, Texas
A1C Lowrie, Jessica: Marshall, Ind.
A1C Pacheco, Khrystian: Kissimmee, Fla.
A1C Shenk, Robin: Glens Ferry, Idaho
A1C Vokaty, Matthew: Oak Brook, Ill.
A1C Wakefield, Joseph: Lubbock, Texas
A1C Sadler, Michael: Dyersburg, Ind.
A1C Stephen, Nuri: Queens, N.Y.
A1C Beilman, Jeffrey: Mastic, N.Y.
**Team MacDill scores AMC annual awards**

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<tr>
<th>Category</th>
<th>Recipient</th>
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<tr>
<td>Airman and Family Readiness Program of the Year</td>
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<td>Col. L. Joseph Brown Award-Equal Opportunity Program</td>
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<td>Fitness and Sports Program of the Year</td>
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<td>Professional Development Program of the Year</td>
<td>Macdill AFB</td>
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<td>Force Support Senior NCO of the Year</td>
<td>Master Sgt. Marcus Watson, 6th Force Support Squadron</td>
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<td>Force Support Airman of the Year</td>
<td>Senior Airman Brian Brockhoff, 6th Force Support Squadron</td>
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**Presentation on transition set**

**Special to the Thunderbolt**

The Airman and Family Readiness Center is sponsoring a once-a-year lecture regarding transition here at MacDill AFB. It will be presented by The Military Officers Association of America (MOAA), and is entitled “Marketing Yourself for a Second Career”. The event will be held on Feb. 1 at 8 a.m. in the Enlistment Club “Surf’s Edge”.

This top-shelf presentation is a great professional development opportunity. Transition is of course ultimately a part of all military careers. Therefore, the lecture is perfect for those who are contemplating retirement in one to five years. However, it doesn't stop there. Regardless of whether any particular officer or senior enlisted member has reached the point of being in their own transition, they should be educated about the process in order to mentor and counsel those who work for them and are contemplating or going through their transitions. This “executive summary” presentation can prepare them for that role as well as many multi-day programs. Simply stated, it's a great fit for any commander, officer, or senior enlisted supervisor -- from the most senior, to the most junior.

The lecture will be given by retired Air Force Col. Dan Koslov, now a deputy director of transition services on MOAA's national staff. The presentation, given annually at over 150 military installations of all Services worldwide, is universally praised by audiences as, “up-to-date, hard-hitting, and sharply focused—a must see”. It includes comprehen-

See TRANSITION, Page 24
Applications for the Funded Legal Education Program and Excess Leave Program are being accepted from now through March 1. Interested officers are encouraged to compete. The JAG Corps is interested in not only providing high caliber legal support, but also in obtaining candidates with valuable military experience and knowledge.

According to Maj. Heavener, Chief of the Accessions Branch, Professional Development Directorate, Office of The Judge Advocate General Air Force, JAGs do more than just provide legal assistance. In addition to prosecuting and defending clients brought before courts-martial, JAG officers routinely participate in nearly every facet of the Air Force mission including developing and acquiring weapons systems, ensuring availability of airspace and ranges where those systems are tested and operated, consulting with commanders about how those systems are employed in armed conflict, and assisting commanders in the day-to-day running of military installations around the world.

The FLEP is a paid legal studies program for active-duty Air Force commissioned officers. Participants receive full pay, allowances, and tuition. The ELP is an unpaid legal studies program for Air Force officers. ELP participants do not receive pay and allowances but remain on active duty for retirement eligibility and benefits purposes. Applicants for either program must be in the pay grade O-3 or below as of the first day of law school.

Both the FLEP and ELP programs require attendance at an American Bar Association accredited law school. Upon graduation and admission to practice law, candidates are eligible for designation as judge advocates. To be considered for FLEP or ELP, applicants must complete all application forms, apply (acceptance is not required at the time of application for FLEP/ELP) to at least one ABA accredited law school, receive their Law School Admissions Test results, and interview with a Staff Judge Advocate by Feb. 15. Officers must provide a letter of conditional release from their current career field.

Applications meet a selection board in early March, and selections are made based on a review of the application package using a “whole person” concept. AFI 51-101, Judge Advocate Accession Program, Chapters 2 and 3, discuss the FLEP and ELP. For more information and application materials, visit http://www.airforce.com/jag, or contact Capt. Erin Kenny, erin.kenny.1@us.af.mil at the base legal office.
New Years’ resolutions to get fit or lose weight in 2012 sound great, but after looking at what it will take to achieve results, noble intentions often lose out to reality.

But it doesn’t have to be so hard, and the MacDill Health and Wellness Center is making sure of that in 2012.

A host of programs, starting now with the “Walk your Buns Off” fitness program, new smoking cessation courses, new fitness analysis and consulting services and more, the HAWC is poised to help the disheartened to a healthier heart, soft overeaters become svelte overachievers, and transform the forever winded into fitness wonders.

“We’ve got a lot going on this year that is going to help anyone achieve their goals for a new you in 2012,” said Joan Craft, HAWC director.

At the forefront is the Walk your Buns Off challenge, which runs Jan. 16 through Feb. 26. Signups for the program run through Jan. 13 at the HAWC, where participants will receive a pedometer, online resources, a “Fit Pick” list and nutrition plan.

The challenge tracks the steps of participants over the six-week period, the results logged on a tracking form. Prizes are awarded to those who log the greatest number of steps in four categories or levels. The challenge is open to all active duty, reservists, civilians, retirees and family members, and it is free. For more information, call the HAWC at 828-4739.

One of the most popular resolutions with the new year is to quit smoking, and the HAWC is ready to assist in that worthy endeavor, said Craft. Smoking cessation classes will be ongoing, with a variety of quitting strategies applied depending on the individuals needs. Behavior modification, drug therapy and smoking alternatives designed to curb the habit are used in the HAWC program, which enjoys a good success rate of getting participants out of the unhealthy habit.

While not online just yet, a couple of new pieces of high-tech health hardware will debut soon at the HAWC. Both promise to give the MacDill community even more tools to help them meet health and fitness goals.

The first machine is a new style of elliptical trainer that allows the user to work out in a natural stride motion, rather than up and down motion of typical elliptical machines, said Craft.

“It changes stride and is a more natural workout,” she said. “We’re still training on how to use it and get the most out of it, but we hope to have it up and running very soon.”

Likewise for a new metabolic cart device, once up and running, will provide very de-
they have the pay and benefits they deserve, and that family programs will remain in place, she said.

The country will continue to need a strong and capable National Guard and reserve components, Hicks said. But there are constraints there as well.

“We will have to draw down somewhat, but those who remain will be well taken care of,” she said. “What we can really offer now that we haven’t been able to do for some time is a more sustainable tempo.” This means employers of reserve-component service members will be able to plan for military absences.

The president worked very closely with DOD leaders, including the combatant commanders, to understand all the nuances of a new defense strategy, Hicks said. She called it a very collaborative and inclusive process.

In the field, there will be a growing focus on building partnership capacity in Asia, as well as more exercises and more opportunity to get high-end training. “We will still maintain [counterinsurgency] skill sets that are so vital, but we will begin to have time and opportunity to train on a much broader range of potential threats,” she said.

The biggest risk of any strategy is uncertainty of the future, she said. “We don’t know exactly where threats will emerge,” she acknowledged. “We don’t know where opportunities will emerge and whether we will be able to see them in time to take advantage of them. We really have tried to develop a balanced force that can take account of that uncertainty and be ready to flex to different types of crises that may emerge.

“We think we have brought down risk that we had at the highest levels of conflict,” she continued, “by investing in our power-projection capabilities.”

The strategy guidance does pose a risk in the case of large-scale, enduring operations like the military has been doing in Iraq and Afghanistan, Hicks said. “We believe we’ve addressed that risk by building in reversibility to the strategy,” she added.

Defense Department officials are concerned about several trends, including a continuing concern that terrorism still is a problem, Hicks said. Officials also worry about Iran’s path and the country’s push for a nuclear capability. “There is opportunity in the Arab Awakening, but there is also tremendous uncertainty,” she said. “North Korea remains a challenge for the United States and its allies in Asia.”

The strategy guidance makes sense if the cuts outlined in the Budget Control Act remain in force, Hicks said. But all bets are off, she added, if a “sequestration” mechanism in the law comes into play, doubling the projected defense budget cuts. The law calls for sequestration to kick in unless Congress acts before January 2013 to override that provision.
Brandon Martin, Tampa Bay Rays minor league outfielder, places the entrée of a Meal-Ready-to-Eat in a heating pouch Tuesday.

Airman 1st Class Carrie Sanders, 6th Operations Support Squadron air traffic controller, explains her job to Tampa Bay Rays minor league players.

Col. Lenny Richoux, 6th Air Mobility Wing commander, gives a brief history of MacDill Air Force Base to Tampa Bay Rays minor league players Tuesday, when Rays players participated in a Survival Evasion Resistance and Escape class.

Staff Sgt. Chris Ceaser, 6th Operations Support Squadron Survival Evasion Resistance and Escape specialist, and Johnny Eierman, minor league third baseman for the Tampa Bay Rays, engage in a grappling match to demonstrate escape maneuvers at MacDill Air Force Base Tuesday.
Brandon Martin, Tampa Bay Rays minor league outfielder, places the entrée of a Meal-Ready-to-Eat in a heating pouch Tuesday.

Col. Dave Almand, 6th Air Mobility Wing vice commander, addresses Tampa Bay Rays minor league players before they become wingmen for a day with an Airmen. The players had an opportunity to see a KC-135 Stratotanker static display, and try a Meal-Ready-to-Eat.

Taylor Guerrieri, Tampa Bay Rays minor league pitcher, looks through the boom window of a KC-135 Stratotanker.

Col. Lenny Richoux, 6th Air Mobility Wing commander, gives a brief history of MacDill Air Force Base to Tampa Bay Rays minor league players who visited the base Tuesday.
Health Care Consumer Advisory Town Hall

The 6th Medical Group commander cordially invites you to attend a Health Care Consumer Advisory Town Hall Meeting Jan. 27 from 3-4 p.m. in the Education and Training Room located on the first floor of the 6th Medical Group. This is your opportunity to provide input regarding your health care and receive updates regarding your benefits. For more information contact Maj. Jesse Benavides, 828-9941.

HAWC 2nd annual “Walk Your Buns Off!” fitness challenge

The Health and Wellness Center is sponsoring the 2nd annual “Walk Your Buns Off” pedometer fitness challenge. All participants will receive a pedometer. There are four challenge levels, and prizes will be awarded based on the total number of steps completed. Open to all active duty, civilians, family members and retirees. Registration last until Jan. 13. Challenge runs from will go from Jan. 16 to Feb. 26. Contact the HAWC for more information, 828-4739.

Escape School (Child Abduction Prevention)

An Escape School class will take place Jan. 17 at Hillsborough County Service Center (hosted by the MacDill Airman and Family Readiness Center). Escape School is the nationwide program to arm children and their parents with abduction-prevention tips and tactics. This program teaches children how to differentiate between good and bad strangers; the common lures abductors use, how to “get away, right away,” and how to find help when needed. For more information or to RSVP contact Gayle Cook, 655-9281 or 828-0145.

Dr. Martin Luther King Jr. observance

MacDill will observe Martin Luther King Jr. birthday on Jan. 13 at 9 a.m. in the Base Chapel. Guest speaker will be Altony “Tony” Lee, 6th Maintenance Group honorary commander. This special observance recognizes the many contributions and achievements of Dr. King to the American culture and is meant to increase awareness, mutual respect and understanding among all. For more information contact Senior Master Sgt. Tony Hooks, 828-5564.

Union representation

Bargaining Unit Employees are reminded that under Section 7114(a)(2)(B) of Chapter 71, Title 5, U.S.C., employees have the right to be represented at any examination in connection with an investigation if: a. the employee reasonably believes that the examination may result in disciplinary action against the employee, and b. the employee requests representation.

HAWC

From Page 10

tailed data for users to determine their metabolic rates. The machine is basically a treadmill with a breather mask similar to an oxygen mask, which the user wears to sample their breathing/breath.

The resulting metabolic rate numbers tell HAWC health pros the number of calories the individual can consume to maintain a health weight, or how many to cut to achieve a given weight loss goal. The HAWC has never had a tool that promises such precise tailoring of dietary programs, said Craft.

Education will be a big part of the HAWC’s push for health this year, said Craft, adding that a special emphasis will be placed on the growing problem of risky or dangerous diet supplements. Awareness of the Air Force ban on products that contain the substance commonly known as DMAA, but overall the HAWC will be cautioning everyone that the large majority of supplements on the market are unproven and not regulated.

“It’s a game of shuffling ingredients and an endless cycle” of companies coming out with some variation of the same thing once a product is banned,” said Craft, who added that the best advice is to avoid supplements entirely.

“Just stick with a sound diet and a workout routine,” she said. “It’s the safest thing, and it works.”
Protestant Services:
- Sunday: 9:00 a.m. Praise Service
- 9:00 a.m. FAMCAMP Service (Bldg 2017)
- 12:00 p.m. Gospel Service

Catholic Services:
- Mon-Thurs: 12:10 p.m. Daily Mass
- Saturday: 4:30 p.m. Confessions, 5:30 p.m. Mass
- Sunday: 10:30 a.m. Mass

Christian Discipleship Breakfast Fellowship
- Thursdays, 0615-0715 (Chapel Annex I)

Starting 11 January
Every Wednesday
Dinner/ AWANA Program 5:00 -7:15 p.m.
Registration: $10 / Vest & Books: $10 (per child)
Call Mrs. Lavelle @ 828-8564

Awana
Starting 11 January
Every Wednesday
Tuesday, 10 January @ 9:30-11:30a.m.
To register e-mail macdillmops@yahoo.com

Catholic Religious Education
- Every Sunday 9:00 - 10:15 a.m. in Annex 2.
  Cost: 1 child - $30. 2 or more - $45.
  Call Mrs. Baggerly @ 828-8565 to register

For more information regarding services & programs, please call the base chapel @ (813) 828-3621 or visit our website @ http://www.macdill.af.mil/macdillchapel
Hey there sports fans. Well, it’s over… College football concluded with Alabama taking the BCS Championship, and I’m already planning my tailgates for next fall. Thank goodness we have a few more weeks of the NFL season. This weekend is the divisional playoffs so we’ll get to see two games on Saturday and Sunday. Let’s dive right in and see what’s in store.

While I typically have a game of the week, this is the playoffs and it’s just too difficult to say which one is the “can’t-miss” extravaganza. Looking at the point spread, the Denver at New England game should be the biggest snooze-fest, but I’m not falling for that again. “Tune in for Tebow” is my new mantra.

But before we get to Tune-In for Tebow, we get to see a fantastic match-up between the New Orleans Saints and the San Francisco 49ers. This is classic. You have the #1 offense (that’s the Saints) taking on the #4 defense (that’s the 49ers). I love both of these teams and it’s a tough one to call. The experts have the Saints by 3 and a half, but the 49ers have the home field and the game is being played outdoors. Drew Brees is awesome and has just been flat-out scary with his accuracy. That’s scary in a good way. But the real irony of Drew Brees is that he doesn’t enjoy a good breeze. I’ve been waiting all season-long to use that nugget. So the question is: can he still shoot the lights out passing when he’s playing outdoors? Let’s see, the Saints have lost three times this season and two of those losses were in open-air stadiums. On the 49ers side of the ball, they bring a defense that has forced the most turnovers in the league with 38. Twelve of those turnovers were interceptions made by feisty cornerbacks, Dashon Goldson and Carlos Rogers. They’ll be looking to jump some routes and take advantage of a chilly Brees. Ultimately, San Francisco can win this game, but they need to do it by keeping Drew Brees on the sideline. That means that RB Frank Gore should have lots of touches as the 49ers try to win the battle for time of possession and work the ball down the field with a slow and methodical ground game. I really thought the Saints were brilliant last weekend and they really should win this game, but I just refuse to give up on San Francisco. So, I’m going out on a very long and shaky limb and picking the 49ers to stun the Saints.

After that game, it’ll be time to see if the Denver Broncos can stun the New England Patriots. I know I didn’t pick the Broncos to win last week, and I’m still amazed at the outcome, but I loved watching. Any game that ends with such a perfect execution of a gutsy play call is an instant-classic in my book. Now it’s all about repeating it at New England. The experts on this one have New England winning by two touchdowns, but don’t the Pats have a tendency to lose playoff games at home? And isn’t Denver the only team that Patriots QB Tom Brady has a losing record against? This is true on both counts.

I’d love to see the drama play out and witness the Broncos snag a victory. That would be amazing. But New England has already dealt with the Broncos this season and did so very well. Granted, Tim Tebow’s new passing game is something that the weak Patriot pass defense will need to step up to, but they should be able to cover. A healthy New England team has too many weapons, so I’m agreeing with the experts on the win for New England… but I still hope I’m wrong.

Okay, so that’s Saturday. Now we get to move to Sunday’s games and we’ll start with the Houston Texans at Baltimore. The Texans are about as beat up as any team out there, and I do like their run game. Their defense matches up well with the Raven’s defense, so don’t expect a high scoring game. The edge goes to Baltimore for having more playoff experience and a home field advantage. Ravens QB Joe Flaco doesn’t set the world on fire, but he is efficient and has flashes of greatness. Look for the Ravens to win this one, but watch out for Houston next year.

And finally, our last game of the weekend is the NY Giants at Green Bay. Let’s see how to summarize this one. Both have elite quarterbacks who get to take advantage of a weak pass defense. Now that we have the Giants’ attention, they are looking like a championship team. I’m irritated with them because Hakeem Nicks didn’t do squat for my fantasy football team and now in the playoffs he’s dancing the cha-cha in the end zone. Yes, I’m bitter. On the other side, Green Bay has a lousy defense despite the best and heroic efforts of crazy man Clay Matthews and Charles Woodson who help the Packers be second in the NFC with 38 take-aways. The Packs believe offense wins championships and they love keeping QB Aaron Rodgers on the field with the high octane scoring machine he commands. Can the Giants win this game? Absolutely, and I think they just might, but I’m going with Green Bay on this one. Maybe if the Giants would have had a tougher test last week against Atlanta, I’d have more confidence.

So that’s it for this week. I’ll come out and admit that these are the toughest match-ups to call and it’s anybody’s game to win or to lose. So my best advice is to tune in and soak up as much of it as you can. You never know when history will be made. Enjoy the games!
Requests for presentation must be received at least two weeks prior to the survey in order to allow sufficient time to schedule the presentations. Requests for public information presentations or reporting of pertinent and valid information may be presented in writing or by calling the AAAHC at the following:

Accreditation Association for Ambulatory Health Care, Inc., 5250 Old Orchard Road, Suite 200, Skokie, IL 60077. Phone: (847) 853-6060; Fax: (847) 853-9028

Note: ESM customers are still authorized to use Campus Style Dining at NAF facilities

Guard and Reserve Personnle During Drill Weekend (Sat – Sun)

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<tr>
<th>Meals</th>
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<tr>
<td>Dinner</td>
<td>1700-1900 hours</td>
<td>Ten Pin Bowling Center</td>
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Note: ESM customers are still authorized to use Campus Style Dining at NAF facilities

For more information, please call the Diner’s Reef at 828-2412.

In closing, I want to reiterate my three priorities for the 6th Air Mobility Wing and MacDill AFB: Readiness, Installation Growth and Maintenance, and Community Outreach. To our partner units, to include USCENTCOM, USSOCOM, JCSE, NOAA, NOSC, and the 927ARW, we are here to support your missions, let me know how I can help.

Thank you all for a great 2011; looking forward to an amazing 2012!
over-generalization you are making. Try to see the other person’s perspective by listening and empathizing with the other person. If you are thinking about what you are going to say next or interrupting, then you are not really listening. When describing your frustrations, be careful not to make a character attack on your partner. Labeling them as “lazy or selfish” after they leave their dirty uniform on the ground, is an attack on their character. Remember to show respect, even if you don’t like the behavior your partner is demonstrating. Showing a lack of respect by stonewalling, or refusing to talk or listen to your partner, can lead to contempt and hatred in relationship. Putting up a “stone wall” creates hard feeling while underlying issues intensify.

Remember, when you are trying to “win” a fight, the relationship is “losing.” Instead, look for a compromise that meets everyone’s needs or ‘agree to disagree.’ Differing opinions can still have validity. Be humble when receiving feedback and stay on topic by focusing on the issue at hand. Always try to keep the arguments you have with your partner in perspective and ask yourself if “winning” the argument is worth damaging or losing the relationship.

TRANSITION

From Page 6

sive information on the retirement decision itself, employer perceptions, your competition, resumes, cover letters, job search, networking, career fairs, interview techniques, salary negotiation, benefits packages, the current job market, and other relevant and important transition topics.

The presentation is geared toward officers and senior enlisted, but those of all ranks are warmly welcomed. Spouses are highly encouraged to attend as well! All who attend will receive a free copy of the lecture’s companion book, also titled “Marketing Yourself for a Second Career.” It is an in-depth, all-in-one resource for the transition process.

For more information, contact Troy Johnson at the A&FRC, 828-0138.
** EVENTS **

**Friday**  
**Arts & Crafts Center**  
Free Open Scrapbooking from 11 a.m. - 3 p.m. New CRICUT machine!

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

**Saturday**  
**SeaScapes Beach House**  
Continental Breakfast by the Bay from 7-9 a.m. All guest $5.95. Club Members & FamCamp Residents FREE. Spouse of Club Member $4.95.

**Tuesday-Friday**  
**Surf’s Edge Club**  
Breakfast Buffet from 7-9 a.m. Cost: $7.

**Tuesday-Friday**  
**Surf’s Edge Club**  
Global Tastes Lunch Buffet from 11 a.m. - 2 p.m. Cost $8. Tue: Italian Wed: Asian Thu: Mexican Fri: Americana

**Tuesday-Friday**  
**SeaScapes Beach House**  
Daily Early Bird Dinner Special 4:30-6:30 p.m. Home-style favorite meal with iced tea or fountain drink $7.

**Tuesday**  
**Arts & Crafts Center**  
Learn to Draw & More! 4-6 p.m. Open to ages 12 & up. $25 per month.

**Thursday**  
**Arts & Crafts Center**  
Tot Time Craft Class from 2-3 p.m. For ages 3-5yrs old. $2 per child.

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** DIAMOND SHARP **

**Staff Sgt. Andrea T. Berggren**  
6th Force Support Squadron

**Job Title:** Airman Leadership School Instructor  
**Home town:** Bradenton, Fla.  
**Short-term goals:** Complete at least four college courses in 2012.  
**Long-term goals:** Take advantage of all the great opportunities that the Air Force offers you.  
**Advice to others:** Take advantage of all the great opportunities that the Air Force offers you.  
**Role model and why:** My best friend. She is a strong and wonderful woman that I will always look up to and admire.  
**Why did you join the Air Force?:** Education and the challenge of being in the military.

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** CHAPEL SCHEDULE **

**Protestant services**  
**Sunday - 9 a.m.** - Praise Worship Service  
**9 a.m.** - FAMCAMP Service (Bldg 2017)  
**12 p.m.** - Gospel Service  
**Friday - 1:30 p.m.** - Prayer Service  
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

**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

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** AT THE MOVIES **

$4.50 for adults / $2.25 for children 828-2780

**Friday - 7 p.m.**  
The Ugly Truth (R)

**Saturday - 4 p.m.**  
No showing

**Saturday - 7 p.m.**  
Immortals (R)
Air Force Reserve

- Pay and Personal Recognition
- Money for College
- Job Training
- Camaraderie, Satisfaction, and Pride
- Life Insurance, Medical Care, and Re-employment Rights
- Travel
- Special Allowances
- Thrift Savings Plan & Retirement
- Individual Mobilization Augmentee Program (IMA)
- Traditional Reservist Program (TR)
- Palace Chase
- Palace Front

For more information contact
MSgt Kevin French
8011 Tampa Point Blvd
Bldg 373, Room 201
DSN 968 3059
Com: 813 828 3059
Kevin.french@us.af.mil

Your In-Service Recruiter