

THUNDERBOLT

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Effective chain of command hinges on trust

by Lt Col Kevin E. Bannister
Commander, 6th Security Forces Squadron

The United States Air Force, like most large organizations, operates through a chain of command. Leaders and followers give and receive orders, and execute the tasks required to perform the mission. For the chain of command to operate effectively there must exist a level of trust among the members of the organization. In addition, the United States Air Force is entrusted by the nation to protect and defend the national interest. Therefore, integrity is first among our Air Force Core Values.

According to the Air Force's "The Little Blue Book," integrity is doing what is right. The document further defines integrity as a character trait characterized by courage, honesty, responsibility, accountability, justice, openness, self-respect, and humility. As you can see, integrity is complex. One of Webster's 21st Century Dictionary definitions of integrity is firmness of character. This definition particularly appeals to me because it implies dedication and commitment. In our line of work, everyone must be committed to the oaths we've sworn or affirmed, and dedicated to the Air Force Core Values. Integrity above reproach is an absolute must if we are to be good stewards of our nation's trust and resources, especially the lives of our Airmen.

The profession of arms is a potentially dangerous business, even more so in times such as these when the nation is at war. For the chain of command to properly function, Airmen must be able to trust their leaders, followers, and wingmen to do what is right, always. All Airmen must integrate our Core Values into their lives and must instill our values in the workplace, at home, and in every aspect of their daily lives. Integrity must be inherent in every decision, order, and action to instill trust, confidence, and respect. When people act without integrity, even if it is only on one occasion, they discredit themselves, their organization, and plant the seed of mistrust among all with whom they work. Imagine being asked by a boss who lacked integrity to risk your life to perform a dangerous mission; clearly you would not be as willing to place service before self if you did not trust that your boss was doing what was right. Daily our Airmen are conducting very dangerous missions in Iraq and elsewhere; those who suffer casualties, as well as their family, friends, and team members, must be confident that they did so while doing the right thing. They deserve no less.

Even in the relatively mundane day-to-day decisions such as those regarding resource allocation, duty schedules, and additional duty taskings, integrity is paramount.

In our country everyone wants and expects to be treated as fairly as possible, to do otherwise breaks down team cohesion. There is no place in our profession for favoritism, harassment, discrimination or other forms of misconduct. Without teamwork, mission effectiveness drops. Similarly, leaders must be able to trust their personnel to carry out the mission appropriately. Few supervisors can be everywhere at once so members have to be trusted to execute their parts of the mission. Even concerning personal interaction among team members, Airmen must act with integrity. An Airman that needs to turn to a wingman for help will seldom turn to someone he or she does not trust; however, he or she may turn to someone they respect and believe will do the right thing. You never know when you will be needed. Obviously we all make mistakes, but mistakes can usually be corrected with training, reduced with experience, or simply overcome. Commitment to integrity allows for mistakes, but does not tolerate willful misconduct.

Ours is the greatest Air Force ever, and consistently year after year the American public rates the military as one of the most trusted organizations. Our Airmen, who by and large are committed to our Core Values and dedicated to doing the right things, are the best in the world and well deserving



Lt Col Kevin E. Bannister

of this trust. However, this public trust as well as the trust within the organization must be continuously justified and maintained. Misconduct of Air Force personnel discredits the military and erodes that public trust. Such misconduct similarly shakes the trust within the organization. Lapses of integrity can overshadow years worth of achievement and can also end careers. Consequently, I believe it serves us well to periodically pause, reflect, and rededicate ourselves to our Air Force Core Values. First among these is integrity. I'm sure you will find, as I do, that commitment to integrity not only serves us well professionally, but also makes us better members of our families, our communities, and our nation.

MacDill Thunderbolt

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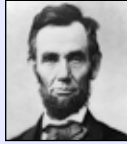
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Events, around MacDill

SFS participates in the Law Enforcement Torch Run



Staff Sgt. Christopher Moore, 6th Security Force Phoenix Raven Section, leads during the torch run May 1. The law enforcement torch run for the Special Olympics is held yearly and is used to raise funds for and increase awareness of Special Olympics.

by Airman 1st Class Katherine Holt
6th Air Mobility Wing Public Affairs

More than 50 members of the 6th Security Forces Squadron participated in the annual Law Enforcement Torch Run May 1.

Security Forces received the torch, also known as the “Flame of Hope,” from the Pinellas County Police Department by boat at Pelican Pier here at 9:35 a.m. Security Forces carried the torch 2.7 miles to the Ballast Point Pier, where the Tampa Police Department took over. The “Flame of Hope’s” final destination was Cotanchobee Park in downtown Tampa.

According to *specialolympics.org*, the Law Enforcement Torch Run began in 1981 when Wichita, Kansas Police Chief Richard LaMunyon saw an need to raise funds for and increase awareness of Special Olympics. The Torch Run was quickly adopted by the International Association of Chiefs of Police, and is recognized as the founding law enforcement organization of the Torch Run for Special Olympics.

“The Security Forces members of MacDill

have been participating in the Law Enforcement Run for the past eight years,” said Senior Airman James Leteff, this year’s MacDill POC for the Torch Run.

Members of the 6 SFS purchased \$10 T-shirts for the run with all proceeds going to Special Olympics programs.

Specialolympics.org also states that last year more than 85,000 law enforcement officers carried the Flame of Hope across 35 nations. It is the largest “grass-roots” fundraiser and public awareness vehicle, raising \$34 million for Special Olympics Programs around the world.

Participants of this year’s run included many local law enforcement partners of the 6 SFS. Among the participants were: Florida Fish and Wildlife, Hillsborough County Sheriff’s Office, Tampa Police Department and Pinellas County Police Department to name a few.

“We work hand-in-hand with these outside agencies on a daily basis,” said Airman Leteff. “This was a great opportunity for us [Tampa Bay law enforcement] to get together for a great cause.”



Law Day 2009 – A legacy of liberty exemplified by President Lincoln

by Tech. Sgt. Mark Truman
Area Defense Council

Each year a day is reserved nationwide to commemorate the rule of law and to raise awareness of the legal process and how it has played a significant role to the rights and freedoms that every American shares.

Each year a theme is selected to celebrate the rule of law. This year's theme is "A Legacy of Liberty—Celebrating Lincoln's Bicentennial." This theme clearly ties the celebration of the 200th birthday of our 16th President Abraham Lincoln, and arguably the most influential lawyer in the history of the United States, and the magnitude of Law Day. In order to appreciate Law Day 2009, all Americans must understand its origins and the impact President Lincoln left on our society today.

Law Day had its beginning in 1957, when the American Bar Association President, Charles S. Rhyne, envisioned a day to celebrate our legal system. On Feb. 3, 1958, President Dwight D. Eisenhower established Law Day as a day of national dedication to the principles of government under Law. President Eisenhower sought to highlight for all Americans that our very freedom as a nation depends upon our continuing commitment to the rule of law.

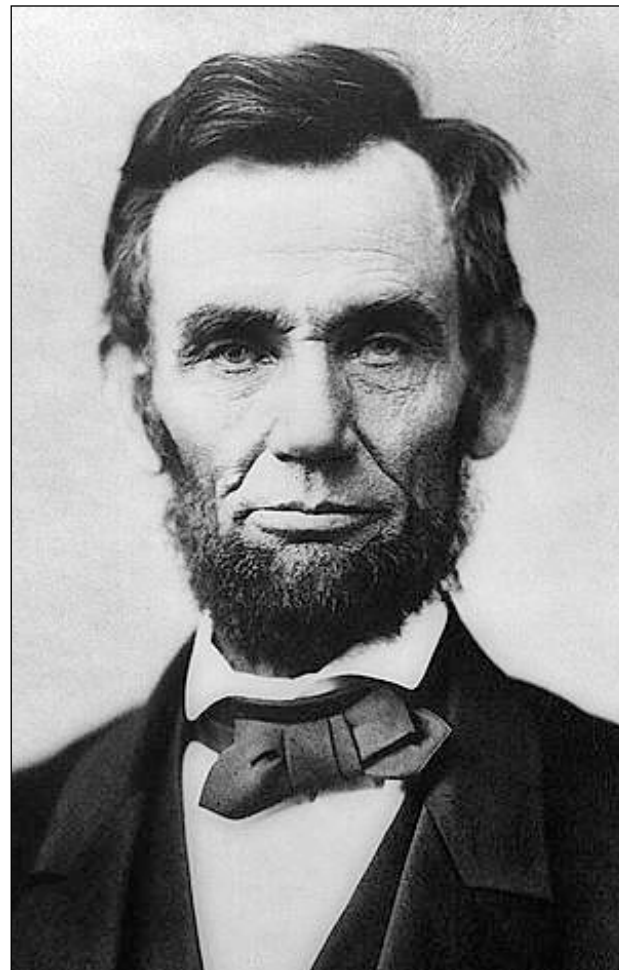
To show the significance of Law Day, every president since then has issued an annual Law Day Proclamation. On Apr. 7, 1961, Congress passed a Joint Resolution designating May 1 as

Law Day (Previously known as May Day or International Workers' Day) in the United States. The Joint Resolution provides that Law Day, "is a special day of celebration by the people of the United States...in appreciation of their liberties and the reaffirmation of their loyalty to the United States and of their rededication to the ideals of equality and justice under law in their relations with each other and with other countries;...for the cultivation of the respect for law that is so vital to the democratic way of life...inviting the people of the United States to observe Law Day, U.S.A., with appropriate ceremonies and in other appropriate ways, through public entities and private organizations and in schools and other suitable places."

Once a year, Law Day (and in some cases, such as MacDill AFB, Law Month) events and programs are planned and executed by bar associations, courts and other organizations to promote awareness and appreciation of the practice of law.

This year, as Americans celebrate the bicentennial of President Abraham Lincoln's birth, we also honor him by instituting our theme for Law Day 2009, "A Legacy of Liberty—Celebrating Lincoln's Bicentennial."

President Lincoln was born Feb. 12, 1809, and was assassinated on Apr. 15, 1865. President Lincoln, the first Republican president, is regarded by many Americans as our nation's greatest and most eloquent president. He be-



President Abraham Lincoln was a general-practice lawyer before being elected to two terms and president of the United States.

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Gentle Hands comes to MacDill

by Airman 1st Class Katherine Holt
6th Air Mobility Wing Public Affairs

MacDill's Family Advocacy held the "Gentle Hands Event" Thursday April 30 in front of the Base Exchange. The "Gentle Hands Event" is the reflection of The National Gentle Hands (These Hands are not made for Hitting) Project.

With the event falling on the last day of April, the focus was Child Abuse. April is Child Abuse Awareness Month and the Family Advocacy office strives to educate Team MacDill members on prevention and the effects of child abuse.

The event also hosted the National Pinwheel (Winds of Change) Project, educating

families on building stronger families, and The Clothesline Project, addressing the issue of violence against women, men, children and family members.

"We distributed 400 pinwheels and handed out 120 resource packages to spectators at the event," said Mr. John Navarro, MacDill Family Advocacy outreach manager. "The packages were filled with community resources accessible to building healthy families."

A large clothesline was hung in front of the BX with T-shirts expressing emotion along with other displays.

This year military units and Child Development Centers I and II collaborated to create story boards for the "Gentle Hands Event."

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Photo by Senior Airman David Minor

Sgt. 1st Class Gloria Stairs, U.S. Central Command, talks with Mr. John Navarro, Family Advocacy, during "These Hands are not made for hitting" exhibit at the Base Exchange April 30.

NEWS/FEATURES



Legal office one-stop shop for wills

by Staff Sgt. Kristy Williams

927th Air Refueling Wing Judge Advocate

Are you in need of a Last Will and Testament? Are you a current member of the active duty military or retired from the military? The 6th Air Mobility Wing Legal Office offers free assistance for drafting simple wills. This service is available to active duty, activated reservists, retirees and dependents of the U.S. military. “Will days” are every Thursday from 8 a.m. to 11 a.m. by appointment only. We open our appointments every other Wednesday at 7:30 a.m. We encourage our potential clients to call first thing on those mornings, as appointments fill quickly. We strongly encourage all military personnel deploying to make an appointment as soon as they know they are deploying to avoid delays. We allocate appointment times by the client’s status (active duty, dependent, retiree, etc.) to make things fair among everyone. The

6 AMW Legal Office is unique in the way the wills are done. It is a “one stop shop”; meaning that you walk out of the office the same day with a legally sufficient will (as opposed to making multiple trips like most bases). The entire process typically takes 90 minutes to two hours.

You will be asked to complete a will worksheet (this sheet may also be picked up prior to your appointment, at the Legal Office front desk). You will then meet with one of our Judge Advocates who will be able to answer any questions you might have regarding your will. The attorney will draft the will in your presence to ensure accuracy. One of the staff paralegals will then format the will and you will have an opportunity to review it. If the will, as drafted, meets your expectations, then you will be ready for the execution of your will. This part of the process involves swearing you in, signing and notarizing the documents. Because we generally complete 29 to 30 wills each Thursday,

See **WILLS, Page 10**



AsiaFest 2009

by **Bradley T. Neff,**

6th Air Mobility Wing Equal Opportunity Specialist

Although April showers typically bring May flowers, the Tampa Bay area is experiencing a drought of sorts; however, it did not put a damper on this weekend's AsiaFest 2009 at the St. Pete Times Forum May 2. A wide range of beautiful Asian apparel worn by the various dancers and performers of a variety of countries would have complimented any bouquet of flowers.

May is Asian Pacific/Islander Heritage Month and the 26th Annual celebration of AsiaFest started the month in true fashion. Each year the event is coordinated by the Asian American Coalition of Florida and their goal is to share

the Asian Culture with the public and promote the bond of friendship and better understanding between the East and the West.

Millions of Asians left their homeland to migrate to America seeking a better life from the one they left behind. They possessed a rich culture, an ancient heritage and a strong belief that with hard work they would realize their share of the American dream. There clearly was no absence of rich culture and talent this weekend in the form of culinary delights from China, Korea, Thailand, and India to name a few. Entertainment was provided throughout AsiaFest by performers from Cambodia, China, India, Indonesia, Japan, Korea, Laos, Myanmar, Philippines, Sri Lanka, Taiwan, Thailand and Vietnam.

VIPs in attendance this year in-

See **ASIAN, Page 10**



Photo by Bradley Neff

Members of the 6th Air Mobility Wing Honor Guard post colors during the opening ceremonies of AsiaFest 2009 at the St. Pete Times Forum downtown Tampa, May 2. Entertainment was provided throughout AsiaFest by performers from Cambodia, China, India, Indonesia, Japan, Korea, Laos, Myanmar, Philippines, Sri Lanka, Taiwan, Thailand and Vietnam.



Safeguarding personally identifying information – It is your duty

by Tech. Sgt. Jackie Lee

NCOIC Base Records Management

A large number of Air Force offices on base handle personal information; therefore, it is imperative that all personnel understand what constitutes Personally Identifying Information and the proper handling of this sensitive information.

What is PII?

PII is defined as any information about an individual that identifies links, relates, is unique to or describes him or her. Examples include names, addresses, social security numbers, telephone numbers or email addresses.

It is vital to protect this information, because it can easily result in identity theft. Identity theft is a situation in which an individual's personal information is used without authorization in an attempt to commit fraud

or other crimes.

How should you protect PII information?

First, do not leave items such as performance reports, recall rosters or alpha rosters in an area that could result in their lost or theft. Always keep in mind, "If you are not watching what you throw away, someone else probably is."

Additionally, once you are done with this type of information and you need to dispose of it, do not just throw it in the trash. Destroy the material by any method that prevents compromise, such as tearing, burning or shredding, so long as the personal data is not recognizable and beyond reconstruction. Finally, the Air Force has mandated that all FOUO and PII information sent over email must be encrypted.

If you discover any unauthorized disclosures of PII data, report it immediately via

U.S. CERT (<http://www.us-cert.gov/>) within one hour of discovery. If you have any questions on how to fill out the report, your Functional Area Records Manager, who is also your designated Privacy Act Monitor, is trained and equipped to assist you. Additionally, lost, stolen or possible compromised PII must be reported through the Base Privacy Act Officer, Mr. Bud Pritchard at 828-2659, within 24 hours of the discovered incident. An investigation will be initiated and those who are found guilty of causing the breach could be charged with criminal and civil penalties.

Everyone has a chance of becoming a victim. The monetary and emotional cost of repairing an individual's identity can be extensive, requiring years to recover. Everyone must be diligent in protecting and properly destroying PII information.

"Privacy information...if you collect it, you must protect it

GENTLE

From Page 4

The story boards told the wonderful nature of hands and everything that could be done with them, other than hitting. The subjects of the boards included “Hands are for Holding”, “Hands are for Healing”, “Hands are for Building”, and many others.

“We live in an immensely violent society,”

said Mr. Navarro. “We are reaching out to teach children and adults to rely on their vocals more than their hands”

For further information on these projects and information about building stronger families, please contact Mr. John Navarro at 827-9172, Family Advocacy Program.

ASIAN

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cluded the Consulate General of Japan (Miami), Hiroshi Yamaguchi, Consulate General of the Philippines for South Florida, Angelo S. Macatangay, M.D., Ken Hagan, Chairman, Board of County Commissioners, and Col. Larry M. Martin, 6th Air Mobility Wing Commander.

The MacDill AFB

Club system will also offer special Asian Pacific/Islander cuisine during their lunch menus during the month of May including Asian delicacies on May 19 through 20 at the Golf Club, a special Asian menu at the Officer’s Club during “Crunch & Munch” on May 28 and there will be Monday Chef specials at Sea Scapes. The Macdill EO office is continually seeking motivated individuals to participate on the Asian Pacific/Islander Committee and especially talented members to perform during this observance. If interested, please contact Mr. Brad Neff at (813) 828-9205 or Mr. Pedro Canabal at (813) 828-2505.

WILLS

From Page 5

we try to execute the wills in groups to conserve time and manpower. After a group of “Testators” and “Testatrixes” have a satisfactory will, a paralegal will swear you in, in the presence of two witnesses and a presiding attorney. You will sign, initial and date your documents, wait for them to be witnessed and notarized and walk out with your last will and testament in hand. If you have any questions, please call the Legal Offices’ front desk at (813) 828-4421 or

LAW DAY

From Page 4

came a lawyer in 1836, and devoted a great deal of his adult life to the practice of law. He is also our nation's model lawyer-president.

President Lincoln practiced law for nearly 25 years in the Illinois courts. Other than part-time service in the Illinois legislature and the United States Congress, law was his full-time occupation. President Lincoln handled cases in almost all court levels: justice of the peace, county, circuit, appellate and federal. He was a general-practice attorney and represented clients in a variety of civil and criminal actions including debt, slander, divorce, dower and partition, mortgage foreclosure and murder.

Today, polls of historians have ranked President Lincoln as among the greatest presidents in U.S. history, often appearing in the first position. He is usually seen as personifying values of honesty and integrity, as well as respect for individual and minority rights, and human freedom in general. President Lincoln's achievements assured his continuing legacy. His achievements attributed to the preservation of the Union, the justification of democracy and the death of slavery, all accomplished by the ways in which he handled the crisis that most certainly would have ended differently with a lesser man in office. According to historians, President Lincoln's greatest achievement was his ability to energize and assemble the nation by appealing to its best standards while acting "with malice towards

none" in the search of a more perfect, more just and more enduring Union.

In closing, it is fitting that the inspiration of Law Day 2009 is essential to continue the legacy of celebrating the practice of law. Since its beginning in 1957, events and programs have challenged every American, including our presidents, to get involved.

For more information about MacDill's celebration, contact the Legal office at 828-4421/4422. During your remembrance and participation of this year's Law Day and its theme, "A Legacy of Liberty—Celebrating Lincoln's Bicentennial," I challenge you to learn something new about our 16th president. No President in American history ever faced a greater crisis and no President ever accomplished as much.

Big for a Day



Photo by Senior Airman David Minor

Eight year old Isabella Diaz gets a self-defense lesson from Senior Airman Brandon Conture during a demonstration of the red man suit at the Big for a Day static display held at Raccoon Creek May 1. Big For A Day is a yearly event held at MacDill to give Airmen a chance to become a big brother or big sister.

by Senior Airman Tania Reid

6th Air Mobility Wing Public Affairs

More than 90 servicemembers became mentors to a little brother or sister at MacDill's annual "Big for a day" held at RaccoonCreek May 1.

The "Big for a Day" program allows children enrolled in the local Tampa Big Brother Big Sister program to have a role model from the military community.

Each "Big", partnered with a younger brother or sister of the same gender before they began the activities. They kicked off the day with the partners playing board games, engaging in arts and crafts as well as touring static displays from various organizations on and off base.

All the events were planned and scheduled by MacDill coordinators Maj. Jeff Sliwinski and Capt. Elisha Parkhill who worked closely with Chathay Washington, the BBBS managing director.

Major Sliwinski, who is a big brother with the BBBS year round, helped match the bigs with their lil's for the day.

"All the Lils at the MacDill's 'Big for a day' have been on a list for two years awaiting a



Photo by Senior Airman Nancy Hooks

Shamar Hobby-Lee boards the Tampa Police Department's helicopter demo during the "Big for a Day" celebration. Shamar's big is Senior Airman Tre Manning, from the 6th Medical Operations Squadron.

sponsor," said Major Sliwinski. "This event gives the littles an opportunity to have a big brother or sister for a day."

He said he coordinated with several departments and organizations to have displays and activities for the children.

There were static displays from the Tampa Police department; the mounted patrol, motorcycle patrol and marine unit. They were given tours of the KC-135 and C-37A aircraft. Other displays included the Tampa Police helicopter and the 6th Security Forces Squadron's working dogs. The Lils were greeted by McGruff the Crime Dog, had a chance to practice defense tactics with the Red Man and learned from 6 AMW Explosive Ordnance members at the creek.

"Our Big Brother Big Sister program provides mentorship to children between 5 to 16 years old," said Chathay Washington. "They are enrolled in the program by teachers, guidance counselors, parents and guardians."

The BBBS members use both a community and site based program to pair the Lil's with their Bigs.

Each program allows the sponsor 9 hours a month to visit with their Lil she said. The Big can pick their Lil up from their homes in the community based program while the site based is done at the schools.

Parents or guardians refer the children in the community based program while teachers, principals or guidance counselors refer children in the site based program.

Ms. Washington said that MacDill has been hosting the "Big for a day" since 2003.

"We truly appreciate Team MacDill supporting this event and the servicemembers that volunteer," she added. The children that participate are from all backgrounds but many come from single parent homes where it is difficult to give the child the individual attention needed for their development. "Usually we find that when the children have a mentor they develop better social skills."

The BBBS staff recruits military members through the First Term Airman Center and events such as MacDill's Big for a day. For more information on becoming a sponsor visit the website at www.bbbsfl.org.



Photo by Senior Airman Nancy Hooks

A group of Bigs and Littles take of tour on Humvee's during the "Big for a Day" celebration. Getting up close and personal with military hardware is one of the perks for Littles participating in the event.

Airman learns life lesson as Big for a Day



Senior Airman Shawna Lang, 6th Medical Operations Squadron, plays a board game with her little sister, Niquel James, during the "Big for a Day."

by Senior Airman Tania Reid
6th Air Mobility Wing Public Affairs

A Team MacDill Airman learned what it meant to be a big sister at MacDill's "Big for a day" held here at Raccoon's Creek, May 1.

Senior Airman Shawna Lang, 6th Medical Support Squadron medical technician, volunteered to mentor little sister Nicquel Andrews, 9 years old from the Big Brothers Big Sister program for the day.

The two played board games and enjoyed the scheduled activities while getting to know each other.

"I learned to play the board games Angry Animals and Guess Who from Shawna," said Nicquel Andrews. "This is my first time playing them and Shawna made playing the games fun."

In turn Nicquel taught Shawna to play some of her own games such as the hand game "I don't want to go to Mexico."

"Maybe if I had a big sister I would have known about these games," said Airman Lang. "I missed out on those at school."

Some of the other activities for the day were MacDill exclusives such as a tour of a KC-135 and C-37A aircrafts.

Airman Lang escorted her little sister from each display explaining the functions of the aircraft.

Nicquel asked a lot of questions about the controls in the aircraft said Airman Lang. "The pilot told us we qualified to have our flying license," said Nicquel at the end of her tour.

This is the first time Airman Lang has been involved in a mentoring program for children and she was surprised to find that she had a lot in common with her little sister.

"She has two brothers and so do I," she said. "We are both class clowns and we like to make people laugh."

As the day went by Airman Lang learned her little sister's articulate and competitive personality as well as her background. She came from a single parent home and was Jamaican. Nicquel was one of the 68 Lils at MacDill's "Big for a day" that had been on a list for two years awaiting a sponsor.

Airman Lang said the experience helped reconnect her with her childhood and reminded her of what it was like growing up without a sister.

"Sometimes I wanted a big sister when I was her age because there are some things a sister can teach you that a brother can't," she said.

Anyone can volunteer to be a part of the Big Brothers Big Sisters program. Members of the program go into the schools and read to a group of children, help with homework or anything else to make a difference in their lives for at least one hour a week. They may also spend one-on-one time with children after school hours. These are children who want a mentor and may not have a big brother or big sister figure in their lives already.

"A big brother or sister can impact a child like Nicquel's life positively by mentoring her even for a day which was an honor," added Airman Lang.

NEWS



Chapel seeking account manager

The MacDill AFB Chapel is accepting bids for a part time Chapel Tithes & Offerings Fund account manager/bookkeeper. A statement of work can be picked up at the Base Chapel, Bldg 355, weekdays from 7:30 a.m. to 4:30 p.m. Resumes and sealed bids will be accepted through noon Wednesday, May 20. Interviews will be conducted May 26 and 27 from 1 to 4 p.m. at the Chapel. The sealed bids will be opened at noon May 20 in the Chapel conference room. Anyone with interest may attend. The account

manager/bookkeeper is expected to start work on June 1. Applicants must be able to secure permission to enter a military installation (no felony convictions/arrests, drug free, etc.). Work schedule is negotiable. For additional information, contact Staff Sgt. DeVoile at 828-9072 or Master Sgt. Driskell at 828-2168.

Chapel hiring Catholic cantor

The MacDill AFB Chapel is accepting bids for a part time Catholic Parish Cantor. A statement of work can be picked up at the Base

Chapel, Bldg 355, weekdays from 7:30 a.m. to 4:30 p.m. Resumes and sealed bids will be accepted through noon May 20. Interviews will be conducted May 26 and 27 from 1 to 4 p.m. at the Chapel. The sealed bids will be opened at noon May 20 in the Chapel conference room. Anyone with interest may attend. The cantor is expected to start work June 6. Applicants must be able to secure permission to enter a military installation (no felony convictions/arrests, drug free, etc.). Contact Staff Sgt. DeVoile at 828-9072 or Master Sgt. Driskell at 828-2168.

Diamond Sharp



Sgt. Edith J. Brooks **U.S. Central Command**

Job Title: NCOIC, Global NetOps Control Center Authorized Service Interruptions

Home town: Tracy, California

Short-term goals: Get promoted to Staff Sergeant (E-6). Participate in the Army Ten Mile in Washington, D.C. this October.

Long-term goals: Finish a Bachelor's Degree in Agriculture and attend Warrant Officer School.

Advice to others: Always be optimistic about every situation. Life is full of obstacles, but you don't have to be overcome by them. A positive, optimistic outlook is the key to success.



Photos by Airman 1st Class Wesley Farnsworth

AMC honor

Command Chief Master Sgt. Joe Barron, Air Mobility Command's top enlisted manager, presents Gen. Arthur Lichte, AMC commander, with a plaque this week notifying the general of his nomination for induction into the AMC Order of the Sword. The Order of the Sword is patterned after an order of chivalry founded during the Middle Ages – the Swedish Royal Order of the Sword. Ancient non-commissioned officers would honor their leaders and pledge their loyalty by ceremoniously presenting the leaders with a sword. The sword, a symbol of truth, justice and power rightfully used, served as a token of esteemed leadership.

HAWC issues warning about Hydroxycut products

by Nick Stubbs

Thunderbolt editor

Keeping fit, cutting excess weight and building strength are desirable goals for Airmen, but not at the cost of their health and safety.

The Health and Wellness Center is trying to spread the word about a new warning from the U.S. Food and Drug Administration to immediately stop using Hydroxycut products due to reports of “serious liver injuries.”

“We just want to spread the word about the potential danger and the recall,” said Joan Craft, director of the HAWC. “We are concerned that there may be people on base who are not aware of dangers associated with the products.”

According to a May 1 release by the FDA, “Hydroxycut is manufactured by Iovate Health Sciences Inc., of Oakville, Ontario and distributed by Iovate Health Sciences USA Inc. of Blasdell, N.Y. Some Hydroxycut products are associated with a number of serious liver injuries. Iovate has agreed to recall Hydroxycut products from the market.”

The release reports that 23 cases of serious health problems have been received, ranging from jaundices and elevated liver enzymes, an indicator of liver injury, and liver damage requiring a liver transplant. One death due to liver failure has been reported to the FDA. The product line includes 14 Hydroxycut items. Some of the products may be among supplements and aides used by MacDill personnel.

According to the FDA release, although the FDA has not received reports of serious liver-related adverse reactions for all Hydroxycut products, Iovate has agreed to recall all the products listed above. Hydroxycut Cleanse and Hoodia products are not affected by the recall. Consumers who have any of the products involved in the recall are advised to stop using them and to return them to the place of purchase. The agency has not yet determined which ingredients, dosages, or other health-related factors may be associated with risks related to these Hydroxycut products. The products contain a variety of ingredients and herbal extracts.

For more information, visit www.fda.gov/MedWatch/report.htm



EVENTS

Friday

Spouses' Health Forum

Friday, May 8, from 8 until 11 a.m. there will be a spouses' health forum at the Base Fitness Center. Please contact Barbara Moody at 826-3742.

Woofs and Whiskers Pet Fest

Bring your pet Friday, May 8, from 10 a.m. until 2 p.m. to the Woofs and Whiskers Pet Fest at the Veterinary Clinic for games and pet-product giveaways. Contact the Veterinary Clinic at 828-3559 for more information.

Smart Start Baseball

Friday, May 8 is the deadline to register for Smart Start baseball, an introductory baseball program for children 3 to 4. Call Pete Schmidt at 828-7956.

Sunday

Mother's Day Bowling Special

Sunday, May 10, Mom's bowl free at MacDill Lanes with paid child's bowling from 1 until 8 p.m. For more information, please contact MacDill Lanes at 828-4005.

Monday

SFS Memorial 5K Run

Join the members of 6

Summer programs set for base youths

by Nick Stubbs

Thunderbolt editor

Summer is fast approaching, sending parents and children into the annual ritual of mapping out what, where and how kids can spend their summer break. The Force Support Squadron believes it has at least part of the answer.

Golf

For the aspiring Tiger's out there, a variety of golf programs are being offered.

Saturday's 8:30 to 9:30 a.m. between June 6 and Aug. 22 – Junior Golf Clinic for ages 8 through 17. The cost is \$3 per child and includes the use of clubs.

Tuesdays and Thursdays, noon to 1 p.m., June 9 through Aug. 20, the free active duty golf clinic will be open to children.

Tuesday through Friday, June 5 through Aug. 21, special open play rates for youths 8 to 17 will apply. A round including greens fees and a pull cart will be \$5, with junior rental clubs provided free of charge if available. Children may play unescorted if they have a certificate showing completion of a junior golf camp or instruction. Youths with drivers licenses may rent a golf cart, though they will have to pay cart fees.

Bowling

Monday through Friday between 11 a.m. and 5 p.m. - For youths 8 to 17 looking to beat the summer heat, bowling may be just the ticket. Between June 5 and Aug. 22, a Kids Special for open bowling will be just \$1 per line bowled. Shoe rental is \$1.50. The special is based on lanes being available.

Mondays at 1 p.m., from June 8 through Aug. 10, there will be teen league bowling. Those looking to participate must sign up at the bowling lanes no later than noon, June 5. The league is for youths 12 to 17, and a minimum of 18 youths (six teams with three each) is required. Cost is \$5 per week, and includes three games, shoes and a \$2 prize fund. Prizes will be announced.

Fishing

Outdoor activities include a shoreline fishing day for kids 10 to 17. It will be every Monday from 9 to 11 a.m. June 8 through Aug. 17. The cost is \$2 per child and includes rod, reel and bait. There is no minimum number of participants and no need to sign up in advance. Kids will meet at the base marina and head to the day's fishing destination from there.

SFS in their National Police Week Memorial 5K run Monday, May 11 at the Fitness Center. Sign up at 7 a.m. and run at 7:30 a.m.

Wednesday

Spouse Employment

Spouse Employment Orientation will be held Wednesday, May 13 from 9 a.m. until noon at the Airman Family and Readiness Center. To RSVP please contact Mr. Troy Johnson at 828-0145.

Complimentary Make-Over

In honor of Spouse Appreciation Month, complimentary make-overs will be given at the Clinique counter in the Base Exchange Wednesday, May 13 from 11 a.m. until 2 p.m.

Finger Printing

Members of the 6 SFS will be finger printing inside the Main Base Exchange Wednesday, May 13 from 1 until 3 p.m.

Youth Job Fair

The youth job fair will be Wednesday, May 13, from 3:30 until 5 p.m. at the Youth Center Gymnasium.

Thursday Complimentary Make-Over

Complimentary make-overs will be given at the Elizabeth Arden counter in the Base Exchange Thursday, May 14 from 11 a.m. until 2 p.m.



CHAPEL SCHEDULE

Protestant services

Sunday - 9 a.m., Traditional Service
10:30 a.m., Religious Education, Noon, Gospel Service
Tuesday - Noon, Promise Keepers
Wednesday - 10:30 a.m., Women of the Chapel
Thursday - 11:30 a.m., Officers' Christian Fellowship

For more information regarding the Chapel or Chapel services, call 828-3621.

Catholic services

Saturday - Mass, 5:30 p.m.
Sunday - Mass, 10:30 a.m.

Monday to Thursday: Mass, 12:10 p.m.

Saturday - Sacrament of Reconciliation, 4:30 p.m., (or by appointment)

Jewish and Islamic services

Call 828-3621 for information