

# THUNDERBOLT

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## Independence Day message

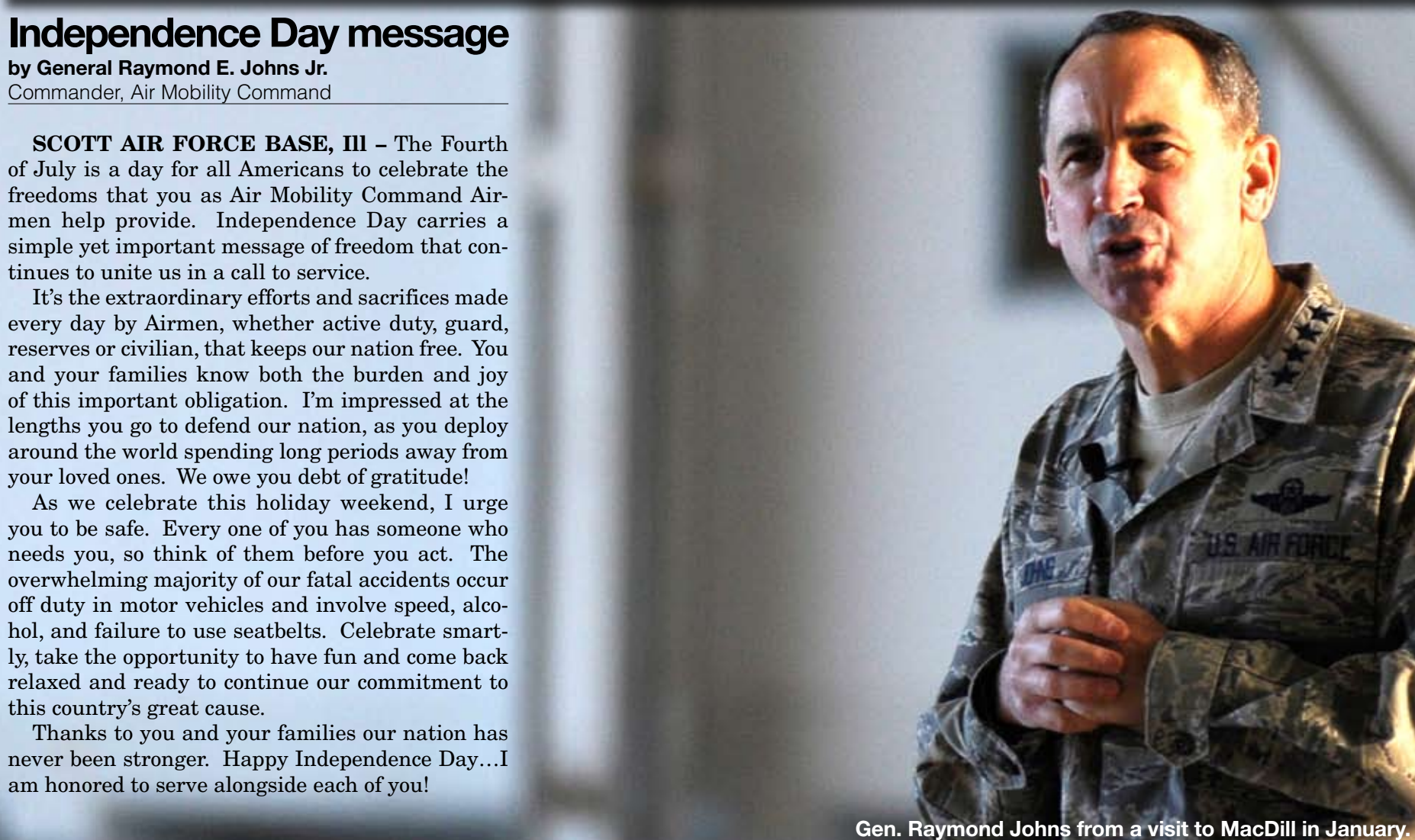
by **General Raymond E. Johns Jr.**  
Commander, Air Mobility Command

**SCOTT AIR FORCE BASE, III** – The Fourth of July is a day for all Americans to celebrate the freedoms that you as Air Mobility Command Airmen help provide. Independence Day carries a simple yet important message of freedom that continues to unite us in a call to service.

It's the extraordinary efforts and sacrifices made every day by Airmen, whether active duty, guard, reserves or civilian, that keeps our nation free. You and your families know both the burden and joy of this important obligation. I'm impressed at the lengths you go to defend our nation, as you deploy around the world spending long periods away from your loved ones. We owe you debt of gratitude!

As we celebrate this holiday weekend, I urge you to be safe. Every one of you has someone who needs you, so think of them before you act. The overwhelming majority of our fatal accidents occur off duty in motor vehicles and involve speed, alcohol, and failure to use seatbelts. Celebrate smartly, take the opportunity to have fun and come back relaxed and ready to continue our commitment to this country's great cause.

Thanks to you and your families our nation has never been stronger. Happy Independence Day...I am honored to serve alongside each of you!



Gen. Raymond Johns from a visit to MacDill in January.

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## Social networking and operations security: Can they coexist in today's AF?

by Mark D. Diamond

Air Mobility Command Public Affairs

### SCOTT AIR FORCE BASE, Ill. (AFNS)

-- About a month and a half ago, when the Air Force opened its network to Internet-based capabilities, primarily social networking sites, it also opened a virtual Pandora's box of questions and concerns from Airmen at all levels.

Can Airmen use social networking during duty hours on their government computer? What type of information can and can't be posted? Do Airmen need to worry about the information they post during their off-duty time? Can any Air Force unit or organization create its own official Web presence?

It's important to provide answers and there are, in fact, a number of new Department of Defense, Air Force and command-level instructions, memorandums and policy letters that answer the important questions. (If you haven't seen the new guidance, talk to your supervisor or your local public affairs office.)

But here's the bottom line: Airmen already know the answers to most of these questions. With the exception of a truckload of new websites that are now accessible from your government computer, not much has changed.

Airmen still need to pay attention to what they say; they still need to protect the Air Force network from viruses, Trojans and other malicious attacks; and all Airmen, on and off duty, still need to remember their core values: integrity first, service before self, and excellence in

all we do.

To me, the biggest question (the 400-pound gorilla in the room) is: Can the Air Force strike a balance between operations security and the acceptable use of social networking sites?

During the past couple of months, I've spent a lot of time studying social networking and OPSEC. One thing is painfully obvious: social networking and OPSEC are on opposite ends of the communication spectrum. OPSEC is about identifying critical information and safeguarding information that could be useful to our adversaries, while social networking is all about sharing information, and in some cases, too much information (no, we do not want to know what you had for dinner last night).

In fact, during the past month, I've attended several briefings that almost had me convinced to run home and deactivate all of my social networking accounts. Almost.

I didn't actually ban social networking from my life, because I understand the risks, I pay attention to privacy settings, and I'm not likely to post my address or phone number for the world to see.

The information did have a noticeable affect on a few others, however.

During each briefing, as I scanned the audience, I noticed some of the older attendees were excitedly nodding their heads in agreement, while some of the younger Airmen were doing a not-so-good job of hiding their smirks and eye rolls.

The fact is, Americans today are sharing

more information about themselves than ever before, and the social networking industry is betting they'll maintain that habit, and perhaps share even more information about themselves and their friends.

After all, in today's age of social networking, information is money.

Advertisers know Americans trust recommendations from their friends more than they trust traditional advertising techniques. Advertisers also know many of these peer-to-peer recommendations now occur over social networking sites.

Although this increased sharing of information may not bother many of today's Airmen, it has some Air Force leaders and OPSEC experts worried, and for good reason.

Although many of today's Airmen may not be concerned about broadcasting their personal lives on the World Wide Web, Air Force officials want to make doubly sure Airmen continue to protect information, protect the network, and uphold the personal and professional behavior expected of all Airmen, both on and off duty.

The same OPSEC and information assurance training all Airmen receive still applies, and an Airman's conduct should always be above reproach. In other words, the rules haven't changed, even though the playing field has grown considerably.

That said, social networking is here to stay, and whether our Airmen are at work or at home, they are and will continue to be fully en-

See **SOCIAL NETWORKING**, Page 26



### ACTION LINE

The Action Line provides a two-way communication between the 6th Air Mobility Wing commander and the MacDill community. A 24-hour recording service is provided so personnel may submit questions, concerns or comments. Call the Action Line at 828-INFO (4636)

### MacDill Thunderbolt

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DEFY kids get defense lessons

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Bosses fly with 927th

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Events, movies, more...

# 1 1

## Critical Days of Summer

### Fireworks safety

#### (NO FIREWORKS ON BASE -EVER)

- ◆ Maintain adult supervision while fireworks are being used.
- ◆ Only persons over the age of 12 should be allowed to handle sparklers of any type. Do not allow any running or horseplay.
- ◆ Light fireworks at arm's length using a taper or a firework lighter.
- ◆ Stand well back and NEVER return to a firework after it has been lit, it could explode in your face.
- ◆ Alcohol and fireworks are not a good mix. Have a designated "Shooter".
- ◆ Use eye protection when shooting fireworks and do not let any part of your body get over the fireworks.
- ◆ Fireworks should be used outdoors.
- ◆ Never throw or point fireworks at another person.
- ◆ Do not handle or try and relight "duds". Wait 20 or 30 minutes, soak the duds in water and then properly dispose of them.
- ◆ Read and follow the instructions
- ◆ Keep a bucket of water or garden hose handy in case of fires.
- ◆ Take care of sparklers, wear gloves to hold them and dispose of sparklers in a bucket of water as soon as they are finished.

## New AF policy makes substance abuse clear

by Nick Stubbs  
Thunderbolt editor

If there ever was any wiggle room about what is a banned intoxicating substance, and what is an inappropriate use of it, it's all been clarified and solidified by a new Air Force drug abuse policy now in effect.

According to information released this week by the 6th Air Mobility Wing Legal Office, "Effective immediately, the knowing use of any intoxicating substance, other than the lawful use of alcohol or tobacco products is now a violation of Article 92 (Failure to Obey) of the UCMJ."

While the use of substances, included but not limited to inhalants and chemical solvents, designer drugs like Spice, and natural substances like Salvia Divinorum to alter mood have always been off limits if possessed with the intent of "getting high," until now "there hasn't been a unified, consistent Air Force-wide policy."

Previously, guidance might have come from the Wing level or via a MAJCOM policy directive. The new policy is now incorporated into Air Force Instruction 44-121, Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program, and will apply to all Airmen across the Air Force, according to the information from the



Legal Office.

The bottom line is nothing other than alcohol or tobacco may be used to achieve a "high," or alter mood. To be clear, the Legal Office recommends Airmen familiarize themselves with the new regulations (currently implemented by AFI44-21\_AFGM1 until written into the AFI) and feel free to contact the Base Legal Office at 828-4421 if you have any questions.

## Drug testing lab ensures abuse policies not ignored

by Nick Stubbs  
Thunderbolt editor

New Air Force drug and substance abuse policies now in place provide a unified rule for Airmen to follow, and the 6th Air Mobility Wing's Drug Testing lab is there to keep everyone honest.

While the procedures and policies at the lab have not been changed, new rules and regulations may be forthcoming as a way of dealing with the challenges presented by

more and more natural and synthetic drugs and substances showing up in society.

"We expect new AFIs (Air Force Instructions) soon," said Earl Holden, 6 AMW drug testing program administrative manager. Until then, the testing procedures and thresholds for what qualifies as a violation of the abuse policy, will continue as normal.

"We don't have a pass-fail test," said Mr. Holden. "It isn't like what some companies use."

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## New, more open net policy puts burden on MacDill computer users



Photo by Master Sgt. Jack Braden

Airmen with the 67th Network Warfare Wing, Lackland Air Force Base, Texas, monitor internet activity to maintain security of Air Force computer networks. The Air Force established the 67th Network Warfare Wing to have an organization solely focused on ensuring Air Force networks are able to operate in time of peace and war.

Social networking OK, just keep it safe, clean and responsible

by Nick Stubbs  
*Thunderbolt* editor

For those too young to remember a world without the Internet, before there was a global communications web that reaches virtually everywhere, it may be difficult to appreciate just how much information is out there, at our fingertips, 24-hours a day.

But communication and the exchange of information is a double-edged sword. Fearing the backward cut that could compromise operations, the Air Force until recently leaned toward limiting Internet usage by Airmen and civilians on the job – not only to cut down on the distraction, but also to control the malicious or accidental release of sensitive information. The directive was to tweet on your own time, don't My Space in Air Force cyberspace.

That's all changed as of recently, when a shift in policy opened access to more of the Web from Air Force computers, including access to social networking Web sites like Twitter and My Space. In fact, for those who don't already know it, the 6th Air Mobility Wing and some of its squadrons and units, have Facebook and Twitter pages, where you can keep up with the latest news.

The change has been a welcome one for those on duty who were essentially cut off once they passed through the gates of MacDill, but only time will tell how well the new policy will work out for all. If everyone follows the guidance calling for reasonable use and watching their "P's" and "Q's" when posting information, it could

work out well, striking a "balance between safeguarding the mission and maintaining a safe and controlled network to defend against malicious activity while allowing Airmen to have appropriate access," according to official guidance issued by Air Mobility Command in April.

The new, more open policy does not mean that the entire Web is open to access. What you can access on government computers will remain limited compared to computers off the official network. Controversial and sexually explicit sites remain blocked, and accessing such a site through back doors, proxy sites, etc, remains a violation of Air Force Policy, just as before. Additionally, personal use of government computers will remain limited. As the guidance provides: "Limited authorized personal use must be of reasonable duration and frequency that has been approved by supervisors and does not adversely affect performance of official duties, overburden systems, or reflect adversely on the Air Force."

The rule suggests that supervisors will have the latitude to make judgment calls about computer use, but the hope is Airmen and government employees will be reasonable and police themselves. The bottom line is don't abuse the new privilege. This applies to not only what is viewed on Air Force computers, but information that is posted that could reflect negatively on the Air Force and the core values it projects. This and other concerns outlined here, apply not only to internet use on the job, but also at home or from any location.

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## Social networking safety check list

### Personal Information

- ◆ Keep sensitive, work-related information off your site profile?
- ◆ Keep your plans, schedules and location data to yourself?
- ◆ Protect the names and information of coworkers, friends, and family members?
- ◆ Tell friends to be careful when posting photos and information about you and your family?

### Posted Data

- ◆ Check all photos for indicators in the background or reflective surfaces?

- ◆ Check filenames and file tags for sensitive data (your name, organization or other details)

### Settings and Privacy

- ◆ Carefully look for and set all your privacy and security options?
- ◆ Determine both your profile and search visibility?
- ◆ Sort "friends" into groups and networks, and set access permissions accordingly?
- ◆ Verify through other channels that a "friend" request was actually from your friend?
- ◆ Add "untrusted" people to the group with the lowest permissions and accesses?

### Passwords

- ◆ Unique from your other online passwords?
- ◆ Sufficiently hard to guess?
- ◆ Adequately protected (not shared or given away)?

### Security

- ◆ Keep your anti-virus software updated.
- ◆ Beware of links, downloads, and attachments just as you would in e-mails.
- ◆ Beware of "apps" or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- ◆ Look for the HTTPS prefix and secure (lock) logo.



# HEALTH/FITNESS



## The Four M's of physical fitness

by Lt. Col. Nathan H. Johnson

6th MDSS commander

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The new fitness standards; you have seen it on the cover of the *Air Force Times*, in the *Thunderbolt*, and on numerous Air Force Web sites. I know my squadron is probably getting tired of me talking about it! We all know the career ramifications of consistently failing or underperforming on these tests. However, there are other logical reasons for us to incorporate fitness into our daily routine. Why the angst about fitness? In our society, there are few words more polarizing than exercise and physical fitness! As a society, we are exercising less and our country is suffering the short and long term consequences. The scientific literature is clear: exercise is good for you! However, at the individual level, most ignore the facts. We are fortunate that our Air Force leadership understands the importance of physical fitness. I know some Airmen are more enthusiastic than others when it comes to incorporating physical fitness into their daily life. Why is this? I think a major reason is a lack of understanding. When I talk

about exercise, I often mention the “four Ms” of physical fitness. The four Ms are distinct ways improved physical fitness helps both the Air Force and the individual. Each of these “M’s” is important to maintaining the best Air Force in the world!

**Military Readiness** – Who wants to be caught in a dangerous situation thinking, “I wish I could run a little faster?” The fitness standards we have instituted are to help us excel in deployed environments. Does running a mile and half in 12 minutes ensure you are ready? Are 50 push-ups and sit-ups a guarantee that you will meet all physical requirements placed upon you during a deployment? No, they do not, but it is a good start. On the flip side, “running” a mile and half in 20 minutes ensures you are not ready and a potential hindrance to mission accomplishment. What about the person whose work is primarily behind a desk? All the more reason to be ready, you never know when you will be called upon. So, do yourself and your peers a favor, and be ready for deployment!

**Mental Alertness** – We all should have the goal of performing at our peak. This extends beyond our physical performance; it also includes our mental performance. Many things inhibit our ability to perform at our

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# TESTING

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account for incidental exposure an Airman might have that could introduce a small quantity of a banned substance in their system.

“If a person attends a Jimmy Buffett concert and people around them are smoking marijuana, they could test for a trace amount of it,” Mr. Holden said. “We have quantitative and qualitative testing to allow for that.”

What that means is that if a person is found to have a small amount of a banned substance in their system, they are subjected to additional testing to determine if they used the substance, or if they were merely exposed to it.

“There has to be a certain amount in the system,” said Mr. Holden, who added the tests are thorough and accurate, which means various myths about tests falsely identifying people, such as testing positive for heroine use after eating poppy seed rolls, “doesn’t reflect reality.”

Likewise, anyone with the notion that they can fool a drug test, should think twice, said Mr. Holden. In addition to being very thorough, the tests are random and any servicemember could be tested at any time.

Another persistent myth is that batches of urine samples are tested together and that if a banned substance is detected all of the people in the batch are retested to single out the bad apple.

“That’s not how it’s done,” he said. “Each bottle is tested individually,” and the regimen is tireless.

“The Air Force tests 70,000 samples a month on average,” said Mr. Holden.



# SPORTS



## AMC seeks Air Force Marathon runners

by **Scott Black**

Scott AFB, IL

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The 14th annual United States Air Force Marathon will be held 18 Sep 10, at Wright-Patterson AFB in Dayton, OH. Air Mobility Command will again sponsor an active duty team comprised of both male and female runners representing various age groups who compete in the full marathon.

Team members will be selected based upon submitted AF Form 303. The completed forms should be submitted through your base Fitness Center by 23 Jul 10. Those selected will be notified by HQ AMC/A1S and placed on Permissive TDY for the marathon.

In addition to the official AMC competitive team, all others interested in competing in the Air Force Marathon are encouraged to do so at their own expense.

Other events include a wheelchair division of the marathon (consisting of hand-cranked and push-rim divisions), half marathon, individual 10K, and 5K. The USAF Marathon, Half Marathon, and 10K are held on 18 Sept 10 and the 5K race is held on 17 Sept 10 at Wright State University.

Please visit the USAF Marathon Web site at [www.usafmarathon.com](http://www.usafmarathon.com) or your base fitness center for additional information.



## NET USE

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From Page 4

“Airmen must use due diligence when posting information online and must always follow Joint Ethics and Information Protection regulations and guidelines,” as the current guidance provides.”

“Internet social networks are great places to meet and network with people sharing similar interests, but Facebook, and other similar Web sites can also pose serious national security threats if users are not careful,” said Pamela Hartnagel, wing information assurance manager. “Since most people access social network sites from the comfort and privacy of their home or office, they can be lulled into a false sense of anonymity.

Additionally, the lack of physical contact on social network site can lower users’ natural defenses, leading individuals into disclosing information they would never think of revealing to a person they just met on a street or at a party.”

So, while wasting away the day tweeting and uploading tasteless pictures is a concern, the greatest danger remains compromising operations through the release of sensitive information. An Airman tweeting something as simple as where and when he or she is being deployed, especially if put together with other information that may have been posted in the past or permanently affixed to a profile page available to the

public, could be used to mine important intelligence about military operations. It’s a mistake no one wants to make, as the lives of service-members and allies could be in the balance, said Steve Wilson, 6 AMW OPSEC manger. Not only can information posted be used by an overseas enemy, but also by criminals at home.

A notorious case years ago involved a service-member’s absence emboldening a criminal, who preyed on his family, said Mr. Wilson.

“You want to follow standard OPSEC procedures, but you also don’t want to tip off criminals that you are not around to mind the farm,” Mr. Wilson said.

Ms. Hartnagel said one of the real dangers of social networking is releasing unclassified information that nevertheless could be of value to an adversary.

“There’s a tendency to think when information is not classified, it’s OK to share, especially if the user has setup a privacy profile on their account,” she said. “However, it’s those small pieces of information shared in casual conversation that an adversary can use to uncover secrets and point them toward a specific target.

For example, a foreign agent seeking military technology might use Facebook to try and identify individuals who work on a specific technology, continue on to figure out whom they associate with, and then follow their movements, looking for clues on new research and so on.”

See **NET USE, Page 30**

## **Don't catch a Net bug, or give up private info**

- ◆ To prevent unknowingly opening the Air Force network to a virus, spyware or other malware, do not visit questionable sites from a government computer.
- ◆ Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data.
- ◆ Do not download or install freeware/shareware or any other software product without Designated Approving Authority (DAA) approval.
- ◆ Do not permit anything to run on your computer that you did not install or that you do not understand – it could be malicious code.
- ◆ Ensure your passwords are unique; use special characters and numbers when possible.
- ◆ Ensure your passwords are sufficiently hard to guess.
- ◆ Ensure your passwords are protected; do not share your passwords

# SPORTS NEWS



## MacDill's Mike Stevens wins National Hickory Championship

**WHITE SULFUR SPRING, WVA** — Mike Stevens, Golf Professional at MacDill Air Force Base, shot 80-78 for a 158 total to win the National Hickory Championship. Mike becomes the first person other than Randy Jensen to win more than one Open Division crown. He was also Open Division Champ in 2005.

Mike has possession of the Kameika Cup for the next year and he also took home the Lynah Sherrill Award, the highest non-golfing accomplishment in the world of hickory golf.

The National Hickory Championship is conducted at historic Oakhurst Links, established in 1884. All competitors are required to play authentic golf clubs made prior to 1900 or approved replicas of 1900 equipment. Each player also uses gutta percha balls manufactured in the style popular at the time.

Not only is playing with antique equipment a unique challenge, the The Hickory Championship tournament has been described as the most demanding tournament in the world of hickory golf.

For more information on hickory golf go to [www.hickorygol-fassociation.org](http://www.hickorygol-fassociation.org) or look for the Florida Hickory Golfers Group on Facebook.



**Mike Stevens, golf pro at MacDill's Bay Palms Golf Club, shot a two-round score of 158 to take top honors in the Hickory.**



Children of the DEFY program camp, held last week at MacDill, pose for a photo in their best martial arts postures, after getting self defense lessons from Marine Sgt. Christian Suber.



(Above and right) Gunnery Sgt. Christian A. Suber, Marine Corps Martial Arts Program instructor, United States Central Command, teaches proper self defense techniques to students in the Drug Education For Youth (DEFY) program. Suber gave the children a period of instruction of different ways to defend themselves against bullies and aggressors while at the Drug and Testing facility June 15.

## Marine Corps martial arts taught to DEFY youths

by Sgt. Rick Nelson  
Combat Correspondent

Students from the Drug Education For Youth (DEFY) group came aboard MacDill Air Force Base June 15, where they were taught self defense moves from the head Marine Corps Martial Arts Program instructor at United States Central Command, Gunnery Sgt. Christian A. Suber.

“I volunteered to teach the kids a little self defense because I love teaching, I like kids and it’s always good to know how to protect yourself, because you never know when you’ll be in a situation that requires it,” said Suber, a 1st degree black-belt instructor in the Marine Corps Martial Arts Program.

Suber added, knowing that the moves they were taught could protect them from a possible “bully beat down” or prevent them from getting abducted by a stranger made it worthwhile.







## ESGR bosslift first flight ever for local employers

by Senior Airman Anna-Marie Wyant  
927th Air Refueling Wing Public Affairs

Approximately 30 local employers and four representatives for Employer Support of the Guard and Reserve took a flight on a KC-135 Stratotanker with a 927th Air Refueling Wing crew here today as part of an ESGR bosslift.

The three-hour flight took the passengers over the Atlantic coast of Florida to demonstrate refueling a C-17 Globemaster III from Charleston Air Force Base, S.C. Passengers were given the opportunity to take pictures of the demonstration from the boom pod, the area in the rear of the aircraft from which the boom operator controls aerial refueling.

Witnessing an up-close and personal air refueling was a first-time experience for most of the employers, but for one, flying was an altogether new sensation. Johnny T. Martinez, owner of Martinez Maintenance Services, said this was his first time ever flying on any aircraft.

“It was awesome,” Mr. Martinez said of his first flight. “I couldn’t believe how fast we were going!”

Mr. Martinez, 47, said he had a fear of flying before this experience, but now he would like to travel by air more often. He said he was glad Master Sgt. Johnny Pullen, a boom operator with the 63rd Air Refueling Squadron here, convinced him to go on this “experience of a lifetime.”

Sergeant Pullen, who has worked part-time for Mr. Martinez for the past eight months, nominated Mr. Martinez for the flight and a certificate of appreciation, which Col. David P. Pavey, 927th ARW commander, presented to him and other supportive employers this morning. Sergeant Pullen had only positive things to say about his working relationship with Mr. Martinez, and the feeling appears to be mutual.

“[Sergeant Pullen] is a great guy,” Mr. Martinez said. “I wish I had 10 more workers like him; he’s the hardest working guy I’ve had.”

ESGR, a Department of Defense organization established in 1972, works as to promote this type of positive relationship between Guardsmen or Reservists and their civilian employers. Part of ESGR’s mission is thanking supportive employers like Mr. Martinez through bosslifts, awards and more, said retired Army Col. Martin Rosen, the Florida ESGR Bosslift Coordinator.

“We just want to show the civilian employers what Reservists and Guardsmen do,” said Colonel Rosen, who has volunteered for ESGR for 25 years. “They seem really impressed to see what their employees are doing for the military.”

In addition to showing gratitude to the employers, ESGR representatives also use bosslifts as an opportunity to spread the word about their organization. Colonel Rosen said ESGR is always looking for new volunteers and new employers who are supportive of their military employees. He said employers can sign a Statement of Support as a way to promise to be supportive of their employees’ military careers.

“We usually get good responses after bosslifts,” he said. “If [employers] are patriotic and want to support Soldiers, Sailors and Airmen, ESGR is a great opportunity for them to show their support.”

Mr. Martinez said he plans to sign his Statement of Support and continue cooperating with ESGR.

“Everyone should,” Mr. Martinez said of supporting Guardsmen and Reservists. “It’s the right thing to do.”



Photo by Senior Airman Anna-Marie Wyant

Approximately 30 local employers and five representatives for Employer Support of the Guard and Reserve stand in front of the 927th Air Refueling Wing Headquarters before taking part in an ESGR bosslift June 18 at MacDill Air Force Base.



Photo by Senior Airman Anna-Marie Wyant

Johnny Martinez (right) shows off his Certificate of Appreciation for being a supportive employer, while standing next to his part-time employee Master Sgt. Johnny Pullen in the 927th Air Refueling Wing Headquarters at MacDill June 18. Pullen, a boom operator with the 63rd Air Refueling Squadron, nominated Martinez for the award, which was presented as part of an Employer Support of the Guard and Reserve bosslift.



# FITNESS

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From Page 6

best. One of them is stress. The military lifestyle, at home and abroad, is very stressful. We all know that. A great way to mitigate stress is through proper nutrition and exercise. What about cognitive benefits? How do we combat mental lethargy? Many of us experience the “runner’s high” during aerobic exercise, a time of enhanced creativity that extends far after our exercise ends. Personally, I run in the morning. During this time, I am able to solve many of my professional and personal problems that I will face during the coming workday. For me, my family and squadron, the time I spend exercising is time well spent.

**Morbidity and Mortality** – The vast majority of us want to live a long and healthy life. That is good for us, our families, and for the Air Force. There are many studies that show an inverse relationship between moderate exercise and mor-

idity and mortality. In other words, the less time spent exercising may lead to an early onset of disease, disability, and death! Most of these studies have been performed in the civilian community, but it is also true in the Air Force as well. Fewer trips to the medical treatment facility, the more time we spend protecting our nation! On average, the lower our Airmen score on fitness exams, the more time they spend at the clinic! This is true for both officer and enlisted, male and female, young and old. It makes plain sense to keep our bodies in working order. Are you worried that all this “running” is putting you at other risks? Recent research from Stanford University demonstrated that runners not only had increased life spans, but also had a reduction of over 10 years in the onset of multiple disabilities. This is huge! And what about the osteoarthritis and knee replacements that some

say this extra running causes? The Stanford study found no increase in those that ran! So, get out and get going!

**Money** – No important topic is free from the financial impacts that are imposed or may influence. Exercise is no different. Consistent exercise will not only save you in total lifetime health care costs, but will also save your employer, the Department of Defense, in health care costs. When you leave the Air Force in a healthy state, you will also find benefits such as lower life insurance costs. And from a personal standpoint, you may enjoy a longer, healthier life to spend all that money you save!

Please think of these other benefits when you exercise. If you are doing the minimum to pass the Air Force standards, please understand that the “Four M’s” will continue to pay you back over a lifetime!





## "RESCUE" IS A MATTER OF PERSPECTIVE ...

If life has you thinking there's no way out,  
it's time to call in the professionals.

Your base chaplain, mental health counselors, and the people  
at **1-800-SUICIDE** (784-2433) are ready to help.

*MacDill Mental Health 827-9171*

**ONE SUICIDE IS ONE TOO MANY**



## COMMENTARY

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From Page 2

gaged in Internet-based capabilities.

Is this a concern?

It could be, but with the right mix of education and training, combined with some common sense and acceptance, I think we'll manage.

About two decades ago, many senior leaders were concerned about another technological breakthrough that involved the mass and immediate sharing of information. It was called the Internet.

Around the same time, another technological marvel had some Airmen waiving the OPSEC flag. It was called e-mail.

Can you imagine not using either of these technologies today? Before e-mail, Airmen either hand-delivered paperwork to other offices, or they used a large, yellow envelope that looked like it was attacked by a hole puncher.

So, how do we find that middle ground between OPSEC and social networking?

We need to accept that these new Internet-based capabilities are here to stay and will become even more prevalent as today's teens grow into tomorrow's Airmen and today's junior Airmen grown into tomorrow's leaders. We also need to understand that many of these Internet technologies can add significant value to the personal and professional lives of all Airmen and their families, by allowing them to work smarter and faster.

Social networking is a new operating environment. Rather than ignore the inevitable, we need to provide our Airmen the tools and training they need to operate and succeed in this new environment.

Additionally, all Airmen need to accept the fact that OPSEC, network security and our core values will always trump their right to post information on the Web.

The security of our country and the safety of our fellow Airmen are far more important than broadcasting your weekend plans, or what your unit is doing, to social networking sites. Rather than roll your eyes or smirk at the risks involved with social networking, pay attention to the overarching message: filter out the obvious opinions and sometimes-exaggerated examples of the "Internet gone wild," and focus on what's important.

It is the responsibility of all Airmen to understand the rules and how those rules apply to each situation. Whether they're talking to their parents on the telephone, chatting online with a significant other, writing a letter or e-mail to their spouse, posting a photo or video online, or holding a face-to-face conversation with a close friend, it is imperative all Airmen protect information, protect the network, and protect the image, integrity and security of their nation, their service, and their fellow warfighters.



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## NET USE

From Page 14

AMC guidance cautions that, “When posting information to the web – especially information about Air Force operations, programs or activities – remember that there are always consequences to what is spoken or written. All Airmen are on duty 24 hours a day, 365 days a year, and their actions – on and off duty – are subject to the Uniform Code of Military Justice (UCMJ). Airmen, by the nature of the business, are always on the record and must always represent the core values: Integrity first, Service before self, and Excellence in all we do.”

Yet another threat posed by opening access is the possibility of viruses or other malicious programs or scripts infecting the network.

The warning to heed is that, “Adversaries continuously attempt to infiltrate Air Force net-

works and systems trying to steal, compromise, degrade or destroy information, disrupt networks or communications, or deny service. All Airmen must take all precautions to ensure we protect our networks at all cost. In addition to protecting information, all Airmen must do their part to protect the Air Force Network (AFNET) from malicious attacks (i.e., viruses, Trojans, worms, spyware, etc.), which can significantly disrupt operations.

In addition to watching their own Internet use and activities, all Airmen and DoD employees have the responsibility of watching out for sensitive information that may have been posted by someone they know, or fellow servicemembers. AMC guidance stipulates that supervisors or the Public Affairs office should be notified.





# MACDILL COMMUNITY



## EVENTS

### Friday

#### SeaScapes Beach Club

Live entertainment at the Tiki Hut starting at 5:30 p.m. Tommy "Bahama" Arnold

### Saturday

#### Bay Palms Golf Complex

Summer Saturday Morning Junior Golf Clinic from 8:30-9:30 a.m. (ages 8-17; now-21 Aug) \$3 per person (includes use of clubs)

#### Arts & Crafts Center

Saturday Scrap Party! 5:30-8:30p.m. Cost: \$5. \*Free for DePLAYment Tag Pass Holders

### Monday-Friday

#### MacDill Lanes Bowling Center

Tween/Teens Summer Bowling Special\* from 11 a.m.-5 p.m. \$1 a game. \$1.50 shoes. \*depending on lane availability

### Tuesday & Thursday

#### Bay Palms Golf Complex

FREE Golf Clinic for Tweens/Teens and Active Duty members from 12-1 p.m.

### Wednesday

#### Outdoor Recreation Marina

Tween/Teen Shoreline Fishing from 9-11a.m. (ages 10-17) \$2 per person (includes rod, reel & bait) \*Free for DePLAYment Tag Pass Holders

### Thursday

#### MacDill Lanes Bowling Center

Penny a Pin from 5-8 p.m.

*For more information please visit our website at [www.macdillfss.com](http://www.macdillfss.com)  
Follow the 6th Force Support Squadron on Facebook & Twitter!*

## MacDill Commissary awards annual scholarships

**MacDill AFB Commissary** – Drum roll please . . . “and the winners of a \$1,500 scholarship are Alison Weber, Karri Becker, Matthew Pesek, Katlyn Econom, Niall Brown, Jacob Peabody, Blake Davis, and Carly Wilson, all from MacDill AFB announced Paula Lewis, Store Director at the MacDill AFB Commissary. The scholarships are part of the Scholarships for Military Children Program, funded by manufacturers and suppliers that provide products and services for commissaries around the globe.

“We’re excited to report that the scholarship program continues to be a success in helping military families defray the cost of education,” said Defense Commissary Agency Director and Chief Executive Officer Philip E. Sakowitz Jr. “We’re proud to be associated with a program that has awarded 4,132 scholarships totaling more than \$6.4 million since its inception in 2001.”

Scholarship Managers, a professional scholarship firm, selects the winners based on academic merit, participation in extracurricular and volunteer activities, and the quality of their essays. Recipients are notified by letter. The full list of scholarship recipients and sponsoring business partners can be found online at <http://www.militaryscholar.org>.

Nearly every one of the Defense Commissary Agency’s stores will announce a local winner; many commissaries will announce multiple winners.

The Scholarships for Military Children program is administered by Fisher House Foundation, a nonprofit organization responsible for building comfort homes near military medical centers. The foundation bears all costs of the program so that every dollar donated goes for scholarships. The general public has the opportunity to donate to the program through the military scholar Web site.



## CHAPEL SCHEDULE

### Protestant services

**Sunday** - 9 a.m., Traditional Service

10:30 a.m., Religious Education, Noon, Gospel Service

& 9 a.m., service, FamCamp Multipurpose Center

**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.**

**IRON MAN 2 (PG-13)**

**Saturday - 3 p.m.**

**ROBIN HOOD (PG-13)**

**Saturday - 7 p.m.**

**IRON MAN 2 (PG-13)**