Airman 1st Class Michael Watkins, 6th Maintenance Squadron aerospace ground equipment technician, sands a linkage bolt used in a Hobart power unit tow-bar assembly, MacDill Air Force Base on Aug. 5.

Critical Days of Summer, week 12: Bicycle safety - page 18
COMMANDER’S CORNER

Finding meaning in adversity

by Col. William Dinse
6th Dental Squadron commander

All of us will go through periods of our life where circumstances can overwhelm us. It could be many things such as poor health, an assault, financial difficulties, the barrage of negative news in the media, a difficult co-worker, the loss of a close friend or a divorce.

One way or another, most of us develop methods to cope with life’s disappointments. This is a lifelong process. The Department of Defense mandate to teach us resilience skills further reinforces our ability to handle these stresses.

I offer up another way to look at adversity by recommending “Man’s Search for Meaning,” by Viktor Frankl. I have read it twice – first for a college psychology course and once again to prepare this editorial. The book recounts in vivid detail Frankl’s experiences as a prisoner in a Nazi concentration camp. Frankl, a psychiatrist, describes his observations of other prisoners and the way they coped with the insurmountable obstacles they faced. He found that those who could find meaning in their suffering were the ones who were better able to find the strength to go on. Frankl personally found his purpose in the hope of someday being able to see his wife again.

He writes: “We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of human freedoms--to choose one’s own attitude in any given set of circumstances--to choose one’s

6th Air Mobility Wing shout-outs

The 6th Air Mobility Wing is honored to give a shout-out to the 100 plus senior airmen that were selected for staff sergeant promotion. Although the selection rate was the lowest since 1998, these hard-working and dedicated Airmen put in the time and effort needed to make the rank. This promotion, as with every promotion, brings greater responsibility, so take this opportunity to make a difference. Again, congratulations; we are proud of your efforts and are honored to call you “NCOs.”
Commentary

Facing the challenges of the future

by Lt. Col. Robert Shelton
99th Air Refueling Squadron commander

As I start my second month in command of the 99th Air Refueling Squadron, in Birmingham Ala., I see a tremendous task ahead of our military.

Many of us have been at war since we entered the military and do not know what peacetime looks like. Every day, we hear the major media outlets echo our Nation’s leader’s direction for retrograde and withdrawal from protracted conflict. When this happens, we are charged with successfully transitioning our units and our lives from the expeditionary fighting force that we’ve mastered for more than a decade and return to an in-garrison force. I don’t know about you, but I haven’t found an instruction or regulation that sums that up very well. That said, answer this: “What’s our future look like if we really come home, what should we focus on, and how do we get there from here?”

When I asked myself the same questions, two primary focal areas became evident: our future warfighting force and our families. As we transition to an in-garrison force we’ll be faced with the difficult issues of standards (ethical, moral, cultural, health/fitness, etc.), reconstituting a war-weary force, capturing lessons learned from years of protracted conflict, and training for our nation’s next conflict. All of these issues will be tackled in an environment of declining resources and personnel. To succeed, we must be diligent to reflect and think critically so we can pull those warfighting skills off the shelf and powerfully answer the next call, whenever it may come.

Beyond the task of transitioning in the workplace, one additional responsibility and focal point, the heartbeat of our Air Force, remains to be discussed. Our greatest responsibility is to our warfighters, the Airmen, and their families. We must ensure our family, the foundation of our future force, is strong. Time and again, history shows that the Institution built on a weak foundation will eventually topple. Our families, both personal and unit, are critically intertwined with the health and strength of our Air Force.

Returning full-time to our families will mean happy homecomings, dealing with hard issues, and healing wounds both visible and invisible. The key to whatever the “new normal” is will be leadership and communication. We’ve been living dual lives and now we must come back together at home and in previously empty workplaces to redefine normal. It’s time to take stock and do a thorough self-assessment on issues like your marriage and relationships, finances, health and happiness, and physical fitness. Ask yourself tough questions, like … Am I really living within my means if the “down-range” pay dries up, or How do I “talk” to my loved-ones face-to-face, rather than via electronic medium? Don’t wait for the hard issues to find you! When problems arise, and they will, we have world-class professional resources and agencies available for you and your loved ones … it just takes communicating the need.

Please know that your leadership is committed to our Air Force family. As Airmen, we must be good wingmen now more than ever! Don’t be afraid to ask the hard question or to seek out help. As fellow Airmen and leaders, we are here for you and we are privileged to lead the most talented and amazing Airmen in history. Thank you for your service to our Air Force and the United States of America!

Settlement of estate

Lt. Col. Jay A. Vietas, commander of the 6th Medical Support Squadron, regrets to announce the death of Senior Airman Douglas Caldas, formerly assigned to the 6th Medical Support Squadron. Lt. Col. Mark W. Sankey has been appointed as the summary court officer to handle the disposition of the personal property of Caldas. Anyone indebted to or having a claim against the estate of Caldas should contact Sankey at 827-9630.
Senior Non-Commissioned Officer inductees are congratulated during the SNCO Induction Banquet in Tampa, July 26. Forty-nine inductees gathered to celebrate their promotions to the senior-NCO tier. (Above) Col. Andre Briere, 6th Air Mobility Wing vice commander, and Chief Master Sgt. Thomas Mazzone, 6th AMW command chief, present Lt. Col. Jeremy Harmon, 6th Maintenance Support Group deputy commander, with the “boom” award at MacDill Air Force Base, July 31. The award is given to the group with the most team spirit during the monthly promotion ceremony. (Left) Senior Airman James Berry, 6th Logistics Readiness Squadron vehicle operator, checks the tire pressure of a government vehicle at MacDill Air Force Base, Aug. 1.

Senior Airman Tony Eddy, 6th Security Forces Squadron alarm monitor, greets his wife Trisha and their daughter Annabella, 9 months, Aug. 2 at Tampa International Airport. Eddy was part of a nine-man team that provided aircraft flyaway security while forward deployed to Afghanistan.
The Student Resilience symposium will be conducted Tuesday from 8 to 11:30 a.m. at the MacDill Air Force Base Youth Center. This workshop is in conjunction with a Robinson High School Faculty and Administration Professional Development Day.

Students and faculty members will be in separate rooms from 8 to 11 a.m., and from 11 to 11:30 a.m. students will have an opportunity to meet their teachers.

The main objective of this workshop is to help military students identify their military peers enrolled at Robinson High School as well as discuss the academic challenges they have faced due to constant relocation and identify solutions within their control, controllable with the assistance and influence of their family members, and solutions that warrant help from community stakeholders and Government officials.

Continental breakfast will be provided from 7:30 until 8 a.m.

Registration required by Friday.

To RSVP, call Nelly Richards at 813-828-0146, Dr. Dora Mays at 813-828-0139, MacDill A&FRC 828-0145 or the Brandon A&FRC at 955-9281.
Commissaries offer ‘Back to School’ savings

Commissaries are offering significant savings on “Back to School” products. “Your commissary is the very best choice to get food products for your children’s healthy breakfasts; easy-to-prepare, healthy pack lunches; after-school snacks and other school-related items,” said Michelle Frost, the Defense Commissary Agency’s chief of promotions and marketing. “And, we have them available at the best prices in town.” DeCA’s industry partners – vendors, suppliers and brokers – are collaborating with commissaries in August to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotions. Customers are asked to check their local commissary for details on dates and times of the promotions in their stores. For details, visit http://www.commissaries.com/press_room/press_release/2013/DeCA_52_13.cfm.

Commissary Rewards Card mobile app launched

On Aug. 8 the Defense Commissary Agency will observe the first anniversary of the Commissary Rewards Card. To coincide with this milestone, a mobile application will be available for patrons using the Apple iPhone. This mobile application can be found in the app store on all iPhones and iPads, allowing patrons the ability to access their rewards card account, select coupons and, review clipped, redeemed and expired coupons. The application also allows patrons to locate commissaries and obtain specific store information such as phone number and address. An Android app is planned for fiscal year 2014. Card users will also see options to receive alerts based on their purchases, reminders of clipped coupons awaiting redemption or expiration, and notices when new coupons are available.

Commissaries collect through Aug. 31 to feed families

Commissaries are again serving as one of the collection points on military installations for the annual Feds Feed Families food drive campaign under way now through Aug. 31. Military customers and federal employees can donate nonperishable food and personal hygiene items to the campaign using marked bins in participating commissaries. Donations help charitable organizations such as the local food bank. This year, 180 commissaries in 46 states and Puerto Rico are collecting donations. The most needed items include: canned vegetables – low sodium, no salt; canned fruits – in light syrup or its own juices; canned proteins – tuna, salmon, chicken, peanut butter and beans; soups – beef stew, chili, chicken noodle, turkey or rice; condiments – tomato-based sauces, light soy sauce, ketchup, mustard, salad dressing or oils; snacks – individually packed snacks, crackers, trail mix, dried fruit, granola and cereal bars, pretzels and sandwich crackers; multigrain cereal; 100 percent juice – all sizes, including juice boxes; grains – brown and white rice, oatmeal, bulgur, quinoa, couscous, pasta, and macaroni and cheese; paper products and household items – paper towels, napkins, cleaning supplies; and hygiene items – diapers, deodorants, feminine products, toilet paper, tissues, soap, toothpaste and shampoo.

When behind the wheel there should only be one objective: to safely reach the desired destination.

Picture this: You’re making a quick run to the store for some much-needed items. During the drive you receive a text. You have two choices: You can read the text and attempt to send a quick response or ignore it until you have reached the store.

So what is a safe and interesting way to help play out this scenario?

Enter UNITE International’s Arrive Alive drunk and distracted driving simulator. This organization has been traveling across the country informing people of all ages about the dangers of drunk and distracted driving. On July 23, MacDill Air Force Base just so happened to be their next stop.

Tyler Herbstreith, UNITE distracted driving educator, said they travel to baseball and football games, schools or wherever someone wants them to go.

“We wanted to find something that covered not just drunk driving, but also distracted driving,” said Master Sgt. James Kamrad, 6th Security Forces Squadron NCO in charge of the DUI safety campaign. “This is just one of the many events for the safety days of summer.”

See DRIVE, Page 22

(Above) Capt. Patrick McGetrick, 91st Air Refueling Squadron pilot, receives a mock ticket from Tyler Herbstreith, UNITE distracted driving educator, after completing the drunken driving portion of the Arrive Alive drunk and distracted driving simulator at MacDill Air Force Base July 23. The ticket lists the infractions made by each driver. (Left) Kristina Houston, Army and Air Force Exchange Services barber, attempts to text and drive during the Arrive Alive drunk and distracted driving simulator. Drivers spend an average of five seconds with their eyes off the road while texting making them 23 times more likely to get into an accident.
In the AGE of efficiency

Keepin’ ‘em flyin’

Arman 1st Class Michael Watkins, 6th Maintenance Squadron aerospace ground equipment technician disassembles a broken Hobart power unit tow-bar at MacDill Air Force Base, Aug. 5.

Airman 1st Class Michael Watkins, 6th Maintenance Squadron aerospace ground equipment technician disassembles a broken Hobart power unit tow-bar at MacDill Air Force Base, Aug. 5.
When it comes to equipment safety and reliability, no one understands the ins and outs of proper maintenance better than an “AGE Ranger.”

These “rangers,” aerospace ground equipment gurus, are always caked in grease and covered in sweat as a result of their hard labor. They are the Air Force's equivalent of equipment surgeons; they diagnose, dissect, and repair that which is broken.

Whether it be periodical inspections, a time compliance technical order fix, or the repair of a Hobart power unit's tow bar, making sure that each and every piece of equipment is fully operational is their be all-end-all objective.

“Making sure that our equipment is properly maintained is critical,” said Airman 1st Class Michael Watkins, 6th Maintenance Squadron AGE technician. “If the Hobart's tow-bar that I am currently repairing was left as-is it could potentially cause an injury or damage an aircraft.”

AGE equipment is the quintessential linchpin between aircraft maintenance and operations. From light-alls to aircraft tow bars to maintenance repair stands, without the vigilance of these crafty AGE veterans, it’s easy to say flying would cease to exist.

Michael Watkins, 6th Maintenance Squadron aerospace ground equipment technician, installs an identically new part.
**Pirate's Log: 3 Aug 1984**

**Tales from Air Force History:** Alonzo Babers, an unknown in track and field, won the first of two gold medals in the 1984 Olympics as an Air Force 2nd lieutenant. He cruised to victory in the 400 meter-dash, posting a time of 44.27 seconds. Three days later he helped his team win the 400-meter relay. After a quick rise to fame with his double-gold performance in Los Angeles, Babers gave it up just as quickly. That September, he reported to flight training school and began his career as a pilot. He served on active duty from 1983 to 1991, and in the Air Force Reserve from 1991 to 2002. He is tied for 23rd on the All-Time Top 25 fastest men in the 400-meter dash.

**DIAMOND SHARP**

Airmen 1st Class Joseph Libby
6th Aircraft Mainetnance Squadron

**Job Title:** Refuel aircraft maintenance apprentice

**Hometown:** Keizer, Oregon

**Short-term goals:** I want to become a qualified 5-level crew chief and start my personal education.

**Long-term goals:** I want to finish my degree and become a commissioned officer.

**Advice to others:** Be eager to learn, be flexible, and listen to those appointed over you.

**Role model and why:** My brother—he joined the Air Force as a security forces member before me and has been a great influence.
CPR instruction gives physical training leaders life-saving skills

by Airman 1st Class Tori Schultz
6th Air Mobility Wing Public Affairs

“Twenty nine, 30, breathe,” counts Senior Airman Shandresha Mitchell, 6th Air Mobility Wing Public Affairs photojournalist, as she performs compressions during a cardio pulmonary resuscitation training at MacDill Air Force Base, July 23.

The CPR training consisted of two parts: a video explaining adult, child and infant CPR, abdominal thrusts, and the proper use of an automated external defibrillator with hands-on interaction, followed by individual testing. Instructors evaluated performance of adult, children, and infant scenarios. Trainees had to execute verbal commands, compressions, and breathing techniques on an integrated-training mannequin to demonstrate their understanding of the course material.

Mitchell received her CPR certification, a mandatory step required for becoming a physical training leader.

“CPR training is important when it comes to being a PTL because people may push themselves harder than their body is accustomed to causing cardiac arrest or improper breathing. CPR prepares me for these types of incidents,” explained Mitchell.

PTLs are required to have at least an 85 percent on their physical training test, obtain certification in CPR, and attend a PTL course. CPR certifications need to be renewed every two years to continue being a PTL.

“It is important for PTLs to have CPR training because they conduct assessments and if someone falls out, the PTL is responsible for providing aid until the paramedics arrive,” said Tech. Sgt. Dawan Woods, 6th Air Mobility Wing staff unit fitness program manager.

The lifesaving skills Mitchell provides her fellow wingmen can also serve her community and family.

“Being in a family with ages ranging from 10 months to 75 years, it allows me to step in when an emergency situation presents itself,” said Mitchell. “I think all military should learn CPR because in the local area there are a lot of retirees and small dependents that can suffer from heat exhaustion.”

CPR training is available for active duty, reserve, and Department of Defense civilians conducted every Tuesday; with an additional PTL targeted class the last Thursday every month at the 6th Medical Group. For more information contact the 6th MDG education office at 828-5222.

Senior Airman Shandresha Mitchell, 6th Air Mobility Wing Public Affairs photojournalist, gives compressions to an integrated-training mannequin during cardio pulmonary resuscitation training at MacDill Air Force Base, July 23. Compressions circulate oxygenated blood through the body; it is important for physical training leaders to be CPR certified in case of emergencies during assessments.
Frankl’s message is ultimately one of hope. He taught that even in the most absurd, painful, and dehumanizing situations, life can be given meaning. His experience as a camp inmate made him realize that our main drive or motivation in life is neither pleasure (as Freud had thought) nor power (as Adler taught), but meaning.

When you feel like a failure, lost, or discouraged, pick up this book. When you are finished reading it you will see your own challenges in a different light. Your life could be so much worse. It is a quick read and available on line. Put this book in your tool box of life coping skills. Frankl’s perspective will make you stronger and deepen your understanding of the human condition.

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**Bicycle safely**

**Wear a helmet**
Always wear an approve helmet (CPSO* or SNELL).

**See and be seen**
- Wear bright colors
- Use reflectors on front/back
- Use a headlight for dusk/dawn/night rides.

**Follow the rules:**
- Bikes have to follow the same traffic rules and signs as cars.
- Ride in the same direction as traffic.
- Ride bikes single-file.
- Signal when you want to stop or turn.
- Look out for holes, wet leaves, or cracks in the street.
- Ride away from the curb in case a car pulls out or someone opens a car door suddenly.
- Walk your bike across intersections if using a cross-walk.

**Bicycle safety facts**

- Most bicycle fatalities occur in urban areas and at non-intersections.
- Three-fourths of bicycle fatalities occur during the daytime between 4 a.m. and 8 p.m.
- Each year 550,000 people require medical treatment due to bicycle crashes, and 950 people die.
- Approximately 80 percent of the deaths result from a brain injury.
- The proper helmet can reduce head injuries by 85 percent.

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**CORNER**

From Page 2

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**MACDILL COMMUNITY**

**EVENTS**

**Friday**  
*SeaScapes Beach House*  
Friday Bash from 4-8 p.m. Bar snacks and drink specials. Guaranteed $100 club card drawing, Bar Bingo - $1,000 jackpot and DJ!  
Family Fun Night starts at 5 p.m. Food and drink specials! $2-and-under menu items for kids. Kid’s activities. Free ice cream sundae bar (peanut free) with all meals.

**MacDill Lanes**  
Club Member Appreciation from 6-8 p.m. All club members and their family members bowl free.

**Saturday**  
*Base Beach*  
Dash-n-Splash Duathlon at 10:30 a.m. 3-mile run/jog, 200 meter swim, 3-mile run/jog. Call the Fitness Center for more info 828-4496.

**MacDill Lanes & Family Fun Center**  
National Bowling Day first game free with Base, Bay & Beyond coupon from 3-6 p.m.

**Tuesday**  
*MacDill Lanes & Family Fun Center*  
Brown Bag Lunch & Bowl from 11 a.m. - 1 p.m. Bring your lunch and bowl for $1.50 per game! Grab a to-go lunch at the DFAC. Single Airman Bowl for free! Call 828-4005 for lane availability.

**Thursday**  
*Base Library*  
Teen Summer Reading Club Wrap-Up Party at 5 p.m. Winner will be announced at 6 p.m. (must be present to win).

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**CHAPEL SCHEDULE**

Protestant service  
**Sunday** - 11 a.m. - Contemporary Service  
**Islamic service**  
**Friday** - 1:30 p.m. - Muslim Prayer Service

Catholic services  
**Saturday** - 5:30 p.m. - Mass  
**Sunday** - 9:30 a.m. - Mass  
**Monday-Wednesday** - 12:10 p.m Mass

Call the chapel at 828-3621 for more information or visit the chapel web site at [http://www.macdill.af.mil/macdillchapel](http://www.macdill.af.mil/macdillchapel).

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U.S. Navy Capt. Harris Halverson II, National Oceanic and Atmospheric Administration Aircraft Operations Center commander, renders proper customs and courtesies during a change of command ceremony at MacDill Air Force Base, Aug. 2. This tradition has been followed by the NOAA Commissioned Officer Corps and its predecessors since 1917.

Photo by Senior Airman Shandresha Mitchell
Prior to entering the simulator, participants each completed a survey about their driving habits. They then had the option of experiencing the simulator as a drunk driver or a texting driver.

As you quickly switch your attention back and forth between the road and your phone you fail to notice the pedestrian who has decided he/she has enough time to dart across the street. You finally focus your full attention on the road in enough time to narrowly swerve out of the way of the pedestrian.

Using a cell phone while driving, delays a driver’s reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.

Luckily, this was just a simulated experience.

Once the simulation came to an end each participant was written a “ticket” listing their infractions. Participants were then given a post-survey to end the experience.

“It (the simulator) brought to light how easy it is to get distracted,” said Larry Thompson, 6th Medical Group network administrator. “Taking your eyes off the road for a split-second is all it takes.”

All in all, UNITE has presented an innovative method to raising awareness about the potential consequences of drunk and distracted driving. So let’s all be more responsible and “Drive to Arrive Alive.”

(To find out more about UNITE International, the drunk and distracted driving simulator, and the Arrive Alive tour, visit www.arrivealivetour.com or call 888-436-3394.)