

# THE THUNDERBOLT

[www.macdillthunderbolt.com](http://www.macdillthunderbolt.com)

Remembering Lt. Joseph Dennis Helton Jr. - page 14



# COMMENTARY

## Fall ... A time for change

by Col Lawrence Martin

6th Air Mobility Wing commander

Welcome to Fall here in Florida! Did you notice that big drop in temperature and humidity? No? Neither did I. I'm told those changes come later, maybe in time for Thanksgiving!?! As a Minnesotan, a Yankee to my Arkansas in-laws, Fall remains my favorite season, a time of reflection and change; turning leaves; shorter, cooler, crisper days; and football games. Well, at least we have the football games here in Florida.

Though a peek outside today doesn't look much different than a peek outside 3 months ago, we really are in a season of change across the base. We've just opened our new Security Forces building and the "Vince", the new CENTCOM Joint Intelligence Center. With the advent of these new facilities, comes an increase in the number of people needing parking spaces, therefore, many have had to find new parking spots or adjust to fighting for "their" slot. We've made great progress on a new training facility for the 927th Air Refueling Wing, new additions to our operations and maintenance facilities, new buildings and a parking garage for USSOCOM, and the

foundation of a new CENTCOM headquarters facility. All just in time to get ready for the other seasonal indicators here at MacDill: the migration of our fam campers and seasonal residents. For the next 6-8 months, the population using the base will increase by more than 100,000 – all sharing base facilities, services and venues with our permanent residents.

This Fall will bring two major changes to base life. We'll open our new clinic near the Dale Mabry Gate, a 252,000 square foot complex that replaces some nine older buildings from our old hospital. Our 6th Medical Group personnel will move over 8,000 boxes this week and weekend as they "magically" close up shop on Thursday. With only one down day, our courageous and heroic med group will begin seeing patients in their new facility this coming Monday. The Med Group will have plenty of signage (both metal and human) at the facility to help our customers (and themselves) find their way around. We've considered having Alpine rescue dogs brought in to assist our security forces find lost people if needed (well, not really....we did consider issuing GPSs, though).

Our other change is a new address for many of our residents. Harbor Bay and Clark Realty have been working hard to get

the first several houses completed and occupied by late fall. We've all enjoyed watching new homes rise up on Bayshore Blvd—they signal growth in our on-base community. By this time next year, we'll see many more families moving onto base in our modern, new homes. With this resurgence in our on-base population, we're looking forward to bringing back and expanding many on-base recreational and support programs.

Just as those fall leaves can make a mess, our changes may cause inconvenience to some as we shift traffic and parking patterns with each new opening and addition. We think traffic may lessen in and out of the Bayshore Gate as people no longer need to visit the old clinic. We will probably see more traffic on North Boundary, near the BX and new clinic. And as we have done many times before here on MacDill, we'll adjust to keep everyone safe. And folks, as we see new traffic patterns emerging for the vehicles, we also need to remember that there will be pedestrians crossing streets and parking lots in new places. Please be wary as you drive through the populated areas of our base. And pedestrians, please remember that although you see the car coming toward you, that driver may not see you. Please cross safely in the crosswalks.

Enjoy a safe Fall here at MacDill.



## 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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Every article and photograph is edited for accuracy, clarity, brevity, conformance with the "Associated Press Stylebook and Libel Manual" and Air Force Instruction 35-101.



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## Don't forget

### New Clinic open Sept. 28

The new MacDill Clinic officially opens Sept. 28. From that date on, all appointments and medical services will be conducted in the new building, located at 3250 Zenke Ave. Clinic and appointment phone numbers remain the same. There are no emergency services available at the new clinic.

### Sidewalk Closed until Nov. 14

Running path sidewalk from Building 847 to Building 303 is closed until Nov. 14 for replacement. For more information, contact William Stromberg at 828-4296 or Robert Thomas at 828-0845.

## Register, update your emergency contact info



Did you know that you can register your emergency contacts online using your driver license number or identification card number? It's easy; it's convenient; it's FREE.

### Here's what you'll need:

- Your Florida driver license number (or ID card number)
- Contact information, i.e. phone numbers and street address, for up to two individuals you wish to designate as your emergency contacts
- A out two minutes (Yes, it's that simple!)

### So what's the benefit?

By registering your emergency contacts into the Florida Department of Highway Safety and Motor Vehicles' Emergency Contact Information system, you provide law enforcement officials with information on whom to contact and how to reach them in the event something happens to you, such as a crash. The Department houses the information in a secure database that only law enforcement officers can access.

### What if I already registered my emergency contact information?

Even if you previously registered your contacts, you will want to update the registry if your contacts change or if they move or change their phone number. Not only should servicemembers make sure to register their own emergency con-

tacts, but also it's a good idea to make sure loved ones update their information too, especially if the servicemember is the emergency contact and he/she deploys.

### Where do I register?

Log on to [www.flhsmv.gov/eci](http://www.flhsmv.gov/eci). Enter your driver license or ID card number, and follow the screen prompts.

### How do I register if I don't have Internet access?

Visit your local driver license office with your contacts' information, and tell a representative you want to register your emergency contact information.

### Can I register my child?

Anyone who has a Florida driver license or ID card can register their emergency contact information in the system. Children age five and above can be issued an ID card.

### Background on the Emergency Contact Information system

The concept for the Emergency Contact Information system came about after the tragic death of Tiffany Olson who died in a motorcycle crash in 2005. Law enforcement didn't have any contact information to timely notify her mother Christine Olson of the crash that led to her daughter's death. Christine Olson and her local lawmaker, State Rep. Bill Galvano, brought an idea to the Department of Highway Safety and Motor Vehicles to allow people to register and law enforcement to access emergency contacts so that other loved ones might not have to suffer as she did. The Department implemented the system in 2006.

## Golf tourney to support wounded servicemembers, families

by Nick Stubbs  
*Thunderbolt* editor

Golf is just a game of fun, a challenge and even a job for some, but never is the "greatest game ever played" so great as when it is the vehicle to help a worthy cause – like the "Tee up for our Troops" tournament set next month at MacDill's Bay Palms Golf Club.

The event, set for Oct. 9, is to raise money for the Tampa Fisher House, which is a

16,000-square-foot, 21 bedroom home located next to the James A. Haley Veteran's Hospital. The house provides lodging for families of wounded servicemembers being treated at the hospital. The long recuperations and rehabilitation periods experienced by the recovering wounded make it difficult and expensive for family members who want to stay close, which is why the free Fisher House is so important.



Photo by Airman First Class Rylan Albright

## New command

Col. Donald Barnes, (left) 6th Mission Support Group commander, hands command of the 6th Security Forces Squadron to Lt. Col. Kenneth Ohlson at MacDill Sept. 21. Colonel Ohlson assumes command from Lt. Col. Kevin Bannister.

## Diamond Sharp

Airman First Class David Norward Thomas  
6th Aerospace Medicine Squadron



**Job Title:**  
Ophthalmic technician

**Hometown:** Waco, Texas

**Short term goals?:** Receive a 100 percent on the Ophthalmology Career Development end-of-course test. 2) Score the Maximum on my Physical Training test and 3) Enroll in Spring

College courses in the pursuit of a degree in Sports Medicine.

**Long term goals?:** 1) Complete my Community College of the Air force degree within the next two years. 2) Retire from the Air force with 20 years of service.

**Advice to others:** My mother taught me to combine faith in God with self-confidence. She assured me that nothing was beyond my grasp if I would extend my fingers to their optimum capacity.

**Role model (s) and why?:** Erika Thomas (wife) is one of the biggest role models in my life for various reasons. She is intelligent, bright, passionate about life, and her ability to understand and love me for who I am. I'm just truly blessed to have her in my life.

# Sports Week 2009 schedule

## Day One, Tuesday, Oct. 13

Time	Event	Location
7:30 a.m.	5K Run	Fitness Center
8 a.m.	4 v 4 Football	Football Field
8 a.m.	Bowling	Bowling Center
10 a.m.	Dodge Ball	Fitness Center
1 p.m.	Bowling	Bowling Center

## Day Two, Wednesday, Oct. 14

Time	Event	Location
8 a.m.	3-on-3 Basketball	Fitness Center
8 a.m.	Golf	Golf Course
9 a.m.	Racquetball	Fitness Center
10 a.m.	Track and Field	Track
	100 meters	Track
	400 meters	Track

## Day Three, Thursday, Oct. 15

Time	Event	Location
8 a.m.	1-pitch Softball	Softball Complex
8:30 a.m.	Football/Softball Throw	Softball Complex
9 a.m.	Indoor Soccer	Fitness Center
10 a.m.	Track and Field	Track
	400 Relay	Track
	Medley Relay	Track
11 a.m.	Bench Press	Fitness Center

## Day Four, Friday, Oct. 16

Time	Event	Location
8 a.m.	Beach Volleyball	MacDill Beach
9 a.m.	Horseshoes	MacDill Beach
10 a.m.	Tug O' War	MacDill Beach
11 a.m.	Lunch	MacDill Beach
12 p.m.	Awards Presentation	MacDill Beach

- Signup for events can be done through squadron sport leaders.
- For more information, call 828-4496.

# TOURNAMENT

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The facility depends entirely on volunteers and donations.

A number of community members and corporate sponsors have joined as supporters of the tournament, entering teams of players. Cost for a corporate foursome is \$750. Individuals can play for \$125, and individual foursomes for \$500. The day begins with a catered lunch, followed by a 1 p.m. tee time. An awards dinner with prizes follows.

Call Valerie Casey at 813-317-8886 or Steve Manuel at 813-230-1210 to reserve a slot for your team. E-mail questions to: *Valcasey@tam-pabay.rr.com* or *smanuel88@gmail.com*

Those who do not play golf, are encouraged to contribute by sponsoring a tee in honor of , or in memory of, a servicemember. Donations of gift certificates and prizes also are encouraged. All donations are tax deductible.

“Ultimately, our goal is to heighten awareness of the needs of servicemen and women returning from overseas,” said Ms. Casey, who is helping organize the event. “We hope you can help in some way.”

The Fisher House™ program is a unique private-public partnership that supports America’s military in their time of need. The program recognizes the special sacrifices of our men and women in uniform and the hardships of military service by meeting a humanitarian need beyond that normally provided by the Departments of Defense and Veterans Affairs.

Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House Foundation donates “comfort homes” built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful of times - during the hospitalization for an unexpected illness, disease, or injury.

# HEALTH/FITNESS



## Fueling fitness; kick-start exercise, reap rewards

by Airman 1st Class Victoria Baldwin

6th Medical Group Nutritional Medicine Clinic

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With the newest standards for the Air Force fitness test recently released, many may wonder how they will adapt to the new changes. Each category now has a minimum score that must be met, which may eliminate the possibility of passing the test even if you excel in one area and not so much in another. In addition, the Physical Training test will now be taken twice a year which means that you will need to do more than just run a few miles each day two weeks prior to taking your annual test. Improving your diet is just as important as increasing your daily and weekly fitness activities in preparation for the new standards. Keep in mind that improving your health and Body Mass Index requires more than just a quick fix, it's a lifestyle change.



If you prefer to exercise in the morning, make sure you get adequate sleep the night before. A recommended seven hours a night and have a

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## **MacDill Muster team sign-up begins**

### **Thunderbolt Staff report**

The MacDill Firefighter's will be hosting "MacDill Muster" Oct. 7 at the Fitness Center's Softball field from 8:30 until 9:30 a.m. This event is one of many that will be held to promote fire safety awareness for National Fire Prevention Week Oct. 4 to 10.

The Muster challenge will be a combination of three team events where members will be tested in strength and endurance. Awards

will be presented to the winning teams. The events are as follows:

#### **Event 1**

Hotel Pack Carry/Sled Pull

#### **Event 2**

Charged Handline Drag/Kaiser Sled

#### **Event 3**

Dummy Drag/ Hose Grab

Team spots are limited. To sign up or for further information, contact Staff Sgt. Stephen Pina at 828-4236 or Master Sgt. Micheal Wilsbach at 828-4236.





## Legal Office honored with LAMP Distinguished Service Award

by Capt. Tim Goines

6th Air Mobility Wing Judge Advocate Office

The Base Legal Office was presented with the American Bar Association's (ABA) Legal Assistance for Military Personnel (LAMP) Distinguished Service Award Sept. 15. The LAMP Distinguished Service Award recognizes exceptional achievements or exceptional service to or in support of the military legal assistance effort. The Base Legal Office is one of only three in the Department of Defense to win an ABA honor for providing legal assistance to military members.

"This award means a lot to us," said Lt. Col. Martin Mitchell, 6th Air Mobility Wing Staff Judge Advocate. "We strive to provide superior customer focused assistance

and believe the programs we have developed provide unsurpassed service and accessibility for the clients we serve. This award recognizes our efforts."

The numbers clearly show why the MacDill legal team was recognized with this award. In 2008, the Base Legal Office saw more than 7,000 members visit the office for assistance; provided more than 2,250 last will and testaments; and notarized more than 8,000 documents. These totals represent substantial increases over the services provided in 2007 (a 17 percent increase), without any increase in staffing. Information in Air Force legal assistance management systems indicates the services provided by the MacDill

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Photo by Airman First Class Rylan Albright

**Charolotte Wise, Associate Director for Academic Affairs, George Washington University Law School, presents the Legal Assistance for Military Personnel Award to Lt. Col. Martin Mitchell, 6th Air Mobility Wing Judge Advocate here Sept. 15. The office won for having one of the best legal assistance programs in the DoD.**



## AWARD

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Legal Assistance Program saved clients approximately \$1.06 million in 2008. The legal office is on track to exceed these numbers in 2009.

The award was presented to Colonel Mitchell in a ceremony held at the Bayshore Club by Dean Charlotte Wise, who represented the ABA. “It was very meaningful to have Dean Wise present this award to us. She has served in the military and has seen a number of legal assistance programs, so having her recognize our hard work was extremely special,” Colonel Mitchell noted.

Dean Wise served 22 years in the United States Navy Judge Advocate General’s Corps (JAGC), reaching the rank of Captain before retiring. In the Navy, Dean Wise had a very successful career – she was one of the first female attorneys to serve in a position aboard the USS HOLLAND and the first African-American woman to reach the rank of captain in the Navy JAGC. At the time of her retirement, Dean Wise served as Commanding Officer, Naval Justice School. Currently, Dean Wise serves as the Associate Dean for Academic Affairs for George Washington School of Law in Washington D.C., and is also a member of the ABA Standing Committee on Legal Assistance for Military Personnel.

Also in attendance at the ceremony was Brig. Gen. Steven J. Lepper, Headquarters Air Mobility Command Staff Judge Advocate, Col. James A. Morgan, 6th Operations Group commander, and Chief Master Sgt. Janice E. Maupin-Anderson, Command Paralegal Manager, Headquarters Air Mobility Command. Each noted the significance of the award and applauded the efforts of the MacDill legal team.

“We won’t stop here,” Colonel Mitchell said. “We will continue to examine, expand, and improve our services to meet the needs of our clients. We do so willingly for the men and women who serve those who have served in the past, and the family members that make their service possible.”



## Remembering one of MacDill's fallen



Photos by Senior Airman Angela Ruiz

The MacDill Air Force Base Honor Guard conducts a flag-folding presentation at the memorial service for 1st Lt. Joseph D. Helton Jr., Sept. 18. Lieutenant Helton of Monroe, Ga., died Sept. 8, near Baghdad, Iraq, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device. Lieutenant Helton was assigned to the 6th Security Forces Squadron and is the fourth 6th Air Mobility Wing member killed in action since Sept. 11, 2001. Lieutenant Helton was 24 years old.



The American Flag is flown at half staff Sept. 18 at MacDill, in honor and memory of 1st Lt. Joseph D. Helton Jr.



The MacDill Air Force Base Honor Guard conducts a flag folding presentation at the memorial.

# 'Top Cop:' Airmen remember fallen SF officer in Iraq

by Staff Sgt. Misty D. Slater

447th Air Expeditionary Group Public Affairs

**CAMP STRYKER, Iraq** —  
"Lieutenant Helton?"

Silence.

"Lieutenant Helton?"

Silence.

"First Lieutenant Joseph Dennis Helton Jr."

Silence.

Today was the final roll call for 1st Lt. Joseph D. Helton Jr., 732d Expeditionary Security Forces Squadron, Detachment 2 flight commander, who perished when a roadside bomb detonated close to his vehicle near Baghdad Sept. 8, making him the first security forces officer to have died in the wars in Iraq and Afghanistan?

He was 24 years old.

Lieutenant Helton received his commission from the United States Air Force Academy on May 30, 2007, instead of being a pilot he decided to be a "ground pounder" as some members in the Security Forces profession calls it.

In November 2008, he volunteered for an assignment to Iraq, went through pre-deployment training attached to Det. 2, but deployed to the 732d ESFS Det 3 as a flight commander.

Last month, instead of going home upon completion of the Det. 3 assignment, Lieutenant Helton



**First Lt. Joseph Helton Jr.**

volunteered to help lead Det. 2 as a flight commander.

And on Sept. 12, the members of Det. 2 honored his memory.

On the stage, in front of more than 300 servicemembers, there was a folded American flag; it had been pulled out of Lieutenant Helton's backpack, which he had with him on his last mission.

"We know that people join the fight for different reasons. Some join for the sense of service, some to be a part of something special, and some for a pride in their nation. Joe joined the fight for all three," said Maj. Joe Engelbrecht, 732nd ESFS Det. 2 commander.

He knew the Police Transition Team mission he volunteered for made him part of something special. He would be aiding in the de-

velopment of the service that would be the key to the enforcement of the rule of law and security for the new Iraq. And finally, it is clear he loved his nation. I don't know how long he had been carrying that flag with him, but I would not be surprised if he carried it with him on all of his missions."

First Lieutenant Sullivan, 732d ESFS Det 2 flight commander, reflected back to when he was in technical school with Lieutenant Helton, where everyone presented classmates flight awards that were usually comical. However, the group came up with something different for Lieutenant Helton. The security forces career field is authorized only one General Officer billet, who is known as the "Top Cop".

"I can remember his face when we read 'Lt. Joseph D. Helton Jr., most likely to run our career field one day.' He waited for the punch-line, but there wasn't one. He'll never be a General in the Air Force... but for the rest of my life he will be "Top Cop"," said Lieutenant Sullivan.

"Joe was amazing and could kick out something in half the time as this knuckle-dragging Captain could. It just was a gift and it came easy for him," said Captain Richard J. Martin II, 732nd ESFS Det. 2 operations officer.

"A true leader, Joe always set

the example and never wanted to fail at anything he did. He wanted to be the best," said Captain Martin.

"He had a contagious smile. He could lighten the mood of a room when it was most needed. But he was also the consummate professional. There wasn't a challenge in the world that he would refuse and when he took something on, he was always the best at what he did," said Lieutenant Sullivan.

Captain Martin best described, at times, his relationship with Lieutenant Helton with a quote for the movie *The Lion King*, it was when Mufaso was talking to his young and energetic son, Simba.

"A king's time as ruler rises and falls like the sun. One day, Simba, the sun will set on my time here, and will rise with you as the new king."

"Well Joe, it looks like the sun has set on your reign here as a leader. This was not the way it was supposed to end...so young and so early," said Captain Martin.

But you can rest assured, as I speak for every young Airmen, Soldier, NCO, and officer. We will pick up the torch you carried and continue on for you and hopefully we will do it with a passion and dedication that you taught us all, with your example.

Good bye my friend, good bye Joe."



MacDill's base theater was packed by those who came out to honor the sacrifice of 1st Lt. Joseph D. Helton Jr.

# SISTER SERVICES



## 100 Days in Helmand

by MEB-Afghanistan  
Public Affairs Staff

**CAMP LEATHERNECK, Helmand Province** — They are not the first Marines in Afghanistan, nor are they the first Marines in Helmand province. Combined Task Force-58, the 24th Marine Expeditionary Unit, Task Force 2/7, Special Purpose Marine Air-Ground Task Force-Afghanistan, Marine Corps Forces Special Operations Command ... these Marine units have also trod the unforgiving ground of southern Afghanistan.

But on May 29, Col. Duffy White, commanding officer of SPMAGTF-Afghanistan, transferred control of the battlespace to Brig. Gen. Larry Nicholson, commanding general of Marine Ex-



Photo by Sgt. Pete Thibodeau

**Sgt. Ryan Pettit, left, and Cpl. Matthew Miller, from 2nd Battalion, 8th Marine Regiment, fire their service rifles during an operation in Helmand province, Afghanistan, July 3. The Marines are part of Regimental Combat Team 3, Marine Expeditionary Brigade-Afghanistan.**

peditionary Brigade-Afghanistan. Thus began a new chapter in Marine Corps expeditionary operations as the 10,000-strong MEB, nicknamed Task Force Leatherneck, began planning for decisive operations while Marines secured perimeters and crews of Seabees tackled the challenges of creating forward operating bases at sites that had been nothing but dust days before.

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# BRIEFS

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## **Settlement of estate**

Lt. Col. Kevin Bannister, 6th Security Force Squadron commander, regrets to announce the death of 1st Lt. Joseph Helton Jr., formerly assigned to the 6th SFS, MacDill AFB. Second Lt. James Scott, 6th SFS, has been appointed as the Summary Court Officer to handle the disposition of personal property of Lieutenant Helton. Anyone indebted to or having a claim against the estate of Lieutenant Helton should contact Lieutenant Scott at 828-2049 or (813) 374-1525.

## **Luau Boss and Buddy Night**

Boss and Buddy night will be held at the Seascapes Beach Club Sept. 25 at 3:30 p.m. Stop by the club and bring your boss, your buddy, or your entire office. The events for the day include limbo, volleyball, a trivia contest and other amenities. For more information about the Luau Boss and Buddy night, contact Master Sgt. David Crisp, 828-1978.

## **MacDill FRC Event at FishHawk Ranch**

The MacDill Family Resource Center is hosting a Military Family Member Coffee Oct. 9 from 9:30 – 11 a.m. at the Osprey Club for all military members and their families residing in the FishHawk Ranch Community. Learn about services available to you through the Brandon satellite

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# MARINES

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Sept. 6 marked 100 days since MEB-Afghanistan assumed control of its battlespace, and in that time, the landscape that greeted the brigade in May has changed considerably. Four thousand Marines, in conjunction with Afghan National Security Forces, poured into the Helmand River valley July 2 to commence Operation Khanjar (Strike of the Sword) to protect the populace from insurgents, criminals and narco-traffickers who had, until then, kept the area in a destabilized condition.

Four forward operating bases, 10 combat outposts, six patrol bases, and four ancillary operating positions, helicopter landing zones and an expeditionary airfield have replaced miles of stones and sand throughout Farah, Helmand, Kandahar and Nimruz provinces, many in circumstances as challenging as the senior Marine here has ever seen.

“I’ve had the great honor and privilege of being able to visit routinely our Marines living in the most rugged and Spartan conditions out at the front,” said General Nicholson. “Those Marines don’t have a lot of creature comforts ... and this is tough, this is hard work.”

Lt. Col. Matthew Kolich’s unit, Regimental Combat Team 3, is responsible for operations in southern Helmand province, an area known as a Taliban stronghold. He sees the results of the Marines’ efforts in increased interaction with locals and more frequent visits by the provincial and district governors.

“The local nationals are starting to come over to our side,” said Colonel Kolich, assistant operations chief for RCT-3. “The Taliban are on their last legs in some areas ... Locals are capturing Taliban and turning them over to Afghan security forces. Over the last few weeks, we have been able to make huge strides in freedom of movement.”

The brigade has also had its share of visitors,

who have come from around the world to see the progress firsthand. U.S. military leaders Gen. David Petraeus, Adm. Michael Mullen, and Gen. Stanley McChrystal have each visited Camp Leatherneck during the MEB’s first 100 days, as have British Prime Minister Gordon Brown and former PM Tony Blair. U.S. Secretary of Defense Robert Gates and Secretary of the Navy Ray Mabus have visited their Marines and Sailors, and Commandant of the Marine Corps Gen. James Conway, accompanied by Sergeant Major of the Marine Corps Carlton Kent recently spent time with Marines and Sailors in the field as well.

Sgt. Maj. Eugene Miller, RCT 3 sergeant major, summed up the feelings of all senior leaders throughout the entire MEB, “The Marines have performed superbly. The further you go out (from Camp Dwyer), the higher the morale. These Marines want some and are getting some. They’re doing the exact things they came into the Marine Corps to do – to fight, win and accomplish those things they thought of when they joined.”

## DIET

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From Page 6

snack before you work out to avoid feeling nauseous or dizzy. Avoid proteins which take longer to digest, and simple sugars like fruit juices, which are absorbed fastest and may cause a quick rise and fall in blood sugar, leaving you tired. The best foods to eat before a morning work out are full of carbohydrates and contain about 200 to 300 calories. Try a whole grain bagel or a low fat granola bar with a scoop of peanut butter around 30 minutes before you begin your work out.

Many people may enjoy a lunch time workout as a mid-day pick-me-up, and they should eat a balanced meal of 300 to 400 calories about an hour before the session, to avoid hunger pains as well as the side-stitch that may come with eating too soon before exercise. It's best to avoid high fat and high protein foods. Sticking with a

meal that is 60 percent carbohydrates, 20 percent protein and 20 percent fat is key. A tasty snack that fits that equation is Low-fat yogurt mixed with fresh fruit and topped with granola.

If neither a morning nor noon-time work out appeal to you, exercising after work is just as effective. Have a meal of 400 to 500 calories about two hours before the workout to help curb the chances of your steering wheel mysteriously directing you to the nearest fast food drive-thru. Some examples of quick meals that will help are cheese and crackers, cottage cheese and veggies or fresh fruit with a small whole-grain muffin.

Just as important as it is to eat before working out, eating after is equally as important. Carbohydrates are needed to replace muscle fuel. Proteins are required to aid in the repair of damaged muscle tissue and to stimulate the development of new tissue. Fluids and electrolytes lost in sweat need to be replenished to keep you hydrated. Nutrition recovery should begin with-

in 15 to 60 minutes following exercise, but be sure to keep from over-indulging just because you had an exercise session – many people may over-estimate how many calories their work out actually burned, consequently eating too much and are left feeling puzzled as to why the numbers on the scale remain the same. Post-workout snacks that are perfect for refueling the body are a smoothie made of low-fat yogurt and berries or graham crackers with peanut butter, eight ounces of low-fat chocolate milk and a small banana.

Whether you live by a strict schedule of nutrition and exercise or may be more lax in your daily routine, it's important to keep in mind that food and fitness go hand in hand in achieving a healthier lifestyle, higher energy levels, and an improvement in your waistline. Remember, your body runs better on fuel than fumes! For more information, contact the Nutritional Medicine Clinic at 827-9360 or email [Victoria.baldwin@macdill.af.mil](mailto:Victoria.baldwin@macdill.af.mil) or [Agnese.walker@macdill.af.mil](mailto:Agnese.walker@macdill.af.mil).



## **BRIEFS**

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office of the Airman and Family Readiness Center. For more information or to sign up, call Gayle Cook at 655-9281.

### **Tony Jannus Chapter of the Airlift/Tanker Association**

The Tony Jannus Chapter of the Airlift/Tanker Association is sponsoring an award program for E-1 to E-4 and E-5 to E-6 from all five services. The theme for nomination packages is, "How the Individual's Performance Contributed to Air Mobility." Nominee must be stationed (not attached) at MacDill AFB. Fill out AF Form 1206 listing actions and results from July to September 2009 (maximum of 15 lines -- five main bullets, with no more than two supporting sub-bullets. Don't add filler or job descriptions, focus only on job performance. Submit nominees via e-mail to Lt. Col. Jon Incerpi at [jon.incerpi@macdill.af.mil](mailto:jon.incerpi@macdill.af.mil) by Oct. 2, or call 828-6360 for more information.

### **Airman's Attic**

The Airman's Attic is seeking volunteers to help with donations and operating the store. The attic is open Tuesdays and Fridays from 10 a.m. to 2 p.m. serving E-1 to E-6 active duty and their family members. All branches are welcome to shop. All items are free.

### **Writing Clinic**

Come to the Judge Advocate sponsored Writing Clinics on the first and third Friday of every month in room 120 of the Education Office between 11 a.m. and 1 p.m. to improve writing skills. Each clinic starts with a 20-minute seminar on a writing-related topic. Bring a written product with you or just attend the seminar. A new seminar topic is discussed at each session. The clinic is open to anyone associated with the base including active duty, civilians, retirees, or family members. For more information, contact Ms. Colleen Otero at 828-9289. No need to RSVP.

### **Operation Patriot: Honor the Heroes Sporting Clays Benefit Shoot**

Operation Patriot invites MacDill AFB to an Honor the Heroes Sporting Clays Benefit Shoot Sept. 26 at Tenoroc, 3755 Tenoroc Mine Road in Lakeland. All profits are used to support our Veterans. Registration and Continental Breakfast is from 7:30 to 8:45 a.m. To register online log on to [www.operationpatriot.net](http://www.operationpatriot.net) or call Sharon at (813)-244-8403 or Ken at (813) 477-1813.



# MACDILL COMMUNITY



## EVENTS

### Friday

#### Bayshore Club

A Membership Breakfast will be held at the Bayshore Club from 6:30 until 8:30 a.m.

#### SeaScapes Beach Club

There will be Live Entertainment at the Tiki Hut from 6 until 10 p.m.

#### Surf's Edge Club

Drive by Pizza Fridays from 4 until 6 p.m. Large Cheese: \$7; Large Pepperoni: \$9. AF Club Members Save \$1 use a Mac"Deal" Buck

### Monday-Friday

#### Bayshore Club

There will be a Crunch & Munch All-U-Can-Eat Buffet from 11 a.m. until 1:30 p.m.

### Wednesday

#### Surf's Edge Club

Drive by Pizza Wednesdays from 11 a.m. until 1:30 p.m.

Large Cheese: \$7; Large Pepperoni : \$9. AF Club Members Save \$1 use a Mac"Deal" Buck

### Thursday

#### Base Library

"Got Game?" Teen/Tween Game Night Thursdays from 7 until 8:30 p.m. Refreshments provided.

#### Boomer's Bar and Grill

Bingo Extravaganza Thursdays at Boomer's Bar and Grill beginning at 5:30 p.m.

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Photo by Senior Airman Nancy Hooks

## Helping Hand!

Col. Dennis Beatty, 6th Medical Group commander, hands over a \$5,500 check to Operation Helping Hand, from the 6th Air Mobility Wing, during one of their monthly dinners with the wounded and injured at the James A. Haley Veterans Hospital, Tampa, Fla, Sept. 17. Operation Helping Hand acknowledges and honors the wounded/injured active duty patients and their families with this monthly dinner along with gifts and flowers.

## 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

## AT THE MOVIES

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

**Friday - 7 p.m.**

**G.I. JOE: Rise of Cobra (PG-13)**

**Saturday - 3 p.m.**

**BandSlam (PG)**

**Saturday - 7 p.m.**

**A Perfect Getaway (R)**