



PH Hometown News

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Apr 2004

- **AFMSA DSN 297**

Col (S) Bill Courtney	4331
Lt Col Dennis Fay	4330
Maj Linda Bonnel	4216
Maj Jim Poel	0771
Maj (S) James Coker	5345
SMSgt (S) Mark Mellinger	4340
MSgt (S) Keith Morgan	4250

- **ACC: DSN 574**

Col (S) Ken Hall	1268
CMSgt Theron Reed	1294

- **AMC: DSN 779**

Col Rex Brennan	6336
Vacant	6336

- **Space Command DSN 692**

Col Don Coates	6810
CMSgt Bill Babb	6809

- **AFMC DSN 787**

Col Judith Holl	6728
SMSgt Dan Huber	7061

- **AETC: DSN: 487**

Col Tom Stedman	6536
SMSgt Diana Lacy 3900 (ext 3017)	

- **USAFE: DSN: 314-480**

Lt Col Fred Kelsey	7670
Vacant	4767

- **PACAF: DSN: 315-449-**

Lt Col Paul Rehme	2332 X 269
CMSgt Peggy Kerns	3429

- **AFSOC: DSN 579-**

Lt Col Timothy Woodruff	2269
CMSgt Tom Huberty	2269

- **Reserves**

SMSgt Patricia Tooley	497-0600
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- **ANG: DSN: 278-**

Lt Col Cynthia Cogburn	8556
SMSgt George Silvas	8556

- **USAFSAM: DSN: 240-**

Col Diana Barnicott	2269
SMSgt Eric Harmon	3739

- **HQ USAF DSN: 297-**

Lt Col David Duque	5345
CMSgt Jeff Strout (CFM)	5424

2003 Awards Dinner at TAOS

On March 4, 2004, Public Health held the annual Best of the Best



Awards Recognition Dinner at the St. Anthony Hotel in San Antonio, Texas. This night was a night to remember for many. This issue is dedicated to the

2003 Annual Public Health Award winners. The categories include Airman of the Year; Colonel Cleveland L. Parker Award, NCO and SNCO categories; Staff NCO of the Year, Public Health Officer of the Year, and the Lt Col George M. Prascsak, Jr. Award.



This year we were honored to have Lt Col Lori Macias (daughter of Colonel Cleveland L. Parker) join us for the ceremony. She is pictured here and on

page 2 with this year's NCO winner—SSgt Stacianne

Boling.

We were also honored to have the Prascsak family join us to present the award honoring the late Lt Col George M. Prascsak Jr. Pictured below is Colonel (S) William Courtney, our Associate Corp



Chief for Public Health with the Prascsak family. Colonel Courtney presented the family with a plaque com-



memorating the occasion of renaming the Public Health Staff Officer of the Year award as the Lt Col George M. Prascsak, Jr. Award. On page 3, you can see Carol Prascsak presenting the award to this year's winner Major Brad Winterton.

SSgt Rachel A. Long—Public Health Airman of the Year Award

The Public Health Airman of the Year for 2003 is SSgt Rachael L. Long. She is a Public Health Journeyman in the Force Health Management section at Hanscom AFB, Massachusetts. She has been at Hanscom AFB since Jan 2000 (her first assignment).

She is single, 22 and “not even ready to think about getting hitched”. She was born into a Navy family and both of her parents are still on active duty and stationed at Jacksonville NAS, Florida.

She is a huge movie buff, and likes to read and hang out with her many friends. Her favorite quote is “Freedom is not free” and she would like to share a special message with the rest of us: “I would like to say—stay strong!! Force Health Management is a beast, and if we can survive this we will be able to survive anything”!



SSgt Stacianne Boling—Colonel Cleveland L. Parker Award—NCO Category

The Colonel Cleveland L. Parker Award in the NCO Category for 2003 is SSgt Stacianne M. Boling, a Public Health Craftsman stationed at the 43rd Medical Group at Pope AFB, North Carolina. She has been at Pope since July 1995 (first and only duty assignment). She deployed in 2002 to Kyrgyzstan for 95 days.

She is married to TSgt Jeff Boling and they have two beautiful girls; Kayla (7) and Emily (4). They also have a dog named Sa-

ble. SSgt Boling loves to play softball and volleyball. She enjoys scrap booking and bowling. She is very involved in her local community and with her daughters and their school! She is an optimist, so she “believes anything you put into your life you will get back. So enjoy the moments”!

She is pictured (at right) with Lt Col Lori Macias, daughter of the late Colonel Cleveland L. Parker at this year’s awards dinner.



MSgt Matthew Leithead—Colonel Cleveland L. Parker Award—SNCO Category

Our Colonel Cleveland L. Parker Award in the SNCO Category for 2003 is MSgt Mathew Leithead IV, the Superintendent of the 17th MDOS at Goodfellow AFB Texas. His previous assignments include: MacDill AFB, Florida from 1987 to 1991; Ramstein AB, Germany from 1991 to 1995; Holloman AFB, New Mexico from 1995 to 1999; Kadena AB, Japan from 1999 to 2002; and Goodfellow AFB, Texas from 2002 to Present. He is married to Dana and they enjoy time with their children: daughter Amanda

who is 17 years old and daughter Dayl who is 12 years old. He enjoys fishing and playing sports when he gets the time. A quote he would like to share with us is: “If you’re gonna be dumb...you better be tough”. (He is not sure of the author, but he heard this plenty from his father). Another saying, “Experience is something you don’t get until just after you need it”. **Olivier**

He would like to share this message with us: “I would like to thank the PH family for embracing the merger and proving what I already knew...Aerospace Medicine is truly the cornerstone of any successful wing/operation”.



MSgt (S) Melissa Gillette—Public Health Staff NCO of the Year Award

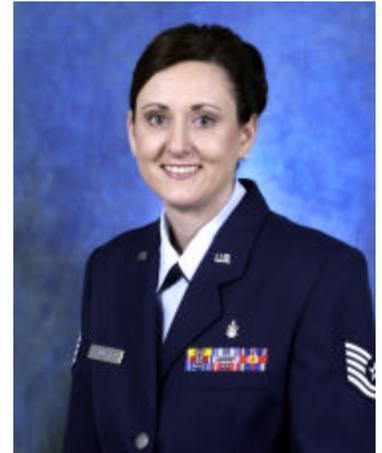
Our Public Health Staff NCO of the Year for 2003 is MSgt (S) Melissa (Missy) Gillette from the USAF School of Aerospace Medicine (USAFSAM) at Brooks City-Base Texas. She is the NCOIC, Medical Flight Screening and provides instruction in medical standards to various courses at the school.

MSgt Gillette's previous assignments include: from 1987 to 1990 at Carswell AFB, Texas; from 1990 to 1994 at Peterson AFB, Colorado; from 1994 to 1999 at Oni-

zuka AS, California; from 1999 to present at Brooks City-Base Texas.

She is married (for 15 yrs) to Dr. John (Seb) Gillette and they enjoy their 2 dogs and 2 cats. They enjoy camping, hiking, backpacking, and playing golf when they can and they love snorkeling in Cozumel.

Messages she would like to share with us: "It's all about attitude...love life, do your best and never forget where you came from!" She has another special message for us: "What a year... special thanks to all the PH folks that welcomed me into the family, this has been a great ride so far!"



Major (S) Nisara Suthun—Public Health Officer of the Year Award

Our Public Health Officer of the Year for 2003 is Major (S) Nisara Suthun from Aviano AB, Italy. She is the Public Health Flight Commander and has been stationed at the following locations: from May 1998 to Jun 2000 at Shaw AFB, South Carolina; from Jun 2000 to May 2001 at Kunsan AB, Korea; from Jun 2001 to present at Aviano AB, Italy. She is married to Julian Granado and they enjoy spending time with Demornay (their step-daughter aged 10), Sabrina (big-boned rottie) and Rat (Italian chihuahua mutt).

Major (S) Suthun enjoys eating, going to

the spa, making stained glass pieces (which she made a wonderful Public Health Shield for Col Leo Cropper's retirement recently). A quote she would like to share with us is from her father: "hard work never kills anyone" and a special message she would like to share with us: "Thanks to the hard working Aviano Team! Thanks to my supervisors: Lt Col Cogburn, Maj Goodman, and Lt Col Fay, and the supportive MAJCOM officers: Lt Col Kelsey and Lt Col Courtney. Special thanks to Col Coates for being an inspiring mentor and for taking the time to listen. Sir, thanks for recommending Kunsan--you're the reason why I'm still in the AF today!"



Major Brad Winterton—Lt Col George M. Prascsak, Jr. Award

Our Lt Colonel George M. Prascsak Jr Award (Staff Officer) for 2003 is Major Brad S Winterton (an Epidemiology Consultant) from the Air Force Institute for Operational Health (AFIOH) at Brooks City-Base Texas.

His previous assignments include: from Jun 1992 to Dec 1994 at Keesler AFB, Mississippi; from Dec 1994 to Jun 1997, at Altus AFB, Oklahoma; from Jun 1997 to Jun 1999 at Lajes Field, Portugal; from Jun 1999 to Jun 2000, obtaining his Masters in Public Health (MPH) at the Uniformed Services University of Health Sciences (USUHS); from Jul 2000 to Jul 2002, at the Epidemiology Investigative Services

(EIS) at the Centers for Disease Control in Atlanta, Georgia; from Jul 2002 to present at AFIOH at Brooks City-Base Texas.

He is married to Julie and they enjoy their children: son Adam, 19; daughter LynDee, 17; daughter, Mary, 15; and son, Kyle, 10. They also cherish their pets: a giant schnauzer (90 lb) named Reba and a miniature schnauzer (10 lb) named Pru. The family enjoys church, scouts, gardening, anything with the entire family being involved.

A quote to share is: "Optimism. We live in the greatest, strongest, most benevolent nation at the greatest period in the history of the earth." One more word of wisdom for us: "When your supervisor says, "Give me some bullets about what you've been doing this year. I'd like to put you in for an award...", " DO IT!"



Captain Keith Blount—Outstanding Air Force Entomologist of the Year Award

The Outstanding Air Force Entomologist of the Year award was established in 1999 as a Biennial award to recognize the accomplishments of Air



Force Entomologists. This year at our Public Health awards dinner we were honored and very pleased to acknowledge and recognize the top-notch MA-JCOM nominees and the Air Force winner for this prestigious award.

The winner for 2002-2003 was Captain Keith Blount (pictured above walking through the Saber arch). He is a proactive, board certified, leader from the USAF School of Aerospace Medicine, Aerospace Education and Training Division. He provided time-critical direction to field teams supporting Operation ENDURING FREEDOM. Capt Blount is a committed teacher, supervising six iterations of the Operational Entomology Course and providing over 300 hours of quality classroom and field instruction in more than 20 different classes within seven various courses.

To further increase his depth of knowledge, he is busy pursuing his second graduate degree, a doctorate

in entomology, as well as completing the three month long Public Health Officer course. He is an active member of his local church and volunteered over 30 hours per quarter providing entomology training and insect safety for several local Boy Scouts.

Colonel James Swaby, the Associate Corp Chief Consultant to the USAF Surgeon General for Medical Entomology (pictured below with Capt Blount) made the following comments honoring Capt Blount at the awards dinner, "I would like to take this opportunity to congratulate Capt Blount for his excellence in all he does, and his many accomplishments that earned him this award. Capt Blount's performance represents all the best that the medical entomology career field contributes to the Air Force Medical Service and the Public Health missions. In his current assignment he prepares today and tomorrow's Air Force medical professionals for their operational mission. In addition, he is a proven "do-er" -- a broadly talented and deeply experienced professional who has made direct contributions to the expeditionary Air Force. Air Force medical entomologists are proud to assist Public Health in its vital mission, and we are proud of Capt Blount for representing our team so well throughout the Air Force. Congratulations Capt Blount."





Final Thoughts...Living the Life You Always Wanted

Here are some quotes and sayings that I have found during my travels and readings that I thought I would share with you. They came from a recent gift to me and I believe that they can be applied to almost any part of your life. Some of the winners and nominees you have seen in this issue of PH Hometown News have obviously been living by some of these ideas and words.

“If you keep believing what you have been believing, you will keep achieving what you have been achieving”. Source unknown.

“What we think or what we know, or what we believe is, in the end, of little consequence. The only consequence is what we do.” John Ruskin

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great

make you feel that you, too, can become great.” Mark Twain

“I am only one, but I am one. I cannot do everything but I can do something. And I will not let what I cannot do interfere with what I can do.” Edward Everett Hale

“What do we live for if not to make life less difficult for each other?” George Eliot

“Start by doing what is necessary; then do what’s possible; and suddenly you are doing the impossible.” Saint Francis of Assisi.

These were from: Canfield, J., and Hansen, M. (2003). *Chicken Soup for the Soul Living Your Dreams*, Health Communications Inc: Deerfield Beach, Florida.