



official newsletter of the 124th Fighter Wing

# THE BEACON



COMBAT EXCELLENCE-ALWAYS ON MISSION

# FROM THE WING COMMANDER

COL. TIM DONNELLAN



*I am often reminded of the true strength of the 124th Fighter Wing and the Idaho Air National Guard. The firepower of the entire fighter wing is staggering, but the true strength lies in the depth of our experience and maturity. Our traditional force, through the experience gained by their civilian jobs, raises our level of excellence well above most organizations, including those on active duty.*

*I was reminded of that again this week as I had the amazing experience of watching one of our flight doctors perform in his civilian practice as a cardiac surgeon. The procedure itself was a phenomenal event, but tied with the leadership displayed by Dr. Jones and the professionalism of his entire surgical team, I was left with a profound sense of amazement that we have such highly qualified individuals serving our nation and state. What military force in the history of the world is made up of such broad skills and experience as these in the 124th Fighter Wing today? We have civilian police, home builders, accountants, ranchers, farmers, airline pilots, doctors of all varieties... you name it. If it's a civilian career in our local community we probably have them in the 124th Fighter Wing.*

*The strengths these variety of skills provide is the ability to tackle problems in the most practical way possible instead of the "culturally acceptable" way. Far too often we look for the answers to problems in the same way we solved them before, which can lead to a "no" or "it cannot be done" because the answer doesn't fit our pre-conceived solution. Experience is generally the great equalizer, and our traditional guard members bring that experience with them every day.*

*So how does open heart surgery help us solve the complex issues we face in the guard today? It's the solid leadership of the cardiac surgeon with the surgical team that helps us find better ways to run squadrons, groups, and the wing. It's the focus on the mission which gives common purpose, whether that mission is the health of a patient or the projection of combat air power in support of the combatant commander. It's the atmosphere of creative problem solving when things don't go exactly according to plan, yet the outcome is a successful one. Experience is the key but even more so is the breadth of experience - that is the strength of the 124th FW, both deployed and here in Idaho.*

*Special thanks to Dr. Jones, his surgical team, and the staff at St Al's for the great reminder of what's important in life!*

*Attack!  
Donut*

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Col. Tim Donnellan

**PUBLIC AFFAIRS OFFICER**  
2nd Lt. Cassie Morlock

**PUBLIC AFFAIRS NCOIC**  
Master Sgt. Becky Vanshur

**PUBLIC AFFAIRS STAFF**  
Tech. Sgt. Joshua Allmaras  
Tech. Sgt. John Winn  
Airman 1st Class Skyla Child



This month's cover photo was taken June 16, 2016 during Lt. Gen. Rice's visit to Gowen Field, photo by Tech. Sgt. Josh Allmaras. See more photos of the visit on page 6.

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[USAF.ID.124-FW.MBX.PA-PUBLIC-AFFAIRS@MAIL.MIL](mailto:USAF.ID.124-FW.MBX.PA-PUBLIC-AFFAIRS@MAIL.MIL)



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# PRIMARY UTA EVENTS



## AUGUST DRILL CALENDAR

### SATURDAY

- 0800 - Fitness Assesment, Bldg. 1530
- 0830 - Enlisted Promotion Board, Bldg. 600
- 0900 - Force Development Council, Bldg. 600 CG Conference Room
- 1000 - QRA Brief, Bldg. 600 CG Conference Room
- 1300 - CDC Testing
- 1500 - Essential 6 Council, Bldg 400 Conference Room
- 1500 - Honor Guard Praticce Bldg. 152
- 1530 - Rising Two Council, GFAC

### SUNDAY

- 0745 PERSCO/CSS Training, Bldg. 400 Conference Room
- 0830 - CDC Testing
- 0900-1000 - R&R Brief, Bldg. 600, CG Conference Room
- 1000 - Officer Promotion Board, Bldg. 600
- 1500 - Promotion Packages due to FSS
- 1500 - Capt. Busman's Promotion Ceremony, Bldg. 400 Basement Classroom
- 1530 - Outstanding Airman of the Quater

**\*\*\*REMEMBER\*\*\* This schedule is subject to change. Check the current Fragmentory Order for updates.**

### WHAT'S FOR LUNCH?

#### SATURDAY (\$5.55)

- Main Line:**  
 Fried Chicken  
 Cantonese Spare Ribs  
 Steamed White Rice  
 Mashed Potatoes w/ Gravy  
 Western Baked Beans w/ Bacon  
 Glazed Carrots  
 Baked Potato  
 Chowder  
 Beef Steak & Noodle Soup  
 White Bread  
 Wheat Bread
- Short Order Line:**  
 BLT  
 Burritos  
 Hamburger  
 Cheeseburger  
 French Fries

- Desserts:**  
 Cheesecake w/ Cherry Topping  
 Parfait Strawberry w/ Fruit  
 Boston Cream Pie w/ Chocolate Glaze  
 Ice Cream Sandwiches

#### SUNDAY (\$5.55)

- Main Line:**  
 Sauerbraten  
 Herbed & Lemon Baked Fish  
 Parsley Buttered Potatoes  
 Wild Rice  
 Capri Vegetable Blend  
 Louisiana Yellow Squash  
 Cheddar Vegetable Soup  
 Bean & Ham Soup  
 White Bread  
 Wheat Bread

- Short Order Line:**  
 Italian Sub Sandwich  
 Ham & Cheese Sandwich  
 Hamburger  
 Cheeseburger  
 Onion Rings

- Desserts:**  
 Chocolate Cake  
 Vanilla Cream Pie w/ Whipped Topping  
 Macadamia Cookies  
 Yellow Cake w/ Vanilla Frosting

## WHAT ARE YOU DOING FOR PROFESSIONAL DEVELOPMENT?



By Senior Master Sgt. Steve Vinsonhaler  
Special to The Beacon

Professional development is an act that we must all do to continue growing to become better Airmen. The tools we acquire through professional development help us become more effective leaders, which allows us to take care of our Airmen. During drill weekends, I often hear and also ask, “What are you doing for professional development?”

In the Air Force we define professional development as Correspondence Development Courses (CDCs), Professional Military Education (PME), on the job training (OJT) and college courses for the CCAF requirement. The theme here is education. There is also more informal opportunities such as Essential 6 (Formerly the Joint Enlisted Council), First Sergeants Council, Rising 2 Working Group and Chief’s Group. Others include the Air Force Sergeants

Association, Enlisted Association of the National Guard of the United States (EANGUS) and other professional military organizations. So what does professional development do for you? What do you get out of it? These are great questions and valid concerns. Remember the key to success is to continuously learn and grow.

**“THE MORE EFFECTIVE YOU ARE AS A LEADER, WILL CREATE A CULTURE OF ENGAGEMENT AND TEAM BUILDING.”**

Professional development whether through course work, a council, or working group, the organization provides the opportunities for networking and to learn more about yourself. You have many opportunities to get to your know peers, acquire tools to become a more effective leader that will help develop you. Professional development provides

the tools necessary to take care of your people, which I believe is the most important aspect of all.

My challenge to each of you as you progress in rank is to understand that your continued growth through professional development is critical to supporting your people. The more effective you are as a leader, will create a culture of engagement and team building.

Leadership is really about your people and setting them up for success. It isn’t about the stripes you wear or the office you work from. Are you truly taking care of your people first? We have three core values to follow and believe in every day. These core values are integrity first, service before self and excellence in all we do. It’s our duty, responsibility and obligation to implement those core values daily, by giving our Airmen the best environment to meet their maximum potential.



By Tech. Sgt. Josh Almarras  
124th Fighter Wing Public Affairs

GOWEN FIELD, Idaho -- Lt. Gen. L. Scott Rice, director Air National Guard, visited Airmen with the Idaho Air National

Guard June 16, 2016 at Gowen Field, Boise, Idaho.

Rice's visit included stops at the Adjutants General Association of the United States conference in downtown Boise, the 266th Range Squadron at

Mountain Home Air Force Base, a question and answer session for the members of Gowen Field, a senior leader working lunch to discuss current issues and a video teleconference call with Airmen



deployed to Southwest Asia.

During the visit, Airmen with the 124th Fighter Wing recruiting, air support operations squadron, maintenance group, mission support group and fire department were able to explain their roles and responsibilities in the IDANG.

Rice coined two Airmen for their outstanding performance in ensuring the largest deployment in recent IDANG history was accomplished with only minor discrepancies.





This hotline is available for members of the 124th Fighter Wing and their dependents that would like to address any concerns during the deployment to include any media concerns or issues that may arise.

COMMANDER'S HOTLINE  
208-422-5000

# REDEPLOYING?

## KNOW YOUR RIGHTS UNDER USERRA:

USERRA was enacted to ensure that members of the uniformed services are entitled to return to their civilian employment upon completion of their military service. Members should be reinstated with the seniority, status, and rate of pay they would have obtained had they remained continuously employed by their civilian employer. The law also protects members from discrimination in hiring, promotion, and retention on the basis of present or future service in the armed services.

### Health Insurance:

Additionally, you have the right to elect to continue your existing employer-based health coverage for you and your dependents for up to 24 months while in military service. Even if you choose not to continue that health insurance coverage, you have the right to be reinstated in your employer's health plan when you are reemployed, generally without any waiting periods or exclusions (i.e., pre-existing condition exclusions) except for service-connected illnesses or injuries.

## THE UNIFORMED SERVICES EMPLOYMENT AND REEMPLOYMENT ACT

### REEMPLOYMENT:

**YOU HAVE THE RIGHT TO BE REEMPLOYED IN YOUR CIVILIAN JOB IF YOU LEAVE THAT JOB TO PERFORM SERVICE IN THE UNIFORMED SERVICE AND:**

- \* YOU ENSURE THAT YOUR EMPLOYER RECEIVES ADVANCE WRITTEN OR VERBAL NOTICE OF YOUR SERVICE
- \* YOU HAVE FIVE YEARS OR LESS OF CUMULATIVE SERVICE IN THE UNIFORMED SERVICES WHILE WITH THAT PARTICULAR EMPLOYER
- \* YOU RETURN TO WORK OR APPLY FOR REEMPLOYMENT IN A TIMELY MANNER AFTER CONCLUSION OF SERVICE
- \* YOU HAVE NOT BEEN SEPARATED FROM SERVICE WITH A DISQUALIFYING DISCHARGE OR UNDER OTHER THAN HONORABLE CONDITIONS

The 124th FW Legal Office is available to assist you with USERRA issues and any other legal assistance concerns you may have.



Please contact our office

Monday-Friday 0700-1630 to  
schedule an appointment at

**422-5466**

# QUESTIONS?

## SAFETY, HEALTH & ENVIRONMENTAL FAIR



This year was the 5th Biennial health awareness fair located at Gowen Field on June 8, 2016. This year's event had free health screening, gun and motorcycle safety, drinking water testing, trailer and camper weight testing, free massages, Idaho Power's electric car, Birds of Prey from the Bureau of Land Management, Idaho Youth Ranch collecting donations and many give-away items from various associated businesses. If you missed the event contact 853-2273 to schedule a fasting blood draw.



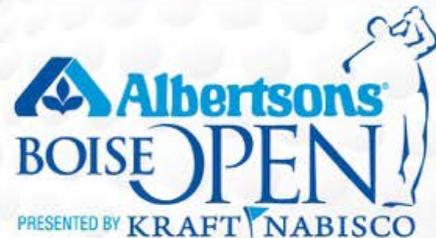


# *A Salute to our Heroes!*

**DON'T MISS THE...**

**PATRIOTS' OUTPOST**  
**COMPLIMENTARY FOR ALL MILITARY AND THEIR FAMILIES!**  
**SEPTEMBER 15 - 18 | HILLCREST COUNTRY CLUB**

- Complimentary tournament admission for all active, retired, and reserve military along with their dependents
- Prime Patriots' Outpost hospitality viewing area next to the 16th Green which includes:
  - Complimentary snacks and drinks Thursday-Sunday
  - Complimentary lunch on Saturday & Sunday
- Bring your military ID to get into the tournament and the Outpost!



**Support the Albertsons Boise Open presented by Kraft & Nabisco by helping spread the word around the Military Community!**



# OUTSTANDING PERFORMERS

**TECH. SGT. MARIA WILSON**  
124th Medical Group

## MEDIC OF THE MONTH

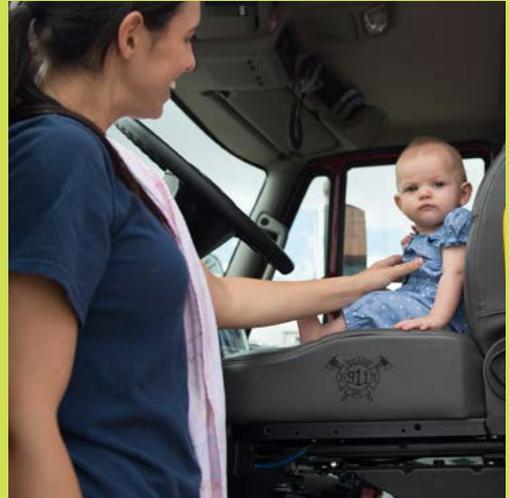
Tech. Sgt. Maria Wilson, from the 124th Medical Group, was awarded Medic of the Month in June for her outstanding work performed while deployed to Southwest Asia.



**SENIOR AIRMAN DANIEL SLATER**  
124th Comptroller Flight

## COINED FOR OUTSTANDING WORK

Senior Airman Daniel Slater, accounting technician from the 124th Fighter Wing, was coined by Maj. Gen. Jay B. Silveria, Deputy Commander, Combined Air Force Air Component, U.S. Central Command, for work on improving obligation rates for this year and clearing old obligations dating back to Fiscal Year 2011, among other duties, while deployed to Southwest Asia.



## MDA PRE-CAMP WITH THE GOWEN FIELD FIREFIGHTERS

The Gowen Field Fire Department held an Olympic themed pre-camp party in support of the Muscular Dystrophy Association of Idaho on June 18th, 2016 at the Gowen Field fire station.

The MDA is leading the fight against muscular dystrophy, Lou Gehrig's Disease (ALS) and other related muscle-debilitating diseases that take away physical strength and independence from children and adults alike. They combat these diseases by providing support for those affected as well as finding research breakthroughs.

The pre-camp party included Olympic-themed games, face painting and food for children and their families affected by muscle-debilitating diseases. For more information on MDA Idaho and their cause, you can visit <https://www.mda.org/office/idaho>.



## HEALTHY COMMUNICATION: DURING AND AFTER DEPLOYMENT

By Patricia DeBor, LPC  
Director of Psychological Health

Communication, huh? Time and time again I hear people say: I can't talk to them about it. They will get mad, blow up on me or I will hurt their feelings. These are learned behaviors. When a deployment is in the mix, avoiding something that needs to be discussed only creates more emotional separation. Why? Because the person who needs to talk may be afraid. Avoiding problems equals resentment. But, remember to pick your battles wisely.

There are six emotional stages of deployment: 1. Anticipation of loss 2. Detachment 3. Disorganization 4. Stabilization 5. Anticipation of Return 6. Reintegration.

Whether you are single, married, have children or not, it might help to recognize where you are at within these stages. By recognizing what is normal, it will help you to determine when or if help is needed.

Here are some basic communication reminders:

**FIND THE RIGHT TIME:** Try to be calm, not distracted, stressed, or in a rush. Maybe schedule time to talk. Not all problems need to be discussed during deployment. If it is a big issue it might be better to wait until you can be together.

**TALK FACE TO FACE:** 80-90% of communication is non-verbal. Avoid serious issues in writing – misinterpretation is a big problem. Texting gets a lot of people into deep trouble. Alcohol and texting is really bad! Try writing a list of issues that you would like to discuss and read them out loud.

**IF TALKING WITH DEPLOYED MEMBER:** Schedule a FaceTime, Skype, etc. when you are not exhausted, angry, or overly frustrated. Remember to separate the problem from the person. It's always good to remind your deployed Airman that you miss them too.



**DO NOT ATTACK:** Choose words wisely. Using “all or nothing” phrases is very dangerous! ie: “You Always...” Instead, use words like “We seem to be ...” or “I noticed that you occasionally might be ...” “I feel like we have disconnected lately. How do you think we can resolve this?”

**BE HONEST:** Sometimes the truth hurts. We are imperfect humans. Learn to apologize instead of making excuses. It will help you learn, grow, and strengthen your relationship.

**CHECK BODY LANGUAGE:** Give your full attention. Sit up, face them and make eye contact. Don't take a call, text or play a video game!!! Show that you care and respect the person you are talking to.

**USE THE 48 HOUR RULE:** If someone does something that makes you angry, you will need to talk about it. But, waiting 48 hours might help you determine if it's worth discussing or letting go. People are not mind readers! If you don't speak up there will never be opportunity to fix the problem. Be careful not to continually bring up past issues. This only causes resentment. We are not perfect and all make mistakes.



## HOW TO COMMUNICATE IF YOU ARE ANGRY

### TIP:

Learning to resolve conflicts in a healthy way can strengthen all of your relationships.

### STOP:

Take a step back and breathe. Take a short break before continuing with conversation. Take a walk, listen to music, do whatever you can to relax yourself. Reactionary communication will only hurt.

### THINK:

Why did you get angry? Was it how someone spoke or something someone did? An old story? Find the real problem and think about what you need and make a request. It might help to talk it through with a counselor prior to addressing a big issue.

### TALK:

Not speaking about something that is really bothering you will only lead to emotional separation. Fear of another's reaction to what you need to say can be overcome with healthy communication. Both parties should be able to feel safe.

### LISTEN:

After you discuss how you feel and what you need, sit back and listen. Everyone deserves an opportunity to discuss their side.

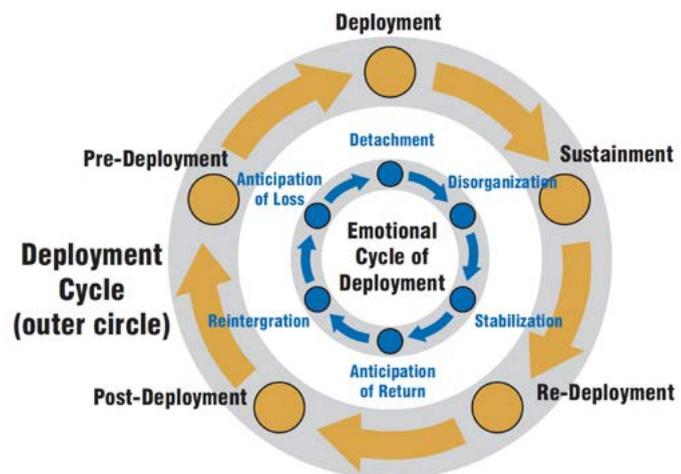
### \*\*\*\*WHEN TO SEEK HELP\*\*\*\*

If problems become persistent, one or both of you are defensive, overly critical, verbally abusive, blaming or a solution can't be uncovered - counseling or mediation might help.

I am a licensed professional counselor and have been supporting military members and their families since 2010. There is no fee for my services, I am full-time and on base during drill. Feel free to call or email me. (208) 422-5377 or [patricia.l.debor.civ@mail.mil](mailto:patricia.l.debor.civ@mail.mil)

Adapted and revised from: [www.loveisrespect.org](http://www.loveisrespect.org)

### The Emotional Cycle of Deployment Worksheet



Knowing each of these stages can be of great importance to how you adapt your MRE practices to meet the needs of your audience. Do you know what stage they are in? Is it possible that those in the room are at different stages, and — if so — what can you do to adapt and individualize your curriculum?

*Problems aren't like good wine, they don't get better with age!*

# COUNCIL CORNER

## NEW COUNCIL OFFICERS

**Congratulations to all of the Airmen elected into an Officer position this year for the Essential 6 council!**

Essential 6 brings together Airmen on base to share ideas, work on projects and participate in volunteer opportunities.



**The Essential 6 Council is open to Airmen E-6 or below, and meets every Saturday of Drill at 1500 in the building 400 conference room.**

### AIRMAN 1ST CLASS RYAN FRENCH President

**Q: WHAT IS YOUR JOB ON BASE?** A: Structures Craftsman with the 124th Civil Engineer Squadron, in the Carpenter Shop

**Q: HOW LONG HAVE YOU BEEN IN THE AIR NATIONAL GUARD?** A: Since February 2014

**Q: WHAT IS YOUR FAVORITE MEMORY FROM BEING IN THE IDAHO AIR NATIONAL GUARD?**

A: Being able to do photos and video for my civilian employer, 580 KIDO Radio, while covering the recent deployment. Watching our Airmen load up and fly out!

**Q: WHAT IS YOUR FAVORITE FOOD?** A: Pizza and sushi, but not necessarily together!

**Q: WHAT IS YOUR FAVORITE MOVIE?** A: Pulp Fiction

**Q: WHO IS YOUR WINGMAN ON BASE?** A: All Airmen are my wingmen! (Cheesy right?) Seriously though, Airman 1st Class Matthew Deanda and Airman 1st Class Jordan Lansing.

**Q: DO YOU HAVE KIDS?** A: No kids.

**Q: WHAT IS YOUR FAVORITE MUSIC GENRE OR BAND?** A: Surf Rock genre, Ballyhoo! (First band I interviewed.)

### STAFF SGT. MARY ELLEN REED Vice President

**Q: WHAT IS YOUR JOB ON BASE?** A: Command Support Staff for the 124th MSG

**Q: HOW LONG HAVE YOU BEEN IN THE AIR NATIONAL GUARD?** A: Six years

**Q: WHAT IS YOUR FAVORITE MEMORY FROM BEING IN THE IDAHO AIR NATIONAL GUARD?**

A: So many! I love family day each year, promotions and retirements, I can't just pick one.

**Q: WHAT IS YOUR FAVORITE FOOD?** A: Mexican food and pizza

**Q: WHAT IS YOUR FAVORITE MOVIE?** A: Legally Blonde and 10 Things I Hate About You – It's a tie!

**Q: WHO IS YOUR WINGMAN ON BASE?** A: Tech. Sgt. Christina Rohrenbach and Capt. Scott Walker – I can go to them for absolutely everything and they always have good council, and my back.

**Q: DO YOU HAVE KIDS?** A: Yes, two boys. Paul is 4 years old and Lincoln is 1 year old.

**Q: WHAT IS YOUR FAVORITE MUSIC GENRE OR BAND?** A: All music! It just depends on the mood!



**AIRMAN 1ST CLASS HANNAH BERRY**

Treasurer

**Q: WHAT IS YOUR JOB ON BASE?** A: Command Post Controller for the 124th Fighter Wing

**Q: HOW LONG HAVE YOU BEEN IN THE AIR NATIONAL GUARD?** A: Three years

**Q: WHAT IS YOUR FAVORITE MEMORY FROM BEING IN THE IDAHO AIR NATIONAL GUARD?**

A: Being the emcee for Airman of the Year, family days, Col. Trimble's retirement ceremony, being able to use the A-10 simulator and lots more!

**Q: WHAT IS YOUR FAVORITE FOOD?** A: Pizza and ice cream, but not together!

**Q: WHAT IS YOUR FAVORITE MOVIE?** A: Tomb Stone or Secretariat

**Q: WHO IS YOUR WINGMAN ON BASE?** A: Senior Airman Murphy, because he can always make me laugh!

**Q: DO YOU HAVE KIDS?** A: Dependent free!

**Q: WHAT IS YOUR FAVORITE MUSIC GENRE OR BAND?** A: Alternative rock or folk music, it depends on the mood.

**SENIOR AIRMAN KYLE PERKINS**

Historian

**Q: WHAT IS YOUR JOB ON BASE?** A: Spectrum Operations Manager with the 124th Communications Flight

**Q: HOW LONG HAVE YOU BEEN IN THE AIR NATIONAL GUARD?** A: 2.5 years

**Q: WHAT IS YOUR FAVORITE MEMORY FROM BEING IN THE IDAHO AIR NATIONAL GUARD?**

A: Having a stranger thank me for my service in the airport coming home from Basic Training.

**Q: WHAT IS YOUR FAVORITE FOOD?** A: Steak

**Q: WHAT IS YOUR FAVORITE MOVIE?** A: Dark City

**Q: WHO IS YOUR WINGMAN ON BASE?** A: Staff Sgt.

Christiansen, because he's been through a lot of the same training and has really guided me through my early career.

**Q: DO YOU HAVE KIDS?** A: Yes, two kids that are ages three years old and seven months old.

**Q: WHAT IS YOUR FAVORITE MUSIC GENRE OR BAND?**

A: Country

**STAFF SGT. MICHAEL PAREDES**

Protocol

**Q: WHAT IS YOUR JOB ON BASE?** A: Knowledge Manager/Command Support Staff

**Q: HOW LONG HAVE YOU BEEN IN THE AIR NATIONAL GUARD?** A: Three and a half years Active Duty, and three years in the Air National Guard.

**Q: WHAT IS YOUR FAVORITE MEMORY FROM BEING IN THE IDAHO AIR NATIONAL GUARD?**

A: When General Welsh and Secretary James came to visit, because it's good to have leadership from the top come through and talk to everyone.

**Q: WHAT IS YOUR FAVORITE FOOD?** A: All food! I'm willing to try anything.

**Q: WHAT IS YOUR FAVORITE MOVIE?** A: Space Jam

**Q: WHO IS YOUR WINGMAN ON BASE?** A: My entire unit.

**Q: DO YOU HAVE KIDS?** A: Yes, four kids.

**Q: WHAT IS YOUR FAVORITE MUSIC GENRE OR BAND?** A: Hip Hop and R&B, anything that sounds good!

