



Photo by Staff Sgt. Christopher Gish

Veterans cemetery dedication

A veteran Marine lance corporal looks on during the Idaho State Veterans Cemetery dedication ceremony in Boise Saturday. After decades of discussion and planning, state and federal dollars turned the 42-acres of land that borders the Dry Creek Cemetery into a memorial for almost 9,000 veterans. (See page 6 for more photos.)

366th FW shows Airman appreciation

By Senior Airman Chawntain Sloan
Gunfighter public affairs

Airmen E-4 and below are being celebrated today starting at 6 p.m. at the base sports and fitness center pavilion.

Mountain Home Air Force Base Airmen are the guests of honor at the Airman Appreciation Day barbecue sponsored by the first sergeant's council, Chief's group, Top 3 enlisted group and base chapel.

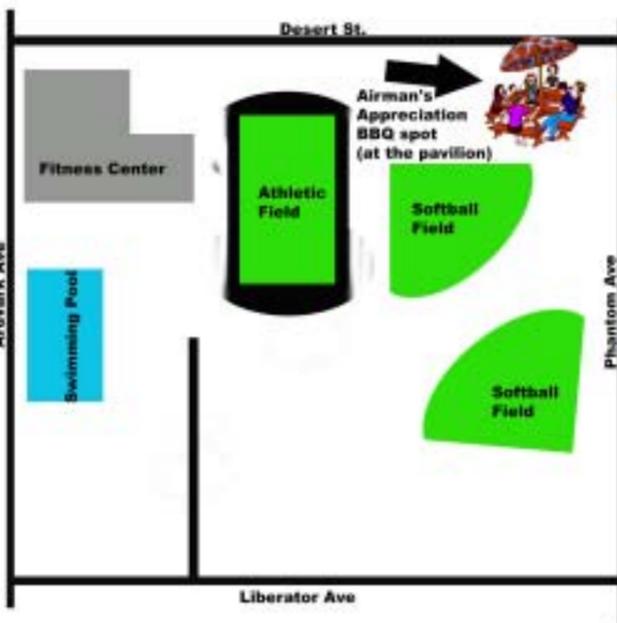
"We are hosting a barbecue for the Airmen assigned to Mountain Home Air Force Base to show our appreciation for the hard work they do everyday," said Master Sgt. Jana Popp, Gunfighter legal office.

The Airman Appreciation Day committee is providing free food and drinks and there will be a local area radio disc jockey playing music.

The committee also has a number gift certificates donated by various grocery stores and restaurants like Albertson's, Pizza Hut and WalMart that they will be handing out.

Airman Appreciation Day was originally focused on the dormitory residents, but the program has expanded this year to include all Mountain Home AFB Airmen.

"There are many young Airmen here who are away from their home for first time in their lives, and they might consider this to be as an isolated assignment and think that



no one cares," said Chief Master Sgt. Raymond Nelson, 366th Medical Group.

"We want them to know we are here for them and appreciate everything they do."

Chief Nelson also said the barbecue is also a chance for Airmen to unwind, have a good time and mingle with fellow Airmen.

Newsline

Award winners

Congratulations to Airman **Jessica Agner** for being selected as the First Term Airmen Center's Sharp Troop for Class 04W and Airman 1st Class **Christopher A. Lamm** for receiving the Class 04W Razor Sharp award for excellence in dress and appearance.

Vehicle operations hours change

Due to low manning, the base vehicle operations facility is changing its hours of operations starting Tuesday. Until Nov. 1, the new hours are Monday through Friday from 6 a.m. to 11:30 p.m. and Saturday and Sunday from 7 a.m. to 7 p.m.

Vehicle operation drivers also no longer support transportation requests of less than five personnel to and from the Boise Airport. Units may request vehicles to transport their own personnel going on or returning from temporary duty assignments to and from the Boise Airport.

For more information, call vehicle dispatch 828-2215 or Mr. Gary McElheney at 828-1020.

MPF to have limited services

The military personnel flight customer is unable to produce ID Cards or perform DEERS updates Wednesday and Thursday due to an upgrade to their RAPIDS/DEERS software.

Base speed limit changes

Due to ongoing construction at the base fitness center and swimming pool, parking and traffic safety at these facilities has become an increasing concern. A new parking lot adjacent to Burger King with associated crosswalks will soon be in place and speed limit along Aardvark Avenue between Liberator and Desert Streets has been lowered to 20 mph. Motorists are advised to be mindful of pedestrians and obey posted speed limits.

APAHC meeting

Everyone is invited to attend the Asian Pacific American Heritage Committee meeting today at 10 a.m. at the community center, conference room three. Council elections are first on the meeting agenda.

Youth school, sports physicals

The 366th Medical Group is conducting school and sports physical clinics for youth Tuesday and Wednesday in the specialty clinic beginning at 1 p.m. with the last appointment at 3 p.m. To schedule an appointment, call 828-7900 and select option one.

AADD elections

Airman Against Drunk Driving is electing a new president, vice president, secretary and treasurer at 3 p.m. Thursday in the Afterburner's Sports Lounge during the next general meeting. Voting will be done by ballot, and participants must be present to vote.

For more information, log on to the AADD Web site at gunfighter.mountainhome.af.mil/AADD/ or contact an AADD representative.

Change to base instruction

According to Mountain Home Air Force Base Instruction 31-204, Gunfighters operating motorcycles will now be required to wear a bright-colored upper garment. The garment must be a vest similar to those which construction workers wear, but can also be a long sleeve shirt or jacket if they are of the same high-visibility colors. During hours of darkness the upper garment must have reflective material visible, at minimum, from the rear. Safety reflective belts do not fulfill this requirement. The new regulation is in effect now, but the 366th Security Forces is allowing for a 30-day grace period before strict enforcement. For more information contact Master Sgt. Marty Clifton, Gunfighter Motorcycle Advisory Council at 828-1104 or 366th SFS, at 828-2256.

Commander's Hotline

Multipurpose track

I would like to know a status update on when the paving of the multipurpose track by the Gunfighters Club will be completed. It appears that the construction work is done in that area and has been for weeks.

For those of us who use the track, we are forced to use the street in front of the laundromat because of the unfinished area. This can be a safety hazard. Also, the par course areas around the track are overcome with weeds. Who is responsible for keeping the weeds gone in that area?

Thank you for your time in looking into this matter.

I appreciate your interest in physical fitness and returning the multi-purpose track and par course to an operational status.

Our housing construction contractor, Evergreene, was forced to remove a portion of the track's pavement to install new storm drainage line for the new housing area currently under construction. They have now completed the storm drain installation and plan to reconstruct the running track pavement no later than Aug. 31 as part of

a large pavement repair effort being executed by Evergreene. To support the fit-to-fight program and our Air Force families, the 366th Civil Engineering Squadron is partnering with Evergreene to see if they can repave the track earlier.

With regard to the weed problem, we directed our grounds maintenance contractor clean up the weeds around the par course equipment and have made arrangements with the 366th CES to maintain the area until the end of the fiscal year. Our long-term plan is to incorporate the par course equipment into the new grounds maintenance contract.

Since you identified yourself in your hotline inquiry we were able to call you and get more details on your concerns. During that follow-up, you suggested we also incorporate distance markers around the track. That is a great idea and we will install them shortly.

Thank you for your call and concern.



Col. Charles Shugg

Col. Charles Shugg

366th Fighter Wing commander

Last DUI:

(As of noon Thursday)

366th Civil Engineer Squadron

Days without a DUI:

18

AADD made 23 saves in
July, 190 in 2004

Air Force team pulls together to help commander, family

By Lt. Col. Benjamin Wham
366th Civil Engineer Squadron commander

I have served our Air Force and nation for 18 years, and during that time, lived in nine different homes, worked 13 separate jobs, married a terrific woman and helped raise two wonderful daughters. And for the last 17 and half years, my career and life progressed smoothly.

All of that changed last September when my mother, while visiting England, became ill and was hospitalized. As the only child of a widow, I quickly left my home outside of Washington D.C. and arrived in Birmingham, England. I was able to help nurse her back to health so she could return to her home to Alabama. Unfortunately, while the doctors were able to get her well enough to come home they discovered that she had advanced cancer of the breast and lung. The cancer progressed quickly, and in May of this year, she passed away after a short, valiant fight.

So on the eve of departing the Pentagon and coming to

Mountain Home to assume the most challenging job of my Air Force career, my life and my family's lives abruptly changed.

Yet, just as our life entered one of its darkest periods, the men and women of the Air Force stepped forward to support us all. Everyone from the Pentagon first shirt to my orderly room and the men and women of the Red Cross moved mountains to get me to England just hours before Hurricane Isabelle struck the Washington D.C. area.

Civilians, military officers and contractors in my office seamlessly picked up my workload without hesitation during one of the busiest times of the year. Their support continued when I left on emergency leave for my mother's final days in May.

Finally, people from the Pentagon, headquarters Air Combat Command, and right here in Gunfighter Country rallied to the cause, working long hours to get me trained and moved to the great state of Idaho.

While in many ways this is a sad story, it also represents another outstanding "save" for the Air Force team.

And the team is made up of everyone in, associated with or grateful to the U.S. Air Force for its contribution to our nation.

You are a team member, and at any time you may be called on to step up and be part of a "save" for someone else.

It may be something as simple as picking up the workload for a fellow team member on emergency leave or going that extra mile to provide that member the information and support he or she needs during a difficult time.

Each Airman must never be concerned about asking the team for support. As my personal experience shows, people will go to great lengths to support a teammate in need, even if he or she says that they don't need help.

I hope every one of you will take the opportunity to support a fellow Gunfighter when the need arises. This is what makes our Air Force and its team the greatest in the world.

To all my fellow teammates who helped my family and I join the Gunfighter team, thanks! I will always be there.



Editorial staff

Col. Charles Shugg
Commander
Capt. Kelly Cahalan
Chief, Public Affairs
1st Lt. Lucas Ritter
Chief, Internal Information
SrA. Chawntain Sloan
Editor

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All photographs are Air Force photographs unless indicated.

Deadlines: All articles intended for publication in **The Gunfighter** must be submitted to the 366th Fighter Wing, Public Affairs Office, 366 Gunfighter Ave., Bldg. 512, Suite 314, Mountain Home AFB, Idaho 83648, by noon Friday. All submissions will be considered for publication based on news value and timeliness. Every article and photograph will be edited for accuracy, clarity, brevity and appropriateness. All articles will be edited to conform with the AP Stylebook and Libel Manual as stipulated in Air Force Instruction 35-101.

Coverage: Coverage of upcoming events should be arranged in advance by calling the public affairs office at 828-6800 or by sending an electronic message to pa.news@mountainhome.af.mil.

Classified Ads: Free classified advertisements of a non-commercial nature are published in **The Gunfighter** on a space-available basis. Free advertising is limited to Air Force people (active and retired), Department of Defense civilian employees and their family members. Ad forms are available in Bldg. 512. Deadline for free classified advertisements is 5 p.m. Monday.

Rack 'em up – Annual Gunfighter winners

Welcome to Gunfighter
Country — home of a
winning attitude!



Air Force Awards 5



Air Combat Command Awards 22



12th Air Force 3

Commissary closes for store reset



Photo by Ms. Kristy Swartz

Ms. Linda Rodin and Ms. Stephanie Abbey restock the shelves at the base commissary Tuesday. The base commissary is closed Monday and Tuesday for a storewide reset to bring the store in line with customer desires and grocery trends.

By 1st Lt. Mike Chillstrom
Gunfighter public affairs

The base commissary is getting a major shake up Monday and Tuesday, bringing the store more in line with customer desires and grocery trends.

The commissary will be closed both days, but when it reopens Wednesday, it will have at least 50 new products, adding to its inventory of more than 11,000 items.

Most products will shift over one aisle, making room for an expanded produce section, more paper products and a bigger selection of specialty ethnic foods, like Mexican and Asian items.

"With a store reset, everything comes off the shelves," said Ms. Connie Slaughter, commissary administrator. "The reset will improve flexibility, store appearance and store flow, ultimately adding to the convenience for each shopper."

The reset is the commissary's first un-

dertaking in several years and incorporates feedback from customer comment cards, grocery industry trends and consumer demands. Customer demands are directly responsible for many items being brought in that would not normally make it to the shelves.

Commissary officials understand that the reset may take its 25,000 annual shoppers a little getting used to, but the improvements are made with the customers in mind.

"We ask for patience throughout our reset," Ms. Slaughter said. "The end result will be a better shopping experience for our customers."

Those wishing to get the first look at the improved commissary can start at 9:30 a.m. Wednesday. In fact, early bird shopping, which starts at 9:30 a.m. Tuesday through Sunday, is now available to all eligible commissary shoppers.

Also, National Guard and Reserve personnel are now granted full-time commissary shopping privileges.

366th LRS performs vehicle rotation

By Master Sgt. Randall Cunningham
366th Logistics Readiness Squadron

The 366th Logistics Readiness Squadron annual wing vehicle rotation plan is in full swing now through the end of August.

The purpose of a vehicle rotation is to evenly distribute vehicle mileage across the fleet.

The 366th LRS will notify the unit vehicle control officer or vehicle control NCO which vehicles to rotate.

All rotations will take place at Building 1100 on the appointed date and time, and all appointments are considered official.

In order for this plan to run efficiently, all VCOs and VCNCOs should use the following guidelines prior to the scheduled appointment:

1. Clean the vehicle inside and out.
2. Ensure the vehicle is free of mechanical defects.
3. Remove organization equipment such as installed radios, light bars and pintle-hooks.

The goal is to provide efficient and economical logistics support for the mission of the 366th Fighter Wing.

By accomplishing a thorough and efficient vehicle rotation, the 366th LRS ensures vehicle resources are maximized across the wing.

For more information, contact the vehicle management and analysis section at 828-6748.



Photo by Airman 1st Class Daniel Wilson

Staff Sgt. Martia Stevens and Senior Airmen Marc Dicker, 366th Logistics Readiness Squadron, rotate a 10,000-pound forklift.

101 Critical Days: *Bicycling safety tips*

(Editor's Note: This article is the part of a series of articles compiled by the Gunfighter safety office in support of the 101 Critical Days of Summer campaign.)

Bicycling is not just for young children and teenagers. It is a popular fitness activity for health conscious adults and provides an alternative means of commuting to and from work. However, bicycling without a helmet can lead to serious head injuries. Without a helmet, the fall from a bike to the ground can kill. For this reason, a certified helmet is essential and can greatly reduce chances of a head injury.

A recent national research study has shown that every year in the United States head injuries with bicyclists are noted in 65,000 emergency room cases and 7,700 hospital admissions. Bicyclists hospitalized with head injuries are 20 times as likely to die as those without. Bicyclist injury rates are highest between ages 5 to 15, and 56

percent of fatally injured bicyclists are age 20 or older.

In a severe bicycle accident, the skull may fracture, and bone fragments and other objects may penetrate the brain. However, the brain may also be injured by violent impacts that leave the skull essentially undamaged, and most brain injuries are irreversible.

The source of all these injuries is impact. When the head makes sudden, violent impact with something unyielding, the small part of the head remains in motion. As a result, the brain and skull may break and tear before they too can stop moving.

A good helmet protects the head by giving the skull and brain a little time to match speeds with suddenly encountered objects. The easiest way to find a well-made and reliable helmet is to look for the Snell certification sticker on the inside of a helmet.

Helmet models carrying the Snell certification sticker meet Snell standards.

The Snell Foundation urges that people take the following precautions before cycling:

- Make sure the helmet fits the head. Try the helmet on before buying it, and adjust the chinstrap firmly but comfortably. Try another helmet size or design if simple hand pressure shifts or tilts a helmet significantly or forces it off the head.

- Wear the helmet correctly. Wear it low on the forehead just above the eyebrows, and always fasten the chinstrap firmly. Wear it every time while bicycling.

- Read and follow all directions carefully. Only use manufacturer approved decorations and cleaners. Replace the helmet at least every five years or if it has been damaged.

The following are ten routes to bicycle safety:

- Protect the head; wear a helmet.
- See and be seen.

- Avoid biking at night.
- Stay alert; always keep a lookout for obstacles on the path.

- Go with the flow; the safe way is the right way.

- Always be aware of traffic.
- Learn rules of the road, and obey traffic laws.

- Assure bicycle readiness; make sure the bicycle is adjusted properly.

- Stop it; always check brakes before riding.

- Don't flip over the bicycle; wheels should be securely fastened.

Remember, read the bicycle owner's manual thoroughly before operating the bicycle. These recommendations are just that – recommendations. They are not meant to replace owner's manual instructions.

For more information on safety and rules of the road, consult the State Department of Motor Vehicles.

It's your Future.
VOTE
for it!

Contact your unit federal voting assistance program representative today!

Gunfighters participate in Veterans cemetery dedication in Boise



Photos by Staff Sgt. Christopher Gish

A crowd of more than 3,000 Gunfighters, war veterans and patriots wave their flags during the conclusion of the cemetery dedication to honor veterans who have died.



Above: Members of the Mountain Home Air Force Base honor guard stand at ceremonial-at-ease during the dedication ceremony.

Left: An honor guard member from each of the five services raises the flag to half mast and renders a salute in honor of the lost veterans.

Airman leadership school Class 04-G

366th Aircraft Maintenance Squadron

Senior Airman Jason Basquez
Senior Airman Christopher Eckhardt
Senior Airman David Edens
Senior Airman Joseph Williams
Senior Airman Ben Burgess,

Distinguished graduate and leadership award

366th Component Maintenance Squadron

Senior Airman Rodney Ivey
Senior Airman Gregory Smith
Staff Sgt. Kimberly Witham,
John L. Levitow Award

366th Communications Squadron

Senior Airman Jacob Anderson

366th Equipment Maintenance Squadron

Senior Airman Aimee Jackson
Senior Airman Andrea Shepard
Senior Airman Andrea Tosolini

Senior Airman Tessa Burkett,
Academic Achievement Award

366th Logistics Readiness Squadron

Senior Airman Derriane Beasley
Senior Airman Toya Hatfield
Senior Airman Benjamin Lawellin
Senior Airman Nathan Phillips

366th Maintenance Operations Squadron

Senior Airman Jeremy Matthiesen

366th Medical Operations Squadron

Senior Airman Christie Schlattweiler
Senior Airman April Paciotti

726th Air Control Squadron

Senior Airman Daniel Potter
Senior Airman Shaun Herron
Senior Airman Ernest Watson
Senior Airman David Bowen



SSgt. Kimberly Witham
John L. Levitow Award winner

Gunfighter crosshairs for fitness

(Editor's note: The following information was taken from a newsletter compiled, published and distributed by the 366th Medical Group. Maj. Bruce Christensen and Master Sgt. C. Timmis Winstanley, human performance training team; Mr. Richard Myhre, exercise physiologist; and Capt. Bradley Hochstetler, flight surgeon, contributed to this article.)

The ban on Ephedra

The Food and Drug Administration issued a consumer alert Dec. 30 about the safety of dietary supplements containing ephedra. The alert advised consumers to immediately stop buying and using ephedra products due to deaths associated with taking the drug.

Ephedra, also called Ma huang, is a naturally occurring substance derived from plants. Its principal active ingredient is ephedrine, which when chemically synthesized is regulated as a drug. In recent years, ephedra products have been extensively promoted to aid weight loss, enhance sports performance and increase energy.

FDA also notified manufacturers Dec. 30 that it intends to publish a final rule stating that dietary supplements containing ephedrine alkaloids present an unreasonable risk of illness or injury. The rule bans the sale of these products as soon as it becomes

effective, which is 60 days after publication. For more information about the FDA ban of Ephedra products, visit their Web site at www.fda.gov/oc/initiatives/ephedra/december2003/.

Those with medical questions or concerns about Ephedra should contact their primary care manager or physician.

Aerobic training

Tired of the treadmill? Sick of cycling? Not wanting to brave the elements by running outside but still need a cardiovascular workout that promotes fitness and isn't hard on the knees? The base fitness center has several elliptical machines, which are recommended for all fitness levels. Users only need to be able to walk comfortably and have good balance. How many calories are burned on ellipticals? It is possible to burn between 250 and 500 calories at a moderate pace for 30 minutes. As intensity increases, so will the number of calories. While the exact amount depends on many factors, elliptical machines burn calories at a rate similar to moderate-to-vigorous use of a stationary bicycle, treadmill or cross-country ski machine.

Training on elliptical machines can give a total body workout in a relatively short

amount of time with little or no impact. It's great for all levels and ages, and people can usually program their workout level. In a gym, it gives people another piece of equipment to vary their workouts. In the home, one machine can simulate a variety of exercises.

Also, many machines give a full cardiovascular workout in about half an hour – a boost to any weight loss program. Additionally, it's also an option for seniors or anyone else who wants a good workout without stressing the joints.

However, it may be easy to overdo a workout on an elliptical machine. Like all exercises, it is important to warm up, stretch and cool down when exercising. Be sure to bring the heart rate up to, not over, the physician's recommended levels. Although low impact activities, such as ellipticals, are considered preferable, lack of impact will not optimize caloric expenditure.

Resistance training



between the muscle groups known as the proprioceptive system. Imagine standing on one foot with the arms out and the other leg

Besides the esthetic and emotional well being that comes from resistance training, it is important to develop strong communication pathways

being stretched out to the back. A person who is not stable while performing this exercise needs to develop their proprioceptive abilities.

Traditional resistance training with weights or machines done properly results in increased size and strength over time. However, it does not exercise proprioceptive abilities. Failure to maintain the proprioceptive pathways between the muscle groups can cause potential injuries.

All exercise should be focused on allowing individuals to perform duties at work more efficiently. Likewise, the benefits are also realized at home during off-duty periods.

Resistance training that incorporates balancing skills can greatly reduce some of the simplest injuries to include lower back, neck and shoulder. Instead of using the flat bench to perform a dumbbell press, place the shoulders on an exercise ball. Do not forget that gravity alone can give a great workout. Pushups with the feet balancing on the exercise ball is another option.

While exercising, look for opportunities to incorporate muscle-group specific and whole-body resistance training together. Personnel at the base health and wellness center can provide some new and possibly more interesting ways to increase one's overall well being.

Base participates in Project ACES



Courtesy photo

Gunfighter youth and their parents play on a bouncy house during Family Child Care Field Day here July 22.

By Mr. Ron Dillon
366th Services Squadron

In 1989, physical education teacher Mr. Len Saunders decided to create a fun, new way to promote lifelong fitness among his students.

Dubbed All Children Exercising Simultaneously, his program has grown each year and now includes participants from more than 50 countries.

Project ACES is supported by organizations such as the President's Council on Physical Fitness and Sports, American College of Sports Medicine, American Heart Association and American Alliance for Health.

This past May, Ms. Teri Smith, Western Elmore County Recreation District, and Ms. Shara Foster, Mountain Home AFB point of contact, promoted Idaho's first-ever ACES event in Mountain Home.

During the event, children participated in relay races and an obstacle course and played with a ground ladder,

hopscotch rings, jump ropes and balls.

The obstacle course allowed more than 55 children to take part in exercise at the exact same time that other children across the nation were exercising.

Photos of the event can be viewed at www.wecrd.gov.org.

To thank the base for their support of this program, The Western Elmore County Recreation District sponsored an Family Child Care Field Day July 22 on base and invited other base child care providers to participate in the event.

FCC coordinator Ms. Greta Raney set up another obstacle course and various stations for the children to visit with their providers.

Activity items included an inflatable bouncy house, a duck pond where the children won prizes, a bubble blowing station and many other activities. The children, their providers and the parents that participated and the event acted to promote physical fitness.

For more information on the ACES program, call Ms. Smith at 599-0906.

Airman convicted, sentenced during special court-martial

Gunfighter Justice



(Editor's note: The following information was provided by the Gunfighter legal office. Punishments for the same offenses may vary based on facts and circumstances surrounding

Meth, ice, glass or speed, can be injected, snorted, smoked or orally injected. Effects of usage include addiction, psychotic behavior and brain damage.

Chronic use can cause violent behavior, anxiety, confusion, insomnia, auditory hallucinations, mood disturbances, delusions and paranoia.

In a special court martial, the maximum punishment for use of a wrongful substance includes reduction to the grade of E-1, forfeiture of two-thirds pay per month for 12 months, confinement for 12 months and a bad conduct discharge.

A bad conduct discharge is punitive in that it places limitations on employment

opportunities and will deny the member advantages that are enjoyed by one whose discharge characterization indicates that he or she has served honorably.

A punitive discharge affects a person's future with regard to his or her legal rights, economic opportunities and social acceptability.

A BCD deprives one of substantially all benefits administered by the Department of Veterans Affairs and Air Force.

The Department of Defense, Air Force and Mountain Home Air Force Base maintain a zero-tolerance policy towards drug use while in the military.