



# The GUNFIGHTER

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Photo by Staff Sgt. Chris Campbell

Ms. Emily Slawson from Power Electric hooks up a switch for an exhaust fan on the roof of the Mountain Home Air Force Base Primary School. Renovations are being made to repair nearly two-thirds of the Primary School roof and interior, which was damaged during a July rain storm. As a result, the Primary School program is relocating to the Liberty School and the Liberty School is transferring to another building.

## Base schools relocate due to construction

By Capt. Kelly Cahalan  
Gunfighter public affairs

Both the Mountain Home Air Force Base Primary and Liberty schools are scheduled to begin the 2004-05 school year Monday.

The schools are being moved to different buildings because of a late July rain storm that damaged nearly two-thirds of the Primary School roof and interior.

Immediately after the storm, the school district hired a disaster control company to clean up the building and begin testing air quality because mold and mildew are often a health concern after flooding.

"We knew right away we'd probably have to at least delay Primary students from starting the school year here, because if there was even a remote chance that there might be a mold and mildew problem, we weren't going to take it," said Dr. Jerrie LeFevre, Mountain Home School District superintendent.

While air quality tests came back normal, the facility damage report was not so good. With between \$300,000 to \$400,000 of damage, it was obvious to school administrators and the school board that something drastic needed to be done.

The school board looked at a variety of options, but decided that closing the building and relocating the schools was the best plan for everyone involved. The Primary School program (kindergarten through third grade) is moving to the Liberty School and the Liberty School program (fourth grade through sixth grade) is transferring to another building.

"The Base Primary School has been operating at capacity since it was built in 1955, and as the district's most used facility, it was scheduled to undergo renovations over a three-year period," said Dr. LeFevre. "After we saw

the damage we were dealing with, it didn't make sense to just fix the damage and complete renovations later."

Teachers and staff were notified Monday about the decision to move the two school programs and have been extremely supportive, according to Mr. John Fearey, Primary and Liberty School administrator.

"To keep the integrity of each academic program was the rationale for not breaking up grade levels," said Mr. Fearey. "We can't just move the primary school age students to the middle school facility (which has been closed for the past three years due to low enrollment) because it's not conducive for that age child. Lack of a playground area was an issue too."

According to Mr. Feary and Ms. Betsy Nystrom, Primary School first-grade teacher, the school district has received outstanding support from not only base parents but also entire organizations.

Considering that all the material from two individual schools needed to be moved, and because of the amount of materials involved, only one building could be moved at a time.

Completing the move in only two weeks wouldn't have been possible without outside help, said Mr. Fearey.

"We couldn't have done it without them," Ms. Nystrom said. "We'll be ready for the kids, and they'll make this all worthwhile."

"The task we're going through now – moving everything between three different buildings – is monumental, but everyone understands that the payoff will be worth it," said Mr. Fearey.

The payoff is an 11-month, \$1.1 million, total renovation of the Primary School.

"The facility is being completely renovated, from entirely new lighting and a new suspended ceiling to new floors and windows," said Dr. LeFevre.

Renovations are scheduled to be completed by June 5.

## Newsline

### Supplemental promotions

Congratulations to Tech. Sergeant selects **Jason Lee**, 366th Security Forces Squadron, and **Neil Barker**, 366th Aircraft Maintenance Squadron, and Staff Sergeant selects **Jeffrey Lyons**, 366th Communications Squadron, and **Abram Groves**, 366th AMXS.

### AFSA meeting

The Air Force Sergeants Association, Chapter 1164, is holding their next monthly meeting today at noon at the Gunfighters Club. Members and potential members are invited to come early and grab some lunch at the club beforehand. The meeting lasts approximately 30 to 45 minutes, and the topics include fundraising, recruiting, Capital Hill updates and recognition.

### 366th EMS inventory scheduled

The 366th Equipment Maintenance Squadron munitions storage area is conducting their semi-annual inventory from Sept. 7 through 17.

All requests that need to be taken care of during that time frame should be brought to the attention of munitions accountability by today. There will be no other munitions transactions allowed during that time frame except for approved emergency issues. For more information, call Tech. Sgt. Richard Lauric at 828-4301.

### Base speed limit changes

A project to change several speed limits on base is scheduled to be completed by today. The changes are to accommodate and provide protection for pedestrian traffic in the affected areas.

The new speed limit for Sycamore, Ponderosa and Willow Circles is 15 mph. The new speed limit for Pine Street, Aardvark Avenue between Liberator and Desert Streets, and Gunfighter Avenue between Liberator and Desert Streets is 20 mph.

### Base vehicle registration stickers

366th Fighter Wing personnel who have base vehicle registration stickers that have expired or those who need to register their car can get Department of Defense Form 2219, the base vehicle registration sticker, at the base visitor's center.

### Football season

The 2004-05 National Football League regular season starts Sept. 9. Each week, "The Gunfighter" will run a weekly schedule of games in the paper along with a contest entry form. Base personnel, including family members and civilian employees, will have the chance to prognosticate the outcomes.

The contest deadline is 4 p.m. the Friday before the scheduled games. Participants can either drop their entries off at the public affairs office in building 512, suite 314, or fax them to 828-4205. There can only be one entry per person per week. The top prognosticator is recognized in the paper and awarded a prize from an agency of the 366th Services Squadron.

### Olmsted Scholar Program

Junior line officers interested in applying for the fiscal year 2005-06 Olmsted Scholar Program should contact the military personnel flight at 828-2133.

The Olmsted Scholar Program provides an opportunity for a combination of at least five or six U.S. Air Force Academy, OTS or ROTC graduates to study in a foreign language at an international university abroad.

The purpose of the Olmsted Scholar Program is to provide an officer with an in-depth understanding of a foreign language and culture so they will be knowledgeable and sensitive to the viewpoints and concerns of people around the world as they progress with their Air Force career.

## Commander's Hotline

This Hotline is your direct line to me.

It's your opportunity to make Mountain Home AFB a better place to live and work.

I review every response to Hotline questions, but functional experts prepare most responses.

If possible, you should first contact the organization responsible for the problem or function.

Your first sergeants, commanders and agency chiefs want to help, so please let them try.

If you do not know how to proceed or if you have already tried your chain of command, then do not hesitate to contact the Hotline at 828-6262 or [CommandersHotline@mountainhome.af.mil](mailto:CommandersHotline@mountainhome.af.mil).

Not all Hotlines are published, but if you leave your name and phone number or e-mail address, I will make sure you get a reply.



Col. Charles Shugg

Col. Charles Shugg  
366th Fighter Wing commander

## Last DUI:

(As of noon Thursday)

366th Component Maintenance Squadron

Days without a DUI:

# 5

AADD made 22 saves in August, 212 in 2004

# Teamwork: *The key to our profession*

By Lt. Col. David Slade  
390th Fighter Squadron commander

As Airmen in the world's most respected air and space force, we are members of an elite organization that has enjoyed overwhelming success. This has been achieved through our phenomenal skill, overcoming obstacles and ability to execute our tasked missions with flawless precision.

It has taken the individual efforts of every one of our 370,000 Airmen to achieve this high level of success. So what is the key to success? How do thousands of individuals who walk out the door and head to work across our Air Force every day find success in the challenges they face?

It is neither their individual talents nor our technological superiority; it is our ability to take every one of the Airmen in this mighty organization and bond them into a first rate team and capitalize on the synergy created.

A strong successful team does not come around by chance. It takes a group of individuals that understands what makes a team strong and constant effort to continually improve it.

During the last 20 years I have been involved with some very strong teams. In these teams, I have found that there are some constants that stand out as characteristics which lead them to excellence: clearly stated and well understood unit goals, initiative and a team mindset.

First, every Airmen from the most senior leaders to the newest Airmen must be committed to and understand their role in the organization and the goals that define its success. The goals are more than words on the wall; they need to be the cornerstone that guides decisions and focuses where effort is applied. If everyone understands the

organization's goals, then they can make significant contributions and pave the road that leads to organizational success.

As a leader, communicating the goals or keys to success is critical. As a follower, understanding the goals will help in guiding your efforts and enhance your appreciation of the role your efforts play in attaining the organizational goals.

When there are questions as to where the train is headed, leaders and followers alike must work to ensure everyone gets on board the same train. If everyone's on board, the train will build up steam and easily cruise across the most difficult terrain.

The second characteristic – initiative – is truly a critical enabler of our success. There is a limit to what even the most talented leaders can accomplish in a day.

When I learn of the initiative individuals apply to improve processes across the organization, it brings a huge smile to my face as a commander. In a strong team, initiative must not only be accepted, it should be strongly encouraged.

Going hand in hand with initiative is process ownership. Owners of a process must continually strive to refine it and look for ways to improve it through individual or team initiative.

In workplaces where initiative is rewarded, there is a strong sense of pride and satisfaction for all those involved. These are the types of organizations that produce best practices that are showcased in front of visitors and inspectors. All of these practices enhance the strength of the team. When initiative is stifled, the organization flounders. If initiative is prevalent, successes and accolades mount.

The final characteristic of a strong team is the one that makes the largest impact on whether a team is labeled as

“strong” or “outstanding” – the team mindset. In an organization that embodies a team mindset, there are not “A” teams and “B” teams; there is only one team, and every member of the team is recognized for their abilities. The team capitalizes on the talents every member brings to the fight and uses all of these tools appropriately.

When every member counts, the burden of overcoming obstacles and facing challenges is shared and the overall effort required is less leading to superior results. In organizations where this mindset prevails, there is a stronger sense of teamwork and pride.

The team mindset also is demonstrated in the organizations where the members work hard together and extend their team building into the social aspects of our Air Force lifestyle. Squadron intramurals, picnics, formal functions, parties and family functions all serve to build stronger ties between team members. This strength is the hardest to quantify but has the largest impact across an organization.

What we say in the flying world is that we work hard and play hard. When socialization turns into a strong desire in your life and not a burden that you participate in out of guilt, you will know that you are in an organization that is going places.

Unit pride and esprit de corps are both indicators and outcomes of strong teams. World-class organizations have members that are proud to display their association. In the Air Force this comes in the form of unit ball caps, T-shirts, zaps, patches, mugs and numerous other types of mementos. The power these items have on building a team identity and solidifying the team mindset is phenomenal.

Some of my proudest moments as a commander have come when a senior officer makes a point to inform me

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**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](mailto: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

# Base pharmacy to implement new formulary guidelines

By Lt. Col. David Bobb  
Deputy Medical Support Policy and Operations  
Office of the Air Force Surgeon General

Maj. Gen. (Dr.) Joseph Kelley, assistant surgeon general for Air Force health care operations, recently directed all Air Force pharmacies to immediately implement a new formulary guideline.

To assist in meeting the Air Force medical service fiscal parameters, the new guidelines will be in effect at the Mountain Home Air Force Base pharmacy by Wednesday.

"It's no secret that FY 04' has been an extremely challenging budget year for the Air Force Medical Service," General Kelley said in the memorandum he sent out dictating the changes. "In addition to being faced with more expensive drugs coming to market this year, there has been an eight percent price increase in the approximately 150 high-use medications contained on the [Department of Defense and Veterans Administration's] contract list."

The new guidelines include the elimination of some high-use medications in the following categories:

**Non-sedating antihistamines** — Patients currently taking Allegra® should be switched to loratadine (generic form of Claritin®) and Allegra® will be deleted from the formulary.

According to Capt. Jeffrey O'Keefe, 366th Medical Group pharmacist, the new non-sedating antihistamine guideline has the greatest impact at Mountain Home Air Force Base.

Approximately 1,700 base hospital patients will have to switch from Allegra® to Claritin®.

However, Capt. O'Keefe said that a patient's health

care provider still "has the option of specially requesting that [a] patient continue on Allegra®."

**COX-2 inhibitors** — Celebrex® and Bextra® are to be deleted from the base formulary and patients switched to Vioxx®. The only COX-2 inhibitor medication to be included is Vioxx®. However, Mobic® will be kept as an additional option due to its inclusion as part of the basic core formulary.

**Insulin** — Unless otherwise contraindicated, patients using Humalog® insulin should be converted to Novolog®.

The guideline pertaining to insulin will have the least impact on base because most 366th MDG diabetes patients have already successfully converted from Humalog® to Novolog® over the past two months, said Capt. O'Keefe.

For patients requesting refills on the medications being deleted, a 30-day supply will be provided to enable the patient enough time to obtain a new prescription for another medication.

"At times, it can be a somewhat bewildering process to track what medications your military treatment facility pharmacy keeps in stock," said Col. Phil Samples, pharmacy consultant to the Air Force surgeon general.

"Not only can this be confusing at the local level, but as families PCS from base to base, situations arise where one pharmacy may carry a certain medication that another does not based on the scope of practice at any given facility," Col. Samples said. "One of the functions of the DOD Pharmacy and Therapeutics Committee and this policy letter is to minimize these variations."

To demystify the processes involved in determining which medications are available at a base pharmacy, the colonel said one must look at the total selection process. Currently, there are essentially three systems in place that

influence the drug selection process.

First, DOD has a pharmacy and therapeutics committee comprised of physicians and pharmacists from all services that reviews classes of drugs and makes recommendations regarding individual medications that must be carried at every military pharmacy.

"These medications, called basic core formulary drugs, provide the foundation for all other formulary decisions, and represent the minimum number of drugs a pharmacy will carry," said Col. Samples.

Next, every medical treatment facility has its own pharmacy and therapeutics committee consisting of local physicians and pharmacists that evaluates medications for addition to the formulary based upon the scope of practice at that particular facility.

"These medications are then available to augment those on the basic core formulary," the colonel said.

The third process, mentioned at the beginning of this article, is a new process whereby Air Force Medical Operations directs changes across all Air Force pharmacies.

"The two advantages of this new process are that a medication can now be mandated for inclusion at all Air Force pharmacies thus standardizing the benefit, and Air Force-wide savings and cost containment can be realized throughout the system," said Col. Samples.

For patients who desire medications not contained on the pharmacy formulary, two options exist: the TRICARE Mail Order Pharmacy and Managed Care Support Contract pharmacies.

366th MDG patients who have questions regarding their pharmacy benefits should contact Capt. O'Keefe at 828-7480.

(The Gunfighter public affairs office contributed to this article)

## 101 Critical Days: Hiking, trail safety tips

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

The great Idaho outdoors naturally lures many to enjoy the scenic splendor.

But, novices who venture out into the wilderness unprepared and on their own are headed for trouble early on.

So, before taking that summer trek into the woods, adhere to the following tips to staying on the safe path to hiking.

- Plan the hike from start to finish by using trail books, forest service assistance, topographical maps, etc.

- Always tell someone the expected departure and return time as well as the destination.

- Don't hike alone.

- Know how and where to get help in case of an emergency.

- Don't overdo it; know the limits and stick to them.

- Travel light and take what is needed.

- Wear comfortable, rugged shoes.

- Check the weather, and time hikes to get back before dark.

- Take an emergency survival kit that at the very least contains matches, candles, extra food and clothing, first-aid kit, compass, map, flashlight, tent, pocketknife and a signaling device.

- Those who get lost while hiking should:
  - Remain calm and avoid panic.

- Don't proceed in another direction unless certain about the alternate path.

- If moving temporarily, leave a note or mark the place with stones or sticks in groups of three, which indicates "help."

- Show the direction of travel by making trail pointers out of stones, brush or twigs.

- Attract attention with three distress signals such as three blasts of a whistle, three shouts or three flashes of light.

- Make a small fire out of green wood, which will produce a lot of smoke.

- Try to keep warm, sheltered and supplied with water.

- Don't wonder around in the dark; wait until morning.

- Exploring trails with nonmotorized vehicles has also become very popular. However, a consequence of their success is congestion.

- Regardless of whether a person is bicycling, walking, jogging or skating, if he or she follows the same set of rules as everyone else, his or her trail exploration will be safer and more enjoyable.

- The following is a list of basic rules everyone should follow when using a trail:

- All trail users should be courteous of other users regardless of their mode, speed or level of skill.

- Stay as near to the right side of the trail as is safe, except when passing another user.

- Travel in a consistent and predictable manner, and always look behind before changing position on the trail.

- Pass others going in the same direction on the left, and look ahead and back to make sure the lane is clear before pulling

out. Also, pass with ample separation; do not move back to the right until safely past. And remember, faster traffic should yield to slower and oncoming traffic.

- Give an audible warning signal before passing. The signal may be produced by voice, bell or horn.

- When in a group, including your pets, use no more than half the trail so as not to block the flow of other users.

- When entering or crossing a trail at uncontrolled points, yield to traffic on the trail.

- Do not leave glass, paper, cans, or any other debris on or near a trail; if something is dropped, remove it immediately.

- When using a trail during hours of darkness, ensure there is a flashlight or some other source of light that is visible. Bicyclist should have a white light visible from the front and a red or amber light visible from the rear.

To aid in adventures, the base recreation supply store has global positioning systems available for checkout.

### TEAMWORK, from page 2

they have spotted squadron zaps anywhere from several states away to inaccessible locations at home.

When I think of what makes the Air Force much more than a job, the team mindset is what sets us apart. The team mindset and sense of family is what makes the Air

Force a special profession for every Airman in our organization.

In the Air Force we are about more than completing tasks; we are about teamwork and mission success.

An old boss of mine used to say, "No one comes to work wanting to fail; we all come to work looking to succeed." Teamwork is the key to the overwhelming record

of success we enjoy as an Air Force.

What we all need to remember is that we can not take our strength for granted. Maintaining a strong team takes constant effort and refinement. Each and every one of us needs to continually work to make the team the best that it can be. This is our key to remaining the most respected air and space force in the world.

# TMO packs it, tracks it



Photo by Master Sgt. Andrew Gates

Airman 1st Class Ieisha Smith, a Gunfighter deployed to 455th Expeditionary Logistics Readiness Squadron traffic management office, packs a compressed air sample for shipping.

By Master Sgt. Andrew Gates  
455th EOG Public Affairs

**BAGRAM AIR BASE, Afghanistan** -- In a combat zone, being able to track the exact location of critical outbound equipment is extremely important.

That's why Airmen at the traffic management office here are the first in the service to test the Air Force's latest cargo tracking software, the Cargo Movement Operator System version 6.3.2.b. The Airmen are responsible for scheduling, packing and tracking all the outbound cargo that leaves Bagram and are for tracking and distributing inbound cargo for Air Force, Army and allied forces here.

The latest software version helps them track the equipment better, since it uses a satellite connection rather than using local area network lines, eliminating slow network speeds and system crashes, said Senior Airman Timothy Grasso, 455th Expeditionary Logistics Readiness Squadron, who has been testing the new software. With multiple databases and routes to connect to those databases, the system is somewhat similar to a wireless Internet connection.

"We needed a central server to help maintain 100 percent accountability of every piece of cargo shipped from Bagram," said Airman Grasso.

According to Staff Sgt. Kevin Isaac, 455th ELRS logistician, this is especially important to help the Airmen track critical cargos such as hazardous material and cryptographic material.

"We're able to pinpoint exactly where any particular piece of cargo is at any one moment," said Sergeant Isaac.

The Airmen's goal is to move cargo quickly.

"We want to send cargo out the most cost effective

way possible but get it here quick enough to keep the mission going," Sergeant Isaac said.

When cargo comes in by C-130, C-17 or commercial carrier, the TMO Airmen receive the cargo, sort it, ensure they account for it and then distribute it through various channels. One of those channels, for instance, is the supply network.

"We give supply their cargo," said Sergeant Isaac. "But there's a lot of cargo we receive that's not generated through the supply system. We give a lot of cargo directly to the customers."

The TMO Airmen handle much more inbound cargo than outbound. In July, for instance, the TMO here sent out more than 370 shipments valued at more than \$20 million dollars. However, they received about five times as many inbound pieces of cargo -- approximately 18,800 pieces weighing more than 170 tons. Inbound cargo can often provide one of the greatest challenges for the TMO Airmen -- tracking down the owners.

"Sometimes we have cargo coming in, and we can't be certain who exactly it goes to," said Airman 1st Class Ieisha Smith, a Gunfighter deployed to the 455th ELRS. "We have a high turnover rates of units in theater, which can make it very difficult to determine exactly who needs to get some parts that come in."

The length of time it takes to ship items from home stations also adds to the challenges, Airman Smith said.

Whether dealing with inbound or outbound cargo, the Airmen here know how important their job is to the mission.

"It's good knowing the property we bring in keeps the mission going," said Senior Airman Michael Spera, another 455 ELRS logistician.

"Whenever a planes takes off and lands safely, we know we are doing our job," said Sergeant Isaac.

## Tops in Blue show their true colors



Photos by Staff Sgt. Christopher Campbell

Airman 1st Class Alexander Farach and Staff Sgt. Ricky Hendricks, members of the Tops in Blue 2004 tour, play a country music song for hundreds of Gunfighters and local community members.



Ms. Chrissy Green and her son Michael enjoy the music of the Air Force's traveling entertainment group, Tops in Blue, at the Mountain Home High School gymnasium Wednesday night.

# 390th FS, AMU participate in homeland, air defense exercises

By SrA. Chawntain Sloan  
Gunfighter public affairs

The 390th Fighter Squadron and Aircraft Maintenance Unit recently participated in a homeland defense exercise and the air-to-air Weapons System Evaluation Program at Tyndall Air Force Base, Fla.

About 144 people and 11 aircraft deployed Aug. 5 from here in support of North Command's Amalgam Virgo exercise and Combat Archer.

"I was very impressed by the many different agencies on base that came together to make this deployment happen," said Capt. Dave Vetter, 390th FS flight commander. "With their help, we picked up an entire operation and moved it to Tyndall (AFB)."

The first day they were there, personnel from the 390th FS, 366th Aircraft Maintenance, Maintenance Operations, Component Maintenance and Equipment Maintenance Squadrons took part in the 12-hour Amalgam Virgo exercise.

They were tested on their ability create a joint, mobile integrated air defense system. Through integration with the Navy, Army, NORAD command control, and airborne warning and control, their objective was to provide homeland defense by intercepting pilotless drone and civilian aircraft and identifying maritime vessels.

"During the Amalgam Virgo exercise, our biggest lesson learned was the importance of timely, accurate information flow from command and control structures down to the actual executing organization, which is us – the fighter squadron," said Lt. Col. David Slade, 390th FS commander.



Photo by Tech Sgt. Lori Kush

It wasn't all work, and no play. SrA. Rebecca Gilbert, 390th Fighter Squadron life support, helps TSgt. Rebeca Scogin, 366th Air Maintenance Squadron, fasten her helmet in preparation for an incentive flight.



Air Force photo

Pilots from the 390th Fighter Squadron test their air-to-air weapon capabilities by firing missiles at pilotless drone aircraft during Combat Archer at Tyndall Air Force Base, Fla. The pilots fired a total of nine air-to-air missiles during the exercises.

The remainder of the two-week deployment was spent participating in Combat Archer, in which the personnel were evaluated by the 53rd Weapons Evaluation Group at Tyndall AFB on the total air-to-air weapon system capability of the aircraft.

Combat Archer is designed to evaluate and validate the whole process of firing a missile.

"It doesn't just test the ability of pilots to push the button and make the missile fire, it also tests the abilities of the maintainers, munitions personnel, airplane and weapon," said Capt. Vetter.

The 53rd WEP monitors the entire process to determine if the loaders are loading the missiles correctly, the maintainers are performing the right tests on the airplane, the interface of the airplane and missile is working the way it should and the pilot has the right parameters to shoot the missile on target.

"Combat Archer increased our air combat capability – our ability to load, fly and employ air-to-air missiles," said Capt. Vetter. "All the way from the weapons loader on the

flightline to the pilot in the cockpit, we gained as close to a combat experience as we could."

"We learned the importance of emphasizing critical training across the whole air weapons system from start to finish," said Lt. Col. Slade. "From building to loading to testing to executing the missile, proper training is what leads to success."

When the fighter squadron and maintenance unit were not contending with training, they were preparing for tropical storm Bonnie.

"Everyone that was there took part in hanging the airplanes, preparing for the hurricane and mapping out a hurricane evacuation plan," said Lt. Col. Slade. "Everyone did an outstanding job. They all understood the serious of what could happen and acted appropriately. No one was hurt and no airplanes were damaged."

When the weather was good, the personnel spent their off-time enjoying it. The squadron celebrated the end of a successful exercise by throwing a beach bash, and several top performers received incentive rides in the aircraft.



Photo by Tech Sgt. Lori Kush

Maintainers from the 390th Aircraft Maintenance Unit make necessary repairs to the jet. Almost 100 people from the 366th Aircraft Maintenance, Maintenance Operations, Component Maintenance and Equipment Maintenance Squadrons provided support for the 390th FS during the AMALGAM Virgo and Combat Archer exercises.

# Gunfighter crosshairs for fitness

**(Editor's note: The following information was compiled 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. Information contained in this article came from Building-muscle101.com, the Hendrick Health System and author Mr. Jim Galloway, published in the January 2002 edition of Runner's World.)**

## Target topic: Pain in the chest

You have passed your preventative health assessment, and the doctor says you are cleared to take part in the squadron exercise program three times a week. Problem is that every time you run, you get a sharp pain in the chest.

Being a wise Gunfighter and just to be safe, you check in with your health care provider. You describe your symptoms as a sharp pain when you breathe that seems to be localized around one side of the breast bone and only happens during and somewhat after running or other cardio workouts. Pain may increase with movement of the trunk.

Initially, you thought you were having a mild heart attack. But actually, you were likely suffering from Costochondritis, which is inflammation and tenderness of the cartilage that connects the ribs and breast bone.

How could it have happened? Easy, especially if you are just getting into an exercise program. People who start at too high of an intensity level and aggressively push themselves can possibly over stress the connective tissue and cartilage surrounding the sternum, or breast bone. Repetitive small injuries, excessive physical activity and single impact injuries are the primary suspects for the condition.

The treatment for Costochondritis is very simple. First, stop performing the activities that stress the area to prevent further damage; the connective tissue needs some time to heal. Second, reduce the inflammation by use of antiinflammatory medications. Third, apply heat packs to the affected area, gently stretch the pectoral muscles and ask the doctor about cortisone injections.

This is one of several causes of chest pain. Some chest pain associated with exercise can be an indicator of serious heart disease. If the pain gets worse during exercise and triggers feelings of shortness of breath or dizziness, seek medical attention immediately.

## Aerobic training

Since the beginning of the new Air Force fitness program, running has been a major part of every Airman's life. And, it really doesn't matter whether the Airman is a new recruit or a weathered veteran; he or she has to put some miles under his or her shoes in order to get a minimum passing score of 75.

Speed is a big concern for most beginners, and it can be exceptionally frustrating to be giving your all and not be getting anywhere quickly. To help decrease run times, incorporating plyometric exercises into the formula might be the trick. Plyometrics develop both muscle strength and power. Typically it is used to train sprinters or those who play sports that require quick bursts of energy like football

and soccer. However, those who frequently run a mile and a half or more can achieve better times as well.

The key to plyometric training is to safely perform movements as quickly and as forcefully as possible. Plyometric exercises use gravity to store energy in the muscles before the runner explosively releases energy. Therefore, little to no money is required for extra training gear.

Listed below are some examples of simple plyometric exercise:

❑ **Squat jump:** Stand upright with hands behind your head. Drop to a half squat, and immediately jump up as high as possible. Repeat after landing. Three sets of six to 10 repetitions are recommended.

❑ **Double leg ankle jump:** With arms at their sides, jump up and forward using ankles. Immediately on landing, execute the next jump. Three sets of six to 10 repetitions are recommended.

❑ **Lateral cone jumps:** Standing to one side of a cone, jump laterally to the other side. Upon landing on the other side, immediately spring back to the starting position. Two sets of six to 10 repetitions are recommended.

❑ **Drop and catch push ups:** Kneel with both knees on a soft surface with the upper body straight. Place hands in front of the chest, palms down, and drop the upper body to the floor, catching the weight with both arms. Don't lock out arms; bend the elbows in the bottom phase of the push up position. Immediately push off with both hands to extend the arms and return to the upright position. Four sets of six to 10 repetitions are recommended.

While performing the above exercises remember to stay alert, monitor form, and find and increase cadence. Doing it right is crucial; cheating does not increase speed and can lead to injury.

The base fitness center staff is available to help those who need assistance.

## Resistance training

An old piece of gym equipment is making a come back as a core weapon in fitness strength training. The medicine ball has been around for centuries but fell to the wayside in the '70s, '80s and '90s with the introduction of Nautilus-style equipment.

What the ball lacks in looks, it more than makes up in physical benefits. Many have focused workouts using established movements that allow muscle groups to interact to develop better balance and coordination.

Focusing on muscle coordination as well as being an excellent tool for plyometric exercises, using a medicine ball enhances the body's core, arms and legs. It can be used by nearly anyone with little concern for their current fitness level, but remember to use the proper weight, based on fitness level.

Some medicine ball exercises for the upper body, like the chest press throw, side twist throw, overhead throw, underhand throw and sit-up throws, mimic the weight-training exercises many people may currently include in their weight-training routine. For the lower body, doing squats on one or both legs and hops from a squat or standing position works the upper and lower legs.

Incorporating additional movements into a routine by using the medicine ball can have three primary benefits

according to Curtis Schultz, a Level I U.S. Weightlifting Federation Olympic coach.

❑ **Explosive strength:** The greatest amount of force developed in a time from start to finish.

❑ **Starting strength:** The measurement of how fast and forceful the motion is at the beginning.

❑ **Reaction strength:** The speed in which the initial body movement causes an opposite and increased reaction from the second movement that occurs to the follow through.

Full medicine ball workout routines are outlined in the FORCE Workbook, provided by the base fitness center and located in the aerobics room.

Those who feel they still have some energy left over after their workout should take a four or six kilo ball into one of the racquetball courts and see how long they can throw the ball at the wall. The ball must hit the back wall above the four-foot line and is allowed to bounce only once with no more than one step from the time it is caught. Do this without stopping to rest. If someone fails to meet the standard, swap them out with someone else. Basically, this is a king of the hill game where no one king remains on top for long.

## Diet and nutrition

When it comes to nutrition, the many claims are sometimes just to hard to ignore.

For instance, there a new tea from South Africa called Rooibos (pronounced Roy-boss) or Red Bush tea that is now being marketed in the United States primarily over the Internet. The claims are that it relieves stomach ulcers, nausea, constipation, and heartburn, slows the aging process, suppresses hunger, and helps people recoup from a hangover plus much more.

The marketers for this product have tried to sell the tea to base personnel. The distributors have also approached the 366th Medical Group to endorse the product as a water substitute. But, the fact is that nothing beats water for proper hydration. So what is stopping people from getting some of this miracle tea? The answer should be skepticism.

After researching the Food and Drug Administration supplement listings, all that could be found was the plant's name and its indigenous location. No double-blind scientific reports or studies have been accomplished to validate the claims. Because Rooibos is listed as a natural supplement, there are also no federal regulations governing its quality control.

As with all natural substances, people should consult with their provider before consuming the tea to ensure there will be no adverse reactions with medications currently being taken.

Rooibos tea is naturally caffeine-free and does contain many essential nutrients associated with a healthy diet and lifestyle, but the actual quantity of the nutrients is minimal. A person would have to consume four or more liters of the tea every day in order to see any possible results.

By just eating a healthy diet consisting of a variety of foods from all four food groups, the average person meets and even exceeds the body's daily requirements. Just remember, eat a variety of foods in moderation.

## Hispanic heritage month events

Event	Date	Time	Place	Event description
Taste fest	Sept. 16	11 a.m. to 2 p.m.	Community center	Hispanic Cuisine Samples
Base exchange display	Sept. 17	10 a.m.	Base exchange lobby	Posters and crafts from Hispanic countries
Library display	Sept. 17	1 p.m.	Library	Hispanic crafts, books and music display
Latin night	Sept. 25	10 p.m.	Afterburner's Sports Lounge	Dancing
Community activity	Oct. 2	noon to 4 p.m.	Sports and fitness center pavilion	Potluck barbecue
Youth center activity	Oct. 8	3:30 to 5 p.m.	Youth center	Children's activities