



The GUNFIGHTER

Volume 16, Number 27

366th Fighter Wing, Mountain Home Air Force Base, Idaho

July 16, 2004



Photo by SSgt. Christopher Gish

Capt. Jeannie Berry, 366th Medical Operations Squadron emergency room clinical nurse, holds cotton over the IV site of a patient's arm while listening to him explain his symptoms. Capt. Berry was recently selected by the Air Force Association Awards Board to receive the Juanita Redmond Award for contributions made as an emergency room clinical nurse both at home station and overseas in 2003.

Gunfighter recognized as Air Force nurse of year

By SrA. Chawntain Sloan
Gunfighter public affairs

A company grade officer assigned to the 366th Medical Operations Squadron was recently selected by the Air Force Association Awards Board to receive the Juanita Redmond Award.

Capt. Jeannie Berry, an emergency room clinical nurse, was officially notified by her flight commander Lt. Col. Molly Kusik, chief nurse Lt. Col. Allison Plunk and supervisor Maj. Andrea Gooden of her selection July 7.

"They tricked me. They said they needed to talk to me about a patient issue, so I thought I did something wrong," said Capt. Berry. "I was stunned. It's a major award and is very competitive."

The Juanita Redmond Award is given to an Air Force nurse who provided significant contributions to the health care of an Air Force individual or family, demonstrated excellence in critical nursing or accomplished a special achievement resulting in the improvement of nursing care.

Capt. Berry first competed for and won the award at Air Combat Command level.

"With all the deployments, it made the contest at command level that much more competitive, so I was shocked when she won, not because she is not good enough, but because I wrote the package and all I could think is 'I hope I did her justice,'" said Maj. Gooden. "When I found

out she had won at Air Force level, I actually teared up. It's really nice when you have someone that sharp and good working for you, and they get the recognition they deserve."

According to the award citation, Capt. Berry was selected based on contributions made as an emergency room clinical nurse both at home station and overseas in 2003.

Among the highlights mentioned was the care Capt. Berry administered to 2,500 patients during the course of 13,400 visits to the base hospital. She also designed a program for the in-home administration of growth-factor shots, decreasing the needs for appointments for the base population by 80 percent.

In addition, Capt. Berry was recognized for her efforts at a deployed base during Operation Enduring Freedom where she screened more than 5,000 and immunized almost 4,700 troops against small pox. She also established a fully operational intensive care unit, securing a \$29,000, 25-bed expansion package for potential casualties.

"Capt. Berry is an officer and a nurse that immediately stands out," said Maj. Gooden. "She is very sharp, professional and her performance is always at least 100 percent."

Capt. Berry will fly to Washington D.C. where Maj. Gen. Barbara Brannon, Assistant Air Force Surgeon General for Medical Force Development and Nursing Services, will officially present her with the award Sept. 13 during the 2004 Air and Space and Technology Exposition Conference.

Newsline

NCO academy graduates

Congratulations to the following Goodfellow NCO Academy graduates, Class 04-5: Technical Sergeants **Phillip Beverly, William Blalock, Christopher Crownhart, Martin Doltar, Robert Flood, William Foree, Johnny Harris, Joseph Jurek, Timothy Klein, Robert Laufer, Yancy Mailes, Connie McIntyre, Keith Peterson, Clinton Scritchfield, Andrew Smith, Matthew Steele and Steven Walker.**

FSC relocation

Construction on the expansion of the family support center began Monday. Because of safety issues, they have relocated some programs to the family home daycare classroom in the consolidated services center.

For more information, call 828-2458. They will be checking phone messages and e-mail after 4:30 p.m.

AWC enrollment

The Air War College nonresident program is enrolling eligible officers and federal employees for the 2004 through 2005 seminar.

People who are interested should apply and indicate their preference for group learning no later than Sunday by logging on to www.au.af.mil/au/awc/awc-ns.htm. For more information, call Mr. Mike Jewell at 828-6363.

Finance closure

The base finance office will be closed at noon Monday for an official function. For emergency financial needs, call the command post at 828-5800 and request that they contact SMSgt. Mike Guyer or TSgt. Loretta Clark.

Education center, ALS closure

The base education center will be closed at 10 a.m. and Airman Leadership School will be closed at 2 p.m. July 23 for an official function.

All other 366th Military Support Squadron offices will also be at minimal manning for the entire day to include the military personnel flight. It is recommended that people call before visiting any 366th MSS offices.

AADD nominations, elections

Airman Against Drunk Driving is currently accepting nominations for president, vice president, secretary and treasurer.

All active duty servicemembers and families assigned to the 366th Fighter Wing are eligible to nominate and vote for officers.

To nominate someone, call SrA. Stacie Blackburn at 828-6395 or e-mail her at Stacie.Blackburn@mountainhome.af.mil by 4:30 p.m. Aug. 5.

Elections will be held at 3 p.m. Aug. 12 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 a AADD representative.

Youth school, sports physicals

The 366th Medical Group is conducting school and sports physical clinics for youth Thursday, Aug. 10 and 11, and Sept. 8 and 9 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.

When speaking with the appointment clerk, tell them the child needs a school or sports physical. Physicals are valid for one year.

For more information, call Capt. Kimberlee Russell at 828-7246.

**If using a land line, dial 911 for all on-base emergencies.
If using a cell phone, dial 828-1666.**



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.

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:

0

AADD made 15 saves in July, 182 in 2004

Voting is not just a right, it's a duty

By CMSgt. Manny Sarmina
Air Force Surgeon General Office

On Sept. 18, 1787, the final day of the constitutional convention, Benjamin Franklin emerged from Independence Hall in Philadelphia into a crowd of curious spectators. The people were eagerly waiting for news of what form of government he and his fellow delegates had created for the young nation.

A woman stepped forward and asked Mr. Franklin, "Well, doctor, what have we got, a republic or a monarchy?"

Without hesitation, Mr. Franklin replied, "A republic, if you can keep it."

His prophetic reply is just as true today as it was more than 200 years ago.

"We the people" have a sacred obligation to safeguard "for ourselves and our posterity" the blessings of liberty our forefathers fought so hard to achieve. And the most fundamental obligation is the responsibility of every eligible citizen to vote.

This November, many Americans will take part in the democratic process by going to the polls to exercise their right to vote.

Sadly, many more will not. In fact, if this year's election turnout follows historical trends, more than half of the voting-age population will not bother to vote.

At stake this fall are the offices of the president and vice president of the United States, one-third of the seats in the U.S. Senate, the entire House of Representatives, 13 state governorships, and a host of other state and local offices, initiatives and issues.

Judging by voting statistics, "we the people" take our right to vote for granted. But the idea that the people should choose their leaders was once very radical in a world ruled by monarchies and oligarchies.

Enlightened philosophers like John Locke and Thomas Jefferson, however, argued that self-government is a natural right of every person, and that governments derive their powers from the consent of the governed.

Our fundamental belief in the right of self-government, so eloquently expressed in the Declaration of Independence and achieved by the blood of patriots in the American Revolution and on every battlefield since, is the cornerstone of our American political

system. The U.S. Constitution provides the framework through which our political system works, and guarantees each state a "republican form of government," a republic being a political system in which power resides in citizens who are entitled to vote for representatives responsible to them.

Elections, therefore, are a crucial component of our representative democracy.

The right of all citizens to vote, however, did not come automatically, but evolved gradually — often painfully — over the course of two centuries. For example, it is interesting that the person who asked Mr. Franklin what form of government the new nation would have was a woman, because the right to vote did not extend to her. In fact, during the colonial period and early years of our nation, voting was generally restricted to white men who owned property. Other people such as women, blacks, American Indians and even members of certain religious groups could not vote.

The framers of the Constitution could not agree on who should be given the right to vote, so they deferred to the states. The Constitution, therefore, left to each state government the power to decide who could

vote. Many of the early battles over the right to vote took place at the state level.

Overall, the struggle to achieve universal suffrage for all Americans was a long, often painful one, attained only by the heroic efforts of many Americans who understood the importance of free elections in a representative democracy.

Today, the right to vote is so universally accepted as our most fundamentally basic of rights that we have forgotten the sacrifices it took to win that right. The struggle for universal suffrage reminds us that those things worth fighting for are also worth remembering, and, more importantly, exercising. The right to vote is a symbol of our equality and the true source of our liberty. We should never forget what it took to win the right to vote and how important it is to the workings of a free and democratic society.

By voting, you are not only ensuring your voice is heard, you are paying homage to those brave Americans who struggled to win that right for all Americans.

Apathy is never an excuse not to vote. Your vote counts, so make sure it is there to be counted.

It's your Future.

VOTE
for it!

Contact your unit federal voting assistance program representative today!



Editorial staff

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

The Gunfighter is published by Mountain Home News, 195 South 3rd East St., Mountain Home, Idaho, 83647, 587-3331, a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 366th Fighter Wing.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of *The Gunfighter* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Mountain Home News of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of Mountain Home Air Force Base, Idaho, 828-6800.

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

Wel
Co
v

Air Force Awards 4



Air Combat Command Awards 21



12th Air Force 3

366th MDG earns AABB accreditation

By Capt. Keith Wilson
366th Medical Support Squadron

The 366th Medical Group Laboratory was recently granted accreditation by the American Association of Blood Banks.

Accreditation followed an intensive on-site assessment by specially trained AABB assessors and establishes that the level of medical, technical and administrative performance within the facility meets or exceeds the AABB standards.

By successfully meeting AABB requirements, the 366th MDG Laboratory joins approximately 2,000 similar facilities across the United States and abroad that have earned AABB accreditation.

"AABB's accreditation procedures are voluntary," said Mr. James Koseki, blood bank supervisor. "The 366th Medical Group Laboratory sought AABB accreditation because this program assists facilities around the country in achieving excellence by promoting a level of professional and medical expertise that contributes to quality performance."

Since 1958, AABB has been engaged in the accreditation of blood banks and transfusion services.

The accreditation program assists blood banks and transfusion services in determining whether methods, procedures, personnel knowledge, equipment and physical plans meet established requirements.

The minimum requirements for accreditation of blood banks and transfusion services are based primarily on AABB's *Standards for Blood Banks and Transfusion*

Services. These standards not only reflect the level of professional proficiency for blood banks and transfusion services in the United States, but also provide the basis for practice in similar facilities around the world.

Established in 1947, AABB is the international association of community blood centers, hospital blood banks, and transfusion and transplantation services. Individual members include health care professionals in blood banking and transfusion medicine.

Its member facilities are responsible for collecting virtually all of the nation's blood supply and for transfusing more than 80 percent of the blood used for patient care in the United States.

AABB sets standards, assesses and accredits blood collection and transfusion facilities and provides continuing education and information.

Hospital laboratory receives CAP accreditation

By Capt. Keith Wilson
366th Medical Support Squadron

The 366th Medical Group Laboratory was recently awarded an accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists based on the results of a recent on-site inspection.

The laboratory's medical director, Maj. Geoffrey Stiller, was advised of the national recognition and congratulated for the "excellence of the services being provided."

The laboratory is one of the more than 6,000 CAP-accredited laboratories nationwide.

The CAP Laboratory Accreditation Program began in the early 1960's and is rec-

ognized by the federal government as being equal to or more stringent than the government's own inspection program.



Inspectors examined the records and quality control of the laboratory for the preceding two years as well as the education and

qualifications of the total staff, the adequacy of the facilities, and laboratory equipment,

safety and management to determine how well the laboratory is serving patients.

The College of American Pathologists is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world. It is the world's leader in laboratory quality assurance.

The CAP is an advocate for high-quality and cost-effective medical care.

101 Critical Days: Motorcycle 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.)

The Motorcycle Safety Foundation offers the following tips for safe motorcycling:

- ◆ Wear a helmet to protect from serious head injury should an accident occur.
- ◆ Wear brightly-colored, preferably fluorescent, clothing during the day, and augment clothing with reflective tape or wear a reflective belt at night.
- ◆ Be alert at intersections. Watch for vehicles that may unexpectedly turn in front or pull from the side street or driveway.
- ◆ Check rearview mirrors before changing lanes or

stopping. A quick stop without checking rear traffic may result in a collision.

- ◆ Watch the road surface and traffic well ahead to anticipate problems and road hazards. Hazards include potholes, oil slicks, puddles, debris or other objects on the roadway, ruts and railroad tracks.
- ◆ Since riders are less visible on a motorcycle than in a car or truck, keep headlights on while riding during the day.
- ◆ Don't weave in and out of traffic.
- ◆ Stay out of an automobile driver's blind spots. These blind spots are to the left and right rear of the vehicles.
- ◆ Adjust speed to the condition of the terrain and cycling capabilities. Gravel on the road and slippery road surfaces can be hazardous. Avoid sudden braking or turning

on such surfaces.

- ◆ Don't tailgate or let other drivers tailgate the motorcycle. Following too closely behind another vehicle makes it difficult to stop suddenly if the vehicle in front brakes suddenly.
 - ◆ Pass only when it is safe to do so. Avoid passing or riding on the shoulder, and never pass on a hill, curve or within 100 feet of an intersection.
 - ◆ Use brakes wisely and in tandem. Brake very slowly on slick surfaces, and bring the motorcycle upright before stopping.
 - ◆ Don't drink and ride. More than 40 percent of all motorcycle fatalities involve alcohol.
- Remember, safe motorcycle riding begins and ends with the operator.



366th OG change of command
Above: Col. Bill Schaal, 366th Operations Group commander, speaks to the audience after assuming command of the 366th OG Tuesday.
Right: A1C Robert Abbey (left) and SrA. Todd Underwood, 366th Aircraft Maintenance Squadron, add Col. Schaal's name to his F-15E.



Photos by SSgt. Christopher Gish

Airman pulls more than his own weight

By 1st Lt. Lucas Ritter
Gunfighter public affairs

A goal is something that a person sets that is achieved by an outcome, in turn achieved by strategy.

Goals can take shape in many forms, from financial goals to weight-loss goals to career goals.

An Airman assigned to the 366th Civil Engineer Squadron has been working on a goal since the seventh grade, and he is almost there.

Amn. Stephen Judah recently returned from the Western Powerlifting Championships held in Salt Lake City, Utah as a first place winner in the 181-pound class.

Amn. Judah bench pressed a bone-crushing 419 pounds to claim the title.

He said his goal this year is to increase that amount to 515 pounds, and hopefully, set a new world record.

"I have been doing powerlifting for the last six years," said Amn. Judah. "I have competed in a lot competitions in that time, and I think I have done fairly well."

He said he became interested in weightlifting after watching his father go to the gym. His father, Mr. Sonny Judah, was a competitive body builder in his prime, but now has taken to training young men from the neighborhood. His father said he waited until Amn. Judah was the right age before taking him to the gym.

"He would always ask if he could go with me, but I wanted to wait until he was a teenager before I put in the gym," said Mr. Judah. "You can't start them out too soon. But after he started going, he took to lifting really quick."

When he entered high school, Amn. Judah tried to play football, but his father encouraged him to keep up with weightlifting.

"He was really good at football, but [in Florida], those boys get really big," said Mr. Judah. "He was up against guys that were over six feet tall and weighed 230 pounds; there was no way he could keep up with that. I encouraged him to use his power and genetics towards powerlifting."

The advice paid off for Amn. Judah his senior year in high school when he set the goal of breaking the school's bench press record and did.

"He is more determined than I ever was," said Mr. Judah. "Even in high school when the other kids wanted him to stay up all night partying, Stephen remained focused on his goal."



Photos by SSgt. Christopher Gish

Amn. Stephen Judah, 366 Civil Engineer Squadron, explains his powerlifting workout routine. He recently competed in the Western Powerlifting Championships held in Salt Lake City, Utah and took first place in the 181-pound class.

Powerlifting requires athletes to maintain a strict routine to condition the body. According to Mr. Judah, powerlifters must make sure they exercise the right amount, eat the right foods and get enough rest. Because of the large amount of weight being lifted during training, the body must rest enough to give 100 percent the next time, he said.

"I follow a workout routine that is designed to build muscle quickly," said Amn. Judah. "I'm in the gym three days a week working out. It can get to be a long day, but that is what it takes to be good in this sport."

Amn. Judah is set to compete in four upcoming competitions later this year. If he reaches his goal of 515 pounds, he could set a new world record. His next competition will be in Portland, Ore., Aug. 22.

"I have no doubt that he will reach his goal," said Mr.

Judah. "He is probably one of the most dedicated people I know."

"Ultimately, it is my goal to be the best powerlifter in my weight class," said Amn. Judah. "Part of my motivation for that comes from my father and grandmother, who are both really into fitness. But my biggest motivation comes from my faith and the Bible. Philippians 4:13 states 'I can do all things through God, who strengthens me.'"



Amn. Judah adds 405 pounds to the bar. His goal is to break a world record and bench press 515 pounds.



Amn. Judah benches 405 pounds during his powerlifting training session while a spotter stands by ready to assist. He is training to compete in four upcoming U.S. and world powerlifting competitions.

Workin' it

Gunfighter youth model latest SMART fashions



Photos by SSgt. Christopher Gish

Ryan Reidelbach and Chelsea Parsons model matching yellow ensembles at the Project SMART Dress to Impress Fashion Show held Wednesday in the base exchange. Project SMART, Strengthening Mature And Responsible Teens, held the fashion show to build the self confidence of Gunfighter youth.



Molly Gordinier models her idea of a SMART outfit.



Not everyone is interested in being in the lime light. Nick Best, the event photographer, works behind the scenes to make the Project SMART Dress to Impress Fashion Show a success.