



The GUNFIGHTER

Volume 16, Number 28

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

July 23, 2004



Photo by SSgt. Christopher Campbell

Build it and they will come

Mr. Lance Jensen explains to Mr. Miguel Lequerica the next step in fastening a hi-beam over an entryway for structural reinforcement. Mr. Jensen and Mr. Lequerica are part of the construction team that is performing additions to the base fitness center gymnasium. The construction project is slated to be completed around the beginning of the next year.

ARC officer recognized as AF services FGO of year

By 1st Lt. Lucas Ritter
Gunfighter public affairs

A major assigned to the 366th Services Squadron was recently selected as the Air Force Services Air Reserve Component field grade officer of the year.

Maj. Bradford Montgomery, who was assigned as the 366th SVS commander during his mobilization, was officially notified by Lt. Col. Glenn Winkler, 366th SVS commander.

"Lt. Col. Winkler called me while I was working at my civilian job in Little Rock (Ark.)," said Maj. Montgomery. "I just couldn't believe it. I knew I won at the [Air Combat Command] level, but never thought I would win at the Air Force level."

In a letter from ACC headquarters, Gen. Hal Hornburg, ACC commander, personally thanked Maj. Montgomery for his service during a 139-day mobilization to active duty, filling in as the services commander here.

"This is truly the capstone to my career," said Maj. Montgomery. "I was enlisted before becoming an officer, and I have always strived to be the best services officer I can. In a way, this validates all of the hard work and effort I've put in."

According to the awards package, the major initiated a host of actions that led to improved quality of life for Gunfighters. He was able to maintain 100 percent readiness in the squadron through a time of high operations tempo. The

major was also touted by name from people in his squadron during an Air Force climate assessment.

"Maj. Montgomery is a visionary leader and quality of life advocate," said Lt. Col. Glenn Winkler. "He significantly enhanced combat readiness, retention and morale for our squadron and this wing."

Besides being activated for his time here, Maj. Montgomery served two tours in Southwest Asia, during a year-long mobilization shortly after the events of Sept. 11, 2001. He was U.S. Central Command Air Forces Director of Services for 13 expeditionary air bases in the area of responsibility. He controlled the manpower and base operating support for all 13 bases.

He was also selected by name to lead the Air Expeditionary Forces Lessons Learned Process Action Team at Langley AFB, Va.

In all, Maj. Montgomery has been mobilized 20 of the last 30 months.

Maj. Montgomery will be presented the award at the Air Force Services worldwide conference held in Denver, Colo., some time in August by Mr. Art Myers, commander of Air Force Services.



Maj. Bradford Montgomery

Newsline

NCO academy award winners

Congratulations to the following Goodfellow NCO Academy award winners for Class 04-5:

Academic award winner and distinguished graduate TSgt. **Beverly Phillip**, 366th Maintenance Group; distinguished graduates TSgt. **Andrew Smith**, 366th Aircraft Maintenance Squadron, and TSgt. **Yancy Mailes**, 366th Fighter Wing.

Top 90s

Congratulations to the following Airmen who scored a 90 percent or better on their end-of-course career development test:

Amn. **Thomas Bowler** and SrA. **Christopher Warren**, 366th Aircraft Maintenance Squadron; A1C **Joshua McBride**, A1C **Kenneth Oellien**, SSgt. **Jon Wannner** and SSgt. **Michael Wages**, 366th Equipment Maintenance Squadron; A1C **Thomas Rich**, 726th Air Control Squadron; A1C **Chetankumar Desai**, 366th Civil Engineer Squadron; SSgt. **Amber Wise**, 366th Communications Squadron; and A1C **Lean Librando**, 366th Medical Operations Squadron.

Education center, ALS closure

The base education center is closed at 10 a.m. and Airman Leadership School is closed at 2 p.m. today 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.

APAHC meeting

Everyone is invited to attend the Asian Pacific American Heritage Committee meeting Aug. 6 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 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.

Deployed Gunfighters in action

Look for stories and photos that highlight deployed 366th Fighter Wing personnel in upcoming issues of *The Gunfighter*.

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 Wednesday)

366th Civil Engineer Squadron

Days without a DUI:

3

AADD made 15 saves in July, 182 in 2004

Rules restrict political activity for DOD people

By Ms. Donna Miles
American Forces Press Service

WASHINGTON (AFP) -- With election activity steadily picking up, defense officials remind servicemembers and Defense Department civilians that they are subject to rules regulating their involvement in political activities.

Gone are the days when the military posted troops at the polls after the Civil War, an act that Steve Epstein, director of the DOD's general counsel's standards of conduct office, said intimidated many Southerners into not voting.

Today, Mr. Epstein said two sets of rules help protect the integrity of the political process: a DOD directive for active-duty servicemembers and the Hatch Act for federal civilians. These rules keep the military out of partisan politics and ensure that the workplace remains politically neutral, he said.

That is not to imply that they cannot participate in politics. Mr. Epstein said DOD

encourages both groups to register to vote and vote as they choose, and to urge others to vote.

Both groups can sign nominating petitions for candidates and express their personal opinions about candidates and issues — but only if they do not do so as representatives of the armed forces. Also, all federal employees can make contributions to political organizations or candidates.

Beyond that, the list of restrictions differs widely, depending on whether the employee is an active-duty servicemember, a rank-and-file civil service employee, a political appointee or a member of the career senior executive service, Mr. Epstein said.

Of all DOD employees, uniformed servicemembers have the most restrictions regarding political activity, he explained.

A 1993 revision to the Hatch Act freed most civil service employees to engage in political activities outside the workplace that were once forbidden, although many restrictions still apply.

For example, servicemembers as well as government civilians can attend political

meetings or rallies. Servicemembers can attend only as spectators and not in uniform. They are not permitted to make public political speeches, serve in any official capacity in partisan groups, or participate in partisan political campaigns or conventions.

On the other hand, civilian employees governed by the Hatch Act may be active in and speak before political gatherings or serve as officers of political parties or partisan groups.

They also are permitted to manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate.

Servicemembers generally are not permitted to campaign for a political office. Civilian employees are, as long as it is a nonpartisan election.

While the restrictions concerning political activity may vary, Mr. Epstein said the basic rules hold true for all DOD workers. They cannot use their position to influence or interfere with an election. And they can never engage in political activity on the job,



in a government vehicle or while wearing an official uniform.

More details about restrictions on DOD military and civilian employees' political activities are posted on the DOD Web site.

It's your Future.
VOTE
for it!

Contact your unit federal voting assistance program representative today!



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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.

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Rack 'em up – Annual Gunfighter winners

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Air Force Awards 5



Air Combat Command Awards 22



12th Air Force 3

CS keeps emergency below the radar

By 2nd Lt. Kurt Weissgerber
366th Communications Squadron

Imagine the surprise of the 366th Communications Squadron Air Traffic Control Radar Systems Work Center when they found that the Air Traffic Control and Landing System Radar sounded like a blender on puree early in the morning on June 2.

The problem was quickly diagnosed by SrA. Shannon Harris and Mr. John Hoadley as a faulty rotary joint, antenna pedestal and motor, which could have caused the radar to fail at any moment.

Knowing this, the maintainers of the

equipment, the 366th CS Radar Shop, immediately engaged in coordination with the Federal Aviation Administration, Air Combat Command and the 366th Operations Support Squadron to schedule downtime for the emergency replacement of the failing parts.

The emergency replacement began the evening of June 25 after the last fighter sortie for the week returned to base. 366th CS personnel shut off the radar and instantly began to tear it down.

First, the rotary joint was removed. Next, the beacon radar and main antennas were

lifted off the platform using a crane provided by 366th Civil Engineer Squadron.

Then, the crane was again used to remove the pedestal and motor. Finally, the new pedestal and motor were put into place, and all the other parts were lifted and placed back on and secured.

By the time the job was finished, everyone in the shop had grease on their hands, including a lieutenant who said he had planned on spending most of his time “supervising.”

All of the heavy lifting was completed by the afternoon of June 26, which left the

rest of the day and all of June 27 for recalibration of the radar.

The equipment was returned to the users late in the evening of June 27, and the wing began flying again the next morning.

The replacement operation was a complete success, owing largely to the efforts of the 366th CS Air Traffic Control Radar Systems and Meteorological Navigation Systems shops.

All of the men and women working on the antenna exhibited their dedication to the accomplishment of the mission, working with a single-minded determination that exemplified the high standards of the Air Force.



Utility uniform feedback survey now online

By MSgt. Scott Elliott
Air Force Print News

WASHINGTON -- The Chief of Staff of the Air Force is encouraging Airmen to voice their opinions about the proposed Air Force utility uniform.

Gunfighters can now log on to www.uniforms.hq.af.mil/ and fill out the utility uniform feedback survey.

“Any new uniform we adopt must not only satisfy our needs, but ensure we maintain the professional warrior image of the world’s greatest Air Force,” said Gen. John P. Jumper, CSAF. “We are soliciting your feedback via this web page because your opinion is important as we work to select a uniform we will all be proud to wear.”

Feedback on the proposed utility uniform has been excellent so far, but an Internet survey gives all Airmen a chance to voice their opinion, said SMSgt. Jacqueline, dean of the Air Force Uniform Board.

SMSgt. Dean said people who have worn or actually seen the uniform have given high marks for its permanent press feature and how well it fits. The uniform’s color

scheme, initially met with skepticism, is also more accepted now, she said.

Air Force military clothing sales stores will begin displaying the utility uniforms in July.

“(We are) encouraging people to not give us their feedback until (they have) had the opportunity to see the uniform,” SMSgt. Dean said. “Go ahead and look at the pictures, but don’t answer the survey until (you have) seen the uniform up close.”

Besides color and style, Airmen will notice the new uniform features an eight-point hat, no squadron or major command patches and no-shine suede boots.

If approved, the utility uniform will likely have a five-year phase-in period, SMSgt. Dean said.

The new PT uniform, however, has already been approved by Air Force Chief of Staff Gen. John P. Jumper and will be in active service later this year.

“We did a wear and fit test from January through March,” SMSgt. Dean said. “We took all the feedback, and we now have established military specifications. They’ve gone out to manufacturers and should be in full production by the end of June.”

The PT uniform ensemble consists of dark blue running shorts, a gray T-shirt and a dark blue running suit – all with reflective safety markings.

SMSgt. Dean said the goal was to have enough PT uniforms by Oct. 1 to supply Airmen scheduled for immediate deployment.

After that requirement is met, the uniforms will be available for purchase through Army and Air Force Exchange Service.

The PT uniform, which consists of a running suit, shorts and shirt, will have a two- to three-year phase-in period.

The running suit costs about \$100, and the shorts and shirt about \$25.

Officials have not yet determined if Airmen will receive a lump sum allotment in October, an increase in their annual clothing allowance or a voucher to pay for the initial requirement.

Although personal preference is the rule for PT shoes, they must be conservative in design and color.

Only active-duty, Air National Guard and Air Force Reserve Airmen are authorized to purchase the PT uniforms from AAFES until adequate supplies are available.

Operation Warmheart brings on the heat

By MSgt. Michelle Sloan
Gunfighter legal office

It’s that time of year again. Time to head out to the ball fields and play or cheer on that favorite softball player and team as they support one of the most prized “taking care of Gunfighters” endeavors – Operation Warmheart.

One of the most enjoyable fundraising events Operation Warmheart puts on each year, the softball and volleyball challenges

pit the senior leadership Eagles against the chief’s group and the squadron commanders against the first sergeants.

These sporting events raise hundreds of dollars for Operation Warmheart as well as provide entertainment for spectators and exercise for participants.

Admission is free, and everyone is encouraged to come out and witness the skills, agility and athleticism of their base leadership during this year’s Operation Warmheart softball challenge August 6 through 8 at base softball field’s number two and three. Due

to scheduling conflict the chiefs and Eagles will be held Thursday at 4 p.m.

Start time of the shirts and commanders’ game will be 4 p.m. Aug. 6, but bring a sleeping bag because it will be an all-nighter.

To kick off the tournament, there will be a three-game Round Robin, then a double elimination followed by the homerun derby, which will start Aug. 7 around noon.

To sign up for the Operation Warmheart Softball Tournament or to volunteer, contact MSgt. Michelle Sloan at 828-2238 or at CMSgt. Allen Niksich at 828-4515.

Teams are slotted based on a first come, first serve, and there is a 16-team limit. The entry fee is \$125 per team plus one large bag of diapers or case of canned corn, green beans or peas.

The winning team members will receive prizes.

Regardless of the outcome of the games, one winner will certainly be Operation Warmheart. So, get out those seat cushions, sunglasses and pom-poms and come out to the ball park to cheer on those favorite teams.

What is Operation Warmheart?

The mission of Operation Warmheart, which is made up of the Mountain Home AFB First Sergeants council, is to assist military families throughout the year when times get tough financially.

Their target group is newly enlisted families with children who need assistance when the car breaks down, a family emergency exists or an extended temporary duty assignment places them in a financial hardship.

Through recommendations from supervisors to the first sergeants, the committee can immediately provide items such as food or diapers to the family in need to help minimize their hardship situation.

While their target group is newly enlisted families,

they have also assisted many junior and senior NCO grades.

Their major goal each year is to provide families in need with turkeys and the fixings for Thanksgiving and Christmas holiday meals. They also conduct an Angel Tree program just for the kids to ensure they have a nice Christmas gift under the tree. These programs greatly assist and bring the spirit of the holidays to military families during the holidays.

Each year, Operation Warmheart raises and expends about \$8,000 to \$10,000 to assist families here. Operation Warmheart has no budget from which to draw funds; the sole source of funding is accomplished through fundraisers conducted by the first sergeants, donations from squad-

rons and booster clubs, local community businesses who share in our concern to help our own and the Combined Federal Campaign.

They welcome all units and private organizations to donate to Operation Warmheart, regardless of the amount donated.

They have received donations from small bake sales to major car washes to softball tournaments, and contributors have always seen a return of the funds in assistance to families within their units throughout the year.

To learn more about or volunteer for Operation Warmheart, contact MSgt. Michelle Sloan at 828-2238 or CMSgt. Allen Niksich at 828-4515.

Gunfighter plays in the mud

By MSgt. Elise Mathias
Gunfighter public affairs

Mud puddles are not just for kids anymore. Mr. Dennis "Coop" Cooper is one of about seven Gunfighters who still likes to play in the mud, and he gets down and dirty during the mud drag races at Optimist Park in Mountain Home.

Mud drag racing is drag racing that involves mud, noise, trucks and even some cars that can handle the challenge. The vehicles plow through 150-foot long, 1 1/2-foot deep pits that are filled with mud. With runs lasting from two to nine seconds, the truck that makes it through the pit the quickest wins the match.

Coop said he took up the sport last year with a group of friends and became an enthusiast.

"I like to play in the mud," said Coop.

"The best part of racing is the fans' reactions," he said. "The kids get real excited when they see a truck that comes up, that just sounds mean and then throws mud everywhere."

He said he bought a truck locally and built it according to the specifications for mud drag racing with the help of one of his sponsors, the base auto skills center.

"We decided to be one of Mr. Cooper's

sponsors because we wanted to show the base the resources available at auto skills," said Mr. Richard Brooks, auto skills center manager. "If it can be done to a vehicle, the auto skills center has the resources and knowledge to guide people in doing it."

The auto skills center provided Coop the space, expertise and tools he needed to get his vehicle up and running.

Getting Coop's truck ready for mud drag racing encompassed using all areas of the auto skills center: the welding booth, paint booth and machine room for maintenance on the motor. With help of the trained auto skills staff, Coop was able to swap out the engine, add a lift kit, replace the gears and transmission, and completely stripped the truck down. The staff also helped him perform the body work and maintenance on the motor, paint the vehicle and set up the electrical system.

"There are no stock components" he said. "It's basically a truck shell with a big motor and transmission to make it run faster."

Coop said he choose to prep his mud drag vehicle at the auto skills center because he feels by doing the work himself, he can really take pride in his accomplishment.

"When you're done, it's something you built instead of what someone else built,"



Photos by Mr. Ben Mathias

Mr. Dennis "Coop" Cooper treads some mud while racing fans cheer him on during the mud drag races July 10 at Optimist Park in Mountain Home. Coop is one of about seven Gunfighters that participates in the Optimist Park mud drag races.

said Coop. "And, of course it doesn't cost you as much."

He said if he had given his vehicle to a civilian mechanic, it would have cost thousands of dollars.

"Major work to a vehicle can be done very cost efficiently," said Coop. "If someone needs a bracket they can build it, and the guys at auto skills center can help design what is needed rather than paying someone else to do it."

Aside from getting a rig ready to race and the parts that will eventually break, Coop said mud drag racing is an inexpensive hobby. The entry fee to race at Optimist Park is \$20 per driver and \$5 for each pit

crew member that works with him or her, he said.

Gunfighters can see Coop in action at the next mud drag races Saturday, Aug. 14 and Sept. 11 at 7 p.m. at Optimist Park.

Tickets can be purchased at the gate the day of the event for \$10 for adults and \$5 for children. Department of Defense ID card holders may also buy tickets prior to the event at the base community center for \$8 for adults and \$3 for children. There are stadium seats on both sides of the raceway.

Coop's final suggestion to those who want to join him in the mud pit: "Do it dirty, or don't do it at all."

101 Critical Days: *Water safety, rescue 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.)

Swimming safety

Research has shown most drowning incidents occur within 10 yards of shore. Learning to swim and understanding water hazards can increase chances of survival. Following are some safety tips to practice while swimming:

- ◆ Never swim alone.
- ◆ Swim at a safe place, preferably one with life guards.
- ◆ Don't swim when overheated, tired, chilled or during storms.
- ◆ Don't dive into unfamiliar waters.
- ◆ Learn basic water rescue and survival techniques.
- ◆ Know how to perform CPR on a drowning victim.
- ◆ Remember, alcohol does not mix with swimming.
- ◆ Most importantly, know your ability.

Water skiing safety

Do's:

- ◆ Know how to swim and wear a personal flotation device.
- ◆ Have two people in the boat – one to drive and one to watch the skier.
- ◆ Stay away from solid objects such as docks, other watercraft and stumps.
- ◆ Run parallel to shore, and come in slow to land.
- ◆ Stay away from fishers, divers, swimmers, etc.
- ◆ In case of a fall, clasp both hands overhead to signal the O.K.
- ◆ Hold up ski after falling in crowded boating areas.

Don'ts:

- ◆ Don't ski in shallow water.
- ◆ Don't wrap rope around any part of the body.
- ◆ Don't ski at night.
- ◆ Don't ski in front of another boat.
- ◆ Don't tell boat to go until rope is taut.

- ◆ Don't overdo it and become tired.
- ◆ Don't jump from the boat while it is moving.

Water rescue techniques

The Red Cross creed for lifesaving has four rescue techniques people should follow in sequential order when trying to rescue a drowning victim. Do not try the next rescue procedure until it is certain that the previous step will not work.

- ◆ First, try to reach the person. Use a hand or anything else that can be held onto such as a jacket, belt, rope, fishing pole or an oar.
- ◆ Second, throw something to the person that will float such as a plastic bottle, beach toy, spare tire, or piece of wood.
- ◆ Third, if the victim is too far away, go to them by using a log, surfboard, small boat, raft, or anything else that can be rowed or paddled with hands.
- ◆ Fourth, swim out and tow the victim to shore only if a good swimmer that has been trained in water rescue.



Photo by SSgt. Christopher Campbell

Miniature golfers

Alexander Campbell tees off on the fourth hole during a parent/child tournament at the golf course. The tournament was the finale of U.S. Kids Golf training that was held recently at the Silver Sage golf course.

Deployed Gunfighter keeps Airmen fit to fight



Photos by TSgt. Lester Demetrius

Fitness specialist A1C Natalie Ficarra, a Gunfighter assigned to the 379th Expeditionary Services Squadron, leads attendees of the combat calisthenics class. A1C Ficarra instructs the class three times a week at an undisclosed location in Southwest Asia.

By Capt. Jeff Glenn
379th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA -- The class starts innocently enough: three laps around the gym to start warming up and then some light stretching. But when it ends an hour later, participants feel as if they've worked every muscle in their body — including some they didn't even know they had. Welcome to Combat Calisthenics.

Designed as an hour-long class that focuses on stretching, aerobic fitness and muscular strength, class participants are put through a myriad of exercises. Push-ups, crunches, sprints and more are all on the menu.

"This is a total body workout and we hit all the major muscle groups," said class instructor A1C Natalie Ficarra, a Gunfighter assigned to the 379th Expeditionary Services Squadron. "Quads, hams, and glutes are worked with lunges, squats, and wall work. The back, biceps and triceps are worked using push-ups and triceps dips. We do multiple types of exercises to work our abs."

The intent of the class is to improve participant's overall fitness level, whether a beginner or advanced. A side benefit is that continued participation may help class at-

tendees improve their performance on the Air Force physical fitness test.

"I've been attending the class at least once a week for the last three months and the benefits are phenomenal," said A1C Justin Franco, 379th Expeditionary Service Squadron. "My flexibility, endurance, strength and stamina have all increased. I've improved on my fitness test and I feel better about myself."

An average of 30 people of varying fitness levels attend the class. Some come individually to work out and others come to the class as a group.

"I just rotated into the theater and this class is part of my shop's physical training program," said A1C Tim Madden, 379th Expeditionary Civil Engineer Squadron. "While I work out on my own, this is one of the best workouts I've had in a long time."

Stretching is an important part of the class and nearly every class ends with a short session of sprints.

"I try to make this a fun and motivating fitness class for anyone who wants to work hard and sweat," said A1C Ficarra.

And judging from the growing attendance and positive response to the class, A1C Ficarra seems to have succeeded in doing just that.



A1C Ficarra leads the class in a series of push-ups to work their back, biceps and triceps.

A sign of the times

The sign marking the entrance to Camp Andy, the tent city that served a forward deployed military installation in Southwest Asia for nearly three years, was taken down July 3.

The tent city was made obsolete by a newer billeting area that features, among other things, hardened facilities, running water, a base exchange and a movie theater.

Camp Andy was dedicated to MSgt. Evander Earl "Andy" Andrews, who died at the age of 36 in an October 2001 construction-related accident at the installation.

MSgt. Andrews, a Gunfighter and civil engineer, deployed to the region from here in support of Operation Enduring Freedom. He is survived by his wife and four children.

MSgt. Andrews was the first reported American servicemember to die during OEF.

The entrance sign will be returned here and will be placed in Holt Park until September at which time it will be moved and remain at the civil engineer building.

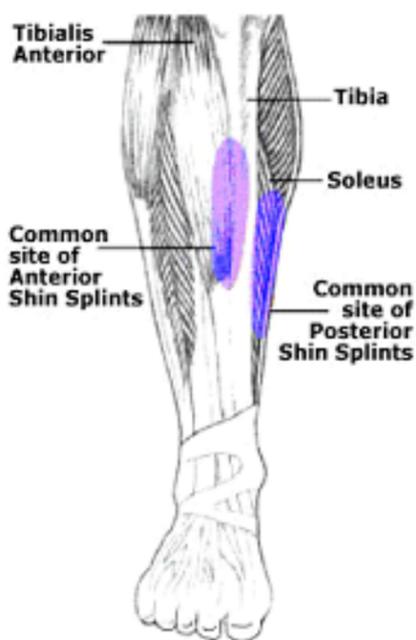


Photo by photo by MSgt. Natalia DaSilva

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 MSgt. C. Timmis Winstanley, human performance training team; Mr. Richard Myhre, exercise physiologist; TSgt. Tim McKeon, health promotion clinician; and Capt. Bradley Hochstetler, flight surgeon, contributed to this article. Some information contained in this article came from the American Heart Association www.americanheart.org/.)

Shin splints



One of the most common sports injuries from high school well into adulthood are shin splints.

Typically pain is felt from the top of the ankle to about half way up the lower leg on the front (anterior), back, or interior part (posterior/medial) of the shin bone (tibia.)

Symptoms include a dull ache, pain when touched, to pain radiating up into the knee when pressure is placed on the foot.

As you run, the pain may disappear but this does not mean damage is not being done to the muscle.

The pain is caused when starting a running or walking program at too high of an intensity. If already involved in a conditioning program, persons are still susceptible when increasing the intensity level too quickly.

The actual pain is caused by inflammation and / or tearing of muscle and tendons in the feet and lower legs.

If you are one of the few to have never suffered from shin splints, congratulations! If you have, you know the frustration associated with shin splints. Treatments vary but by far the best is to not get them in the first place. Here are several tips to prevent shin splints:

- Warm-up and stretch muscles prior to running.
- Participate in lower body weight training.
- Begin or increase a running program slowly.
- Don't run on hard surfaces.
- Spend the extra money and buy real running shoes.

termine if orthopedic supports are needed.

If pain is experienced during a workout, stop and take a break. Some discomfort while training can be expected but pain should never be ignored.

To treat shin splints, ice the effected area, apply mild compression for support and elevate. Take a break from exercise for a few days to allow the injury to heal. Utilize a no impact sport like bicycling for an aerobic workout. Stretch both the gastrocnemius and soleus calf muscles three times a day for three sets of 30 seconds.

If pain continues beyond three days without any relief, seek medical assistance.

Resistance training

While on the topic of preventing injury to the lower leg here are some resistance training exercises for the Tibialis Anterior, or front muscle next to the shin, and the gastrocnemius and soleus calf muscles.

The conventional workout only focused on the back portion of the lower leg. This was accomplished using the standing and seated calf raise.

The standing calf raise works the gastrocnemius, which are the two prominent muscles of the calf attached at the back of the knee off the femur that connect to the calcaneus, or heel bone, via the calcaneal tendon.

The seated calf raise works the soleus muscle, which lies beneath the gastrocnemius and extends from the superior fibula down the base of the ankle.

Strengthening the Tibialis Anterior is one of the keys to avoiding shin splints. It can be done by placing the toes under the edge of a sit-up bar and lifting the toes until a resistance on the muscles is felt on and around the shin. Hold the position for 30 seconds and repeat three times. Performing three sets of the exercise is recommended every time the legs are worked.

The Tibialis Anterior can also be strengthened by walking forward or backwards on the heels. If having trouble walking around on the heels, try placing the back against a wall and then moving feet 10 to 15 inches away from the wall. Next, roll back onto the heels thereby bringing the rest of the foot off the floor. As the toes come off the ground the shin muscles should be tightened. While raising the toes, alternate the direction from which the toes are raised; point the toes out, straight ahead, inward and then raise them off the floor. Do two sets of 20 three times a week. Also, alternating the starting direction will develop the muscle more evenly.

Ultimately, strength training requires reciprocal muscle development. By not working the Tibialis Anterior and overworking the calves, it is possible to exercise into an injury. Balanced strength training is the cornerstone to fitness and injury prevention.

Aerobic training

The majority of adults received help during their initial steps as a toddler. It took time, patience and a lot of practice to get up and standing on those two feet.

Once proficient at balancing, it was time to start moving those feet. It started out slowly at first, but gradually got faster and faster. What made it easier was all the support and encouragement from family and friends.



Photo by Ms. Kristy Swartz

2nd Lt. Leonel Bradford, 366th Security Forces Squadron, runs 10 laps on the track at the base fitness center Tuesday in preparation for a 10k race he plans to compete in.

Immediately after joining the Air Force that supportive and encouraging family was replaced by a military training instructor who motivated you to run quickly and in-step with about 49 others.

Nineteen years ago, recruits ran in the sneakers they brought. Today, the Air Force provides initial physical training gear – definitely a safer start.

Beginners or those restarting a running program can get help at the health and wellness center by calling 828-1238 for an appointment with one of their trainers.

For those who want to go at it alone, the following are some tips to more effective running:

1. Beginners should start slow and set achievable goals. Run for two minutes and then walk for one. Run longer and reduce the walking phase as the body adapts.

2. Coordinate breathing with strides. It is not normal to be gasping while running. People who are gasping should slow down or stop and recover.

Inhalation and exhalation can be accomplished on a rhythmic two-count pace. On the first step, or right foot, breathe in half the needed lung volume; on the second step, or left foot, inhale the remainder.

As the right foot hits the ground again, half the lung volume is expelled. Likewise, when the left foot touches down, the remainder is released. Then, repeat the process.

3. Coordinate breathing with speed. Using the technique above, increase the respiration rate when running faster, and decrease when slowing down. Remember to maintain the pace. This takes a lot of practice, so don't give up.

4. Document, document, document. Keep a visual record of accomplishments. It is too easy to cheat on those mental memos. When a goal is met, celebrate with a reward.

Diet and nutrition

Whenever the topic of cholesterol is brought up, someone who most likely just accomplished their preventative health assessment volunteers their ratio or three-letter acronyms followed by numbers.

The Air Force performs two cholesterol tests: fasting and nonfasting. The most common is the nonfasting, which is conducted during the annual PHA.

The fasting test is typically accomplished every five years and requires participants to not eat or drink anything except water for 12 hours prior to having the blood drawn.

Knowing one's cholesterol level is important because it is one of the leading risk factors for heart disease.

Cholesterol is a waxy, fat-like substance found in every cell of the body. It is used to help digest fats, strengthen cell membranes and make hormones.

Cholesterol can form a plaque that builds up on the walls of the arteries. As the plaque builds up, the artery becomes less flexible, restricts blood flow and over time, results in angina, or chest pain, or a heart attack when blood flow is completely blocked.

What does one need to know about concerning cholesterol?

First, find out the total cholesterol. A count less than 200 is recommended, 200 through 239 is borderline, and 240 and up is high.

Secondly, determine the ratio. The ratio is calculated by dividing the total cholesterol by the High Density Lipid Protein. The optimal ratio is 3.5 to 1; anything above 5 to 1 is getting high.

HDL is the good cholesterol. Levels above 60 mg/DL is optimal. A score below 40 increases the risk for heart disease.

Low Density Lipid Protein is the bad cholesterol. Above 190 is considered very high, 160 to 189 is high, 130 to 159 is borderline, 100 to 129 is good and 100 or less is optimal.

If the total LDL is higher than 200, have a provider check the Triglyceride levels. Keeping Triglyceride levels below 150 is normal where 200 or more is high.

Cholesterol levels are controlled by avoiding saturated, trans fats and getting plenty of aerobic exercise. Additionally, many other associated risks can be reduced significantly by stopping smoking, controlling weight and blood pressure, and eating more healthy meals.