



The GUNFIGHTER

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July 30, 2004



Photo by SSgt. Christopher Gish

A special reenlistment

Renowned musician Mr. Charlie Daniels (left) assists Col. Charles Shugg, 366th Fighter Wing commander, in the reenlistment of MSgt. Michael Callihan, 366th Maintenance Operations Squadron, TSgt. Bill Blalock, 366 Component Maintenance Squadron, and SSgt. Randall Willocks, 366th Aircraft Maintenance Squadron Tuesday. Afterwards, the newly reenlisted Airmen and about 3,100 other Gunfighters attended a free concert put on by the Charlie Daniels Band at Holt Park. (See page 5 for full story.)

Airman trains Iraqi military leaders

By 1st Lt. Lucas Ritter
Gunfighter public affairs

Every servicemember has had a stake, small or large, in the war on terrorism. Whether at home station or deployed, whether dodging bullets or dropping bombs, all the men and women of the U.S. military have had an impact on the Global War on Terror.

One Gunfighter in particular has had a hand in training the new Iraqi army's NCOs and squad leaders. TSgt. Richard Parsons, a professional military education flight instructor assigned to the 366th Mission Support Squadron, was one out of 30 Air Force members charged with training the Iraqi recruits. This marked the first time that a PME instructor has been called to teach PME in the field.

"I was excited to be selected for this position," said TSgt. Parsons. "But I was surprised because I didn't have prior knowledge of the assignment."

The 30 Air Force PME instructors joined up with other instructors from the Army, Navy and Marines in Iraq. The task at hand was to train members of a volunteer Iraqi army to become capable leaders. The task, however, was not the same, nor as easy, as teaching American Airmen, Soldiers, Sailors and Marines to become solid military leaders.

First, there were several obstacles that TSgt. Parsons and the rest of the Air Force instructors had to overcome.

"Of course there were stereotypes that each service had about each other," said TSgt. Parsons. "The Air Force operates a little differently than the other services do, so when we first arrived there, everyone had to do some ad-

justing. The Army was in charge and they treat their mid-level NCOs differently than we do, so we had to learn to stay in our lane, so to speak."

The Air Force overcame the differences in military culture, and it did not take long for the other services to see that Air Force instructors were valuable asset to the team.

According to TSgt. Parsons, the Air Force often balanced some of the other instructor's more blunt teaching techniques.

"We certainly didn't baby the trainees, but we tried to understand their culture and adapt our teaching style to fit what they needed," he said.

The difference in service culture was not the only barrier that TSgt. Parsons and the other instructors had to overcome. All the American instructors had to learn the culture of the Iraqi trainees. That included learning about their customs, language and religion.

To make matters more complicated, some of the trainees were Kurdish did not speak Arabic as most Iraqis do, said TSgt. Parsons.

"It was very difficult at first," said he said. "We had to speak through Jordanian officers who would translate from English to Arabic. Then a selected student in the class would translate from Arabic to Kurdish."

At graduation, all of the PME instructors were able to stand proud as they saw the trainees march across the parade field and receive their orders.

"We saw something amazing that day," said TSgt. Parsons. "We saw Arabs, Kurds and Americans all embrace each other before going our separate ways. We created bonds with our interpreters and trainees that will last a lifetime."

Newsline

Award winners

Congratulations to Amn. Christopher Haney for being selected as the First Term Airmen Center's Sharp Troop for Class 04U and AB Nicole Rushmeyer for receiving the Class 04U Razor Sharp award for excellence in dress and appearance.

Donations needed

Staff Sergeants Sara Johnson and Rebecca Janssen are collecting donations for the Belovedskoye Psych-Neurological Orphanage in Belovedskoye Village, Kyrgyzstan.

People are encouraged to drop cloth diapers, diaper pins, wipes, coloring books, socks, toothbrushes, stuffed animals, paper, balls, nonperishable candy, hair accessories, blankets, bedding, band-aids, etc. in one of the boxes at the base exchange, commissary, community center, and bowling alley by today.

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. Thursday.

Golf scramble

There is an Operation Warmheart golf scramble scheduled for 9 a.m. Aug. 28 at Eagle Hills Golf Course, 605 N. Edgewood Lane in Eagle, Idaho.

People who wish to participate should register by Aug. 6. Team entry fee for four players is \$250, and \$12.50 of each registration per person (total of \$50 per team) is tax deductible. Funds raised will be used to help Gunfighters in need.

For more information or to sign up, contact a first sergeant.

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.

Airmen Appreciation Day

Airmen E-4 and above are invited to an Airmen Appreciation Day barbecue Aug. 6 from 6 to 10 p.m. at the base sports and fitness center pavilion.

Commissary closure

The base commissary will be closed Aug. 10 to complete the reset of the store. For more information, call 828-2164.

Youth school, sports physicals

The 366th Medical Group is conducting school and sports physical clinics for youth Aug. 10 and 11 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.

Around town

New to the local area or looking for something to do? Check out the Around Town section on page 12 for free community events and fundraisers.

Deployed Gunfighters in action

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

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 Civil Engineer Squadron

Days without a DUI:

11

AADD made 23 saves in July, 190 in 2004

Defense secretary addresses reason for U.S. involvement in Iraq

WASHINGTON (AFP) -- The following is a message to the troops from Secretary of Defense Donald H. Rumsfeld on why the United States is fighting in Iraq:

"More than 15 months ago, a global coalition ended the brutal regime of Saddam Hussein and liberated the people of Iraq.

"As in all conflicts, this has come at a cost in lives. Some of your comrades made the ultimate sacrifice. For your sacrifices, our country and the president are deeply grateful.

"In a free, democratic country we have vigorous debates over important public policy issues -- none more heated than a decision to go to war. But this should not distract us from the mission at hand or lessen the magnitude of your accomplishments.

"The threat we face must be confronted. And you are doing so exceedingly well. Indeed it has been an historic demonstration of skill and military power.

"On September 11, 3,000 citizens were killed by extremists determined to frighten and intimidate our people and civilized societies. The future danger is that if the extremists gain the potential, the number of casualties would be far higher. Terrorists are continuing to plot attacks against the American people and against other civilized societies. This is a different kind of enemy and a different kind of world. And we must think and act differently in this new century.

"These extremists think nothing of cutting off innocent peoples' heads to try to intimidate great nations. They have

murdered citizens from many countries -- South Korea, Japan, Spain, the United Kingdom and others -- hoping to strike fear in the hearts of free people.

"Theirs is an ideology of oppression and subjugation of women. They seek to create radical systems that impose their views on others. And they will accept no armistice with those who choose free systems.

"They see the governments of the Middle East, the United States and our stalwart allies all as targets.

"Consider the background. In the span of 20 years, Hussein's Iraq invaded two neighbors, Iran and Kuwait, and launched ballistic missiles at two more. He employed poison gas against soldiers in Iran and against Kurdish villagers in his own country.

"The United Nations and the U.S. Congress shared the view that Saddam's regime was a threat to the region and the world. Indeed, in 1998, our Congress passed a resolution calling for the removal of the regime. And over the years the U.N. passed 17 resolutions condemning Saddam's regime and calling on him to tell the UN about his weapons programs. He ignored every one.

"Information gathered since the defeat of Saddam's regime last year confirms that his last declaration to the United Nations about his weapons programs was falsified.

The U.N. resolutions had called for "serious consequences" should Saddam not comply. He did not.

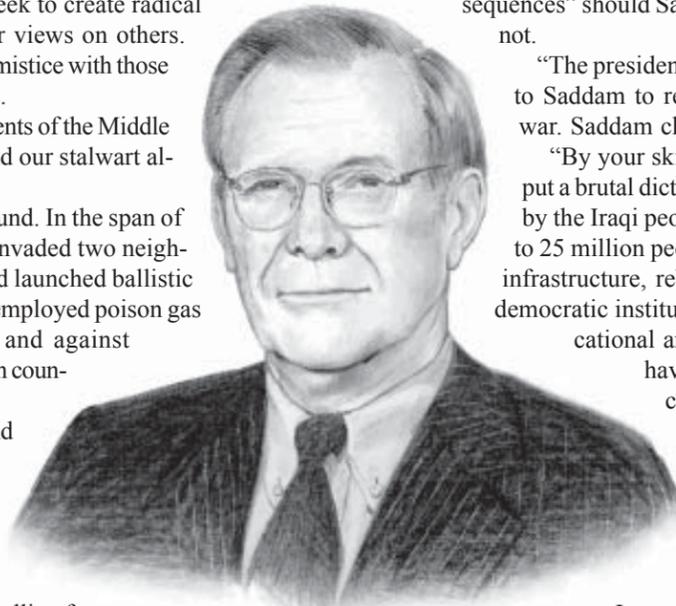
"The president issued a final ultimatum to Saddam to relinquish power to avoid war. Saddam chose war instead.

"By your skill and courage, you have put a brutal dictator in the dock to be tried by the Iraqi people and restored freedom to 25 million people. By helping to repair infrastructure, rebuild schools, encourage democratic institutions and delivering educational and medical supplies, you have shown America's true character and given Iraq a chance at a new start.

"But most importantly, your fight -- and ultimate victory -- against the forces of terror and extremism in

Iraq and the Middle East will have made America safer and more secure.

"You are accomplishing something noble and historic, and future generations of Americans will remember and thank you for it."



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

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

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

Rack 'em up -- Annual Gunfighter winners

Welcome to Gunfighter
Country -- home of a
winning attitude!



Air Force Awards 5



Air Combat Command Awards 22



12th Air Force 3

Senior NCO promotion video 'demystifies' board process

RANDOLPH AIR FORCE BASE, Texas (AFP) -- Officials from the Air Force selection board secretariat and the enlisted promotions branch at the Air Force Personnel Center here have a new video to help shed light on the inner workings of the selection board process.

The video is an effort to educate all Airmen about senior enlisted promotion boards.

A copy of the video, titled *How Senior NCOs Are Promoted to Senior and Chief*, will be distributed to each Air Force installation public affairs office, military personnel flight, command chief master sergeant,

as well as to all noncommissioned officer academies and the Senior NCO Academy.

The video provides an insider's view of boardroom activity, including how records are scored and what board members actually do when evaluating candidates for promotion.

"It's important for all enlisted personnel, as well as officers and civil service employees who supervise them, to know how the Air Force promotes senior NCOs to the top two grades," said SMSgt. Nathalie Swisher, video production coordinator.

"The career path to chief master ser-

geant begins early in an enlisted member's career," SMSgt. Swisher said. "This video will stress the essence of how Airmen can take control of their careers early, and how supervisors can assist in helping them reach their goal."

The video explains the process from the way board members are chosen to sit on selection boards to how board members affect the final promotion list.

One point of emphasis is the importance of each master and senior master sergeant keeping his or her records current and correct.

"We have a great promotion system. There are numerous safeguards in our promotion process to make sure it remains so, while ensuring Air Force members receive fair and equitable consideration," said Col. R.J. Rouse, chief of the selection board secretariat. "The video highlights those safeguards as well as other important promotion topics."

The video should be available by early September.

For more information, contact the MPF at 828-2133.

(Courtesy of AFPC News Service)

Thieves on base pay higher price

Capt. Jonathan Wasden
Gunfighter legal office

People who steal from retailers may think that they are getting something for free, but the actual price they pay when they shoplift is far beyond the few dollars they thought they were saving.

Everyone has seen signs in retailers' dressing rooms and restrooms that remind patrons what will happen if they are caught shoplifting. Everyone also knows those who shoplift downtown may be prosecuted. But, what some people may not know is that shoplifting from the base exchange or commissary makes life much more difficult than if they were to take the "five-finger discount" from a civilian retailer.

Similar to shoplifters downtown, active-duty military members who shoplift from the base exchange or com-

missary are subject to prosecution under the Uniform Code of Military Justice, and civilians who shoplift are subject to being processed through the United States Attorney's office in Boise.

On base there are two additional sanctions: loss of their Army and Air Force Exchange Service privileges, and a \$200 civil recovery fee.

Shoplifters on base lose their privileges to shop at any AAFES for a minimum of six months, and more likely a year. For people living in a large metro area with multiple convenient shopping choices, this would not be a big problem. However, those who live at Mountain Home AFB, where the nearest store is twelve miles away, small trips to the store for a gallon of milk or a soda can become a huge burden.

Consider the cost in gas alone to go downtown to shop for a year, and the price adds up quickly.

Another price that many people are unaware of is the

civil recovery fee. Simply put, federal law authorizes AAFES to collect \$200 from someone who has shoplifted, whether or not the item is returned. If the shoplifter has damaged or no longer has the stolen item, the entire cost of the item will be added to the \$200.

Offenders receive two letters demanding payment of the fee from the manager of the store where the incident occurred, and if the debt is not paid in 30 days, the debtor's commander is notified. In the case of civilian offenders, the sponsor's check cashing and Military Star Card privileges are suspended until the debt is paid.

Finally, if the fine is not paid up front, the IRS takes it out of the offender's tax return and gives it to AAFES.

Criminal prosecution, loss of AAFES privileges and a \$200 fee lie in store for every potential shoplifter. Add those costs to the embarrassment of being a known thief, and it makes paying for items look like the low cost alternative.

101 Critical Days: Preventing fitness injuries



Photo by SSgt. Christopher Gish

Gunfighters gear up with the appropriate equipment in preparation of the Bike to Town challenge Saturday. Participants started at the base fitness center and biked to Carl Miller Park in downtown Mountain Home.

(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.)

There's hardly an athlete alive, weekend amateur or professional, who hasn't known the pain, disappointment and frustration that can result from a fitness-related injury.

While some accidents are beyond one's

control, following these guidelines for exercising safely can prevent the vast majority of fitness injuries.

Warm up/cool down

The most important times for preventing fitness injuries occur while not engaged in activity. The periods before and after exercise are critical times for preventing unnecessary pain and injury.

By warming up for five minutes prior to exercise with gentle activities like running

in place, one can increase blood flow to inactive muscles and gradually raise his or her heart rate to its target zone. Similarly, one can gradually lower his or her heart rate to its resting rate by simply walking for five minutes or so after exercise.

Stretching

Gentle static stretching is actually a part of the warm up/cool down process. Stretching before exercise limbers tight muscles and improves joint flexibility, thereby reducing the risk of sprains and tears.

Concentrate on stretching those muscle groups used in a particular activity. For example, runners will want to concentrate on stretching out the legs, while swimmers will want to pay extra attention to upper body muscles.

Static stretching for a few minutes after exercise is also recommended to prevent muscle soreness.

Using safety devices

Helmets, goggles, mitts, braces, guards, pads and sunscreen are just a few of the numerous safety devices available for today's active person.

Each activity carries its own risks, and the devices used depend on the particular activity. The point, however, is to use them.

While some safety gear may feel awkward or look funny, keep in mind that these minor inconveniences are far outweighed by the risk reduction you'll enjoy.

The most important factor in fitness injury prevention is common sense.

Make sure muscles are conditioned before engaging in vigorous activities and use the right equipment and available safety devices.

Fitness should be fun. The best way to enjoy an activity and prevent unnecessary injuries is to use common sense.

Using the right equipment

Improper equipment such as worn exercise shoes or an ill-fitting bicycle can cause more harm than is generally realized. Always check equipment before and after an activity and be sure to make replacements or repairs promptly.

Worn out running shoes may bring "good luck," but they can also cause an ankle or leg injury if they fail to support the feet properly.

Even though cycling places less stress on bones and joints than other high-impact sports, an ill-fitting bicycle can lead to back and knee pain and injury. Whatever the activity, be sure that equipment is in top condition before risking health and safety.

Gunfighters celebrate KidsDay

By SrA. Chawntain Sloan
Gunfighter public affairs

Parents and children jumped at the chance to spend some quality time together Tuesday during National KidsDay at Holt Park.

Transformed into a bouncy wonderland, the park became the stomping ground to about 1,000 Gunfighters who came out to support The Boys and Girls Clubs of America's nationwide effort to bring military parents and children closer together.

Three different inflatables – the giant slide, the obstacle course and the bounce – accommodated both adults and kids, allowing them to play together. Other activities included face painting, hula hoop contests and three-legged races.

Families fueled their fires with hamburgers, chips, ice cream sandwiches and soda donated by Swire Coca-Cola, the Idaho Beef Council and the Idaho Dairy Council.

The **Eddie Coffey Band**, a Celtic band from Newfoundland, was also on hand to provide live entertainment and get the families moving.

Col. Ted Thompson, 366th Fighter Wing vice commander, summed up the celebration by reading the official KidsDay Proclamation – a pledge that parents and kids will spend meaningful time together, talk, listen, learn, and play not just one day a year, but everyday.

But the party didn't end there. The park transformed from a kid's haven to a family-oriented outdoor concert.

Almost 3,100 Gunfighters caught the world-renowned **Charlie Daniels Band** in action.

Part of the Spirit of America tour, the band came to



Photo by SSgt. Christopher Gish

Liam and his mom, Ms. Laura Goldthwait, celebrate KidsDay together by dancing to the music of the **Eddy Coffee Band**.



Photo by SSgt. Christopher Gish

Children from the child development center sing the KidsDay theme song during the National KidsDay opening ceremony at Holt Park Tuesday. About 1,000 parents and kids took part in the celebration that was initiated by the base youth center and the Boys and Girls Clubs of America to bring military families closer together.

Mountain Home AFB on their day off to thank Airmen stationed here for all they do to keep the nation safe.

They enticed the crowd with some of their well-known classics including the **The Devil Went Down to Georgia**.

"(I've) been playing for the military since I started playing music. I love it," said Mr. Charlie Daniels. "They're a great audience, and I'm very supportive of what they're doing."

According to Mr. Robert Rosenthal, the president of the Spirit of America tour, Mountain Home AFB was just

one of the many free concerts that the **Charlie Daniels Band** will put on this year.

There are currently 18 scheduled Spirit of America concerts featuring various artists including the **Charlie Daniels Band**. Mr. Rosenthal said he looks at individual tour schedules of various performers including and tries to fill gaps in their schedules by booking any nearby military installation so they can perform for the troops, said Mr. Rosenthal.

"I wanted to do something after 9/11 and figured this was the way to go," said Mr. Rosenthal.



Photo by Ms. Kristy Swartz

The park was transformed from a KidsDay celebration to an outdoor concert hosted by the world famous **Charlie Daniels Band**. The band is currently participating in the Spirit of America tour and stopped by Mountain Home AFB on their day off to show their appreciation for what Gunfighters are doing.

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; and Capt. Bradley Hochstetler, flight surgeon, contributed to this article. Some information contained in this article came from eric.quay.net.)

Preventing knee injuries



Chronic injuries may result from overuse and poor biomechanics over long periods of time. Occasionally, overuse injuries of the knee are caused by improper biomechanics of the feet, so ask a health care provider to check

feet and shoes for proper fit and support. In particular, check for excessive flattening or pronation of the feet as standing and walking.

There are three tendons most frequently noted for overuse injuries: the patellar tendon connecting the patella to the lower leg, or tibia, iliotibial band along the lateral of the leg and knee, and popliteal tendon situated on the posterolateral aspect of the knee.

Often times, the catchall term, runner's knee, is given to all three injuries.

Iliotibial band friction syndrome is a leading cause of lateral knee pain. The iliotibial band is a superficial thickening of tissue on the outside of the thigh and leg. The band begins on the outside of the pelvis and runs over the outside of the hip and knee, inserting on the tibia just below the lateral femoral epicondyle of the knee. Running and cycling can produce sufficient friction of the band to cause painful inflammation.

Treatment starts by taking a break from the aggravating activity. If the area is not too inflamed, a massage may be able to release some of the tension. Stretching in a giant "C" shape can help. Stand with the affected leg crossed behind the other. Bend-

ing sideways at the waist, lean the upper body as far as possible toward the unaffected side while lifting the arm on the affected side over the top of the head. It may help to lean the affected hip against a wall for balance. Hold the pose for 15 to 20 seconds, and repeat five times. If still uncomfortable, rub the area with ice for five to ten minutes following activity.

Next, anti-inflammatory medications may be used, and in rare instances, a last resort may be partial surgical release of the tight band.

For answers to medical questions or concerns about sport injuries, see the appropriate primary care manager.

Aerobic training

Spinning has been described as an indoor group ride led by a drill instructor. The attraction of the class is that misery loves company. For those who are wondering how spinning might be different from riding a stationary bike, here's the answer.

Spinning is an indoor, stationary, team-cycling workout that simulates outdoor riding movements while incorporating motivational techniques.

Spinning bikes were designed to create the sensation of riding a real bicycle, so people can enjoy the feel of outdoor riding without the associated dangers and setbacks.

The bikes are adaptable; thus, they can give everyone a comfortable fit while also simulating different terrain.

The goal of a spinning class is to enhance both physical fitness and sense of accomplishment. Each class is an intense workout; participants burn an average of 500 calories per 40-minute class.

Spinning also offers nonimpact aerobic conditioning for individuals who prefer or are limited to such a workout and does not require much physical coordination, unlike most aerobics classes. The sense of teamwork each spinning class cultivates can also provide that extra motivation and sense of accomplishment that people need to get them excited about exercise.

Warning: Once that flywheel gets turning, don't just stop pedaling. It takes a while for something with that kind of mass to lose momentum and slow down. It's kind of

like stopping on a fixed gear track bike. This can take a novice by surprise.

Resistance training

Working out can be a great opportunity to help oneself in countless ways. The fact still remains, however. Workout routines can become just that: routine.

Here is a slight change to the blessed bicep curl. For a great pump, finish the biceps off with the continuous tension offered by focused cable work.

Set the cable crossover machine with one arm handles in the top position on both sides and a straight-bar attached to the low position on one side. Set the stack with the straight-bar attached to a moderately heavy weight, suited to lifting ability. Set the other weight stack at one half that weight.

Start the set by doing the straight-bar curls. Use a comfortable grip. Be sure to fully contract the biceps in the peak position; this is key. When the top position is reached, try curling the wrists inward towards the chin to further emphasize the contraction. Lower the weight slowly to really work the eccentric part of the movement. Shoot for eight to 12 reps or until the arms are exhausted.

When complete, immediately drop the weight stack by half. The other side should already be set; this is to save time while transitioning from one movement to the next.

Grab the two upper handles as if about to do cable crossovers, only have the palms pointing up towards the ceiling. Now, curl both arms in towards the head as if striking a front double-biceps pose. Squeeze at peak contraction, and hold for a count of two. Be sure to emphasize the negative part of the movement.

Again, stick with a rep range of eight to 12 or until the arms are exhausted. Take a minute, then repeat the superset once more.

Diet and nutrition

The Food and Drug Administration is requiring food manufacturers to spell out for consumers how much Trans fat is in the foods by Jan. 1, 2006. The FDA has failed to find a single standard but has long acknowledged that the fats – also known as Trans fatty acids – have a remarkable potential to clog arteries.

Many people eat large amounts of Trans

fats without knowing it.

What are Trans fats? Nearly all of the Trans fats in diets are artificial. They are created in a process called partial hydrogenation. The process itself combines liquid vegetable oils that are mixed with hydrogen and then heated. Their unusual structure allows them to pack tightly together, which is why shortenings and margarines made with Trans fats are solid at room temperature.

How dangerous are Trans fats? According to the American Heart Association, Trans fats can alter a person's cholesterol levels. Trans fats boost LDL, or bad cholesterol. This is the type that is associated with clogging arteries and causing atherosclerosis and coronary heart disease.

Trans fats also reduce the levels of HDL cholesterol, the cholesterol that helps keep arteries clear.

According to a report from Harvard University, this two-pronged assault makes Trans fats roughly twice as dangerous as saturated fats.

Where are Trans fats found? Stick margarine and vegetable shortenings owe their texture to Trans fats. Fast food restaurants use partially hydrogenated vegetable oil for deep frying, French Fries and other fried foods are often loaded with Trans fats. Trans fats are also found in many commercial baked goods like crackers, cookies, muffins and pastries.

What can be done now to limit Trans fats? According to the AHA, a low-fat diet offers strong protection against Trans fats. Those who are already sticking to AHA guidelines and getting less than 30 percent of your calories from fat and less than 10 percent from saturated fat probably don't have to worry much about Trans fats. However, those that aren't need to take a closer look at what they eat. If doughnuts, French fries, store-bought muffins and cookies are staples of one's diet, it's time to cut back.

Even before Trans fats are listed on labels, a little reading will still go a long way. If the label lists hydrogenated or partially hydrogenated vegetable oil as a major ingredient, the product is bound to contain Trans fats. When possible, choose foods made with naturally unhydrogenated oils such as canola or olive oil.



U.S. Air Force photo

Getting some net

SSgt. Brad Roscoe, a Gunfighter assigned to the 447th Expeditionary Civil Engineering Squadron, drills in netting that was used for a concert July 2 at Baghdad International Airport. SSgt. Roscoe is stationed at Camp Sather in support of the United States transfer of sovereignty to the Iraqi people.