

## 2 BW safety office submits record number of nominees

By Senior Airman Allison M. Boehm  
2nd Bomb Wing Public Affairs

The 2nd Bomb Wing safety office recently submitted a record number of Air Force and Air Force Global Strike Command annual safety awards.

A total of eight squadron level or below organizations and 20 personnel consisting of individual and team awards were submitted in 21 different categories.

According to Rick Knowles, 2 BW deputy chief of wing safety, recognition for these awards tells a story in itself.

Each award has different selection criteria and recognizes both individuals and organizations for superior performance for outstanding safety acts and achievements.

Competition across the Air Force is very close as each package is graded against other nominees from like units at other bases. They compete at the numbered Air Force level, and then they move on to the major command and then compete at the Air Force level.

The Air Force Safety Awards Program was developed to recognize outstanding safety acts and achievements and Knowles added, the members of the 2 BW had an outstanding year.

"We have outstanding units and personnel who made tremendous strides in mishap prevention and safety that deserve recognition," said Lt. Col. John Edwards, 2nd BW chief of safety. "Our awards submissions spanned the entire wing, from mission support and maintenance squadrons to the flying squadrons. This illustrates a total wing effort in accomplishing our mission, and we're proud to be a part of it."

However, even with such outstanding units, submitting a record number of nominees was no easy feat. Numerous hours were required by commanders and supervisors to write and submit award packages. Their dedication ensured their units and personnel were properly recognized for their achievements despite Barksdale's busy operations tempo.

"Being the nominee from the Air Force's largest bomb wing is a significant achievement and honor reflecting hard work and a dedication to safety," said Colonel Edwards. "Deuce warriors worked tirelessly this past year to ensure the 2 BW has the combat capability needed to support Eighth Air Force and AFGSC in both nuclear deterrence and global strike missions."

**"We have outstanding units and personnel who made tremendous strides in mishap prevention and safety that deserve recognition."**

**Lt. Col. John Edwards**  
2 BW chief of safety



U.S. Air Force photos by Tech Sgt. Jeff Walston  
Lt. Col. Robert Hetland, an A-10 pilot with the 47th Fighter Squadron from Barksdale Air Force Base, taxis his jet to the runway for an orientation flight in preparation for the Hawgsmoke 2010 competition in Boise, Idaho, on Oct. 13.

## FS pilots compete at Hawgsmoke 2010

By Tech. Sgt. Jeff Walston  
917th Wing Public Affairs

Clear blue skies served as the backdrop as media and guests of the 190th Fighter Squadron filled the stands and waited for the beginning of the gunnery phase of Hawgsmoke 2010 competition Oct. 14 at the Saylor Creek Range in Idaho.

Hawgsmoke, which began in 2000, is a biennial worldwide A-10 bombing, missile and tactical gunnery competition hosted by winners of previous competitions.

This year's competition was held at Gowen Field in Boise, Idaho, and hosted by the 190 FS with the Idaho Air National Guard. The competition is dedicated to bringing A-10 professionals together from across the entire Air Force, Air Force Reserve and Air National Guard for three days to share and develop tactics, procedures and techniques to better employ the A-10 in combat; enhance morale and camaraderie in the A-10 community; pay homage to the airplane's heritage; as well as recognize the best in an aerial gunnery and bombing competition.

Joining the 18 teams from across the nation, South Korea and hundreds of support personnel were approximately 11 Airmen from the 917th Wing at Barksdale Air Force Base. They arrived in Boise on Oct. 12 to support and compete in Hawgsmoke 2010. Four A-10 pilots from the 47th Fighter Squadron,



Technical Sgt. Chris Duhe, a crew chief with the 717th Aircraft Maintenance Squadron, performs a post-flight inspection of an A-10 Thunderbolt II on the ramp of Gowen Field in Boise, Idaho, on Oct. 13. Sergeant Duhe is one of seven 917th Wing support personnel from Barksdale who were in Boise supporting Hawgsmoke 2010.

five maintainers from the 717th Aircraft Maintenance Squadron and an additional two Airmen from the 917th Maintenance Squadron's phase dock rounded out the group involved at the competition, which is centered on the close-air support capabilities of the A-10 Thunderbolt II.

A team from the 47 FS won the compe-

dition in 2002 at Fort Drum Forward Operating Location in New York and, therefore, hosted the competition in 2004 at England Air Park in Louisiana. Unlike the competition in 2004, which was dubbed "Hawgwash" due to a rainout, the weather in Idaho was perfect for the events of the day.

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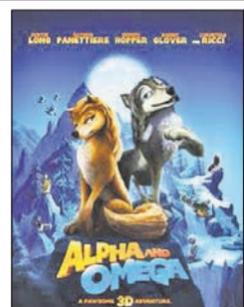
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HAWC helps Airmen get into shape

#### Showtime

FRIDAY  
7 p.m.: "You Again" (PG)

SATURDAY  
2 p.m.: "Alpha and Omega" (PG)  
7 p.m.: "The Town" (R)



COMMENTARY: Even one suicide is one too many, 2A

# Even one suicide is one too many

**By Chief Master Sgt. James A. Roy**  
An alarming trend is happening in our Air Force and we need your help. We've had a drastic increase this year in the number of suicides among our total force Airmen — active duty, guard, reserve and civilians. Last year we lost 84 Airmen by suicides; this year, we've already nearly reached that number. Even one suicide is too many.

We all take suicide awareness training, but that's just the first step — we must take immediate action and get involved. We need to look out for each other and understand we're not alone. Be ready and willing to assist your Wingman and ask for help when you need it. We must all



take the time to care about those around us. That's what good Wingmen do, and that's what our Air Force needs.

Supervisors at every level must act now. Get to know your Airmen better and understand their personal and professional challenges. This is not a time to sit idle and think this won't happen in your unit. No one is immune. Suicides range the spectrum of ages, locations, MAJCOMs and career fields. The two most common factors we've seen are problems with relationships and finances.

We need to be good Wingmen for others and also need to develop and maintain trusted relationships and friendships where we can talk openly and honestly about things happening in our own lives. We need to feel com-

fortable exchanging ideas, views and experiences with those who are closest to us. There is always someone available for you.

So many people care about you — more than you may think; family, friends, co-workers, supervisors, first sergeants, commanders, chaplains, medical professionals and senior leaders are ready and willing to listen and help. Just give them a chance. Don't ever think you are alone or no one will understand. We will understand and we will help you. It doesn't matter whether you write, call or e-mail, please reach out. We are an Air Force family and you mean a lot to all of us. If you feel you are at the end of

your road, you are not. Talk with someone. We care about you and will ensure you receive the help you need.

You should never be afraid of seeking help for fear of reprisal. Our lives should be the priority. The Air Force also has many resources to help. Military and family life consultants, chaplains and medical professionals are all available. Also, Military One Source counselors are always available by calling (800) 342-9647 or visiting [www.militaryonesource.com](http://www.militaryonesource.com).

With everyone's help, we can and must step up and reverse this devastating trend.

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## Trick or treat



Senior Airman Joanna M. Kresge/U.S. Air Force

Emma Grace, 4, daughter of Maj. Christopher Strong, deployed in support of Operation Iraqi Freedom, holds hands with her sister, Aubrey, 2, as they trick or treat down Barksdale Boulevard on Halloween. Hundreds of children in costumes lined the streets of Barksdale's four housing areas between the hours of 6 and 8 p.m. Halloween night in search of sweet treats.

## Jagello 2000 members visit 917th Wing



U.S. Air Force photos by Master Sgt. Greg Steele

Lt. Col. Dave Webb, 917th Operations Support Flight commander, and Bruce Gootee, 917th OSF director of operations, look on as Lt. Col. Joseph Jones, 93rd Bomb Squadron commander, talks about the capabilities of the M117 700-pound general purpose bomb with Dr. Petr Zlatohlavek, North Atlantic Treaty Organization Information Center executive chairman, and Zbynek Pavlacik, Jagello 2000 Association chairman, during their visit to the 917th Wing on Oct. 26.



Lt. Col. Joseph Jones, 93rd Bomb Squadron commander, talks about the capabilities of the B-52H Stratofortress with Dr. Petr Zlatohlavek, North Atlantic Treaty Organization Information Center executive chairman, and Zbynek Pavlacik, Jagello 2000 Association chairman, during their visit to the 917th Wing.

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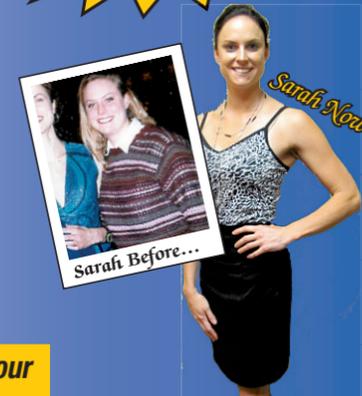
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# STARBASE marks open house with ceremony

**By Tech. Sgt. Jeff Walston**  
917th Wing Public Affairs

Approximately 74 guests, including local civic leaders and military dignitaries, celebrated the re-opening of the newly remodeled STARBASE Louisiana facility on Barksdale Air Force Base on Oct. 18.

DoD STARBASE is a national science, technology, engineering and mathematics program in nearly 60 locations in 34 states.

The first classes at STARBASE Louisiana were held in June 1999, and as of today, more than 11,000 students graduated the program. According to STARBASE statistics, the average test scores of these students have improved by 134 percent.

The 917th Wing of the Air Force Reserve Command is a major sponsor of this program, which is an exciting 25-hour hands-on/minds on aviation and aerospace curriculum to area fifth-grade students and their teachers.

The DoD program is committed to addressing the critical needs in STEM education. STARBASE Louisiana introduces its

students to exciting STEM education topics, inspiring these young minds to further explore these topics in future course work.

The guest speaker for the event was Sheila Schencke, a former STARBASE executive director who spoke about the contributions made by the program to students and the contributions they will make in the future due to what they have and will learn at STARBASE.

Creating an exciting atmosphere about STEM education where our young people can learn is what will keep them learning, Schencke said.

The basics of STEM education are the tools that make all that possible, she said. Activity based learning engages their minds during learning. For example, researching a science problem enhances reading skills.

Many of the guests toured the facility and were treated to a few students explaining and demonstrating some of the things they have learned in the program.

Col. John J. Mooney III,



**U.S. Air Force photos by Tech. Sgt. Jeff Walston**  
Kylee Jackson, a fifth-grade student at Princeton Elementary in Haughton, discusses robotic programming with Lt. Col. James Travis, commander of the 47th Fighter Squadron, during the grand reopening celebration at the newly remodeled STARBASE facility on Barksdale Air Force Base. Kylee is the daughter of Senior Airman Rikki Welch, who is a member of the 917th Wing at Barksdale.

commander of the 917th Wing, also took the opportunity to speak with several of the students who demonstrated for him things they have learned.

"I believe there is not a problem that can't be solved with education," Colonel Mooney said. "STARBASE has an excellent track record of providing great instruction and

is a service we can provide the community that has given so much to us."

With the expansion and remodeling of the facility, the number of students who will be able to experience the learning techniques of STARBASE will increase from 1,400 to 2,000 a year.

For Schencke, the expansion and increased



Col. John J. Mooney III, commander of the 917th Wing, receives a lesson in nanotechnology from Electra Cooley during the grand reopening celebration at the newly remodeled STARBASE facility. Electra, who is a fifth-grade student at W.T. Lewis Elementary School, was demonstrating how materials react to cold and heat.

class sizes means a brighter future for all of us.

"I have found in my teaching career that many students underestimate what they can do. If they can learn physics in the fifth grade ... certainly

they can in high school," Schencke said. "Students can make better choices for their future when they're educated choices. Jobs are available for people trained in STEM."

## 917th Wing hosts Haughton Middle School's aerial space class

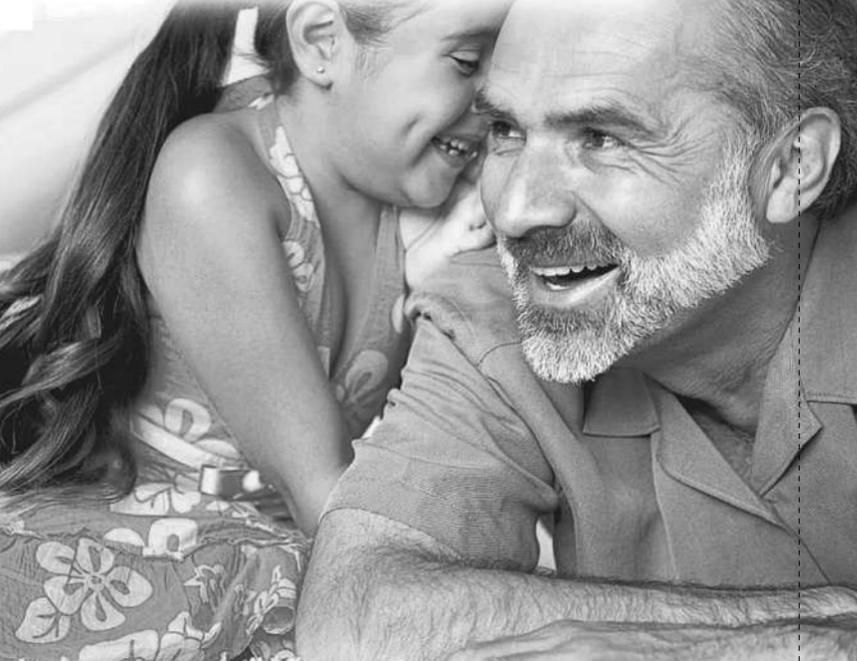
Students of Haughton Middle School's aerial space class toured the 917th Wing at Barksdale Air Force Base and received a briefing of the B-52 Stratofortress on Oct. 4. The tour included stops at the engine shop, life support, an A-10 Thunderbolt II briefing, and lunch at the Red River Dining Facility.

Capt. Bryant Harrison, 11th Bomb Squadron, demonstrates the "binocular effect" used to inspect engines for damage to a group of eighth-grade students from Haughton Middle School's aerial space class during a briefing on the B-52 Stratofortress at Barksdale Air Force Base on Oct. 4. Captain Harrison is currently a student at the 93rd Bomb Squadron's Formal Training Unit.



Betty Stephens/U.S. Air Force

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# General Luckey visits the 917th Wing

Maj. Gen. Charles D. Luckey, U.S. Army, and assistant to the Chairman of the Joint Chiefs of Staff for Reserve Matters, visited the 917th Wing at Barksdale on Oct. 27 to get a feel for issues affecting the Reserve component. This was his first flight in a B-52.

**RIGHT:** Tech. Sgt. Jeff Walston, 917th Wing, public affairs technician, Capt. Joseph Barkley, radar navigator, 11th Bomb Squadron, attached to the 93rd Bomb Squadron, Lt. Col. Robert Burgess, 93 BS instructor pilot, John Larson, strategic planner, ACJCS for NGRM, assistant to the Chairman of the Joint Chiefs of Staff for Reserve Matters, U.S. Army, Maj. Gen. Charles D. Luckey, Lt. Col. Joseph Jones, commander of the 93 BS, and Robert Vanhoy, 93 BS command pilot, pose for a picture on the ramp at Barksdale Air Force Base after a training sortie in a 917th Wing B-52 Stratofortress.



Senior Master Sgt. Jessica Daurizio/U.S. Air Force



Tech. Sgt. Jeff Walston/U.S. Air Force

Lt. Col. Joseph Jones, commander of the 93rd Bomb Squadron at Barksdale Air Force Base, receives a thank you from Maj. Gen. Charles D. Luckey after a training sortie in a B-52 Stratofortress.



Tech. Sgt. Jeff Walston/U.S. Air Force

Lt. Col. Robert Burgess, an instructor pilot for the 93rd Bomb Squadron, enlightens Maj. Gen. Charles D. Luckey about the multi-munitions capabilities of the B-52 Stratofortress while in a bomb bay during a preflight inspection at Barksdale Air Force Base.



Tech. Sgt. Jeff Walston/U.S. Air Force

Master Sgt. Bradley Scoth, 917th Operations Support Flight, noncommissioned officer in charge of aircrew flight equipment, instructs Maj. Gen. Charles D. Luckey in emergency egress and parachute training in the 93rd Bomb Squadron Headquarters building at Barksdale Air Force Base.



Tech. Sgt. Jeff Walston/U.S. Air Force

**ABOVE:** Maj. Gen. Charles D. Luckey oversees the action from the instructor pilot's seat of a B-52 Stratofortress from the 93rd Bomb Squadron on Barksdale Air Force Base.



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# Marathon is about more than just running

By Master Sgt. Mary Hinson  
917th Wing Public Affairs

Every journey starts with a single step. In a marathon, that leaves 138,335 feet to go. But with each step it is more than just running — it is putting one foot in front of the other and never giving up.

The 26.2-mile run is a challenge like no other that cannot be undertaken lightly. Just ask the members of the 917th Wing who were among the record number of participants who recently competed in the Air Force Marathon events at Wright-Patterson Air Force Base in Ohio.

For Tech. Sgt. John Donelson of the 917th Maintenance Squadron, his quest toward the marathon began with the Air Force's fitness program.

"The fitness program requirements got me running," said Sergeant Donelson, who was an avid cyclist before he started running. Once he started, he set a goal of running the Dallas marathon in 2008 because he wanted to "do it before I got too old."

Maj. Bryan Bailey of the 93rd Bomb Squadron agreed.

"A marathon has always been on my 'bucket list.' Although I have always tried to run some to stay in shape, I've never run consistently. Signing up for a marathon forces you to train consistently if you want to complete the race."

Dedicating the time and energy to such a task is no easy feat.

For Sergeant Donelson, in order to be ready to meet the challenge, he wanted to get the basics of having a steady running base and attaining the right weight to begin.

"If your body is at the weight it

"It may not be easy, but if you want to make changes in your life, it is up to you."

Tech. Sgt. John Donelson  
917th Maintenance Squadron

is designed to be at, it can do what it is designed to do," said the sergeant, for whom this marathon was his second. Once he had gotten to where he was running three miles comfortably, he began an approximate five-month regimen that directed him toward his goal. This included a steady increase in distance to a 20-mile run and a strict diet. "You have to be very disciplined."

"By far the most difficult part of training for a marathon is finding the time needed to train properly," said the major, who had only run 5K races (3.2 miles) prior to this. "Also, training for the AF Marathon requires you train in the middle of the summer in the Louisiana heat."

For Lt. Col. Robert VanHoy of the 93 BS, he makes running part of his normal, daily route, incorporating short, mid-distance and long runs into each week. He even gets his family involved, training with his wife for a half marathon, having his kids run 5K and 10K races with him, and pushing the youngest one in a stroller as he runs. As an event gets closer, he continues to increase the distance on his long runs to prepare for the race.

As with any journey, there can be unexpected obstacles that sometimes stand in the way to success. When training for the 2008 Dallas marathon, Sergeant Donelson re-

calls having to train amid hurricane weather because he couldn't afford to take the time off. Although it was quite grueling, this instance taught him a valuable life lesson. "There are a number of hurdles, some can be pretty high ... you just have to go over them."

Luckily for Sergeant Donelson, the training for this year's Air Force Marathon went a little smoother, and he is even preparing for the New Orleans Marathon in February. The colonel wasn't as lucky, experiencing a sprained ankle a month prior to the marathon but still managed to complete the race.

"Many things are possible, though they sometimes seem impossible," said Colonel VanHoy about getting through the challenge.

For the major, this marathon offered a special memory as the B-52 was the showcase aircraft for the year. "Our crew did the flyby for the opening ceremony, and the finisher's medal is engraved with the B-52," he said.

Besides the physical benefits, training for a marathon offers many intrinsic rewards.

"I learned a lot about myself ... what motivates me," Sergeant Donelson said. It also motivated him to make other changes in his life, such as getting more involved in the squadron and going back to school.

"It may not be easy, but if you want to make changes in your life, it is up to you."

Sergeant Donelson also said he wanted to be a role model for his three kids. "I want them to know they can do whatever they put their minds to."

## Pilots

Continued from Page 1A

As the competition began, 917th Airmen were involved in marshalling aircraft and getting them ready for the events that would take place over the next three days. The event was held Oct. 13-16 in Boise.

Technical Sgt. Chris Duhe, a crew chief with the 717th Aircraft Maintenance Squadron, was one of seven 917th Wing personnel who traveled to Boise to support Hawgsmoke 2010, which included Technical Sgts. Kenneth Green, Mark Williams, John Egloff, James Stebbins, Senior Airman Rikki Welch and Chief Master Sgt. Stacy Bauer.

This was not Sergeant Duhe's first Hawgsmoke experience; he was at Hawgwash.

"In 2004, some planes got into the air, but the weather started coming in," Sergeant Duhe said. "We got rained out and we couldn't work. The planes couldn't fly because of the lightning ... but, this weather is really nice."

"For the most part, the host command handles most of everything and we take care of our jets if needed, helping out where we are needed," he said.

The four-pilot team from the 47 FS was different than ever before. Added to the group of Reservists was Capt. Grant McCall, a Regular Air Force member from Moody Air Force Base, Ga., who is assigned to the 47 FS at Barksdale as part of the Air Force's Total Force Enterprise.

For Captain McCall, the transition from a Regular Air Force unit to the 47 FS was seamless. "In the 47th Fighter Squadron there's a lot of experience," he said. "You don't get that experience in every squadron. It's very unique to the 47th."

Captain McCall joined Lt. Col. Robert Hetland, Capt. Jason Cobb and Capt. Adam Ratican for this year's competition.

Being part of a "winning" squadron, Captain McCall was confident the team was ready and capable of another win at this year's Hawgsmoke competition. "As far as flying goes, there's no difference between the pilots," Captain McCall said. "We are totally integrated."

On the day of the gunnery challenge, the 47 FS team faced a challenge they were unable to overcome.

Due to a system malfunction with one of the 47 FS jets and no time in the schedule to get a substitute in the air, the 47 FS team went into the competition with only three jets. The possibility of a "team" win was gone, and Capt. Andrew Ratican had to sit out the gunnery and bombing competition. The team scored more points with only three jets than many teams that brought four to the fight.

One pilot on the 47 FS team was familiar with the area. Born and raised in Idaho, Captain Cobb cut his teeth in the Air Force in Idaho. A former enlisted Airman in life support, he began flying the A-10 in Idaho once he finished college and received his commission. He flew A-10s at the 190 FS for six years before transferring to the 47 FS to take a full-time position. For Capt. Cobb, this was a distinct advantage, but he takes nothing away from the team effort.

"The three-ship went out there and performed very well," Captain Cobb said. "But once it was known we only had three jets, we were just out there for individual recognition and awards."

And Capt. Cobb did just that. He brought home two individual awards from Hawgsmoke 2010.

Capt. Cobb took first place in the Top Pop to Low Angle High Drag category and third place in the 30-Degree Dive Bomb Award.

The 190 FS from Gowen Field, Idaho, ANG took the team competition at Hawgsmoke 2010 and became the first ever back-to-back winner. Contest rules state they cannot host the competition twice in a row, so that honor falls to the second place Overall Team from the 354th Fighter Squadron at Davis-Monthan, Air Force Base, Ariz.

For the rest of the 47 FS and whoever may be on the next team, it will be another two years of preparation before they face the current back-to-back champions of Hawgsmoke 2010.

### Hawgsmoke 2010

First-place winners:

**Top Overall A-10 Team:** 190th Fighter Squadron.  
**Top Pilot:** Maj. Scott "Disco" Downey (190th FS).  
**Top Strafe Team:** 190th Fighter Squadron.  
**Top Bombing Team:** 358th Fighter Squadron.

Second-place Overall Team:

354th Fighter Squadron (should host in 2012).

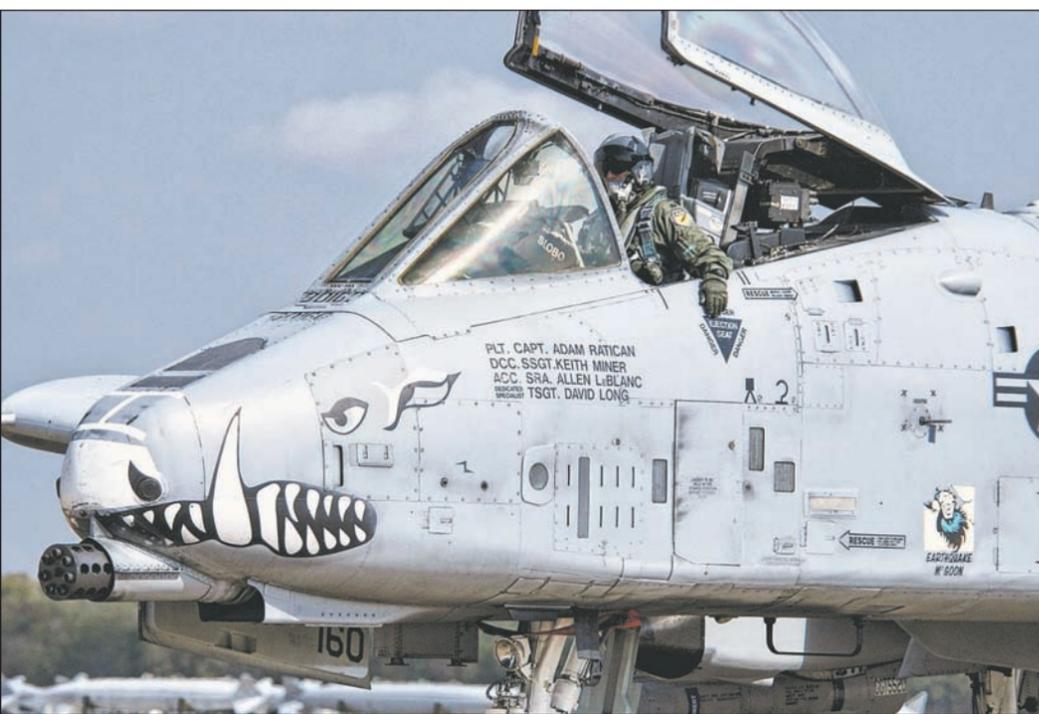
The attending units included:

AATC, Davis-Monthan AFB, Ariz. (USAFR).  
GF West, Nellis AFB, Nev.  
23rd Operations Support Squadron, Moody AFB, Ga.  
25th Fighter Squadron, Osan Ala., ROK  
45th Fighter Squadron, Davis-Monthan AFB, Ariz. (USAFR).

**47th Fighter Squadron, Barksdale AFB.**

66th Fighter Squadron, Nellis AFB, Nev.  
74th Fighter Squadron, Moody AFB, Ga.  
76th Fighter Squadron, Moody AFB, Ga.  
104th Fighter Squadron, Baltimore, ANG.  
107th Fighter Squadron, Selfridge, Mich., ANG.  
163rd Fighter Squadron, Fort Wayne, Ind., ANG.  
184th Fighter Squadron, Fort Smith, Ark., ANG.  
190th Fighter Squadron, Gowen Field, Idaho, ANG.  
303rd Fighter Squadron, Whiteman AFB, Mo. (USAFR).  
354th Fighter Squadron, Davis-Monthan AFB, Ariz.  
357th Fighter Squadron, Davis-Monthan AFB, Ariz.  
358th Fighter Squadron, Davis-Monthan AFB, Ariz.

## Ratican completes final flight with 47 FS



Capt. Adam Ratican, a 47th Fighter Squadron instructor pilot, taxis in his A-10 Thunderbolt II aircraft after returning from his last flight with the 47th FS squadron on Oct. 19 at Barksdale.

U.S. Air Force photos by Master Sgt. Greg Steele

Capt. Adam Ratican, a 47th Fighter Squadron instructor pilot, goes after Capt. Jason Cobb, 47 FS instructor pilot, after being soaked upon returning from his final flight with the squadron Oct. 19.



# When you need a little extra help

**By Senior Airman Joanna M. Kresge**  
2nd Bomb Wing Public Affairs  
Since 2006, the Barksdale Health and Wellness Center has helped countless Airmen improve their physical fitness scores.

The HAWC is helping Airmen stay or get back into shape with the use of a registered dietician, body fat analysis and a workout plan that's become known as the "rookie runner" program.

Tedric Johnson runs the rookie runner program, designing dynamic workouts targeted for passing a physical training test. Johnson encourages anyone to come out and participate, whether they are part of a wing or work for Air Force Global Strike Command, an Airman or civilian, in shape or out of shape, everyone is welcome.

"Rookie runner doesn't mean it's only limited to running, but improving one's overall fitness," Johnson said. "Participants should be motivated and willing to work hard because we focus on strength training, progressive running designed to improve the mile-and-a-half run time, interval and agility training to improve

## For more information

Contact the HAWC at 456-6011.

speed and periodic fitness assessments to track progress."

The program is not just for individuals who don't meet standards on their PT tests, Mr. Johnson gears each class toward making sure different fitness levels achieve the best results by altering each exercise to fit their fitness needs.

"In the beginning, I meet with the individual to get a baseline assessment based on their current fitness level, and I design a workout around that," Johnson said. "That is actually one of the main advantages of joining rookie runners because everyone is not on the same level when it comes to fitness."

Many of the participants are very happy with their results.

"I feel great," said Staff Sgt. Jessica Driggers, 2nd Operations Support Squadron, participant in the rookie runner program. "I can see the weight loss in my clothing. I feel a lot stronger, healthier and

I have a more positive outlook. It makes me a better person and NCO."

Sergeant Driggers attributes her success not only to the program, but Johnson himself.

"I keep coming back because I love the one-on-one attention you get, that way you can be certain that you are performing exercises properly," she said. "Tedric Johnson is a great trainer. He sincerely cares about us and our success with our PT tests, and I'd recommend him to anyone."

To see optimal results from the program, Johnson encourages his students to visit the registered dietician at the HAWC to include a balanced diet into their weight-loss program.

"Nutrition is very important in fitness," said Jennifer Coney, 2nd Aerospace Medicine Squadron, nutrition medicine clinic dietician. "People think that exercise is the main component in staying fit, but you need to have the proper fuel in your body."

"For someone participating in moderate activity who is interested in nutrition I would make sure they were consuming the adequate food for their

workout, I would suggest specific pre- and post-activity snacks and how much carbohydrates, fat and protein they should be consuming."

Johnson routinely reminds his participants to eat right, but the biggest point he wants them to remember is to stick with the program and not become complacent.

"Consistency is the key to success," he said. "If you aren't consistent in your workouts, the program isn't going to work. I ask that everyone who comes out has some self-motivation, a drive that will help them adopt a healthier lifestyle. I want them to not just focus on passing the PT test, but to look past the Air Force and maintain that lifestyle."

In the end, Johnson said it's all about the individual.

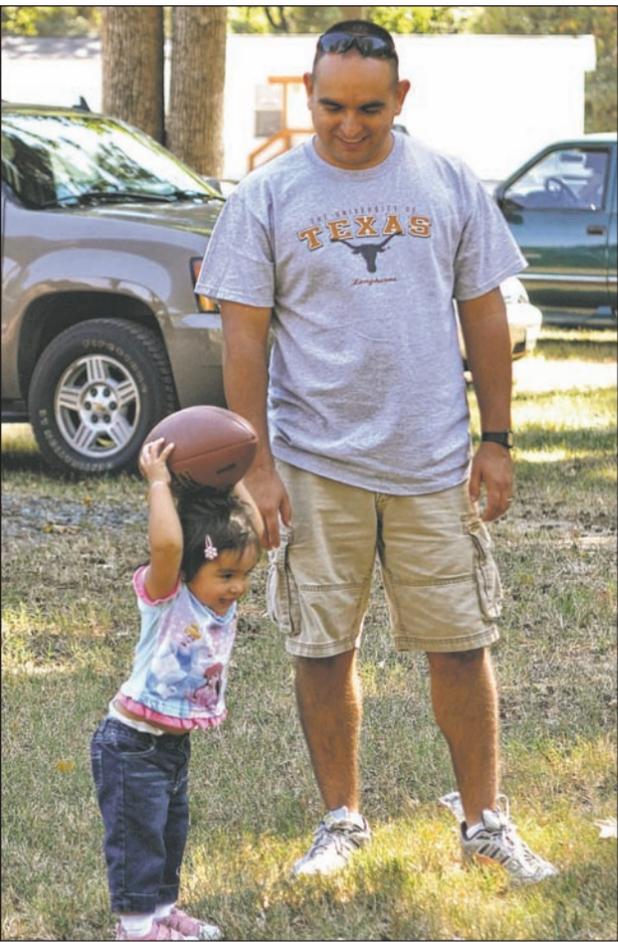
"They show up, they work hard and they can be happy with themselves," he said. "I expect 110 percent and I make sure that I am giving them quality workouts, but I don't give myself credit for their success, I give it to them, they are the ones doing all the hard work."



Senior Airman Joanna M. Kresge/ U.S. Air Force

Tedric Johnson, Health and Wellness Center trainer, provides resistance while Melinda Moody sprints 20 yards as part of the "rookie runner" class at Captain Shreve Stadium on Oct. 27. To see optimal results from the program, Johnson encourages his students to visit the registered dietician at the HAWC to include a balanced diet into their weight-loss program.

## REDHORSE devotes day to family



U.S. Air Force photos by Master Sgt. Mary Hinson

Mhia Garcia, 20 months, shows off her football skills to her father, Tech. Sgt. Joe Garcia, at the 307th Red Horse Squadron family day held at Cullen Park on Barksdale Air Force Base on Oct. 2. All squadron members, families and friends were treated to an afternoon of food, fun and camaraderie, as well as train rides and an air castle.

**RIGHT:** A memorial for the 307th Red Horse Squadron members who have passed was set up during the squadron's family day at Cullen Park on Barksdale Air Force Base.



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# National Red Ribbon Week: I'm drug free

By Jeffery Hikes  
Drug Demand Reduction Program Manager

Officials at Barksdale, home of Air Force Global Strike Command, celebrated National Red Ribbon Week on Oct. 30 at the base Youth Center.

Col. Thomas Hesterman, 2nd Bomb Wing vice commander, Chief Master Sgt. Joe Ann Pace, 2 BW command chief, Scruff McGruff the crime dog and Sparky the fire dog lead a pledge to remain drug free with Barksdale's youth.

"Any opportunity that we can take to help steer our kids in the right direction to be drug free we need to take," Colonel Hesterman said. "The message that was being sent this week gave us a great opportunity to help them stay on the right path and make better choices in their future."

The Red Ribbon Week Cam-



Senior Airman La'Shanette V. Garrett/U.S. Air Force

Barksdale youth and members of the youth center staff take the pledge to be drug free during Red Ribbon Week at the youth center Oct. 28. The Red Ribbon Week Campaign runs each year from Oct. 23-31.

paign runs each year from Oct. 23-31. "I'm Drug Free" was the campaign's national theme

this year. It offered Airmen the unique opportunity to reinforce the "Say No to Drugs" message.

The event began in 1985 when drug traffickers in Mexico City murdered Enrique (Kiki) Camarena, a drug enforcement agent who was close to uncovering the identities of key members of a Mexican drug cartel. Angered by his death and the destruction caused by drugs and alcohol, many citizens in Camarena's hometown, Calexico, Calif., began wearing red ribbons in his honor. This began the tradition of displaying and wearing the red ribbons as a symbol of intolerance toward drug and alcohol abuse.

Now, the observance has grown into a national annual event. The mission of RRW is to present a unified and visible commitment toward the creation of a drug-free America. It is a voluntary drug awareness, prevention and education campaign. Many organizations offer a vari-

ety of programs to highlight the nation's commitment to fighting drug abuse through prevention and treatment efforts.

"Red Ribbon Week is an annual nationwide celebration that has become a major force for raising public awareness and mobilizing communities to combat alcohol, drug and tobacco use," said Charles L. Rice, Assistant Secretary of Defense Health Affairs. "The DoD has officially participated in this event since 1990 with the aim to reduce drug abuse among its members and their families."

He strongly encourages installations, commands and units to participate in RRW activities this year.

Team Barksdale showed their support by attending the program and by wearing or displaying red ribbons.

# AFGSC members win second in Wilderness Challenge

Two Air Force Global Strike Command security forces members were awarded second place in the 10th annual Wilderness Challenge on Oct. 7-9 in Fayetteville, W.V., after putting teamwork, technical skills and endurance to the test.

Majors Bryan Eckart and Brian Payne, AFGSC security forces division; Capt. Keri Walker, U.S. Air Force Academy, Peterson Air Force Base, Colo.; and Maj. Bill Courtemanche, 618th Tanker Airlift Control Center, Scott AFB, Ill., were members of the four-man team "Mixed Bag of

### For more information

To learn more about the Wilderness Challenge, visit the Navy MWR Web site at [www.wildernesschallenge.net](http://www.wildernesschallenge.net) or Facebook page "MWR Wilderness Challenge."

Nuts" during the contest.

The competition sponsored by the Navy's Mid-Atlantic Region Morale, Welfare and Recreation, brought teams from all U.S. military branches together in a battle of survival of the fittest.

The events included a

5.1-mile mountain run, 13-mile whitewater rafting race, 11-mile mountain bike race, 14-mile mountain hike/run and a seven-mile duckie/kayak race.

Although the players had to work together as a team during the competition, some didn't have a chance to train together, said Major Payne, chief of contingencies with AFGSC security forces division.

"We trained four months before the event. Collectively, we ran and biked thousands of miles before the competition," he said.

"When we arrived in Fay-

etteville, we had dinner together the night before the event and ran the five-mile mountain run the next day as a team."

Major Eckart said regardless of the team's distance during training, they came together quickly to compete.

"Team work is extremely important because the requirement stated that each team member had to stay within 100 feet of each other, so the team had to stay together at all times," he said.

"The most physically challenging part was the 14-mile run," said Major Payne, a Charlotte, N.C., native. "We were pretty tired at that point. The most mentally challenging part was the duckie race, which is an inflatable kayak that we had to maneuver down the rapids."

The team finished second out of eight Air Force groups competing.

"I'm elated and proud we finished without any injuries," Major Payne said. "There were some

teams that were hurt coming across the finish line, and some teams didn't finish at all because they were hurt."

Major Eckart said he looks forward to next year's event.

"I felt relieved and frustrated at the same time at the end of the event, frustrated because we were really looking forward to winning," he said. "I will most definitely be competing next year so we can take first place."

— Courtesy of 2nd Bomb Wing Public Affairs

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**Briefly**

**Base deer season, hunter safety class**

This year's hunting dates are:  
**Deer (rifle):** Nov. 20-23, 26-28; Dec. 2-3, 9-12, 17-19, 26-27; Jan. 7-9, 21-23.  
**Deer (primitive rifle):** Nov. 6-12; Jan. 28-30.  
**Deer (archery):** through Feb. 15.  
 Small game and waterfowl follow state set season dates. Base hunter safety dates are Nov. 4, 18, Dec. 7, 21 and Jan. 6. All base hunter safety classes begin at 6 p.m. and are held at the Barksdale Natural Resources Office located at 6141 Range Road, first building on the right before Clear Lake Bridge (by Fam Camp). No preregistration is required. Come a few minutes early to sign in.

**FLEP, ELP applications**

Applications for the Funded Legal Education Program and Excess Leave Program will be accepted from Jan. 1 to March 1. FLEP is a paid legal studies program for active-duty Air Force commissioned officers and will provide applicants with full pay, allowances and tuition. ELP participants do not receive pay and allowances, but remain on active duty for retirement eligibility and benefits. Both the FLEP and ELP programs require attendance at an American Bar Association accredited law school, and officers must also provide a letter of conditional release from their current career field. For more information regarding these programs or to obtain application materials, visit [www.airforce.com/jag](http://www.airforce.com/jag). Questions can also be directed to any Barksdale AFB judge advocate at 456-2562.

**Military & Family Life Consultants**

Military and Family Life Consultants are here to listen and are available to help service members and their families regarding deployment/reintegration, marriage and relationships, parenting/siblings and family, communication challenges, stress and anxiety, depression, grief and loss, and daily life issues. Consultations and training are free and anonymous. After-hours and weekend appointments are available. Group and off-site meetings are also available. Call the MFLC directly at 918-9379 or the Airman & Family Readiness Center at 456-8400 for an appointment.

**TRAC briefing**

The re-enlistment Transaction Reporting and Control briefing is a mandatory briefing for members who are pursuing a re-enlistment. The re-enlistments office will now be holding a TRAC briefing Wednesdays at 3 p.m. in the MPS building T-4353, Room 22. Appointments are not required. Please arrive 15 minutes prior to the start of the briefing. Any questions, contact the Re-enlistments Office at 456-7656.

**sat.6**

**SATURDAY NIGHT MOONLIGHT BOWLING**

**When:** 6 p.m. Bowling Center.  
**Featuring:** Win money for color pin natural strikes, strike pots, cash prizes and for leaving the color pin standing on your first ball.  
**Cost:** \$10.  
**Info:** 456-4133.

**fri.12**

**MUDBUGS VS. RIO GRANDE VALLEY**

**When:** 7:05 p.m. CenturyTel Center, 2000 CenturyTel Center Drive, Bossier City.  
**Featuring:** a professional hockey game.  
**Admission:** \$17-\$36.  
**Info:** 747-2501.

**SPAR COUNTY & WESTERN DANCE**

**When:** 5:30-8 p.m. Southern Hills Recreation Center, 1002 Bert Kouns Loop, Shreveport.  
**Featuring:** music by The Blue Rhythm Band, best dressed contests, food and refreshments.  
**Admission:** free.  
**Info:** 673-7873.

**BOOK SIGNING**

**When:** 6-8 p.m. Barnes & Noble, 6646 Youree Drive, Shreveport.  
**Featuring:** Betty Wells, author of "How the Goldfish Became Gold."  
**Admission:** free.  
**Info:** 798-6066.

**sat.13**

**TURKEY SHOOT**

**When:** 9 a.m. Fox Run Golf Course.  
**Featuring:** four-person scramble shotgun start.  
**Cost:** \$15.

**Info:** 456-2263.

**HIGHLAND JAZZ AND BLUES FESTIVAL**

**When:** noon-5 p.m. Columbia Park, 600 Columbia St., Shreveport.  
**Featuring:** the Gourds; arts and crafts booths; food and drinks; local, regional and international artists and more. Bring lawn chairs and blankets.  
**Admission:** free.  
**Info:** [info@highlandjazzandblues.org](mailto:info@highlandjazzandblues.org).

**MISSION BAZAAR**

**When:** 9 a.m.-1 p.m. Nov. 13; 8 a.m. Nov. 14. Asbury United Methodist Church, 3200 Airline Drive, Bossier City.  
**Featuring:** quilts, scarves, hats, place mats, hand-crafted items, jewelry, purses, clothing and more.  
**Admission:** free; item prices vary.  
**Info:** 746-5349.

**SHREVEPORT SYMPHONY: THE POWER OF MUSIC**

**When:** 7:30 p.m. Riverview Theater, 600 Clyde Fant Memorial Parkway, Shreveport.  
**Featuring:** the Shreveport Symphony Orchestra and Mary Wilson.  
**Admission:** \$12-\$47.  
**Info:** 227-8863 or [www.shreveportsymphony.com](http://www.shreveportsymphony.com).

**SOUTHERN SWINGERS SQUARE AND ROUND DANCE**

**When:** 7-10 p.m. Promenade Hall, 5400 Benton Road, Bossier City.  
**Featuring:** Wayne Baldwin, square dance caller; Bill Buck, round dance cuer.  
**Admission:** \$6, guest dancers; free, members and spectators.  
**Info:** 752-6646 or 686-4876.

**MUDBUGS VS. LAREDO BUCKS**

**When:** 7:05 p.m. CenturyTel Center, 2000 CenturyTel Center Drive, Bossier City.  
**Featuring:** a professional hockey game.  
**Admission:** \$17-\$36.

**Info:** 747-2501 or [www.ticketmaster.com](http://www.ticketmaster.com).

**FUN FALL CRAFTS!**

**When:** noon. Walter Jacobs Park, 8012 Blanchard Furrh Road, Shreveport.  
**Admission:** free.  
**Info:** 929-2806.

**BOOK SIGNING**

**When:** 1-3 p.m. Christian Life Tapes & Books, 8026 Jewella Ave., Shreveport.  
**Featuring:** DeWayne Bricker, author of "Yes He Can."  
**Admission:** free; \$23.99, book price.  
**Info:** 687-8363.

**sun.14**

**THE SHREVEPORT JEWISH FILM FESTIVAL**

**When:** 5 p.m. Nov. 14-18. Robinson Film Center, 617 Texas St., Shreveport.  
**Featuring:** presented by the North Louisiana Jewish Federation.  
**Admission:** \$6.75-\$36.  
**Info:** 424-9090.

**See:** Mission Bazaar, sat.13

**mon.15**

**See:** The Shreveport Jewish Film Festival, sun.14

**tue.16**

**SILVER SCREENINGS: "TO KILL A MOCKINGBIRD"**

**When:** 10:30 a.m. Robinson Film Center, 617 Texas St., Shreveport.  
**Featuring:** a senior citizens' movie matinee and luncheon.  
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**Info:** 459-4122 or [www.robinsonfilmcenter.org](http://www.robinsonfilmcenter.org).

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