

## Barksdale Airman speaks at Sept. 11 anniversary event

**By Staff Sgt. Terri Barriere**  
2nd Bomb Wing Public Affairs

In honor of the 10th anniversary remembrance of the terrorist attacks on the U.S. on Sept. 11, 2001, one member of Team Barksdale, and survivor of the attacks, took the stage at the Liberty Garden in Bossier City, La., to provide a commemorative speech.

In addition to Col. Janet Deltuva, Air Force Global Strike Command deputy command surgeon, speaking at the ceremony Sept. 11, the Keep Bossier Beautiful sponsored event featured appearances by a number of local officials, to include Bossier City Mayor Lorenz Walker.

Mary Ann Van Osdell, Keep Bossier Beautiful president, said having Deltuva speak at the ceremony was a reminder of the heroism displayed that day.

"I heard the former archbishop of New York say that the site of the twin towers should be called Ground Hero, not Ground Zero, due to the heroism shown that day," she said. "Having a speaker from Barksdale who was a first responder at the Pentagon brought a local connection to the events that day and helped recall the importance Barksdale played as well."

When asked of her willingness to speak at the ceremony, Deltuva said she agreed more out of honor than obligation.

"I think that ceremony served the purpose of helping the community understand the full impact of that day...so they'll never forget," she said. "As someone who was there 10 years ago I didn't want to sit at home on that day. I didn't want to watch anything on TV from my couch, I wanted to attend and be a part of something."

Deltuva said her memories from that day move through her mind like a slide show.

"The plane hit the left side of the building and we were on the right ... I remember feeling the whole building shake," she said. "I knew where the medical clinic was

so I immediately began running in that direction."

Deltuva said she spent the next several hours helping wherever she could by carrying litters, handing out supplies and keeping patients calm.

"It was real, obviously, but it felt just like an exercise," she said. "We train so much its automatic, you don't process it, you just do it. I don't know why I wasn't afraid that day. I didn't leave because I knew I had something to contribute."

Deltuva said she believes everyone with the skill set to help stayed to assist after the crash.

"Medics don't run away from people who need healthcare," she said of herself and fellow first responders at the Pentagon.

Since then, Deltuva said she's had the privilege of speaking at many Sept. 11 commemorative events and considers her speeches another contribution to the cause.

"My dad was a World War II vet and when he started speaking about his experiences I realized, more than ever, the contributions our generation [of servicemembers] are making as well," she said. "Listening to him talk, you realize you have to help people understand the sacrifices military members everywhere, whether at Barksdale or the Pentagon, are making every day."

However, every day is not the 10th anniversary of Sept. 11 and that was not the average speaking engagement for Deltuva, who said the speech was different for her.

"It is the 10th anniversary but we don't want to be so much in the day of 2001 that we can't look forward," she said. "That was a chance for positive reflection on improvements that have been made to our security procedures, inter-agency relationships and international partnerships."

Deltuva said a lot of great progress has been made to the nation since Sept. 11 and

*"It is the 10th anniversary but we don't want to be so much in the day of 2001 that we can't look forward."*

**COL. JANET DELTUVA**



**AIRMAN 1ST CLASS BENJAMIN GONSIER/U.S. AIR FORCE**  
Members of the base Honor Guard raise the American flag during the national anthem remembrance ceremony on Barksdale Sept. 9. The Honor Guard prepared and raised the flag during the ceremony to honor the 10th anniversary of the Sept. 11 terrorist attacks. For more photos of this ceremony, see page 2.

the anniversary was a good time to reflect upon it.

"When I first joined the military, we would have readiness exercises [at the hospital] but never would anyone actually call the local hospitals for their participation like we do now," she said. "We've made great progress in our response capabilities since then."

Just days after the anniversary of that tragic day, Deltuva reflected on the ceremony.

"Freedom. Bravery. Sacrifice. Gratitude. My remarks were focused on those four words and how you make something positive out of such a negative event," she said. "We are a nation that others envy. There are people that want to see us fail. They thought crashing those planes into those buildings would make us fail as a nation — but we have not."

"The American heritage is resilient I think and the way we responded to and re-

covered from September 11 proves that," she continued. "Of all the things we've gone through as a nation, nothing has brought us down. We make mistakes but we learn from them. I think the fact that we went through it has even been beneficial to our allies because they are able to benefit from our lessons learned."

In addition to paying tribute to servicemembers and reflecting on the nation's past and present, Osdell said the ceremony was also a good way to pay tribute to the local law enforcement and fire department representatives as well.

"It was a patriotic filled day with the Pledge of Allegiance, National Anthem, posting of the colors and Taps all being presented to show our nation's pride," she said.

The ceremony was appropriately held at the Liberty Garden, which was built in 2003 to remember those who lost their lives on Sept. 11, 2001.

## Barksdale's 2011 CFC kickoff

**By Senior Airman La'Shanette V. Garrett**

2nd Bomb Wing Public Affairs

Team Barksdale hosted a 2011 Combined Federal Campaign kickoff breakfast at the Barksdale Club Thursday.

"The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost efficient and effective in providing all federal employees the opportunity to improve the quality of life for all," according to the CFC website.

This year is the CFC's 50th anniversary.

The CFC was established in



1961 and is the world's largest annual workplace charity campaign, with more than 200 CFC campaigns throughout the country and internationally to help raise millions of dollars each year.

Barksdale's goal for this year is to raise \$240,000 through its mis-

sion partners and tenant organizations, a slight increase from last year's goal. This averages to about \$3 per person per pay period or \$6 a month.

"Team Barksdale always seems to step up and make things happen," said Maj. J. Arnold Clamon, 707th Maintenance Operations officer and Barksdale's CFC project officer. "Last year's goal was \$216,000, and we exceeded that goal by raising \$272,000. The base met its goal last year, and I don't see any problem with it happening this year."

Barksdale's campaign will run through Dec. 17.

Each squadron and tenant unit has a point of contact with donation slips and a list of charities available. If Airmen want to donate to the CFC but have no particular charity they wish to donate to, a general donation fund is available.

"With all the natural disasters and tornadoes that have happened this year, now is the time for us to donate to those charities that help in natural disaster relief," Clamon said. "We can do that by monthly withdrawals from our checks or a one-time donation."

According to the CFC website,

pledges made by federal civilian, postal and military donors during the campaign season support eligible nonprofit organizations that provide health and human service benefits throughout the world.

Members of Team Barksdale have the opportunity to make an impact on thousands of people in need by contributing to the CFC, whether it be helping children and youth, fighting diseases or feeding senior citizens.

For more information on the CFC and eligible charities, contact your unit and group representatives.

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**Showtime**

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7 p.m.: "The Change-Up" (R)

**SATURDAY**  
2 p.m.: "Captain America: The First Avenger" (PG-13)  
7 p.m.: "Cowboys & Aliens" (PG-13)

**COMMENTARY:** Readiness applies to your life, not just your mission, 2A

## A Times Publication

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The Barksdale Warrior is published each Friday by Gannett River States Publishing Company, DBA The Times, a private firm in no way connected with the Air Force.

Contents of The Barksdale Warrior are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

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The Barksdale Warrior welcomes submitted articles. The deadline is noon one week prior to publication.

All submissions and story ideas can be e-mailed to Danielle Hill at [dhill4@gannett.com](mailto:dhill4@gannett.com) and/or 2BW Public Affairs at 2BW. [PA@barksdale.af.mil](mailto:PA@barksdale.af.mil), and must include full rank, name and phone number for the author. All articles will be edited for accuracy, brevity, clarity and journalistic style.

# Readiness applies to your life, not just your mission

**By Maj. Adam Frey**

2nd Bomb Wing Deputy staff judge advocate

The upcoming Consolidated Unit Inspection makes me think a lot about readiness. While it may be two months away, we know that two months can disappear very quickly, and the immediate tasks always seem to take priority over something that we can do later. It's tempting to think, "I can't run that checklist now! I need to answer the phone, finish these three suspenses and make time for PT this afternoon!"

Those of us who have been around long enough know that it doesn't work that way. We force ourselves to make time for that CUI checklist and work at it a little each day, so that everything is wrapped up well before the actual inspection.

We know that readiness touches every aspect of our military careers. We work at PT for a few hours a week so we're fit and trim

when the test comes, and we're in shape to handle tough climates when we deploy.

Maintainers constantly check aircraft so they're up to standards for every flight. We do these things because we know what will happen if we don't stay ready: we'll fail our PT test or planes won't be ready to fly.

But then I think about how readiness applies to the legal world. Do we apply readiness to our personal lives — not just as Airmen, but as spouses, parents and children?

I think of the old saying, *tempus fugit, memento mori*: "time is fleeting, remember death." We push people to get their documents in order before deployment and I'm happy to say most Airmen seem to do so. Things can happen to people not just during a deployment, but before and after as well. I think back to the people who weren't ready when the time came

and what they left behind.

I think of the widow who came to see me for help. Her husband had died and he neglected to take his ex-wife's name off of his life insurance policy. I had to break the unfortunate news that she probably wouldn't be getting any of that money.

I think of the Airman who went into a coma and needed long-term medical care, but left no health care power-of-attorney. His parents had to rush to get a court to grant them guardianship over him so they could have access to his Traumatic Servicemember's Group Life Insurance payments — a process that took needless time.

But then I think of the Airmen who did think ahead. The classic example is of a young Airman — unmarried, no children — who on paper, really didn't need a will. However, she had an underage sibling still being raised

by their drug-abusing parents. The Airman was wise enough to have a will drafted which set up a trust for her sibling to receive her SGLI benefits. Sure enough, that Airman was one of the first casualties of Operation Iraqi Freedom. Her sibling's financial future was secured through the trust she set up before leaving.

When it comes to readiness, one last saying comes to mind: "Life is what happens to you when you're busy making other plans." The ideal is to have our duty schedule, our operations tempo and our personal lives all planned out.

The reality is things never go according to plan. Storms will come, but our advanced preparation and planning is the true test of how we weather that storm. In all things — be it your CUI planning or your estate planning — I encourage you to think ahead about what can go wrong and how you'll prepare for it.

## Barksdale celebrates National Hispanic Heritage Month

**By Capt. Barbara McDonald**

2nd Medical Operations Squadron

Sept. 15 to Oct. 15 is designated as Hispanic Heritage Month, a time when we recognize the contributions of Hispanic Americans to the United States.

President Lyndon Johnson approved the establishment of National Hispanic Heritage week in 1968, but in 1998, President Ronald Reagan expanded NHH week to cover a 31-day period. Congress then passed Pub L100-402 which established HHM.

Hispanic Heritage Month honors the independence of eight Latin American countries to include Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico, Chile and Belize.

Hispanics have played an important part in American history dating back to the revolutionary times, when then Spanish Governor

over Louisiana, Gen. Bernardo de Galvez, assisted Gen. George Washington by blockading British ships and providing rations and ammo to the Continental Army.

During the Civil War, the First Battalion of Native Cavalry, led by Maj. Salvador Vallejo, consisted of native Mexican-Americans who were known for their extraordinary horsemanship, helped defeat a Confederate invasion of New Mexico.

In World War II, nearly 500,000 Hispanics served in the U.S. Armed Forces. However, many Hispanics who contributed significantly to winning the war were often not recognized appropriately due to prejudice. Fortunately, these thoughts changed as diversity became more widely accepted.

During the Korean War, an all Latino combat unit from Puerto Rico was credited with capturing 2,086 enemy soldiers and killing an

additional 5,905 during a three-year span. This group was awarded four Distinguished Service Crosses and 124 Silver Stars.

Hispanic patriotism is as evident in the spirit of America as it was back in the days of the Revolutionary War. There have been 43 Hispanic Medal of Honor recipients in the U.S.; more than any other identifiable group.

The Hispanic Heritage Committee welcomes Team Barksdale to participate in this year's Hispanic Heritage Month events.

This year's theme is "Many Backgrounds, Many Stories, One American Spirit." The month-long celebration kicked off Sept. 15 with breakfast at the Red River Dining Facility. There will be a jalapeno and salsa contest at the Base Exchange Sept. 21 and exhibits will be displayed at the library. The final event will be a luncheon at Chapel 2 Annex Oct. 13. We look forward to seeing you there.



**ABOVE:** Airmen salute as Taps plays in front of wing headquarters on Barksdale. Barksdale Airmen honored the victims of the terrorist attacks on the nation in 2001 with a Sept. 11 remembrance ceremony.



## Barksdale Airmen honor Sept. 11

U.S. Air Force photos by  
Airman 1st Class Benjamin Gonsier

**LEFT:** Brig. Gen. Keith Kries, 8th Air Force mobilization assistant to the commander, and Airman 1st Class Broden McDonald, 2nd Aircraft Maintenance Squadron, prepare a wreath for the Sept. 11 remembrance ceremony on Barksdale Sept. 9. Barksdale Airmen placed the wreath to honor the victims of the terrorist attacks on the nation in 2001.



**ABOVE:** Members of the base Honor Guard raise the American Flag during the national anthem on Barksdale Sept. 9. The Honor Guard prepared and raised the flag during the ceremony. **LEFT:** Senior Airman Heather Leithead, 2nd Maintenance Squadron, plays the trumpet. Leithead performed Taps for the ceremony to remember the 10th anniversary of the terrorist attacks on U.S. soil in 2001.

# Important changes coming to controlled spend account card

**By Airman First Class Antonio Gonzalez**  
2nd Bomb Wing Public Affairs

The controlled spend account card, formerly known as the government travel card, has undergone some recent policy changes.

Effective immediately, the CSA card may only be used for expenses related to official government travel.

“Authorized expenses relating to official government travel include but are not limited to per diem meals, lodging, airline tickets, rental car, gas, tolls, taxi, excess baggage and permanent change of station costs,” said Staff Sgt. Maria Hudgeons, 2nd Comptroller Squadron NCO-in charge of special actions.

After completion of official travel, cardholders can no longer use the CSA card

for personal purchases.

“In the past it was advertised that once the card is paid off, members can use the residual balance as a prepaid card,” Hudgeons said. “Now the policy has changed and members cannot use that card if they are not on official travel.”

According to guidance posted at [defensetravel.dod.mil](http://defensetravel.dod.mil), the excess balance on the CSA card can be obtained by using one of the following options:

» Electronic funds transfer to a personal account through Citibank’s online access system or by calling (877) 784-1407 directly. Transactions usually take 48-72 hours, and there is no charge.

» Travelers can call Citibank at the number above to request funds by check. Mailed check transactions usually take

## FOR MORE INFORMATION

Contact Staff Sgt. Maria Hudgeons at (318) 456-4674 or by e-mail at [maria.hudgeons@barksdale.af.mil](mailto:maria.hudgeons@barksdale.af.mil).

14 business days, and there is no charge.

» A refund check will automatically be mailed

to the cardholder after 60 days of inactivity on the account. Mailed check transactions usually take 14 business days, and there is no charge.

» Members can withdraw the funds from an

Automated Teller Machine. The traveler has immediate access to funds up to the \$500 ATM limit; however, ATM service fees and a Citibank surcharge of 2 percent are not reimbursable.

## Keeping count



SENIOR AIRMAN CHAD WARREN/U.S. AIR FORCE  
**Megan Weddle, a veterinary technician, counts antibiotics for a patient in the veterinary clinic on Barksdale Aug. 29. The clinic administers vaccinations and performs routine surgical procedures for pets of Barksdale Airmen and their families.**

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AIRMAN 1ST CLASS MICIAIAH ANTHONY/U.S. AIR FORCE

Staff Sgt. Rashad Holley, an immunization technician with the 2nd Medical Operations Squadron, removes an intramuscular needle from a box in the medical clinic on Barksdale. Prior to enrolling students in kindergarten, schools require children to have diphtheria, tetanus, pertussis, polio, measles, mumps, rubella and varicella immunizations up-to-date.

## Back-to-school health care

By Senior Airman Chad Warren

2nd Bomb Wing Public Affairs

Whether children are starting school for the first time or returning for another year, the beginning of the school year requires preparation.

However, new school supplies and clothes are only a couple of the items on a parent's to-do list when it's time for their children to return to school. In addition to materials, there are medical requirements as well.

To help during this hectic time of year, the 2nd Medical Group does its part to make the back-to-school process as painless as possible.

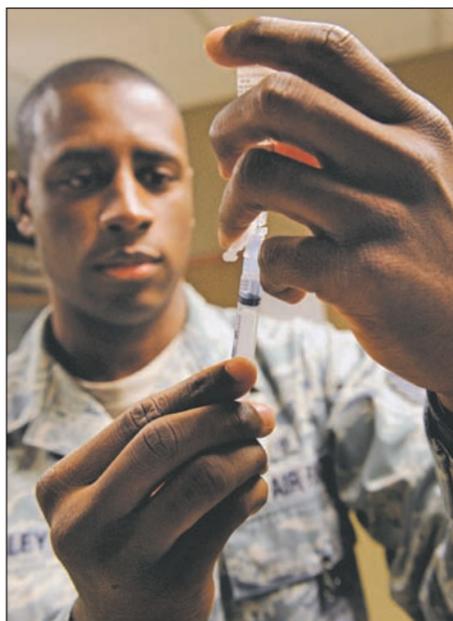
Prior to enrolling students in kindergarten, schools require children to have certain immunizations. In addition to these initial vaccines, students are required to stay current on their shots throughout their school years, according to Staff Sgt. Rashad Holley, 2 MDG aerospace medical technician.

"We definitely see an increase in the number of patients at the beginning of the school year," Holley added. "The age of the child determines which shots they need."

At 4 years old, children receive four separate vaccinations: diphtheria, tetanus and pertussis (DTaP); polio; measles, mumps and rubella (MMR); and Varicella (chickenpox). These must be up-to-date before a child is allowed to enroll in school. At 11 years old, children must be vaccinated for Meningitis and get an additional tetanus shot.

In addition to shots, every student must have a routine physical before beginning the school year. Due to the high demand, the 2 MDG opened its doors on a recent Saturday to offer walk-in physicals to those students who were not able to get an appointment in time.

"It is very busy, the physicals are booked



AIRMAN 1ST CLASS MICIAIAH ANTHONY/U.S. AIR FORCE Staff Sgt. Rashad Holley, an immunization technician with the 2nd Medical Operations Squadron, draws back the plunger of a needle in the medical clinic on Barksdale.

up to a month in advance," said Lasonya Cooper, appointment desk supervisor.

The physicals consist of a basic check-up to determine if the children are healthy enough to attend school.

While all children must stay current on shots and check-ups, student athletes must complete a more in-depth sports physical before they are eligible to compete in any sport.

All of these back-to-school services and more are offered to Team Barksdale servicemembers and their dependents. To schedule an appointment, contact the 2 MDG access to care line at (318) 456-6555.

# Airmen helping Airmen: AADD saves lives

Article & photo by Senior Airman Kristin High

2nd Bomb Wing Public Affairs

It's 2 a.m. on a Friday night, and a few friends have gathered together at a local bar. One female is ready to head home but everyone has had drinks. She begins to think to herself, "I've ONLY had a few...yeah, I'm fine." She fumbles around for her keys, proceeds to say good bye and walk to her car. She begins to speed down the road not noticing the stop sign or the truck approaching from her right side.

According to the National Highway Traffic Safety Administration, nearly 11,000 people die on the road each year due to driving while intoxicated. Mothers, fathers, sons, daughters and friends are all victims of a senseless act that can easily be avoided.

The best way to deter accidents from happening is to have a plan when drinking.

"I would definitely recommend if Airmen are going to go out and drink to use the wingman concept," said Airman 1st Class Karina Reyes, Airmen Against Drunk Driving president. "Make sure you have a friend or a few friends to go out with you. If you have more than just yourself at the bar, or dance club or anywhere else, then you are less likely to try to drive while intoxicated."

AADD, seen throughout the Air Force, is used to help reduce the number of alcohol related incidents on Barksdale, the surrounding communities and the Air Force.

"AADD is an Airmen run organization and is absolutely free and available to anyone from Barksdale to use," said Reyes. "There are no negative consequences that arise from calling."

In 2010, there were a total of 80 people saved by Barksdale AADD from driving intoxicated. Since January, there have been 160 lives saved. This is due to the current council making sure that AADD is a proactive organization and well known on Barksdale.



Senior Airman Enrico Javier, 49th Test and Evaluation Squadron, answers a call for Airmen Against Drunk Driving in the Blue Room of the Stratofortress dorm on Barksdale. AADD is a free service to drive Airmen home if they've been drinking and their "get home safe" plan falls through.

"Drinking clouds your mind," said Senior Airman Enrico Javier, 49th Test and Evaluation Squadron and AADD volunteer. "You don't always think to call a taxi, so it's a great feeling when I can prevent someone from drinking and driving."

As part of its mission, AADD operates a hot line that is staffed by volunteers on Friday and Saturday nights, as well as during holidays and down days, from 11:30 p.m. to 4 a.m.

"Without volunteers, there would be no one to ensure that AADD is open every Friday and Saturday and Airmen would not have the option of calling for a free and safe ride home," Reyes said. "Everyone who volunteers for the AADD program is saving someone's life and preventing a DUI."

It is imperative to stress the importance on being careful and having a plan, especially during long weekends and holidays, Reyes added.

"It's better to have your friend or fellow Airman be mad at you for one night than lose them forever," she said.

If your plan falls through and you find yourself needing a ride, call (318) 456-AADD (2233).



SENIOR AIRMAN KRISTIN HIGH/U.S. AIR FORCE

## Diggin' in the dirt

Staff Sgt. William Meadows, 2nd Civil Engineer Squadron, digs a trench for a sewer line near Cullen Park on Barksdale Sept. 7. The 2nd CES water and fuels shop is currently working on 15 different projects throughout the base.



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Spectators watch an intramural flag football game on Barksdale. The Barksdale Health and Wellness Center offers intramural leagues to help raise fitness and boost unit morale.

A football rests on the sidelines while members of the 2nd Dental Squadron break their huddle during their flag football game against the 2nd Logistics Readiness Squadron.

# Intramural flag football kicks off at Barksdale

U.S. Air Force photos by Airman 1st Class Micaiah Anthony

To view more flag football photos, visit [www.barksdale.af.mil](http://www.barksdale.af.mil).



Airmen from the 2nd Dental Squadron congratulate Airmen from 2nd Logistics Readiness Squadron on their victory after an intramural flag football game Sept. 6. The 2 LRS team won the game 23-0.



Airman 1st Class Vance Besler, 2nd Dental Squadron, attempts to avoid getting his flag pulled during an intramural flag football game. To help prevent injuries from tackles, players wear belts with removable flags. Once a flag is removed from the ball-carrier's belt, the player is "down" and the play stops.



Airman 1st Class Patrick Martin, 2nd Logistics Readiness Squadron, evades defenders from the 2nd Dental Squadron during an intramural flag football game. The Barksdale Health and Wellness Center offers intramural leagues to help raise fitness and boost unit morale.



Michael Copeland, husband of Tech. Sgt. Mary Copeland, 2nd Dental Squadron, holds a down indicator box during an intramural flag football game between the 2nd Logistics Readiness Squadron and the 2 DS. Spouses of military members are allowed to join their spouse's unit team for intramural sports.



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# A day in the life of a primary care physician

Article & photos by  
Senior Airman Kristin High

2nd Bomb Wing Public Affairs

It's 8 a.m. and an Airman is sitting alone in an exam room. There is a knock at the door and a physician walks in. "What seems to be the problem?" he asks. The Airman coughs and points to his throat. The physician reaches for a tongue depressor, "Alright, open wide and say 'ahh'."

All Airmen have been to the family health clinic at one point in their career, so this scenario should be very familiar.

"We see approximately 19 to 21 people a day per physician," said Capt. Mark Dudley, 2nd Medical Operations Squadron primary care physician. "I deal with viral infections, head colds, chronic diseases, sprains, back pain, depression, diabetes and even some obscure cases."

An average work day for a PCM is very busy spending at least 15 to 20 minutes with each patient.

"We start seeing patients around 7:40

a.m. every morning and we see them until 3:30 p.m. sometimes 4," Dudley said. "After that, it's administrative paperwork, addressing labs, pharmacy questions and refilling medications or any other patient concerns."

Due to the immense work load that PCMs take on, it's vital to have the correct training.

"College was four years. I received a master's in public health which took one and a half years. Post-Baccalaureate program was one year and medical school was four years," Dudley said. "Residency after school was another three years."

Medical residency is essentially on-the-job training, just as any Airman would receive. The program emphasizes in-patient management of medical problems.

"During residency, we are assigned to one of five training bases," said 1st Lt. Jeffrey Marcotte, 2nd Medical Operations Squadron primary care physician assistant. "I went to Langley, where I had one-on-one patient care training while also studying because there are tests after every section of learning."

Marcotte was prior enlisted for five years before he was selected for the physician assistant program.

"It's an excellent program that people don't know about," Marcotte said. "The base education offices typically don't have a lot of information on the PA program so I'm getting the word out that it exists. There's so many young Airmen that want to work in primary care or treat patients but just don't know about the opportunity."

"Being a primary care physician assistant takes a lot of hard work and dedication but the satisfaction of helping someone is worth it," he said.

**RIGHT:** Staff Sgt. Netasha Hutto-Harris, 2nd Medical Support Squadron, holds her nose as Capt. (Dr.) Mark Dudley, 2nd Medical Operations Squadron physician, examines the inside of her ear. The primary care managers at the base family health clinic see a variety of medical cases — from sinus infections to muscular injuries — every day.



Capt. (Dr.) Mark Dudley, 2nd Medical Operations Squadron, washes his hands before examining a patient. It's important for doctors to wash their hands before and after seeing patients to prevent spreading infections.



1st Lieutenant Jeffrey Marcotte, 2nd Medical Operations Squadron physician assistant, examines Allen Dinsmore's elbow on Barksdale. Each physician in the family health clinic sees approximately 19 to 21 patients daily.



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# Barksdale Airman prepares for AF Marathon

**By Senior Airman Amber Ashcraft**

2nd Bomb Wing Public Affairs  
The site has a ticker, counting down the last few days until the "blast off." It boasts "event sold out" in bold red letters and even has last-minute preparation "tips."

The Air Force Marathon, celebrating its 15th anniversary Saturday has grown to more than 12,000 participants over the years. This year, a participant from Barksdale is attending for the first time.

Capt. Rob Burlison, 2nd Bomb Wing assistant staff judge advocate, hasn't been running long, but is excited for his first full marathon.

"It's one of those things on my bucket list," he said. "I mean, it's great conditioning for our Air Force physical fitness test, but it's also a great motivator — to prove to myself I can go through this physical and mental test as well."

In February of this year, Burlison, along with several others from Barksdale, ran the Rock and Roll Half-Marathon in



New Orleans.

"It hurt," said Burlison with a laugh. "But we had an absolute blast and I definitely decided right then and there that I would run a full marathon next."

Training for the 26.2 miles hasn't been the easiest, Burlison said. He joined a training group run by 2nd Lt. Justin Ball, 2nd Communications Squadron, for the Rock and Roll Marathon and continued his conditioning with him for the Air Force Marathon.

"Ball is well-conditioned and does phenomenal work," Burlison said. "There have been long-run days where he's driven our running course ahead of time to put out hydration stations, and drove back to then run it

with us. He e-mails us every week with motivators and reminders for upcoming training runs."

Ball has run three full marathons with this year being his third Air Force Marathon.

"It's great to start training for a marathon five months out," he said. "I've found that to be successful because it helps to run with a team and have an actual training plan. In the beginning, you start out with a long run of five miles, four to five times a week. You'll slowly build up to run the 26.2 miles of a full marathon."

Though only about one percent of the world has actually finished a full marathon, Ball and Burlison are confident about the run.

"Sure, after 16 miles I think, 'Man... 10 more to go', but it's my goal to finish and if I can do it around or under four hours, I'll be more than pleased with myself," said Burlison.

"It's also a fun marathon to run," added Ball. "While you're running the AF Marathon, they have an air show going overhead you get to watch and

they always have some of the best finisher medals."

To commemorate the Air Force's rich history of flight, there is one aircraft chosen every year to be highlighted during the marathon and on the unique finisher's medal presented to each race

participant.

This year, the AF Marathon will feature the B-1 Lancer.

"It's unique to us this year, since the B-1 bomber has been a large part of the bomber force in AF history and we're also representing the 2nd Bomb Wing under the Global

Strike Command," Burlison said.

Even when the race is over and medals have been presented, Burlison said he won't be finished.

"I have one more goal," he said. "I want to do a half Iron-man. Then I think I'll be done because I'll probably be broken."

## Exchange credit card fees impact entire Barksdale community

**By Jeanette Dunmire**

Army & Air Force Exchange Service Public Affairs

Airmen patronizing the Barksdale Exchange probably don't give a second thought about which credit card to use at checkout. What they may not be aware of, however, is that the use of bank-issued cards at the Exchange ultimately costs the Barksdale community thousands of dollars annually.

This year alone, bank-issued card processing expenses at Barksdale facilities are up 17.42 percent compared to this time last year, sapping \$251,326.33 from the Exchange and, in turn, critical funds that could be used for morale, welfare and recreation programs.

In 2010, total credit card fees for the entire year at Barksdale were \$449,363.50.

One way military families can help reduce costs and strengthen their Exchange benefit is to take advantage of the Exchange's exclusive Military Star

Card. Unlike bank cards, profits generated from the Military Star Cards are shared with military communities through contributions to the military service's quality-of-life funds.

"Using the Military Star Card is one of the easiest ways for troops to directly impact their Exchange and morale, welfare and recreation benefits," said the Exchange's General Manager Gilbert Mata. "Reducing these unnecessary expenses can go a long way in maximizing the dividend the Exchange annually returns to the military community."

The Military Star Card is accepted at all Army and Air Force, Navy, Marine Corps and Coast Guard Exchange activities, as well as the Exchange Catalog and the Exchange Online store at www.shopmyexchange.com.

Authorized exchange shoppers can learn more about the card by visiting www.shopmyexchange.com and clicking "Credit Services."

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**Briefly**

**The Landings September events**

- » **Wednesday:** Join us from 7:30 to 9:30 a.m. at the Starbucks in the Base Exchange for your morning cup of coffee or tea on us.
- » **Thursday:** Stop by the Welcome Center from 10:30 a.m. to 5:30 p.m. to pick up your treat in celebration of National White Chocolate Day.
- » **Sept. 26:** Contact the Welcome Center to learn more about a free night of bowling and dinner.
- » **Sept. 29:** Kona truck 5 p.m. on Main Base. Free snow cones.
- » **Sept. 30:** Kona truck 5 p.m. on East Side. Free snow cones.
- » **Sept. 30:** Resident Appreciation drawing.

**Be Well**

This class will take place from 9 a.m. to noon Tuesday and 1 to 4 p.m. Sept. 29 on the third floor of the 2nd Medical Group. It is designed for individuals seeking to improve their health and fitness. This program will include general fitness and nutrition information as well as classroom activities to help you identify personal goals, set realistic expectations for improvement, and build a plan to help you overcome common barriers and appreciate enhancers for success. Instructors include a behavioral health provider, a physical fitness expert, a registered dietitian and aerospace physiologist. It is mandatory for FA failures. For more information or to sign up, contact the HAWC (318) 456-8046.

**Healthy Heart/Hyperlipidemia Class**

Two-part series that provides information on lowering the risk of heart disease with "Therapeutic Lifestyle Changes." After attending both classes, participants may schedule an individual follow-up with the Dietitian. The class is scheduled from 10 to 11:30 a.m. Wednesday on the third floor of the 2nd Medical Group. For more information or to sign up for this class, contact Jennifer Coney at jennifer.coney@barksdale.af.mil or (318) 456-8359.

**Diabetes Class**

Class participants are taught about the best eating strategies to use to control blood glucose levels and decrease the risk for heart disease. The class is from 10 a.m. to noon Thursday on the third floor of the 2nd Med-

ical Group. For more information or to sign up, contact Jennifer Coney, at jennifer.coney@barksdale.af.mil or (318) 456-8359.

**NCO Professional Enhancement Course**

There will be an NCO Professional Enhancement Course Sept. 27-29 for staff sergeants and technical sergeants.

To sign up, go to <https://afkm.wpafb.af.mil/TeamBarksdaleCAA>

For questions, call or e-mail Master Sgt. Kimberly Owens at (318) 458-4700 or kimberly.owens@us.af.mil.

**Commissary Tour**

Take a personalized walking grocery tour with a registered dietitian. Participants will receive tips on label reading, heart-healthy choices and nutrient density will be some of the topics talked about. The tour is scheduled from 2-3:30 p.m. Sept. 28 in the base Commissary.

For more information or to sign up, contact the HAWC at (318) 456-8046.

**Quarterly Airmen Appreciation Meal**

The Quarterly Airmen Appreciation Meal is scheduled from 5 to 7 p.m. Sept. 29 at the Red River Dining Facility. The theme will be sports and participants are highly encouraged to wear their favorite team jerseys.

**The Landings September concessions**

The Landings at Barksdale currently has the following concessions running during the month of September:

**Refer-a-friend:** If you refer a friend to The Landings you will receive \$500. A referral card will need to be filled out and attached with the original application.

**Move-in Option:** If you accept a home and move in during September, you choose between a \$500 rental concession, 42-inch or larger television or washer and dryer set.

**Key to savings:** If you accept and move into one of a list of houses during September, you will get \$100 off your rent for 12 months.

**Break your lease:** Are you stuck in a lease off base? The Landings will pay your landlord up to \$1,500 of the lease fee once you move in.

To take advantage of any of these deals or to learn more about what The Landings has to offer its residents, call (318) 747-2723.

**AFRC BRIEFS**

*The Airman & Family Readiness Center's primary focus is to support Barksdale AFB readiness by assisting families and single military members adapt to the demands of Air Force life. To accomplish this mission, AFRC offers a variety of educational programs and services that are open to all military employees and their families including active duty, reservists, guardsmen and DoD civilians. They are located at 413 Curtiss Road, and all classes listed below are held there unless otherwise stated. Their hours of operation are Monday through Friday from 7:30 a.m. to 4:30 p.m., except from 3 to 4:30 p.m. on Wednesdays when they are closed for training. For questions, call (318) 456-8400.*

**TAP**

Facilitated by the Department of Labor and VA representatives, this program is designed to assist military members and their spouses make good career decisions and understand their benefits as they move from military service to civilian life. Topics covered will include personal appraisal; career decisions; applying for the job; resumes; dress for success; the interview; job offers; filing for VA compensation; education benefits; medical care through the VA; VA guaranty home loans, VGLI/DVI insurance; final burial benefits and Vocational Rehabilitation & Employment Program.

TAP will take place from 8 a.m. to 4 p.m. Sept. 27-29. There will be an Executive TAP for O-6s and above from 7:30 a.m. to 4 p.m. Tuesday-Friday and a Chief's TAP for E-9s from 7:30 a.m. to 4 p.m. Sept. 26-29.

**Exceptional Family Member Program group meeting**

The Exceptional Family Member Program Group is designed to inform Barksdale AFB "Q" coded families about services that may be required or needed. It is also designed to identify gaps in the EFMP system, allow members to address concerns, seek assistance and more. Each support group meeting will have a guest speaker. The group meets every third Tuesday of the month at the

Chapel 2 Annex. The next meeting will be from 6 to 9 p.m. Tuesday.

**Federal Employment**

This workshop will take place from 8 to 11 a.m. Tuesday. It will help participants gain an understanding of the Federal employment process and the Federal resume such as format, content and KSAs. Participants will receive hands-on experience in finding key words, writing KSAs and using usajobs.gov.

**How to Be the Nearly Perfect Partner**

This class will take place at 11:30 a.m. Tuesday. The "Healthy Relationships" workshop will include partner personality assessments and communication styles.

**Microsoft Office 2007 Workshops**

**Access**

This class will take place at 7:30 a.m. today and 1:30 p.m. Sept. 26. Participants will learn new features and get to know Access 2007; how to use/edit the new template databases; how to create tables, forms, queries, reports, and how to convert old databases to the new format.

**PowerPoint**

This class will take place at 5 p.m. Tuesday. Participants will be creating presentations, learn new features, create slides, add text, choose themes, pictures, how to use SmartArt Graphics and animation.

**Resume workshop**

Learn how to write a resume, what employers look for and what information to include at this workshop starting at 1 p.m. Tuesday. Participants will also learn about cover letters.

**Right Start**

Right Start will be from 7:45 to 11 a.m. Wednesday. It is mandatory for all newcomers (excluding First Term Airmen). Base and community speakers provide new arrivals an overview of the base and local community programs, services, history, recreational and cultural opportunities. Spouses are encouraged to attend.



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10:45 AM Morning Praise and Worship  
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**Wednesday,** 5:45 PM TeamKid and Youth Activities  
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Saturday, September 24th @ 10am  
\*Original Play by Alice Smith  
Co-Pastor LaShoneda Council as guest speaker

Sunday, September 25th @ 11am  
Finale Service  
\*Praise & Worship  
\*Spoken Word  
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**For more information contact:**  
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The Youth Challenge Program In Minden is looking for retired military, prior service military or current members of the Louisiana National Guard to serve as Group Leaders/ Cadre Corps to conduct quasi-military style training in a disciplined setting for 16 -18 year old high school dropouts. State pay and benefits. Please Call 318-382-4101.

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General Manager positions available in Texas, Louisiana, Arkansas & Oklahoma.  
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Home & Garden section Thursdays In The Times

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Search The Times Classifieds Online at shreveporttimes.com

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Kids Consignment Sale; Summer Grove Baptist Church Campus formerly South Park Mall  
kklis, clothes, shoes, toys, furn., equip., & MORE!  
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Sept. 13th-17th, 9-6  
Sept. 18, 1-5 (1/2 price sale)  
rerunsarefun.com

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