



official newsletter of the 124th Fighter Wing

# THE BEACON

TheBeaconLive.com

★ 124TH FIGHTER WING ★ IDAHO AIR NATIONAL GUARD ★ "FIRST CLASS OR NOT AT ALL" ★ GOWEN FIELD, BOISE, IDAHO ★ APRIL 2012

## A DIRTY JOB

### *Dumpster inspection reveals wing's recycling program needs improvement*

By **Capt. Tony Vincelli**  
*Public Affairs Officer*

Nothing will give you a better idea of how good your base recycling efforts are than a good old-fashioned dumpster dive.

That is exactly what Senior Airman Heidi Caye and Master Sgt. Robert McGarvie did Feb. 28 as they donned white suits, protective eyewear and blue latex gloves and jumped into the large green dumpster behind Bldg. 400. The bold move was the first step in what Caye, who works full-time as an environmental protection specialist for the joint Air-Army environmental office, describes as "a process" of evaluating and improving the Air Guard's recycling program.

She and McGarvie, a bioenvironmental engineer from the 124th Medical Group, sifted through trash bags looking for aluminum cans, cardboard, plastic water bottles and other recyclable materials mixed in with trash rather than in the familiar blue bins. Using a grid fabricated by the civil engineer squadron that was placed on top of the trash, they were able to establish a percentage of how much of it was actually recyclable.

"It was surprising to see that more than half of the material we inspected was recyclable," said Caye.

Even more surprising, she said, was

that much of the material was obvious items like plastic bottles, shredded paper and aluminum cans.

According to Caye, their initial inspections will establish a baseline to determine how much material we throw away is actually recyclable. These benchmarks will launch education, process improvements and end-user acceptance leading up to the Environmental, Safety, and Occupational Health Compliance Assessment Management Program inspection scheduled for September, and beyond.

Once a baseline is established and process improvements are made over the

next several months, follow-on inspections conducted quarterly will hopefully show improvements over time, said Caye.

According to McGarvie, with buy-in from wing members, improvements to the wing's recycling efforts will be made easier because of the quality of Gowen Field's recycling program.

"We have to change our culture out here when it comes to recycling. It's not like we have to start from scratch.



Senior Airman Heidi Caye, environmental protection specialist for the 124th Civil Engineer Squadron, and Master Sgt. Robert McGarvie, bioenvironmental engineer from the 124th Medical Group, sift through trash looking for recyclable materials like aluminum cans in an effort to improve the 124th Fighter Wing's recycling program Feb. 28 at Gowen Field. (Photo by Capt. Tony Vincelli)

The base already has a good recycling program in place; we just have to get everyone working together as a team to improve. One or two people isn't going to make a difference," said McGarvie.

According to Caye, wing work centers have always shown an eagerness to work on environmental efforts like this in the past, and she expects the recycling program to be no different.

"They are very engaged; they want to do the right thing," said Caye. "We need to educate them, find out what we can do to make it easier for them and I think it will go very smoothly."

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\* Active Internet Connection Required

**Click [here](#) now to watch the 'Dumpster Dive' video**

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**COMMANDER'S CALL**  
 with Col. James R. Compton  
 124th Fighter Wing Commander



**WARRIORS:**

It's game day; time to remain focused, be confident and perform to your abilities. Over the past several months we have reconstructed our culture and have since reached a plateau that is nothing more than a springboard to outstanding success for our ORI. It is time to demonstrate our First Class motto and perform as *One Team, All In*. You have trained hard and made significant improvement in every aspect. Don't let up, keep the energy flowing. As Brig. Gen. Shawver commented, "April is not a destination." This ORI is our opportunity to demonstrate that we are the premiere A-10 Wing, second to no one – we [ YOU ] are the best.

**ATTITUDE** drives your performance.  
**CONFIDENCE** is your security that

allows you to perform without hesitation.

**HUMILITY** is strength in numbers that allows us to work as one team with an understanding that each of us has a weakness and strength.

**SAFETY** is critical and focuses attention; remaining alert and being proactive will enhance everyone's safety.

**THINK** before you act to ensure every ounce of energy is directed toward mission accomplishment. We have lots of time; time is our friend, so don't fight the clock or the IG. Let the IG count the numbers. If we focus on our job, we will score. I am extremely proud of every Airman. Hold your heads high and let's get this one done.

**April is Sexual Assault Awareness Month**

For the past year, several articles have been written on this subject and in most of them statistics have reigned supreme. This time we will be going to try to do something a little more personal that will hopefully have you saying "Not here, not in my presence, not to my family."

Since the time we raised our hands and put on a uniform we essentially grew our family. As any family would, we need to protect our brothers and sisters. We all know what the written policies are, we all know that there is a zero tolerance policy when it comes to sexual assault and sexual harassment and that the offenders will be dealt with quickly and severely.

But what about the victim?

You may have heard this quote from the recent Penn State scandal: "All that is necessary for the triumph of evil is that good men do nothing."

The majority of incidents occur as a result of a very small number of perpetrators being allowed to exist because of tolerance or indifference. A military study showed that when a unit allows questionable behavior in the workplace, the unit has a 90 percent greater chance of an incident of sexual

assault.

As a family we need to put those individuals on notice that we will not allow their behavior anymore. Gowen Field is a place where business is conducted. It is a professional military organization that outsiders look up to, a place where future leaders are born, a place where our soldiers and Airmen - our extended family - should be safe.

**April SARC events include:**

- Walk a Mile in Her Shoes
- Awareness and Self Defense Techniques
- Health Fair
- Safe Dating for Teens
- Teen Dating Violence
- Bystander Intervention for Families

If you have been a victim or know of a victim of sexual assault please contact your JFHQ SARC or the DoD Safe Helpline.

**JFHQ Sexual Assault Response**  
 Capt Colleen Walker  
 272-8400 (office) / 447-6166 (cell)  
 Terry Williams  
 272-3406 / 949-7583  
**Safe Helpline**  
[www.safehelpline.org](http://www.safehelpline.org)  
 (877) 995-5247 or text 55247

SPECIAL INSERT TO THE BEACON ~ APRIL 2012

# HEALTH & FITNESS

IT'S YOUR BODY. HONOR & RESPECT IT!



## WHOLE BODY HEALTH:

MENTAL HEALTH, FITNESS & NUTRITION

### MENTAL HEALTH

Mental health is the starting point to physical health. In order to be healthy, you must be happy. Figure out what makes you happy and make it a priority in your life. Even just a few minutes a day can make a positive impact on your overall well being. When you are happy you are set to focus on your physical health.

Stress is another mental block to overall health. It's impossible to eliminate stress all together and some stress can be good. But it is important to limit your stressful situations and calmly handle the unavoidable stress in your life. If

you take an active role in managing your time and priorities then you will have control over your stress.

Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.

Overcommitting is also a common way we all pile on unnecessary stress. Don't be

afraid to say "no".

The ability to critically examine how your thoughts and attitudes are affecting behavior is also critical to maintaining your mental health.

Traits like optimism, which are correlated with happier individuals and healthier families, can be learned. Critical thinking skills that demonstrate how to effectively solve problems encompass skills like maintaining situational awareness and understanding how our own perceptions may

be affecting our situation.

To identify your true sources of stress, look closely at your habits, attitude, and excuses and change your stress outcome.

Once you have stress under control and have a positive mindset then you are ready to focus on physical health. With the proper motivation, knowledge and drive you are on track to get the nutrition, sleep, and fitness for optimal health.

### MENTAL HEALTH QUICK TIPS

- Surround yourself with happy, optimistic people
- Have an attitude of gratitude - be thankful for what you have, don't focus on what you can't or don't have
- Find humor in situations to manage stress
- Make achievable goals and enjoy the journey

### Mental Health Resources

(Active Internet Connection Required)

[9 Secrets of Happy People](#)

[Mental Health Community](#)

[Tips to Manage Stress](#)

[Quiz: Are you stressed?](#)

For more information contact:

Mr. Shawn Wood  
Director of Psychological Health  
(208) 863-3015 or (208) 422-5377  
[shawn.wood.ctr@ang.af.mil](mailto:shawn.wood.ctr@ang.af.mil)



## FITNESS NEWS:

### GOWEN GYM PLANNED FOR JUNE OPENING

Though the Gowen Field tennis courts are now just a memory, a new, 6,600 square-foot base fitness center is rising in that same space. The joint use facility will house 35 exercise equipment stations and ten spaces for a free-weight workout.

The fitness center accommodates the needs of transient soldiers training with the Regional Training Institute on Gowen and in the Orchard Training Area south of Gowen, according to the chief of Idaho Army National Guard civil engineering Lt. Col. Eugene Gussenhoven. Colonel Gussenhoven's team is striving to open the fitness center to all by early June.

"Not all National Guard bases warrant a fitness center. Because the state of Idaho supports a regional training center we are authorized a fitness center," Colonel Gussenhoven said.

Though the Idaho Army National Guard will own the facility, members of all services at Gowen can enjoy the gym. "No individual gyms around Gowen need close or realign," Colonel Gussenhoven said.

The new fitness center and parking lot occupies the corner of Ellsworth and South Kennedy streets. It will accommodate more than 200 patrons at any given time working out with free weights, weight workout machines, aerobic workout machines and floor equipment.

The Idaho National Guard is allowed another 6,600 square feet devoted to fitness by the National Guard Bureau as local funding priorities allow.

-Lt. Col Gary A. Daniel

## FITNESS

### AIR FORCE FITNESS PROGRAM

Revisions to the Air Force fitness program took effect July 1, 2010. These modifications, improvements and upgrades brought about some of the most significant changes to fitness standards in the last five years and shift a greater level of responsibility for maintaining year-round physical fitness to all Airmen.

The Air Force Fitness Program goal is to motivate Airmen to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength and flexibility training, and healthy eating. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining a higher level of readiness.

### ASSESSMENT

The Air Force uses an overall composite fitness score and minimum scores per component based on aerobic fitness, body composition and muscular fitness components to determine an overall fitness. The assessment components are comprised of:

- Body composition evaluated by abdominal circumference measurements
- Aerobic component evaluated by the 1.5-mile timed run
- Muscular fitness component evaluated by the number of pushups and sit-ups completed within one minute

Members not medically cleared to complete the 1.5-mile run will be assessed through an alternative aerobic test consisting of a 1.0-mile walk as determined by the exercise physiologist/fitness program manager unless otherwise exempted.

All components of the fitness assessment must be completed within a three-hour window on the same day.

The body composition assessment, to include height, weight and abdominal

circumference measurements, is performed by a physical training leader or the equivalent and must be the first component assessed. The abdominal circumference is used to obtain the body composition component score instead of the Body Mass Index, or BMI. Height and weight are not factored into the composite score.

The muscular fitness components, including pushups and sit-ups, may be accomplished before or after the 1.5-mile run. The 1-mile walk has to be accomplished after the abdominal circumference measurement but before the muscular fitness components. There is a

### SCORING

Members will receive age and gender-specific composite scores based on the following maximum component scores: 60 points for aerobic, 20 points for body composition, 10 points for pushups and 10 points for sit-ups.

Those with duty limiting conditions prohibiting them from performing one or more components of the fitness assessment will have a composite score calculated on the assessed components. Members must achieve a minimum of 75 adjusted points, based on points available, and meet minimum component standards. Airmen who fitness test will receive a score in one of three categories:

- **Excellent:** Composite score equal to or greater than 90 with all minimum components met.
- **Satisfactory:** Composite score of 75 - 89.99 with all minimum components met.
- **Unsatisfactory:** Composite score less than 75 and/or one or more minimum components not met.

### Resources:

[Air Force Fitness Program](#)

[Air Force Fit Family](#)

[USAF Fitness Chart](#)

[FAQ](#)



#### 4-week Push-up Power Workout:

Determine your test goal (ex. 40 push-ups). Using the table below, figure out the number of reps you will do for each set of your workout.

(Ex.  $40 \times .3 = 4$  sets  $\times$  12 reps for wk 1)  
Work out three times per week with a day of rest in between for best results.

- Week 1: 4 sets at 30% of your test goal
- Week 2: 4 sets at 40% of your test goal
- Week 3: 4 sets at 50% of your test goal
- Week 4: 4 sets at 60% of your test goal

Improve your ability to do more push-ups by varying your workouts and increasing resistance. One way to increase the resistance is to elevate your feet while doing push-ups. Start with your feet on a step at the bottom of a stair or a low step stool. Raising your feet higher will make you work against gravity, thereby increasing the resistance. Work up to the point where you can do your push-ups with your feet on a chair. Note: The higher your feet, the more you'll work your shoulders, so mix in some flat push-ups to make sure your chest gets a workout, too.

Running can strengthen your cardiovascular system, increase bone density, and clear your mind. But to avoid injury or burnout, begin slowly. Before starting, get properly fitted for supportive shoes at a running store and grab a stopwatch to track your time. Then do this routine outside or on a treadmill, twice a week to build endurance:

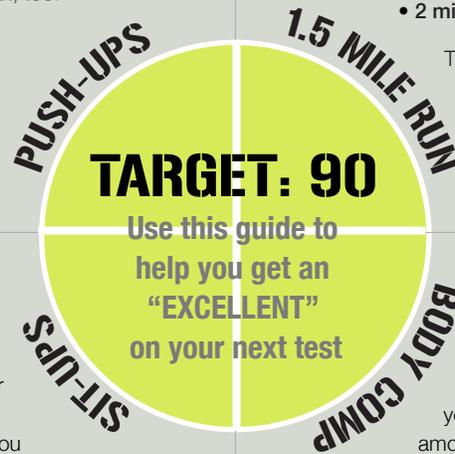


#### Running for Beginners:

Focus on form. Roll your shoulders back and down, drawing them away from your ears. Swing your arms in an even front-to-back motion, and keep your head up and your hands relaxed. Find your rhythm, breathe in through your nose, out through your mouth.

- 1 minute (30-second run + 30-second walk)
- 2 minutes (1-minute run + 1 minute walk)
- 3 minutes (1 1/2 -minute run + 1 1/2 minute walk)
- 4 minutes (2-minute run + 2 minute walk)
  - 3 minutes (1 1/2 -minute run + 1 1/2 -minute walk)
  - 2 minutes (1-minute run + 1-minute walk)

That's it! Gradually reduce the time of each walk break until you can comfortably run for 15 minutes straight.



MAXIMUM: 10 PTS

MAXIMUM: 10 PTS

#### 5 Steps to more Sit-ups:

**Step 1** - Learn the proper technique and testing standards used during the test. The standards call for your arms crossed over your chest and your knees bent. Someone will hold your feet on the floor while you raise your upper body until your elbows touch your thighs.

**Step 2** - Pace yourself according to your goal. For example, if your goal is to complete 50 situps, aim for 25 situps every 30 seconds. Starting too fast may cause premature fatigue.

**Step 3** - Slide your hips toward your feet during the test. As you are performing the situps, your hips will naturally slide backward, but keeping your feet and hips close together as you fatigue creates an angle where your stomach muscles and legs will continue to perform additional repetitions.

**Step 4** - Exert energy only on the way up and let gravity take your torso and back to the floor. This helps to conserve energy so you can do more situps during the test. If you have to rest, you must do so in the "up" position without holding your legs.

**Step 5** - Perform two to three intervals lasting 30 seconds where you perform as many repetitions as possible during each round as part of your normal workout regimen.



MAXIMUM: 60 PTS

MAXIMUM: 20 PTS

#### Tips for trimming down:

Reducing your waist circumference has nothing to do with sit-ups. To remove fat from your midsection, you must change your eating habits and increase the amount of physical activity you get each day. There is no magic pill or starvation diet that will allow you to lose your waist and keep off the pounds. These lifestyle changes will reduce your waist circumference and keep off the excess fat:

- Aim to cut 500 calories from your daily calorie intake, which will help you lose about one pound per week.
- Perform 60 minutes of moderate-intensity aerobic activity 4-6 days each week. Exercising from 150 to 250 minutes per week will give you only modest weight loss results, but getting more than 250 minutes per week will burn a significant amount of calories, and you will see the difference in your waist circumference.
- Do strength-training exercises every other day to help your body burn calories more efficiently and build muscle, which makes you look thinner even if you don't notice it on the scale. A pound of muscle burns 50 more calories at rest every day than a pound of fat. Ten pounds of added muscle means you will burn an extra 500 calories each day - even when you are sitting on the couch.



# NUTRITION

Most health experts recommend eating a balanced, healthy diet to maintain or lose weight. But exactly what is a healthy diet?

**The basic components of a healthy diet include the right amount of:**

- Protein (found in fish, meat, poultry, dairy products, eggs, nuts, and beans)

- Fat (found in animal and dairy products, nuts, and oils)

- Carbohydrates (found in fruits, vegetables, pasta, rice, grains, beans and other legumes, and sweets)

- Vitamins (such as vitamins A, B, C, D, E, and K)

- Minerals (such as calcium, potassium, and iron)

- Water

When all else fails, eat colors. It may sound a little crazy, but in most cases, the more colorful the meal, the more nutritiously balanced it is. That doesn't mean you can have a bag of cheese puffs and a Mountain



Dew and think it is nutritious. Fruits and vegetables, in particular, provide a lot of nutrition and color. Follow some of these other guidelines to make sure you are getting what you need.

- Fish, lean meats, low fat

diary products and beans provide valuable protein.

- Eat slow-burning carbohydrates from high-fiber foods like beans, whole-grain breads and cereals. They are good for digestion and make you feel fuller longer.

- Take a good daily multivitamin to make sure you are getting the things your diet isn't giving you.

- Eat small meals throughout the day and always eat breakfast as it speeds your metabolism.

- Limit your alcohol consumption to one glass per day - studies show red wine is best.

- Get out in the sun to get some valuable vitamin D, but be sure to wear sunblock.



## DR. OZ'S GREEN DRINK

Dr. Oz shares one of his favorite recipes. Jumpstart your mornings with this high-fiber, low-calorie breakfast drink.

Make the breakfast drink that Dr. Oz swears by! This "green drink" is high in fiber, low-calorie and rich in vitamins.

### Ingredients

- 2 cups spinach
- 2 cups cucumber
- 1 head of celery
- 1/2 inch or teaspoon ginger root
- 1 bunch parsley
- 2 apples
- Juice of 1 lime
- Juice of 1/2 lemon

Directions: Combine all ingredients in a blender. This makes approximately 28 ounces, or 3-4 servings.

[Watch Public Affairs enjoy Dr. Oz's Green Drink!](#)

[More from Dr. Oz Online](#)



### Physical Fitness

- Manage your levels of stress
- Eat well
- Get enough rest
- Exercise



### Mental Fitness

- Take breaks & use relaxing muscles
- Maintain positive self-esteem



### Social Fitness

- Talk to family, friends, physician, chaplain
- Build and maintain social support
- Get involved in community, group activities
- Be a Wingman!



### Spiritual Fitness

- Maintain a sense of purpose
- Strengthen faith



## Dude, where's my Chem Gear?

By Senior Master Sgt. Ruel Gadbury  
CEX Readiness

In case you haven't noticed, unless you've deployed, are preparing to deploy, or an ASOS member, you haven't had to attend a CBRN survival skill class in the recent past.

All those suggestions to the powers-that-be must have paid off as CBRN skills is now essentially Just-In-Time training, which means you take it just prior to a deployment.

That is different than CBRN Awareness, which continues to be a bi-annual requirement. This is a welcome relief to those who would rather attend a dental appointment than a Chem Warfare class. I could swear I heard a Napoleon Dynamite-like, "Yes!" when word got out. This is good news to most (okay, almost all) Air National Guard troops, as we now have just a little more time to complete that all important computer-based training and it may allow more opportunity to complete some valuable training.

However, the extra time could create an issue when it comes time to finally locate your

gear. The ideal place to store your CBRN gear is in a controlled area at your workplace if space allows.

If you require the use of your CBRN gear for whatever reason, it is likely that you'll be on the base, or on your way to Gowen Field. Over the years I have heard several stories concerning the whereabouts of CBRN Gear. Here are some of my favorites: "It was in the trunk of my car, the one I sold last summer" or, "It's at my ex-girlfriend's house, ..." and, "I had it all together when I emptied it out to use the bag on a hunting trip", and my personal favorite, "My wife sold it in a garage sale during a UTA".

A couple of things to keep in mind are that if the protective mask is lost or misplaced (or sold in a garage sale) a report of survey is required as it is an accountable item. Also, the protective mask is the ONLY CBRN item in your training bag that you would actually use (with a real world filter) if, for some reason, you find yourself in a potentially contaminated environment.

As we wrap up the Phase 1 ORI this April, remember that there is a Phase 2 arriving in the not-too-distant future. As we all realize, we will require the use of that warm comfy CBRN gear. Don't wait until it's too late to ask yourself, "Dude, where's my chem. gear?"

## AVOID THE LINES

MOST PERSONNEL ACTIONS  
NOW AVAILABLE ONLINE

For most traditional Guard members who only spend a couple days each month at Gowen Field, spending time standing in line at FSS customer service is probably one of the last things you want to do. Lucky for you, most of what you would need to do there can now be done online using a CAC-enabled computer.

Actions like writing, correcting, and updating awards and decs; requesting corrections or changes to your duty history; writing, signing and submitting LOEs and much more can be done online anytime, from anywhere.

Start by going to [www.my.af.mil](http://www.my.af.mil) and click on the Top Portal Links section. There is also an Online Personnel Service Brochure, that describes available services in greater detail.

The Total Force Service Center is available to answer questions and assist you at 1-800-525-0102.

## SECURITY FORCES REMINDS YOU STAY OFF THE RANGE

The Gowen Field off-base range is located on the south side of Gowen Road, which is approximately 1/4 mile east of the Gowen Field Main Gate. Trespassing on to the range is not only dangerous, it is illegal.

The range is fenced with signs that read "Danger - Firing Range - Do Not Enter". Two red flags are raised at full mast when firing is in progress.

Be safe and honor the Restricted Area and No Trespassing signs. If you have a legitimate need to access the range, please contact Security Forces at 422-5366 or 422-5535, or stop by Bldg 144.



### KINGSLEY PROMOTED TO COLONEL

Surrounded by his family, 124th Operations Group Commander Lt. Col. Paul Kingsley is promoted to the rank of colonel, effective March 16, 2012. The ceremony took place at the base theater March 28 (Photo by Master Sgt. Tom Gloeckle).

## THEY'RE BUYING CONGRATULATIONS TO OUR OTHER NEWLY PROMOTED AIRMEN!

**CMSGT KRIS KOTTER** MXS  
**CMSGT MARK NELSON** CES  
**SMSGT TONY ZABEL** AMXS  
**MSGT FLETCHER HARRIS JR.** MDG  
**MSGT DONALD TAYLOR** 266 RANS  
**MSGT TINA WHITTINGTON** MDG  
**TSGT JAMES CAUTHEN** MXS  
**TSGT WILLIAM GOWER** MXS  
**TSGT DONALD HUFFMAN JR.** CES  
**TSGT MICHAEL STEMPEL** LRS

**SSGT DANNY HAMMOCK** CES  
**SSGT ADAM LLEWELLYN** AMXS  
**SSGT PRASIT MARUNGRUANG** LRS  
**SSGT WILLIAM O'BRIEN** CF  
**SSGT ASHLEY PORTER** AMXS  
**SRA KENNETH HILD** MXS  
**SRA MICHAEL KEETON** MXS  
**SRA MATTHEW MILLS** AMXS  
**SRA BENJAMIN PALMER** LRS  
**SRA BRIAN SEEHAWER** MXS  
**SRA ANTHONY USOG** AMXS



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Staff Sgt. Brant Clouss reloads U.S. Navy veteran Richard Nelson's .22 caliber rifle Feb. 29 at the Boise Rifle and Pistol Club. Sergeant Clouss is a security policeman from the 124th Security Forces Squadron. (Photo by Capt. Tony Vincelli)

## Haven't Joined *TheBeaconLive.com* Yet? Here's what you're missing



### ASOS RUNS 24-HOUR RELAY

ASOS Airmen ran 24 hours straight to honor TACPs and ALOs killed in action in the month of March, including former Idaho Air Guard member Maj. Greg Stone, who was killed in 2003. [Go online to see the entire photo album](#) and read more about the event.

### FIRE DEPARTMENT AWARDED

For the fourth time in the past eight years, the 124th Fire Department was honored as the best small fire department in the Air National Guard. [See the Airmen who made it happen.](#)



### BRIG. GEN. SHAWVER TALKS ABOUT FUTURE MISSIONS

The Assistant Adjutant General, Air, discussed some exciting possibilities and a host of new missions that could be coming to Idaho. [Read the full story](#) and see more photos online from the Adjutant General's Leadership Training Day held March 17.



## Marksmen host local vets

By Capt. Tony Vincelli  
 Public Affairs Officer

The 124th Fighter Wing Marksmanship Team hosted local veterans Feb. 29 for some fun and friendly competition at the Boise Rifle and Pistol Club.

"It's our way of giving back and thanking them for their sacrifice," said Chief Master Sgt. William Mattravers, the team's captain and longtime veterans supporter.

The rifles were ready. Boxes of bullets were available at each station for the veterans to fire as much as they wanted. There were even high-visibility targets that, when hit, revealed fluorescent pink and green spots that can easily be seen from 25 yards away – the distance from firing line to target. "If it wasn't these veterans ahead of us doing what they did, we wouldn't be here," said Chief Mattravers.

The experience was not lost on the younger generation of target shooters, either. Among them was Staff Sgt. Brant Clouss, a security policeman for the 124th Security Forces Squadron, a husband and father with a wife and young children at home who gladly took time away to support the cause.

PLUS SO MUCH MORE!

Join the conversation all month long at [www.thebeaconlive.com](http://www.thebeaconlive.com)



More photos, video and the full 'Fun Shoot' story are [online right now](#)