

# KANZA SPIRIT

## 931ST AIR REFUELING GROUP



Inside

Mountaineers  
Page 4&5  
'JAGhdad'  
Pages 1 & 3  
Spirit Shorts  
Page 7

September 2006

McConnell AFB, Kansas

Vol.11, No. 8

# 'JAGHDAD'

## 931ST JAG TAKES SKILLS TO IRAQ



BY STAFF SGT. K.L. KIMBRELL  
931ST ARG PUBLIC AFFAIRS

It was March when the 931st Air Refueling Group Judge Advocate General packed her bags and gear, boarded an aircraft and set off to work at the largest legal office in the Department of Defense.

Lt. Col. Deann Lehigh, the 931st Air Refueling Group Judge Advocate

General recently returned from a five-month tour of duty with Task Force 134's Detainee Operations Legal Office at Camp Victory in Baghdad, Iraq.

The largest office in DOD had a pretty big responsibility.

"We operated in three locations, including the United States Embassy and Abu Ghraib prison," said Lt. Col. Le-

**CONTINUED ON PAGE 3**

## THIS UTA

### Family Day Picnic

The final planning meeting for the family day picnic, to be held during the October UTA, will take place at 1 p.m. Saturday in the Southwind Conference room.

### Volunteers Needed

Group members are needed to help paint the interior of the Children's Home in Wichita, Kan. on Saturday. Volunteers will be released early at 2:30 p.m. The group of volunteers will caravan to the home at 3 p.m. and paint until done. If interested, please contact Senior Master Sgt. Pam Summers by Friday, Sept. 15.

### Leadership Breakfast

There will be a breakfast with group leadership at 6:30 a.m. Sunday at the Chisholm Trail Dining Facility. All group members are invited to attend.

### Chapel Service

Chapel service will be held at 7:45 a.m. Sunday in the Southwind Conference room. All group members are welcome to attend.



**VOL.11 NO.8**

**COMMANDER**  
**Col. Clayton W. Childs**

**SPIRIT STAFF**

**Maj. Dave Fruck**  
Chief of Public Affairs

**Staff Sgt. K.L. Kimbrell**  
Editor

**HOW TO REACH US**

Kanza Spirit  
931st Air Refueling Group  
53280 Topeka St., Ste. 221  
McConnell AFB, KS 67221  
Commercial Phone:  
(316) 759-3704  
DSN: 743-3704  
Fax: (316)759-3393

**E-MAIL:**

kenny.kimbrell-02@mccconnell.af.mil

**DEADLINES**

The deadline to submit articles and newsbriefs for publication is close of business of the UTA.

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Kanza Spirit* are not necessarily the official views of, or endorsed by, the U.S. Government of the Dept. of the Air Force. Editorial content is edited, prepared and provided by the 931st Public Affairs Office. All photos are Air Force photos unless otherwise indicated.

The *Kanza Spirit* is mailed each month to all 931st ARG members on file with Personnel. Members not receiving their copy should check with their administration section to ensure their filed address is correct.

**COMMANDER'S MESSAGE**



Welcome to the September UTA. This is the start of an extremely busy time of year for us, so let me start by saying thanks to everyone for all of their hard work they are doing. Please, as we push harder, take care of yourself and take care of your co-workers. We are entering a time when we could all use a good wingman.

This weekend we welcome Air Mobility Command evaluators from the Aircrew Standardization and Evaluation Team. They are here to test and evaluate our aircrews while inspecting our training and Stan/Eval programs. Next month our Family Day and fitness testing will take place. During the November UTA we will welcome Maj. Gen. Robert E. Duignan, Fourth Air Force Commander, as he comes out to present the Distinguished Flying Cross to two of our folks. And, of course, December is our Unit Compliance Inspection.

I am concerned that the amount of work and training we have to do is simply too much to get done on UTA weekends. Therefore, I have directed Annual Tour for the entire group following the November UTA, from November 6-9. This is a first for this unit and difficult decision for me, especially being a traditional reservist myself. However, we are developing a required list of events that, if completed prior to November 6, commanders will have the authority, at their discretion, to release you from the AT.

This is the busiest peacetime operations tempo I have seen in this unit, and through it all our folks continue to fight the war on terror. We currently have 24 aircrew and support people deployed, including 10 of our civil engineering warriors that departed last week and another five leaving later this month. We also recently had eight officers selected to Lieutenant Colonel. Folks, we are doing great! After some hard work we can all celebrate the end of the year with an outstanding UCI result.

Thanks again to you, your families and your employers for your sacrifices during this busy time.

**Clayton Childs, Colonel**  
931st ARG Commander

**Who do you know?**

The **Kanza Spirit** staff is looking for story ideas about 931st members who have unique hobbies or jobs, especially those that offer opportunities for unusual and interesting photos. Please contact Staff Sgt. K.L. Kimbrell at (316) 759-3686 or kenny.kimbrell-02@mccconnell.af.mil with your ideas.

**UTA SCHEDULE**

**Next UTA: Oct. 14-15**

- Nov. 4-5*
- Dec. 9-10*
- Jan. 6-7*



# 'JAGHDAD'

CONTINUED FROM PAGE 1

high. "We ensured that detainees received their due process rights under Article III of the Geneva Convention (vice Article IV—POW)."

Lt. Col. Lehigh served as the Officer-in-charge of her office while deployed.

"I ran the office that did all post board and post-trial processing, special requests for release and special release boards," said Lt. Col. Lehigh. "Essentially if you removed our organization it would have been a Prisoner of War operation not a detainee operation."

The JAG had a hand in some of the major prisoner releases from the infamous prison.

"If you recall the mass release of prisoners that occurred in early June that coincided with the new Iraqi government I was in charge of that process," said Lt. Col. Lehigh.

Lt. Col. Lehigh spent her 'away from the office' time in a hardened 'trailer' and making trips to the shower in flip-flops.

"My trailer had concrete barricades and sand bags all around it because the locals would on occasion lob mortars and rockets at us," said Lt. Col. Lehigh. "You had to 'flip-flop' to the latrine which was interesting at times."

The forward operating base was equipped with a dining hall.



*"It made me so proud to tell everyone I was a Reservist from the smallest organization in Air Force Reserve Command"*

"The food was incredible," Lt. Col. Lehigh exclaimed. "The selection was beyond description."

The dining experience seemed to take away from all that was going on around.

"You have to understand that chow was the highlight of our day," Lt. Col. Lehigh added.

There was plenty of support from the home front before,

during and after.

"I can't even begin to tell you how much the group helped me," said Lt. Col. Lehigh. "From the moment I got the word I was going everyone did everything they could to make my life easier."

"It made me so proud to tell everyone I was a Reservist from the smallest organization in Air Force Reserve Command," said Lt. Col. Lehigh.



Lt. Col. Deann Lehigh, the 931st IAG, takes time for a photo with her troops during a 'hail and farewell' gathering at Camp Victory, Baghdad, Iraq. (Courtesy Photos)



## LIEUTENANT COLONEL SELECTS



### *931st ARG Staff*

*Clint Burpo  
Dave Fruck*

### *931st Aircraft*

#### *Maintenance Squadron*

*Jeff Pickard  
Chad Gericke*

### *18th Air Refueling Squadron*

*Tony Fazzino  
Mike Laughton  
Chris Mugrage  
Mark Olive*

#### *PROMOTION CELEBRATION*

There will be a promotion party for the new Lt. Col. selects at Signatures in the Robert J. Dole

Community Center Saturday immediately following sign-out. Refreshments and snacks will be served. All group members are invited to attend

# Mountaineers

BY LT. COL. SAM SCHOFIELD  
931ST ARG INSPECTOR GENERAL

## Lt. Col. Schofield and Son Hike New Mexico

When General (Ret.) John P. Jumper, former Air Force Chief of Staff, announced the changes in the Air Force fitness program, I was not a happy camper. That three mile walk was so easy; I could do it if I were half dead. It really wasn't much of a challenge. But no, Gen. Jumper decided to make things hard again – running (I hate running), sit ups, push ups and waist measurements. What a painful thing he was doing. Didn't he realize that many of us had become rather lazy when it came to fitness? After all, when I do my job, it doesn't require a lot of physical exertion, so why did we need to do this change? Curse you, General Jumper!

At least Air Force Reserve Command was thinking a little of their people when we got into the program. We began with the baseline fitness test, and then worked to improve from there. The idea was not to kill people off, but rather change lifestyles.

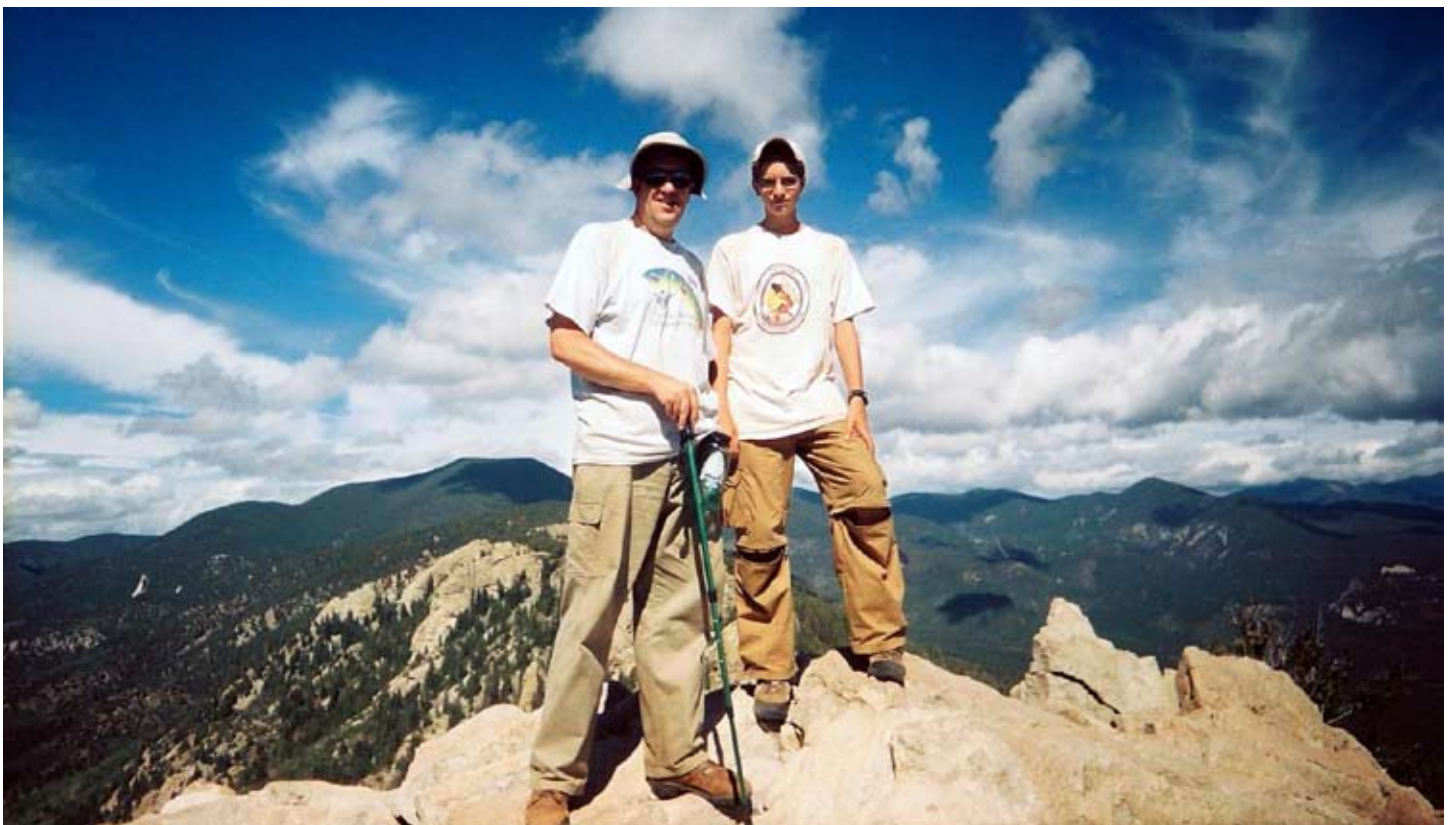
The idea was to get us into a more fitness oriented way of living, get us healthier.

So, I decided to take part, or at least make some half-hearted efforts. My baseline test in October 2004 was not very good. But that was ok, because it gave me lots of room for improvement. Six months later, I retested and passed – barely, but I passed. I learned that practice makes the process much easier, getting in the habit of doing push ups and sit ups pretty reg-

ularly, a few times a week, really helps. I maxed out points for both push ups and sit ups. Now, I could wait for a year before testing again. I still hated running, so my run times were not very good. I continued to work out more than I had normally done for many years, but still not really believing in the program completely.

Late in 2005, I got some added incentive. The Boy Scout troop that my son is involved with announced that they were going to do a High Adventure trip with a 50-plus mile backpacking trek in the summer of 2006 at Philmont Scout Ranch in north central New Mexico. That is something I had always wanted to do, and they needed adult advisors to go along. I volunteered to go, and was accepted as one of the advisors. Many may find it hard to believe, but long ago, (when I was a teenager) I had done several 50 mile backpack trips in the mountains of Colorado. I knew what

**“I knew what this trip was going to take, and it was a tremendous amount of conditioning and preparation.”**





this trip was going to take, and it was a tremendous amount of conditioning and preparation. I grew up in the mountains, and remember all the conditioning we did to get ready for our trips. This was not going to be easy.

It was now time to get serious with the fitness program. Philmont has some very strict rules about maximum weights for the backpacking treks, and while I was under the maximum, I was not as far under as I would have liked. Weight has been a battle I have fought most of my life, so it was time to get a little more serious about diet and nutrition. After adding that to a more strenuous exercise schedule and the weight started to come down gradually. That was certainly much better than the old yo-yo technique of the quick diet to get into weight for the annual weigh in, which usually boomeranged into a bigger weight gain after it was over. Each year, the quick diet became longer and harder, with the resulting weight gain getting higher. Not a good technique.

Constant exercise (four to five times a week) became the normal rule. I still didn't like running very much, so my preferred method was a Nordic Track treadmill, which I would usually do for 35-40 minutes a day. April's fitness test went fairly well, and I passed again with a little improvement from the previous year. Summer was getting closer, and I knew it was time to really buckle down. In late May, I started to do a little more running, stretching the distance between a mile and a half and two miles. I still did the treadmill sometimes as a change in pace, but by late June and early July, it became mostly running. Unofficially, my mile and a half times had been cut quite a bit (more than a minute) from the last time I did the fitness test. I was feeling much better, and had more energy than I had in a long time. But the real test was yet to come.

On July 25 we checked in at Philmont. Our trek would officially cover 61.3 miles, with altitudes ranging from 6500 feet at base camp to a high of over 10,200 feet at the top of Trail Peak along our route. I passed the medical recheck with no problems. On the next day, it was time to start the trek. My pack weighed between 45 and 55 pounds depending on how much food we were carrying at the time, but it didn't seem too heavy. When we started hiking, I felt good. I kept up without even working too hard. Some of our other adults did not do quite as well. The huffing and



puffing was starting on day one, and we didn't even top 7500 feet. Even some of the young men were beginning to feel the weight of the packs and the altitude. To add to the fun of the hiking, we had rain almost every day. Those who were not prepared began to complain. I was having a great time, rain and all!

We had a ranger with us for the first two days to make sure we knew what we were doing. He showed us the proper way to do "ranger push ups" with the full pack on. The Scouts were not interested in trying that, however, the second morning out, I had already put my pack on to hike, and decided that being somewhat stiff, I would try to do a couple of "ranger push ups." After about 10-15, I felt much better! The Scouts were a bit surprised. After that, one of the Scouts and I would do 25-35 push ups every other morning, just for fun – and a little competition! My son and I ended up doing between 70 and 80 miles of backpacking and hiking over the 11 days, having done a couple of extra day hikes. We were also part of a small group that got to do an unplanned 8 mile hike to get staff assistance for one of our advisors who needed to be taken back to base camp for a day and a half because of hypothermia. He was not very well prepared – physically or with equipment.

My son and I had a great time. We got to spend a couple of weeks working

**"So, if you're still not sure about the fitness program, try it. It really is a better way of living."**

together, and helping each other as well as the others in our crew. We got to enjoy the wonders of nature, including watching a sunrise from the top of a mountain peak. After returning to base camp, I talked to our crew leader. His father was the oldest in our crew at almost 53 years old, and I was next at 45. The crew leader's comment to me was that it was pretty funny that the two oldest people in our crew, his dad and I, could out hike the younger adults and half of the Scouts easily! I felt that was a wonderful compliment!

Do I like the new fitness program? Yes, I think I do. Coming home, I checked my weight, which was lower than it had been in probably 15 years (I left about 6-7 extra pounds in the mountains). I am healthier, stronger, and have more energy than I have had in a long time. I am still a little away from my goal for weight, but I am making progress. Most importantly for me, unlike previous attempts at diets, the exercise and a healthier diet is keeping the weight off. The fitness program has certainly helped me change to a healthier lifestyle, and helped provide an experience for me that I will remember for the rest of my life. Being able to spend two weeks with my son, sharing the adventure, and watching him grow, was wonderful. The only negative side to the new fitness program is that I have to figure out how to get more man days so I can pay for the new uniforms that I'm going to need. Mine are getting too big.

So, if you're still not too sure about the fitness program, try it. It really is a better way of living. From a totally non-athletic person, it really works well. I still don't like running, but I have learned that even I can do it, and I'm actually getting better. The key is to go one step at a time, improving a little at a time. Don't go for the grand slam – just take it a little at a time. My Philmont trek was not an instantaneous 70 plus miles. It was done one step at a time. So, go for it, make it a habit, not just a once a year grind. It can make a difference for you too. Thank you, General Jumper.

## Air Force Reserve Command Tops Recruiting Goal Again

BY MASTER SGT. GARY JOHNSON  
AIR FORCE RESERVE COMMAND RECRUITING SERVICE

**ROBINS AIR FORCE BASE, Ga.** -- For the sixth year in a row, Air Force Reserve Command has exceeded its recruiting goal. AFRC Recruiting Service surpassed its goal for the 2006 recruiting year Aug. 31 when it accessed its 8,001st recruit. The number signing up continues to climb.

Col. Francis Mungavin, AFRC Recruiting Service commander, said success came from hard work, outstanding recruiter training programs, a fair and equitable career management program, attainable recruiting goals, and targeted marketing strategies.

"This has been a tough year for recruiting, but our recruiters have stepped up to the plate and hit another grand slam," Colonel Mungavin said. "This is our sixth year in a row of making command recruiting goal and it's all because we have the best recruiters in the Department of Defense.

"I can't thank our recruiters enough for all their hard work," he said. "They have internalized the Air Force Core Values. They are true professionals all the way."

Air Force Reserve recruiter training includes the IMPACT Selling System, a six-step process that concentrates on the applicant's wants and needs. Investigate, Meet, Probe, Apply, Convince and Tie it up are the steps used to create a win-win situation, helping recruiters learn about the needs of their applicants and applying that information to reach mission requirements.

Most of the command's enlistees come from Get One Now program leads given to recruiters by reservists themselves. The recruiters know reservists are the best people to explain how it feels to serve ones country and receive benefits for that service. The program acknowledges the reservists' contributions with an award and recognition program.

AFRC Recruiting Service also sponsors an aggressive air show presence, featuring its jet car and aerobatic bi-plane performances. This year AFRC Recruiting Service introduced its Recruiting Support Vehicle and Pavilion concept. RSVP offers recruiters more visibility and a pleasant environment to discuss career opportunities with people attending an air show. AFRC air show acts have been given a significant makeover and have made an impressive splash at shows across the nation, according to AFRC recruiters.

Added to this mix is a successful national advertising program that targets markets by geographical zones. AFRC Recruiting Service advertising employs a new on-line and phone qualification center.

Colonel Mungavin said a major reason for this year's recruiting success is a responsive advertising staff and a dedicated headquarters staff.

"I believe the Air Force Reserve has the best career opportunities, relative to benefits package, currently offered among the services," said Capt. Greg Peterson, 622nd Flight commander, AFRC Recruiting Service. "We attract and hire the right people as recruiters for the right reasons. Our people want to be United States Air Force Reserve recruiters.

**WWW.GET1NOW.US**

## Lawmakers, DOD Take Aim At Pay-Day Loan Sharks

BY DONNA MILES  
AMERICAN FORCES PRESS SERVICE

**WASHINGTON** -- Interest is building on Capitol Hill in putting a nationwide cap on the interest rates lenders can charge servicemembers for loans, a measure the Defense Department is pushing to protect its force.

A General Accountability Office study released last month offers insight into how payday-lending businesses frequently gouge troops short of cash by charging exorbitant interest rates on loans borrowed against their next paychecks.

"The Report on Predatory Lending Practices Directed at Members of the Armed Forces and Their Dependents" notes as many as one in five servicemembers are falling prey to loan centers near military bases.

It estimates that 13 to 19 percent of military people took out high-interest, short-term loans last year -- typically borrowing about \$350 a pop at interest rates of 390 percent to 780 percent.

These loan centers have sprung up like dandelions around military bases. According to the report, they target young, financially inexperienced borrowers who have bank accounts and steady jobs, but also have little in savings and credit problems or maxed-out credit balances.

In addition to educating military members about the dangers of payday loans and familiarizing them with ways to put themselves on a sound financial footing, the military is seeking better protections for its members, and Congress is taking heed. Among measures DOD wants to see instituted are:

- A requirement that lenders disclose information regarding the extension of credit in a uniform, unambiguous way;
- A federal ceiling on the cost of credit to all military borrowers, capping the annual percentage rate;
- A ban on lenders extending credit to servicemembers and family members without regard for their ability to repay the debt;
- A prohibition on loan contracts that require servicemembers and their families to waive their rights to take legal action and on contract causes that require them to waive any special legal protections afforded to them; and
- A ban on states discriminating against servicemembers and families stationed within their borders, and on lenders from making loans to servicemembers that violate the state's consumer protections.

The U.S. Senate passed an amendment in June that establishes a 36-percent cap on annual percentage rates on loan to military members and their families. The bill is now in conference committee with the House of Representatives.

In addition to DOD and members of Congress, Paul Leonard from the Center for Responsible Lending expressed hopes the amendment will pass.

"We're hoping Congress will stand up to the payday industry," he said. "Our service people deserve far better than financial ruin -- or trying to survive in a war zone while they're fretting about how they'll pay next month's bills."



**Official Orders Online**

Would you like to be able to print off a copy of your orders or track the status of orders in the approval process? all you have to do is visit the AROWS-R website. Once you visit the site click on the link and follow the instructions and you will be able to build an account and access your orders anytime and anywhere. This also allows you to be able to track the status of your orders while they are going thru the process of being cut.



**Benefits:**

Able to check for your orders from home and print them.

Print off copies from your temporary duty location should you have forgotten them, or you need another copy.

Unless you delete them from your in box, you can keep all of your orders in the in box so you have a history of your orders for reference (uncertified).

To register and get started visit:  
[HTTPS://AROWSR.AFRC.AF.MIL/AROWS-R/](https://arowsr.afrc.af.mil/arows-r/)

**Registered To Vote?**

Officials from the Air Force Personnel Center encourage Airmen to register to vote so they can be a part of the election process.

Airmen serving away from their voting residence can submit a Federal Post Card Application SF-76 for registration or to request absentee ballots. State voting rules are available in the 2006-2007 Voting Assistance Guide, available online at: [WWW.FVAP.GOV](http://WWW.FVAP.GOV)

**AFRC Patch**

Wear of the Air Force Reserve Command patch becomes mandatory on Oct. 1. The patch will go on the right breast pocket. Unit commanders may approve the wear of one sewn-on, subdued patch on the left breast pocket, either a numbered air force, wing, group or squadron organizational patch.



**HRDC Library**

The Human Resources Development Council offers a wide range of books, cassettes, videos and compact discs that can be checked out for your convenience. More than 60 Videos, 40 Books, 20 Audio Series and Computer Based Training CD's exist in the library. Some of the available material includes:

**Books:**

1001 Ways to Take Initiative at Work  
 Discovering Your Purpose

**Audio:**

Raising Happy, Healthy Self Confident Children  
 Accelerated Learning Techniques

**Videos:**

9 Traits of Highly Successful Work Teams  
 How to Handle Negativity in the Workplace

**CBT's:**

Performance Now  
 Through the Customers Eyes

To browse the inventory or check out any of the materials visit the training room in building 850 (931 ARG Headquarters)/Room 218.

**SPRIT SPOTLIGHT**

**Senior Airman Nathen Hornecker** has more than one and a half years in the Air Force Reserve.

**Job Title:** Electrical and Environmental specialist

**Civilian job:** Assistant Manager at Champs Sports

**Favorite way to relax:** Sleeping

**What annoys me:** People who talk too much

**Most influential person in my life:** My father because I have always looked up to him.

**What I'm reading:** My Career Development Courses

**If I won \$1 million, I would:** Buy a house

**What I'm listening to now:** The radio



**931st AMXS**

## KANSAS STATE FAIR - HUTCHINSON, KAN. - SEPTEMBER 8 - 17, 2006

Sept. 15 — **Raven Symone** at the Kansas State Fair with opening act Lil' J. Concert begins at 7 p.m. All seats are \$10 and can be purchased at [www.selectaseat.com](http://www.selectaseat.com). For more information visit:

Sept. 16 — **Sugarland** at the Kansas State Fair. Concert begins at 7 p.m. at the fairgrounds in Hutchinson. All seats are \$25 and can be purchased at [www.selectaseat.com](http://www.selectaseat.com). For more information visit:

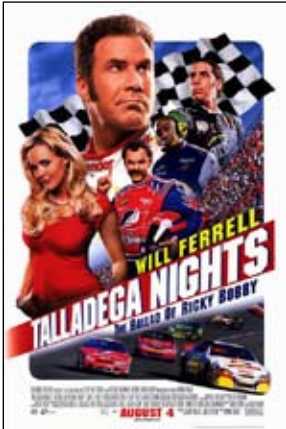
Sept. 17 — **The Steve Miller Band** at the Kansas State Fair. Concert starts at 7 p.m. at the fairgrounds in Hutchinson. All seats are \$39 and can be purchased at [www.selectaseat.com](http://www.selectaseat.com). For more information visit:

[WWW.KANSASSTATEFAIR.COM](http://WWW.KANSASSTATEFAIR.COM)

[WWW.KANSASSTATEFAIR.COM](http://WWW.KANSASSTATEFAIR.COM)

[WWW.KANSASSTATEFAIR.COM](http://WWW.KANSASSTATEFAIR.COM)

## At the Movies



### Talladega Nights

**FRIDAY, Sept. 15 7pm**

**1 hr. 51 min.** Ricky Bobby is a NASCAR racing sensation whose "win at all costs" approach has made him a national hero. When a flamboyant French Formula One driver, Jean Girard, challenges him for the supremacy of NASCAR, Ricky Bobby must face his own demons and fight for his place as racing's top driver.

**MPAA Rating:** PG-13 - crude humor, sexual humor



### Zoom

**SATURDAY, Sept. 16 7pm**

**1 hr. 25 min.** A former superhero is called back to work to transform an unlikely group of rag-tag kids into new heroes at a private academy.

**MPAA Rating:** PG - rude humor, language, mild action

*Movies are shown at the McConnell Air Force Base Theater and are subject to change. Admission is \$3.50 for adults, \$1.75 for children 11 and under. Doors open 30 minutes prior to showtime.*

**McConnell Movie Line – (316) 759-4181**

931st ARG/PA  
53280 Topeka Street  
Suite 221  
McConnell AFB, KS  
67221-3767