Gimme a break - Tae Kwon Do turns heads at Shaw

Above, Tech. Sgt. Mike Edelson, 28th Operational Weather Squadron, coaches Joshua (right), son of Marie and Antonio Ferrer, 20th Aircraft Maintenance Squadron, as he punches.

Photos by Tech. Sgt. Chuck Hinrichs

Left, Adam (left), son of Loretha El-attrache, performs a jump-spin kick during a breakathon at Memorial Lake Saturday that raised $1,400 for the Air Force Aid Society.

Below, Malakhi, son of Carole and Tech. Sgt. William Reynolds III, 609th Combat Plans Squadron, uses skills learned at Edelson's Tae Kwon Do class at the Community Center on base.

Shaw's 1st

20th Mission Support Group

Master Sgt. James Laurent

Master Sgt. Chris Melnik

20th Maintenance Group

20th Aircraft Maintenance Squadron

Master Sgt. David Buckner

First Sergea
Leading

Master Sgt. Michael Ventura

Senior Master Sgt. Merilyn Carson

Master Sgt. Joseph Whetstine

Master Sgt. Lee McGranaghan

Master Sgt. John Harrill

th Aircraft Maintenance Squadron

enior Master Sgt. Robert Hipple

20th Aircraft Maintenance Squadron

Master Sgt. Robert Moreland

20th Component Maintenance Squadron

Master Sgt. Brad Dillon

20th Equipment Maintenance Squadron

Master Sgt. James Dixon

20th Maintenance Operations Squadron

Master Sgt. John Marvin

9th Air Force

9th Air Force

Chief Master Sgt. Leroy Frink

28th Operational Weather Squadron

Master Sgt. Fred Dildine

609th Air Communications Squadron

Master Sgt. Randolph Hardy

609th Air Intelligence Squadron

Master Sgt. Jose Rodriguez

ants

20th Medical Group & Associate Units

20th Medical Group

Master Sgt. Thomas Carver

20th Comptroller Squadron

Tech. Sgt. Michael Ward

682nd Air Support Operations Squadron

Master Sgt. Pete Floyd

by Example

20th Operations Group

20th Operations Group

Master Sgt. Leila Grogan

"Project Video Connect" keeps South Carolina in touch

By Airman 1st Class Susan Penning
Staff writer

A long deployment can be emotionally draining for servicemembers and the families who eagerly anticipate and pray for their safe return. A new software program may make those long periods of separation a little less stressful.

The central South Carolina chapter of the American Red Cross recently received two computer units and video attachments for military families to use, free of charge, to send personal video e-mail messages to deployed loved ones, said Jenny Latour, community programs coordinator with the Red Cross. One unit is permanently stationed at the Red Cross center in Columbia. The other is taken to various community events throughout the state.

The equipment was donated through "Project Video Connect: We're here until they're home," a program designed and funded through a partnership of America Online, Hewlett Packard and VIDISolutions, a video communications software supplier, said Latour. The main objective of the project is to support troops and boost morale by providing free video e-mail equipment to various United Service Organizations, American Red Cross and military locations around the world.

The project, which has been available in South Carolina for about a month, allows military members and their families to communicate with loved ones "face to face," said Latour.

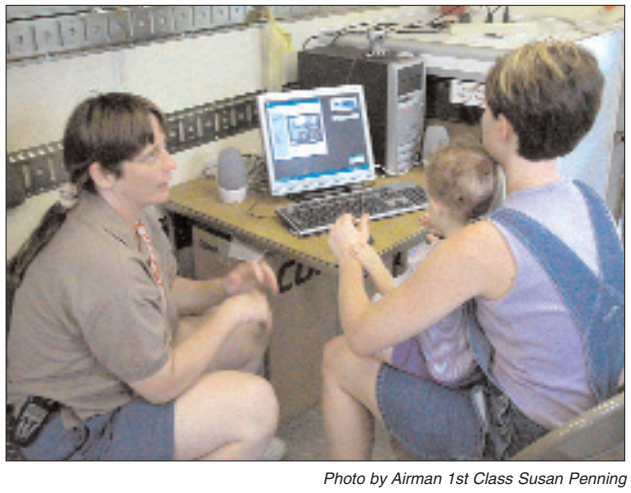

Photo by Airman 1st Class Susan Penning

Jenny Latour (left), Red Cross community programs coordinator, helps Jennifer Morris (right) and daughter Jessica (center), send a video message to Morris's husband, Staff Sgt. Kelly Morris, who is in Korea.

A video message is recorded using a software application and digital video camera, said Nancy Cataldo, manager of the tri-county Red Cross service center in Sumter. The message is uploaded to a Web site where it can be retrieved. Recipients receive an e-mail from the Red Cross indicating they have been sent a video message, which includes a link to the Web site where they can view it. The only stipulation is the recipient must have a broadband Internet connection.

"We try to take the mobile unit to community events military personnel or their families might attend," said Cataldo.

"We want to make this as available as we can," said Latour.

The mobile unit will be at the Red Cross Center in Sumter Monday through Aug. 29. Those interested in creating a video message can call **775-2363** to set up an appointment.

"One of the first videos we created here was with a brand new baby," said Cataldo. "When we work with the military, it's usually under sad circumstances. It's good to be involved in a program that makes people smile."

How much do you know about women's equality?

1. August 26 is celebrated as Women's Equality Day to commemorate
a. the work women did during the second World War.
b. the anniversary of women winning the right to vote.
c. the flappers of the 1920's.
d. the contemporary women's rights movement.

2. In what year did Congresswoman Bella Abzug introduce legislation to ensure this American anniversary would be celebrated?
a. 1992
b. 1984
c. 1971
d. 1965

3. In what year did women in the United States win the right to vote?
a. 1776
b. 1848
c. 1920
d. 1946

4. Women in most of the western states won the right to vote years before the Federal Amendment was secured. This is the 90th anniversary of women in Kansas and Oregon winning the vote. What other state is celebrating the 90th anniversary of women winning the right to vote in their state.
a. New York
b. Florida
c. Maine
d. Arizona

5. What was the name given to the 19th Amendment to the *Constitution* which guaranteed women's right to vote in the United States.
a. Abigail Adams Amendment
b. Sojourner Truth Amendment
c. Susan B. Anthony Amendment
d. Gloria Steinem Amendment

6. Women who worked for women's right to vote were called
a. radical.
b. immoral.
c. suffragist.
d. all of the above.

7. The term suffragist is derived from
a. one who suffers.
b. a voting tablet in ancient times.
c. the *Constitution*.
d. the *Bill of Rights*.

8. How many other countries had already guaranteed women's right to vote before the campaign was won in the United States?
a. six
b. two
c. one
d. 16

9. What was the first country to grant women the right to vote?
a. Canada
b. Germany
c. New Zealand
d. United Kingdom

Answers: **1.** b, **2.** c, **3.** c, **4.** d, **5.** c, **6.** d, **7.** b, **8.** d (New Zealand (1893), Australia (1902), Finland (1906), Norway (1913), Denmark (1915), USSR (1917), Canada (1918), Germany (1918), Poland (1918), Austria (1919), Belgium (1919), Great Britain (1919), Ireland (1919), Luxembourg (1919), the Netherlands (1919), Sweden (1919), **9.** c (1893)

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Spirit Spotlight

Airman 1st Class Scott Thormaehlen

Organization: 28th Operational Weather Squadron
Duty title: Weather forecaster apprentice
Hometown: Boerne, Texas
Time in service: Two years
Off-duty interests: Kayaking, camping, reading and friends.
Words I live by: "Faithless is he who says farewell when the road darkens."

Team Shaw member's riding is no bull

Courtesy photos

A crowd looks on as Hiers covers a 2,000-pound bull named Mellow Yellow while a rodeo clown waits to distract the bull so Hiers can safely leave the arena after the ride.

By Adriene M. Dicks
Correspondent

Many people have hobbies or things they like to do in their free time that help them to relax or that don't take much effort. But then, there are those who look for thrills in their free time and prefer to do things that make the hair stand up on their necks, give them goose bumps or make their hearts race – like riding bulls.

Army National Guard Staff Sgt. Richard Hiers, 20th Security Forces Squadron augmentee, has been participating in what many consider the most dangerous sport in America for four years -- bull riding. He spent one year as an amateur and three years as a professional.

According Hiers, his interest in bull riding began when he was able to recognize what he was watching on television.

"I was fascinated with bull riding at a very young age," said Hiers. "But my only involvement was through watching for years and years."

According to the thrill-seeker, he started many careers before deciding to get into bull riding.

"I joined the Air Force right out of high school and was in for 12 years," said the Walterboro, S.C., native. "After I got out, I had jobs I just didn't enjoy. I was a cop, a prison guard and a truck driver – I quit them all. I decided I was going to do what I wanted to do."

At that point, Hiers remembered a rodeo came through his hometown every year. He found a farmer who was a stock contractor in Fayetteville, N.C., with his own bulls and arena, and he was on his way to becoming a bull rider.

"But you don't start out riding the bull," said Hiers. "There are several steps you have to take in order to prepare yourself for the strength of such an animal."

The first step for Hiers was watching videotapes of those already successful in bull riding in order to learn the dos and don'ts of bull riding. Once he had an idea of how a bull rider was supposed to twist his body, stay centered over the bull's shoulders and use his free arm, he was ready to ride – a practice apparatus.

"My practice apparatus is a 50-gallon drum sitting on a sawhorse," said Hiers. "This is used to get a feel for tying the rope, learning your center of gravity and strengthening the muscles on your inner legs, because no amount of squats will strengthen your legs enough to ride a bull."

After practicing on the stationary practice apparatus, a rotating apparatus is used to find out how the rider will react to the sudden movement of a real bull.

"Once you develop your own rhythm and style, it is time to ride the first category of bull – the practice bull," said Hiers.

A practice bull is an old, retired bull weighing less than 1,000 pounds.

"My first practice bull was a brown Texas longhorn named Elvis," said Hiers. "Elvis really kicked my hiney. But it was just from pure fear, and the adrenalin was really pumping. It was really a thrill."

Once Hiers became comfortable on the practice bull, it was time to move on the training bull. Training bulls weigh between 1,200 and 1,300 pounds and are being groomed for competition. According to Hiers, who uses Skillet as his rodeo name, the training bulls are strong – but not as strong as they need to be for competitions.

Like any other sport, gear is worn for safety. Most important for safety in bull riding, according to Hiers, is the vest.

"The vest will not keep a person from getting broken bones, but it will keep them from getting gored," said Hiers.

Other equipment used is rope, the glove to grip the rope, rosin to aid in gripping the rope and spurs to make the bull change direction.

The third category of bull is the ranked or professional bull weighing as much as 2,400 pounds. A bull rider will not meet a ranked bull until they begin competing. Being successful in competitions means covering, or staying on, the bull for eight seconds.

"You start out in small town competitions to get a feel for the crowd, the bulls and the competition," said Hiers. "Not only the competition of the other riders but also the competition between the rider and the bull he draws."

Riders have no say in which bull they ride, names are chosen randomly.

"One of the things I always do is keep a log to record information at every competition," said Hiers. "I write down a little bit about every bull I ride, like whether he goes to the right or the left when he comes out of the chute. I may meet that bull again, and there is a good chance he will do the same thing when coming out of the chute. A part of bull riding is anticipating the next move and keeping the log helps."

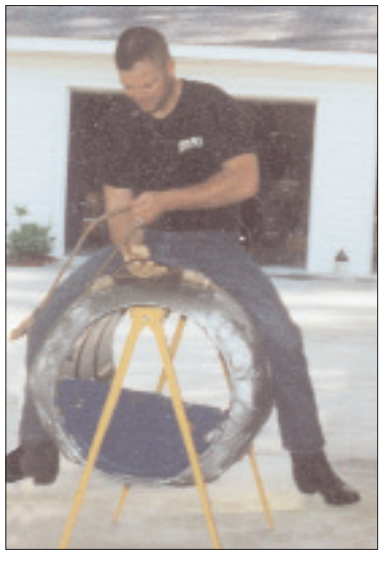
The dangers involved with bull riding can be life threatening. Those dangers are being gored by the bull's horns or being trampled before getting out of the arena. Hiers has had his share of injuries but nothing that has caused him any lasting problems.

"For my first televised event, I was sitting on the bull in the chute waiting for my turn. On this particular day, no one was covering their bull," said Hiers. "As I was sitting there, I heard the crowd get louder and louder so I thought someone must be on their way to covering their bull. As I turned my head to cheer him on, I spurred the bull in the side, he bucked forward and his horn gored me by my eyebrow. That taught me to never take my eyes off the bull once I am in the chute."

He has also had cracked ribs, dislocated hips, a dislocated jaw and torn cartilage.

According to Hiers, it is most important to stretch before competition.

"I am limber and that helps," said Hiers. "If someone has not stretched well and has not physically prepared for the ride they have more to worry about than the known dangers of the sport. The strength of the movement of a more than 2,000-pound bull can tear a rider's muscle right off the bone."



Hiers uses a 50-gallon drum and sawhorse as a stationary practice apparatus. Although it lacks the movement of a real bull, a stationary apparatus can be used to build strength.

But what Hiers does for good luck in each competition is keep a picture of his son and daughter in his left pocket.

According to Hiers, people wonder why bull riders would dare to ever get up on a bull but he says, "Bull riding is not limited to any age group or any gender. It is all about your love for the sport and that determines how far you are willing to go."