



Sheppard Air Force Base, Texas - June 21, 2019

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## Bell assumes command of 82nd TRW

By John Ingle

The career of Col. Kenyon K. Bell came full circle June 21, 2019, as he took command of the training wing under which he learned his craft as an aircraft maintenance officer roughly 24 years ago.

[Click here for the story.](#)



## A soldier at heart, Air Force values, excellence all the way through

By Airman 1st Class Pedro Tenorio

"The rising tide raises all ships." This is the quote which Staff Sgt. Aaron Williams, 365th Training Squadron mobility Air Force ...

[Click here for the story.](#)



## Guardians of Freedom Open House & Air Show Oct. 26-27, 2019

<https://www.sheppardairshow.info/>

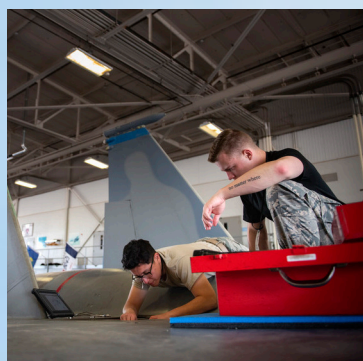
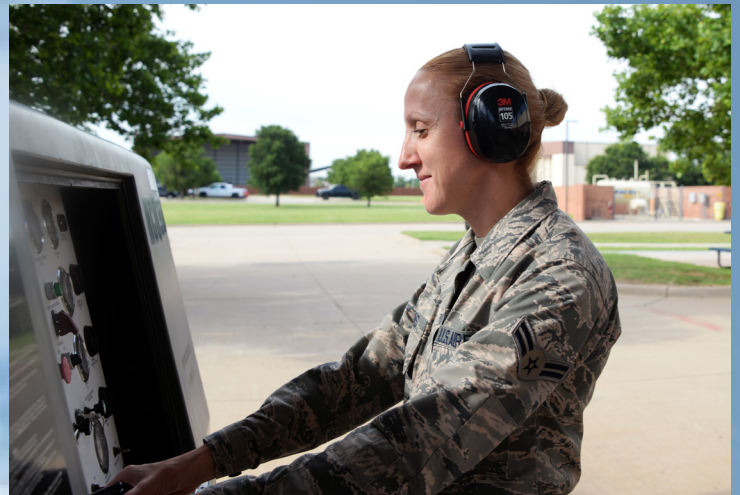


Train, Develop and Inspire Warriors: Combat Capability Starts Here



# SHEPPARD IN PHOTOS

See more at: [www.sheppard.af.mil](http://www.sheppard.af.mil)







## WORD ON THE TWEET

Being a good leader means caring for Airmen. Hearing how @GenDaveGoldfein has continued to take care of those who answered the call that night, putting their

"You inspire me!" Captain Marvel herself, @BrieLarson shares words of encouragement to the athletes of the upcoming @WarriorGames in Tampa, Fla. #Bel-

@AF\_SMC's summer is booked with four back to back launch missions. Use #SummerOfLaunch19 to track their progress this #FollowFriday.



## THE FORCE Report

Your Guide to the 82d Force Support Squadron's Activities • June 22 - June 30



### Texas Nights

Sheppard Club  
June 28 • 6pm - 8:30pm  
Live Country Music -  
Wildhorse Revenant  
Barbeque Buffet  
Members - \$8  
Non-Members - \$10



### July 4 Carnival

Community Center (Bldg. 430)  
July 4 • 11am - 2pm  
Carnival Games, Swimming,  
Outdoor Games, BBQ Lunch  
Lunch - Free for AIT's  
Adults - \$5.25  
Children 12 & Under - \$2.25

### June 22

Community Programs: Daddy & Me Super Hero Party - 2pm - 4pm  
Community Programs: Air Donkey Zipline Trip - 8:30am - 6pm  
Airmen's Club: Dance Till You Drop - 8pm - 12am  
Airmen's Club: Water Pong Tournament - 9pm

### June 23

Outdoor Recreation: Tandem Skydiving Trip - 6am - 6pm

### June 24

South Bowling Lanes: \$1 Bowling - 10am - 4pm  
Youth Center: Taekwondo Session 1 - 5:15pm - 6pm  
Youth Center: Taekwondo Session 2 - 6pm - 6:45pm

### June 25

South Bowling Lanes: \$1 Bowling - 10am - 4pm

### June 26

South Bowling Lanes: \$1 Bowling - 10am - 4pm  
Sheppard Club: Wing Wednesday - 4pm - 11pm  
Youth Center: Taekwondo Session 1 - 5:15pm - 6pm  
Youth Center: Taekwondo Session 2 - 6pm - 6:45pm  
Sheppard Club: Mixology Class - 6pm - 7:30pm

### June 27

South Bowling Lanes: \$1 Bowling - 10am - 4pm  
Library: Storytime - 10am & 10:30am  
Sheppard Club: Half Price Pizzas - 4pm - 10pm

### June 28

South Bowling Lanes: \$1 Bowling - 10am - 4pm  
Sheppard Club: Texas Nights - 6pm - 8:30pm  
South Bowling Lanes: First 150 AIT's Bowl Free - 6pm - 12am  
Airmen's Club: Dance Till You Drop - 8pm - 12am

### June 29

South Bowling Lanes: Monthly Bowling Tournament  
Airmen's Club: Dance Till You Drop - 8pm - 12am

### June 30

South Bowling Lanes: Monthly Bowling Tournament



82d FSS...USE THE FORCE!  
www.82FSS.com  
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## SAFETY CORNER

### Over-exertion leads to "Rhabdo"

by Mr. Mark Schaffer,  
82nd Training Wing Safety Office

Rhabdomyolysis, known as "rhabdo", is a disease well known to intense exercise circles, and can be a painful, dangerous disease developed by doing what doctors recommend: exercising.

Airmen must meet Air Force fitness standards with intense physical training, but Airmen should also be aware of the risk of rhabdo so they can remain healthy and continue to execute a safe, secure and effective mission. "Rhabdomyolysis is a process where there is damage to the muscles, specifically [voluntary] muscle," said Capt. Nathan Smith, 90th Medical Operations Squadron Nuclear Operations Clinic element chief. "What happens is breakdown of the muscle tissue releases more proteins and more intracellular components that your body has to deal with. It can affect your electrolyte balances, it can affect the way your kidneys filter and it can affect the rest of your organ's functions if it throws things off too much." The causes of rhabdo include anything that damages the muscle, said Capt. Jennifer Roper, 90th MDOS family physician. This can mean over-exertion during exercise, which is the most common cause.

Roper added that the risk of developing rhabdo from over-exertion increases for those who suddenly start an intense workout regimen instead of gradually working their way up in intensity. Other risk factors include high temperatures and high humidity. The "classic triad" of symptoms for rhabdo is muscle pain, muscle weakness and dark urine, Smith said. Approximately 50 percent of rhabdo patients exhibit these three symptoms. However, it is important to differentiate between normal effects of exercise and rhabdo, Roper said. After a good workout, muscles may be sore or feel slightly weak, but with rhabdo, pain is severe and weakness cause almost total loss of function.

Anyone with these symptoms should seek medical care, Roper said. Medical providers can test for the disease with blood tests to determine levels of electrolytes. Smith and Roper offered ways for people to prevent the development of rhabdo. First and foremost, they said to stay hydrated. "That doesn't mean to just drink water an hour before working out," Roper said. "You should drink water throughout the day." People should also be careful when developing exercise plans, they said. It is best to start slowly and progress in intensity over time. Roper said she has encountered several rhabdo patients during her time in the Air Force, and said the sufferers endured extreme pain due to the disease. "Imagine the worst muscle soreness after a workout, and with rhabdo it's tenfold".

Luckily, treating rhabdo is a matter of hydration and balancing electrolytes, Smith said. This can be accomplished through medications, drinking water and administering intravenous fluids. Sometimes, the treatment can be done on an outpatient basis, where providers tell patients to stay hydrated and report back to the hospital for testing to ensure their condition is improving, Roper said. More severe cases require hospitalization. Upcoming forecasts predict hot weather on the horizon. Airmen trying to stay fit should abide by Roper and Smith's advice to stay safe and healthy as summer heats up!

REF: <https://www.afgsc.af.mil/News/Features/Display/Article/629878/over-exertion-leads-to-rhabdo/>



Have content for The Herd?  
Submit requests by close of  
business Wednesday.  
82trwpa.1@us.af.mil

# VOLUNTEER OPPORTUNITIES



## **FIRST ANNUAL BIKE/SCOOTER/ANYTHING ON WHEELS 4TH OF JULY EXPRESSWAY VILLAGE PARADE**

- July 4th 8:30 a.m. to 11:00 a.m., Expressway Village Park
- 5-10 volunteers to help with the kids and their bikes and pass out food, escort kids to the fire engine and help along the parade route in the park
- Although this is an Expressway Village event, all military personnel are invited from the base and around the community. It is early in the day so kids can enjoy the 4th as well as parents getting the day off to a fun and celebratory start. Will provide coffee, hot and cold, juice, donuts and pastries. Face Painting for kids and adults, help in decorating anything with wheels (engineless), bikes, scooters, strollers, skateboards, wheelbarrows, etc. Since this is the first year I am asking for help to kick start an amazing tradition which I've created in other communities. It is incredible community builder and exciting for all involved. Any additional components the volunteers would like to add if encouraged! To get more info: Text me at 626-434-5421, email: debbiesdobbins@gmail.com or [www.ChooseWichitaFalls.com](http://www.ChooseWichitaFalls.com)

## **HUMANE SOCIETY OF WICHITA FALLS**

- Seeking energetic volunteers to interact and exercise with second chance dogs and cats who are waiting to be adopted to their new FURR-ever home
- Seeking volunteers with special skills in general facility maintenance (electrical, carpentry, HVAC, etc.)
- Seeking volunteers who are interested in helping to update and manage the Humane Society's Facebook and other social media
- For more information please contact Cheryl Miller at 940-855-4941 or email [director@humanesocietyofwichitacounty.org](mailto:director@humanesocietyofwichitacounty.org)/If you are interested please text Paul Cancino at 915-274-9869/Stop by any time Monday thru Saturday 11 a.m.-6 p.m.: 4360 Old Iowa Park Road Wichita Falls, Texas, 76305.

## **FAITH REFUGE**

- Volunteers needed for the local homeless shelter for women and children and various projects.
- For more information, contact Sherry Hill at 940-322-4673/2017

## **AIRMEN AGAINST DRUNK DRIVING (A2D2) VOLUNTEERS**

- Volunteers to cover CQ duty, drivers and escorts
- Friday and Saturday nights; volunteer shifts are from 10:30 p.m.-2:30 a.m.
- Located at Sheppard Lodging for CQ duty and on-call for drivers and escorts. email [SheppardAADD@us.af.mil](mailto:SheppardAADD@us.af.mil)

## **THE UPSIDE**

- Volunteer group to assist families who have children with Downs Syndrome.
- Monthly meetings are held with guest speakers to provide information on their services.
- Parents can share experiences with other parents
- For more information email [misti@theupsideWF.org](mailto:misti@theupsideWF.org) or visit the website [www.theupsidewf.org](http://www.theupsidewf.org)

## **SATURDAY BUILD DAYS**

- Help build a home for a local family
- Every Saturday - 8 a.m.-noon, 1-4:30 p.m.
- Located at designated Habitat Build site
- Scope of work will change each weekend as we complete stages of construction. For more information contact Dan at 940-716-9300 or volunteer at [www.vol-habitat@habitatwf.com](http://www.vol-habitat@habitatwf.com)

# VOLUNTEER OPPORTUNITIES



**Big Brothers, Big Sisters** 940-767-2447 or [wfinfo@bbbstx.org](mailto:wfinfo@bbbstx.org)

**Children's Aid Society** 940-322-3141

**Christmas in Action** 940-696-9393

**Faith Mission** 940-723-5663

**Faith Mission Donation Center** 940-766-0705

**Faith Refuge** 940-322-4673

**First Step** 940-723-1646

**Food Bank** 940-766-2322

**Habitat for Humanity** 940-716-9300

**Patsy's House** 940-723-1646

**Boys and Girls Club of Wichita Falls and Burkburnett** 940-322-2012

**Read 2 Learn January Jones** 940-235-1009 or [jbjones@wfisd.net](mailto:jbjones@wfisd.net)

**Salvation Army** 940-687-2051

**Wichita Falls Adult Literacy Council** 940-766-1954

**Wichita Falls Area Food Bank** 940-766-2322 [terrymorton@wfafb.org](mailto:terrymorton@wfafb.org)

**Wild Bird Rescue** 940-691-0828 or [paige29072@yahoo.com](mailto:paige29072@yahoo.com)





## Time to prepare for EOY process

Although it feels like we just closed out Fiscal Year 2018, the current fiscal year closeout will hit you before you know it. Unit resource management and mission requirement owners should begin working with the 82nd Contracting Squadron as soon as possible to start building their End-of-Year requirement list. If you are aware of a requirement, it is never too early to begin preparation and coordination with your local contracting and finance offices. In fact, the earlier you are prepared, the more likely your chances are to receive additional funding for requirements prior to end of year should funding come down. The earlier a requirement is identified, the earlier the acquisition process begins, the greater the likelihood of success to create more positive opportunities for your organization to achieve project goals and objectives. Units are encouraged to have their requirements completed and submitted by June 17, 2019.

## Recruitment & Cross Training

Are you thinking considering cross training? If you find yourself at a career crossroads, and are interested in learning more about the Manpower career field, give us a call or stop by, we will be glad to discuss it with you further. If you possess a strong desire for outside the box thinking, are currently in a balanced or over-age AFSC, and in the grades of E-4 through E-7, with 4-to-15 years of service, you might be qualified for this opportunity. Contact Jim Getchell at 676-4935 to find out more.

## Finance Office Hours

The Finance Office will be closed for training every third Wednesday of the month beginning on Jan. 16, 2019. Customer service hours on those days will be 1-4 p.m. As a reminder, customer service hours are 9 a.m.-4 p.m. Monday-Friday, with Tuesdays from 4-6 p.m. reserved for our AiT population. For more information call 940-676-4866.

## Public Affairs streamlining multimedia work order process

Support for graphics, video and command information products will begin once an AF IMT 833 is submitted to public affairs by email to 82.trw.pav@us.af.mil. Products approved for public affairs support include still photography, motion photography, audio, video, photo and broadcast journalism products, and graphics as well as news and feature articles to be published on the Sheppard Air Force Base public web-site at [www.sheppard.af.mil](http://www.sheppard.af.mil). • Requesters must complete items 7-12, 16-22, and 24 on the AF IMT 833. Work will not be authorized until the requester completes each field as required. This is to ensure the public affairs staff has the most accurate and descriptive information needed to successfully complete the request. • Customers needing official photos can call the photo studio at 940-676-6620 or 940-676-2732 to schedule an appointment. An AF IMT 833 will be filled out electronically during the appointment. • The AF IMT 833 can be downloaded here or by going to the Public Affairs page on the Sheppard AFB public web-site. Call 940-676-7239 for more information.

## 2018 Annual Drinking Water Report

The Consumer Confidence Report (CCR) is a document that provides consumers information about the quality of drinking water. The CCR summarizes information that your water system already collects to comply with Federal and State regulations. The CY 2018 CCR is attached in this email and is also available to you on the Sheppard AFB homepage, [click here](#)