

Air Force Times

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Running

DEVOLUTION

Watch List

YOU SHOULD BE TRACKING

[1]



Discounted registration

noon Jan. 19, active-duty and reserve members can register for the 10th Marine Corps Marathon at www.marathon.com, more than a month before registration opens to the public. On Feb. 22, service members will pay \$13.50. After Feb. 22, military members pay the full \$90 public registration cost. The 10th Marine Corps Marathon will be held in Arlington, Va., and will have 10,000 registered participants. The route starts in Arlington, Va., winds through the Potomac River and ends at the Marine Corps War Memorial.

Forces Network MA radio show

Forces Network, an hourlong radio show dedicated to martial arts, is now broadcasting on "The Voice" channel of the Forces Network. The show features athletes and insiders as guests. "It's extremely popular with our troops and we wanted to provide radio programming dedicated to the sport," said Jeff Hurlburt, director of American Forces Radio Network. To schedule, visit myafn.dodmedia.osd/radio.aspx.

Heart linked to 'gut feeling'

A study says that "gut instinct" feeling is linked to the way your heart beats. Researchers first asked participants to

7 continents, 7 summits

By Jill Laster
jlaster@militarytimes.com

Mount Kosciuszko should be a snap for Air Force Capt. Robert Marshall and Graydon Muller.

After all, Australia's tallest peak stands at only 7,310 feet — roughly 9,000 feet below the peaks they've climbed so far in their quest to plant the Air Force flag atop each continent's highest mountain.

And the weather Down Under should be a tad warmer than Antarctica, where the special operations airmen made a pre-Christmas climb of 16,070-foot Mount Vinson. That was the fifth peak conquered by the U.S. Air Force 7 Summits Challenge, a group made up mostly of airmen but not affiliated with the service.

The group formed in 2005 to plant the Air Force flag on all seven peaks. It also raises money for the Special Operations Warrior Foundation, which provides scholarships and education counseling to children of fallen special operations personnel.

After airmen climb Australian peak, only Everest remains



AIR FORCE

Air Force Capts. Robert Marshall and Graydon Muller reached the top of Antarctica's Mount Vinson as part of the U.S. Air Force 7 Summits Challenge.

Besides Mount Vinson, the Air Force flag has been planted on Europe's Mount Elbrus, (18,510 feet); Mount Kilimanjaro, Africa (19,340 feet); Mount Aconcagua, South America (22,830 feet); and Mount McKinley, North America (20,320 feet).

Marshall, with the 8th Special Operations Squadron, and Muller, with the 6th Special Operations Squadron, took 12 days to climb Mount Vinson. They made the trek with a commercial climbing company.

They had expected the temperature on the mountain to be more brutal — possibly minus-50 degrees — than what they found, which was an almost balmy minus-15 at the summit.

"Graydon and I are so used to traveling around the world, doing weird climbs on missions and [temporary duty]," Marshall said.

The officers aren't sure when they'll take off from their base, Hurlburt Field, Fla., for the Outback. No date has been set for the Australian adventure.

As for the tallest peak of them all, Asia's 29,030-foot Mount Everest, Marshall and Muller said they are determined to conquer that one in May 2012. □

[FROM THE RANKS]

Navy wife explains 'deployment' in kids' words

Satina Rivera, wife of a Navy pilot, didn't know how to help her 2-year-old son understand his deployed father's absence.

Evan "kept asking if daddy was in heaven," said Rivera, recalling her years in Japan between 2004 and 2008, when Lt. Cmdr. Rich Rivera was on back-to-back deployments.

The children's books she tried just didn't "hit the mark" — so she wrote one.

The first version of "Deployment" was written on construction paper. "It showed [Evan] a beginning, middle and end — he started to realize daddy was coming back," she said. "He would talk about, 'When daddy comes back and I hug him.'"

Rivera, 33, whose husband is now deployed with Strike Fighter Squadron 81 aboard the carrier Carl Vinson, recently published "Deployment" as a 24-page book for kids up to age 7. The illustrations are by Morgan Stevens, another Navy wife whose husband also serves in VFA 81.

"Deployment" is published by Xlibris. Rivera is marketing the book herself at on-base exchanges. It will also be available

