

Daniel Semsel Video Log

00:00	Introduction
00:24	Biographical Information
01:20	Life Before Service
02:40	Early Training
03:30	Getting Into Military Lifestyle
07:30	Obtaining Leadership Skills
09:00	Operation Desert Storm
11:00	Deployments to South America – Howard AFB
12:00	Operation Iraqi Freedom
12:45	Operation Enduring Freedom – Kandahar AFB
13:30	Combat During Deployments
16:00	Regular duties During Deployment
17:40	Purpose of Convoys in Iraq
21:30	Feeling of First Moments in Combat
23:00	Staying in Touch With Family During Deployments
25:30	Coming Home From Deployment
30:00	Being Received By Family And Community
32:30	Getting Out Of The Military
36:15	How Has Military Effected Life
37:00	Using Running As Therapy
39:05	Lessons From Military
40:10	Feelings About Military
41:45	How To Get Enlisted Men Motivated
45:00	Message For Future Viewers