



THE VOLUNTEER



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134TH AIR REFUELING WING

OCT 2011

FORMER 134TH MEMBER PINNED BRIGADIER GENERAL



Members of the 134th Air Refueling Wing and the 119th Command and Control Squadron lined the orange hangar in formation as the Assistant Adjutant General, Air for the Tennessee Air National Guard and former 134th member Donald L. Johnson was pinned Brigadier General on Oct. 7. He chose the orange hangar on McGhee Tyson ANG Base as the location to hold his ceremony, paying tribute to the unit where he started his career.

Brigadier General Johnson was pinned by the Adjutant General of Tennessee, Major General Max Haston, Johnson's father Master Sgt. (Ret.) James Johnson (left), and his two sons Samuel and Joshua Johnson (center), both members of the 134th Air Refuelling Wing. (Air National Guard photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)





Photo by Master Sgt. Kendra M Owenby, 134 ARW Public Affairs

“The Mission of the 134th Air Refueling Wing is to project Global Reach and Global Power in the interest of our National Defense by providing vital Air Refueling and Airlift for rapid deployment, sustained combat operations and effective training as directed by the Secretary of Defense.”

The Deadline for Article Submissions for the Nov Volunteer is Oct 27th

Customer Service
Hours for
Photo Lab
Sat Drill
1300-1500

Customer Service
Hours for
Security Forces:
Mon/Wed/Fri 0800-1100
Sat 0830-1130
Sun 0830-1130

Customer Service
Hours for
Clothing Issue:
Sat 0830 -1100
1215 -1530
Sun 0830 -1430

Anti-Terrorism Force Protection Threat Levels Defined

IMMINENT

**WARNS OF A CREDIBLE, SPECIFIC, & IMPENDING
TERRORIST THREAT AGAINST THE U.S.**

ELEVATED

**WARNS OF A CREDIBLE TERRORIST THREAT
AGAINST THE U.S.**

CURRENT LEVELS:

FPCON ALPHA INFOCON 3

REPORT SUSPICIOUS ACTIVITY!

Call Extension 3274 or 911 - Your Call May Save Lives
THREAT LEVELS ARE SUBJECT TO CHANGE AT ANYTIME

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*134th Air Refueling Wing
Chain of Command*

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Commander

Col Randall Gratz
Vice Commander

Chief Master Sgt. Steve Payne
Command
Chief Master Sergeant

Col Mike Lindeman
(Operations)

Col Burl Lambert
(Maintenance)

Col Cory Strobel
(Medical)

Lt Col Wally Houser
(Support)

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Management



Introducing the New Vice Commander...

By Tech. Sgt. Jack West, 134 ARW Public Affairs

134th Air Refueling Wing Commander Thomas S. Cauthen selected Col. Randall E. Gratz as his vice commander following Cauthen's promotion to wing commander here in June.

Gratz, a native of Morristown, Tenn., will oversee the day to day operations of the Wing and act as wing commander in Cauthen's absence.

Enlisting in the Air Force in 1975, six days after his 17th birthday, Gratz began his career as a security policeman. He participated in the Palace Chase program and moved into the Air National Guard in 1977. In 1981, he was selected to attend navigator training for the KC-135. He spent approximately 20 years flying before being appointed as the 134th Maintenance Squadron commander in 2000. He was later promoted to the 134th Maintenance Group commander. He held that position until his appointment as the Wing's vice commander.

Gratz expressed what it meant to him to be named as the new Wing vice commander.

"Colonel Cauthen has a lot of faith in my skills, my abilities, and my judgment to serve as his deputy," said Gratz, "to carry forth his policies and the direction he wants the Wing to move."

One of Gratz's primary responsibilities will be to help the Wing prepare for, participate in, and pass the Operational Readiness Inspection scheduled for 2013. He says he knows the Wing will do well.

"I have a very high degree of confidence in the Wing," said Gratz. "We will not only pass, but we will do very well. I fully expect an excellent or higher rating, that's just the work ethic of the people involved. We do have new folks and the ORI is a new game to them, but I have no doubt they will rise to the challenge. Our big task as leaders and senior members of the wing is to train our people to the level of excellence that we were trained and mentored to by the leaders before us."

In addition to helping the Wing prepare for the upcoming ORI, Gratz said one of his primary goals is to keep all of the units located at McGhee Tyson as vital parts of the nation's defense.

Gratz said he will work closely with Cauthen, the state leadership, the National Guard Bureau, and the political leaders at the local, state, and federal levels to make sure all of the units here, the 134th, the 119th, The I.G. Brown Training and Education Center, and the Army Guard, remain viable portions of our nation's defense for years to come.

Gratz finished with encouragement for the men and women of the Wing.

"Take pride in who you are, where you are, and what you're a part of," said Gratz. "There's a long, long distinguished history in this unit that we all need to cherish, honor and care for."

Gratz's office is located in the Wing's command section in building 134. He can be reached by calling the Wing's Administrative Assistant Master Sgt. Mary Myers at x-3203.



Official photo of Col. Randall Gratz, 134 ARW Vice Wing Commander. (Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)



Honor Air Knoxville Flight #11 A Big Success

By Tech. Sgt. Jack West, 134 ARW Public Affairs

HonorAir Knoxville conducted its 11th flight on Oct. 5 with 125 veterans and 41 guardians flying round-trip from Knoxville, Tenn. to

Washington, D.C., to see the national monuments and memorials there.

The veterans being honored on the flight all served in either World War II or the Korean War.

After being greeted and thanked for their service by Knox County Mayor Tim Burchett and Knoxville Mayor Daniel T. Brown, the veterans boarded the plane for Washington. Despite having to board and re-board the plane they were to fly on due to a problem with the

door, then having to wait for another plane to be flown in, the enthusiasm of these veterans was not to be dampened. Most of the veterans took the delay with a sense of humor.

One veteran was overheard to comment, "This is just like when I was in the Army. Hurry up and wait!"

The flight eventually got underway and the veterans were able to see most of the memorials they had hoped to see.

The veterans were treated to visits to the Korean War Veterans Memorial and the National World War II Memorial. They drove past the United States Air Force Memorial, the Marine Corps War Memorial, the Lincoln Memorial, and the Thomas Jefferson Memorial. The group was able to see the Pentagon as they drove past. A special treat for many of the veterans was being able to visit Arlington National Cemetery and see the changing of the guards.

Frank Davis, a resident of Maryville who served starting in 1946 through the beginning of the Korean War, described his visit to the memorials and Arlington Cemetery.

"It was very nice," said Davis. "I think the changing of the guard was very nice. The whole thing was nice to see. I hadn't seen it, I had just heard about it. I enjoyed the whole day. It was very nicely prepared."

Other veterans offered similar observations of the trip and what it meant to them to be able to participate.

Robert Falls, of Maryville, a veteran visiting Washington for the first time, expressed his thoughts about the trip.

"It was more than I expected," said Falls. "I was really impressed. I was really touched by that. I'd never been there, I really never even thought about it until my wife got to pressing me to go. When I went now, I'm really glad I did go to

see it while I'm still living, and being able to walk and see the monuments and see all the things they've got up there for the veterans and everything."

Shirley Satchell, a U.S. Navy veteran from Maryville said she was amazed by the trip.

"I can't say enough about the generosity," said Satchell. "It means a lot. They provided the transportation, and the people who work for them and the volunteers were just wonderful and everybody was so friendly."

Korean War veteran Edward Bostic, a resident of Claiborne County, said he was pleased with the trip.

It was "really good," said Bostic. "It was wonderful, I'd go back again."

The most moving part of the day for many of the veterans was their exit from the security area when they arrived back at McGhee Tyson Airport.

With balloons waiving, flags flying, and banners welcoming the troops back home, approximately 1,000 people filled the airport terminal. Many veterans came out of the security area with looks of awe, and



Marie Payne, her brother Roy Teffeteller and Robert Falls catch up on old times as they wait for their flight to leave from McGhee Tyson Airport. All three are US Army War Veterans who visited Washington D.C. on Oct. 5th to tour the memorials with Honor Air. (Photo by Senior Master Sgt. Phil Davenport (USAF Ret.)

Honor Air, cont. on pg. 4

Honor Air, cont. from pg. 3

some began crying because of what they were seeing before them. As far as the eye could see there were people thankful for their service. Personnel from the Army, Navy, Air Force, Marines, Civil Air Patrol, various ROTC units, and the University of Tennessee Pride of the Southland Marching Band were on hand to welcome the veterans back home. Members of the Patriot Guard, the American Legion, the Veterans of Foreign War, and

back. To give them honor as they come off the plane.”

A large Air Force delegation from The I.G. Brown Training and Education Center were on hand to welcome the veterans back. Chief Master Sgt. Chris Coyne explained why he thought it was important to honor the returning veterans.

“We’re here to honor our veterans that are returning this evening,” said Coyne. “A lot of military folks come out to make sure these people understand just how valuable they are to us and how much we appreciate everything they’ve ever done.”

Korean War veteran Kenneth Koontz, from Fountain City, Tenn., said it was important to him to be attending.

“To show these guys that we really appreciate what they’ve done,” said Koontz. “A hero is somebody that’s answered the call of their country. All of these guys are heroes.”

Koontz was on a previous Honorair Knoxville flight.

“I was on the ninth flight,” said Koontz. “It was one of the top three days of my life.” Commenting on what it’s like to see all of the people welcoming him back, Koontz said, “I didn’t expect any of this. This just blew me out of the water.”

Retired Air Force Senior Master Sgt. Phil Davenport commented on what it meant to him to be a guardian on the flight.

“I enjoyed the heck out of it,” said Davenport. “I enjoyed seeing those folks being touched so much by it.”

Master Sgt. Kendra Owenby, another guardian on the flight, described what it was like being on the trip.

“It’s unbelievable,” said Owenby. “Unless you go, you don’t understand what it’s like to see the faces of these veterans once they see the memorials. I’m really glad I went.”

HonorAir Knoxville is presented by Prestige Cleaners and sponsored by Covenant Health. For more information about the program, being a guardian, or if you know a World War II or Korean War veteran who would like to go on the trip, HonorAir Knoxville can be reached on the Internet at www.honorairknoxville.com or by phone at (865) 938-7701.



The Washington Monument stands watch in the background of the World War II Memorial in Washington D.C. (top) as the veterans tour the display. Carroll Shope, Charles Dossett, Enoch Simerly, and Raymond Magness (above) pose for a photo beside the wall at the Korean War Memorial. Magness and Simerly are Army Veterans, Shope is a Navy Veteran, and Dossett is an Air Force Veteran. All are Veterans of the Korean War. (Air National Guard photo by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)

many boy scouts and cub scouts were there to say thank you.

Members of the Knights Templar from the Cyprus Commandery #23 of the Masonic Fraternity of Maryville explained why they were there.

“Many of us are veterans ourselves,” said the group’s spokesman. “We’re here to welcome these veterans

Firefighters Participate in 9-11 Memorial Stair Climb

Submitted by Chief Master Sgt. Robert McCormack, 134 Fire Chief



On September 11, 2011 two 134th Air Refueling Wing Firefighters participated in the 2nd Annual Nashville 9/11 Memorial Stair Climb at William R. Snodgrass Tennessee Tower in downtown Nashville. Firefighters from across the state climbed 110 stories in remembrance of the 343 FDNY firefighters who died at the Twin Towers 10 years ago.

Technical Sergeant Matthew Perkinson and Staff Sergeant John Templeton represented two departments each. Sergeant Perkinson is



a 134th firefighter and also a Knoxville City firefighter while Sergeant Templeton is a 134th firefighter and also works full time at the Arnold Air Force Base fire department in Tullahoma, TN.

Stair Climb participants were limited to the first 343 firefighters who signed up. Each firefighter wore a badge with a name and a photograph of a firefighter who died at the Twin Towers collapses. They also wore a full complement of firefighter protective gear including self contained breathing apparatus totaling approximately 60 – 80 pounds of equipment. Each participant climbed the building's 28 floors 4 times, riding the elevators down to start another climb or ring the bell indicating completion.

The event was chosen for two reasons. First, to pay respect to the fallen firefighters who chose to climb so many stairs to rescue people on 9/11 and second, as a commitment to firefighter and community safety through physical fitness and training.



WELCOME NEW AIR GUARD MEMBERS



**A1C Lauren Manning
134 LRS**



**SrA Curtis Byrd
134 MXS**



**SSgt Harold Blalock
134 MXS**

RECRUITER'S CORNER

Submitted by the 134 ARW Recruiting Office



Student Flight – Listen Up!

*****In Processing Checklist - Saturday at 1300** of your first drill weekend you are required to report to the photo lab (in the headquarters building) to have your **portrait** taken. This is **mandatory** in order to complete your in processing checklist.

*****Security Clearance Process – All new enlistees** please ensure you have logged onto www.opm.gov/e-gip, to initiate your clearance. Once you have logged on, you have **60 DAYS** to complete this. This is a **mandatory** item. **Failure to complete on time will result in a counseling session with the Force Support Squadron Commander, Maj. Robin Celatka.** Note: answer 'unknown' the first time and only the first time you answer the question 'place of birth.'

To Contact the Recruiters: Call DSN 266 or (865) 985-3257, 3242, 3262, 3258 or go to: <http://www.134arw.ang.af.mil/careers/index.asp>

134 CES HELPS LOCAL BOY SCOUTS TROOP EARN SURVEYING MERIT BADGE

Tech. Sgt. Rusty Dawson, 134 Civil Engineering Squadron

One of the many achievements a Boy Scout can attain in their career is a vast collection of merit badges. Through the years, badges are added and retired in an effort to reflect the ever changing landscape of American culture and significance. The Merit Badge system was put into place during the inception of the Boy Scouts of America to give the young men a small amount of practical experience in such fields as Journalism, Entrepreneurship, American Heritage, and Architecture. There are over 100 Merit Badges a Boy Scout can earn



Tech. Sgt. Rusty Dawson, 134 CES, (above) goes over surveying procedures with members of the Boy Scouts of America. The Scouts learned about fundamentals of surveying and mapping and collected data in the field. Members of the Boy Scouts tried their luck with the surveying equipment.(below). (Air National Guard photos by Tech. Sgt. David Knable, 134 ARW Public Affairs)

over the course of his career. Some of the merit badges a scout can earn takes a great amount of dedication and planning, making these badges rare or even extremely rare to obtain. Of the original 57 merit badges offered in 1911, only 11 still exist today in their original form. One of those 11 is the Surveying badge, and is a rare one that many scouts never get the opportunity to earn in their career. Though the fundamental concepts of surveying have never changed from its inception, the technologies used to execute its many tasks have evolved

tremendously.

The Engineering Assistant career field in the 134th Civil Engineer Squadron is trained in these new technologies that are based in the mathematical fields of geometry and trigonometry to collect data for mapping and planning purposes. With this knowledge and training, the Engineering Assistants were able to demonstrate and teach the Scouts about the fundamentals of surveying and mapping. Throughout the day the Scouts performed different hands on tasks in the field collecting data and learning about the use and care of the surveying equipment.



With the assistance of local licensed Surveyor and University of Tennessee professor Danny Oliver, the scouts drafted a paper drawing of their survey from the data they collected earlier in the day and learned what the academic and practical requirements is to become a Licensed Surveyor. Their day was concluded with the awarding of the Surveying Merit Badge by Major Brian Austin, 134 CES Commander.

COMPUTER SECURITY

Submitted by Master Sgt. Carolyn LaDue, 134 CF



Computer Security (COMPUSEC) encompasses all measures taken to protect all AF Automated Information Systems (AIS) resources and the information. Implementation of appropriate levels of protection against threats and vulnerabilities for AIS prevent: Denial of Service, corruption, compromise, and fraud, waste, and abuse.

It is important that every network user be able to identify threats postured against computer vulnerabilities. Listed here are the most common threats that target vulnerabilities associated with information systems and the data stored within them.

Android's Not Exempt from Malware

Who would have thought that a cell phone would need its own security suite? That time has come. Malware has been found in the Android Market, including in popular apps like Angry Birds. If you own a "Droid" it is time to consider adding protection for your phone. While focused malware attacks on smart phones are rare, they do happen. When in the market for security software for your phone, keep the following capabilities in mind:

- Backup and restore data
- Remote locking capabilities
- Audible alarm to help find a lost device
- Remote device wipe
- Real-time anti-malware protection
- Safe web searching
- Remote management

Privately Owned Devices

Unfortunately there is an increase of incidents where personnel are attaching privately owned electronic devices to military networks. UCI Inspectors are performing scans for this type of activity and writing-up units where this has been found.

Please be aware that privately owned electronic devices cannot be connected to military networks.

A new push has been initiated by Col Wunder, NGB/A6, to address the increase in these findings. Col Wunder issued a policy change that requires individuals identified as having connected their devices to the network to have their network access suspended until re-training in IA Awareness is accomplished.

Information Assurance

POCs:

**MSgt LaDue, ext. 4936 or
MSgt Benson, ext. 4925**

Identity interception - Unauthorized access is gained by using the valid credentials of someone else.

Impersonation - The ability of an unauthorized person to present credentials that appears to be valid.

Replay attack - An unauthorized user records the exchange of packets between an authorized user and the server, and plays it back later.

Masquerading - An unauthorized user uses the IP address of a trusted system account or device.

Data interception - Consists of monitoring and capturing data as it is transferred across the network.

Manipulation - Unauthorized modification of unencrypted data.

Repudiation - The identity of the sender cannot be verified.

Denial of service attacks - Server is flooded with numerous requests that use all the bandwidth or resources so that the server cannot communicate.

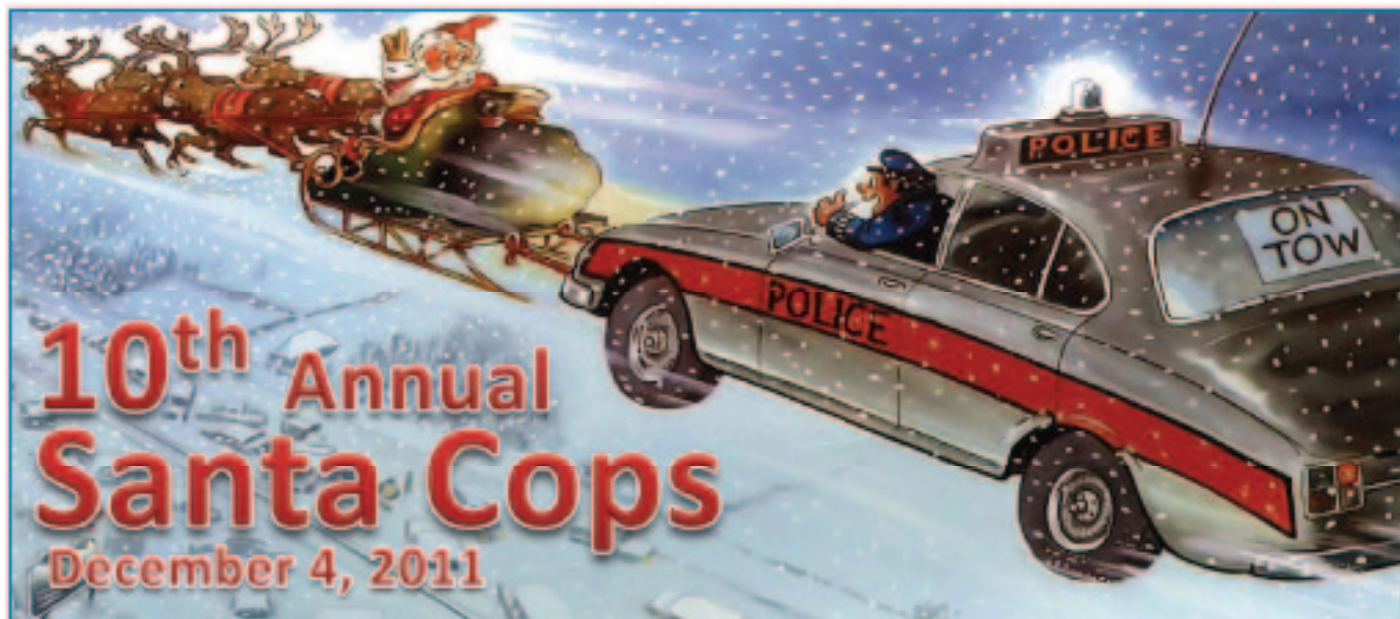
Trojan horse - A virus or malicious program that is disguised as a harmless program.

Phishing - An attempt to fraudulently acquire sensitive information, such as passwords and personal information, by masquerading as a trustworthy person or business in an electronic communication.

Malicious code - This is a method of attacking a network by embedding ActiveX, VB script, or a Java applet in a web page or e-mail message, which when executed provides the intruder a way to access information on the network.

Macro viruses - Macros are small programs that run inside other programs; for example, macros can be written to automate commonly used functions in Microsoft Access.

Awareness of the types of threats is only the first step in defending our information systems. Once identified, it is important to contact your unit Information Assurance Officer (IAO) and/or the Client Support Administrator (CSA) so that appropriate actions can be taken. Find out who these key personnel are within your unit and place their names and phone numbers in your copy of 134 ARW Pamphlet 33-200, Basic Things Computer Users Need to Know.



10th Annual Santa Cops

December 4, 2011



WE NEED YOUR HELP!

Santa Cops is a private organization that focuses on hospitalized children and their families at Christmas. Donations to Santa Cops will be used to purchase toys, games, and other "wish list" items. These items will be distributed by Santa, his elves, and a team of cops to hospitalized children to make their holidays brighter.

How Can You Help? Donate today!

- Make Checks payable to 134th Security Forces

Can't Donate Money and still want to Help?

- Help us shop for toys on Dec. 3, 2011
- Contact the email address listed below for more details

ALL PROCEEDS TO BENEFIT THE SICK CHILDREN OF EAST TENNESSEE

Contact MSgt Joe Hungate

120 Briscoe Dr ~ Louisville, TN 37777 ~ Phone: (865) 985-3288 ~ Email: 134.Santa.Cops@gmail.com

"This is a private organization. It is not a part of the Department of Defense or any of its components and it has no governmental status."





"FREEDOM IS NOT FREE"



(Air National Guard photos by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs and Senior Master Sgt. Phil Davenport, USAF Ret.)



MEDICAL GROUP SCHEDULE



SATURDAY UTA

0815-1130 HOURS PHAs
 0815-1030 HOURS SHOT TEAMS
 0830 - FSS/ARW STAFF (HQ CONFERENCE ROOM)
 0830 - LRS/MSG (LRS WAREHOUSE)
 0830 - CE/FIRE DEPARTMENT (FIRE DEPARTMENT)
 0930 - BAND
 0930 - SERVICES (DINING FACILITY TRAINING ROOM)
 0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS
 0830-1130 HOURS IMMUNIZATIONS
 0830-1130 HOURS QNFT TESTING (BEE OFFICE)
 0900-1100 HOURS ALL DEPLOYMENT PROCESSING/ANAM TESTING
 1000-1030 HOURS NEW ACCESSION ORIENTATION (TRAINING ROOM)
 1300-1430 HOURS BALLISTIC EYEWEAR
 1300-1400 HOURS IMMUNIZATIONS
 1300-1330 HOURS FITNESS TESTING EVALS

SUNDAY UTA

0730-0900 HOURS SHOT TEAMS
 0715 - SECURITY (SFS TRAINING ROOM)
 0730 - MAINTENANCE (ORANGE HANGAR BREAK ROOM)
 0800 - COMM FLT (MAIN COMM AREA BLDG 102)
 0845 - OPS (AIRCREW BRIEFING ROOM)
 0845-0900 HOURS FITNESS FOR DUTY EVALUATIONS
 0900-1100 HOURS ALL DEPLOYMENT PROCESSING/ANAM TESTING
 1300-1400 HOURS IMMUNIZATIONS



NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION.
 NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL EXAMINATION.
 NOTE 3: IF YOU WEAR GLASSES YOU MUST BRING THEM WITH YOU FOR PHYSICAL. PLEASE DO NOT WEAR CONTACT LENS FOR EXAM.
 NOTE 4: IF YOU ARE DEPLOYING, PLEASE CHECK WITH THE CLINIC WELL IN ADVANCE OF DEPARTURE DATE FOR IMMUNIZATION REQUIREMENTS.
 NOTE 5: DNA TESTING IS CONDUCTED FROM 0830 - 1100 HOURS OF SATURDAY UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT SCHEDULED TIME.

Stress Tips from Elizabeth, Your Wing Director of Psychological Health



Short tempered with others? Poor concentration? Irritability? Moody? Sounds like you're stressed. Without proper release, stress leads to poor decision making which results in negative consequences which of course, causes more stress.

So what can we do to keep focused, stay relaxed and keep our head in the game? Exercise. Just 30 minutes of daily exercise is a great way of reducing stress because it helps sharpen and focus our thoughts as well as bringing relaxation to the body. There are plenty

of creative ways to work out such as biking, swimming, taking a walk or simply chasing those little ones around the house. Find a way that works best for you and have fun with it!

Until next time, Happy Psychological Health

Sleep - It's More Important Than You May Think

Submitted by the 134th Medical Group

As the fall settles in and vacations come to a close, many of us find ourselves already looking forward to our next vacation. Life gets so busy and



hectic and often the first thing to suffer is our sleep. We get over tired, over stressed and worn down and it's no wonder that we're ready for summer vacation long before summer arrives. The benefits of getting enough sleep have been highly publicized, but the focus is typically on beauty or lifestyle perks. Getting enough sleep reduces the dark circles under our eyes, brightens our complexions, improves mood and boosts energy. Consequently, those who sleep 7+ hours per night appear brighter, perkier and are less cranky and sluggish. While these benefits are nice, the ones I'm more concerned with involve our health.

When you feel run down, you're immune system is typically suffering. Our bodies heal themselves at night. Without that restorative time, our immune systems struggle to function effectively on both microscopic and systemic levels. This means more colds and infections, longer healing times and even less immunity built up in response to vaccinations. If you're genetically inclined towards medical conditions, skimping on sleep increases the likelihood that you will one day develop those conditions. Chronic sleep loss causes an inflammatory response in your body, which leads not only to more aches and pains, but also to an increased risk of serious medical issues. Chronic inflammation in your vascular system (the arteries and veins that carry your blood) lead to higher risk of strokes, pulmonary embolisms and heart attacks.

Chronic inflammation also affects your body's ability to respond to insulin effectively (called insulin resistance), causing your hormonal system to release more and more insulin. Eventually, your body fails to regulate your sugar level at all and you have diabetes. Research shows it takes only one week of sleeping 4 hours per night before your body starts to show this process. In fact, healthy 20-30 year olds who sleep less than 6.5 hours per night have the insulin sensitivity of the typical 60 year old. Those whose sleep patterns average 5 hours per night are also 73% more likely to become obese than those who rack up 7-9 hours per night. Short term implications of sleep deprivation are just as serious. Once you've skimped on several hours of sleep for 2-3 nights in a row, your ability to gauge how well you're functioning goes down. Research shows that individuals with chronic sleep deprivation react slower both cognitively (think slower, struggle to comprehend

facts and remember details) and physically (slower reflexes making it less likely you'll successfully slam on the brakes and avoid a collision). In fact, individuals driving while sleep deprived drive as if they are drunk, yet tend to have no idea their driving skills are substandard for them.

The good news is that most of these consequences can be improved and even reversed with regular sleep. The average person requires at least 7 hours, but preferably 8 hours to remain healthy. This can seem impossible in our busy lives, but there are several easy changes that make this goal much easier to attain. Look at your "sleep routine" (what you do in the hours between supper and bed) and cut out anything that is not beneficial or important to you. Complete necessary household tasks and leave the rest for tomorrow, watch the 1 or 2 shows that you truly love, settle your mind (pray, meditate or list everything on your mind on a notepad next to your bed so you're not worried about remembering it in the morning) and go to sleep in a dark, quiet room. Avoid spicy foods and lots of liquids in the two hours before sleep to ward off heartburn and middle of the night bathroom visits. If you're still having trouble falling asleep or staying asleep, schedule a visit with your primary care provider to discuss possible issues/solutions. In short, make sleep a priority and it will pay off big time in the long run!

Dental Readiness: The Military Dental Classification System

Submitted by the 134th Medical Group

As many of you know the process for dental exams changed over two years ago due to the fact that military members were deploying in support of various Operations and having a high number of dental emergencies. Dental emergencies are a threat to the military mission because emergency dental conditions take our airmen away from their assigned places of duty and can be difficult to receive dental care in an environment where treatment is not readily available.

The prevention and treatment of dental diseases are important factors in maintaining a ready/deployable military force.

Dental readiness is an integral component of the Air National Guard's overall readiness program. AFI 47-101, Managing Air Force Dental Services, Attachment 9 requires every member to have a dental exam at least once every 12 months. In an effort to simplify the process the following steps need to be taken for you to be dentally qualified:

1. On the day of your annual dental appointment, traditional guard members and technicians need to take DD Form 2813 with them for their dentist to fill out. Please ensure your name and all personal information is filled out properly and legible.
2. AGR members need to take SF 603 with them for their dentist to fill out. Please ensure your name and all personal information is filled out properly and legible.
3. After the form is completely filled out by you and your dentist, please return the form to your unit's PHA monitor. As with any important personal paperwork, we recommend that you make a copy for your records.
4. Your PHA monitor will turn your form in to the Medical Group. Please ensure all forms are sent to SSgt Mydia Powers at 134 MDG.

You are considered dentally deployable if you are classified in dental fitness classification 1 or 2. Airmen who are classified in class 1 are worldwide deployable because the member will not require dental treatment within 12 months.

Airmen classified as dental class 2 are worldwide

qualified but have oral conditions that will not result in dental emergencies within 12 months if left untreated.

Airmen classified as dental class 3 are not worldwide qualified because the member has an oral condition or conditions that the examining dentist expects to result in a dental emergency within 12 months if not treated. As soon as the class 3 conditions are treated and the military dentist has verified this, the member is removed from class 3.

Airmen classified as Dental class 4 are not worldwide deployable because the member's dental status is unknown to the military dentist. The dental status of a member is unknown if the date of the member's most recent exam is not within the past 12 months or if block #3 on the member's DD 2813 is checked. Also, the member's dental status is considered unknown if one or more of the lettered

blocks are checked on the DD 2813 even if block 1 or 2 is checked on the DD 2813.

Past studies have demonstrated that military members in dental classification 3 suffered dental emergencies during deployments at a significantly higher rate than do members in class 1 or class 2.¹¹

The majority of treatments required to correct class 3 conditions can range from simple extraction to multiple, time-intensive, endodontic procedures and restorations. When multiple teeth are involved, the treatment can be time-intensive and invasive from the patient's point of view.

Focusing solely upon the class 3 population of an air base could lead a dentist and dental staff to neglect the fact that members in class 2 over time could progress to class 3. This is why even our deployable class 2 members are given a letter signed by our dentist with dental charting that indicates the tooth or teeth that need treatment.

If you have any questions pertaining to the dental exam process or your dental classification status, please feel free to call the dental clinic at #4064 or #4065 on drill weekend or Major Godsey at #4274 during the week.

1 Chaffin JG: Class 3 Dental Treatment Time. Milit Med 2004; 169: 696-698.



(USAF photo)

ANNOUNCEMENT OF VACANCY MILITARY DRILL-STATUS OFFICER

POSITION: FORCE SUPPORT OFFICER
AFSC: 38F3 GRADE: 2LT THRU MAJ
UNIT: 134TH FORCE SUPPORT SQUADRON (KNOXVILLE)

OPENING DATE: 30 AUG 2011
CLOSING DATE: 4 DEC 2011
12:00 HOURS

1. GENERAL REQUIREMENTS AND PROCEDURES:

Open to Members of the TENNESSEE NATIONAL GUARD Only: Enlisted personnel and commissioned officers in the grade of Major or below (Active or Reserve) may apply if qualified for commission as follows:

- **NON-COMMISSIONED APPLICANT AGE:** Due to the length of administrative processing involved in the commissioning process, applicants must be selected by age 34 and be no more than age 35 at the time of commissioning (graduation from the Academy of Military Science) as an ANG Officer. Age waivers will be considered for prior service applicants, age 35 to 39, if waiver requirements are met. Call Capt Jaime Blanton at (865) 985-3251/DSN 266-3251 for eligibility clarification.
- **MEDICAL REQUIREMENTS:** Applicants must pass an Appointment ANG/AF Commissioning Physical.
- **AIR FORCE OFFICER QUALIFYING TEST (AFOQT):** Applicants must have taken the AFOQT and qualify with a minimum score of **Verbal - 15; Quantitative - 10**.
- **EDUCATION:** Applicants require as a minimum a Bachelor's Degree from an educational institute listed in the current Accredited Institutions of Post Secondary Education. For entry into this AFSC, an undergraduate academic specialization in human resource management, business administration, sociology, psychology, public administration, mathematics, industrial engineering technology, management engineering, systems management, computer science, management, organizational development, behavioral science, operations research, education, hospitality, restaurant and hotel management, recreation, fitness, finance or accounting is desirable.
- **SPECIALTY QUALIFICATIONS:** Knowledge is mandatory of force management programs and readiness and mobility operations to include accession, classification, assignment, promotion, force development, separation; wartime planning, deployment, and mobilization/demobilization procedures; requirements determination, organization principles, performance management, resource allocation; training and education methods; human relations; food service, lodging, fitness, and recreation practices, civilian and military personnel policies; APF and NAF financial management principles of accountability, propriety, and stewardship; and business management principles and aspects of the Uniform Code of Military Justice.
- **LETTER OF AGREEMENT:** Applicants must submit a letter of agreement to attend within one year of commissioning any initial formal technical training as listed in the Remarks section.

2. HOW TO APPLY:

Each officer application package submitted will consist of the following (*but not all requested documents apply to all applicants*):

- **Cover letter** (State for which job(s) you are applying for.)
- **Air Force Officer Qualifying Test (AFOQT) scores** It is your responsibility to take the test and include the test results with your package.
- **Officer Applicant Formal Training Agreement** (Agreement to attend any formal technical training required.) (**see attch 1**)
- **DD Fm 214 (Certificate of Release or Discharge from Active Duty)** if applicable
- **Resume** must reflect your experience and qualifications (to include civilian and military employment history) with detailed coverage of duties and responsibilities that relate to the job you are applying for. List both personal and professional references (include reliable phone numbers). Do not state, "References available upon request".
- **Record Review RIP/Personnel Information RIP**
- **Letters of Recommendation** (It is optional to include letters of recommendation)

3. REMARKS:

Training Requirements:

- Non-prior commissioned officer selectee: Must attend the Academy of Military Science (AMS), for the duration of 6 weeks.
- Selectee must successfully complete the Force Support Officer course at Keesler AFB, MS for the duration of approximately 10 weeks

Submit officer package(s) to: Capt Jaime Blanton 134th FSS, 134 Briscoe Drive, McGhee Tyson ANGB TN 37777

*It is your responsibility to complete and return the above requested document(s) **NLT 1200 hrs on 30 Sep 2011**. Your package will only consist of the requested documents. Keep your application simple. An incomplete application package could make the difference in the officer selection process.*

**OFFICER APPLICANT
FORMAL TRAINING AGREEMENT**

I _____, (Print First, MI, Last Name)

agree to attend within one year (pending availability of school quotas) of commissioning (or assignment if prior commissioned officer) any initial formal technical training required. To include any additional formal training as required for entry and award of specialty. I further understand my application would be considered incomplete without this letter.

Furthermore, I understand that to be considered qualified for award of the AFSC, I must meet all of the mandatory qualifications of the specialty and have shown skill level qualification in all task of the position in which assigned. It is my responsibility to develop professionally and keep informed of specialty knowledge and proficiency standards.

(Signature of Applicant)

(Date Signed)

PROMOTIONS

Stacey Cross	134 MDG	TSGT
Kevin Hair	134 CES	TSGT
Adam Badger	134 CES	TSGT
Mirina Keaton	119 CACS	SSGT
Daniel Metcalf	134 CF	SSGT
David Green	119 CACS	SRA
Justin Baker	134 CES	SRA



What's For Lunch?

Saturday:

BAKED FISH
HAMBURGER STEAK
STEAMED RICE
MASHED POTATOES
GREEN BEANS
BREADED SQUASH
GRAVY
POTATO BAR

Sunday:

SPAGHETTI W/
MEAT SAUCE
BAKED CHICKEN
MASHED POTATOES
STEAMED RICE
BROCCOLI
BABY CARROTS
GRAVY
SHORT ORDER



Golfing for a Cure

The McGhee Tyson Golf League and Lambert Acres Golf Course helped to raise money for the Susan G. Komen Foundation recently. Golf League Commissioner Senior Master Sgt. Randy Keener (right) is accompanied by Staff Sgt. Billy Barker (left) and Master Sgt. Mary Myers (third from left) as Susan G. Komen Special Events Coordinator Amy Dunaway (second from left) is presented with a check for \$650.00. The Susan G. Komen Foundation helps to raise awareness and gather donations to battle breast cancer. (Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)



McGhee Tyson Family Program: Follow Us on FaceBook



The McGhee Tyson Family Program has its own Facebook page and we encourage you follow us. We are connected to many AF/TN NG/ANG affiliates & partners websites and try to post the most up to date information from their sites to ours.

We encourage you to search for "McGhee Tyson ANGB Family Program", click on the "Like" icon and follow us.

Do You Know What Your R/R Date Is?

By Senior Master Sgt. Ricky Wise, 134 Force Support Squadron

I am sure that your first thought is what in the world is an R/R date and why do I need to know what it is...Well R/R is short for Retention/Retirement and the R/R date is very important to you and every guard member because it is the date that is established to start counting your retirement points for each year.

The R/R date is established based on each individual's service history. From 1 July 1949 to 30 September 1995 the R/R date was established based on when someone was assigned to a Reserve Status. On or after 1 October 1995 the R/R date was based on initial entry into a uniform service. In both situations if you had a civilian break in service a new R/R date must be established.

Your R/R date is used when figuring whether or not you have a good year. A good year is when you have at least 50 points within your year. You might have noticed that I said your year. Your points are not calculated based on the calendar or fiscal year. Your year runs from your R/R date that is established on you and runs through the following year. As an example, if your R/R date was 1 July, then your year would run from 1 July to 30 June of the following year.

As mentioned above you must have at least 50 points in your R/R year to have a good year. Each UTA (Saturday and Sunday) weekend is worth 4 points. You may have heard of the term drill period, this is each pay period for a UTA weekend or make-up UTA. The morning is one pay period and the afternoon is the second pay period. Each pay period is worth 1 point, so since you have four pay periods in a UTA weekend that is how you get 4 points for a UTA (Saturday Morning = 1 point, Saturday Afternoon = 1 point, Sunday Morning = 1 point, Sunday Afternoon = 1 point). If all of the UTAs fall within your R/R year you will have a total of 48 points (12 UTAs X 4 = 48 points).

You will also receive 15 membership points each year just for being in the Guard. The membership points are given to you during your R/R year and will count toward your points in order to have a good year. The full 15 points are given for completing the entire year. Any Active Duty that you may have performed during your R/R year will also count. When you perform any Active Duty, be it on Annual Field Training or AEF, you earn 1 point for each day.

As you can see knowing your R/R date will help you understand how you earn a good year. If you haven't looked at your points in a while it is strongly recommended that you go to the vMPF, click on Self-Service Actions, Personal Data, and then ANG/USAFR Point Credit Summary Inquiry (PCARS). After looking at your points and reading the Frequently Asked Questions, if you still have questions please contact **Senior Master Sgt. Ricky Wise at extension 3250.**

MCGHEE TYSON ANG BASE CHRISTMAS PARTY

December 3rd
Wilson Hall

1630: SEC Championship Game on big screen

1800: Social Hour

1930: Prize Giveaway

Music throughout the Evening

Dress: Casual

Menu: Heavy Hors D'oeuvres

Music: DJ/Karaoke throughout evening

Tickets: \$10 in advance (\$12 at the door)

Tickets can be purchased from
First Sergeants and Section Chiefs

Kid's "Lock-In" at McGhee Tyson ANG Base



The McGhee Tyson Family Readiness Group (FRG) and TN Operation Military Kids (OMK) will sponsor a Youth Lock-In for the dependents (ages 5-12) of military personnel assigned to McGhee Tyson ANG Base from

(5:00pm Friday, 18 Nov 2011 to 9:00am Saturday, 19 Nov 2011).

Some of the FUN activities planned are:

Briefings by Base Fire Dept

Briefings by TN National Guard Counter Drug

Movies/Wii/Board Games/Arts/Crafts

For more information or to sign-up, please contact the Airman & Family Readiness Program Office at (865) 985-3107 or 985-3143 by 1 Nov 2011. Space is limited!

Our energy focus today
fuels the mission tomorrow



U.S. AIR FORCE

Make Energy A Consideration In All You Do