



# THE VOLUNTEER



**VOL. 13 NO. 8**

**134TH AIR REFUELING WING**

**AUG 2013**

## Kids Learn That Air Guard Members Care

By 2nd Lt. Marcie Mascaro, 134 ARW Public Affairs

Small feet pounded the pavement here July 18 in near-unison as a young lady led her battle buddies on a path of exploration as part of the Knoxville Police Department's Kids Boot Camp.

Squad leaders formed up their troops with the same gusto given to Airmen and Officer Candidates during their first weeks of military training.

"You already owe me 20 pushups!" shouts one police officer.

Police Officer Eric Heitz is a 22-year Army Reserve staff sergeant with the 253rd Military Police Company in Lenoir City, Tenn. "It's a really good program," said Heitz. "I wish we could keep them longer than a week, but we take what we can get."

The kids' trip to McGhee Tyson ANG Base is just one stop in their program co-sponsored by the Philip Moore Outreach Center to show kids options beyond their communities.

Col. Randall E. Gratz, vice commander of the 134th Air Refueling Wing, told the formation of about 30 at-risk youth that life is about choices. "Listen to your leaders, and they'll set you up for success."

Members of the Maintenance Squadron shared their morning with the kids. They inspected engines, discussed paint markings, and climbed aboard a KC-135 Stratotanker for a view from inside the boom.

"It's fun seeing their enthusiasm, and they ask endless questions," says Tech. Sgt. Derrick Dirmeyer, crew chief. The kids were told how the aircraft's hydraulic system for

the landing gear was like the hydraulics on a car, and they asked if the aircraft could "bounce."

Their tour continued to the Security Forces Squadron where Tech. Sgt. Mark Curry and Master Sgt. Michael Curry showcased M-4 rifles and 9mm pistols to teach gun safety.

"You don't pick up a gun or push the trigger because there might still be a bullet in there, and you might kill yourself or somebody else," Marquis Ellis said after the lesson.

The kids also tried on chemical gear and combat vests before heading to the Fire Department to wear more gear. "We got to put on stuff that was too heavy, I could barely lift my feet off the ground," said Maurice McKenzie, a fourth grader.

Staff Sgt. Zachary Troup, a firefighter, helped Sierra Dale, a second grader, aim a hefty stream of water from a fire hose. "Can we go to a bigger hose?" she asked, smiling.

"It's good to give back by giving them an up close and personal tour and hopefully have a positive influence on them," said Troup.

Hietz said the kids learn structure and teamwork as well as discover that National Guard members care.

"There's a lot to see here and hopefully for some of these kids ... an opportunity to see what they can become if they put their minds to it," said Hietz. "It's something to aspire to in or out of the military."



Col Randy Gratz, 134 ARW Vice Commander, speaks to members of the Knoxville Police Dept's Kid's Boot Camp during their visit on July 23. The program is designed to show kids that there are options outside of thier communities. (Air National Guard photo by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)



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**Vice Commander**

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**Sat 0830 - 1100**

**1215 - 1530**

**Sun 0830 - 1330**



Air National Guard photos by Master Sgt Kendra 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.”

**134 ARW Sexual Assault Prevention & Response Stand-Down**  
**Sunday, 4 Aug 0830-1030 @ Wilson Hall**



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# Bulgarian Airmen Study in East Tennessee



Brig Gen Donald Johnson, Assistant Adjutant Gen, Air for the Tennessee National Guard (above left) makes a few comments during a welcome session recently at the ANG Training and Education Center (TEC) for Sgt Yordanka Stoycheva Petrova-Angelova (above center) and Senior Airman Stoyko Ventsislavov Stokov (above right). Senior leadership (below) meet with the Bulgarian airmen at Patriot Hall after having lunch with them at McGhee Tyson's Rocky Top Dining Facility. The Bulgarian NCO and airman are studying Professional Military Education at the TEC as part of a state partnership program between Tennessee and Bulgaria. (Air National Guard photo by Master Sgt Kendra Owenby, 134 ARW Public Affairs)



# MEDAL OF HONOR AWARDS IN THE AIR FORCE

The Medal of Honor is the highest award for heroism in military action which this nation can bestow on a member of its Armed Forces. The first Medal of Honor earned by an airman was awarded to Capt. Edward V. Rickenbacker for aerial combat in 1918.

The Air Force designed Medal of Honor was created on April 14, 1965. This medal was first presented by the president on Jan. 19, 1967, to Maj. Bernard F. Fisher for action in South Vietnam.

Members of the Air Force and its predecessor organizations have earned 4 Medals of Honor in World War I, 38 in World War II, 4 in the Korean War, and an additional number in the Vietnam War. Two more were presented by special Acts of Congress.

The Medal of Honor is awarded for conspicuous gallantry and intrepidity at the risk of life above and beyond the call of duty.

The following airmen have received the Medal of Honor:

1st Lt. Edward V. Rickenbacker  
1st Lt. Harold E. Goettler  
Brig. Gen. James H. Doolittle  
Lt. Col. Pierpont M. Hamilton  
Brig. Gen. Kenneth N. Walker  
Sgt. Maynard H. Smith  
Maj. Jay Zeamer Jr.  
2nd Lt. Lloyd H. Hughes  
Maj. John L. Jerstad  
Col. John R. Kane  
Col. Neel E. Kearby  
Tech. Sgt. Forrest L. Vosler  
Sgt. Archibald Mathies  
1st Lt. William R. Lawley Jr.  
Lt. Col. Leon R. Vance Jr.  
1st Lt. Donald D. Pucket  
Maj. Richard I. Bong  
2nd Lt. Robert E. Femoyer  
2nd Lt. William E. Metzger Jr.  
Maj. Thomas B. McGuire  
Staff Sgt. Henry E. Erwin  
Maj. Louis J. Seville  
Maj. George A. Davis Jr.  
Maj. Bernard F. Fisher  
Maj. Merlyn H. Dethlefsen  
Capt. Gerald O. Young  
Lt. Col. William A. Jones III  
Sgt. John L. Levitow  
Col. George E. Day  
Airman 1st Class William H. Pitsenbarger

2nd Lt. Frank Luke Jr.  
2nd Lt. Erwin R. Bleckley  
Capt. Harl Pease Jr.  
Col. Demas T. Craw  
1st Lt. Jack W. Mathis  
2nd Lt. Joseph R. Sarnoski  
2nd Lt. John C. Morgan  
Lt. Col. Addison E. Baker  
Col. Leon W. Johnson  
Maj. Ralph Cheli  
Maj. Raymond H. Wilkins  
Lt. Col. James H. Howard  
2nd Lt. Walter E. Truemper  
1st Lt. Edward S. Michael  
2nd Lt. David R. Kingsley  
Capt. Darrell R. Lindsey  
Maj. Horace S. Carswell Jr.  
1st Lt. Donald J. Gott  
Brig. Gen. Frederick W. Castle  
Maj. William A. Shomo  
1st Lt. Raymond L. Knight  
Capt. John S. Walmsley Jr.  
Maj. Charles J. Loring Jr.  
Capt. Hilliard A. Wilbanks  
Lt. Col. Leo K. Thorsness  
Lt. Col. Joe M. Jackson  
Capt. James P. Fleming  
Capt. Steven L. Bennett  
Capt. Lance P. Sijan



Medal of Honor. Graphic created by Virginia Reyes of the Air Force News Agency. The Medal of Honor is the highest award for valor in action against an enemy force which can be bestowed upon an individual serving in the Armed Services of the United States. Although it was originally created for the Civil War, Congress made the Medal of Honor a permanent decoration in 1863. The current Air Force version was approved in 1965.

In addition to those Air Force flyers who have received the Medal of Honor for exceptional bravery in aerial combat, four other have received similar noncombatant recognition.

Capt. Charles A. Lindbergh  
Brig. Gen. Charles E. Yeager

Brig. Gen. William Mitchell  
Lt. Gen. Ira C. Eaker

For more info and to read the complete article visit: <http://www.nationalmuseum.af.mil/factsheets/factsheet.asp?id=15138>

# The Traditional Soaking Send-Off!



Col Cory Strobel, 134 Medical Group Squadron Commander recently conducted his “Fini-Flight” or final flight as a Flight Surgeon with the 134th Air Refueling Wing. Col Strobel has over 25 years of military service in the Air Force, Air Force Reserves, and Air National Guard. He will be retiring Aug drill. Join us in congratulating the Col on a long and distinguished career! Blue Skies! (Air National Guard photos by Master Sgt Kendra Owenby,





# RECRUITER'S CORNER

Submitted by the 134 ARW Recruiting Office

## Student Flight – Listen Up!

\*\*\***Pre-BMT class** – You will report to the FSS breakroom in the Headquarters building for roll call on **SATURDAY** of each drill at **1300**. This is a **mandatory** class (as directed by Col. Cauthen) until you ship out to BMT. You must report to roll call in order to get paid. Any absence must be cleared prior to roll-call through the recruiting office supervisor, Master Sgt. Curtis LaRue.

\*\*\***In-processing checklist - Saturday** at 1230 of your first drill weekend you are required to report to the Public Affairs/Multimedia Photo Studio (in the headquarters building) to have your **portrait** taken. This photo 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-quip](http://www.opm.gov/e-quip), 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, Lt. Col. Dean Thiele.** 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) 336-3242, 3257, 3258, or 3262; or go to: <http://www.134arw.ang.af.mil/careers/index.asp>

## Public Affairs Photojournalist Position Available

There are currently 2 traditional Photojournalist (3N0X5) positions available in the 134 ARW Public Affairs Department. We are looking for motivated individuals who want to share in telling the Air Force story through their writing and photography.

### Prerequisites:

-Applicants must have a **minimum** score of 72 in the General category of the ASVAB test.

-Must have distant visual acuity correctable to 20/20 with normal color vision.

Technical training for the 3N0X5 career field is at the Defense Information School (DINFOS) located at Ft. George G. Meade, Maryland and is 17 weeks 2 days in length.

### DINFOS Basic Photojournalist Course Scope:

This course trains Airmen to perform as basic Public Affairs photojournalists. This course provides instruction in command information, community engagement, media relations, internet based communication capabilities news writing and basic still photographic techniques. This course provides training in guidelines for the release of information and imagery, news reporting, and public affairs theory, concepts and principles. This course also provides training in the theory and application of photographic fundamentals, captioning, optics, light sources, camera operations for controlled and uncontrolled photography, exposing, processing, and printing color images. Training also includes electronic imaging with digital cameras, imaging and graphic software, image transmission, archiving, and editing.

For more information on the Photojournalist 3N0X5 positions please contact Master Sgt. Kendra Owenby at 865-336-3214.



U. S. Air Force photos from archive

# TRAFFICKING IN PERSONS AWARENESS

**Prostitution pipeline**

**33** Sex trafficking arrests since last October by Immigration and Customs Enforcement field office in New York.

**100%** Those arrested who are from Tenancingo, "world capital" of pimping.

**10** Victims saved

**Brothel locations:**  
Brooklyn, Manhattan, Queens, Poughkeepsie, Yonkers and Newburgh.

Photo courtesy: NYDAILYNEWS.COM

Submitted by Lt. Col. James Blanton, 134 ARW Inspector General

On April 30, 2013, a U.S. Magistrates Court unsealed a criminal indictment of 13 suspects that revealed the details of an extensive criminal enterprise that, since 2008 has exploited dozens of Mexican females that were smuggled into the U.S. and forced into prostitution in the New York area. "With promises of a better life, the members of this alleged sex trafficking and prostitution ring lured their unsuspecting victims to the United States and then consigned them to a living hell – forcing them to become sex slaves in abhorrent conditions and using threats and verbal abuse and violence – sexual and otherwise – when they resisted and even sometimes when they didn't," said Preet Bharara, U.S. Attorney for the Southern District of New York.

One victim told investigators that in 2006, she and her child were smuggled into the United States and taken to Queens, New York. The victim said she and her child were made to sleep on the floor and forced to surrender all of her earning to her captors during the two year ordeal. Her captors used threats, verbal abuse, and violence to force her to engage in prostitution against her will with up to 20 customers per day. On one occasion, she and her child, on a cold winter night, were pushed outside and locked out of their residence as punishment. On other occasions, she was beaten and forced to take medication to induce a miscarriage (U.S. Immigration and Customs Enforcement 2013). Many other victims in this investigation also experienced similar horrific circumstances.

To the untrained observer, many of these human trafficking victims appear to be willfully complicit in their situation which makes detecting this heinous crime very difficult. Victims of human trafficking often will not attempt to escape or contact police because of fear of violence from the captors or from being arrested themselves. Additionally, language, educational, financial barriers further enslave them to their captors. Most victims will not be detected unless proactive public service personnel such as teachers, social workers, EMS, and law enforcement and other concerned citizens look for subtle clues, ask difficult questions, and then act.

If you suspect human trafficking in your area please contact your local law enforcement agency or the Tennessee Bureau of Investigation at 1800-TBI-FIND. If you have further questions about human trafficking or this article please contact Lt. Col. James Blanton, 134 ARW CTIP Coordinator at 865-336-4444. Just as reminder, ensure that your HUMAN RELATIONS training and those you supervise is current.

U.S. Immigration and Customs Enforcement. News Releases. May 01, 2013. <http://www.ice.gov/ness/releases/1305/13050/newyork.htm> (accessed May 05, 2013).

# NGB Develops New Officer Application Process



In an effort to decrease the number of Officer Vacancies across the Air National Guard, NGB has developed an Officer Recruiting Prequalification process for those who are interested in becoming Officers in the Air National Guard.

The process streamlines and gives interested applicants clear guidance for the Officer application process.

The steps for the new process are:

1. The process will begin with the applicant working through The Designated Officer Recruiter (MSgt Curtis LaRue)
2. The applicant will complete the officer prequalification package and identify what “type” of officer position they desire and where they are willing to go (State/Unit).
3. The Designated Officer Recruiter will upload the officer prequalification package into the Recruiting and Retention Community of Practice.
4. NGB will quality check and approve/disapprove.
5. The approved prequalified applicants are entered into a pool of applicants and forwarded to the units/states as identified by the applicant.
5. The recruiters then has access to these prequalified packages and can forward to the commander for review/selection.

The packages are maintained for three years after initial submission.

Please direct any questions you may have regarding the new process to Master Sgt. Curtis LaRue at 865-336-3242.

**Please contact SMSgt Wise at 865-336-3250 if you would like to sign up for the AFOQT**





# INFORMATION ASSURANCE

## Information Assurance Awareness: A Risk to One is a Risk to All!

Submitted by Staff Sgt. Adam Huskey, 134th Communications Flt



**SIM Cards have finally been hacked; how could this affect your phone?**

Smartphones are susceptible to malware and carriers have enabled NSA snooping, but the prevailing wisdom has it there's still one part of your mobile phone that remains safe and un-hackable: your SIM card.

Yet after three years of research, German cryptographer Karsten Nohl claims to have finally found encryption and software flaws that could affect millions of SIM cards, and open up another route on mobile phones for surveillance and fraud.

Nohl, who recently presented his findings at the Black Hat security conference in Las Vegas on July 31, says his is the first hack of its kind in a decade, and comes after he and his team tested close to 1,000 SIM cards for vulnerabilities, exploited by simply sending a hidden SMS. The two-part flaw ... could allow hackers to remotely infect a SIM with a virus that sends premium text messages ... surreptitiously re-direct and record calls, and — with the right combination of bugs — carry out payment system fraud.

Read the full article here:

<http://www.forbes.com/sites/parmyolson/2013/07/21/sim-cards-have-finally-been-hacked-and-the-flaw-could-affect-millions-of-phones/>

### Staying ahead of the Cyber Threat

The chairman of the Joint Chiefs of Staff said that in its mission to defend the nation, the Defense Department must stay ahead of the ongoing technological revolution and its attendant rise in “anywhere, anytime” cyber threats.

“As the defense community begins to focus inward on the implications of changing resources and this thing called sequestration, I think it’s important that we force ourselves to continue to look outward, at the changing world around us,” Army Gen. Martin E. Dempsey told attendees at a Brookings Institution forum.

Computers continue to be integrated into in everyone’s daily lives, the chairman said. “By this time next year, I’m quite certain that my toaster will be connected to the Internet and probably tweeting,” he joked.

Dempsey told the audience that in his two years as chairman, he has focused on what this revolution means for the military. He has spoken with information technology experts, major tech company security teams, and spent time with an Internet service provider. He even met with a venture capitalist, he said.

“One thing is clear: cyber has escalated from an issue of moderate concern to one of the most serious threats to our national security,” Dempsey said. Now, the entire country could be disrupted by the click of mouse, he added.

To address these threats, the military must take on new missions, the chairman said.

“Cyber incidents have steadily escalated over the past year,” Dempsey said. Banks and oil companies have been targeted by sophisticated attacks, he said, and more than 20 nations now have military cyber units.

Read this article in its entirety here: <http://science.dodlive.mil/2013/07/11/staying-ahead-of-the-cyber-threat/>

Please contact us in the IA office if we can ever be of assistance:

**Information Assurance POCs:**  
**Staff Sgt Huskey (865)336-4936**  
**Master Sgt Jennings (865)336-4924**

# ANTTERRORISM MEASURES

## Force Protection Conditions (FPCONS)

The Force Protection Condition system is mandated by the DoD & DA. FPCONS are progressive levels of security measures that are the foundation of all AT plans and orders.

**FPCON NORMAL** applies when a general global threat of possible terrorist activity exists and warrants a routine security posture. As a minimum, access control will be conducted at all DOD installations and facilities. The minimum FPCON for the U.S. Air Force is NORMAL.

**FPCON ALPHA** applies when there is an increased general threat of possible terrorist activity against personnel or facilities, and the nature and extent of the threat are unpredictable. ALPHA measures must be capable of being maintained indefinitely.

**FPCON BRAVO** applies when an increased or more predictable threat of terrorist activity exists. Sustaining BRAVO measures for a prolonged period may affect operational capability and military-civil relationships with local authorities.

**FPCON CHARLIE** applies when an incident occurs or intelligence is received indicating some form of terrorist action or targeting against personnel or facilities is likely. Prolonged implementation of CHARLIE measures may create hardship and affect the activities of the unit and its personnel.

NOTE: Expect traffic delays coming onto MTAB.

**FPCON DELTA** applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that terrorist action against a specific location or person is imminent. This FPCON is usually declared as a localized condition. FPCON DELTA measures are not intended to be sustained for an extended duration.

NOTE: Only Key Essential (KE) and select Mission Essential (ME) persons will be allowed on MTAB during FPCON DELTA.

It is important to understand that the FPCON system specifically designates “preventive actions, and responses to terrorist threats against U.S. personnel and facilities”. The FPCON system is NOT intended for use in developing actions and responses to other threats, such as crime, foreign intelligence threats, or political violence.

## *Stress Tips from Elizabeth, Your Wing Director of Psychological Health*

**“Fall behind, you get left behind” words from the movie “Pirates of the Caribbean” The pirate code which has been taken as a rule to live by creates anxiety and stress. Instead, there is the Tennessee Wingman code, “A Tennessean never leaves their Wingman”**

**So, “hang the pirate code.” Besides as I hear, the pirate code is only a guideline anyway.**

**Until next time, Happy Psychological Health**



Members of the 134th CES Fire Department do routine maintenance on one of their trucks (Photo by Staff Sgt. Ben Mellon, 134 ARW Public Affairs)



# MEDICAL SCHEDULE

## **SATURDAY UTA**

<b>0815-1130 HOURS</b>	<b>PHAS</b>
<b>0830-0850 HOURS</b>	<b>FITNESS FOR DUTY EVALUATIONS</b>
<b>0830-1130 HOURS</b>	<b>IMMUNIZATIONS</b>
<b>0830-1130 HOURS</b>	<b>QNFT TESTING</b>
<b>0900-1000 HOURS</b>	<b>SMALLPOX BRIEFING/VACCINATIONS</b>
<b>0900-1000 HOURS</b>	<b>DEPLOYMENT HEALTH ASSESSMENTS</b>
<b>0900-1100 HOURS</b>	<b>ALL DEPLOYMENT PROCESSING/ANAM TESTING</b>
<b>1000-1100 HOURS</b>	<b>FITNESS TESTING EVALS</b>
<b>1000-1030 HOURS</b>	<b>NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)</b>
<b>1130-1230 HOURS</b>	<b>LUNCH</b>
<b>1300-1330 HOURS</b>	<b>DEPLOYMENT HEALTH ASSESSMENTS</b>
<b>1430-1530 HOURS</b>	<b>RETIREMENT CEREMONY/CHANGE OF COMMAND (MDG CLOSED)</b>

## **SUNDAY UTA**

**CLOSED FOR TRAINING WITH THE EXCEPTION OF THE FOLLOWING TIMES:**

**1230-1330 HOURS      IMMUNIZATIONS**

**PLEASE REMEMBER TO REPORT ALL MEDICATIONS THAT YOU ARE TAKING TO THE MED GROUP ASAP**

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 LENSES 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.



# MEDICAL MINUTE

**THIS INFORMATION MAY SAVE YOU OR A LOVED ONES LIFE!!!**

By Capt. Jennifer King, 134th Medical Group

Back in June, I was quite surprised to learn a water safety tidbit I had never heard before. I'd grown up swimming constantly and thought I knew all the rules. Thus, when a social media article entitled "Drowning Isn't Noisy" caught my attention, I did some research and was absolutely astounded by what I didn't know. This information needs to be common knowledge for anyone in or around water.

According to the most recent thorough statistics I could find (around 2006), approximately 750 children will drown next year. Roughly half of those, 375, will drown within 25 yards of a parent or another adult. I had always assumed drowning deaths happened when either no one was around or there were extreme circumstances that prevented others from intervening. Turns out 10% of those supervised cases, or 37 children, will drown while their adult is actively looking at them, but not doing anything to stop it! Why not? They don't respond because they don't realize what is happening. I'm not saying they're drunk or distracted or unable to respond. I'm saying they don't notice the child is drowning. This is because drowning, in children or adults, doesn't look like drowning.

In movies and TV, drowning is portrayed as someone struggling, splashing, thrashing, crying and calling for help, etc. This is not how it happens. According to Francesco A. Pia, Ph.D, a leading expert in drowning and rescue, there is something called the "Instinctive Drowning Response" that he describes in a Fall 2006 article in On Scene Magazine like this: Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface.

Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.

From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

In short, there is no frantic, noisy call for attention. There is quiet bobbing, gently rhythmic moving of the arms and an appearance of almost treading water. If a child gets quiet, just get to them. If you aren't sure if an adult is okay, ask. If they don't answer, get to them. I hope none of us ever needs this information, but please share it with your friends and family and have a safe rest of the summer.





# AROUND BASE



Tech. Sgt. John Fassler, (left) 134 ARW Security Forces Squadron, assists a young member of the Knoxville Police Department Youth Boot Camp as he tries to don the typical “battle rattle” of a deployed Airman. Staff Sgt. Zachary Troup, (right) 134 CES Fire Dept, helps a young boot camp member “man” the fire hose during a demonstration at the fire hall. The members visited McGhee Tyson during their boot camp as part of the Phillip Moore Outreach Program and the Knoxville Police Department. (Air National Guard photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)



## ROCKY TOP DINING FACILITY

### Saturday:

- SALISBURY STEAK**
- BAKED FISH**
- BROWN RICE**
- MASHED POTATOES**
- FRIED CAULIFLOWER**
- ASPARAGUS**
- GRAVY**
- SOUP**
- SALAD BAR**
- SHORT ORDER**

### Sunday:

- PULLED PORK BBQ**
- GRILLED CHICKEN BREAST**
- FRENCH FRIES**
- BAKED BEANS**
- CORN**
- GREEN BEANS**
- TOMATO OKRA GUMBO**
- GRAVY**
- SALAD BAR**
- SHORT ORDER**

## JEAA



**The Junior Enlisted Advisory Association welcomes all junior enlisted members to join the group. The next meeting will be Sat Aug Drill @ 1300 in HQ Conference Room. All E-1s through E-6s are encouraged to attend. Stay tuned for upcoming meetings!**

# The Airman's Creed

*I am an American Airman.  
I am a warrior.  
I have answered my nation's call.*

*I am an American Airman.  
My mission is to fly, fight and win.  
I am faithful to a proud heritage,  
a tradition of honor,  
and a legacy of valor.*

*I am an American Airman,  
guardian of freedom and justice,  
my nation's sword and shield,  
its sentry and avenger.  
I defend my country with my life.*

*I am an American Airman:  
wingman, leader, warrior.  
I will never leave an Airman behind,  
I will never falter  
and I will not fail.*