



# THE VOLUNTEER



**VOL. 13 NO. 9**

**134TH AIR REFUELING WING**

**SEPT 2013**

## 134th CES Make Improvements at Bellows Air Force Station, Hawaii

By Master Sgt. Kendra M. Owenby, 134 Public Affairs

Forty members of the 134 ARW Civil Engineer Squadron from McGhee Tyson Air National Guard Base, Tenn. recently deployed to Joint Base Pearl Harbor-Hickam (JBPH-H), Hawaii for their annual Deployed Field Training (DFT). In a paradise setting at Bellows Air Force Station the airmen enjoyed a daily backdrop at their worksites that most would be very envious of.

One of the projects for the airmen was to renovate cabin 449A, one of several cabins on the beach. "Not a bad project worksite view, huh?" says Tech. Sgt. Joshua McMurtery, as he points across the turquoise waters only feet away from the cabin.

New ceramic tile floors, ceiling fans, lighting, closet doors, a fresh coat of paint and new shingles were just a few of the improvements that were made at the cabin. At the Bellows Civil Engineer Compound Airmen framed in 2x4 walls, installed copper plumbing and metal siding for what would become a large restroom.

The Heating, Ventilation, and Air Conditioning (HVAC) specialists were presented a unique opportunity to put their skills to work as they were tasked with making repairs to air conditioning units in the distinguished visitors quarters on JBPH-H. These are the same distinguished visitors quarters

where the President of the United States is housed when visiting the base. In addition to various HVAC tasks around base and on Bellows Air Force Station, the airmen were also tasked with assisting with re-roofing multiple buildings at Bellows.



Airmen First Class William Frosell and John Mason, (above), apply tar to the roof of a building. Senior Airman Henry Queen, drills holes for copper piping to be installed. The 134 ARW Civil Engineer Squadron members completed several projects during their Deployed Field Training to Bellows Air Force Station Aug 3-18. (U.S. Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

The "Dirt Boyz", as they are affectionately known as, operated heavy equipment such as high lifts, backhoes, dump trucks, and chain saws to trim back, cut down, dig up, and haul away invasive trees that had become a problem for the campground. Recent high winds had broken limbs in various locations. Entire trees had uprooted creating a safety

hazard for the campers, especially those camping in tents. The airmen cut and cleared several dozen trees that could have been potential problems for future



campers.

The Civil Engineer Power Production airmen, commonly referred to as "Power Pro", were initially tasked with performing several routine inspections of the BAK-12/BAK-14 Aircraft Arresting System on the active runways at JBPH-H. These are the retractable hook cable support systems that are designed to stop military aircraft in case of an emergency by "catching" a tail hook on the aircraft. The BAK-12/BAK-14 system is similar to the aircraft arresting equipment on U.S. Navy aircraft carriers. The system must

(Hawaii DFT, Cont. on Page 3)



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Please adhere to the scheduled times above as staff will only be available during those hours

**Customer Service Hours for SECURITY FORCES:**  
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**Sat 0830 - 1100**  
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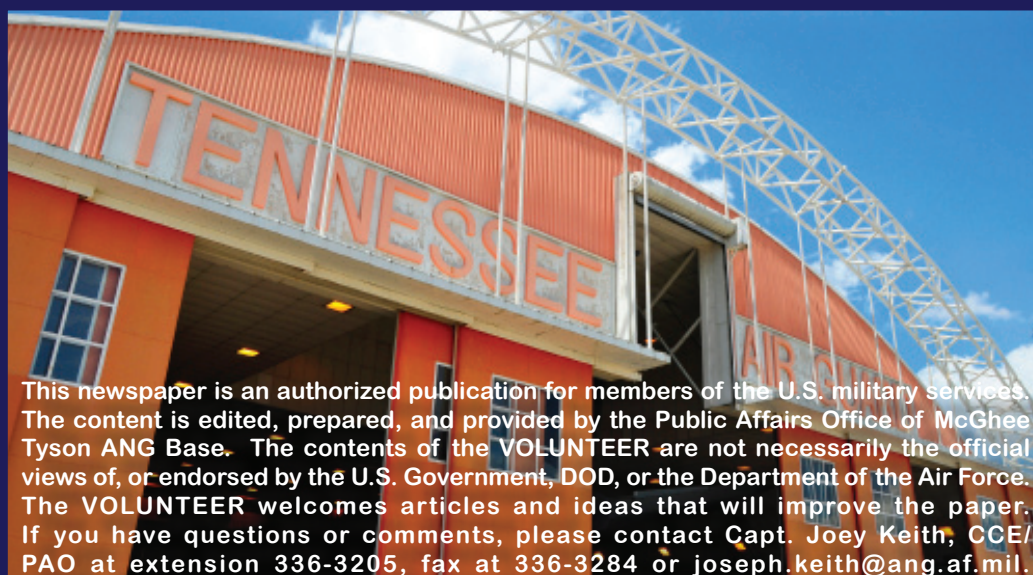


Air National Guard photos by Master Sgt Kendra Owenby, 134 ARW Public Affairs

“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.”



Air Force Photo



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go through annual certification to ensure that it is in working order. Once these inspections were completed the "Power Pro" members moved on to assist in the ongoing projects at Bellows Air Force Station and took part in applying new roofing to several buildings around the campground.

Of course, when deployed to a tropical island it is essential to make use of "down time". Many Airmen made reservations for their off-duty weekend to participate in local activities



and events on Oahu. Master Sgt. Robert Young stated "We know a guy who is stationed here and he's taking us hiking early in the morning to see the sunrise from the top of a nearby mountain called Koko Head." Some daring thrill seekers chose to go skydiving while others took the opportunity to see the underwater sea life by going scuba diving. "It was amazing!" says Airman First Class Brad Daugherty, "I was actually able to go scuba diving with sea turtles!"

On a more somber note, many of the airmen visited Pearl Harbor to pay their respects to the thousands of sailors who were ambushed during a surprise attack by the Imperial Japanese Navy on Dec. 7, 1941. "Yesterday, December 7th, 1941 – a date which will live in infamy...", the famous words of President Franklin D. Roosevelt, no doubt come to mind to many who visit the site. A poised white memorial rises from the waters of the harbor built directly over the sunken remains of the USS Arizona where 1177 sailors went down with their vessel, their remains entombed forever. A place of quiet contemplation, reflection, and honor, the memorial walls of marble are etched with rows of names of those who were killed during the attack.

Tech. Sgt. Johnny Hawthorne had made three prior visits

to Pearl Harbor aboard various vessels while serving in the U.S. Navy but had never had the opportunity to visit the memorial prior to this DFT. "I've sailed into this harbor on many occasions but never been able to take the time to pay respects here," states Hawthorne, "this is a very emotional moment for me as I think about all those that lost their lives on that day."

In looking at all that was accomplished in a fifteen day span, the 2013 134 ARW Civil Engineer DFT to Hawaii was a success. A lot of hard work and valuable training took place in a short amount of time. During a well-earned cookout and presentation ceremony at Bellows Air Force Station campground on the last duty day, Mr. Nhut L. Dao, Deputy Commander Det. 2, 18 FSS, presented seven of the civil engineer members with JBPH-H coins for their superior performance. Coined were Master Sgt. Robert Young, Tech. Sgt. Joshua McMurtery, Senior Airman Bobby Allen, Senior Airman Michael Bowers, Senior Airman Broughton Greene, Airman First Class John Mason, and Airman First Class Michael Romines. Mr. Dao had nothing but positive feedback for the group. "I am really



Master Sgt. Kevin Frazier (top left) uses a chain saw to cut and clear tree limbs at Bellows Air Force Station Campground. Senior Airman Kyle Paridee (above) operates a lift allowing Master Sgt. Matthew Perkinson and Tech. Sgt. Timothy Vallejo to reach the tree tops for trimming. (U.S. Air National Guard photos by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

proud and happy inside! You guys really shined while you were here...I can't thank you enough!" he said.

Maj. David Barrett, 134 ARW Deputy Base Civil Engineer and troop commander for the DFT, beamed with pride and appreciation as he spoke to the group at the event: "You really did a great job and got more done than we expected. It has been a blessing to work with all of you. There is nothing more true than the spirit of a Volunteer."

# Emergency Management Airmen Conduct Haz-Mat Response Exercise at Joint Base Pearl Harbor-Hickam

By Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs

Several members of the 134 ARW Civil Engineer Emergency Management Flight conducted a Hazardous Material Response Exercise at Joint Base Pearl Harbor-Hickam (JBPH-H) while completing their required annual Deployed Field Training (DFT) on Aug 13.

Suiting up in highly visible lime green personal protective equipment referred to as "Level A" suits the airmen rivaled that of what could be seen on any given episode of NCIS, 24 or Homeland. The scenario?... individuals in the mailroom at JBPH-H discovered a suspicious white powder leaking from an envelope that was processed in the outgoing mail. The clock began ticking...

Installation Emergency Managers Chief Master Sgt. Charlie Pierson, 151 ARW, Utah Air National Guard, and Master Sgt. Chris King, 134 ARW, Tennessee Air National Guard, sat in as a point of contact for the team in the Emergency Operations Center (EOC) during the exercise. Standing in as Incident Commanders were Master Sgt. Matthew Perkinson and Tech. Sgt. Tim Vellejo, both members of the 134 CES Fire Department.

Upon notification of the suspicious package acting Operations Chief Tech. Sgt. Steven Breeden started readying the rest of the team. He briefed to the group, "Right now, all we need to know is what that white powder is, then we'll know where to go from there".

Two members of the Initial Reconnaissance Team, Staff Sgt. Janel Miller and Senior Airman Johnny Romines, started to suit up with help from their teammates. The airmen must have help when donning the suits as it is imperative that they take care not to damage any of the lifesaving equipment or tire themselves out putting on

the gear. To ensure that there is a supply of breathable air the suits are equipped with self-contained breathing

apparatus's. The air tanks are good for approx. 45 minutes under normal breathing habits but are dependent upon the individual's breathing. If intake is heavier than normal the tank could expire in as little as 15 minutes. "I made a 45 minute tank last over an hour once in Germany during one of these exercises" says Senior Airman Romines.

The alien-like hazardous material suits are thick and unforgiving for the wearer who is completely sealed inside and must carry a knife in their interior pocket to literally cut themselves out if there is an issue and no one to assist quickly enough. "The suits are an air-tight Tyvek type material that is impervious to chemical and biological agents." states Master Sgt.

King. "They each weigh about 7-8 lbs and allow no air, liquid, gas or solid to enter from the outside." Medical monitoring is required while wearing these suits because the temperature inside is 20-30 degrees hotter than the ambient temperature and the humidity is at 100 percent.

The next step for the two green suited airmen was to grab their detection equipment and make their way to the table to examine the suspicious package awaiting them. They continually waved the GR135 Radiological Gamma Detector around through the air to see if they could detect

(EM Exercise, Cont. on Page 5)



Master Sgt. Chris King (above right) gives a brief scenario to Emergency Management members during a Hazardous Material Response Exercise at Joint Base Pearl Harbor - Hickam, Hawaii on Aug. 13. Tech. Sgt. Louis Cunningham helps Staff Sgt. Janel Miller (right) don her Level A suit in preparation for the exercise. (U.S. Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)



any gamma rays.

“Gamma is invisible, so you want to know immediately whether it’s present or not” states Chief Master Sgt. Pierson. Gamma is an ionizing radiation that causes damage at a cellular level and can cause radiation sickness and increasing incidences of cancer along with other health effects.

Another piece of colorful yellow equipment referred to as the “Biocapture” does just what it sounds like...it captures any biological traces in the air by continually pulling in surrounding air. The airmen used this piece of equipment and recorded the results. They then made their way back to the “clean zone” for a brief with the others to share what they had found.

Tech. Sgt. Louis Cunningham and Airman First Class Brad Daugherty suited up and transported their Health Hazardous Assessment (HHA) testing package to the site of the suspicious envelope. Minimal physical contact is imperative during the testing. “Neither suited airmen can come in contact with the others...there is a “dirty man” and a “clean man”” says Tech. Sgt. Breeden. They communicate

back and forth via radio working together to inspect the suspicious package with equipment and testing using the HHA testing package. The package uses a buffer solution mixture to read and test for positive or negative biological agents following a process of containing and marking, then on to a twelve-step testing process used to determine the exact agent present.

Training is taken very seriously, but that doesn’t stop the airmen from enjoying a light hearted moment during



Staff Sgt. Janel Miller and Senior Airman Johnny Romines (above) roll out their equipment while suited up in their Level A suits during an Emergency Management exercise at Joint Base Pearl Harbor-Hickam, Hawaii Aug. 13. Tech. Sgt. Louis Cunningham and Airman First Class Brad Daugherty (left) test a suspicious substance during the exercise. (U.S. Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

their duties by poking fun at each other about the funny green suits and bright orange boots. Staff Sgt. Miller jokingly states “You know how your mom said never to put a plastic bag over your head when you were a child?...well, we do it for a living!” However, the EM Airmen know that those suits and boots are their lifeline if things should go downhill and they get that urgent call to put their training and skills to work in a real-world incident.

The Airmen executed their duties successfully during the exercise and mitigated the issue. Their actions proved that their training was a success. It was all a staged training scenario at JBPH-H this time, but like the Airmen, Sailors, Soldiers and Marines learned here on Dec. 7, 1941, unfortunately they are not always staged events. Emergency Management Airmen train for that real world incident they hope will never happen. The continuous attention to detail and rigorous training by these dedicated airmen will ensure that they are confident and successful in saving human lives if they ever must don the funny green suit for real.

# 134 ARW AIRMEN PAY RESPECTS AT THE PUNCHBOWL

By Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs

*“The solemn pride that must be yours, to have laid so costly a sacrifice upon the altar of Freedom”.* This quote by President Abraham Lincoln in 1864 to Lydia Bixby, a mother who lost five sons to the American Civil War, reads high on a stark white wall overlooking rows of stone markers, many of which are labeled “Unknown”.

Just above the inscription stands a statue, laurel branch in hand, on the bow of a ship. She is known as “Lady Liberty” and her purpose is to represent all grieving mothers, standing watch over the fallen in “The Punchbowl”.

Members of the 134 ARW Civil Engineer Squadron and Public Affairs recently had the opportunity to pay their respects to fallen service

on several of its walls are etched thousands of names representing those who were never recovered in battle.

There are many translations of the Punchbowl’s Hawaiian name, “Puowaina” but the most common is “Hill of Sacrifice”. This is most fitting since there are approx. 34,000 military members buried here including 13,000



Members of the 134th Air Refueling Wing Civil Engineer Squadron and Public Affairs (above) photograph the gardens and statues at the National Memorial Cemetery of the Pacific (The Punchbowl). Grave markers (left) stretch across the carpet of green grass at the memorial. (U.S. Air National Guard photos by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

soldiers and sailors who died during World War II. A staggering 63 of the service members buried here are Medal of Honor recipients.

members at “The Punchbowl” in Honolulu, Hawaii while deployed to Joint Base Pearl Harbor-Hickam. The National Memorial Cemetery of the Pacific is better known to the locals as “The Punchbowl”. The memorial earned its name from the fact that it sits in a large inactive volcano crater.

The memorial and cemetery are located on 112 acres inside Puowaina Crater. This national landmark is a tribute to the various battles that were fought in the Pacific and

Honored in the “Courts of the Missing” are 28,778 heroes from WWII, Vietnam, and Korean wars who were designated as Missing in Action, Lost, or Buried at Sea. The “Court of Honor” overlooking the gardens contains a chapel and two map galleries on either side. Inscribed above the map galleries are the names of places of notable significance in the Armed Forces: PEARL HARBOR, WAKE, CORAL SEA, MIDWAY, ATTU, SOLOMONS, GILBERTS, MARSHALLS, MARIANAS, LEYTE, IWO JIMA, OKINAWA, TOKYO, and KOREA.

(Punchbowl, Cont. on Page 7)

There are many notable interments at the cemetery. The following are only a few of them:

\***Henry Oliver “Hank” Hansen** (1919-1945) - Original Iwo Jima flag raiser.

\***John J. Hyland** (1912-1998) - Admiral and commander of the Pacific Fleet during Vietnam

\***Barney F. Hajiro** (1916-2011) - WWII Medal of Honor recipient

\***Daniel Inouye** (1924-2012) - WWII Medal of Honor recipient, Senator (1963-2012)

\***Martin O. May** (1922-1945) - WWII Medal of Honor recipient

\***Patsy Mink** (1927-2002) - U.S. Congresswoman (Hawaii) and author of Title IX

\***Ernie Pyle** (1900-1945) - WWI veteran and Pulitzer Prize-winning WWII war correspondent

\***Charles L. Veach** (1944-1995) - USAF fighter pilot and NASA astronaut

Opened to the public in 1949, millions of visitors visit “The Punchbowl” each year. Many leave flags and leis to show their gratefulness to the fallen heroes. The view from the top of the memorial reveals the capital city of Honolulu and Waikiki Beach with its white sands stretching to meet the turquoise waters of the South Pacific Ocean.

Above the busy city there was a quiet calmness up on the mountain as the airmen slowly made their way through the final resting place for so many American heroes. They each left the memorial with a deeper understanding of the sacrifices that so many made during the years of wars and struggles in the Pacific and abroad.

On a white marble wall read the inscription: “IN THESE GARDENS ARE RECORDED THE NAMES OF AMERICANS WHO GAVE THEIR LIVES IN THE SERVICE OF THEIR COUNTRY AND WHOSE EARTHLY RESTING PLACE IS KNOWN ONLY TO GOD”. The manicured gardens, statues and thousands of grave markers on the “Hill of Sacrifice” stand as constant reminders of all the lives that have been lost over the years to ensure that Old Glory still flies high for future generations.



The outside of the map galleries (top) at the Punchbowl are inscribed with the names of places of notable significance in the Armed Forces such as Pearl Harbor and Wake Island. Rows of service members’ grave markers (above) carpeted in grass line the walkways and gardens with Diamond Head crater visible in the background. An allspice tree pruned in a circle perfectly frames the American and POW flags. (U.S. Air National Guard photos by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)



# HRA MINUTE

Submitted by Senior Master Sgt Richard Parker, 134 ARW Human Resource Advisor



## Hispanic Heritage Month

Celebrating Hispanic Americans, their culture, and contributions to the United States

Hispanic Heritage Month begins on September 15, the anniversary of independence for five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on September 16, and Chile on September 18.

The term Hispanic or Latino, as defined by the U.S. Census Bureau, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. On the 2010 Census form, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic, Latino, or Spanish origin." According to the 2010 Census, 50.5 million people or 16% of the population are of Hispanic or Latino origin. This represents a significant increase from the 2000 Census, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population. Below are just a few famous Hispanic Americans:

**"Coke Is It!"** Do you know who the mastermind was behind the slogan? Does the name Roberto C. Goizueta sound familiar? Goizueta was the chairman of Coca-Cola for 16 years. It was his decision to change the slogan to "Coke Is It!" He was born Nov. 18, 1931, in Havana, Cuba. He got his start at Coca-Cola by answering an anonymous advertisement in a newspaper for a chemist position and he moved up the ranks. He was still chairman and president of The Coca-Cola Company when he died in 1997. That is what I would call following your dream and passion!

Americans have a passion for sports, and one of the favorites is baseball.

Roberto Clemente was born on Aug. 18, 1934, and was the first Hispanic baseball player to be voted into the Baseball Hall of Fame. His batting average was more than .300 13 times with Pittsburgh, he led the National League in batting four times, was World Series MVP in 1971, a regular season MVP in 1966, and had 3,000 career hits! Clemente was killed in a plane crash on Dec. 31, 1972; he was accompanying a relief flight to deliver aid to earthquake victims. The MLB Man of the Year award is named for him.

One small step for Mankind!

Ellen Ochoa was the first Hispanic woman to become an astronaut. Ellen was born May 10, 1958, in Los Angeles, Calif. She first applied to become an astronaut in 1985, and in 1987 she learned she had been chosen as one of the top 100 candidates under consideration for the training program. January 1990, it was announced that she and 22 other candidates had made the final cut (out of a group that originally numbered about 2,000), becoming the first Hispanic woman ever accepted into the elite astronaut corps. Ellen officially became an astronaut in July 1991.

Now that is something to be talked about for years to come.





# 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>

## NEW MEMBERS



Maj Darren Beasley  
134 MDG



SSgt Damon Griffin  
134 MXS



SSgt Timothy Matthews  
134 MXS



SSgt Daniel Rimer  
134 CES



SrA Anthony Belgrade  
134 SFS



SrA Steven Black  
134 CES



SrA Bryan Helton  
134 FSS



SrA Robert Fletcher  
134 CES



SrA Lucas Yontz  
134 LRS



AIC Amanda Hardcastle  
134 MXS



AIC Wesley Tilley  
134 SFS



# INFORMATION ASSURANCE

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

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



### Public Chargers Could Invite Hackers

**WASHINGTON** - Public charging stations are popping up in shopping malls, tourist sites and other places. They provide free battery charges for smartphones, but security experts warn there is a risk.

The New York Daily News reports that hackers could take control of smartphones through public chargers.

Apple or Android smartphones could be vulnerable, though there have been no reports of it happening among any recently installed charging stations. The company that designs some of the charging stations says it would be difficult to co-opt the stations.

However, Billy Lau, a research scientist at Georgia Institute of Technology and a participant in last month's Black Hat hackers' convention in Las Vegas says he would never plug his phone into a public charger.

At the convention Lau demonstrated how a tiny computer that costs less than \$50 to assemble could be used on public chargers to infect smartphones.

Read the full article here:

<http://wtop.com/256/3420965/Public-chargers-could-invite-hackers>

## Air Force Updates Social Media Guide for Airmen

### Stay within regulations

If it falls under Air Force Instruction 1-1, "Air Force Standards," it applies. The guide emphasizes "you are always an airman." Service members are personally responsible for what they say or post on social networking sites whether they are on or off duty.

### Keep it safe

Airmen should not post information about their deployments or photos of secure areas within their workspace. Don't post classified, sensitive or "For Official Use Only" information — troop movement, force size, weapon details, etc. Disable "geotagging" to conceal this information. Geotagging adds geographical identification data to photos, videos, websites and text messages through location-based applications. "It can be something as simple as sharing your location when visiting your favorite store or restaurant," Schusler said. "This tells your social network one critical piece of information — you're not home."

### Opinions are like ...

If you're going to get into a heated discussion on a social media site, remember it's out there permanently. Even if you delete something quickly, someone has already seen it. The comments can be printed, screen captured, copied, etc. Don't argue, just correct the record. The guide states to make clear that these are your personal opinions, not of the Air Force.

### Know when to take action

If an airman posts a statement about hurting himself or others, time is of the essence. Contact 911 if you know this airman and his location; if you do not know this person's location, contact the command post or your supervisor for help finding the airman.

Read this article in its entirety here:

<http://www.airforcetimes.com/article/20130728/NEWS04/30728003?channelPageId=s6925EC1356040FB5E044080020E329A9&programId>

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

# ANTITERRORISM MEASURES

## MTAB ANTITERRORISM QUICK REFERENCE GUIDE

***REPORT SUSPICIOUS ACTIVITY IMMEDIATELY!***  
***to Security Forces 865-336-3274***  
***or the Anti-Terrorism Officer at 865-336-3206***

## SIGNS OF TERRORISM

### **1. Surveillance:**

Someone recording or monitoring activities using cameras (either still or video), note taking, drawing diagrams, annotating on or creating maps, and using binoculars or other vision-enhancing devices. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

### **2. Elicitation:**

People attempting to obtain information about you or your military unit. These attempts may be made by mail, fax, telephone, e-mail or in person and may seem like totally innocent questions about what you do and where you work.

### **3. Tests of Security:**

Any attempt to measure reaction times and actions by police. A test of security can be disguised as a simple mistake such as a vehicle approaching a security barrier and then turning around or other attempts to circumvent access control procedures. Be particularly aware of anyone attempting to access the installation with invalid ID.

### **4. Acquiring Supplies:**

Purchasing or stealing police and military uniforms, emergency responder type vehicles (such as police cars and ambulances), building passes and other identification media or the equipment to manufacture them.

### **5. Dry Run or Practice:**

People, items (i.e. a "forgotten backpack") or vehicles appear to have been purposely placed in a particular position or area.

### **6. Actual Deployment of People and Assets:**

People and supplies getting into position to conduct an attack. This is the last chance to alert authorities before the attack occurs.

### **7. Suspicious Persons:**

People who don't seem to belong or fit in the surrounding environment, especially if involved in any of the above listed activities.



# MEDICAL SCHEDULE

## **SATURDAY UTA**

**CLOSED FOR FAMILY DAY**

## **SUNDAY UTA**

**0815-1130 HOURS**

**PHAS**

**0815-1130 HOURS**

**NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)**

**0830-0850 HOURS**

**FITNESS FOR DUTY EVALUATIONS**

**0830-1130 HOURS**

**IMMUNIZATIONS**

**0830-1130 HOURS**

**QNFT TESTING**

**0900-1000 HOURS**

**SMALLPOX BRIEFING/VACCINATIONS (MDG CONFERENCE ROOM)**

**0900-1100 HOURS**

**ALL DEPLOYMENT PROCESSING/ANAM TESTING**

**0900-1100 HOURS**

**SABC INSTRUCTOR COURSE (MDG TRAINING ROOM)**

**1000-1100 HOURS**

**FITNESS TESTING EVALS**

**1130-1230 HOURS**

**LUNCH**

**1300-1330 HOURS**

**DEPLOYMENT HEALTH ASSESSMENTS**

**1430-1530 HOURS**

**CLOSED DUE TO WING COMMANDER'S CALL**

**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 (WITH THE EXCEPTION OF SEPT DRILL)L. PLEASE HAVE YOUR PERSONNEL REPORT AT SCHEDULED TIME.



# MEDICAL MINUTE

By Capt. Jennifer King, 134th Medical Group

The DoD has recently released a guideline on the use of Dietary Supplements. While it is not regulation and does not address specific supplements comprehensively, it is very informative on the process of choosing Dietary Supplements (referred to as DS for the rest of this article). As a proponent of natural medicine as the first line of defense against disease, I highly value DS when used appropriately. However, just because something is “natural” does not mean it is healthy or even safe. Carbon Dioxide is natural, found in healthy bodies, and yet, in too high a concentration it is 100% fatal!

Let's start with the basics. What is a Dietary Supplement? A DS is a product containing one or more dietary ingredients intended to supplement the diet: macronutrients, vitamins, minerals, amino acids, herbs or other botanicals and “Other” dietary substances. These can be in the form of a capsule, powder, softgel, gelcap, tablet, liquid, etc. Essentially, if it's not food and it's not a drug, it's a DS. While food and drugs are highly regulated for safety (the manufacturers must prove their safety to the FDA prior to sale), supplements are not. The FDA has “post-market” responsibility to ensure supplements compliance with regulations, meaning unless complaints are made or a red flag is somehow raised in regards to a supplement, there is no FDA guarantee of safety. The supplement could be 100% what it claims, 0% what it claims or tainted with dangerous ingredients. Thus, when initiating the use of DS, one must take several things into consideration (excerpt from the recent DOD guidelines). What is in this DS? - What does this DS actually contain (not just what does it claim to treat)? Are there multiple ingredients? Does it have an ingredient already found in another DS I am taking that may raise the total above a safe level? Does label conform to FDA rules (state that it is a supplement, name and place of manufacturer/packer/distributor, complete list of ingredients)? Does it have a seal from a third-party verification programs showing it has been evaluated and certified for quality (ie - United States Pharmacopeia (USP), NSF International, Informed-Choice, HFL Sport Science, ConsumerLab.com). Is it safe? - Have credible professional organizations expressed concerns? Does it make sense? - Is the claim consistent with current knowledge of exercise physiology and nutrition? Does it work? - What effect does it have on performance and what is the evidence for this? What is the recommended dose and is the active ingredient the same quality/quantity as the one used in studies showing effectiveness? Does it reach its target? - Is it found naturally in food and does this form reach the target tissues better than the dietary form? Why take it? - Supplements cannot take the place of exercise, training or overall dietary adequacy.

Are we allowed to take it? - Generally, if a supplement is not banned or recalled by the FDA, FTC, or DEA, it is not banned by DoD at large. However, DoD, each service, and each base/command/unit has the authority to issue guidance on specific supplements and/or categories of supplements so check to see if your base/command/unit has a DS policy in effect. Check the risk. - Keep in mind that certain products tend to be more high risk for dangerous ingredients. Most commonly, body building, sexual enhancement, weight loss and diabetes products. If you have a specific product in mind, check it out on the Natural Medicines Comprehensive Database (NMCD). The NMCD rates commercial products based on safety, effectiveness, and quality. With 10 being the best and 1 being the worst, you want to stick with 7 or above. You can also consult the Human Performance Resource Center, Office of Dietary Supplements, FDA, PubMed, Google Scholar and WorldCat

As always, the best way to be sure about any supplement you want to take is to discuss it with your PCP. They can cross-reference it against any conditions you have or meds you are taking to prevent negative reactions. They can also recommend dosages and possible preferred supplements. If you are uncomfortable discussing nutrition with your PCP, there are herbologists and natural practitioners very versed in the use of supplements. It is still wise, however, to at least report your supplements to your provider so that they are aware of them, as some supplements do have negative side effects and can interfere with medications. A list of questionable ingredients can be found in the DoD guidelines. The following website classifies DS based on expected risk and potential benefit... <http://hprc-online.org/dietary-supplements/dietary-supplementclassification-system-1#.UDP8no4Qh5g>



# Environmental Management



**Visit the Environmental Management Office Website and check out the calendar for more information.**

**<https://els.ang.af.mil/func/VEMO/mcgheetyson/Pages>**



# AROUND BASE

## PROMOTIONS

Anderson, Joel A	134 FSS	SM\$gt
Gates, Patrick T	134 OSF	SM\$gt
Murphy, Kristina D	134 FSS	M\$gt
Reilly, Megan D	134 MDG	M\$gt
Anderson, Bradley R	134 AMS	T\$gt
Trent, Brian A	134 AMS	T\$gt
Ducote, Bert G	134 AMS	T\$gt
Woolsey, Gregory K	134 AMS	T\$gt
Blair, Jonathan S	134 MXS	T\$gt
Risney, Kevin J	134 CES	T\$gt
Williams, Juliette E	119 CACS	T\$gt
Tomasiewicz, Melissa R	134 MXS	SSgt
Noyes, Erik R	134 ARW	SSgt
Welch, Jordan R	134 FSS	SSgt
Whitt, Cody L	134 AMS	SrA
Groves, Robert W	572nd BAND	SrA
Headrick, Evan L	572nd BAND	SrA
Humphrey, Joshua M	134 OSF	SrA
Ford, John C	134 LRS	SrA
Hall, Michael D	134 MXS	T\$gt
Head, Brandon M	134 LRS	A1C
Purdy, Steven E	134 LRS	A1C



## ROCKY TOP DINING FACILITY

### Saturday:

ROAST PORK  
LEMON PEPPER FISH  
STEAMED RICE  
PARSLEY BUTTERED POTATOES  
CARROTS  
BROCCOLI  
GRAVY  
CLAM CHOWDER

### Sunday:

CHICKEN TACOS  
BEEF TACOS  
MEXICAN RICE  
REFRIED BEANS  
MEXICAN CORN  
TACO SOUP  
QUESO DIP  
GRAVY

## JEAA



**The Junior Enlisted Advisory Association welcomes all junior enlisted members to join the group.**

**Sept meeting: Sunday Headquarters Conference Room at 1300. We will be voting for a new Vice President. All E-1s through E-6s are encouraged to attend!**

## Safety First!



Staff Sgt. Ben Mellon, certified motorcycle safety instructor, directs Senior Master Sgt. Frank Karnowski on correct turning procedures during a mandatory motorcycle safety course held at McGhee Tyson ANG Base Aug. 21. (U.S. Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

# **McGhee Tyson Chili Cook-Off**



**When: 3 Nov (Sun Drill)  
14:30 til ?**



**\$1.00 per Vote/Taste Chili  
(all the chili you want to taste)**

**Retirees are Invited!!!**

**The cost is \$1.00 to taste chili and vote.  
You can buy as many votes as you like.  
Buying votes is encouraged!!! If you think  
your chili is the best then put your money  
where your mouth is!!!**

**Proceeds will go to Santa Cops**

**To enter your award-winning chili contact  
TSgt Matt King at 336-3244.**

**We will take all entries; no Chili left behind!**