



THE VOLUNTEER

MAY 2023

THE VOLUNTEER MAGAZINE
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Cover:
A KC-135R Stratotanker sits in front of the aircraft maintenance hangar at McGhee Tyson ANG Base, Tennessee (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)

This page:
The minuteman statue stands ready, with flags waving in the background, at the entrance to McGhee Tyson ANG Base, Tennessee (U.S. Air National Guard photo by Senior Master Sgt. Senior Master Sgt. Kendra M. Owenby)

Body:
Chaplain's cup, Dietary Supplements, Medical schedule, flags, Rocky Top DF Menu page food photos, prescription drug photo & red blood cells images courtesy of Pixabay.com

Air Force Thunderbirds' photo courtesy of DVIDShub.net



134th Air Refueling Wing

Volunteers

VISION

“Volunteer Ready”

FEDERAL MISSION

Support rapid global mobility & sustainment by providing world-class personnel, vital air refueling & airlift capabilities for contingency response & sustained combat operations

STATE MISSION

Provide personnel & equipment to protect life & property during emergency response operations as directed by the Governor of Tennessee & the Adjutant General

PRIORITIES

*Mission Focused Lethality
AFSC & Readiness Focused Training
Developing Multi-Capable Airmen
Intentional Use of Airman’s Time
Wrapped in a Culture of Safety*

Features



Volunteer Ready!

Airman jumps into action to help save a life!



Teamwork!

Air & Army train for a seamless mission



Chaplain’s Cup


Raising our leadership perspective



Medical Minute


Importance of Screenings/Preventative Care

Columns




A word from your DPH

Mental Health Awareness Month




Rank Up!

May Promotions




Blue Skies Airmen!

May Retirements



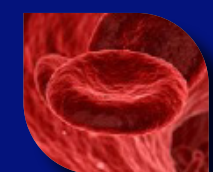
OPSEC

THINK!



Top III & JEAA Meetings

E-7’s and above welcome!
E-6’s and below welcome!



Medical schedule

May MDG Schedule

134th ARW Airman's quick reaction in the wilderness helped save a life

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

MCGHEE TYSON AIR NATIONAL GUARD BASE, Tenn. (Apr. 20, 2023) – Tech. Sgt. Clark Badgett, a fuels journeyman with the 134th Logistics Readiness Squadron, started his April weekend off as he had many others before, riding backcountry trails with friends in his off-road rig, which he referred to as a “buggy.” The local offroad park, known to many as “Windrock,” is comprised of approximately 73,000 acres that include over 300 miles of mapped off-road trails ranging from “easy” to “extremely difficult.”

Badgett was riding alone on Sunday afternoon, when he summited a ridge and noticed two individuals with dirt bikes just ahead of him. One of the men appeared to be laying on the ground beside his bike.

“I was headed toward the top, and went past the overlook, which is a very popular spot for people who go to Windrock,” said Badgett. “I was heading over to the backside of the mountain towards the G9 trail.”

Badgett stated that he knew most of the trails in the area very well and even worked as a trail guide in years past at the park. He estimated that the men were located approximately 12 miles from the park entrance on the trail.

“When I’m riding and come up on a group (or individuals), I will usually wave and give a thumbs up just to see if everybody’s good, see if they need any assistance, and make sure everything is ok,” said Badgett. “I came around a curve and there were two guys with motorcycles. One of them was off of his bike, laying on the ground, and the other guy started waving and yelling, ‘Stop!, Stop!’ ”

Badgett said that he, along with another family who happened to be riding in front of him, pulled in to see

what was needed. He wasn’t immediately sure what was ailing the victim. The young man, who was later identified as T.J., was very pale, glassy-eyed and conscious, but moving very little.

“I didn’t know if he had fallen off of his bike, had a wreck, or what the initial problem was,” stated Badgett.

Tyler, the individual who waved down Badgett, explained that the two were riding the trail when his friend started having an issue.

When T.J. started to speak and managed to relay that his chest was hurting very badly and his arms were starting to go numb, Badgett jumped into action as he knew those symptoms more than likely indicated cardiac issues. The young man was suffering a heart attack. He and some of the other individuals loaded the victim



Windrock Park (above), located in East Tennessee, consists of 73,000 acres and includes over 300 miles of mapped off-road trails. Tech. Sgt. Clark Badgett (right) pictured on one of many excursions he has taken to the park in his off-road vehicle he refers to as a “buggy”. (photos provided by Tech. Sgt. Clark Badgett)



into Badgett’s vehicle, and drove back down the mountain toward the entrance of the park as quickly as the terrain would allow him to safely travel. Someone on the scene was able to get minimal cell phone signal and call 911 to make the request for an ambulance to meet Badgett’s vehicle at the park entrance.

T.J.’s wife, Tabitha, said that T.J. and his best friend, Tyler, were visiting Tennessee from their home state of Michigan, and were taking advantage of an opportunity to ride the off-road trails in the park while in the Volunteer State.

“Clark put him in his rock climber and hauled him down the mountain to get my husband to the ambulance. On the way down my husband said that he told him “If I lose my grip on your hand, you’ve lost me.” So, as our superhero Clark rushed to get him down the mountain, he also kept my husband with us,” stated Tabbitha. “T.J. told me that he would start to fade out, but Clark’s voice was there bringing him back each time.”

Badgett said that he had come across fellow riders and visitors needing assistance in his many off-road excursions at the park over the years, but never had an experience such as this one.

“I made it down faster... way faster, than I ever had before. He (T.J.) dipped in and out of consciousness a couple of times. That was what really spooked me,” said Badgett. “I was driving with one hand, and had my other hand on his wrist and just kept checking to make sure that he had some type of pulse.”

Badgett said that paramedics arrived at the park entrance at almost the same time they did, where they immediately started moving to load T.J. into the ambulance.

“They got him loaded up on the stretcher and I heard one of the EMS members say, ‘we gotta go, now!’”, stated Badgett. “They were phenomenal. They were just as urgent in their duties as I was trying to be in mine. Everybody worked together.”

He had the opportunity to visit T.J. in the hospital afterwards, where he learned that the couple have three children – an 11 year old boy and 6 year old twin girls.

“He was super grateful,” said Badgett. “He told me that they had three children and he just knew that that was it...that he was never going to see his children or his wife again.”

Humbly, he reiterated that it took collaborative actions to get the immediate assistance that T.J. was in dire need of on the mountain.

“Everybody did their part and it all worked out for the best. It was a collective effort from multiple people. Someone made the phone call that I was bringing T.J. off of the mountain, the husband of the family that was there helped load T.J. in the buggy, EMS

services met me at the main parking lot,” stated Badgett. “The Windrock security members and ultimately EMS responders for the Oak Ridge area were able to keep him stable enough to make it to the hospital. As for me, I personally feel that our military training to identify and treat life-threatening situations played a key role.”

The family was reunited back in Michigan a few days later, after T.J. was released from the hospital. They were quick to share again that they were very grateful for the life-saving assistance that was rendered during the critical time.

“If it wasn’t for Clark, who wanted nothing in return for giving me everything, I would have lost my husband of almost 13 years that day...I will never forget this man and I’ll never be able to thank him enough for giving me my whole future back... my kids’ father back,” stated Tabbitha.



Tech. Sgt. Clark Badgett, a fuels journeyman with the 134th ARW Logistics Readiness Squadron (above), jumped into action while on a weekend off-road trail ride when he saw a fellow citizen in dire need of medical assistance. He transported the man 12 miles out of rough wilderness trails to awaiting emergency medical personnel, ultimately helping to save his life . (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)



T.J. Hitchcock (back row, middle) suffered a heart attack while riding dirt bikes with his friend Tyler Barrett on a backcountry off-road trail. He was rushed out of the woods via off-road vehicle by Air National guardsman, Tech. Sgt. Clark Badgett to awaiting medical personnel. Pictured with Hitchcock, from left to right, are Tyler Barrett, his wife, Denayia, and their two children, Raelynn and River, Hitchcock’s wife, Tabbitha (second from right), and their three children, T.J. Jr., Temperance and Timber. (photo provided by Tabbitha Hitchcock)

Joint-force training essential for mission accomplishment



Senior Airman Colby Clark and Senior Airman Harrison Wood (left) instruct members of the Tennessee Army National Guard's 278th Armored Cavalry Regiment on correctly building a pallet for loading onto Air Force aircraft.(photo provided by John Light, 134th LRS).

By John Light, 134th LRS Installation Deployment Officer

The 134th ARW Logistics Readiness Squadron's Aerial Port section at McGhee Tyson ANG Base has been assisting the Army with moving equipment by air for the past several years. The Army has been using our base to move soldiers and equipment to locations for exercises and "real world" missions. Our Airman are always ready to assist our fellow Tennessean Guardsmen proving that we are "One Team, One Fight".

On April 20th, soldiers from the 278th National Guard Armory brought their equipment to McGhee Tyson ANG Base and our "Port Dawgs" helped ready the items for deployment on a C-17 Globemaster from the 164th Airlift Wing. Our 2T2's jumped into action and helped build the pallets, while teaching the Army the correct way to prepare equipment for Air Force movement. When the cargo was ready, our Aerial Port Function (APF) weighed and performed a joint inspection. This makes sure the equipment and vehicles are safe to fly on Air Force aircraft. Our Airman ensure that all the Army gear is packed and ready to go, and meets all DOD guidelines and regulations. After the preparation and inspections, a load plan was created so the equipment could be loaded, safely balanced, on the C17. The equipment is then loaded on the aircraft, at the direction of the Aircrew Load Master, and our Airman secure the equipment to ensure there is no movement during flight.

After the equipment is safely loaded and secure, passengers are then processed and loaded. Our APF screen the military members, create a passenger manifest, then brief the passengers on flying procedures on a military aircraft. Only after this are the passengers ready to board an Air Force jet. The 134th APF is always ready to assist those who may be using our facilities to fly to points unknow, but it is especially gratifying when they are from your home state. This was a win-win opportunity for the Tennessee National Guard – Air and Army working together as one team.



Promotions

- A1C

Jacob Turpin (134 MDG)

Avery Ribich (241 EIS)

Riley Smith (119 COS)
- SrA

Samuel Griffeth (134 SFS)

William Mode (134 LRS)

Lance Armstrong (241 EIS)

Harrison Wood (134 LRS)

Colby Clark (134 LRS)

William Hiatt (134 MXS)

Ivan Erickson (134 MXS)

Christopher Sivyer (134 MXS)
- SSgt

Caleb Swanson (134 MDG)

Jonathan Thompson (134 CES)

Donald Watson (134 LRS)

Phillip Kirtland (134 MXS)

Leesha Chaney (134 MXS)
- TSgt

Steven Williamson (134 LRS)

Dakota Ray (134 SFS)

Joshua Alley (134 MDG)

Phillip Watson (BAND)
- MSgt

Mario Esquivel (119 COS)

David Wethington (134 FSS)



Chaplain's Cup: Raising our leadership perspective

By Chaplain Thaddeus Davis, 134th ARW Chaplain's Corps.

While driving through the mountains on a recent trip, I rounded a bend and saw yet another breathtaking vista. From this new vantage point, I could see farther and more clearly the ridge line before me. I could see the depth of the valleys and the staggering heights of the rock-hewn mountains.

Sometimes in leadership, at every echelon of an organization, our perspective on a given situation is limited. We see ruts (in team performance), daunting valleys (with intrapersonal dynamics), steep climbs (for meeting goals), numerous ascents (in managing), fog-engulfed views (when doing a SWOT analysis), or peaks (in performance) too far to achieve.

Seeing clearly is not only a helpful step but a necessary one, especially in terms of the interpersonal dynamics at play with every team. Emotional intelligence, relational wisdom, and discerning experience can help navigate situations well. But more importantly, finding another helpful perspective that not only understands but can also be a resource, a motivator, a guidepost, or a mentor, can make all the difference.

As I took in the mountain views, I recalled the words of a wise leader who was doubting their own leadership ability, given the daunting problem they were facing - issues within the ranks and a seeming lack of outside help. This leader realized there must be a solution source outside the problem, one that sees clearly, perceives more accurately, helpfully guides, and brings the authority, responsibility, and enabling power to achieve what needs to be done. That wise man thankfully wrote down his question as his thoughts turned from anxiety to hope, and from doubt to certainty. May his words be ours, especially for leading in times of uncertainty, wonder, and worry.

Psalm 121:1-2

"I lift up my eyes to the hills.
From where does my help come?
My help comes from the LORD,
who made heaven and earth."

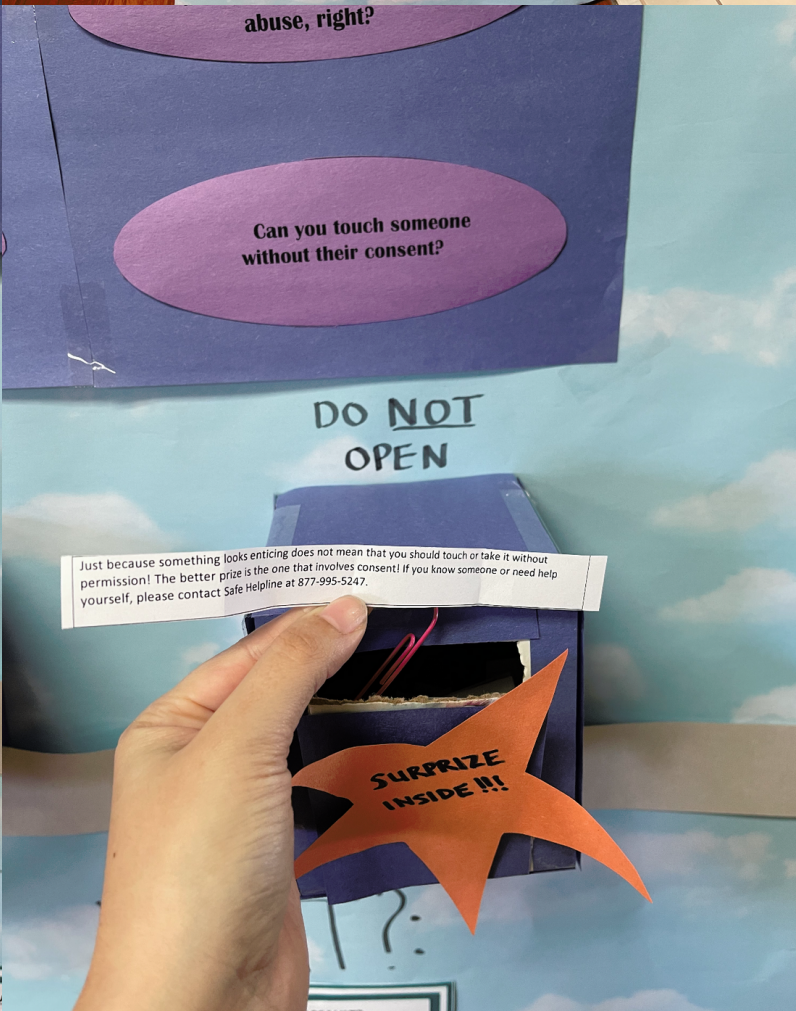
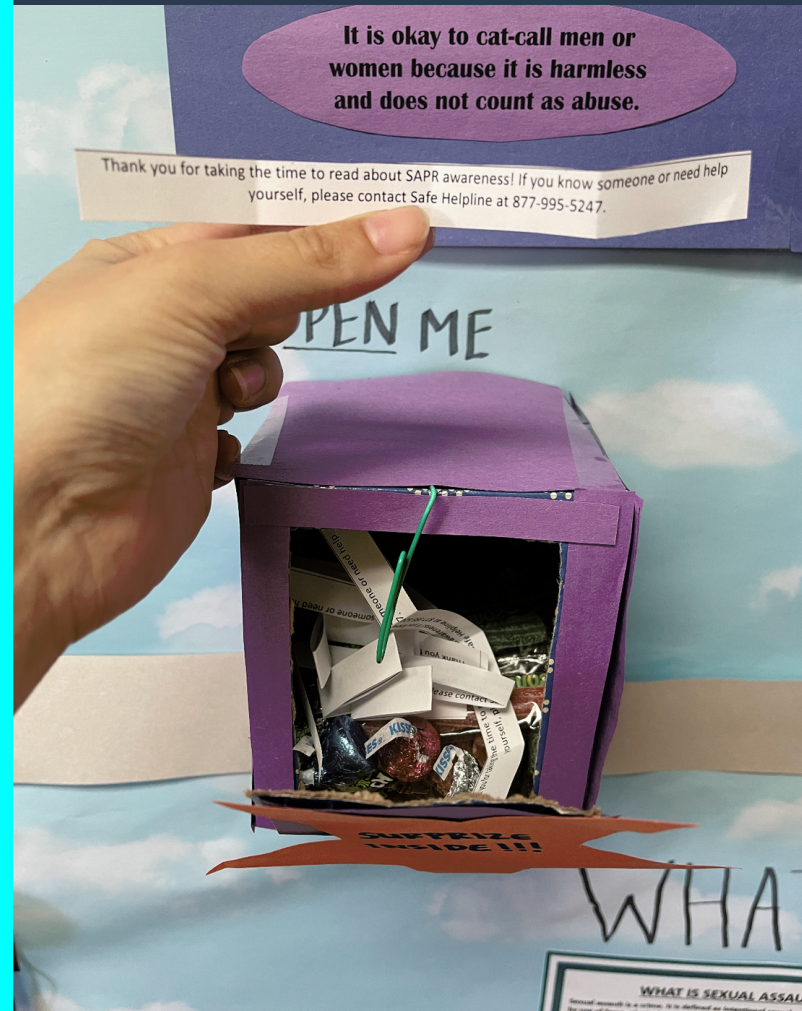


(photo courtesy of pixabay.com)

2023 SEXUAL ASSAULT
AWARENESS AND
PREVENTION MONTH DOOR
CONTEST WINNER:

MXS CSS
TEAM!

Thank you so much, SSgt Kylie
Gates, SSgt Kailyn Johnson, SrA
Sarah Costen and SrA Morgan
Hardy for all of your hard work!!



CULTURE OF TRUST

There is **us** in Trust. Build **TruSt** Together!

There are resources available to help Soldiers, their Families and their communities stay safe.

DOD Safe Helpline

Our DOD Safe Helpline services are anonymous and confidential, and are tailored to support members of the DOD community affected by sexual harassment and sexual assault.

DOD Safe Helpline 101

DOD Safe Helpline 101 provides a comprehensive overview of DOD Safe Helpline, including services offered and information about our secure technology platform. DOD Self Helpline 101 also offers steps to protect the privacy and confidentiality of users. In addition, this program describes how DOD Safe Helpline services expand and support Sexual Assault Response Coordinators (SARCs) in their efforts to meet the needs of sexual assault survivors on their installations.

For more information on DOD Safe Helpline 101, visit: <https://safehelpline.org/101>.

DOD Safe Helpline App

The DOD Safe Helpline app is a free mobile resource created to meet the unique needs of the DOD community affected by sexual assault. Through the app, you can access:

- DOD Safe Helpline's 24/7 Telephone Helpline via VoIP technology.
- DOD Safe Helpline's 24/7 Online Helpline.
- Peer-to-peer support through Safe HelpRoom.
- Self-paced educational programs.
- DOD Safe Helpline's database of military responders and local civilian sexual assault service providers.
- Self-care activities including a PIN-protected journal, digital coloring book and personalized self-care plans.
- Guided relaxation exercises.
- Peer-to-peer support through Safe HelpRoom.

To download the DOD Safe Helpline app for direct access to chat and text, and to get additional resources, visit: <https://www.safehelpline.org/app>, or call 877-995-5247.

Can victims trust you to intervene?



Understanding the Difference Sexual Assault Reporting Options

RESTRICTED REPORT

CONFIDENTIAL REPORT

SARC, Medical, Counselor,
Victim Advocates



UNRESTRICTED REPORT

NOT A CONFIDENTIAL REPORT

SARC, Medical, Counselor, Victim
Advocates & Chain of Command, 1st Sgt.,
Security Forces, OSI, etc.



134th Force Support Squadron

ID Card & DEERS Office – UTA Hours

Saturday – 0900-1100 & 1300-1530

Sunday – 1300- 1500

**For new ID Cards bring two forms of state or federal ID
(Drivers License, Social Security Card, Birth
Certificate, Handgun Carry Permit,
Passport, etc.)**

**To add new dependents please bring
Birth Certificate, Social Security Card,
and Marriage Certificate.**

**ALL DOCUMENTS
MUST BE THE ORIGINAL COPIES**
**For questions please call
865-336-3255 or 865-336-3256**



A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



May is Mental Health Awareness Month - time to highlight and remind us to regularly practice self-care for our well-being and best health. It is also time to continue working to break barriers and bust stigma around mental health disorders and care. On Thursday, May 11th, I invite you to wear GREEN to show you support for mental health awareness. Why the 11th? Well, per the National Alliance on Mental Illness, it takes 11 YEARS on average from mental health symptom onset until a person gets treatment. That is far too long and is a stark reminder that despite

leaps and bounds of progress that have been made when it comes to mental health care – we still have a lot of work to do. Please wear GREEN (yes, you can wear civilian clothes instead of your uniform) on May 11th to send the message that you support others in getting the mental health care that they need, and that you also care about taking care of your own mental health.

I also invite you to do a 7-day self-care challenge, like the one below. Self-care is not selfish and it's not an indulgence – it's a MUST! At a minimum, we have to be intentional about our self-care basics – eating regular, healthy meals, getting at least six hours of sleep per night, maintaining hygiene, taking some true respite time each week and getting in some exercise. If you don't like the options below – there are numerous others available online, so find one that you do like.

As always, I am here for YOU! If you've been thinking for awhile about coming to talk with me – let Mental Health May be that prompting push to call/text/email me and set up a meeting or phone call. I am happy to answer any questions or concerns you may have up front so that you can feel comfortable and confident to talk about whatever may be causing you stress. Nothing is too small or too big to come talk about.

865-201-8129 ~ Natalie.Pankau@us.af.mil ~ Moon Hall, 417 2nd floor. If it is after business hours and you need to talk to someone right away, you can call the Crisis Line by dialing 988, then press 1 to connect to the Veterans' Crisis Line.

7 DAY self-care challenge

www.successandselfcare.com

DAY ONE

- Fill out your planner for the week
- Write down weekly goals

DAY TWO

- Meal prep for the rest of the week
- Eat 3 balanced meals

DAY THREE

- Take the day away from social media
- Do something creative like journal or draw

DAY FOUR

- Go for a morning walk
- Find a fun at-home workout to try

DAY FIVE

- Do a face mask
- Watch your favorite movie

DAY SIX

- Read for 20 minutes before bed
- Go to sleep early

DAY SEVEN

- Spend the day outside
- Grab a yummy treat on your way home



134th Airman & Family Readiness

PERSONAL FINANCIAL COUNSELING **SATURDAY, MAY 6 1000-1300**

PAULA PALMER WILL BE AVAILABLE FOR FREE, PERSONAL FINANCIAL CONSULTING DURING MAY UTA. WHETHER YOU HAVE SPECIFIC FINANCIAL CONCERNS OR WOULD JUST LIKE TO START MAKING SMARTER MONEY DECISIONS, MS. PALMER CAN HELP!

SESSIONS ARE AT AIRMAN AND FAMILY READINESS, BLDG. 92

**WALK-INS WELCOME, CALL/EMAIL AIRMAN AND FAMILY READINESS
AT 336-3107 OR WILLIAM.CONNER.6@US.AF.MIL FOR DETAILS**

Retirements

Col Jason Brock 134th ARW
Lt Col Todd Smith 119th COS
MSgt Victoria Luckadoo 134th MDG
MSgt Benita Connatser 119th COS
MSgt Tony Bloyd 119th COS

Blue Skies Airmen!

THINK OPSEC



Smart Hair Dryer
@SmartHairDryer47



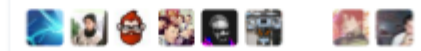
Follow

My user, Ann Snuffette, ran out of toilet paper today, but adapted and overcame through creative repurposing of slightly expired tortillas and day-old bagels. Her secret would have been safe, but the unsecured smart toaster live-streamed the whole hobble-stepping kitchen-search incident.

[#MyOwnerIsAnIdiot](#) [#TheStruggleIsReal](#)
[#BrokenChairToKeyboardInterface](#)

RETWEETS
246

FAVORITES
420



4:20 PM - 1 Jan 2016



GRADUATES!

Join the Class of '22/'23 Photo Shoot!

Are YOU a Fall 2022/Spring 2023 college graduate?
The 134ARW and Airman & Family Readiness wants to
recognize your accomplishment with a class photo!

Saturday, June 3, 1100 at the Airpark

Don't forget your cap and gown, and any other regalia you've earned!
We'll have extra red, white, and blue military graduate cords available.

Questions? Call Bill at Airman & Family Readiness, (865) 336-3107.



Thinking About Retirement?

Come talk to us.



Retirement Briefings are held every UTA
Saturday at 1500 in the FSS Breakroom at HQ.

We Cover:

- How to apply
- Tricare
- Survivor Benefits
- Retiree ID's
- Transition Assistance
- Best practices

Contact MSgt Charles for more information
865-336-3255 or email at clint.charles.3@us.af.mil



ONLINE UNIFORMED SERVICES ID CARD (USID) RENEWAL

USID CARDS

- Issued to retired and reserve uniformed Service members, dependent family members, and other eligible individuals in accordance with DoD policy
- Used for access to benefits, privileges, and DoD facilities

CURRENT RENEWAL PROCESS

- ❌ Must be done **in person** at a RAPIDS site
- ❌ Often requires an appointment scheduled in advance
- ❌ No opportunity to renew online



WHAT'S CHANGING?

- ✅ Sponsors can request card renewals online, from anywhere
- ✅ Cards will be mailed to the cardholder via US mail
- ✅ No in-person requirement for most renewals



REQUIREMENTS

- Sponsor must be a CAC holder and requesting a renewal of an active USID card
- Sponsor and Cardholder must have email addresses listed in DEERS that they have authorized DoD to use for contacting them
- Sponsor's personnel status must extend at least 30 days in the future from the renewal request date
- Cardholder has a photo saved in DEERS taken in the last 12 years
- Cardholder's mailing address is present in DEERS and is in United States
 - USID cards cannot be shipped to PO Boxes

FOR MORE INFORMATION

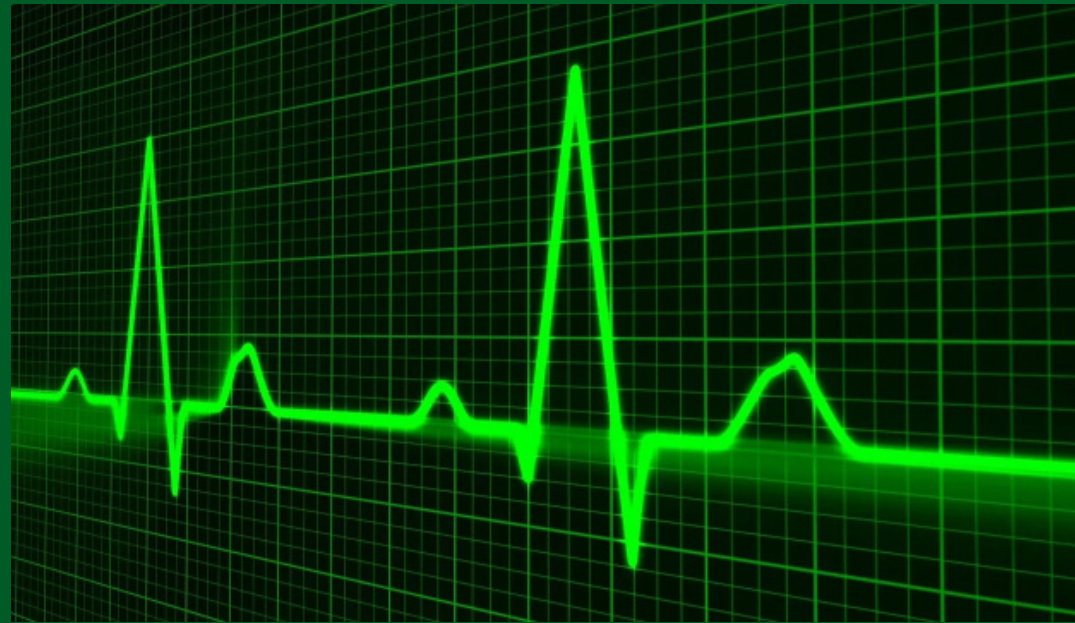
See ID Card Office Online (IDCO): <https://idco.dmdc.osd.mil/idco/>



Medical Minute.

By Lt. Col. Jennifer King, 134th MDG

Happy May everyone! It's time for another round of Lt. Col. King's sharing TMI (read with a groan). Guess what I did this past summer when I turned 40 and am about to do as soon as the hospital calls to schedule it?!...a mammogram and a colonoscopy (read with background cheering)! In all seriousness though, I'd like to discuss the screening options available for various cancers (I intend to do another article specific to prevention for other diseases). These screens are valuable for prevention of life-altering and life-ending illnesses. On a personal note, I've had several patients recently who have been diagnosed with advanced cancers that could have been caught far sooner and had better treatment options had the preventative screens been accomplished (or the symptoms been reported that qualified them for a screen earlier than recommended). This is why I'm going ahead and getting my screenings done as soon as available considering my family history and risk factors.



There are screens that apply to both men and women with some variations in when they are due, but the screens themselves are the same; as well as some specific to just men or just women. I will go through them each and risk/benefits below.

For colon cancer, the gold standard is a colonoscopy. While I know no one wants to drink that prep and fast for the procedure, I'm actually looking forward to getting mine done. I'm sure you're asking why and it's because the value of the test is so high. Colon polyps take an average of 10 years to become cancerous. Thus, if we find a polyp and remove it and check again in 3-5 years, you can prevent the colon cancer from ever developing. This is huge! Well worth the fast and prep in my opinion. Timing of first colonoscopy is a very patient specific decision that includes risk factors such as family history (screen younger and more frequent) and symptoms (screen with first symptoms and more often depending on what source is found for the symptoms). If the first screen is normal, it's repeated in 10 years. If a polyp is found, it's repeated in 3-5 years. Most of my patients tell me it was the best nap of their lives and not at all the problem they were dreading. If you're still unwilling to get a colonoscopy, please at least do the Cologuard home test kit as it tests for blood as well as cancerous DNA and while it may not catch cancer as early as colonoscopy would, it does still save lives.

For lung cancer, the screening is depending on risk. If you have smoked more than 20 pack years - a pack year is a pack a day for a year or the equivalent (ie - 3 packs a day for 4 months or half a pack a day for 2 years, etc) - and are either still smoking or quit within the last 15 years, you qualify for screening. The screen is a Low Dose Lung CT that is very specific for early lung cancer with a much lower dose of radiation than a regular CT. This can be a highly valuable scan as I have found several cases in the very earliest stages, giving patients far more treatment options than had it had longer to grow/spread.

For prostate cancer, the good news is that the patient experience has improved. The screening is no longer invasive with a digital rectal exam, but is now a simple blood draw. Anyone with any type of prostate related symptoms (broadly defined as urinary, bowel or sexual symptoms or changes) qualifies for this screen regardless of age. A family history of prostate cancer also indicates the need for an earlier screen. Please discuss your personal risk with your doctor as I have found prostate cancer based on history and symptoms in men far younger than the recommended first screening age.

For breast cancer, the screening age and frequency has been a topic of debate for a while. My personal take is that I had my first screen at 35 and will continue screening at least every 2-3 years through my 40s (likely every year since my GYN recommends it due to my personal risk with one family member having had it and my personal tissue composition being fibrous). I also had an ultrasound in my 20s when I felt a lump. In my practice, I have several ladies whose cancer was found in their 20s, 30s and 40s based on early screening for family history or because a lump was felt on their own self exams or their partner's "exam". Side note - if you ever have a rash on your breast with or without a lump, get seen immediately as this can be an atypical type of breast cancer called Inflammatory Breast Cancer.

For cervical cancer, a PAP smear is an easy and minimally invasive screen for the benefit had from it. While the recommendations seem a bit convoluted based on age and situation, it pretty much comes down to sexual exposure. The more partners one has (your single partner having another partner counts as a second partner and so on), the more they need screened. Of course, if there are any symptoms such as bleeding between periods or pain with intercourse, one needs screened immediately regardless of timing of last screen or sexual exposure.

As always, all medical decision making is a shared conversation between you and your doctor. As you can see from my personal choices to screen earlier than recommended, each of our personal risks outweigh these broad guidelines. You, your health and your life are more important than sticking to a number on a chart. Family history increases your risk and indicates earlier or more frequent screenings. Symptoms of any kind need to be discussed immediately and considered for immediate testing for possible sources. If you have any questions or want to talk through your personal scenario, feel free to seek out myself or any one of the other providers at the Medical Group. We are always happy to address any questions or concerns you may have. Have a great spring/summer and go get screened! (photo courtesy of pixabay.com)

134 ARW MEDICAL GROUP

SAT - MAY UTA

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)

0830-1130 HOURS PHYS HEALTH ASSESSMENTS (PHAs) /IMMUNIZATIONS (Bldg 246)

0830-1100 HOURS QNFT TESTING (Bldg 246)

0930-1000 HOURS PRIOR SERVICE INPROCESSING BRIEF (Bldg 246)

1000-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING (Bldg (246)

1130-1230 HOURS LUNCH

1300-1430 HOURS HEARING EXAMS/ANAM (Bldg 246)

1300-1500 HOURS IMMUNIZATIONS (Bldg 246)

1300-1500 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & PAs (Bldg 246/ 417)

SUNDAY - MAY UTA

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)

PLEASE ENSURE MILITARY MEMBERS REPORT ALL PRESCRIPTION MEDICATIONS THEY ARE TAKING TO THE 134MDG IMMEDIATELY!

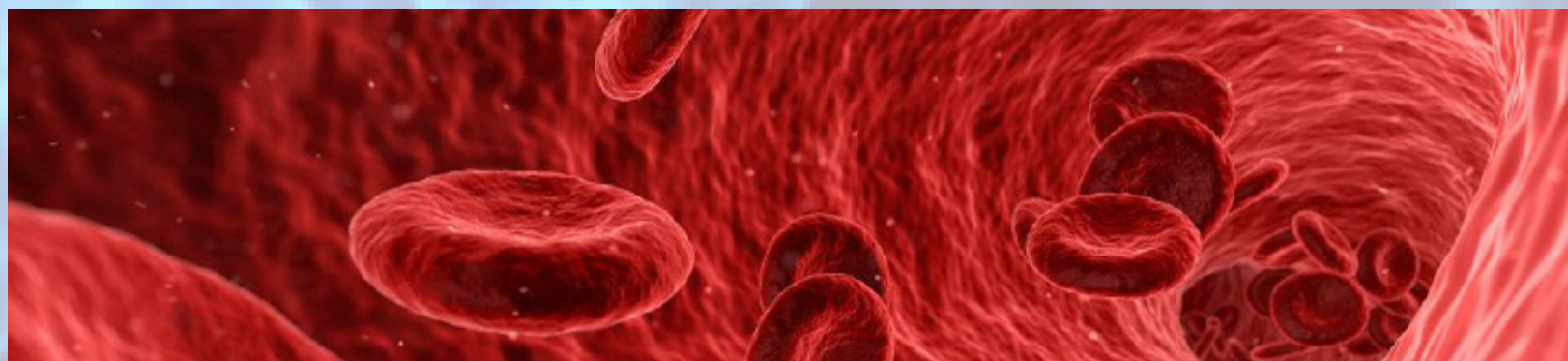
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL.

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 WILL BE CONDUCTED FROM 0830-1100 HRS SAT. UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT THE SCHEDULED TIME.



Top III Council

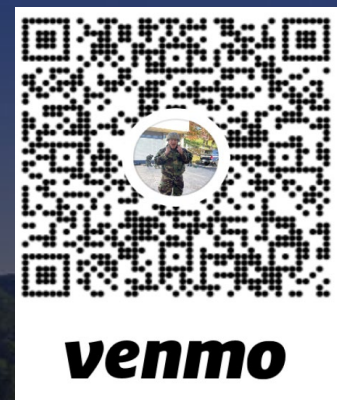
Top III meeting will be held
@ FSS classroom at 1030
Open to all E-7's & above!

JEAA

(Junior Enlisted Advisory Association)

Time & location TBD

Open to all E-6's & below!



Inaugural Santa Cops Golf Tournament and Fundraiser

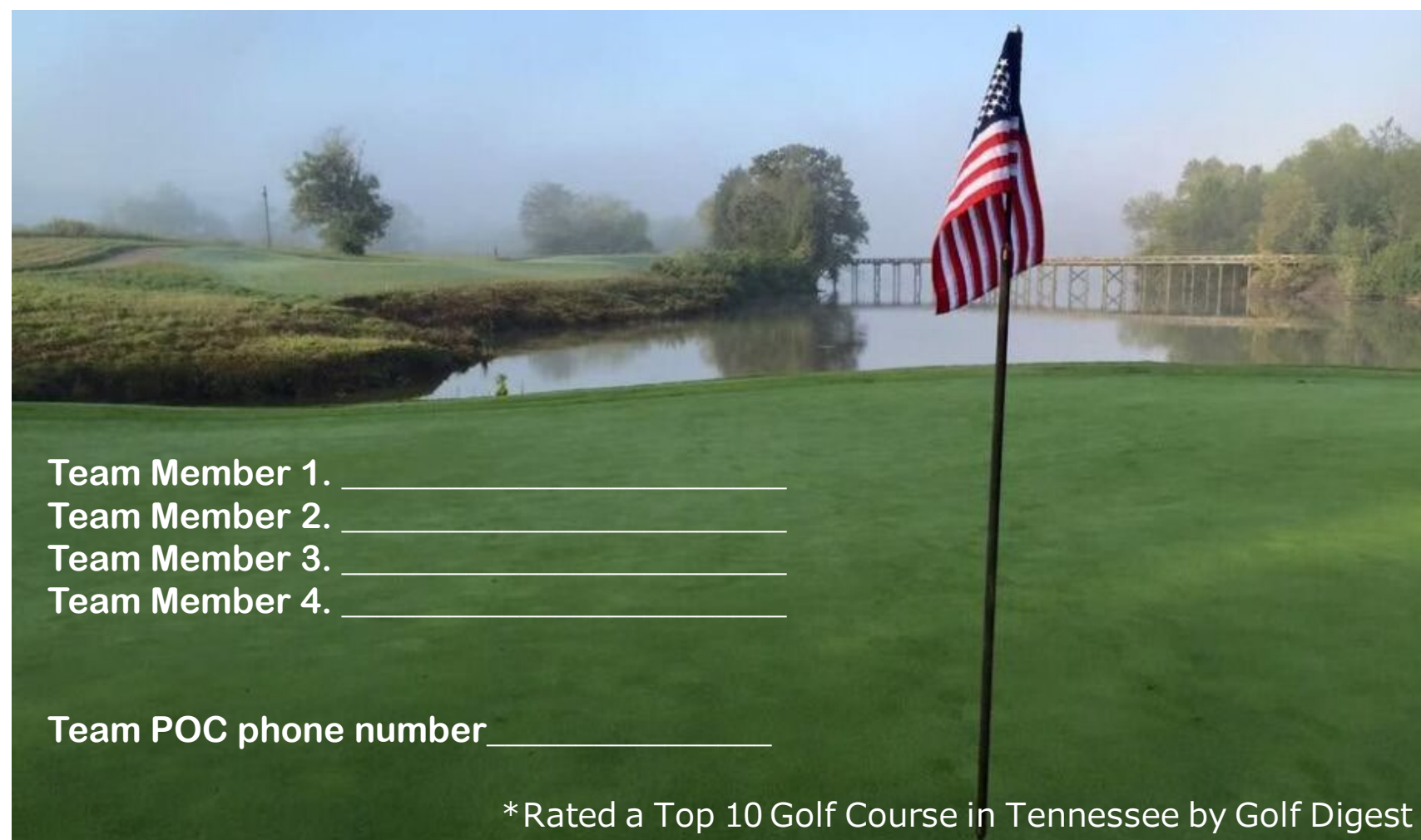
0800 October 2nd 2023 Tennessee National Golf Course



For more information please call-
Gregory Herbst @ (865) 336-3439

Details: \$480.00 entry fee per team. This includes 1 Mulligan Bag and lunch after the round. Spots will be limited to the first 18 teams. 4-person team best ball (scramble style) tournament. There will be four division winners based on score. Also, prizes for closest to the pin and longest drive. Team registration form and money due NLT 15 Sept. 2023.

For more info on registration, contact Master Sgts. Gregory Herbst, Rachael Harness or Travis Pruett. Registration/check-in will begin at 0700 with 0800 tee times. There will also be a raffle during the lunch prizes TBD (tickets will be \$1.00 each or 6 for \$5.00).



Team Member 1. _____
Team Member 2. _____
Team Member 3. _____
Team Member 4. _____

Team POC phone number _____

*Rated a Top 10 Golf Course in Tennessee by Golf Digest

Presented by the 134th Top 3 Council, JEAA, & JEM

Check-in with a chaplain!

Do you have a big event in your life coming up? Weddings, surgery, job change, expecting, moving or do you want to talk? Do you need prayer? We would love to hear from you!



Scan the QR code above to send a message.



ROCKY TOP DINING FACILITY MENU

Sat May UTA

Chicken and Beef Tacos
Steak Fajitas
Cilantro Lime Rice
Mexican Potato Casserole
Street Corn Salad
Mexican Roasted Zucchini
Grilled Chicken
French Fries

Sun May UTA

Ginger Soy Pollock
Mongolian Beef
Lo Mein Noodles
Veggie Stir Fry
Sautéed Mushrooms
Egg Rolls
Chili Dogs
Tater Tots