



THE VOLUNTEER



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134TH AIR REFUELING WING

MARCH 2013

Air Force Goal: Zero Sexual Assaults

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

“Sexual assault is a crime and is categorically unacceptable. It is incompatible with our core values, it is harmful to our people and it makes us a less effective fighting force. We need to crack down on this harder than ever to get this out of our culture.” --Michael B. Donley, Secretary of the Air Force

Sexual assault is a serious problem that has plagued the U.S. Military as a whole. Recent high profile cases at the Air Force Academy and at Lackland Air Force Base indicate it is a problem in the Air Force specifically.

According to Air Force Instruction 36-6001, the term “sexual assault” is defined as intentional sexual contact, characterized by use of force, threats, intimidation, abuse of authority, or when the victim does not or cannot consent. Sexual assault includes rape, forcible sodomy (oral or anal sex), and other unwanted sexual contact that is aggravated, abusive, or wrongful (to include unwanted and inappropriate sexual contact), or attempts to commit these acts.

“Consent” is defined as words or overt acts indicating a freely given agreement to the sexual conduct at issue by a competent person. An expression of lack of consent through words or conduct means there is no consent. Lack of verbal or physical resistance or submission resulting from the accused’s use of force, threat of force, or placing another person in fear does not constitute consent.

“Sexual assault has no place in our Air Force,” said Air Force Chief of Staff General Mark A. Welsh III. “We live in a culture of respect. We cherish our core values of integrity, service, and excellence. But in order to ensure

all Airmen experience and benefit from those values, we must eliminate sexual assault in our ranks.”



Sexual assault is criminal conduct. It falls well short of the standards America expects of its men and women in uniform. Specifically, it violates Air Force Core Values. Inherent in our core values of Integrity First, Service before Self, and Excellence in All We Do is respect: self-respect, mutual respect and respect for our Air Force as an institution.

The Sexual Assault Prevention and Response Program, or SAPR, was designed as a method to reinforce the Air Force’s commitment to eliminate incidents of sexual assault through awareness and prevention training, education, victim advocacy, response, reporting and accountability. The Air Force promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

The sexual assault response coordinator, or SARC, for McGhee Tyson Air National Guard Base is 134 ARW Executive Officer Capt. Joseph Keith. The Alternate SARC for the base is Mrs. Tammie Smeltzer, from the I.G. Brown Training and Education Center. Between these two SAPR representatives, they are able to provide the resources necessary to ensure personnel the appropriate care needed.

Keith and a small cadre of personnel have been teaching various forms of SAPR training for the past two years. Headquarters Air Force ordered that every Airman, whether active duty, Guard or Reserve, receive the training.

(Zero Sexual Assault, Cont. on Page 5)



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“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.”

Anti-Terrorism Force Protection Threat Levels Defined

IMMINENT

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

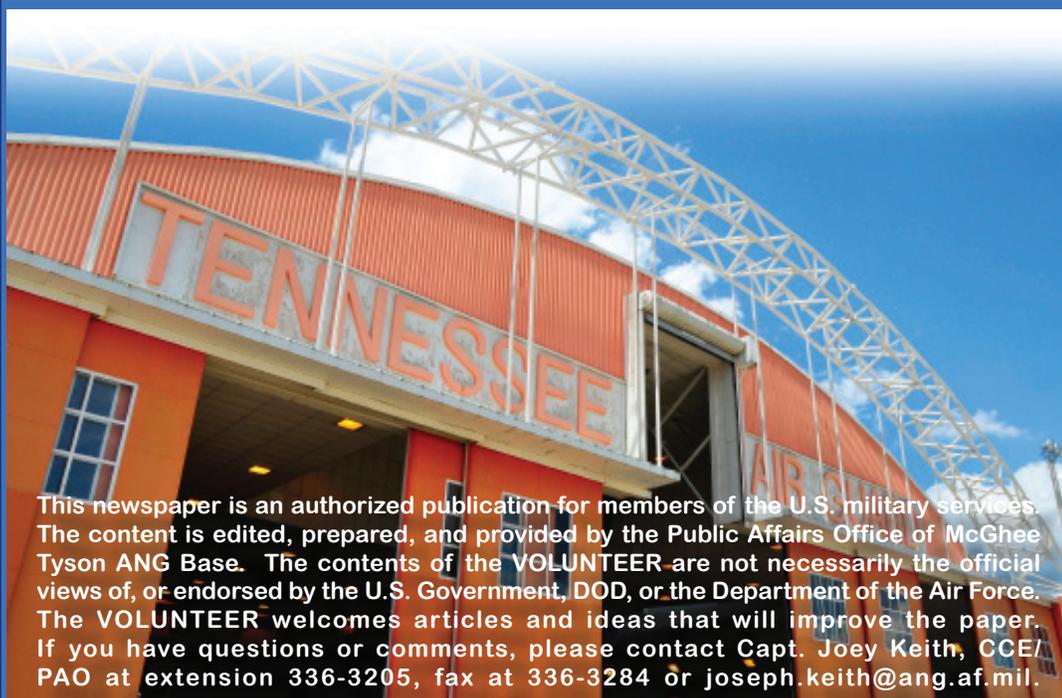
ELEVATED

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

CURRENT LEVELS:

**FPCON ALPHA --- INFOCON 3
REPORT SUSPICIOUS ACTIVITY!**

**Call Extension 336-3274 or 911 - Your Call May Save Lives
THREAT LEVELS ARE SUBJECT TO CHANGE AT ANYTIME**



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COMMAND CHIEF'S CORNER

By Chief Master Sgt Steve Payne, 134 ARW Command Chief Master Sgt

We are pleased to announce our 134 ARW 2012 Outstanding Airmen of the Year winners for the following categories:

AIRMAN: Senior Airman Elizabeth Lloyd, 134 MDG

NCO: Tech. Sgt. Jody McKee, 151 ARS

SENIOR NCO: Senior Master Sgt. Melissa Tavilla, 134 MDG

FIRST SERGEANT: Master Sgt. Stan Drozdowski, 134 SFS

COMPANY GRADE OFFICER: Capt. Christopher Boyd, 151 ARS



These Airmen, through a competitive process, have clearly distinguished themselves by exemplifying the Air Force core values of Integrity First, Service Before Self and Excellence In All We Do.

I know each of these Outstanding Airmen would attest that their successes have been the result of a team effort. Whether it is their families, their supervisors, their coworkers or a combination of these, they have been encouraged, pushed and stretched into the Airmen they are today.

Please join me in congratulating these individuals as they represent the best of the best Wing in the Tennessee Air National Guard and the 134 ARW.



Capt Christopher Boyd, 134 OG, (left) pauses for a photo with, from left to right, Col Thomas Cauthen, 134 ARW Wing Commander and Chief Master Sgt Steve Payne, 134 ARW Command Chief Master Sgt after being awarded Company Grade Officer of the Year (U.S. Air Force photo by Tech. Sgt. Jack West, 134 ARW Public Affairs). Below, from left to right, Senior Amn Elizabeth Lloyd, 134 MDG, Amn/Yr, Tech Sgt Jody McKee, 134 OG, NCO/Yr, Senior Master Sgt Melissa Tavilla, 134 MDG, SNCO/Yr, 1st Sgt Stan Drozdowski, 134 MSG, 1st Sgt/Yr (U.S. Air Force photos by Master Sgt Kendra Owenby, 134 ARW Public Affairs)



Airman of the Year 2012
Senior Amn Elizabeth Lloyd



NCO of the Year 2012
Tech. Sgt. Jody McKee



Senior NCO of the Year 2012
Senior Master Sgt. Melissa Tavilla



1st Sgt of the Year 2012
MSgt Stan Drozdowski

CONGRATULATIONS to the 2012 Airmen of the Year!!!



Carrying on an Air Force Tradition

**Congratulations to Col Rem Edwards
on completing his "Fini-Flight" Feb 21, 2013**



U.S. Air Force photos by Master Sgt Kendra M Owenby, 134 ARW Public Affairs



INFORMATION ASSURANCE

“Cyber Awareness Challenge” Now Available on ADLS

Submitted by Master Sgt. Dora Jennings, 134 Communications Flt



The DoD IAA Cyber Awareness Challenge (ZZ133098) replaced the DOD Annual IA Awareness Training

Type: Self-paced. Course is located in ADLS under Annual Total Force Awareness Training (TFAT)

Provider: SAF/A6CNI *DoD IAA CyberAwareness Challenge (ZZ133098) (60 minutes):

Frequency: Annually

DoD IAA Cyber Awareness Challenge (ZZ133098) addresses the following main objectives (but is not limited to): the importance of IA to the organization and to the authorized user; relevant laws, policies, and procedures; examples of external threats; examples of internal threats; how to prevent self-inflicted damage to system information security through

disciplined application of IA procedures; prohibited or unauthorized activity on DoD systems; categories of information classification and differences between handling information on the NIPRNet or SIPRNet; requirements and procedures for transferring data to/from a non-DoD network.

Target Audience: To ensure understanding of the critical importance of IA, all individuals (military, civilian and contractors) with access to DoD Information Technology systems are required to receive and complete initial IA orientation awareness training before being granted access to the system(s) and annual IA awareness training to retain access.

Information Assurance POCs:
MSgt Jennings, 336-4924
or SSgt Huskey, 336-4936

(Zero Sexual Assault, Cont. from Page 1)

With “no room for misunderstanding,” Welsh said, every Air Force supervisor and commander must be actively engaged in this effort. “If they don’t get actively engaged, I consider them part of the problem,” he added.

McGhee Tyson Air National Guard Base and the I.G. Brown Training and Education Center each have a dedicated sexual assault reporting line that is accessible 24-hours per day. Victims, or those who believe they’ve observed a sexual assault, can call the McGhee Tyson SARC Hotline at 865-336-3277, or the TEC SARC Hotline at 865-304-3412.

Our core values and respect are the foundation of our wingman culture -- a culture in which we look out for each other and take care of each other. Incidents of sexual assault corrode the very fabric of our wingman culture; therefore, we must strive for an environment where this type of behavior is not tolerated and where all Airmen are respected.

The Air Force Press Service contributed to this article



A Look Back In Time...

Submitted by Tech. Sgt. Jack West, 134 ARW Public Affairs

The world's first operational atomic bomb was delivered by the USS Indianapolis, (CA-35) to the island of Tinian on July 26, 1945. The Indianapolis then reported to CINCPAC (Commander-In-Chief, Pacific) Headquarters at Guam for further orders. She was directed to join the battleship USS Idaho (BB-42) at Leyte Gulf in the Philippines to prepare for the invasion of Japan. The Indianapolis, unescorted, departed Guam on a course of 262 degrees making about 17 knots.

At 14 minutes past midnight, on July 30, 1945, midway between Guam and Leyte Gulf, she was hit by two torpedoes out of six fired by the I-58, a Japanese submarine. The first blew away the bow, the

second struck near midship on the starboard side adjacent to a fuel tank and a powder magazine. The resulting explosion split the ship to the keel, knocking out all electric power. Within minutes she went down rapidly by the bow, rolling to starboard.

Of the 1,196 sailors aboard, only about 900 made it into the water in the twelve minutes before she sank. Few life rafts were released and most survivors wore the standard kapok life jacket. For days, the surviving sailors struggled to stay alive, fighting off the open seas and continuous shark attacks. The shark attacks began around sunrise of the first day and continued until the men were physically removed from the water, almost five days later.

Immediately prior to the torpedo attack, the seas had been moderate, the visibility fluctuating but poor in general, and Indianapolis had been steaming at 17 knots. When the ship did not reach Leyte on the 31st, as scheduled, no report was made that she was overdue. This omission was due to a misunderstanding of the Movement Report System. Captain Charles B. McVay III, who had commanded Indianapolis since November 1944, sur-

vived the sinking, and was with those rescued days later. In November 1945, he was court-martialed and convicted of "hazarding his ship by failing to zigzag." Several things about the court-martial were controversial. There was evidence that the Navy itself had placed the ship in harm's way, in that McVay's orders were to "zigzag at his discretion, weather permitting." Further, Mochitsura Hashimoto, commander of I-58, testified that zig-zagging would have made no difference.

Fleet Admiral Chester Nimitz remitted McVay's sentence and restored him to active duty. McVay retired in 1949. While many of Indianapolis' survivors said McVay was not to blame

for the sinking, the families of some of the men who died did.

In October 2000, the United States Congress passed a resolution that Captain McVay's record should state that "he is exonerated for the loss of Indianapolis." President Bill Clinton signed the resolution. The resolution noted that although several hundred ships of the U.S. Navy were lost in combat in World War II, McVay was the only captain to be court-martialed for the sinking of his ship. In July 2001, the Secretary of the Navy ordered McVay's record cleared of all wrongdoing.

The tragedy of the USS Indianapolis stands as one of the largest single disasters at sea ever suffered by the U.S. Navy in its long and honorable history.

Much of this information was written by Patrick J. Finneran, (Former) Executive Director USS INDIANAPOLIS CA-35 Survivors Memorial Organization, Inc.

Photos:

<http://www.history.navy.mil/photos/sh-usn/usnsh-i/ca35>.



Photo # NH 94640 USS Indianapolis at Cold Bay, Alaska, Oct. 1942

USS Indianapolis (CA-35) at Cold Bay, Alaska, October 1942. (Collection of Vice Admiral Robert C. Giffen, USN; U.S. Naval History & Heritage Command Photograph)

DIRT BOYZ MAKE 'THE GRADE

By Senior Master Sgt. George Thompson, 386th Air Expeditionary Wing Public Affairs

The 386th Air Expeditionary Wing is home to more than 15 pieces of heavy construction equipment from articulated trucks, excavators and dozers to backhoes, trenchers and loaders. The Wing has heavy equipment covered



Senior Airman Kyle Paridee and Master Sgt. Shane Cox, 386th Civil Engineering Squadron operate inside a grader at a deployed base in Southwest Asia Feb. 18, 2013. The Dirt Boyz construct and maintain concrete and asphalt runways, aircraft parking aprons, and roads using a variety of heavy construction equipment, such as, loaders, graders, dozers, backhoes, and dump trucks. (U.S. Air Force photo by Senior Master Sgt. George Thompson)

from A to Z. For two Dirt Boyz deployed to the 386th Expeditionary Civil Engineering Squadron, their shared passion for grading has led to a teacher-student bond that goes beyond the classroom.

Senior Airman Kyle Paridee, from the 134th Civil Engineering Squadron, McGhee Tyson Air National Guard Base, Tenn. and Master Sgt. Shane Cox, from the 136th Civil Engineering Squadron, Texas Air National Guard are two of the wings foremost experts on a machine regarded throughout civil engineering as one of the most difficult to operate.

"I've been an operator since the age of 11 and I'm 47 now," said Cox. "I started getting on the grader at 15 and when I started out, graders were gear driven and you had to be a man to operate them because they would beat you up."

"I've known people that had broken hands, broken arms and broken fingers from operating the grader, but over the years the advancement in hydraulics and pumps has made it more user friendly," said Cox.

Paridee is one such beneficiary of the new technologies that has made the grader more user friendly.

"I've only been operating the grader for six years," said Paridee. "I operated some simpler stuff before cross-training like loaders and bobcats but technical school was the first time I operated a grader."

The Dirt Boyz learn to operate a variety of lesser vehicles throughout their careers but only a handful become proficient grader operators.

"Typically you start off with support equipment like rollers and water trucks and then you advance to your dozers, loaders, excavators and the grader is usually the last thing you learn," said Cox.

While the learning curve for some is extremely steep, Paridee's childhood interest in graders seemed to make his learning curve far more gradual.

"The grader for the most part just came natural to me because I've always been fascinated with them," said Paridee. "When I was a kid I always thought it was the coolest piece of equipment on the construction site and when I finally got to use it, it did not take long for me to make it an extension of my hand," said Paridee.

Paridee's knack for grading so early in his career is far from the norm for a Dirt Boy with only six years' experience stated Cox.

"Some people get it and some people don't," said Cox. "You got to have the desire and passion for what we do and for a lot of people it comes naturally and then there are some that won't ever get it no matter what you do, it's either a gift or a curse."

Paridee for one seems to have the gift and he's fortunate to have trainers like Cox available that want to share their expertise.

"I joined the guard because I wanted to be a part of something that was bigger than myself," said Cox. "I have my own company back in Texas that my father started years ago and being self-employed your world kind of revolves around you. I liked the opportunity to mix it up a little and share some of the knowledge I've learned over the years with the younger guys."

One such thing Cox is now sharing with the younger guys is the difficult task of finishing a grade.

"Putting a finished grade on a product to what we call a 'Blue Top' grade," said Cox. "It's one thing to rough grade, but to put that fine finish on it is what separates a finished grader operator from just a grader operator."

As for Paridee, 'Blue Topping' is his favorite part of being a grader operator.

"I'm pretty proficient at rough grading, but I'm a perfectionist so when you get a 'Blue Top' perfect it's like a work of art," said Paridee. "You put your stamp on it and say I did that, and that's the biggest satisfaction of being a Dirt Boy."

Like Paridee's childhood fascination with graders, Cox also reflects to childhood memories when discussing the grader.

"When people ask me what I do, I tell them I do the same thing I did as a child with my Tonka toys, just my sandbox is bigger," said Cox.

38,000 Pound Canvas Honors African American History Month

By Senior Master Sgt. George Thompson, 386th Air Expeditionary Wing Public Affairs

For anyone that has deployed to the U.S. Air Forces Central Command Area of Responsibility you can count on Jersey, California, Texas or Alaska concrete 'T-Wall' barriers as a part of your daily landscape.

Fortunately, artistic airmen like Master Sgt. William Dawson, 386th Expeditionary Civil Engineering Squadron, deploy to the region armed with a passion for art.

"I used to work for a graphic artist that painted motorcycles and cars," Dawson said. "I worked under him and got a basic knowledge of artwork."

Dawson is an engineering assistant deployed from McGhee Tyson Air National Guard Base and when he is not deployed, Dawson is a transportation technician for the state of Tennessee.

"I do my military job as a civilian so I'm very fortunate," he said.

Dawson's deployment to the 386th came at a picture-perfect time as the African American History Month coordinator was actively searching for an artist to paint a T-Wall.

"I asked if I could help out," said Dawson. "I thought it might be a little easier for someone like me to do a concept than let people pick and choose."

The 386th African American History Month committee followed the 2013 theme of 'At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington' as the base design for the T-Wall.

"I thought it would be good to incorporate different things in African American culture, all the influences it's had on American society," said Dawson.

The final design incorporated six areas and prominent figures in African American culture. "The toughest part is taking such a big topic like this and



Master Sgt. William Dawson, 386th Expeditionary Civil Engineering Squadron, explains the concept behind the African American History Month T-Wall Feb. 12, 2013. The 386th African American History Month committee followed the 2013 theme of 'At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington' as the base design for the T-Wall. (U.S. Air Force photo by Senior Master Sgt. George Thompson)

trying to encompass everything in such a small space and not miss something," said Dawson.

"The ones I have are Abraham Lincoln for politics, Tuskegee Airmen for military, Maya Angelo for literature, George Washington Carver for science, B.B. King for music and Jackie Robinson for sports," said Dawson.

Dawson estimates it will take 15 to 20 hours to stencil the project after work but Dawson will not allow the early winter sunsets to stand in his way of completing the project.

"We're CE we can put carts out there with lights on them," said Dawson.

Even as the unveiling nears, Dawson remains a far cry from your mainstream uncompromising artist.

"Until the last brush stroke happens, it's still a work in progress," said Dawson.

Non-Commissioned Officer Academy Graduates Association



NCOAGA Officers from left to right: Tech. Sgt. Jeremy Hunt (Secretary), Master Sgt Byron Hayes (President), Master Sgt Jonathan Liermann (Vice President), and Master Sgt. Rachel Hester (Treasurer)

The Non Commissioned Officer Academy Graduates Association (NCOAGA) is an organization of highly motivated professionally trained NCOs that meet to promote in residence Enlisted PME. We strongly believe in the Air Force Core Values, customs, and Patriotism. This summer, the Volunteer Chapter will be hosting Seminar 45 here at the McGhee Tyson ANGB. This is an exciting opportunity to get involved in a high exposure project that will benefit the Air National Guard for years to come. NCOAGA members old and new from all over the country will be here to network, and learn new leadership skills. Since the Volunteer Chapter will be hosting the event we are in need of support. At this time we are looking for a few leaders base wide to join our organization and support this noble cause. The only requirement is

that you have completed in-resident PME at any level. According to Maj Gen I.G. Brown, the namesake of the Training and Education Center, "McGhee Tyson is the jewel of the Air National Guard." The NCOAGA is an organization that fosters ways to continue this legacy. Please consider this exciting opportunity as a way to network and expand your leadership tool box.

For the Vets!

Capt Stephanie McKeen, 119 CACS, recently had the honor and privilege to share the stage with one of country music's shining stars and show off her talented vocals as well as take part in giving back to the military veterans of Tennessee.

Tennessee Veterans Business Association (TVBA) hosted a job fair in February at the Knoxville Expo Center. They supported local veteran organizations and allowed networking opportunities for area Vets. The Job fair closed out with a concert given by country singer Aaron Tippin. The concert raised money for military programs including the Wounded Warrior Project. (Photo by Jonathan Williams, Founder/Chairman TVBA)





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

Women's History Month



Women Airforce Service Pilot Marty Wyall, Sgt. Vanessa Sheffield, Women's Auxiliary Ferrying Squadron Pilot Betty Gillies and Air Force Thunderbird Pilot Maj. Nicole Malachowski show the accomplishments of women serving in the Air Force. (Photo illustration/Virginia Reyes)

Starting in 1987 the Women's History Month Project petitioned Congress to recognize the entire month of March as Women's History Month. Since then, presidents have issued proclamations every year to encourage all Americans to observe this month with appropriate programs, ceremonies and activities, and to remember throughout the year the many contributions of courageous women who have made this nation strong.

Air Force women who have made a difference include Women Air Force Service Pilot Marty Wyall, Women's Auxiliary Ferrying Squadron Pilot Betty Gillies; Sgt. Vanessa Sheffield, a C-130 Hercules maintainer in the 1970s; and Air Force Thunderbird Pilot Maj. Nicole Malachowski.

Thousands of women have helped make this the greatest Air Force in the world.

Other highlights:

- Staff Sgt. Esther Blake was the "first woman in the Air Force." She enlisted in the first minute of the first hour of the first day regular Air Force duty was authorized for women on July 8, 1948.
- The first female navigator candidates report to Mather AFB, Calif., to begin undergraduate navigator training on March 10, 1977.
- Jane Leslie Holley became the first female officer commissioned through the Air Force Reserve Officer Training Corps program on March 17, 1971. She graduated from Auburn University in Alabama.
- Capt. Sandra M. Scott, a KC-135 Stratotanker pilot, became the first female tanker commander to perform alert duty for Strategic Air Command, March 23, 1978.
- An all-female crew, assigned to the 351st Strategic Missile Wing, Whiteman AFB, Mo., stands Minuteman missile alert under the gender-specific crew policy on March 25, 1986.
- In 1995, Capt. Martha McSally was the first female to fly combat missions
- Col. Eileen Collins became the first female space shuttle commander on July 22, 1999.



MEDICAL SCHEDULE

SATURDAY UTA

0815-1130 HOURS
 0830-0850 HOURS
 0830-1130 HOURS
 0830-1130 HOURS
 0900-1100 HOURS
 1000-1030 HOURS
 1130-1230 HOURS
 1300-1400 HOURS
 1300-1400 HOURS
 1300-1400 HOURS
 1300-1330 HOURS

PHAS
 FITNESS FOR DUTY EVALUATIONS
 IMMUNIZATIONS
 QNFT TESTING
 ALL DEPLOYMENT PROCESSING/ANAM TESTING (TBDD)
 NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)
 LUNCH
 BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS
 IMMUNIZATIONS
 DEPLOYMENT HEALTH ASSESSMENTS-(O'BRIEN)
 FITNESS TESTING EVALS (ALLEN)

SUNDAY UTA

CLOSED FOR TRAINING WITH EXCEPTION OF FOLLOWING TIMES:

0845-0900 HOURS
 0900-1000 HOURS
 1300-1330 HOURS

FITNESS FOR DUTY EVALUATIONS
 SMALLPOX BRIEFING (CONFERENCE ROOM)
 IMMUNIZATIONS



NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION.
 NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL EXAMINATION.
 NOTE 3: IF YOU WEAR GLASSES YOU MUST BRING THEM WITH YOU FOR PHYSICAL. PLEASE DO NOT WEAR CONTACT 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.

Stress Tips from Elizabeth, Your Wing Director of Psychological Health

According to the dictionary, permission means to authorize or allow to do something. To deal with stress, we have to give ourselves permission to de-stress. Some of the various ways of de-stressing are to not think, to be lazy, and to disconnect. These things are not bad if done in moderation. We need to be lazy or not think or to relax once in a while. It re-energizes us.

However, we often feel guilty for indulging in such things as disconnecting or a bit of laziness. To rid ourselves of guilt, we have to give ourselves permission.

So, what do you give yourself permission to do?

Until next time, Happy Psychological Health



Senior Master Sgt. Tadd Goehring enjoys a chat with residents of the Eastern Nebraska Veterans Home Feb. 16, 2011, near Offutt Air Force Base, Neb. Sergeant Goehring is assigned to the 55th Aircraft Maintenance Squadron. (U.S. Air Force photo/Jeff W. Gates)

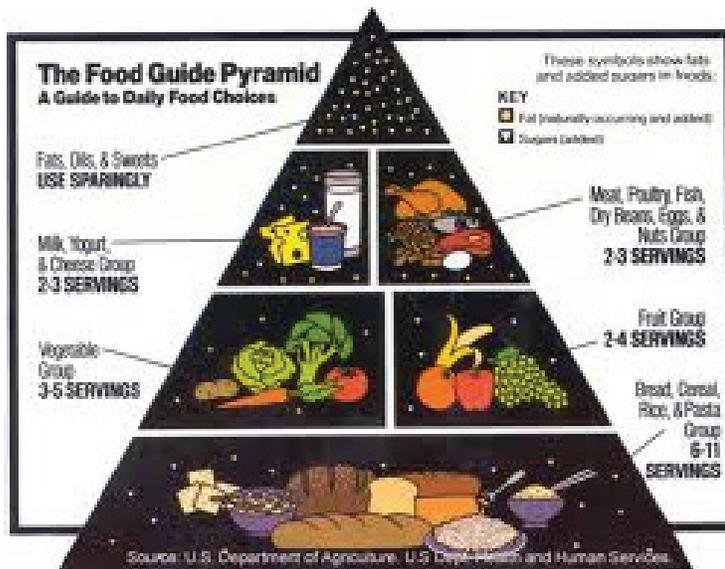


MEDICAL MINUTE

By Capt. Jennifer King, 134 MDG

Happy National Nutrition Month, otherwise known as March. While I have discussed nutrition in the past in broad generalizations, I would like to get a little more in depth this month. Specifically, I would like to talk about the different nutrients, why our bodies need them and how much we need of each.

Macronutrients – The three macronutrients are carbohydrates, protein and fat. These are the three “types” of nutrients that we eat the most of and they



provide the bulk of our energy.

Carbohydrates - breads, pastas, sweets, rice, starchy vegetables (essentially all sugars and foods that break down to sugars as they digest). Carbs provide us quick energy (fuel for whatever our body needs to do now) and stored energy (to be used should our body encounter a need in the future while it has no food source to draw from). The best carbs are “complex,” meaning they are unprocessed and burn slowly (whole grains, legumes and veggies vs white bread or cake).

Protein – found in meat, seafood, dairy products, eggs, nuts and beans. Protein provides slow burning energy, keeps your blood sugar steady, is the building blocks of muscle and helps regulate your hormonal systems. The best sources of protein are those that are unprocessed and lower in saturated fat (a piece of home cooked lean beef or a non-red meat source is better than a fast food meat product).

Fats – found in animal products, dairy, oils, nuts and some veggies, like avocados. Fat is a necessary component of a healthy diet, providing the following vital benefits... healthy nervous system (the myelin sheath that surrounds every single nerve in your body is 80% fat and necessary

for nerve function!), enhanced energy (each gram of fat yields double the energy of carbs or protein), aids in regulating hormones, enables your body to absorb fat soluble vitamins, protects vital organs such as your kidneys and heart, leaves your stomach slower than any



other nutrient, holding off hunger pangs. The healthiest fats, also known as unsaturated fats, are found in fish, nuts, avocados and olive oil. Saturated fats, or fats that are solid at room temperature (grease from meats, butter, etc) are harder for your body to digest and can deposit in your blood vessels forming the clots that create heart attacks and strokes. Trans fats or hydrogenated fats (margarine, fast food cooking oil and fillers in prepackaged foods) are the worst type of fats. Not only do they deposit like saturated fats, they are also man made and processed with chemicals that are possibly carcinogenic (cause cancer). The only real way to avoid trans fats is to eat fresh, non-processed, non-fried foods and cook with olive oil, not margarine.

Micronutrients – The four micronutrients are vitamins, macrominerals, trace minerals and organic acids. While micronutrients do not provide our bodies with energy (they have no calories), they are necessary for your body to be able to make enzymes, hormones and other compounds needed to maintain health. Each vegetable, fruit and whole grain provides different micronutrients. Eating not only enough vegetables, but also as wide a variety as possible is the best way to ensure no deficiencies in your diet.

This article contains a lot of good information that can be hard to put into beneficial practice. Next month, I will share a basic plan for how to use this knowledge to create a healthy eating plan.



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.

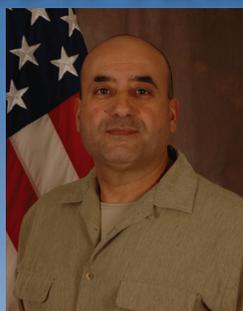
*****Security Clearance Process** - All new enlistees please ensure you have logged onto www.opm.gov/e-quip, to initiate your clearance. Once you have logged on, you have **60 DAYS** to complete this. This is a **mandatory** item. **Failure to complete on time will result in a counseling session with 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>

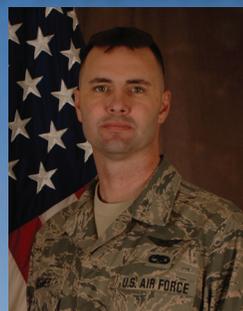
NEW AIR GUARD MEMBERS



TSgt Kimberly Johnson
134 LRS



SSgt Michael Kurzum
134 OPS



SSgt James Moshier
134 MXS



SrA Bradley Cantwell
134 MXS



A1C Wesley Johnson
134 MXS



A1C Jesse Buckner
134 MXS



A1C Joshua Brewer
119 CACS



A1C Robert Hall
119 CACS



A1C Brandon Smith
134 MXS



AB David Perry
134 CES



AB James Henderson
119 CACS



AROUND BASE

ROCKY TOP DINING FACILITY



Saturday:

- Szechuan Chicken
- Roast Beef
- Mashed Potatoes
- Peas w/ Mushrooms & Onions
- Beets
- Gravy
- Asst Fruits & Breads
- Yogurt
- Salad Bar
- Assorted Drinks
- Assorted Desserts

Sunday:

- Chicken Parmesan
- Beef Stew
- Cauliflower Combo
- Fried Cabbage
- Paprika Buttered Potatoes
- Steamed Rice
- Gravy
- Asst Fruits & Breads
- Yogurt
- Salad Bar
- Assorted Drinks
- Assorted Desserts

JEAA



The Junior Enlisted Advisory Association will be meeting in Bldg 134 in the FSS classroom on Saturday drill from 14:30 p.m. to 15:30. All E-1s through E-6s are encouraged to attend!



U.S Air Force photo by Master Sgt Kendra Owenby, 134 ARW Public Affairs