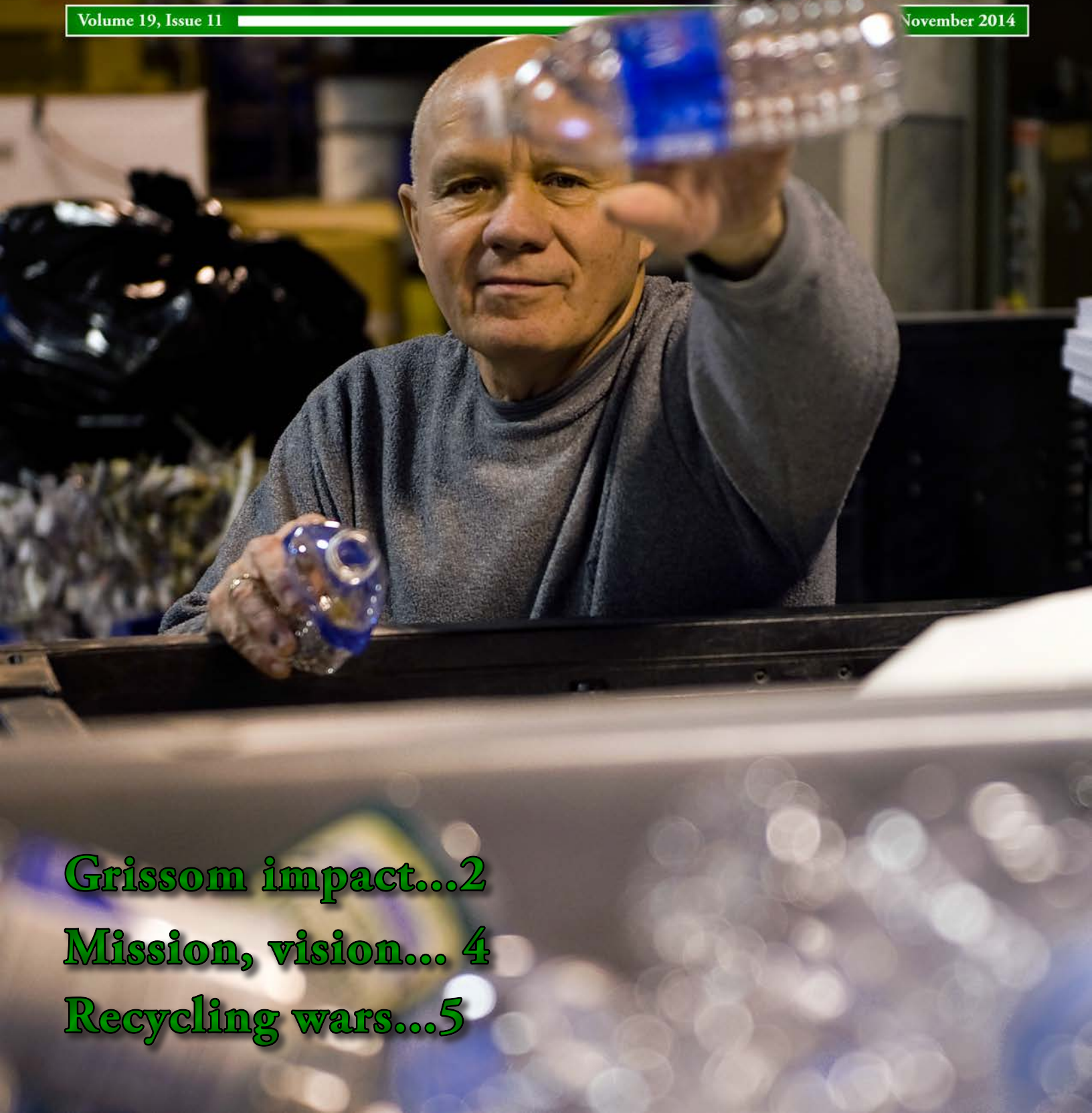


# Heartland WARRIOR

Volume 19, Issue 11

November 2014



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# Heartland WARRIOR

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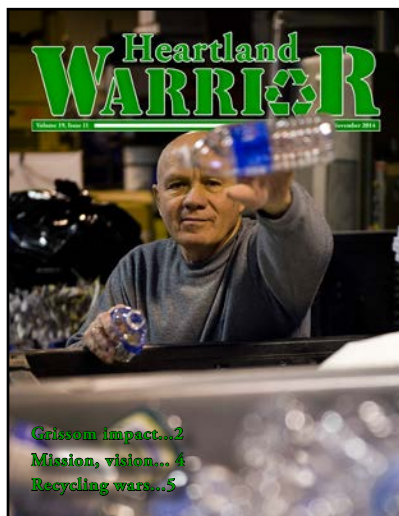
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U.S. Air Force photo by Tech. Sgt. Mark Orders-Woempner

## On the cover...

Dan Miller, 434th Civil Engineer Squadron general services and support worker, tosses a plastic bottle as he sorts through recycling at the civil engineer complex here at Grissom Oct. 30. Last year alone, Grissom recycled 420 tons of material as part of its recycling program, which equates to 51 dumpsters per week that were kept out of landfills, giving Grissom a positive diversion rate.

# Grissom has \$128M impact

By Tech. Sgt. Mark  
Orders-Woempner  
Public Affairs staff

Grissom is always having an impact around the globe, but the north-central Indiana base is also having an impact here locally – a financial one.

The 434th Air Refueling Wing recently announced the base had a \$128 million economic impact on the surrounding local economy for Fiscal Year 2014.

“We were very excited to hear that a recent analysis indicated that our economic impact is approaching \$130 million, which is a more than 9 percent increase from the previous year,” said Col. Doug Schwartz, 434th ARW commander. “It speaks to the tremendous impact Grissom has both locally and regionally.”

That increase is a much needed dose of good news for those who work and live on or near the base, said Jason Dunn, 434th ARW controller.

“In the current climate of Sequestration and other Department of Defense budget cuts, you would expect to see the economic impact on our community decreasing, but instead, our impact is increasing,” Dunn elaborated.

With more than 2,300 employees, the base contributed nearly \$72 million in military and civilian payroll alone last year.

“The 434th continues to be the largest employer in Miami County and provides a significant economic impact on our community and region,” said Jim Tidd, Miami County Economic Development Authority director.

On top of that, Grissom, in many aspects, is like a small city, with its own fire and police departments, store, workers, families and community. And, like any city, the base purchased goods, services, utilities, office supplies, fuel and equipment from the civilian community.

Through those purchases last year, the base contributed more than \$33 million to the economy.

The base also had an indirect impact through the number of jobs created to support Grissom and its mission. It was estimated that 493 jobs were created as a result of the base last year, with an economic impact of nearly \$24 million.

“We want to continue, as a community, to find ways to help the 434th continue to prosper and grow,” said Tidd.

“This speaks volumes to the unique relationship that Grissom has with the local area,” said Dunn. “We could not continue our mission without their support, and it’s satisfying to know that we are giving something back in return.”

“It’s a two-way street that benefits everyone,” he concluded.



U.S. Air Force graphic by Tech. Sgt. Mark Orders-Woempner

The 434th Air Refueling Wing recently announced Grissom had a more than \$128 million economic impact on the local economy for Fiscal Year 2014.



# Grissom AICUZ results help community planners



U.S. Air Force photo by Tech. Sgt. Mark Orders-Woempner

Col. Doug Schwartz, 434th Air Refueling Wing commander, speaks with Christy Householder, Cass County director of economic development, about a recently released air installation compatible use zone study in Peru, Ind., Oct. 23.

**By Tech. Sgt. Mark Orders-Woempner**  
*Public Affairs staff*

Being a good neighbor often means looking out for one another, which is what Grissom's environmental management team sought to do with a recently released study.

Col. Doug Schwartz, 434th Air Refueling Wing commander, along with members of the 434th Civil Engineer Squadron, held a public meeting to release the results of an air installation compatible use zone study in Peru, Ind., Oct. 23.

"The AICUZ program is designed to assist local authorities in protecting areas adjacent to an installation," explained Schwartz. "This includes identifying land uses that

are considered incompatible in areas with high noise levels and minimizing the potential for exposure to aircraft mishaps."

The study found that noise contours above the 65 decibel level had reduced by 20 percent since the last one was conducted in 1995.

"That's the good news story here," said Schwartz.

While the AICUZ study first focused on noise, it also evaluated the local communities land use within accident potential zones.

APZs were developed by the Department of Defense to identify where aircraft mishaps were most likely to occur and are the same at all DOD air bases.

All three zones extend from both ends of Gris-

som's runway and are 3,000 feet wide. The clear zone extends 3,000 feet beyond the runway, APZ I extends 5,000 feet beyond that and APZ II extends an additional 7,000 feet from APZ I.

"I had no idea how far out the APZs extending into Cass County," said Christy Household, Cass County director of economic development. "This is something we definitely want to get together with our planning team on so that we make sure our development doesn't encroach on the base."

To aid in encroachment avoidance, the AICUZ study also made several recommendations, included below.

- That local governments inform Grissom of planning and zoning

actions that have the potential of affecting air operations.

- That any future adopted versions of comprehensive or master plans incorporate AICUZ policies and guidelines.

- Ensure that planners from Grissom are included as stakeholders in any meetings for the proposed modification of U.S. Highway 31.

- That local governments incorporate the noise zones and APZs into their land use maps and geographic information system layers.

- That Cass County consider an airport overlay district for the Grissom noise zones and APZs similar to the district that the county has in place for the Logansport-Cass County Airport.

# Hoosier Wing focuses on mission, vision

**By Tech. Sgt. Mark Orders-Woempner**  
*Public Affairs staff*

While the mission of the Hoosier Wing has not changed since it received its first KC-135 Stratotanker in 1987, an effort to refocus on that mission is intended to bring changes to the unit's priorities.

Commanders, chiefs, senior air reserve technicians and other 434th Air Refueling Wing leaders gathered together to reevaluate the wing's mission and vision statements, priorities, and objectives for the upcoming year during an enterprise value stream analysis and strategic alignment and deployment event here Oct. 27-29.

"It was great to be able to get the leadership team together to create an enduring mission statement and vision for the 434th ARW," said Col. Doug Schwartz, 434th ARW commander, about the Air Force Smart

Operations for the 21st Century, or AFSO21, event.

That mission, as defined in the EVSA event, is "to provide world-class air refueling and combat-ready citizen Airmen answering our nation's call."

Looking ahead, the senior leaders developed a vision that the 434th ARW will "be the premier wing of choice - developing our Airmen and capabilities - fueled by innovation, efficiency and excellence."

The leaders also had to ensure the 434th ARW mission and vision statements aligned with those of the Air Force, Air Force Reserve and 4th Air Force, said Lt. Col. Patricia Latham, 434th ARW process manager.

"The outcome was that we were able to come out with tangible priorities to shape the wing's objectives for the coming year," said Schwartz.

Those priorities included recruit-

ing and retaining high-quality Airmen; training and developing professional Airmen to meet mission requirements; procuring and sustaining state-of-the-art equipment and resources to remain a viable and relevant force; continuously improve through innovation and technology; and exercise and execute the mission with the right people, the right resources, at the right time.

The EVSA event was kicked off with a focused leadership brief from Col. Raymond Kozak, 512th Airflift Wing commander, and Maj. Cathy Anderson, 512th AW process manager.

The event also allowed the 434th ARW's leaders a chance to interact both personally and professionally.

"It enabled us to get the team together so we could get to know each other a little better and share thoughts and ideas from across the various functions in the wing," said Schwartz.



*U.S. Air Force photo by Tech. Sgt. Mark Orders-Woempner*

Lt. Col. Patricia Latham, 434th Air Refueling Wing process manager, center, discusses 434th ARW objectives for 2015 with Chief Master Sgt. Karen Perkins, 434th ARW command chief, left; Maj. William Chapman, 434th Maintenance Squadron commander, far right; and Lt. Col. Therese Kern, 434th Aerospace Medicine Squadron commander, behind, during an enterprise value stream analysis and strategic alignment and deployment event here at Grissom Oct. 27-29.



# Grissom fights future wars by recycling



U.S. Air Force photo by Tech. Sgt. Mark Orders-Woempner

Dan Miller, 434th Civil Engineer Squadron general services and support worker, tosses a cardboard box as he sorts through recycling at the CE complex here Oct. 30.

**By Tech. Sgt. Mark Orders-Woempner**  
*Public Affairs staff*

Wars of tomorrow are often decided by decisions made in the present, and with that in mind, Grissom is focused on an enduring solution to be ready for those future fights – one crushed can at a time.

Last year alone, Grissom recycled 420 tons of material as part of its recycling program, said Cory Walters, 434th Civil Engineer Squadron biological scientist who manages the program.

To put that number in perspective, 420 tons equates to 51 dumpsters per week that were kept out of landfills, giving Grissom a positive diversion rate as the base sent more to be recycled than to landfills.

And that, Walters said, not only preserves the environment, but ensures mission capability for the future.

“It really is about supporting the mission as recycling reduces our

environmental impact, which means we’re spending less money on fixing contaminated soil or paying for solid waste to be removed,” he continued.

Through its recycling efforts, Grissom brought in nearly \$30,000 last year, which helped finance the program.

“We’re saving the environment and saving money, because I’m not asking for appropriated money to purchase bins, parts or supplies,” explained Walters. “That allows that money to be used on training reservists, or even in the big picture, procuring new technologies and weapon systems.”

Recycling also creates a safer environment for Grissom’s Air Force, Army and Marine Corps reservists to prepare for combat.

“We’re minimizing the impact of water pollution, air pollution, or whatever you considered unwanted consequences from a landfill, which provides us a better place to live, work and train,” said Walters.

While the biological

scientist manages the program, Walters said its champion is Dan Miller, 434th CES general services and support worker, who is the person out in the field daily gathering, tearing down and sorting recyclables.

While mission preservation is important to Miller, he said he focuses on a more personal aspect while sifting through discarded cans, bottles and waste each day.

“It’s not a glamorous job; it’s a thankless job,” Miller elaborated. “But, recycling just makes sense to me, so I think about my little grandkids and how I’m helping them out by keeping all this stuff out of the landfills.”

What exactly was kept out of landfills last year thanks to Miller were 581 pounds of alkaline batteries, 4,292 pounds of lead-acid batteries, 72,100 pounds of scrap metal, 5,433 pounds of used tires, 650,000 pounds of wood, 1,400 pounds of used cooking grease, 1,618 pounds of toner cartridges, 58,050 pounds of paper and 47,474 pounds of miscellaneous items.

“What I really like about our program is that our recycling team is customer oriented and will do whatever they can to help you recycle,” said Col. Doug Schwartz, 434th Air Refueling Wing commander. “If it can be recycled, they will find a way to recycle it, which is why these very dedicated individuals are just another reason we’re a world-class organization.”

While Miller and Walters may be at the tip of the spear in fighting to pre-

serve Grissom’s environment, they both said it’s a team effort that wins the war on waste.

“I run that program, but it’s dependent on how everybody else contributes,” said Walters. “We’re one big family, so if each member of the family contributes, it makes it that much easier to make a big difference.”

To help team Grissom make that difference, recycling program earnings were recently used to buy 28 new large bins already in place around the base.

“The biggest impact there is in billeting, where each of the common areas will have a bin in it,” said Walters, who isn’t stopping there in an effort to make recycling more convenient.

“My goal is to get a recycling bin at every desk, so everyone has the option to make the right choice,” he said. “If you don’t have a bin at your desk, come get one from us.”

On top of taking the time to recycle, Miller also said Grissom Airmen can make a better difference by paying more attention to detail when it comes to their recyclables.

“People need to make sure they put things in the right bin,” he said.

“Don’t put items in recycling that shouldn’t be in there,” agreed Walters. “If you don’t want to handle it after a week, we probably don’t want to handle it, either.”

In the end, Walters said his main message is simple – recycle.

“Please, take the time to find a recycle bin, because every little bit counts,” he concluded.

# Hands unite against domestic violence

**By Staff Sgt.  
Benjamin Mota**  
*Public Affairs staff*

Grissom Airmen sent a powerful message, not with written words or speech, but with creative hearts and colorful hands.

As part of Domestic Violence Awareness Month, aimed at educating people on how they can help end abuse, Grissom held an "I can, we can" project here Oct. 15.

"The purpose of the 'I Can, We can' is about expressing the difference we can all make in ending abuse," explained Amy Little, 434th Air Refueling Wing sexual assault response coordinator and behavioral health support coordinator. "The event shows that each individual can make a difference; in this case by taking time from their daily routine to make a personal commitment to end violence through creative expressions."

During the event participants expressed their personal commitment to ending violence by using their hands as canvases and completing the statement "I can \_\_\_\_\_ to end domestic violence."

"There was no wrong way to participate in this event," said Little. "No idea was too small to be important or too big to be possible."

Each individual expressed their ideas by decorating their own hands or a paper cutout of a hand with paint, makeup, markers, glitter and more in a way that highlighted their individual expression.

"When I heard about the



*U.S. Air Force photo by Staff Sgt. Benjamin Mota*

**Amy Little, 434th Air Refueling Wing sexual assault response coordinator, assembles an art display with decorated hands, as part of an "I Can, We can" project at Grissom Oct. 15.**

event, I felt it would be a good opportunity to have the ability to actually do something about domestic violence," said Staff Sgt. Lamar Woods, 434th Operations Support Squadron air crew flight equipment specialist. "I chose the words 'I can be a helping hand' because everything we do to educate people about domestic violence makes a difference."

Through education, Little hopes to unite and ultimately create a culture shift in the way people sometimes view domestic violence.

"Educated individuals become empowered with the belief that they can and

will make a difference; ultimately becoming part of a collective movement that does not tolerate abuse," said Little. "I believe the goal of bringing awareness to issues such as domestic violence is to change the culture from one that looks the other way to one that makes an impact."

According to national statistics, one in every four women will experience domestic violence in her lifetime, children who witness that violence have the strongest risk factor of transmitting violent behavior from one generation to the next, and most cases are never reported to the police.

"Creating awareness about the issue decreases the stigma and the isolation for individuals and increases support," added Little. "Too many times we look at issues like domestic violence and think 'I can't' because it feels too big, it's not your issue, or what you do doesn't matter."

"This event is an opportunity to release those 'I can't's' and realize the potential of your 'I can,'" she added.

Some of the ideas generated by Grissom's participants to answer the "I can" statement included phrases such as "be a helping hand," "listen," "be aware," "make a change today," "speak," "take a stand," "believe in yourself" and more.

"Each individual's message from the event reinforces [participants] own ability to be the 'change they wish to see in the world' and also communicates support and encouragement to others who will see their creative expressions," Little explained. "Individually and collectively we are a force of change to end domestic violence at Grissom, our local communities and communities at large."

In all, the event was a success and participants learned from it, said Little.

"Participants learned how this issue requires each one of us to commit to a positive change," she said. "I think they also learned they are not alone, and although domestic violence may not be an issue in their own life, statistically it may affect someone in their life circle."



# Little engine, big fight: GFD gets new RIV

**By Tech. Sgt. Douglas Hays**  
*Public Affairs staff*

Bigger isn't always better and a new fire truck at Grissom is shiny proof of that sentiment.

Grissom recently got a new rapid intervention vehicle that will enhance the already strong firefighting capabilities of the Grissom Fire Department, said Tim McMahon, assistant chief of operations.

The truck, tagged a P-34, is based on a one-ton chassis, is dwarfed by specialty pumper, rescue and ladder trucks housed around it in the bays at the fire department, but the little responder has a couple big advantages, said McMahon.

"The vehicle is highly mobile, and its crew of two can deploy quickly for a rapid attack," he added.

The truck uses technology to make up for its lack of size and water hauling capabilities.

Using an ultra-high-pressure system, the truck uses less water than current conventional pumpers.

"The high pressure, combined with a smaller nozzle opening, causes disbursement of smaller droplets of water," explained McMahon.

"This gives you more

effective firefighting capabilities because the smaller droplets provide more coverage and reduces the temperature of the heat source."

That water conservation also allows crews to stay on scene longer.

The truck holds just 400 gallons of water, but because of the reduced droplet size it actually extends the capacity to three-and-a-half times that of conventional truck. By using the ultra-high pressure that 400 gallons equates to an equivalent of about 1,400 gallons delivered on scene.

The truck is also capable of spreading 75 gallons of fire retardant foam using the same technology in a thinner blanket to extend coverage capabilities.

Whatever option the crew chooses to use to fight a fire, getting to the fire quickly is crucial.

"Our theory is we want to get that truck out there as soon as possible," McMahon explained. "It can get out there quicker, hit the fire quicker and begin making a difference quicker."

The little truck has 100 foot turret reach, with good wind, getting a quick initial attack to allow crews time to get other hand lines deployed.

The hand lines also use high pressure

and are one-inch hoses as opposed to a one-and three-quarter-inch. They, too, dissipate smaller water droplets to soak up more heat from the fire.

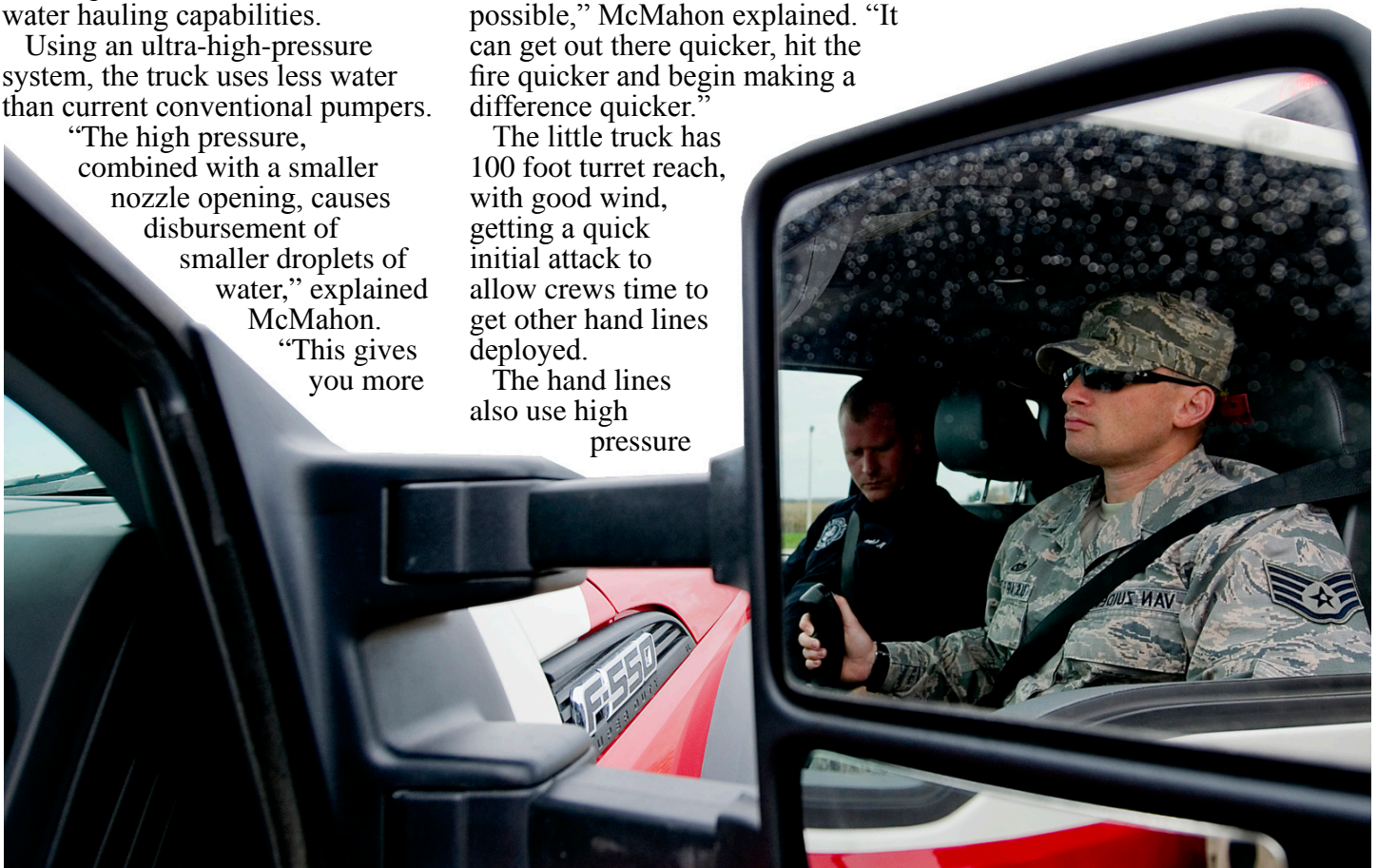
"This seems to be the way the whole fire service is going toward - taking advantage of new technology," he said.

As GFD crews train on the new truck, leadership is looking at how to best incorporate its capabilities into the firefighting mix.

"We're working it into our system right now, looking at difference scenarios both on and off base," McMahon said. "This is something we can use for responding to motor vehicle accident or for tanker trucks delivering fuel."

"If there is a pool of fuel on fire, we can use the foam to blanket that pool and extinguish it," he added.

*See 'New RIV' page 8*



*U.S. Air Force photo by Tech. Sgt. Douglas Hays*

Staff Sgt. Joshua Van Zuiden, right, and Adam Osborn, both Grissom firefighters, apply high pressure water to a simulated aircraft fire using a new rapid intervention vehicle during a training exercise at Grissom Oct. 28.

# 'Angels' help make holidays brighter

**By Tech. Sgt.  
Douglas Hays**  
*Public Affairs staff*

Lots filled with Christmas trees haven't quite sprung up yet, but one special tree is already being decorated at Grissom – the Angel Tree.

The Grissom Angel Tree Program is designed to assist people who might need a little tender loving care during the holiday season, said Jill Marconi, Grissom's Airman and Family Readiness Center director.

Names of children are placed on the tree, and base personnel who volunteer as angels anonymously buy their chosen family's children gifts based on the information provided.

Just the children are provided for, not the sponsors.

"Anyone can be nominated," Marconi said. "They can range from young parents just starting out, single parents



*U.S. Air Force graphic by Tech. Sgt. Mark Orders-Woempner*

needing just a boost, or even single Airmen that are just getting their feet under them.

"These aren't needy people, just people who could use a little assistance to make their holidays brighter," she added. "We want them to know they are important to us and we appreciate the work they do here."

When nominating someone the A&FRC staff gathers information like clothing sizes, favor-

ite colors, favorite toys, etc. all to help make their Christmas more wonderful.

Angel gifts are due to the A&FRC Dec. 6, so that any gaps can be identified. Marconi and her team will then go out that buy any last-minute gifts needed.

"If they can't go shopping, I will go shopping for them if they just want to donate money," said Marconi. "We just need to make sure we have the

exact same number of gift baskets as we have families.

"We received a very nice donation from the Grissom Community Council to help us get the ball rolling," she added.

The gifts are paired with food baskets as well, and the A&FRC needs non-perishable items for those food baskets.

Those wishing to donate food can drop off items at food collection bins around base or can bring them directly to the A&FRC.

"In 2013 we had 55 families that were nominated and about 150 children had a brighter Christmas thanks to our angels," she said. "Grissom is a giving base, and the more that's given, the more we will be able to bless these families; it's a wonderful thing to do."

For more information on how to help, contact Jill Marconi at (765) 688-4812.

## New RIV, from page 7

"This allows us to take a truck up close instead of hand lines, so it's theoretically safer for our firefighters."

"Having this vehicle will make our ability to protect Grissom more effective and more cost efficient," McMahon said.

As with any new piece of equipment, crews must be trained and certified to use it.

Grissom has the advantage of having several firefighters that have worked at other locations that used these rapid intervention vehicles.

"We identified those with experience and are using them as trainers to get the rest of us up to speed," McMahon said. "It's a nice

advantage to have."

Two of those people with experience are Staff Sgt. Joshua Van Zuiden, and Adam Osborn, both Grissom firefighters.

Van Zuiden worked on the RIV while stationed at Columbus AFB, Mississippi - an Air Education and Training base for flight training.

"It is an ideal tool for responding quickly, and the high pressure system is a great alternative to the traditional large volume, low pressure systems," Van Zuiden said.

"It offers quick response and additional manpower for an initial attack," Osborn said. "You can start fighting right away until larger

vehicles arrive."

Manning for the crews is similar to other vehicles. The fire department uses over-manned positions. That means that a crew trained to run a ladder truck, is also trained to run the RIV. It gives the fire department trained operators in whatever situation is needed.

The little truck that could is also a throwback in a way, said McMahon.

"For the old guys it's a throwback to the old days where the P-10 rescue truck of years ago, based on a truck platform," he said. "It's a lot like driving a pickup-but a pickup with an enormous firefighting capability."



# Bone marrow drive set for December UTA

By Tech. Sgt. Douglas Hays  
Public Affairs staff

Tech. Sgt. Eileen Zlaty saved a life in 2014 by doing something she had forgotten about in 2008, and in December, Grissom Airmen will have an opportunity to do the same.

Zlaty, 434th Aerospace Medicine Squadron health services management journeyman, is spearheading a bone marrow drive to help those at Grissom join the National Marrow Donor Registry.

The drive will be held from at the 434th AMDS from 9-11 a.m. and 1-3 p.m. Dec. 6 and 11 a.m.-2 p.m. in Dock 1 Dec. 7 here following commander's call.

The drive is something Zlaty said she is passionate about because of her own experience.

While training at Wright-Patterson Air Force Base, Ohio, a then Senior Airman Eileen Smith, now Zlaty, volunteered for a simple cheek swab for entry into the Registry through the C.W. Bill Young Department of Defense Marrow Donor Program.

"I was on a break, it took a few seconds and honestly I had forgotten about it," she recalled.

*Fast forward to December 2013.*

"I got a phone call saying I was a match, and I honestly didn't even remember registering," she said.

"You can be on the registry your entire life and not become a match – it's a pure miracle to be a match because it's DNA based."

Zlaty said she was directed to go to a local blood bank for further testing, and the results would be available in three to 16 weeks.

"Sixteen weeks later they called and told me I was a 100 percent match to a 19-year-old Turkish boy with terminal leukemia," she said.

The news may have been great, but the timing wasn't.

"I was supposed to leave for the Noncommissioned Officer Academy in five days, and they wanted me to fly to Washing-

ton, D.C., for a physical exam," she explained.

Zlaty spoke with Lt. Col. Therese Kern, 434th AMDS commander, and was on her way to Washington two days later.

"As she explained the situation to me and her options, I gave her my 100-percent support to donate," Kern said. "She is an amazing individual who was able to give her bone marrow to save a life. That is something that doesn't happen every day."

"To me it was a no brainer," Zlaty said, "I had a chance to give life to someone, so off to D.C. I went."

While in D.C., the hopeful volunteer underwent an extensive physical exam.

"They basically said I was an ideal donor," said Zlaty. "And, a week later, I was back for the procedure."

The transplant process, long perceived to be a painful one, has evolved.

"Gone are the days they take the marrow from your hip in a painful procedure," she said. "Now, they give you injections of a drug designed to increase the number of stem cells in your blood system."

Injections are given in the back of each arm one time a day.

"On the fifth day, they put a line in a vein to draw blood, run it through a special machine, harvest the stem cells and then put the blood right back into you," said Zlaty.

"The process itself isn't too painful -- the worst part is there is some muscle and bone pain from the injections leading up to the harvesting, and I got headaches," she continued.

"You're just extremely fatigued because your body is producing such an extreme amount of stem cells. I basically slept for five days because I was completely drained."

While the discomfort levels are minimal, the payoff

is great, she said.

"It was like a scene from a movie," Zlaty recalled. "When I was done, this lady from Turkey comes in with a cooler, packages my stem cells, runs to a plane to fly back to Turkey – it was really exciting."

Her donation was an international donation, so contact cannot be made with the recipient for a year. If she would like to talk to them and they would like to talk to her after that time, the donor program will assist in making the connection.

"They told me no news is good news and that results were very positive," Zlaty said. "They said I had one of the highest counts of stem-cells that they had ever seen."

"It was so worth the effort," she added. "I feel if we're not doing something in our lives to improve the lives of others – then we really have no purpose."

Zlaty also explained the experience ignited a passion for this medical issue and she wants to share that with others.

"When she came back, she was so proud, just beaming with excitement that she was able to help someone," Kern said. "This memorable experience has certainly motivated her to continue to reach out and help the others understand the bone marrow donation process."

And reaching out is exactly what Zlaty did after her experience.

"I asked the doctors in D.C. how we could get this to Grissom," she elaborated. "How do we get people to be aware of the donor list so they may make a difference in someone's life?"

The answer came when she contacted a research coordinator.

"The research coordinator said 'tell me a date, time, location, I'll do the flyers and kits and get them to you – all you need is medical personnel to take the swabs,'" she relayed. "Well, I work in a clinic, so that part was easy."

So in December wing members can join the registry, with the hopes of one day helping someone else.



# Grissom Marines exercise combat fitness

By Staff Sgt.  
**Benjamin Mota**  
*Public Affairs staff*

The U.S. military has long held the belief that its forces should train as they fight, a belief that was put to the test as Grissom's Marines proved their combat effectiveness with top scores.

Marine reservists of Detachment 1, Communication Company, Combat Logistics Regiment 45, 4th Marine Logistics Group, conducted their annually-required combat fitness test, with more than 70 percent receiving the highest attainable score of 1st class, here Oct. 25.

"Our Marines work very hard, and I'm really proud of them," said U.S. Marine Corps Capt. Ryan Herbert, Detachment 1 commander. "These reservists have civilian jobs and school, so it's evident that they train hard, and that is all done during their spare time."

The CFT is a critical test used to prepare Marines for combat day-to-day operations, said U.S. Marine Corps Staff Sgt. Daniel Warner, Detachment 1 training chief.

"The CFT is a practical test closely associated with what Marines are expected to do in combat," Warner added. "The CFT makes us test the Marine's practical ability, which is more closely related to how we fight."

Unlike the Marine annually-required physical fitness test, consisting of a three-mile run, pull-ups and sit-ups, the CFT uses components broken

down into three sections which closely resemble scenarios Marines are likely to face in combat, said Warner.

The three sections of the CFT include: movement to contact, ammunition lift and maneuver under fire.

The 300-point test rates Marines as 1st class if they score between 270-300 points, 2nd class if they score between 225-269 points and 3rd class if they score between 190-224 points.

"Lifting ammo cans, low crawling, throwing a grenade and casualty evacuations; the CFT is reality based," said Herbert. "It's based on what you are actually expected to do in combat situations."

"During my deployment in Afghanistan we often-times found ourselves conducting the same or similar tasks," he added. "The training we did to prepare for this test was very helpful to me because we were accustomed to it."

The first section, movement to contact, consists of a timed 880-yard course to test endurance followed by the second section, ammunition lift, which requires Marines to lift a 30-pound ammo-can overhead, with elbows locked out, as many times possible, explained Herbert.

"Movement to contact, that one is usually one of the more challenging ones," he explained. "The ammo cans, they're not as bad, but the movement to contact is definitely big because you're sprinting 880 meters in boots,



*U.S. Air Force photo by Senior Airman Jami Lancette*

**U.S. Marine Corps Lance Cpl. Damon Yokum, Detachment 1, Communication Company, Combat Logistics Regiment 45, 4th Marine Logistics Group ground radio repairer, buddy carries U.S. Marine Cpl. William Hodestyn, Detachment 1 field radio operator, during the last portion of their annually-required combat fitness test at Grissom Oct. 25.**

as fast as you can to get from point A to point B."

The last section of the test consists of a 300-yard shuttle-run that incorporates a variety of combat-related tasks, including crawls, carries, ammunition resupply, grenade throwing and agility running, explained Warner.

"The last section of the test consists of [combat related tasks] that are not done often, like throwing a grenade," said Herbert. "By the end of the test you are smoked, but this

training might be the only opportunity to put these skills to the test until you go down range."

CFT's provides Marines with the confidence and experience they need, added Warner.

"You have to be prepared for everything, and the only way we can do that is by preparing for and passing the CFT," he added. "It really shows a high level of dedication and commitment to be combat prepared Marines."



# TSP mistakes could cost Airmen down the road

By Staff Sgt. Benjamin Mota  
*Public Affairs staff*

The phrase “hope for the best, but plan for the worst” is often used when referring to retirement savings, but for many hopes are placed in the hands of others with little planning, often resulting in retirement losses.

Each year federal employees and military members contribute to Thrift Savings Plan, but many are not aware of plans investment options, or the fact that upon enrollment employees are automatically placed in low interest earning government funds.

“Knowing where your money goes is a key aspect to TSP savings because each individual has different needs and capabilities when it comes to retirement savings,” said Katina Dimitro, a Department of Defense contracted personal financial counselor.

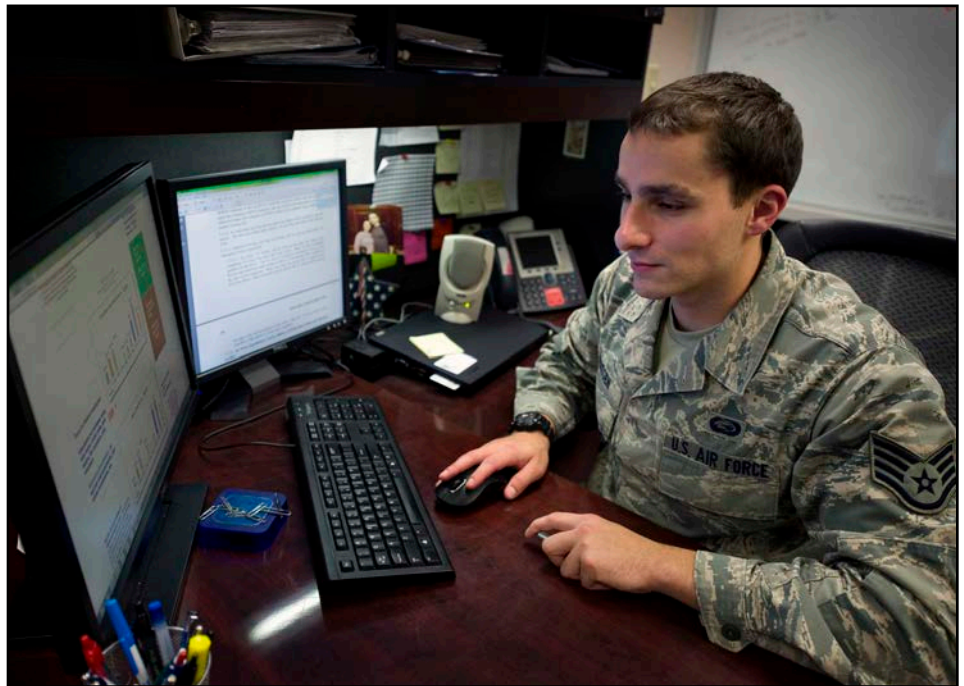
TSP is a tax-deferred retirement and savings plan for Federal employees and all military members, similar to 401(k) accounts in the private sector, and offers six different funds.

“The government securities investment fund is the default fund, because it is set up by Congress that way,” said Dimitro. “It is up to the individual to contact TSP and change their allocations to a fund that meets their financial needs.”

Leaving your TSP investments in the government fund is not suggested, because interest rates related to the fund often fall below the average annual inflation rate, added Dimitro.

According to the TSP web site, the average annual inflation rate from 1926 to 2010 was 3 percent, a rate that would reduce \$150,000 in today’s dollars to the purchasing power of \$61,798 in 30 years. The G fund has not provided annual returns above inflation rates since 2008.

Depending on an individual’s financial needs, Dimitro suggests that employees place their



U.S. Air Force photo by Staff Sgt. Benjamin Mota

**Staff Sgt. John Hentgen, 434th Force Support Squadron assistant chief of force management, looks at the Thrift Savings Plan website in his office at Grissom Nov. 1. Hentgen recently began investing into TSP and uses a variety of tools on the website to determine his retirement investment strategy.**

financial contributions into a life cycle fund.

“The life cycle funds are what are commonly referred to ‘one size fits most,’ and are based on your projected retirement dates,” explained Dimitro. “For instance, if you want to choose the lifecycle 2050 funds it might be more aggressive because you have more time before you will need the funds.”

The annual returns statement on the TSP website indicated that the lifecycle 2050 funds earned 26.20 percent interest rate in 2013 and 15.85 percent interest rate in 2012, but those funds also come with greater risks.

“Percentage rates are higher for the lifecycle 2050 funds because there is more risk involved,” said Dimitro. “But, investors using the fund are able to take more risk because their retirement dates are further away, allowing them to recover from any losses that might occur.”

In addition to the funding allocations, members have to determine if they are going to use

a traditional TSP savings or Roth TSP savings.

The TSP website states that Roth contributions are taken out of pay after income is taxed. When funds are withdrawn from the Roth balance, the contributor will receive their Roth contributions tax free, since contributions would have already been taxed.

“The Roth TSP was created in 2012,” said Dimitro. “Many people don’t even know that it is an option, due to its recent availability.”

TSP contributors must keep in mind that each individual has different needs, and each financial situation is unique before investing in a particular type of TSP fund.

“Everyone has different financial situations, and their investment strategy will be different,” explained Dimitro. “That is why it is critical to meet with a personal financial counselor if you have questions to determine what options are best for you.”

Additional information about TSP is available on the TSP website at <http://www.tsp.gov>.

# DOD establishes Ebola support team

**By Staff Sgt. Sara Keller**  
*86th Airlift Wing Public Affairs*

SAN ANTONIO -- When Capt. Stacey Morgan's squadron commander sent her a text message saying that she needed to immediately call him, her first thought was, "Uh-oh. What did I do?"

But after a minute or two of talking to her commander, her apprehension was quickly replaced by anxious excitement, as he asked her to become a member of a 30-person military Ebola medical support team.

"I was thankfully in the car with my husband at the time, so he was already overhearing it, but he was super supportive and I said I would be happy to (join the team)," said Morgan, who's an intensive care unit nurse at San Antonio Military Medical Center at Fort Sam Houston, Texas.

The team was created when senior officials at the Department of Health and Human Services requested assistance from the Department of Defense in late October. Soon after, Secretary of Defense Chuck Hagel ordered U.S. Northern Command to establish a military team of members from the Air Force, Army and Navy that could quickly respond to provide short-notice assistance to civilian medical facilities in the event of additional Ebola cases in the United States.

"I think the nation always turns to the military in difficult times. It's up to us to live up to that trust," said Navy Cmdr. James Lawler, the chief of the clinical research department at the Naval Medical Research Center's Bio Defense Research Directorate at Fort Detrick, Maryland. "I think, in general, doing good patient care in difficult situations is what the military medical system always does, so that mission is not unfamiliar to us, and we're ready to go if that call comes in for this particular instance."

Morgan is one of 10 critical care nurses on the medical support team, which also has 10 non-critical care,

in-patient nurses; five physicians with infectious disease, internal medicine and critical care experience; and five members who specialize in infection control. In all, there are six Air Force Medical Service members on the support team.

"They're prepared to provide full-spectrum Ebola patient care from the point (the patients) are diagnosed to when they are discharged from the hospital," said Col. John DeGoes, the command surgeon for U.S.

Northern Command and North American Aerospace Defense Command. "They could work side by side with a civilian medical staff and could relieve them if needed."

Lawler has firsthand experience in treating Ebola patients. He worked in an isolation treatment unit in Conakry, Guinea, earlier this year, and he has shared his knowledge with the team.

"Things have evolved significantly because of this outbreak. We're really rewriting the textbook on Ebola virus disease because we've seen so many more cases in this outbreak," he said. "I think one feature of the disease, which has been recognized more widely and appreciated more in contributing to the mortality and morbidity from the disease is the diarrhea and incredibly amount of fluid loss due to the disease and electrolyte abnormalities."

According to the Centers for Disease Control and Prevention, the 2014 Ebola outbreak is the largest in history, with more than 10,000 total cases and nearly 5,000 deaths worldwide. To date, there have been four laboratory confirmed Ebola cases in the United States.

"The multi-disciplinary team is essential for managing these patients. They're complex patients that require a significant amount of care," Lawler said. "As part of the team, we have a core of critical care nurses who are really the most important part of the team. That intensive nursing is what makes the

biggest difference in patient outcome."

To prepare the team, each member received lecture-based and practical training at SAMMC, organized by USNORTHCOM's Army component, U. S. Army North (Fifth Army), and conducted by experts from the U.S. Army Medical Research Institute of Infectious Diseases in Frederick, Md.

The first two days of training were focused on familiarizing the team with signs and symptoms of Ebola, how it spread in West Africa, how humans transmit the disease and how medical officials are managing Ebola in the United States. The team spent the following two days learning the proper donning and doffing procedures of their personal protective equipment, along with demonstrating proficiency in safely caring for an Ebola patient in a simulated exercise.

DeGoes said one of the lessons learned in Ebola patient care is the need for rigorous training and proficiency, and for medical professionals to follow a step-by-step approach, especially when they're tired.

"The patients can be very time consuming, and with the time it takes to put on the gear and take off the gear, once you're in gear, you're ready to go in, and you're going to be in that gear for a long while," Morgan said. "A nurse's shift is usually about 12 hours, but to be in PPE without eating or drinking or using the restroom would be too long, so using shorter shifts with nurse teams will allow us to provide safe care to the patient but also keep our nursing staff safe."

In the coming days and weeks, Morgan and the rest of the team will pay considerably close attention to their cellphones, because the next text they receive from their commanders might be an alert that the medical response team is assembling to provide Ebola medical assistance somewhere in the United States. (AFNS)



# Last EOD unit in Afghanistan returns home

**By Airman 1st Class  
Sean Smith**  
*5th Bomb Wing  
Public Affairs*

Thirteen years, 19,000 missions in Afghanistan, 36,000 in Iraq -- and now the last of the Air Force explosive ordnance disposal units are finally home.

Among the returnees was three-time bronze star recipient Master Sgt. John McCoy, the 5th Bomb Wing EOD flight chief.

McCoy is a member of the last six Air Force EOD flights to return. While McCoy helped pack up and turn off the lights, he was also there at the very beginning to watch the EOD mission in Afghanistan take shape.

"In 2001 you were in a sleeping bag in a hangar with a pallet of MREs and water," he said. "Now it's flat screens and air conditioning."

With the last units out, for many this is the end of an era.

"You can kind of see the generations of equipment," he said. "We started pulling stuff out, and it was like 'Yeah, I remember when they sent these over.'"

McCoy made it clear that while the withdrawal might have brought a sense of relief, it's been a long road, wrought with dangerous moments.

"(Once) I looked down, and it was a Yugoslavian landmine," McCoy recalled. "It was fused, and it had a tripwire. I looked at the tripwire, and it went to another landmine, and that had a tripwire, so I was in the middle of basically a field of tripwires and live landmines."

The incident, in McCoy's words, seemed no more than another day at the office. McCoy said he believes the most dangerous element is the unknown, and that discipline and a focus on safety are vital.

"A lot of times we'll get a call like, 'Suspicious

item alongside the road, wires protruding.' And that's it," McCoy said. "That's all we have to go on, disturbed earth and some wires. That could be anything. There's a lot of inherent hazard, but we try to keep it as safe as possible."

Thirteen years of EOD operations have come with a high price. Twenty EOD Airmen have been killed in theater since 9/11, and more than 115 EOD have been wounded.

"There is such a thing as doing all the right steps and still getting hurt," McCoy said. "You can still get in trouble even if you're doing the right thing, because a lot of what we deal with is not standard, it's improvised."

McCoy explained that despite the human cost to the EOD mission, the Airmen's work is crucial.

"Every time we go out and reduce a hazard, it potentially saves lives. It prevents a chain of other

things from happening, because we're dealing with the incident in the safest way possible," McCoy said. "Every time you deal with an (improvised explosive device), you think that could have been someone's leg, or that was two guys that didn't get blown up."

Though this mission is now complete, McCoy knows there will always be more for EOD to do. Dealing with IEDs and repurposed ordnance was the focus in Iraq and Afghanistan, but that's only a small portion of EOD's overall mission. Every device that's successfully disposed of is a potential tragedy averted, and EOD Airmen put their lives on the line to prevent those tragedies.

Each device carries risk but also a potential reward, McCoy said.

"Each one is someone who's not going to have to get slung out of here in a helicopter, or even die," he added. (AFNS)

## Grissom announces enlisted Airman promotions

**By Tech. Sgt. Mark  
Orders-Woempner**  
*Public Affairs staff*

From their first to their last, America's Airmen earn each stripe of rank on their arms, and the Airmen of Grissom are no different.

Nearly 25 434th Air Refueling Wing Airmen from all across the north-central Indiana base earned their next stripe as they were recently promoted to the next enlisted rank here.

Their names are as follows:

### **To senior master sergeant:**

- Brian Rude, 434th Logistics Readiness Squadron

### **To master sergeant:**

- Christopher Bauchle, 434th Civil Engineer Squadron  
- Nicholas Obusek, 74th Air Refueling Squadron

### **To technical sergeant:**

- David Bryant, 434th Maintenance Squadron  
- Matthew Hughey, 434th LRS  
- Robert Reeder, 434th LRS  
- Timothy Strader, 434th CES  
- Jason Uptmor, 434th Security Forces Squadron

### **To staff sergeant:**

- Lindsay Danford, 434th ARW  
- Zachary Gibson, 434th Aircraft Maintenance Squadron  
- Kelsey St. Clair, 434th MXS

### **To senior airman:**

- Mary Costello, 434th AMXS  
- Cameron Green, 434th MXG  
- Spencer Hessman, 434th SFS  
- Aaron Hogan, 434th MXS  
- Brittany Mansfield, 434th AMXS

- James Miller, 434th LRS  
- Laquita Sparks, 434th AMXS  
- Kayla Yates, 434th LRS

### **To airman 1st class:**

- Antonio Cap, 434th CES  
- Michael Dampier, 434th SFS  
- Tynisha Henry, 434th Force Support Squadron

### **To airman:**

- Matthew Carroll, 434th SFS  
- Matthew Kaim, 434th CES