



**Buckeye**

**ANG**  
OHIO  
AIR NATIONAL GUARD  
GUARDING OUR HOMELAND, DEFENDING OUR FREEDOM

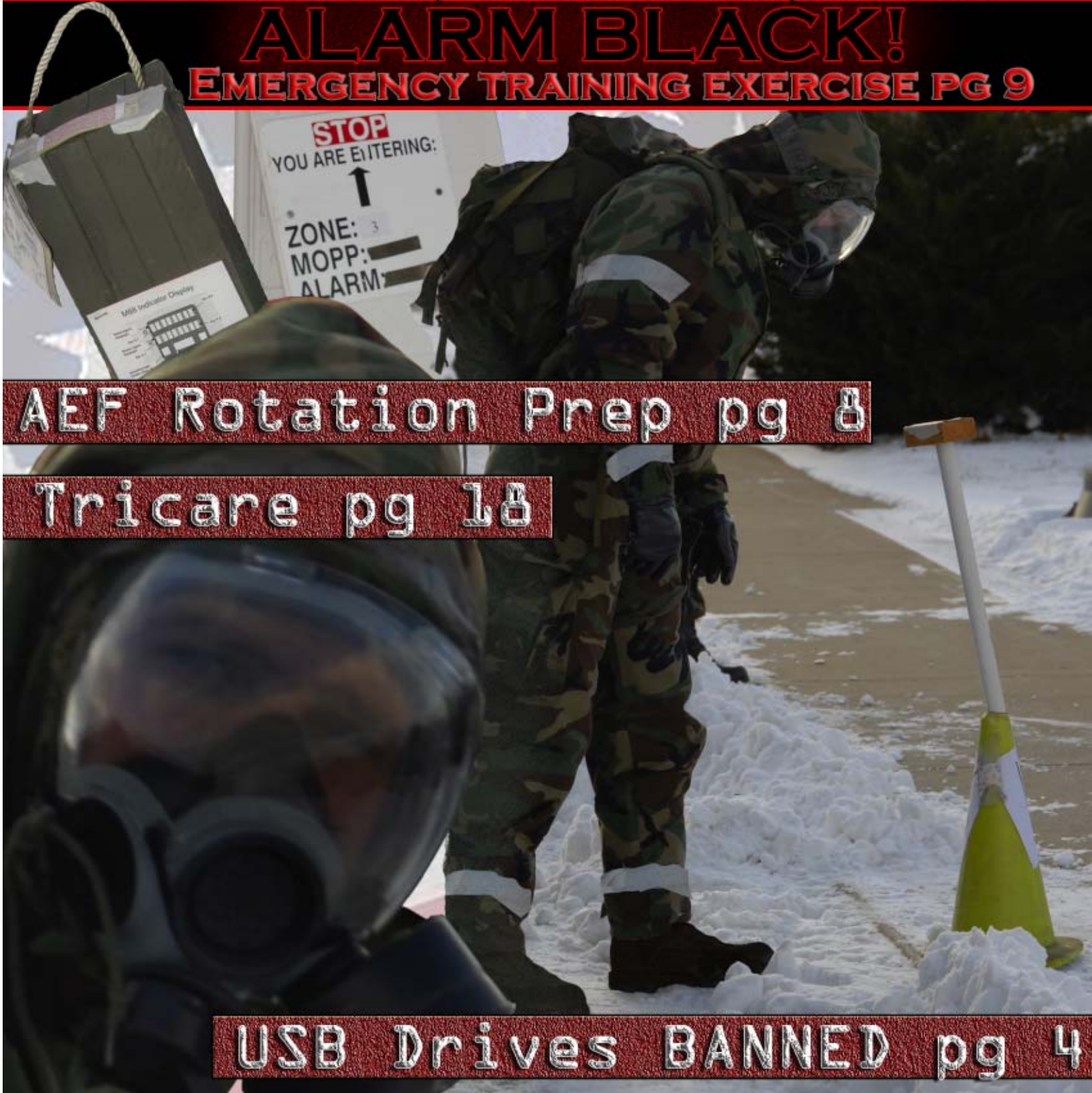
# Airlifter



JANUARY 2009

THE 179TH AIRLIFT WING, OHIO AIR NATIONAL GUARD, MANSFIELD OH.

## ALARM BLACK! EMERGENCY TRAINING EXERCISE PG 9



AEF Rotation Prep pg 8

Tricare pg 18

USB Drives BANNED pg 4

# Command Insight

## To your health

By Col. Eric D. Ostrem  
179th Medical Group Commander

At the start of this New Year, it's probably not a surprise that I wanted to share advice with you on your health and well-being.

These are most certainly trying times for all of us. Overly busy with Guard, work, school and family. Looking for jobs, tough economy, housing woes, holidays and winter all add to our stressors.

I believe there are three main areas of our lives that need to be in play for us to feel healthy and content. A triad of wellness, if you will. Like a three-legged stool that won't stand without all three legs, our wellness is lacking if any one facet of the triad is missing.

First, is our **PHYSICAL** health. We maintain enough fitness to meet our Air Force PT standards, and that is a great baseline. However, it is important to work on our physical health throughout the year. Jogging at least 20 minutes, several times a week, is instrumental in weight and blood pressure control. Weight bearing exercise is perfect for muscle strength, toning and bone strength. Innovative cross training like long brisk walks, cycling, hiking, yoga,

skiing, elliptical machines, etc. all break the monotony of always just running and lifting.

The time we spend on our physical health is of course important for our longevity. But, the feeling of looking good in the mirror or clothes fitting less tight, is worth its weight in gold.

Second portion of the triad is **SPIRITUAL**. Whatever faith belief we choose to practice is vitally important to our outlook and well-being. Faith can be a source of comfort, provide answers and can calm our restlessness.

Numerous spiritual beliefs practice prayer, meditation or scripture reading. For many, knowledge in and communing with a power greater than ourselves, eases some of the daily pressures we encounter.

The third aspect of the triad of wellness, is **INTELLECTUAL**. Research shows the importance of "exercising" our brain "muscle." Having to work at mentally challenging opportunities not only helps keep us sharp, but also provides great reward in their accomplishment.



Look for ways to stay continually intellectually challenged. Take coursework, both military and civilian. Read books. Strive to constantly learn and experience new things.

So, I challenge you to work on the physical, spiritual and intellectual aspects of your lives in the coming year. I believe you will find the effort worthwhile toward your health and well-being.

Happy New Year to you and your families, Dr. O

## JANUARY PROMOTIONS

**New Chief Master Sgt.:**

Todd A. Hunt – OSF

**New Senior Master Sgt.'s:**

Robert C. Dotson – AMXS

Harold T. Jr. Snyder – LRS

**New Master Sgt.'s:**

Ralph L. Chandler IV – AMXS

David M. Shambaugh – LRS

**New Tech. Sgt.'s:**

Michael S. Sipe – LRS

Justin R. Funk – LRS

Clinton G. Kubach – LRS

Corey T. Christopher – LRS

Alecia M. Collier – MXS

Brandon V. Pickton – MXS

William D. Huddleston – OSF

**New Staff Sgt.'s:**

Christopher A. Ensman – AW

Ryan L. Armstrong – AMXS

Brandon J. Purcell – MXS

Bryan M. Thompson – AS

**New Senior Airmen:**

Andrew J. McQuillen – MXS

Michael B. Pietzcker – MXS



# Reflection from the Chaplain Section



By Chaplain, Capt. Troy A. Diersing  
179th Chaplains Office

It's hard to image that another year has passed by us again. As we reflect back on 2008, hopefully we can all look back and recall some highlights, things that made the year extra special and worth remembering. Maybe 2008 was the year of a big promotion or the completion of a degree that you had worked long and hard towards. Maybe it was the year that you met that someone special or the birth of a child. There are many things that take place over the course of a year that we can celebrate. Unfortunately, as we look back on the previous year, there are more than likely moments that we wish we could forget or we wish would have never happened. Sometimes those promotions don't come and doors are closed on job advancements. Last year may have even been the year that we lost someone close to us. Life is full of joys, and life is full of disappointments.

As we begin this New Year we have much to look forward to and anticipate. But as we know the year is also full of uncertainties. Too often we have a tendency to focus on the unknown and worry; or we allow the disappointments of life to drag us down. This year, I would like to encourage you to take the words of the apostle Paul as your New Year's resolution. *"Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good report, if there is any excellence and if anything worthy of praise, dwell on these things."* (Phil 4:8)

## Welcome to the 179th family!



**NAME:** Benjamin Jeffrey Dudley  
**BIRTHDAY:** September 11, 2008  
**WEIGHT:** 7 lbs 2 oz  
**LENGTH:** 20.5 inches  
**PARENTS:** Matt & Jennifer Dudley



**NAME:** Matthew Sherwood  
**BIRTHDAY:** November 23, 2008  
**WEIGHT:** 8 lbs 9 oz  
**LENGTH:** 20.5 inches  
**PARENTS:** Tim & Melissa Kramer



**NAME:** Caleb Jonathon Hill  
**BIRTHDAY:** December 8, 2008  
**WEIGHT:** 6 lbs 15 oz  
**LENGTH:** 19.5 inches  
**PARENTS:** Jessica Cauvel & Mathew Hill

# Chiefs Corner

## DoD bans USB drives

By Chief Master Sgt. James O. Farriss  
179th Communications Flight

Effective immediately and this applies to all personnel utilizing all ANG networks. The following removable flash media remain unauthorized: memory sticks, thumb drives, and camera flash media cards. No USB devices that contain flash media are allowed to be connected to the ANG computer network unless the flash media memory cards have been removed to include Blackberry devices with memory cards.

If you have data on a USB device that you need, we will transfer the data for you in a protected environment. Please call the help desk for an appointment to have your data transferred and burned to a CD or DVD.

Neither personal computers nor personal USB devices are ever allowed on any government computer network. Personal USB devices to include cameras, mp3 players, and PDAs should never be connected to any government computer to include the charging of USB devices.

Network events have triggered a DoD/AF global response to protect the Global Information Grid (GIG); our ANG Enterprise (ANGEN) included.

These events have potentially compromised our most critical infrastructure, forcing CMDR STRAT to take immediate, direct network action.

“So there was a virus that got loose and this caused all of DoD to ban USB drives from being used. You can see these USB drives all over the place, they are small, they can hold a lot of storage, multi-gig, and convenient for passing information.

You can see why they are a good attack vector for malicious use. This was an example of the spread of viruses. If you have an infected home PC and you stick the USB drive in, you could infect your USB drive. Then you take it to work the next day and spread it to your business.

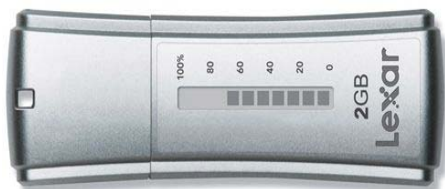
That is one aspect, the other is data leakage. If you handle sensitive information, who is to stop you from copying it to your USB drive and taking it home. If you handle classified information, USB drives should be a definite no, no. If used they should be handled with great physical care, such as not being allowed out of the building or verifying its contents. There is technology to prohibit USB ports to only authorized items, such as mice/keyboards and any other needed components. This is essential to prevent data leak-

age and virus spread.” — CompuSec.org.

In my 25 years in the Ohio Air National Guard, I have never seen a crack down like this one banning removable media including USB devices. Many folks have asked, “What in the world are you guys in COMM doing over there, causing us workers all the headaches? What is all the fuss about, anyway? It’s just a USB device.” This is a simple enforcement of existing regulation, and is necessary to protect our information, equipment, and the Global Information Grid.

In closing, I give you a quote from COL Hunninghake:

“All, I need you to know that recent events on the net have led the Chairman of the JCS to declare a “war-time” posture for the GIG. As a result, very aggressive dates have been established for completion of actions on the net. These aggressive measures have the support of our CSAF as well, in fact he is personally monitoring task progress on the AFNOC website.” —Col Hunninghake 690 NSG/CC



# Martin Luther King, Jr.

*I have a dream that one day this nation  
will rise up, live out the true meaning  
of its creed, "We hold these truths to be  
self-evident; that all men are created  
equal."*



Twenty years after Dr. Martin Luther King, Jr., uttered these words, Public Law 98-144 was enacted, designating the third Monday in January as a Federal holiday commemorating Dr. King's birthday. George Washington is the only other American whose birthday has been a Federal holiday.

Since the first King holiday on January 20, 1986, the observance has been an occasion for people to remember Dr. King's life and dedicate themselves anew to implementing his dreams.

*In a sermon he delivered on February 4, 1968, Dr. King told the congregation at Ebenezer Baptist Church:*

If any of you are around when I have to meet my day, I don't want a long funeral. And if you get somebody to deliver the eulogy, tell him not to talk too long...Tell them not to mention that I have a Nobel Peace Prize. That isn't important. Tell them not to mention that I have three or four hundred other awards. That's not important. Tell them not to mention where I went to school. I'd like somebody to mention that day, that Martin Luther King, Jr., tried to give his life serving others. I'd like for somebody to say that day, that Martin Luther King, Jr., tried to love somebody. I want you to say that day that I tried to be right on the war question. I want you to be able to say that day, that I did try to feed the hungry. And I want you to be able to say that day that I did try in my life to clothe those who were naked. I want you to say on that day, that I did try in my life to visit those who were in prison. I want you to say that I tried to love and serve humanity.

Indeed, this is our challenge, too, as we commemorate the birth of a man who dedicated his life to gaining civil rights for all.



## **AIR NATIONAL GUARD NONCOMMISSIONED OFFICERS ACADEMY**

### **FY 2009 Satellite ALS**

**IS IT TIME TO TAKE YOUR CAREER TO THE NEXT LEVEL?  
JOIN US IN MAY 2009, WHEN ONCE AGAIN THE SATELLITE ALS ACADEMY  
OPENS ITS DOORS. TAP INTO THE KNOWLEDGE BASE THAT WILL HELP YOU  
HONE YOUR LEADERSHIP SKILLS AND ABILITIES.**

**\*\*\*YOU CAN ENROLL IN-RESIDENCE EVEN IF YOU HAVE PREVIOUSLY COMPLETED THE  
COURSE BY CORRESPONDENCE\*\*\***

**THE CLASS IS FORMING NOW. SIGN UP WITH YOUR UETM USING AN AW12  
(TRAINING APPLICATION) ACCOMPANIED WITH A CURRENT FITNESS  
ASSESSMENT FORM. EACH STUDENT WILL BE PAID A PT DAY FOR EACH  
NIGHT OF CLASS AT HOME STATION.**

#### **REQUIREMENTS:**

- **HOLD THE RANK OF SENIOR AIRMAN**
- **HAVE**
  - **48 MONTHS TIME-IN-SERVICE (TIS) PRIOR TO THE CLASS START DATE (OR)**
  - **42 MONTHS TIME-IN-SERVICE (TIS) AND HOLD A 5-SKILL LEVEL IN THEIR  
PRIMARY AFSC**
  - **IF MEMBER IS CURRENTLY ON A 422 PROFILE – PLEASE COORDINATE**

**THE HOME STATION PHASE AT MANSFIELD: 18 MAY – 05 AUG  
2009**

**MONDAY & WEDNESDAY NIGHTS TIME: 1900-2145 HOURS (TO  
ACCOMMODATE CENTRAL TIME ZONE UNITS)**

**THE IN-RESIDENCE PHASE (SCHOOL TLN WILL BE ASSIGNED): 10-21 AUG 09  
MCGEE-TYSON ANGB TN**

**For More Information Contact:**

**CMSgt. Greg Eyster 419.520.6578**

**MSgt. Heidi Bishop 419.520.6821**

**SMSgt. Steve Mock 419.520.6399**

**OR YOUR UNIT TRAINING MANAGER**



## **AIR NATIONAL GUARD NONCOMMISSIONED OFFICERS ACADEMY**

### **FY 2009 Satellite NCOA**

**IS IT TIME TO TAKE YOUR CAREER TO THE NEXT LEVEL?  
JOIN US IN MARCH 2009, WHEN ONCE AGAIN THE SATELLITE NCO  
ACADEMY OPENS ITS DOORS. TAP INTO THE KNOWLEDGE BASE THAT WILL  
HELP YOU HONE YOUR LEADERSHIP SKILLS AND ABILITIES.**

**\*YOU CAN ENROLL IN-RESIDENCE EVEN IF YOU HAVE PREVIOUSLY  
COMPLETED THE COURSE BY CORRESPONDENCE**

**THE CLASS IS FORMING NOW. SIGN UP WITH YOUR UETM USING AN AW12  
(TRAINING APPLICATION) ACCOMPANIED WITH A CURRENT FITNESS  
ASSESSMENT FORM. EACH STUDENT WILL BE PAID A PT DAY FOR EACH  
NIGHT OF CLASS AT HOME STATION.**

#### **REQUIREMENTS:**

**TSGT-NO MINIMUM T.I.S. & 7 LEVEL**

(If Member is currently on a 422 Profile specific coordination is needed)

**THE HOME STATION PHASE AT MANSFIELD: 3 MARCH – 21 MAY 2009**

**TUESDAY & THURSDAY NIGHTS TIME: 1900-2145 HOURS (TO  
ACCOMMODATE CENTRAL TIME ZONE UNITS)**

**CLASSROOM TBA**

**THE IN-RESIDENCE PHASE (SCHOOL TLN WILL BE ASSIGNED): 26 MAY – 10 JUNE 09**

**MCGEE-TYSON ANGB TN**

**For More Information Contact:**

**CMSgt. Greg Eyster 419.520.6578**

**MSgt. Heidi Bishop 419.520.6821**

**SMSgt. Steve Mock 419.520.6399**

**OR YOUR UNIT TRAINING MANAGER**

# Gearing up for AEF rotations

By Staff Sgt. Jessica Q. Cauvel  
179th Public Affairs Journalist

With the upcoming Air Expeditionary Force (AEF) rotations, members need to be aware of new deployment requirements as well as benefits available to deploying members, said Maj. Kent T. Holsopple, Logistics Plans Officer.

“The first thing a member should do when they are tasked to deploy is to visit their Unit Deployment Manager (UDM). The UDM and the member can sit down with the combat wallet to identify what areas need addressed before a member can deploy,” Holsopple said. “We don’t want a member to show up [overseas] and not have what they need to have a successful deployment.”

Getting to work on computer based training requirements as soon as possible is key, as some of the training can take hours to complete. This will also allow a member to complete the training even if they run into a snag; such as a timeout on a CBT or login issues with the website used to complete the training, Holsopple said.

“A new deployment requirement for members heading to the desert is the ISOPREP process,” Holsopple said. This was previously only for aircrew and those in jobs with a high likelihood of being captured. Now, it is a requirement for anyone, in any career, who is deploying to CENTCOM.

The ISOPREP process involves providing information for identification procedures. The process requires the coordination of various base functions and can sometimes be a time consuming process.

In addition to completing deployment training requirements, members must also take the time to ensure their personal affairs are in order for the deployment. This can encompass making sure bills are paid while the member is gone, ensuring family members are cared for, and notifying civilian employers of the upcoming deployment.

“One thing many members forget to do for their civilian employers is to provide them with a copy of the orders,” Holsopple said. This ensures that the

employer knows when the member will return and be available for work.

A quick visit to the Family Programs office, in building 422, can help members ensure someone will be checking up on their families while they are deployed. This will also keep the family “in the loop” as far as any updates coming in from the deployed members.

While in building 422, members should stop by the Military Personnel Flight to find out if they, or their families, will qualify for any new benefits while they are deployed. “If you don’t ask the right questions to the

right people, you will have no idea what is out there for you,” Holsopple said.

Lastly, Holsopple warns that members should not assume they are qualified to go just because they have volunteered themselves. “Be sure to coordinate with supervisors and commanders that you want to go. Communicate your desire to deploy and get people to help you with what you need to go,” he said.

Anyone wanting more information from the Logistics Plans office can contact extensions 190, 321 or 299.

### Predeployment Maintenance Checklist ☑

<p><b>General</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chaplain and religious concerns</li> <li><input type="checkbox"/> Family support center</li> <li><input type="checkbox"/> Child care center</li> <li><input type="checkbox"/> Family care certification (AF Form 357)</li> <li><input type="checkbox"/> Emergency contact information</li> <li><input type="checkbox"/> Emergency data card (DD Form 93)</li> <li><input type="checkbox"/> Real estate/rent</li> <li><input type="checkbox"/> Vehicle</li> <li><input type="checkbox"/> Pets</li> <li><input type="checkbox"/> Education</li> <li><input type="checkbox"/> Voter registration</li> <li><input type="checkbox"/> Safe deposit box</li> <li><input type="checkbox"/> Restricted area badge</li> <li><input type="checkbox"/> Weapons qualification (AF Form 522)</li> <li><input type="checkbox"/> Government and flightline drivers license</li> </ul> <p><b>Legal</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Will / Living will</li> <li><input type="checkbox"/> Life Insurance:               <ul style="list-style-type: none"> <li>Serviceman’s Group Life Insurance</li> <li>Private policy</li> </ul> </li> <li><input type="checkbox"/> Power of Attorney:               <ul style="list-style-type: none"> <li>General</li> <li>Medical/Special</li> </ul> </li> <li><input type="checkbox"/> Passport</li> </ul>	<p><b>Health Care</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Prescription medicine</li> <li><input type="checkbox"/> Dental care</li> <li><input type="checkbox"/> Corrective lenses:               <ul style="list-style-type: none"> <li>Clear</li> <li>Sunglasses</li> <li>Protective mask</li> </ul> </li> <li><input type="checkbox"/> Immunizations</li> <li><input type="checkbox"/> Preventive/predeployment health assessment</li> <li><input type="checkbox"/> Force Health Management (Public Health)</li> </ul> <p><b>Finance</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Installment loans</li> <li><input type="checkbox"/> Allotments</li> <li><input type="checkbox"/> Automatic payments</li> <li><input type="checkbox"/> Investment portfolios</li> <li><input type="checkbox"/> Tax and accounting</li> <li><input type="checkbox"/> Government Travel Card</li> <li><input type="checkbox"/> Keep a supply of extra personal checks on hand</li> </ul>
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**Use as a reference to help you stay prepared.**

*Checklist located in your Airmans Manual*



# Emergency Management Exercise

By Airman 1st Class Garrett J. Wheeler  
179th Emergency Management Flight



Alarm Red! Alarm Red! These two words marked the beginning of an exercise conducted by the Emergency Management Flight over the December drill weekend. The exercise consisted of creating a Threat Detection Grid for the Mansfield Base, setting it up, and running scenarios in MOPP 4. The reconnaissance teams had one hour to set up the grid and run a timed route before alarm red was sounded and everyone assumed MOPP 4. Each team then ran their assigned routes to determine the amount of contamination on the base. Senior Airman Amanda M. Keltz, Senior Airman Timothy M. Sage, and Senior Airman Eric V. Stiffler each led a recon team in the exercise, providing experience and leadership to the younger troops.

These exercises are essential to the readiness mission for several reasons. First of all, it allows readiness personnel to practice running routes in a real life situation. This helps to stream line and troubleshoot prescribed tactics in order to be as efficient as possible during real operations. Secondly, these scenarios build teamwork. A threat detection grid must be set up quickly and it is also imperative that recon routes be run fast and efficiently. Teamwork is essential. Finally, these drills also help to prepare the shop for future inspections and its upcoming trip to Silver Flag.

This is the third major exercise the shop has run in the past few months. Senior Master Sgt. Mark A. Manbevers strongly emphasizes this training and makes it a point to keep his shop fully prepared.



Photos by Airman First Class Joe D. Harwood

# Basketball season set to tipoff despite deployments

By Staff Sgt. Jessica Q. Cauvel  
179th Public Affairs Journalist

Tipoff for the 179<sup>th</sup> Airlift Wing 2009 Basketball Season is slated for January 10 at 4 p.m., in the Ontario Middle School.

The tipoff will mark the league's eighth season. This year there are eight teams signed up to play despite of the looming AEF rotation. This year's teams are:

AMXS/COMM

CE/Fire

LRS/APS 1

LRS/APS 2

MDS

MXS

SFS

SVF/AW

The 2009 season will be a shortened season, with only three months of regular games and a month of tournament games, which will be followed by the final championship game. This schedule is due to the AEF rotation beginning in May.

The league is the only of its kind in Ohio, according to Master Sgt. John Gibson, a league coordinator. Many other Air and Army bases across the state are looking at the 179<sup>th</sup> league to help model a future league of their own. Gibson said it would be nice to see other bases form leagues to allow the winning 179<sup>th</sup> team to play against top teams across the state.

The league is made possible by the hard work of many behind the scenes members, such as coordinators Major Troy Cramer and Staff Sgt. David Cutlip, as well as the unit sports representatives, said Gibson. Additionally, commanders allow team members playing early games to leave drill early on game days, which is essential to the league's success.

Also, a generous donation by Ontario schools allows the base to waive gymnasium use fees. This saves the league around \$2,000 annually, Gibson estimates.

Games will be played at 4 p.m. and 5 p.m. on the Saturday of each Unit Training Assembly. The playoff tournament games will be held the Saturday of April's UTA with the Championship Game to follow on Sunday afternoon at Ontario High School.

**The game schedule for the first month is:**

**10 Jan 09**

**Ontario Middle School**

**1600**

Court 1 - CE/Fire vs SFS

Court 2 - SVF/AW vs LRS/APS 1

**1700**

Court 1 - LRS/APS 2 vs MXS

Court 2 - MDS vs AMXS/COMM



Photo provided by 179th Basketball League

## Mansfield Lahm Military Families Scholarship Program

Attached is the formal application for the Mansfield Lahm Military Families Scholarship(s). Please follow all instructions carefully and attach all documents that are required. It is preferred that the application form be typed or printed as neatly as possible.

This application must be completed with all documentation attached and returned to: Mansfield Lahm Military Families, c/o Ms. Debra Robinson, 2503 Alta West Road, Mansfield, OH 44903-8232. It must be **POSTMARKED NO LATER THAN APRIL 24, 2009**. It is important that you keep to the above mentioned deadline or your application will be returned without action.

The deadline will be observed in all instances. Applications must include all required information to be considered. Application forms may be obtained in the Lobby of Bldg. 422 and or in the orderly room of each squadron.

Scholarships will be announced through the mail and proceeds will be awarded when verification of the student's enrollment has been received by the Scholarship Chairperson. Verification can be in the form of a letter, invoice, or other proof of enrollment from the student's college / university registrar's office.

### Mansfield Lahm Military Families Scholarship Program and Criteria

Mansfield Lahm Military Families will be awarding five (5) \$500 Scholarships for the 2009 - 2010 academic year. An impartial panel of judges will rank the scholarship applications.

#### Scholarship Requirements:

*The following persons are eligible:*

1. Children, grandchildren and spouses of active or retired 179<sup>th</sup> AW Air National Guardsman.
2. Unmarried dependent children of deceased 179<sup>th</sup> AW ANG members who were in good standing at the time of their death.

*The following persons are ineligible:*

1. Current members of the National Guard.

*Academic criteria:*

1. Applicants must be enrolled as either a high school senior (in good standing) or a full-time student at a college, university, trade or business school in order to receive funds.
2. Must have at least 2 semesters left for degree completion.

**GRADUATE STUDENTS ARE NOT ELIGIBLE FOR SCHOLARSHIP AWARDS.**

The Mansfield Lahm Military Families Scholarship Committee will award scholarship grants as approved by the MLMF Executive Board. Grants will be sent directly to the recipient with each check made payable to the recipient school of choice. To receive the grant, verification of enrollment is necessary.

Grants will be awarded on the basis of scholarship, character, leadership and need. All applications will be accompanied by:

1. Transcript of High School Credits (and college credits if applicable).
2. Letter from applicant with facts as to his/her desire to continue his/her education, comments about their individual future goals and objectives, and comments as to the value that this financial aid will afford.
3. Three (3) letters of recommendation verifying the application and giving personal traits. (High School principal, counselor, dean, professor, minister, employer, etc.)

***Upon selection of recipients a photograph suitable for publication may be requested, but no photograph should be sent with the application.***

If the student is granted a scholarship and fails to complete the school term for reasons other than illness, injury, or other extenuating circumstances, the student agrees to return any scholarship money to the Mansfield Lahm Military Families.

If you should have any questions please contact Bill Kohler at (419) 529-6353 or Troy Cramer at (419) 544-1297.

## Scholarship Application Mansfield Lahm Military Families

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
*Last First Middle*

HOME ADDRESS: \_\_\_\_\_

*Number Street P.O. Box or Apt. #*  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ PHONE: ( ) \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT/SPONSOR \_\_\_\_\_

*Rank Full name*  
ACTIVE OR RETIRED (A/R): \_\_\_\_\_ YEARS OF SERVICE (IF RETIRED): \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_ ( ) \_\_\_\_\_  
*Home address/City/State/Zip Phone Number*

\_\_\_\_\_  
*Relationship to Sponsor Enlistment Expiration Date Unit/Squadron*  
*(If active)*

APPLICANT'S STATUS: (Check one) High School ( ) Business/Trade School ( ) College ( )

School/College & Grade/Term \_\_\_\_\_

Have you received any other scholarships? (if so, please specify) \_\_\_\_\_

List Activities (School, Community, Church): \_\_\_\_\_

List offices to which you have been elected in Any Organization: \_\_\_\_\_

List Honors which you have been awarded: \_\_\_\_\_

List College/Trade/Business School you plan to attend or are currently attending: \_\_\_\_\_

\_\_\_\_\_

What career are you planning to pursue and why? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*If you need additional space to answer , please attach a separate sheet to this form.*

I have answered the above questions to the best of my knowledge and belief.

\_\_\_\_\_  
Signature of Applicant/Date

\_\_\_\_\_  
Signature of Parent or Spouse/Date

If granted a scholarship and I fail to complete the school term for reasons other than illness and injury, I agree to return any scholarship money to the Mansfield Lahm Military Families.

\_\_\_\_\_  
Signature of Applicant/Date

(This application can be reproduced for applicant purposes.)

# Singles Retreat



Are you a single person who likes to have fun? Would you be willing to say goodbye to the winter blues for a FREE weekend to join other singles? Then come join us for a FREE retreat for you!

- When: March 13-15
- Includes: Lodging, singles workshops, fellowship, snacks and dinner (Sat)
- Location: Great Wolf Lodge (Mason)

To register please contact the 178th Chaplain Office at 937 525-2520 or 327-2214. Hurry space is limited and it will be on a first come first serve basis!

Disclaimer: Please do not intend on becoming single to attend this event. If so please see our marriage retreats or stop by the Chaplains Office.



**Have you heard about LINKS? It stands for “Lasting Intimacy through Nurturing, Knowledge & Skills.”**

**It is a program about keeping your marriage alive and fresh.**

**Chaplain Dave Shirley will be teaching two of these classes this year; so you know it will not only be a learning experience, but it will be FUN. AND, it’s all FREE!!!! You just can’t beat that combination!**

**So take a look at your calendars and choose a date.**

**March 14-15 will be right in our own back yard at Mohican State Park. April 18-19 will be in Toledo in the Maumee Bay area.**

**Keep a lookout for more information on how to sign up.**



On Friday, October 17, 2008, members of the 179th and their families participated in the Annual Fall Harvest Party where they enjoyed food, hayrides, petting zoo, hay bale maze with zip line, pumpkin decorating, train rides, 3 acre corn maze, bon fire, and much more.



Photos by Staff Sgt. Robert J. Koehler





179th families enjoyed unlimited carousel rides, crafts, pictures with Santa, punch, cookies, and hot chocolate during the Annual Childrens Christmas Party at the Richland Carrousel Park on Friday, December 12, 2008



# Check out one of the BEST healthcare insurance plans available!

## Monthly Premiums Decrease for TRICARE Reserve Select

Effective Jan. 1, 2009, TRICARE will reduce the rates for TRICARE Reserve Select (TRS). Monthly premiums for TRS individual coverage will drop 44% from \$81.00 to \$47.51, and TRS family coverage will drop 29% from \$253.00 to \$180.17.

The 2009 National Defense Authorization Act (NDAA), section 704, required TRICARE to analyze Reserve Select costs from 2006 and 2007, and set new rates for 2009.

“Now that TRS has been in place for several years, we were able to calculate premiums for 2009 from actual cost data obtained in earlier years,” said Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity. “It is important to provide high quality and affordable healthcare coverage for our National Guard and Reserve families.”

Established in 2005, TRS is a premium-based health plan for National Guard and Reserve personnel available for purchase by members of the Selected Reserve who are not eligible for or enrolled in Federal Employee Health Benefit plans.

TRS provides a health plan option to members of the Selected Reserve and their families when they are not on active duty status. The TRS plan delivers coverage similar to TRICARE Standard and Extra to eligible members who purchase the coverage and pay monthly premiums. TRS also features continuously open enrollment.

“It’s an excellent health care option we are proud to offer,” Granger said.

For more information about TRS visit the TRICARE Web site at <http://www.tricare.mil>.

About TRICARE Management Activity and the Military Health System TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.2 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to [www.health.mil](http://www.health.mil).



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