

THE Airstream

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**Air Force Reserve Commander
talks up 910th Airlift Wing
during visit to YARS**

FROM THE TOP

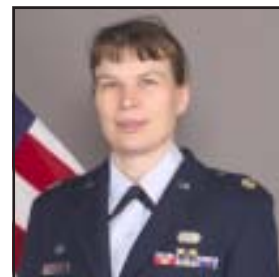
Fit to Fight leads to Fit for life...

Major Stephanie Welhouse
910th Force Support Squadron Commander

May is Physical Fitness month and not just for our Air Force but for the entire nation. Many communities across the country will be hosting events to get the word out and this base is no exception. Free healthy eating information, blood pressure screenings, chair massages and running are among the many things offered at the 910th. The 910th Fitness & Recreation staff has planned much

for individuals of all fitness levels during their Celebration of National Physical Fitness and Sports month this May UTA. The event will take place Saturday, May 2, 2009, during the UTA from noon to 6 p.m. at your Fitness & Recreation Center. Two highlights of the event will be 30-minute group exercise classes throughout the timeframe and a squadron versus squadron Iron Man Challenge starting at 4 p.m. The primary goal this year is to provide general information on how easy and fun it can be to do 30 minutes of exercise and change

your eating habits just a little in order to have noticeable benefits to your health and appearance. We are also looking to have a similar event during the week to offer civilian employees.



Maj. Stephanie Welhouse

Nutrition, wellness are important to be Fit to Fight

Major Mark Perius
Senior Dietician, 910th Medical Squadron

Now that Spring is in the air, I'm sharing with you pertinent nutritional information in order to achieve a healthy lifestyle via the Dietary Guidelines for Americans noted below.

Dietary Guidelines for Americans - Summary of Key recommendations:

Make smart food choices from every food group.

- Emphasize fruits, vegetables, whole grains, Fat Free/Low Fat milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Is low in sat fat, trans fats, chol, salt and added sugars, (note – based on a 2000 calorie diet)
- Focus on fruits - 2 cups/day
- Vary your veggies – 2.5 cups/day – emphasis on dark green, orange, legumes, starchy, other vegetables throughout the week
- Get your calcium-rich foods - 3 cups/day
- Make half your grains whole - 3 ounces/day
- Go lean with protein (ex. - ground sirloin, white meat chicken)
- Know the limits on salts, fats and sugars - read labels, choose and prepare foods low in sat fat, trans fat, salt and sugars

Find your balance between food and physical activity.

- Be physically active for at least 30 minutes most days of the week – more to achieve and maintain weight loss
- Increasing intensity can have health, weight benefits
- Children, teenagers should be active 60 minutes a day for most days

Get the most nutrition out of your calories.

- Find the right number of calories for you, and choose the most nutritionally-rich foods from each food group. 2,000 calories is a general level.

To know the facts, use the label.

- Keep saturated fat, trans fat, sodium, cholesterol low
- Get enough potassium, fiber, A, C, calcium, iron
- Use % DV column

Consumer messages:

- Check servings and calories
- Make your calories count
- Don't sugar coat it
- Know your fats
- Reduce sodium, increase potassium.

In closing, we invite all personnel and commanders to allow us to provide an Education Class on Nutrition and Wellness as well as individual counseling to assist your needs in the Fit to Fight Program by submitting requests via email on a first-come first-serve basis.

Know the Fit To Fight rules! Reference: AFI 10-248 Fitness Program

Preparedness is key for Fit to Fight assessment success

Master Sgt. John Falfas
910th Fitness Program Manager

As we start our annual assessments for the USAF Fit to Fight requirement, the key to success is preparedness. Working out all year long is essential. The first step is to be committed to succeed and do what it takes to pass. Create a simple but realistic workout plan. When preparing for the test you do not need a state of the art gym or an expensive membership at a fitness club. All you really need is a floor and a road. First, let's start with pushup requirement. If you are just starting out don't try to do 100 at a time,

you will only discourage yourself. Try starting out with four sets of as many as you can do and then working your way up. Focus on proper form. Once you have started, chart your progress and watch for positive results. Next, when doing crunches, practice the same kind of strategy, start out small and increase your sets weekly. The focus on the crunches is to really work your hip flexor muscles. If you work those muscles properly your legs will not feel heavy when you run. Lastly, but certainly not least is the 1.5 mile run. Own the right shoes! There are stores that will fit your foot to the proper shoe. If you have not been running start out a little at a time so you will not get

discouraged and quit. Start out with running a 1/4 mile for the first couple of weeks and walk the rest. This will take some time to accomplish but will be well worth the effort. In conclusion, make sure you make time at least three days a week to workout. We all can pass the annual assessment if we work hard and dedicate time to meeting the standard. If you failed to prepare, then plan to fail. Remember that it pays to be prepared.



Master Sgt. John Falfas



Photo by Tech. Sgt. Bob Barko Jr.

The Youngstown Air Reserve Station Base-Community Council hosted the 2nd Annual “Splendor in the Glass” wine tasting celebration Sunday, February 22 at Alberini’s Restaurant in Niles, Ohio. Guests at the event were able to partake of a variety of fine wines and gourmet foods as part of the evening’s activities designed to raise funds to benefit the Richard Alberini Memorial Scholarship. The scholarship, named in honor of the late Richard Alberini, founder of the valley landmark restaurant and long-time ardent supporter of the 910th Airlift Wing and YARS, is available to wing members, their spouses and children. Details and more guidelines about applying for the scholarship are available on Page 6 of this issue.

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On the cover...

Lt. Gen. Charles E. Stenner Jr., Air Force Reserve Command Commander and Air Force Reserve Chief talks with Mahoning Valley-area media representatives about the Citizen Airmen of the 910th Airlift Wing during his visit to the Youngstown Air Reserve Station. Gen. Stenner visited YARS March 7 and 8, over the March Unit Training Assembly weekend. See the story and more photos on Page 5 of this issue. Cover photo by Tech. Sgt. Bob Barko Jr.

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CSI: YARS

Tech. Sgt. Bob Barko Jr.
910th Airlift Wing Public Affairs

Move over Gil Grissom, Horatio Caine and Mac Taylor, you have some competition when it comes to processing crime scenes, at least when it comes to crime scenes on Youngstown Air Reserve Station (YARS). On January 8, 2009, the YARS Office of Special Investigation (OSI) teamed up with the 910th Security Forces Squadron (SFS) and Department of Defense (DoD) YARS police officers to conduct training scenarios designed to give the participants experience in securing and processing a crime scene.

Agents Corey Christman and Earl Lesniak worked with Forensics Science Consultant Bryan Schmelzer, an agent assigned to the Andrews Air Force Base OSI office to develop the scenarios that would give the participating officers training in Basic Crime Scene Forensics Training.

The training is particularly useful at YARS because in a real world scenario, the OSI agents here would depend on the SFS team members for help.

“This is beneficial because here at Youngstown, Security Forces would augment the OSI agents in not only securing the crime scene but processing it as well,” said Agent Schmelzer.

The training scenario set up two unrelated simulated crime scenes in the Combat Arms Building at Youngstown Air Reserve Station. Upon arrival to the building the Security Forces members and DoD police officers worked to secure the simulated crime scenes and then split up into two teams to begin the work of processing the crime scenes. This included taking photographs of the scenes, making site drawings as well as collecting and processing evidence in order to determine what occurred at each crime scene location. By the end of the exercise scenario, it would be determined that one crime scene was the site of a suspected suicide and the other the site of a suspected rape and physical assault without a victim at the scene.

“We don’t want something like this to happen, but we’ll be prepared if it does,” said Agent Christman, who works YARS OSI on a full-time basis.

While the YARS Office of Special Investigation would typically take the lead on processing a crime scene, the training scenario presented a situation that would require the two-person office to seek assistance to get the job done.

“We’re building a team here. We can’t do our job without them (Security Forces and DoD Police Officers). They would secure the scene and also be force multipliers,” said Agent Christman.

While OSI would need and appreciate the additional help given by the SFS members and the DoD Police Officers on a crime scene investigation as presented in the scenario, the Security Forces team members and DoD officers also appreciated the opportunity to take advantage of the training provided by YARS OSI.

“Any time you can get quality training from an expert agency, it’s a good thing,” said Maj. Wes White, commander of the 910th Security Forces Squadron.

“In case something would occur, this would better prepare us. We appreciate OSI doing this training,” said Maj. White.

Staff Sgt. Courtenay Perkins, a SFS team member also appreciated the chance to be involved in the training scenario.

“(This is) good training. It keeps you up to speed on your skills and shows that you know what you’re supposed to do,” said Sergeant Perkins.

One of the things the training showed the Security Forces team members and DoD Police Officers was that there are specific steps that must be followed in order to ensure evidence collected at a crime scene is not compromised.

“(There is a) methodology (used) to process a crime scene. There is a step-by-step way to do things,” said Agent Christman.



Photo by Tech. Sgt. Bob Barko Jr.

Senior Airman Brian Horner, a member of the 910th Security Forces Squadron dusts a door handle for fingerprints in the Combat Arms building here. Airman Horner was taking part in a Basic Crime Scene Forensics Training scenario conducted by the YARS Office of Special Investigation with the assistance of a Forensics Science Consultant from Andrews Air Force Base, Va.



Photo by Tech. Sgt. Bob Barko Jr.

910th Security Forces Squadron members and Department of Defense police officers listen as Agent Bryan Schmelzer, a Forensics Science Consultant from Andrews Air Force Base, Va., explains a point about processing a crime scene during a Basic Crime Scene Forensics Training scenario conducted here recently.

“(You have to) follow the steps to process a scene regardless of the crime,” he continued.

The precise methodology needed to complete the work of processing a crime scene is something that SFS members might take some getting used to.

“We are trained to be hard chargers as cops, it’s hard to be patient to work this process,” said Staff Sgt. Nick Megyesi, a SFS team member.

Although the work requires vast amounts of patience and can be meticulous to the point of being tedious, in the end it makes for good training to prepare for situations that may arise in the future.

“(This training) helps us bring up our level of investigative skills, so if and when an incident would occur, everyone is on the same level,” said DoD Police Officer Ted Bogan.

Agent Schmelzer, the visiting Forensic Science Consultant, was pleased at the end results of the training scenario.

“This is a good set up because it gives a lot of the Security Forces (members) a chance to get involved. They did a great job for doing this for the first time,” Agent Schmelzer said, noting that there would be more crime scene training scenarios in the future.

AFRC commander visits YARS

Tech. Sgt. Bob Barko Jr.
910th Airlift Public Affairs

Lt. Gen. Charles E. Stenner Jr., the commander of Air Force Reserve Command and chief of the Air Force Reserve visited Youngstown Air Reserve Station, Friday, March 6 and Saturday, March 7 during the March Unit Training Assembly (UTA). Upon his arrival to the area on Friday, Gen. Stenner was treated to some valley hospitality at a dinner given by the YARS Base-Community Council. "This feels like home," remarked the general, after the dinner.

Gen. Stenner's Saturday schedule included a Commander's Call during which he addressed more than 500 personnel assigned here.

"(YARS has) a work ethic that can't be beat anywhere, anytime with any other system," he said.

"You are part of the best Air Force in the world and we are able to do the things we do because of what you do... There are new missions...but there are enduring missions called airlift and (aerial) spray that will be with us for a long, long time," Gen. Stenner continued.

"The way you execute your mission is noticed and appreciated and is a big part of a team effort and an important mission. Thank you for that," he concluded.

After his remarks, Gen. Stenner presided over a ceremony as he gave the oath of reenlistment to a group of Airmen extending their careers in the Air Force Reserve. Following the reenlistment ceremony, the general and his staff enjoyed lunch with base personnel at the Dining Facility then proceeded to a Yellow Ribbon Reintegration Program (YRRP) event held at the Navy Operational Support Center here. During the event, Gen. Stenner addressed the gathered Reservists and their families and also spoke with representatives from the area's news outlets. Following the YRRP event, officers assigned to the 910th's Aerial Spray Squadron gave the general a briefing on the unit's unique mission. Immediately after the briefing, Gen. Stenner departed the air station to continue his mission of visiting Citizen Airmen based in the region.



Photo by Airman Megan Tomkins

Lt. Gen. Charles E. Stenner Jr., AFRC commander reads the oath of enlistment to a group of Airmen extending their commitment to the Air Force Reserve at his Commander's Call during his visit to YARS over the March UTA.



AFRC commander Gen. Stenner shows off a memento of his visit to YARS. The small case he is holding has a hammer attached to it and is inscribed with the words "IN CASE OF EMERGENCY, BREAK GLASS." The case, presented to the general by wing commander Col. Karl McGregor, contains coins signifying the Citizen Airman of the 910th Airlift Wing and their readiness to be called upon for duty anywhere, anytime.

Photo by Tech. Sgt. Jim Brock



Photo by Senior Airman Clinton Kline

Gen. Stenner, AFRC commander and Air Force Reserve chief, listens as Maj. Drew Tancer, 757th Airlift Squadron Director of Operations, briefs him on the wing's Aerial Spray mission during the general's visit to YARS on Saturday of the March UTA.

AFRC commander and Air Force Reserve chief Lt. Gen. Charles E. Stenner Jr. talks with a group of Citizen Airmen assigned to the 910th Airlift Wing after enjoying lunch at the YARS Dining Facility during his visit to the air station Saturday of the March Unit Training Assembly. The 910th's Command Chief Troy Rhoades along with commander, Col. Karl McGregor, join in on the conversation with the troops as well.



Photo by Senior Airman Clinton Kline

Become an Air Force Reserve Recruiter

Have you thought about becoming an Air Force Reserve Recruiter?

Think about your Air Force Reserve Recruiter, the person who answered your questions, made suggestions and gave you advice, then followed you through the recruiting process to be sure it was working for you. Chances are that Recruiter remembers you, too. If you enjoy meeting new people and helping them improve their lives, then the Air Force Reserve Recruiting Service may be an excellent career path for you. The Recruiting Service provides many opportunities for motivated people who like to excel and who strive to meet deadlines.

Just a few of the great AGR benefits:

- Full Pay Including BAH and BAS
- TRICARE Medical Coverage
- Dental Plan
- Job Security
- Yearly Clothing Allowance Bonus
- Career Advancement
- AD Retirement Possibility
- Up To \$450 Pro Pay/Month

Great reasons to be an Air Force Reserve Recruiter:

- Superior Sales Training
- Personal Pride And Accomplishment
- World-Wide Assignment Potential
- The DoD's Most Successful Recruiting Force for the Last Seven Years
- Monthly Expense Account
- Company Car

To qualify for Recruiting, you must:

- Be a member of the Air Force Reserve
- Be at least a Senior Airman (E4)
- Have completed Airman Leadership School
- Have no more than 16 years on Active Duty
- Be physically fit and have a passing Fitness Test Score
- Possess high moral standards

Stop by the Recruiting Office in Building 101 for Open Q&A Sessions every "A" UTA Sunday or on "B" UTAs by appointment.

For more information, contact Senior Master Sgt. Scott Terpening, 910th Airlift Wing Senior Recruiter at 330-609-1394 or e-mail him at Scott.Terpening@afrc.af.mil

New ITT Office Location

The ITT (Information, Travel, & Tickets) Office has moved to Bldg 128 (HQ) downstairs in room 116. Stop by to check out discount tickets for national regional and local area attractions. Also see the many other services the ITT has to offer members of the base community.

910 Inspector General Office has moved to new location

Please note the 910th Airlift Wing Inspector General's office has moved to Building 113, Room 225. The IG staff can also be reached at 330-609-1090 to make an appointment for needed assistance during Saturday and Sunday mornings of the primary UTA.

May is Fitness Month

A different year - a different May Fitness Month.

This year will include many hands-on classes as well as health and fitness experts.

A Sumo wrestling match will kick off the event at Noon on Saturday of the May UTA.

Applications for Alberini Scholarship now available

Applications for the Richard Alberini Memorial Scholarship will begin March 23 and continue through June 1, 2009. The packs will be available starting next week at the Family Support Center. Eligibility includes active participant Airman (military or civilian) in the 910th Airlift Wing; spouse or child of active participant Airman (military or civilian) in the 910th Airlift Wing; financial need; enrolled in accredited educational institution and pursuing a Bachelor of Science or Bachelor of Art degree. For further information please contact the Family Support office at extension 1305.

Seeking Military Family of the Year applicants

Military Family Support will soon begin taking applications for the Military Family of the year to be awarded at the September UTA during the Family Day Activities. We are giving a wide latitude to the definition of 'family' but reserve the right to pull applications not suitable for consideration. For further information please call the Family Support office at x1305

Mark your Calenders

This year will be very busy with some great activities planned for the base community.

The May UTA features a Fitness Fair including Summo Wrestling, a Flight Line Fun Run and much more. The event is scheduled for 1200-1800, Saturday, May 2 at the Fitness Center.

"Thunder Over The Valley," the YARS Open House and Air Show is scheduled for August 8-9, the UTA weekend. Huge Crowds are expected to witness the show line up including the Thunderbirds, the U.S. Army Golden Knights, the U.S. Air Force Reserve Jet Car Show, static displays of military as well as historic aircraft and many more attractions.

The September UTA will be exciting with a Dining Out scheduled for the evening of Saturday, Sept. 12 and Family Day scheduled for Sunday, September 13.

Details will follow about these event as more info is available.

NEWCOMERS

Please welcome the following new members of the 910th Airlift Wing family:

Capt. Matthew Langenberg, 910th Medical Squadron

Master Sgt. Ricardo Gonzales, 910th Airlift Wing

Staff Sgt. Samuel Holbrook, 910th Medical Squadron

Staff Sgt. Robert Mitchell, 773rd Airlift Squadron

Staff Sgt. Jeffrey Wells, 910th Maintenance Squadron

Senior Airman Jason Corradi, 910th Logistics Readiness Squadron

Senior Airman James Lopez, 910th Maintenance Squadron

PROMOTIONS



Anthony M. Duvall, 910th Logistics Readiness Sq.
Thomas G. Seger, 910th Maintenance Squadron



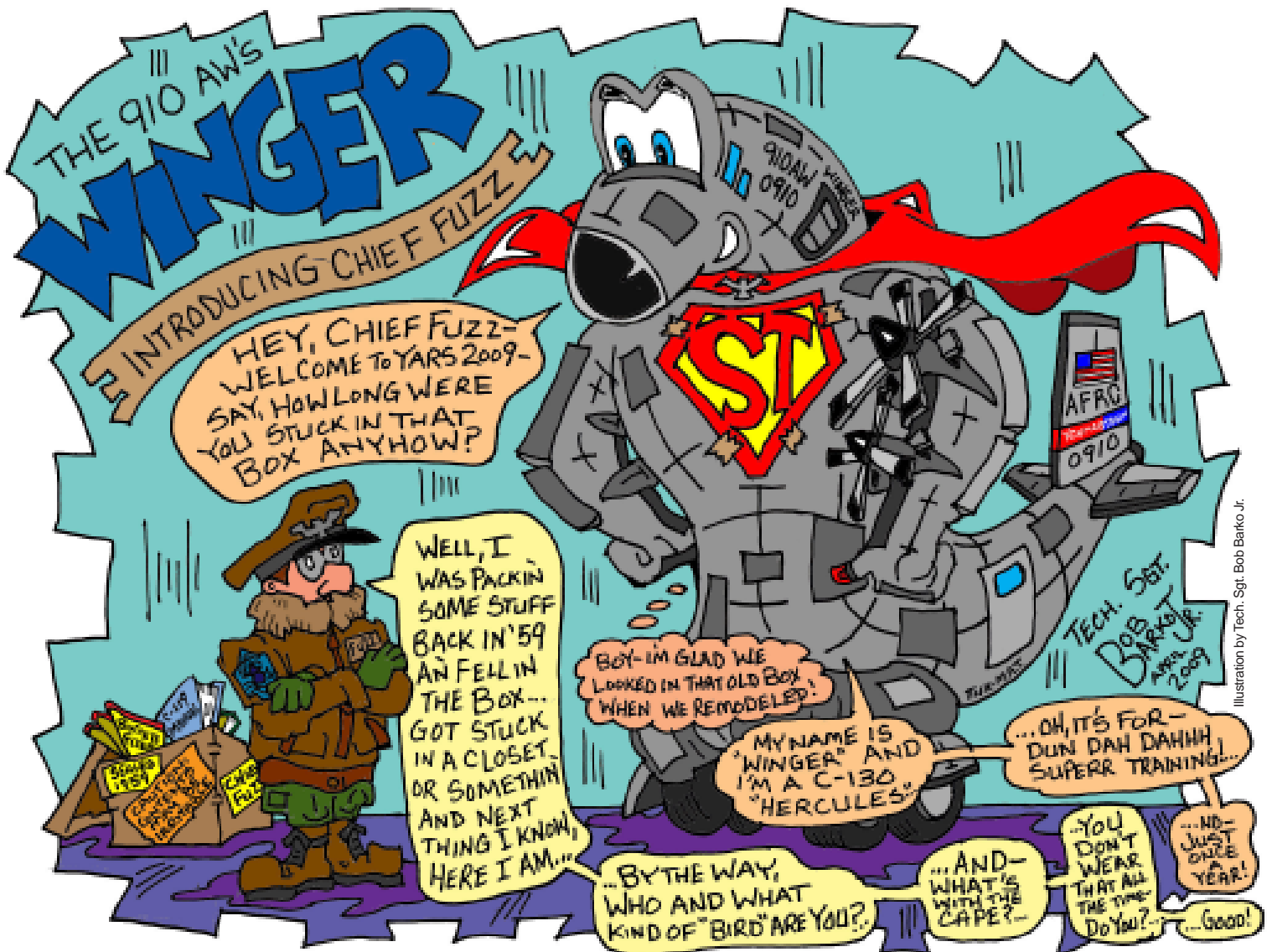
Hector M. Mendez, 910th Medical Squadron
Michael P. Price, 773rd Airlift Squadron
Jose M. Rivera, 910th Logistics Readiness Squadron
Jason L. Williams, 773rd Airlift Squadron



Christopher T. O'Neill, 773rd Airlift Squadron
Timothy J. Pasquale, 910th Maintenance Squadron



Jerod A. Indorf, 910th Aircraft Maintenance Sq.



910 Comm Flight charges ahead with new commander

Col. Teresa Hams, commander of the 910th Mission Support Group and Maj. Pete Milkovich, the new commander of the 910th Communications Flight grasp the flight's unit guidon. Maj. Milkovich took over command of the flight from Capt. Randy Jones during a formal ceremony held in the Communications Flight building training room here March 8. Personnel assigned to the flight, family, friends and members of the base community gathered to witness the ceremony and remained to wish the incoming and outgoing commanders well in their upcoming assignments.



Photo by Tech. Sgt. Bob Barko Jr.

Tech. Sgt. Bob Barko Jr. and Airman Megan Tomkins 910th Airlift Wing Public Affairs

Maj. Pete Milkovich took command of the 910th Communications Flight during a Change of Command Ceremony held at the Communications Flight building training room here March 8. He replaces Capt. Randy Jones as flight commander. Col. Teresa Hams, commander of the 910th Mission Support Group had high praises for both the incoming and outgoing commanders.

Col. Hams noted the importance of the flight to the wing's mission, saying, "We can't do anything without Comm."

She said Capt. Jones did an admirable job during his time as commander, noting that among his many accomplishments, he spearheaded the effort to donate over \$40,000 worth of computer equipment to local schools through the DoD's Computers for Learning Program.

After Col. Hams concluded her remarks, she presented Capt. Jones with Air Force Commendation Medal for his outstanding efforts as flight commander. Capt. Jones then addressed the audience gathered to witness the ceremony.

"This is the most rewarding job I've ever, ever had," said Capt. Jones about his time as flight commander.

Col. Hams also said, "Not only do we have one champion, but now we have two at the helm." The 910th MSG commander noted that not only would Maj. Milkovich bring his years of experience to the unit as the new commander but that Capt. Jones also would remain with the flight in the new position of Flight Operations Officer.

After the change of command officially took place during a ceremony involving the symbolic transfer of the flight's unit guidon from Capt. Jones, the flight's outgoing commander to Col. Hams, the 910th MSG commander, to Maj. Milkovich, the flight's incoming commander. The major addressed the personnel assigned to his new command.

"I cherish this responsibility (of command)," said Maj. Milkovich.

He said that leadership, mentorship and followership all work together to reach the common goal of the structure of a strong team. He also said that leadership is the basis for the team's structure.

"Leadership is similar to a foundation... If we don't have that, the building (the Comm Flight) won't be strong," Maj. Milkovich said.

The new commander said he looked forward to continuing to build a strong team to continue the flight's important mission.

At the conclusion of the ceremony, those attending were invited to a small reception to wish the incoming and outgoing commanders well in their new assignments with the 910th Communications Flight.



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