


Heartland WARRIOR

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This Air Force Reserve online magazine is an authorized publication for members of the U.S. military services, family, and friends of Grissom Air Reserve Base.

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On the cover...

Master Sgt. Valerie Nelson, 434th Maintenance Squadron nondestructive inspection noncommissioned officer in charge, uses a magnetic particle inspection device to find cracks in a main wheel rotor drive key during a tour of Grissom's maintenance facilities held for Grissom's honorary commanders Sept. 21. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)



Drug testing now includes checking for prescription medication in addition to illegal substances. Airmen who use medication prescribed by a doctor should bring their prescriptions to the base clinic to be entered into their medical records. (U.S. Air Force photo illustration/Senior Airman Andrew McLaughlin)

Airmen should register prescriptions

By Senior Airman
Andrew McLaughlin
Public Affairs staff

Grissom Airmen who use prescription medications can avoid unnecessary trouble by providing that information for their medical records.

On May 1, the 434th Aerospace Medicine Squadron began checking for prescription medications during urinalysis testing in addition to illegal substances.

The reason for the change is to detect the abuse of prescription medications such as pain killers, said Gary Flook, 434th AMDS drug demand reduction program manager.

If Airmen are using any medications prescribed by a doctor, they should bring their prescriptions to the 434th AMDS to be entered into their medical records, said Flook.

If an Airman tests positive for

a prescription medication, the medical review officer will look for a prescription in their medical records, he said. If it is not in the records then the individual will have to meet with security forces personnel or an Office of Special Investigations agent.

At that time, the Airman can declare they have a prescription for medication and may provide documentation as proof, which will be given to the MRO, continued Flook. If deemed valid, the test result will be changed to negative.

However, by this time the Airman's first sergeant, the JAG office and the wing commander will have been notified, so it is best to avoid this by providing the information beforehand, he said.

"To avoid the embarrassment and loss of time, getting information entered ahead of time saves trouble," said Flook. "Don't take other people's prescriptions," he added.

Fallen Hoosier Marine returns home



Marines transfer the remains of Sgt. Bradley Atwell to a nearby hearse as a joint color guard, Capt. Mark Trouerbach and Col. Don Buckley pay their respects by saluting Sept. 28. Buckley is the 434th Air Refueling Wing commander. Trouerbach and the Marine honor guard are assigned to Detachment 1 Communications Company, Headquarters and Service Battalion, 4th Marine Logistics Group. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

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

With a massive show of support from both military and civilian communities, a fallen Hoosier Marine returned home during a special ceremony held at Grissom Sept. 28.

Sgt. Bradley Atwell's remains were flown in to Grissom before he

was laid to rest in nearby Kokomo, Ind. Atwell's family, Grissom leadership and a military honor guard took part in the special dignified arrival ceremony.

Shortly after, Grissom's streets were lined with military and civilian personnel, who slowly saluted as the fallen Marine and his family passed by. The procession was then joined by over 300

Patriot Guard Riders and emergency response vehicles, who escorted the group to Chapel Hill Church in Kokomo.

Patriot Guard Riders attend funeral services of fallen servicemembers as invited guests of the family to show respect for the fallen and to shield the mourning family and their friends from interruptions created by any protestor or group of

protestors.

From Grissom's gate to the doors of the church, those in the procession said Atwell was honored by Hoosiers lining the streets, saluting, waving flags and honoring the Marine's sacrifice.

"There was even a blind gentleman with his seeing eye dog just outside the gate," said Tech. Sgt. Doug Hays, 434th Air Refueling Wing public affairs superintendent. "It seems like everyone showed up for this."

In a letter thanking those who helped support the military honors ceremonies for Atwell, Capt. Mark Trouerbach, Detachment 1 Communications Company, Headquarters and Service Battalion, 4th Marine Logistics Group inspector instructor, said the outpouring of support from both the Grissom and Kokomo communities touched him.

"In my 20 plus years in the Marine Corps, I've attended and organized many memorials (and) funerals," wrote Trouerbach. "Thanks to your efforts, this was, by far, my most memorable

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Approximately 300 Patriot Guard Riders and emergency response vehicles lined up outside Grissom Sept. 28 to escort a fallen Hoosier Marine to his final resting place in Kokomo, Ind. (U.S. Air Force photo/Staff Sgt. Benjamin Mota)

Grissom ready for aircraft emergency



Master Sgt. Jason Drewitz, 434th Maintenance Squadron KC-135 crew chief and crash, damaged or disabled aircraft recovery team chief, inspects the equipment on a CDDAR trailer here Sept. 5. The trailer keeps all the tools necessary to recover military aircraft in the event of an accident. (U.S. Air Force photo/Staff Sgt. Carl Berry)

By Staff Sgt. Carl Berry
Public Affairs staff

Airmen throughout the Air Force are constantly training for real-world situations; however, some of the skills acquired from the training will hopefully never be needed.

The 434th Maintenance Squadron's crash, damaged or disabled aircraft recovery section specializes in tasks necessary to recover a crashed or disabled aircraft, something they hope they never have to do.

"In order to recover an aircraft, special equipment is required, such as lifting bags, air distribution manifolds, slings and cables," said Master Sgt. Jason Drewitz, 434 MXS KC-135 crew chief and team chief for the CDDAR section. "Some of the additional equipment required includes air compressors, shackles for connecting cables and equipment used to support lifting bags and other gear for moving aircraft from uneven surfaces."

At a minimum, 22 Airmen are needed to perform aircraft recovery tasks. To ensure recovery is done correctly and effectively, team chiefs must go through intense scenario training every two years.

"Team chiefs attend the seven day CDDAR training held at Shepherd Air Force Base, Texas," said Drewitz. "The course details techniques to recover an aircraft using a dedicated sling lift, an air bag lift and a belly band lift, which essentially lifts the nose of the plane."

After successfully completing the course team chiefs are then required to train the Airmen at their home bases, however the training is more simulated because they cannot train on an actual aircraft.

"Our Airmen must go through an annual training with the equipment so they are qualified to perform various tasks such as towing an aircraft with blown tire or performing a sling-lift to raise an aircraft off the ground in the event the landing gear collapse upon landing," said Drewitz. "All tasks are trained in a manner to prevent secondary damage to an aircraft."

Grissom is not just responsible for the KC-135R Stratotankers on base, they are also responsible for any military aircraft accident within a 250 mile radius of the base.

"We are not the first to arrive on scene, actually we don't arrive until the accident investigation is complete," added Drewitz. "To date we have not had to respond to any accident, which is a good thing, but we are prepared if one does occur."

Honorary commanders get hands dirty with MX

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

Three of Grissom's honorary commanders got their hands dirty while learning about the 434th Maintenance Group here at Grissom Sept. 21.

Leilan McNally, Jessica Green and Cassie Dull made their way from around Indiana to see first-hand how Grissom maintainers keep the base's 16 KC-135R Stratotankers in such great condition.

The honorary commander program is a special community outreach activity designed to provide selected civic leaders with a unique look at Grissom and its many diverse missions.

The group had already

taken flight on a KC-135 earlier in the year, where they remarked about the superb condition of the jet that was over 50 years old. During their tour, Grissom maintainers showed them a behind-the-scenes look at all the work that goes into making that a reality.

"This was really fun for me," said Green, honorary 434th Operations Group commander. "When I fly, I don't normally think about the mechanical side of things and what goes on behind the scenes."

During their visit, the honorary commanders visited the aerospace ground equipment, non-destructive inspection and sheet metal sections of the 434th MXG.

"I think the (nonde-

structive inspection) lab was most interesting thing for me, because I didn't realize how much they inspect including searching for cracks using magnetism and testing the

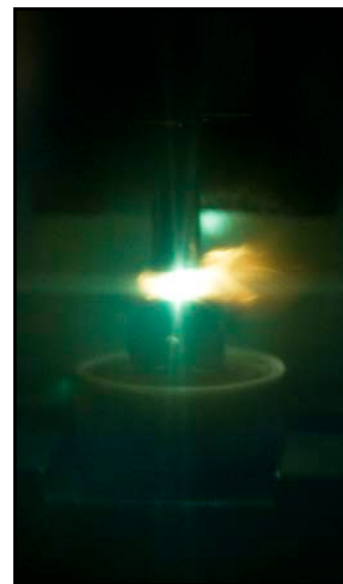
contents of engine oil," said Green. "It was amazing to see what they could find and could tell what was going wrong with the aircraft just by looking at the contents of the oil."



Staff Sgt. Shawn Cherty, 434th Maintenance Squadron metals technology specialist, explains to Grissom's honorary commanders how every tool in his shop has its place during a tour of Grissom's maintenance facilities Sept. 21.



Master Sgt. Valerie Nelson, 434th Maintenance Squadron nondestructive inspection noncommissioned officer in charge, explains how to use magnetic particle inspection to find cracks in a main wheel rotor drive key to Cassie Dull, honorary Marine Corps Reserve commander, during a tour of Grissom maintenance Sept. 21. Dull was joined by Leilan McNally, honorary 434th Maintenance Group commander, and Jessica Green, honorary 434th Operations Group commander. (U.S. Air Force photos/Tech. Sgt. Mark Orders-Woempner)



A spectrometric oil analysis machine burns used engine oil from a KC-135R Stratotanker Sept. 21. Grissom honorary commanders got to see the machine, which examines the different contents in used engine oil to determine what might be breaking down inside and aircraft engine.

Reservists' employers take flight



Employers of Grissom Airmen pose for a group photo before their flight aboard a KC-135R Stratotanker here Sept. 5. The purpose of the flight was to give the employers a better understanding of the mission of the 434th Air Refueling Wing and to show appreciation for their support. (U.S. Air Force photo/Senior Airman Andrew McLaughlin)

By Senior Airman Andrew McLaughlin
Public Affairs staff

Some reservists know it can be difficult to balance their military and civilian work lives, but this can

also be a challenge for their employers as well.

Nineteen civilian employers of 434th Air Refueling Wing Airmen visited here Sept. 5 to learn about the base and witness an aerial refuel-

ing aboard a KC-135R Stratotanker.

The purpose of the flight was to give the employers a better understanding of the 434th ARW mission and how their reservists contribute

to that mission. It was also a chance to show appreciation for the support they give their employees who serve in the Air Force Reserve.

Flying high above the Gulf Coast region, their KC-135 met with a B-52 Stratofortress to transfer over 1,000 pounds of jet fuel through the KC-135's boom, which connected with the Cold War era bomber.

During the mission, the employers were able to speak with the aircrew and climb into the boom pod to watch the refueling take place.

Prior to the flight, the employers received a briefing about Grissom, the Air Force Reserve and the KC-135. A representative from the Employer Support of the Guard and Reserve also talked to them about how supporting their reservists is important not only to Grissom, but the local area's economy and the nation's defense as well.

In the limelight

Promotions

To master sergeant: Tina Hoover, Maintenance Operations Flight, and Brett Lewis, Aircraft Maintenance Squadron.

To technical sergeant: Zachary Felten, 434th Communications Squadron; Scott Highland, 434th Security Forces Squadron; and Kevin Kesterson, 434th Civil Engineer Squadron.

To staff sergeant: Aubrey Able, 434th AMXS; Megan Brown, 49th Aerial Port Flight; Lindsey Cassidy, 434th Logistics Readiness Squadron; Ray Fair, 434th AMXS; Michael McClintock, 434th SFS; Douglas Schmidt, 434th CES.

To senior airman: Cole Anglemeyer, 434th Maintenance Squadron; Barbara Bitner, 434th AMXS; Joshua Clemens, 434th MXS; Daniel Garcia, 434th SFS; Ashley Helling, 434th AMXS; Amy Richmond, 434th AMXS; Ashley Sammelman, 434th MXS; and Cameron Yoder, 434th CES.

To airman 1st class: Sheri Ashcraft, 434th AMXS; Rickey Davis, 49th APF; Kayla Endres, 434th MXS; Danielle McKenzie, 434th AMXS; Michael Miller, 434th MXS; Thomas Moorman, 434th MXS; and Taron Warrior, 434th AMXS.

To airman: Keneisha Richards, 434th SFS; Joshua Schumacher, 434th AMXS; and Zach Smith, 434th SFS.





Flares

A C-130 Hercules with the 107th Airlift Wing fires off flares during a night formation training mission. Flares are used to deter infrared homing surface-to-air or air-to-air missile. (U.S. Air Force photo/Senior Master Sgt. Ray Lloyd)

NORTHCOM celebrates 10th anniversary

By Donna Miles
American Forces Press Service

WASHINGTON -- Ten years ago Oct. 1, still stinging from the devastating 9/11 terror attacks, the United States stood up U.S. Northern Command with one sole mission.

That mission is to deter, prevent and defeat threats and aggression aimed at the continental United States, its territories and its interests.

The activation marked the first time since the days of George Washington that a single military commander was charged with protecting the U.S. homeland.

Air Force Gen. Ralph "Ed" Eberhart, NORTHCOM's first commander, formed a team focused on aerospace, land and sea defenses that also provided critical support for U.S. civil authorities in times of national need.

October 2012

Since its establishment, NORTHCOM has responded to hundreds of disasters, including hurricanes, wildfires, pandemic influenza outbreaks and an interstate bridge collapse.

This summer, widespread wildfires in the West and Hurricane Isaac in late August dominated much of NORTHCOM's activities.

In declaring that NORTHCOM had achieved full operational capability in 2003, on the second anniversary of the 9/11 attacks, Eberhart told his command, "This is not an end state. This is, in fact, part of a journey. We'll never truly reach full operational capability. We are always going to be striving to be better."

Today, as NORTHCOM commemorates its 10th anniversary, Army Gen. Charles Jacoby Jr., its current commander, continues to build on that legacy.

Emphasizing the importance of NORTHCOM's mission partners in everything the command does, Jacoby laid out his priorities for the command:

- Expand and strengthen trusted partnerships;
- Advance and sustain the binational North American Aerospace Defense Command;
- Gain and maintain all-domain situational awareness;
- Advocate and develop capabilities in core mission areas to outpace all threats; and
- Take care of people who represent the command's foundation.

"Our vision is that, with our trusted partners, we will defend North America by outpacing all threats, maintaining faith with our citizens and supporting them in their times of greatest need," Jacoby told the Senate Armed Services Committee in March. (AFNS)



Daniel DeAngulo, Grissom's base emergency manager, adjusts a liquid propane tank attached to a bird deterrent cannon here Sept. 5. In preparation for an upcoming exercise the 434th Civil Engineer Squadron tested their bird cannons, which will take the place of ground burst simulators. The bird cannons may also be used by base safety for Grissom's bird air strike hazard program to startle birds out of the airfield area. (U.S. Air Force photo/Staff Sgt. Carl Berry)

Cannons deter birds, improve safety

By Staff Sgt. Carl Berry
Public Affairs staff

"More bang for the buck" is an old saying that booms loud and true for Grissom's two new propane cannons.

Recently, the Grissom's Emergency Management office purchased propane cannons, typically used to deter birds from nesting on airfields; however, the emergency managers plan to use them to simulate explosions during base exercises.

"The main reason we purchased the cannons is they are a lot safer

than using ground burst simulators during exercises," said Daniel DeAngulo, Grissom's base emergency manager.

The cannons, powered by liquid propane, are also cheaper to use than the traditional exploding ground burst simulators, DeAnuglo added.

"We like the aspect of using the cannons for base exercises, because they are more cost effective and the set-up and clean-up are simple," said Robert Wydock, Grissom's deputy emergency base manager.

Although the bird cannons were

purchased for exercise simulation purposes, they may be co-utilized by the base safety office for their bird aircraft strike hazard prevention program.

"The BASH program was implemented to protect our aircraft and people from incidents that are caused by birds getting into the jets," said Master Sgt. Johnny Armes, 434th Air Refueling Wing ground safety manager.

"We manage the airfield by using different bird deterrent devices and the cannons give us another useful tool to deter birds and other wildlife," he added.

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experience I've ever encountered.

"I was honored to represent Brad, and after this past weekend, I have gained a new founded respect for the Kokomo community," he added. "Although I am not from this area, I feel like I'm at home here."

Trouerbach and his fellow Detachment 1 Marines took part in both the dignified arrival and military funeral honors.

Atwell, 27, died Sept. 15 while supporting combat operations at Camp Bastion in Helmand Province, Afghanistan. He was assigned to Marine Aviation Logistics Squadron 13, Marine Aircraft Group 13, 3rd

Marine Aircraft Wing at Marine Corps Air Station Yuma, Ariz.

The Marine sergeant lost his life as nearly 20 insurgents infiltrated the perimeter of Camp Bastion and attacked International Security Assistance Force personnel and facilities using small arms, rocket-propelled grenades and suicide improvised explosive device vests. The attack, which began shortly after 10 p.m., killed two Yuma-based Marines, including Atwell, wounded several others, and caused damage to multiple aircraft and structures along the base's flight line.

ISAF forces reacted to the assault, returned fire

and killed all but one of the known insurgents, defeating the attack. ISAF personnel wounded the remaining insurgent attacker, who is in ISAF custody.

"The deaths of Lt. Col. Chris "Otis" Raible and Sgt. Bradley Atwell are a stark reminder of the selfless service and extraordinary sacrifices made by our Marines and Sailors and their families each and every day," said Brig. Gen. Steven Busby, 3rd Marine Aircraft Wing commanding general. "Our thoughts and prayers go out to the families, friends and loved ones of those brave Marines.

"We will honor their

memories and continue to support our Marines and Sailors still in the fight and their loved ones here at home," Busby added.

The commanding general and several other Yuma-based Marines arrived at Grissom shortly after the dignified arrival to pay their final respects to their fallen comrade.

Atwell enlisted in the Marine Corps in 2005 and served as an electrical systems technician. His personal awards include two Marine Corps Good Conduct Medals, Afghanistan Campaign Medal, Global War on Terrorism Service Medal, National Defense Service Medal and NATO Service Medal-ISAF.



Military and civilian personnel line the streets of Grissom to pay their respects to Sgt. Bradley Atwell, a fallen Hoosier Marine, and his family Sept. 28. Atwell, 27, was a native of nearby Kokomo, Ind., and lost his life Sept. 15 while supporting combat operations at Camp Bastion in Helmand Province, Afghanistan. (U.S. Air Force photo/Staff Sgt. Benjamin Mota)

JROTC students get look at AF mission



Senior Airman Matthew Devers, 434th Operations Support Squadron aircrew flight equipment apprentice, shows Navy Junior ROTC students from Anderson High School, Anderson, Ind., how aircrew helmets are maintained during a tour here Aug. 22. The student visited to learn about the 434th Air Refueling Wing. (U.S. Air Force photos/Senior Airman Andrew McLaughlin)

By Senior Airman Andrew McLaughlin
Public Affairs staff

One of the purposes of junior ROTC is to introduce students to military service, but nothing compares to getting a first-hand look.



Slade Webb, a student at Anderson High School, Anderson, Ind., climbs out of an emergency survival raft at the aircrew flight equipment section during a tour here Aug. 22.

Navy Junior ROTC students from Anderson High School, Anderson, Ind., visited the base Aug. 22 to learn more about the military and the mission of the 434th Air Refueling Wing.

The Anderson Navy Junior ROTC has visited the base before, and retired Lt. Cmdr. Albert Outcalt, the Junior ROTC commander, said he thinks the tours are beneficial because the students have an opportunity to interact with people currently serving in the military.

“They get to look at different careers and experience the military way of life,” said Outcalt.

Outcalt said this is important because over half of Junior ROTC graduates from Anderson go into the military after high school.

The students visited 434th Operations Support Squadron where airmen there showed them some of the survival gear and flight equipment they maintain. The students got to climb inside an emergency survival raft and also see how aircrew helmets are maintained and tested for operational safety.

Later, the group got a close look at a KC-135R Stratotanker as crewmembers and maintainers gave the students a tour of the aircraft and answered their questions.

Instructors promote fitness lifestyles

By Staff Sgt. Carl Berry
Public Affairs staff

The Grissom Fitness Center has three new fitness instructors with the same goal -- helping Airmen get into the best physical shape possible.

The new instructors all provide something different. Zachery Holmes specializes in distance running, Chris Wiley specializes in personal and group training, and Kasey Potts specializes in making fitness fun.

Holmes is a recreation assistant and fitness instructor here. He currently teaches a fitness assessment improvement class on Tuesdays and Thursdays from 3:15- 4:15 p.m.

"My whole purpose for being here is to help Airmen prepare for the physical fitness test," shared Holmes.

In the class Holmes, who has been running long distances since the age of 13, helps participants with their running form and how to prevent injuries. He also works on other components like sit-ups and push-ups.

"Most injuries are often caused by the type of shoes people wear when running," said Holmes.

"Anyone experiencing pain while running should let me take a look at the soles of their running shoes, because I will be able to tell them if their foot is striking awkwardly."

Holmes said he not only wants to help Airmen to perform better on the physical fitness test, but also wants to help Airmen to enjoy running.

"As an instructor at Kirkland Air Force Base, N.M., I was able to get a group of people interested in running longer distance to run in the Air Force half marathon," shared Holmes. "It would be great to send a group of Airmen to represent Grissom at the half marathon."

When it comes to abdominal circumference, Wiley is the person to see.

"My main goal is to get everyone I work with to score no less than

90 percent on their physical fitness test," shared Wiley. "I firmly believe that if we set realistic goals and strive for them we will meet our goals, all we have to do is believe -- believing is the key."

Wiley's main focus is helping Airmen bring down their abdominal circumference, which makes up 20 percent of the fitness score.

"A lot of people come to me in good shape, they're able to pass the push-up, sit-up, and run portions of the test with no problem, but fail the abdominal circumference part of the test," shared Wiley. "The first thing I tell them is to cut back on the protein, because what people don't realize is that too much protein will affect your circumference score."

Wiley also instructs a full body circuit training workout that only uses a person's body weight for resistance. The class meets Wednesday's from noon to 1 p.m.

"(A) suspension training class is a great way of strengthening

muscles, the only thing I require from participants is maximum effort, because I want them to get maximum results," he added.

Kasey Potts completes the trio by adding some fun to fitness. Potts instructs Zumba at the fitness center on Mondays and Fridays from 3:15- 4:15 p.m., and will be adding a yoga class in the near future.

"My workouts are intense and participants will do more than 200 lunges and squats and not realize it until later because they're having fun," she said. "Zumba combines dance and fitness in a non-intimidating way, so beginners and the more advanced can take the same class."

Grissom provides the tools for Airmen to succeed, but Airmen need to use the tools. Traditional reservist that need help with their physical fitness test or just want advice can schedule an appointment with any of the instructors by contacting the fitness center at ext. 2000.



Kasey Potts, a fitness instructor at the Grissom Fitness Center, leads a Zumba class Sept. 7. Potts is one of three new fitness instructors helping base personnel achieve their fitness goals. For more information about the classes offered, contact the fitness center at 688-2000. (U.S. Air Force photo/Staff Sgt. Carl Berry)

Grissom sergeants graduate leadership course

By Senior Airman
Andrew McLaughlin
434th ARW Public Affairs

Grissom Airman recently completed training to develop their leadership skills and become more effective non-commissioned officers.

Twenty one Airmen from the 434th Air Refueling Wing graduated the NCO Leadership Development Course during a ceremony held here Aug. 17.

“NCOLDC provides some great leadership training for our growing Airmen,” said Staff Sgt. Joshua Sanford, 72nd Air Refueling Squadron in-flight refueling technician. “I found the class to be very enriching and enjoyable and would promote it to any of our upcoming Airman.”

The 10-day course combines college level management and leadership instruction with a military practical, experimental, and hands-on application. The classes are taught by both college and military instructors, who cover various topics such as the roles of leadership and management, communication, stress management, and team building.

Master Sgt. Lisa Fitzgerald,



Staff Sgt. Julia Person, 434th Aircraft Maintenance Squadron KC-135 crew chief, receives a certificate of training from Col. Don Buckley, 434th Air Refueling Wing commander at a graduation ceremony for a Non-Commissioned Officer Leadership Development Course here Aug. 17. Person graduated the course with 20 other NCOs. (U.S. Air Force photo/Senior Airman Andrew McLaughlin)

434th Force Support Squadron training technician, said the course motivates the students for when they return to their respective sections.

“It’s an exciting course,” said

Fitzgerald.

During the graduation ceremony, Col. Don Buckley, 434th ARW commander, spoke to the graduates and presented them with their certificates of completion.



Raptor refueling

An F-22 Raptor from the 90th Fighter Squadron is refueled by a KC-135 Stratotanker from the 434th Air Refueling Wing, Grissom Air Reserve Base, Ind. The F-22 is the United States Air Force’s newest fighter aircraft and performs both air-to-air and air-to-ground missions. KC-135 Stratotankers from the 434th ARW are capable of providing mid-air refueling to a variety of fighter, bomber and cargo aircraft. (U.S. Air Force photo/Chief Master Sgt. Jeff Maier)

Class promotes exercise as medicine

By Tech. Sgt. Doug Hays
Public Affairs staff

Exercise is medicine.

It's not just the name of a new class offered by the fitness center staff; it's a way to turn lives around.

The class is designed for people with disease risks, such as diabetes, heart health, obesity – and reversing the affects of a sedentary lifestyle, said Juli Phelps, exercise physiologist.

To achieve the results instructors plan to focus on a combination of health education, safe physical activity movement, and event planning to help people sustain a healthy lifestyle.

Classes are held on Tuesdays and Thursdays from 3:15-4:15 at the fitness center.

Each class will last between 45 minutes to one hour and will include circuit cardio work alternating between low-impact aerobics and strength conditioning.

In addition cardio, strength, and flexibility and balance assessments will be incorporated as well.

Students will also be asked to do 30 minutes of self-directed activity per week as well, Phelps said.

We want to make health education, lifestyle changes and the event planning fun and in a social atmosphere, she said.

“Move and learn,” that’s the plan she said. “People of all ages will be able to participate in the classes and improve their health.”

To learn more about the class, contact Phelps at 688-2987.

To sign up for this class or any other class offered, contact the fitness center staff at 688-2000.

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Greg DeMaio, management analyst for the 434th Air Refueling Wing, uses resistance bands to strengthen abdominal muscles during sitting crunches Sept. 14. A new exercise is medicine class is being offered here. (U.S. Air Force photo/Tech. Sgt. Doug Hays)

Runners race their pace in 5K fun run

By Tech. Sgt. Doug Hays
Public Affairs staff

It's not always the fastest person that wins the race...and two Grissom members drove that point home Sept. 12 during a 5K fun run.

Laurie Latchaw 49th Aerial Port Flight, and April Gandy, 434th Force Support Squadron, tied for first place in the predict-a-time event. Both finishing in a time of 45:04 -- four seconds off their predicted time of 45 minutes.

The event, which prohibits participants from wearing watches or timing devices, allows runners of all speeds to be competitive.

And while William Chapman, 434th Maintenance Squadron, was the fastest to complete the run in a time of 19:54 – more than twice what the winners finished in, he was 1:06 off his prediction of 21:00.

The overall third-place winner for the event was Cindy Webb, also of the 434th FSS, who was 15 seconds off her predicted time of 45:00

The fastest female crossing the line was Kasey Potts, spouse of



Civilian and military runners take off at the start of the 5K fun run held here at Grissom Sept 12. The predict-a-time event makes the run competitive for runners of all speeds. (U.S. Air Force photo/SrA. Andrew McLaughlin)

Timothy Potts, 434th Security Forces Squadron. She finished in a time of 26:16.

The next running event is sched-

uled for noon Nov. 14 a 5K turkey trot. Grissom runners can sign up by contacting the fitness center at 688-2000.



Breath of life

Tech. Sgt. Lindsay Nagy, a combat crew communications specialist with the 434th Operations Support Squadron, watches to make sure a mannequin's chest rises as she fills its lungs with air during a cardio pulmonary resuscitation refresher class held recently. The class was taught by Grissom fire fighters. The fire department is looking at hosting other refresher, and an initial CPR class soon. For more information, contact William Dixon at 688-3353. (U.S. Air Force photo/Tech. Sgt. Doug Hays)