

507th Air Refueling Wing and 513th Air Control Group, U.S. Air Force Reserve

April 2013

Vol. 33, No. 4

# On-final

Reservists return home  
from Southwest Asia



**Inside:**

“Aviators” television  
show comes to Tinker

---

Security Manager of  
the Year

---

Mechanics, pilots carry  
out mission together





# Inside:

Commander's commentary..... 4

Airmen return home..... 5

Fear and loathing..... 6

Security Manager of the Year... 7

“Aviators” comes to Tinker..... 8

## On-final

### Editorial Staff

Commander, 507th ARW..... Col. Russell A. Muncy  
 Public Affairs Officer.....Lt. Col. Kimberly Howerton  
 Chief, Public Affairs.....Maj. Jon Quinlan  
 Deputy Chief, Public Affairs.....Maj. Bill Pierce  
 NCOIC, Public Affairs.....Tech. Sgt. Grady Epperly  
 Editor, On-final .....Senior Airman Mark Hybers  
 513th ACG PA Specialist.....Staff Sgt. Caleb Wanzer

Contents of On-final are not necessarily endorsed by or the official views of the U.S. Government, the Department of Defense, or the Department of the AF. Published by The Journal Record Publishing Company, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 72nd Air Base Wing commander. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Tinker Take Off and On-final are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or The Journal Record Publishing Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

The editorial content is edited, prepared, and provided by the 507th Air Refueling Wing's public affairs office, which is located at 7435 Reserve Road, Suite 9, Tinker Air Force Base, Okla., 73145-8726. All photographs are Air Force photographs unless otherwise indicated.

**Master Sgt. Mark McGougan, 465th Air Refueling Squadron is welcomed home by his wife. McGougan is one of about 51 507th Air Refueling Wing members returning home from Southwest Asia. (U.S. Air Force photo by Senior Airman Mark Hybers)**

### Cover Photo



**Capt. Adam Steichen receives a hero's welcome from his two daughters, and wife Rose after returning home from his deployment to Southwest Asia on Saturday March 16, 2013. (U.S. Air Force photo by Capt. Jon Quinlan)**



# 507<sup>th</sup> ARW Commanders Commentary

by Col. Russell Muncy

507th Air Refueling Wing commander

There is a lot of talk about the sequester and the budget uncertainties around the wing. As I have shared with you over the last 30 days, these budget issues will continue for the foreseeable future. We as citizen Airman need to be prepared for the tough strategic calls that will be made at all levels of government; however, there is some news that came out last week that may help us.

As was previously disseminated by the Office of the Secretary of Defense, the decision was made to delay implementation and reduce the number of civilian furlough days for Department of Defense civilians to no more than 14 work days for this FY. Expectations for potential implementation of a furlough would be to start notifications no earlier than early to mid-May, and furloughs would not begin until mid to late June. Please use this added time to prepare for a furlough if and when one is directed. There are several employees here that are already being proactive and have managed to make changes that have resulted in some remarkable savings.

As many of you know, at the wing level we have already had to make some tough calls and cuts to our spending. Many temporary duty assignments and orders were canceled or modified. While this is unfortunate, we must continue to be good stewards of the tax payer's dollar and ensure our expenditures are in line with our mission priorities and the sequestration guidance. I'm asking all of you to look hard at your processes and search for additional ways that we can be more efficient without

compromising mission effectiveness.

You may ask why are we where we are today? The United States Government has carried a national debt for many decades. Since 1961, with the exception of 1969 and 1998-2001, the federal government has carried a yearly deficit that has added to the national debt. With the economic challenges our country experienced a few years back and one that we are still recovering from today, government revenues went down and spending increased in an attempt to bring a fragile economy out of recession. During this time, our national deficit increased to over \$1 trillion annually which has contributed greatly to a national debt that now stands at \$16.5 trillion and continues to rise. Economists point to two ways to tackle the problem which are to raise revenue or to reduce spending or a combination thereof. Efforts have been made to tackle the federal government's budgetary challenges.

Unfortunately, agreements were not reached and sequestration took effect on 1 Mar. With the implementation of sequestration, the federal government is required to cut \$85B in spending in FY2013. The DoD portion of this is \$47B. You might be wondering why the DoD portion makes up over half of the required reductions.

The reductions are only targeting discretionary spending, and the Department of Defense makes up approximately 50 percent of the discretionary federal budget. As such, we should not be surprised to know that the DoD has been identified to make its fair share of budget reductions. These budget cuts would essentially



Col. Russell Muncy  
507th Air Refueling Wing Commander

be spread across all of our accounts. Additionally, since sequestration is a 10 year plan, continuing budget adjustments could impact us for years to come.

Bottom line, we need to continue to treat the taxpayer's dollars as frugally as we treat our own family's money. Please continue to do what you can in your work centers to reduce spending and improve efficiencies. Also, do your part to conserve in your personal budget as well. Be critical of new purchases. Look for cost saving measures. Look for creative ways to save money. Use the time we have wisely to prepare.

I have no doubt that despite these financial difficulties, you will continue to be the driving force of what makes this wing so great. The 507th ARW will continue to be the standard bearer and provide the best product possible worldwide. Thanks for what you do and please continue to remain flexible and combat ready.

# Reservists return home from Southwest Asia

by Senior Airman Mark Hybers

507th Air Refueling Wing Public Affairs

Fifty one members of the 507<sup>th</sup> Air Refueling Wing returned home from a deployment to Southwest Asia on Sunday March 17, 2013.

The returning members make up about one third of the total number deployed on Jan. 7. They come back after supporting a broad spectrum of air refueling missions in the U.S. Central Command area of responsibility.

The cold, windy, cloudy day didn't keep family members, some sporting green in celebration of St. Patrick's Day, from coming out and waiting on their loved ones as planes flew in all afternoon.

For some families, this deployment marks the first separation from their spouse or children.

"It's really great to see him and it's great to see this reunion with the kids," said Rose Steichen, wife of Capt. Adam Steichen. "This was the first deployment for our youngest daughter. She's daddy's little girl."

This deployment is also the first separation for Tech. Sgt. Shaun Erickson and his son and twin daughters.

"We talked about it a lot at home," Kristyn Erickson, Shaun's wife said. "There were a lot of tough days during the time Shaun was gone, but we managed."

Erickson, a member of the 507<sup>th</sup> Aircraft Maintenance Squadron, didn't know he was not going straight home after a long, hard deployment.

"We are going to get ice cream at Orange Leaf," said one of Erickson's twin girls.

The remaining 80 plus 507<sup>th</sup> members remain in place carrying out the refueling mission.



Tech. Sgt. Shaun Erickson receives an overwhelming greeting by his children. His twin daughters and son greet their father with teary eyes after their first-ever separation. Erickson returns home after more than two months in Southwest Asia. (U.S. Air Force photo by Senior Airman Mark Hybers)



# Fear and loathing on the Tinker trails

by Senior Airman Mark Hybers

507th Air Refueling Wing Public Affairs

The drive down Reserve Road is fairly long and slow, leaving lots of time for us to glance at the running trails. For many of us, there is a good deal of fear and loathing at the thought of running those trails, or running anywhere for that matter.

Running at any time or any place tends to bring anxiety levels to the surface for most. Driving down Reserve Road in the mornings, you might find yourself looking at the trails and thinking, “I’m going to bring my gear tomorrow and go for a run.” Then your heart rate spikes and breathing becomes more rapid and shallow, and then the next thought is “well, I have a lot going on at work tomorrow and it’s supposed to be pretty cold outside, so maybe I’ll just bring my stuff next week.”

Ah. The heart rate comes back to normal, the breathing regulates once again. There, that’s much better.

Life seems to run in cycles and with it so do our exercise habits. Once the winter cold sets in, most of us stop going outside to get exercise, opting instead for the nice cozy La-Z-Boy.

I fall somewhere in the middle. While I have all the cold weather attire I need, most winter days I find myself staring at it in my closet and longing for days of the warm morning summer sun.

Then I slip into my spandex running pants, warmer wind pants over those, three layers on the top half, hat and gloves and I’m off for a run in the cold. Brrr.

You see, I’m the guy that can’t physically afford to take the entire winter off. If I don’t run on these cold

winter days, I’m doomed come Fit to Fight day. It’s not cold weather that’s to blame for my lack of running prowess. That’s probably just an excuse to take three months off.

I am an odd creature in that I really enjoy running, but I am average on my best day. I plod along gasping for air as if I just sprinted 400 yards – and then I start my second quarter mile.

## HISTORY:

I’m not really sure why I’m such a bad runner. Frankly, I’d like to blame it all on my parents. Growing up, there was never a moment when I could walk into any room of our tiny little apartment without waving my hands to cut through the wafting cloud of cigarette smoke. Surely that has a long term effect on the lungs, right?

At least the apartment had about 800 square feet to disburse the smoke. No such luck when we had to take a car ride. Like most kids, I sat in the middle of the back seat so I could see out the front window of the car – always pretending I was driving. After 10 or 15 minutes, the car looked like a scene out of John Carpenter’s “The Fog.” Surely that has a long term effect on the lungs, right?

Fast forward a few years and I find myself a young Navy seaman cutting through the wind as only an 18 year old with a Marlboro in his mouth can! Hmm...perhaps my parents can’t shoulder all the blame for my lack of running prowess.

Fast forward 11 more years. Two packs-a-day and the lung capacity of a gnat and I finally put the Marlboros down for good.

## MODERN DAY:

When I joined the Air Force Reserves and came on to the base for the first time, the Tinker trails just off Reserve Road was one of my first memories. The trails, which I knew were de-

signed for running, provided me with a great deal of fear and loathing. Keep in mind, three Presidents have been in office since the last time I ran further than from my La-Z-Boy to the refrigerator.

After finishing Knowledge Operations School last year, I began seasonal training program orders. Putting aside my fear of the trails, I went out a couple times a week to enjoy a good run.

Those mornings out there with various other groups proved quite enjoyable. Small packs stretching, setting Garmin GPS watches, getting ready for 30 minutes of grueling plea-



Senior Airman Mark Hybers, 507th Air Refueling Wing, puts aside fear and loathing of the Tinker trails, off Reserve Road, as he finishes a two-and-a-half mile run on a cold windy day. Running the trails in the harsh winter weather is a necessity to remain in shape while preparing for Fit to Fight. (U.S. Air Force photo by Kenneth Colby)

See Loathing on page 7

# 507th members named Security Manager of the Year

by Senior Airman Mark Hybers

507th Air Refueling Wing Public Affairs

Two members of the 507th Security Forces Squadron received the 72nd Air Base Wing 2012 Security Manager of the Year Award during the Tinker AFB quarterly security manager meeting held here on Feb 20, 2013.

Master Sgt. Eric Kiddie and Tech. Sgt. Ricky Buettner received the award for going above and beyond their normal security manager duties, while helping the 507th Air Refueling Wing through its yearly inspection. Kiddie and Buettner received zero write-ups during the inspection – a feat very few organizations achieve each year, said Merle Norman, base information protection

specialist.

“Kiddie has always stayed on top of his stuff,” said Norman. “But this year was better than ever.

Buettner said staying balanced between security management and normal day to day activities is very dif-

ficult.

“It’s a real challenge to do our day to day job and stay on top of security management,” he said.

Norman went on to say Kiddie and Buettner are also exceptional trainers, ensuring 100 percent of their people are trained and their training is documented.

The award is given each year to the security manager who’s initiative, integrity and personal conduct along with inspection status goes above and beyond the normal expectation. Kiddie and Buettner are the first security managers from the 507th in over 10 years to win the base-wide award.

“It’s quite an honor,” said Kiddie. “Receiving the award re-enforces the effort that Tech. Sgt. Buettner and I put into our daily duties.”



Master Sgt. Eric Kiddie, left, and Tech. Sgt. Ricky Buettner from the 507th Security Forces Squadron received the 72nd Air Base Wing 2012 Security Manager of the Year award on Feb. 20, 2013. (U.S. Air Force Photo by Senior Airman Mark Hybers)

## Loathing from page 6

sure.

I typically stay towards the back of these packs knowing it’s futile for me to try to stay up front with the good runners. And besides, if I run slowly, then I have time to enjoy what the trails have to offer.

So, with my extremely bright running clothes on, I head down the trail following the pack.

Most mornings the trail offers many visuals and smells. I can close my eyes and know where I am just by the smell alone. Crossing over the wood bridges in the shade, the scent of wet leaves becomes overpowering.

Snniiiiiiiifffff, ahh.

Some mornings, I am graced by a rabbit popping out of the woods and effortlessly leaving me in its dust. I have a love hate relationship with that rabbit – while it might take me away from random thoughts, possibly stress-related, I get quite riled up thinking about a seemingly insignificant animal that can obliterate me like that.

Those beautiful mornings quickly turn to colder, darker more dreary mornings as winter encroaches on our happy-go-lucky trail days. The packs of bright clothed, Garmin toting runners thin out to nearly nothing, as we all prepare for the frigid, windy Okla-

homa winter.

Now it’s mid-March and the days are growing longer and the dreary winter is pushing back, giving way to the warmer temperatures.

Driving down Reserve Road this morning, thoughts of that rabbit sitting somewhere in the woods chuckling at my car driving by, as it waits to see me plodding down the trail so it can burst out of the tall grass and toy with me again, run through my head.

My heart rate spikes as I write this because I know it’s time for another summer of fear and loathing on the Tinker trails.



# Crew from television show comes to Tinker AFB

## Highlights KC-135 Stratotanker, E-3 Sentry mission

by Senior Airman Mark Hybers  
507th Air Refueling Wing Public Affairs

Photo by Megen Andersen  
The Aviators

# The AviatorS

A crew from the popular PBS television series "The Aviators" came to here March 20-21, 2013 to highlight the KC-135 Stratotanker and the E-3 Sentry missions for an upcoming episode airing this fall.

The film crew of four spent two days at Tinker filming the KC-135 and E-3 missions in order to highlight the guard, reserve and active duty components and the specific mission capabilities of the jets and crews.

Airmen from the 507th Air Refueling Wing, 513th Air Control Group, 552nd Air Control Wing and Oklahoma Air National Guard's 137th Air Refueling Wing were active participants.

The film crew hailing out of Toronto, Canada, came very prepared for the type of fast paced, cramped filming needed to effectively demonstrate what the men and women do without hindering any part of the KC-135 or E-3 missions.

"Executing the schedule for the film crew took a total force effort of guard, reserve and active duty. We had a lot of support from both sides of

the flight line," said Capt. Jon Quinlan, Chief, 507th ARW Public Affairs. "This documentary coverage will play a huge role in communicating our Air Force missions to the public and recruiting our future aviators. Plus it didn't cost us a penny"

Within five minutes of arriving at the front gate, the crew unloaded and began filming 507th Aircraft Maintenance Squadron members while they worked on a KC-135.

"We were really surprised at how efficient the maintenance process seemed to be," said Anthony Nalli, executive producer. "They were all in different areas working on different things at the same time. They seemed to be a very cohesive team."

Director of Photography, Devin Lund, who has been with the show since season one was quite surprised at the size of the aircraft. "There is going to be a ton of great video here," Lund said.

The Aviators crew filmed mission briefs and pre-flight inspections on both the KC-135 and E-3 Airborne Warning and Control System to get a feel for what goes into these missions before the aircraft leave the ground.

Major Mark Povec, 465th Air Refueling Squadron Pilot had the opportunity to interview with the film crew as they documented what's it's like to be part of a KC-135 crew.

"The film crew was outstanding

when it came to the interview. It was great to highlight our ops and maintenance teams," said Maj. Povec. "All around it was a good experience."

A highlight during the filming for Megen Andersen, production coordinator, was finding out more about the boom operator position.

"I was really surprised how intense the boom operator's position is," she said. "He or she has to be so precise and attentive during the mission while working on their stomach in a small office."

The "Aviator" series focuses on interesting people, the latest aircraft and coolest technology, both civilian and military. It's currently filming for the fourth season, set to air this fall.

The series airs weekly in the United States with an audience of over 9.3 million in almost 3.6 million television households as reported by Nielsen ratings during the show's second season. Additionally, the show has more than 2 million views or downloads via popular online video subscription sites.

While the show mainly airs on the Public Broadcasting Service (PBS) the show is now running in some areas on the Discovery Channel.

The episode filmed here is expected to air sometime in October, according to the producers.

For more information on "The Aviators" visit their website at: <http://www.theaviators.tv/>



# Mechanics, pilots carry out missions together

by Brandice J. O'Brien  
Tinker Public Affairs

Unlike other base units, pilots and aircraft mechanics with the 507th and 137th Air Refueling Wings have a unique relationship. Oftentimes, when a KC-135 Stratotanker is in the air, at least one mechanic is with the jet he maintains.

A tradition carried from the Army Air Forces and World War II, the task

get there's a lot of people behind the scenes who make these things get in the air," said Tech. Sgt. Jeff "JD" Nash, 507th ARW crew chief. "Without us, they don't have anything to fly. It's give and take."

Roughly three to five times a month, two to three mechanics -- including crew chiefs, engine and/or avionics specialists -- will accompany the jet. Their responsibilities are to refuel

"We may or may not land at a base that has personnel there who are qualified to inspect our aircraft," said Senior Master Sgt. John Nugent, 507th ARW production superintendent.

Sergeant Nash said it's not uncommon to land at a fighter base where personnel know little about tankers. The most common challenges the crew run into with these missions are logistical issues -- arranging fuel stops and parking.

It's a job the mechanics take seriously. "This is a 200,000-pound aircraft with 80,000 pounds of gas going up in the air and I have three lives who depend on me at a minimum every day it leaves the ground," Sergeant Nash said. "That's not to mention what we fly over every day. If one of these goes down, it can make a big smoking hole in the ground. We take this very seriously and very personally."

Overall, the relationship between the mechanics and pilots is a respected and well-revered one. There are challenges and occasional disagreements, but the relationships as a whole are strong.

"We're usually on a first-name basis. Most of us are pretty good friends and we trust each other," said Maj. Mark Povec, KC-135 pilot and 465th Air Refueling Squadron chief of current operations. "Even though there's the officer-enlisted separation,

you still want to be friends with them so you can build a trust with them and know they've taken care of the aircraft we're borrowing from them."

the aircraft, carry out pre- and post-flight inspections and stay on top of any issues -- bird strikes and worn tires -- that might occur during the flight.



Master Sgt. Robert Ahern, a 137th Air Refueling Wing crew chief, left, and Airman 1st Class Mykal Short, a 507th Air Refueling Wing ISO Dock crew chief, hook up a tow bar and make sure the sheer pin is installed to be able to tow a KC-135 Stratotanker to the trim pad for engine runs. The 137th ARW, an Oklahoma Air National Guard unit, is a partner unit with the 507th ARW. The Airmen of both units work side-by-side to ensure the planes are well-maintained for mission capability. (Air Force photo by Kelly White)

is necessary for the aging KC-135s. "I see too much where people think the Air Force is all about the pilots. A lot of times, I think they for-

# Air Force reservists and retirees eligible for TRICARE

by Col. Bob Thompson

Air Force Reserve Public Affairs

WASHINGTON - TRICARE has affordable healthcare programs available for all Air Force Reserve retirees - including "gray-area retirees" and actively-participating Air Force reservists, no matter what orders they are on.

Reservists that retire before age 60 are eligible for TRICARE Retired Reserve coverage while they are in the "gray-area." This is the waiting period between retiring from active service and collecting their Air Force Reserve retirement pay at age 60.

While on active duty orders for more than 30 days, all Citizen Airmen are covered by TRICARE Prime. However, reservists could find themselves with no healthcare insurance when they are in between active duty orders. To ensure coverage for themselves and their families, reservists can enroll in TRICARE Reserve Select.

Both TRICARE Reserve Select and TRICARE Retired Reserve provide comprehensive health coverage

including: emergency care; outpatient visits; preventive care such as wellness exams and immunizations; hospitalization; maternity care; mental/behavioral health; and prescriptions.

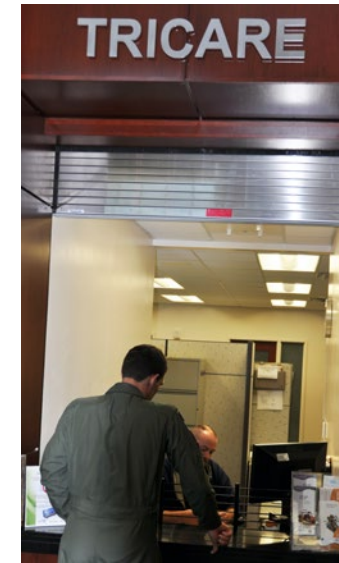
Currently, the monthly premiums for TRICARE Reserve Select are: \$51.62 for the reservist only; and \$195.81 for reservists and their families.

The monthly premiums for TRICARE Retired Reserve are: \$402.11 for the retired reservist only; and \$969.10 for the retirees and their families.

At age 60, TRICARE Retired Reserve coverage ends and retirees are eligible for additional coverage through TRICARE Prime, Standard, or Extra. Currently, the yearly premiums for TRICARE Prime are: \$269.28 for the individual plan; and \$538.56 for the family package.

At age 65, all Americans come under Medicare coverage. Also, Medicare health insurance covers people under 65 with certain disabilities.

To find out more or to enroll in TRICARE's programs for reservists, go to: [www.tricare.mil/trs](http://www.tricare.mil/trs). (507th ARW Public Affairs contributed to this report.)



TINKER AIR FORCE BASE, Okla.-TRICARE representative Jim Rookard takes a medical application at the 72nd Medical Group facility here April 1. Reservists may be eligible for TRICARE medical benefits under TRICARE Prime or TRICARE Reserve Select. (U.S. Air Force photo by Senior Airman Mark Hybers)

"Like the 507th ARW on Facebook"



Follow @507arw on Twitter



## March 2013 Promotions: Congratulations to the following 507th Air Refueling Wing members

**Airman 1st Class**  
AMN EVANS, JADIE K. A1C 507 OSF  
AMN WATTS, BRANDON A1C 507 AMXS



**Senior Airman**  
A1C ARTIS, AMBER L. SRA 507 MDS  
A1C BLAINE, JOSHUA T. SRA 507 MXS  
A1C COX, CORY M. SRA 507 MSG  
A1C DAHLEM, JEFFERY SRA 35 CBCS  
A1C RIDDICK, LINTON W. SRA 507 MXS



**Staff Sergeant**  
SRA CLEVELAND, CASEY J. SSG 507 AMXS  
SRA WANZER, CALEB J. SSG 970 AACs



**Technical Sergeant**  
SSG WALL, DOUGLAS TSG 513 MXS  
SSG WHISENHUNT, DAVID M. TSG 507 SFS



**Master Sergeant**  
TSG ODPARLIK, MICHAEL MSG 970 AACs  
TSGT PALUMBO, MARIO D. MSG 507 SFS



**Senior Master Sergeant**  
MSG BOLLING, JAMES H. SMS 507 SFS





**Air Force Reserve  
Recruiting Team**

For information give us a call or click on the photo to send an email (web version only).



SMSgt Kenneth Toon  
Flight Chief  
Tinker AFB, OK  
Office (405) 734-5331  
Cell (405) 409-4784

TSgt Seneca Collins  
Enlisted Accessions  
Tulsa, OK  
Office (918) 250-3400  
Cell (918) 271-1677



MSgt Marcel Jacques  
Enlisted Accessions  
Moore, OK  
Office (405) 794-0425  
Cell (405) 409-6311

TSgt Nathan Gilroy  
Enlisted Accessions  
Wichita, KS  
Office (316) 684-1713  
Cell (316) 295-7479



MSgt Craig Cloward  
In-Service Recruiter  
Tinker AFB, OK  
Office (405) 739-2980  
Cell (405) 409-5170

MSgt Jackie Sanchez  
Lead Recruiter  
Moore, OK  
Office (405) 794-0495  
Cell (405) 409-6943



MSgt Neil Lambrecht  
Health Professions Recruiter  
(Officer)  
Oklahoma City, OK  
Cell (405) 794-0720

MSgt Ron Gregory  
Enlisted/ISR  
Altus AFB, OK  
Office (580) 481-5123  
Cell (580) 280-0032



MSgt Charles Anderson  
Enlisted Accessions  
Midwest City, OK  
Office (405) 733-9403  
Cell (405) 409-5811

MSgt Melissa Melichar  
Officer Accessions  
Tinker AFB, OK  
Office (405) 734-5527  
Cell (405) 417-2354

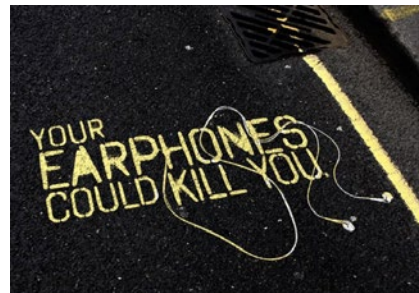


# Safety is not by chance

## Outdoor running safety

by Tech. Sgt. Regina Rector  
507th ARW Ground Safety Manager

Are you getting ready to run outside? Has the warmer weather encouraged you to get off the treadmill and



out of the gym? Here are some tips to help prevent mishaps while running outside:

### When to wear your head phones as you run.

If you wear head phones during your run or walk, please, ensure you remove your headphones when you are going on the roadway, to include crossing the street. When you are in the roadway environment, you present yourself as a hazard to yourself and vehicle traffic. The Air Force Safety Center defines the roadway as a "strip of land dedicated for the conveyance of vehicles, including the shoulder and median when present, as well as parking lots since vehicles traverse that strip of land as well." When you are using headphones, they impair recognition of emergency signals,

alarms, announcements, approaching vehicles, human speech and outside noise in general. It is less hazardous to you and others to use your headphones when you are running on the base trail or the side walk. This is mandatory in accordance with AFI 91-207.

### Heat Injury

Once you have had a heat injury, you will be forever susceptible to another heat injury. The best way for you to never become a heat injury victim is to know your limits and stay within them. Avoid dehydration by pre-hydrating before your run and drinking water during your run. Thirst is not the adequate indicator of dehydration. Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. Use shaded areas to run and wear sunblock of at least 15 spf.

If you do feel dizzy, nauseated, have the chills or cease to sweat, STOP RUNNING. Find yourself some shade and hydrate with water and/or fluid replacement. A heat stroke is the worst heat injury to have because it is life-threatening medical emergency, requiring emergency medical treatment. It is when the body fails to regulate its own temperature and the body temperature continues to rise. Symptoms of heatstroke include mental changes and skin that is red, hot and dry, even under the armpits.



Senior Airman Anthony Campbell, 507th Security Forces Squadron, is not intimidated by his opponent's stare down as he beats him to the buzzer during a game of Tinker Feud Friday Feb. 22, 2013 at the Tinker Club. Campbell answered the first question correctly to take control of the game. Prizes for best team spirit and best costume were awarded. The team from the 507th represented the Second Amendment, Right to Bear Arms. They ultimately lost a close game 136-94. (U.S. Air Force photo by Senior Airman Mark Hybers)



(Above) - Capt. Patrick Mitchell, 507th Security Forces Squadron, and members of the 507th Air Refueling Wing gather for a 5k "fun run" during the March unit training assembly. The Tinker Reserve Enlisted Advisory Council sponsored the run as well as a 5k run at the upcoming Oklahoma City Memorial Day Marathon in April. (U.S. Air Force photo by Tech. Sgt. Grady Epperly)

(Left) - The boom on a KC-135 Stratotanker is lowered for maintenance. Maintainers from the 507th Air Refueling Wing and the 137th Air Refueling Wing, Oklahoma Air National Guard routinely run the boom through various tests and inspections to ensure it's performing properly. The boom is a highly sensitive piece of equipment that delivers fuel from the KC-135 to a receiving aircraft. (U.S. Air Force photo by Senior Airman Mark Hybers)