

89th AS pilot honored with hall of fame induction

By 1st Lt. Rachel Ingram
445th Airlift Wing Public Affairs

Maj. Andrew Pierce, flight commander and C-17 instructor pilot, 89th Airlift Squadron, will be inducted into The Ohio State University Athletics Hall of Fame Sept. 6, 2019 in Columbus, Ohio for his athletic accomplishments. An OSU alumnus, Pierce is being honored for his men's track and field accolades, joining the approximately 450 other athletes, coaches and administrators inducted since the hall's 1977 inception.

At the height of his athletic career, Pierce could run 400 meters (equivalent to one lap on a quarter-mile track) in 45 seconds. Throughout college, he placed numerous times in Big 10 competitions, became a member of the U.S. team for the World University Games and competed in the 2000 Olympic team trials.

"The way I was raised, no matter what you do, you work hard at it and do your best, but stay humble," Pierce said.

A Yellow Springs native, Pierce remembers driving by Wright-Patterson Air Force Base as a child. In high



Courtesy photo

Andrew Pierce competes at The Ohio State University.

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445th units provide medical care for AF Academy cadets

By 1st Lt. Rachel Ingram
445th Airlift Wing Public Affairs

During their July annual tour, approximately 30 members of the 445th Aerospace Medicine Squadron and 445th Aeromedical Staging Squadron had the opportunity to practice field medical skills, while also collaborating with the next generation of military medical professionals at the United States Air Force Academy, Colorado.

"Field medicine is very different from doing an IV in a clinic or emergency room," said Col. Joseph Lawlor, chief of aerospace medicine, 445th Aerospace Medicine Squadron.

More than 1,100 first-year cadets at USAFA honed their combat skills, slept in tents, and completed

seven strenuous courses focused on confidence, teamwork and leadership. It was all part of a 10-day field training exercise on a remote section of the campus, called Jack's Valley Training Complex.

"During other annual tours, you might just do scenario-based or block training, but here at Basic Cadet Training, there are real people who truly need help, and they're looking to us to help them," said Senior Airman Erica Wyeth, 445th Aerospace Medicine Squadron medical technician.

The two squadrons from the 445th were part of a larger team of Airmen working in partnership with USAFA's emergency medi-

cal response cadets, who provide frontline care for a variety of Academy events. The EMR cadets, most of whom are juniors and seniors, are trained to provide basic wound care, monitor vital signs, administer epinephrine and oxygen, and stabilize bone injuries.

Throughout BCT at Jack's Valley, freshmen cadets endured bone and joint injuries, dehydration, blisters, concussions and breathing difficulties. When their medical needs exceeded the EMR team's training, Air Force reservists stood by at each challenge course to provide acute medical care, transport-

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Resiliency begins with good psychological health

By Col. (Dr.) Joseph Lawlor, 445th Aerospace Medicine Squadron
Ms. Jennifer Marquez, 445th Airlift Wing Director of Psychological Health

In these times of uncertainty and constant change, Airmen may find themselves struggling to find the resiliency to cope with all that is unfolding before them.

Resiliency is how we “bounce back” from a difficult situation.

In times of stress, our brain may become overstimulated with all of the navigating it needs to accomplish to overcome the presenting difficulty. Suffice it to say that the overstimulation and inability for our brain to retrieve the coping skills it has safeguarded, may manifest into a temporary or permanent mental health diagnosis.

This outcome is not uncommon, and unfortunately, often goes untreated leading to the detriment of the individual.

Managing brain health is just as important as managing physical health. Brain and physical health are interconnected.

Take a moment to think about times that your body was in pain or tired and the thoughts that you had during those times. Next, take another moment to think of a time when you felt overwhelmed and stressed.

Where did you feel the stress in your body? Do you remember if you had a sudden onset of a headache or stomach pain? See the connection?

If you have some concerns about taking care of your psychological health while being an Airman in the Air Force, don't.

The Air Force Reserve Command recognized that Airmen were not seeking treatment due to the fear of being discharged from the Air Force. There have been changes made in medical standards.

In the past, a diagnosis of depression, adjustment disorder, anxiety disorder, and obsessive compulsive disorder in a reservist was disqualifying and required one to undergo a medical board.

A member may continue to serve with these conditions if they are well controlled with counseling or simple medications, don't require recurrent duty restrictions or hospitalizations, and don't require a specialist to manage the medications.

Depression may result in a temporary mobility restriction when starting or changing medication. Depression is still disqualifying for members on flying status and will require a flying waiver.

Post-Traumatic Stress Disorder (PTSD) must be well controlled and symptoms not reoccur with exposure to the operational/trigger environment.

Attention Deficit Disorder (ADD) may be unsuitable for continued military duty. Members with ADD must demonstrate that they can perform their military duties without medication. If medication is required to perform their duties, they are subject to administrative discharge, not a medical board.

All of these conditions are still disqualifying for members on flying status and will require a flying waiver.

Recent suicide attempts, schizophrenia, and bipolar depression are disqualifying for all reservists and require a medical board.

Reserve members are required to provide civilian medical documentation to the Reserve Medical Unit (RMU). The RMU Deployment Availability Working Group (DAWG) will perform an annual review of the civilian documentation.

The following resources are available to help Airmen:

- 445th Director of Psychological Health - 937-257-6267
- 655th DPH - 937-701-1101 or 937-371-0146
- Psychological Health Advocay Program - 937-656-2570 or 866-417-0707
- Crisis Line - 800-273-8255, option 1
- Military One Source - 800-342-9647
- 88th Mental Health Clinic - 937-257-6877



Buckeye Flyer

445th Airlift Wing
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Lieutenant colonel promotions announced

Headquarters Air Reserve Personnel Center officials announced results for the Calendar Year 2019 Air Force Reserve Line and Non Line Lieutenant Colonel Promotion Selection Boards, August 19, 2019. The boards selected more than 700 Citizen Airmen for promotion.

The selection boards convened at HQ ARPC June 10-15, 2019, to determine those officers best qualified to assume the next higher grade. Board members selected 719 of 1478 officers considered.

Categories considered during these promotion boards were: Air Force Reserve Line, Dental Corps (DC), Medical Corps (MC), Nurse Corps (NC), Biomedical Sciences Corps (BSC), Chaplains, Line of the Air Force Judge Advocates (LAF-J) and Major's continuation.

Ten members from the 445th Airlift Wing and six members from the 655th Intelligence, Surveillance and Reconnaissance Wing were selected:



445th Airlift Wing

Alexander Bingcang, 445th Aeromedical Staging Squadron; David Borden, 87th Aerial Port Squadron; Jennifer Cowie, 445th Aeromedical Evacuation Squadron; Eric Florschuetz, 445th Operations Support Squadron; Randolph Gantt, 445th Maintenance Squadron; Joshua Haney, 445th Aerospace Medicine Squadron; Christopher Kojak, 89th Airlift Squadron; and Michael Policastro, 445th ASTS; Francis Saul, III, 445th OSS; and Reese Swanson, 89th AS

655th Intelligence, Surveillance and Reconnaissance Wing

Elisabeth Applegate, 28th Intelligence Squadron; Jeremy Cousino, 64th Intelligence Squadron; Gwendolyn Fulton, 820th Intelligence Squadron; Kenneth Larson, 49th Intelligence Squadron; Katie Miller, 16th Intelligence Squadron; and Daniel Royer, 64th Intelligence Squadron

Use old-fashioned risk management for holiday travel safety

By Master Sgt. Joseph Klimaski
445th Airlift Wing Safety

Did you know that Labor Day weekend marks the official end of summer?

Historically, Labor Day weekend has always been one of the biggest travel weekends of the year for many Americans. Unfortunately, with busy travel comes some additional risks, and the chance of motor vehicle accidents and mishaps will occur.

With Columbus Day and Veterans Day weekends coming up, along with the holiday season right around the corner, travel safety becomes paramount since many Americans hit the roads.

Throughout the summer, the Air Force experienced 66 motor vehicle mishaps, with 64 resulting in lost work days and two fatalities. Air Force Reserve Command had three motorcycle mishaps and unfortunately, one of these mishaps resulted in a fatality.

More often than not, mishaps are considered “avoidable” and are generally a result of at least one human factor – an action or inaction on the behalf of a person that led or contributed to the mishap. Understanding this makes it easy



to see that using some basic risk management will go a long way in avoiding a mishap.

As the end of the year starts to dwindle down and you plan to travel over any of the upcoming long holiday weekends, take a little bit of extra time to plan, prepare and exercise some good old-fashioned risk management.

Little things like not driving for extended periods of time (8 hours or less is recommended), not driving in hours of darkness or poor weather conditions, and taking extra time to get to your destination are some simple ways to stay safe when traveling.

Keep in mind, there will be a lot of people on the road during the holiday weekends, and drivers by nature are largely unpredictable. Consequently, more drivers = more risk, so plan ahead to keep you and your families safe.





Photos by Senior Airman Amelia Burnett



1. Senior Airman Latrice Greenwood, 445th Aeromedical Staging Squadron aerospace medical technician, checks and records the vital signs of a U.S. Air Force Academy cadet inside the medical triage tent at the Air Force Academy, Colorado Springs, July 23, 2019. The 445th ASTS and 445th Aerospace Medicine Squadron were on site with a number of other Air Force Reserve units from across the nation to provide comprehensive medical care at the cadet mock-deployment training event.

2. Staff Sgt. Jessica Lang (center) and Senior Airman Erica Wyeth (right), 445th Aerospace Medicine Squadron aerospace medical technicians, evaluate a cadet for a medical emergency during a cadet mock-deployment training event at the Air Force Academy, Colorado Springs, July 23, 2019. Medical technicians determined if the patients could be treated in place or needed to be transported to a medical facility.

3. Senior Airman Alissa Toca (far left), a 445th Aeromedical Staging Squadron aerospace medical technician, provides technical supervision and support to U.S. Air Force Academy cadets during a field training event at the Air Force Academy, July 23, 2019. These cadets are trained as emergency medical responders who provide frontline and first response care at numerous academy activities.

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ing injured clients to the multi-tent field medical facilities when necessary.

“We determine, here in the field, which patients will go to the field clinic, which ones are returning to the training event, and which injuries warrant a 911 call,” said Senior Airman Alissa Toca, aerospace medical technician, 445th Aeromedical Staging Squadron.

Inside the field clinic, the 445th coordinated with reserve and active-duty Airmen from across the nation

to provide medical care to an average of 60 patients per day, supporting the Air Force mission while seizing real-world training opportunities.

“The clinic we are running out here mimics the environment we deploy to, so the experience is very beneficial, especially for Reserve medical technicians who may not practice medicine in the civilian world,” Lawlor said.



445th AW children: leaders of tomorrow's Air Force

By Senior Airman Amelia Burnett
445th Airlift Wing Public Affairs

U.S. AIR FORCE ACADEMY, Colo. – “I started looking at colleges and I remember dad mentioning the [Air Force] Academy when I was younger,” the young cadet said while adjusting her uniform. “I came out to the Academy for the summer seminar program and although I didn’t know exactly what I wanted to do, I knew I wanted to do it here.”

Cadet 3rd Class Kaura Gornall is currently a junior at the U.S. Air Force Academy, scheduled to graduate in 2021, and is majoring in international studies. Her father, Senior Master Sgt. John Gornall, a medical technician with the 445th Airlift Wing’s Aeromedical Staging Squadron, was happy to be able to complete his annual tour at the Air Force Academy in Colorado Springs where he could see Kaura in action.

Although Kaura was offered a full scholarship to Ohio University, she chose to attend the U.S. Air Force Academy instead.

“She looked into the Air Force Academy, and she said ‘I can do it,’” Gornall laughed, tilting his chin up slightly with pride. “I always knew that if she applied, she’d make it, but I still got that tightness in my chest when she sent me a picture of the acceptance letter.”

The U.S. Air Force Academy is a world-class university and it offers more than just an academic education; cadets follow a rigorous schedule which includes academics, athletics, military training and live under strict rules of conduct.

“At other colleges you don’t know who your kid is hanging around, or what they are doing when they



Photos by Senior Airman Amelia Burnett

Cadet 3rd Class Kara Gornall, U.S. Air Force Academy junior, interacts with her father, Senior Master Sgt. John Gornall, 445th Aeromedical Staging Squadron medical technician, July 29, 2019 at the Academy.

go back to the dorms,” Gornall said with a slight twitch. “Here, I know that somebody is watching over my daughter and she’s safe.”

Cadets at the Academy live by a code of honor and integrity, which is something that Kaura grew up with, as a part of a military family.

“She knew the Air Force core values before she got here,” Gornall said smiling at Kaura. “She also told us at the time that she liked the smaller community of the Academy.”

Kaura added that although her dad had not been overly strict with her and her siblings, she certainly felt that growing up in a military family had better prepared her for cadet life.

“It’s great to have the opportunity to come up here, and even have the chance to work with her,” Gornall said seriously. “Almost the entire family has come out here to see her now and it’s always good to check in.”

Both the 445th ASTS and the 445th Aerospace Medicine Squadron were assigned to support the cadet clinic as the newest cadets admitted to the Academy completed the final phase of Basic Cadet Training. Kaura also has a role in BCT, as a military guidance officer.

“My son is also applying, and hopefully coming to the Air Force Academy next year,” Gornall said with a grin. “Then we’ll have a freshman and a senior here at the same time.”

The U.S. Air Force Academy proudly reports 65 years of Academy tradition and service, and with Kaura Gornall set to complete her studies and become one of the leaders of tomorrow’s Air Force, the Gornall family is continuing their own tradition of service.

“We are so proud of everything she has accomplished,” said Gornall. “We can’t wait to see where she goes from here.”



SPOTLIGHT



Master Sgt. Patrick O'Reilly

Rank/Name:
Master Sgt. Ashley Byers

Unit: 445th Airlift Wing

Duty Title: Executive Assistant to the Command Chief

Hometown: Troy, Ohio

Civilian Job: Readiness Program Manager at National Air and Space Intelligence Center

Education: Bachelor's degree in organizational leadership from Wright State University

Hobbies: Family, CrossFit, weightlifting and coaching

Career Goal: Continue to

help Airmen through mentoring, career progression, recognition, and promotions to grow our next generation Air Force leaders. Retirement after more than 20 years.

What you like about working at the 445th?: I truly enjoy the individuals I work with as well as the ability to help mentor outstanding Airmen.

Why did you join the Air Force?: I joined right out of high school for educational benefits. I continue to serve to give back to my country and help mentor Airmen.

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school, he played varsity basketball and ran track, leading to the offer of a full scholarship to attend Ohio State University, running track.

While a student there, he met his now-wife and majored in aviation aircraft systems.

"I always wanted to fly airplanes," he recalled. "That was always the end goal."

In 2001, he earned two gold medals at the World University Games in Beijing, then graduated later that year.

"After college, I signed a three year contract to run professionally for Adidas. I was a flight instructor for Ohio State in the mornings, and in the afternoons, I ran," he said. "It was the best of both worlds."

Pierce says that running for Adidas helped satisfy the travel bug in him. He competed in Canada, Cuba, China, France, and Trinidad and Tobago.

"Each day, I found myself running around Ohio State's campus, looking up at the planes flying overhead and knowing that should be me up there," he said.

It was time for a change. He called his Adidas agent in 2003, thanked him for the experience, and told him he no longer wanted to run competitively.

"I enjoyed that season of my life, but after a while my heart wasn't in it anymore," Pierce said.

He commissioned through Officer Training School in 2005, joining the 89th Airlift Squadron. He also

took a job flying for Delta Airlines in 2014.

"My mindset is, 'I'm going to do the best I can while this chapter is open, and when it's done, I'm going to close out that chapter with no regrets.' I try to pass that message on to my kids, too," Pierce said.

He and his wife have two daughters and two sons. His eldest child will be a freshman at Ohio State this fall, the recipient of a partial academic scholarship.

"Whatever you do, be passionate about it," Pierce said.



Illustration by Darrell Sydnor

Maj. Andrew Pierce, 89th Airlift Squadron



News Briefs

Retirements

August 2019

Col Brad Goldman, AMDS
MSgt Tyrone Walk, AMXS

September 2019

TSgt Brian Mayle, MXS
TSgt Eugene Renney, CES

Promotions

Chief Master Sergeant

Scott Bunch, AMXS

Senior Master Sergeant

Kiley Gerritsen, AMDS
William Burdick, AMXS

Daniel Myers, 38 IS

Master Sergeant

Brooke Howells, MXG
Caleb Monday, 28 IS

Technical Sergeant

Tiffany Works, FSS
Clifton Pierce, MXG
Christopher Legendre, MXS
Amanda Hoffman, 820 IS
Kendrick Schmidt, 820 IS
Samuel Vasquez, 63 IS

Newcomers

Maj Timothy Johansen, 655 ISRG

Maj Michelle Williams, 89 AS
Capt Julianne Kassner, 71 IS
Capt Charles Rafford, 14 IS
2nd Lt Michael Huffines, 64 IS
CMSgt James Candler, FSS
MSgt Jennifer Cashwell, AMDS
TSgt Michael Caudill, SFS
TSgt Michael Lucero, AMXS
SSgt Kaylie Michel, 64 IS
SSgt Denny Mitchel, MXG
SSgt Joy Palmer, ASTS

SrA Charles Jordan, AMXS
SrA Teresa Knadle, 655 ISRG
SrA Morgan Leeper, AMDS
SrA Taylor Maki, 14 IS
SrA Brittany Mitchell, AMDS
SrA Johnathan Quiñones, 655 ISRG
A1C Gerardo Diazcontreras, MXS
A1C Jade Allen, 71 IS
A1C Jeffrey Morrison, CES
AB Andrew Ruesga, AES
AB Amber Self, AMDS
AB Jamaal Chandler, AMDS

Command post, a great place to work

By Airman Erin Zimpfer

445th Airlift Wing Public Affairs

Some Air Force jobs are highly visible and well known, but others happen more in the background. Such is the case with the command post at the 445th Airlift Wing.

Hidden behind a thick steel door down a hallway in the headquarters building sits the central hub of all the happenings around the wing.

“We are the information handlers for the wing,” said Senior Master Sgt. Darrell Hornback, the superintendent of the 445th Command Post.

On any given day, the command post receives and sends all different types of information pertaining to things happening around the base and the wing, said Master Sgt. Amber Church, the NCO in charge of reports for the command post.

Some types of activities conducted in the command post are coordinating the flight and static activities of the nine C-17s assigned to the wing, notifying security forces of flight line activities, informing the maintenance operations center (MOC) regarding aircraft malfunctions, emergency

management, and relaying important information to the wing commander.

Currently, the 445th has five Air Reserve Technician openings for command post specialists. All positions require a top secret clearance.

It is the only operation at the wing that is manned 24/7 so it takes a lot of manpower to comply with the two person per shift requirement.

“Somebody who is calm, who can work well under pressure, and is really good at customer service is the type of person we are looking for to fill these openings,” said Hornback. “Things can tend to be fairly calm, but at any moment a phone call can change everything.”

Church adds that it takes the right personality and ability to deal with people, including being motivated and honest.

“The important part of the job is safeguarding safety and security for all members of the 445th to ensure the 24/7 mission readiness of the wing,” said Hornback.



Darrell Sydnor

Senior Master Sgt. Darrell Hornback, 445th Command Post superintendent, trains Tech. Sgt. Patrick Carpenter.



Around the wing...



Staff Sgt. Ethan Spickler



Staff Sgt. Joel McCullough



Staff Sgt. Joel McCullough



Senior Airman Angela Shay

1. Tech. Sgt. Tyler Williams, 445th Maintenance Squadron aircraft metals technician, operates an engraving machine at the fabrications and metal technologies shop, Aug. 4, 2019. Airmen make parts not currently produced or available. The shop provides structural maintenance and repairs for the C-17 Globemaster III.
2. Senior Airman David Smith, 445th Operations Support Squadron aircrew flight equipment journeyman, measures the slack in the lines of a BA-22 parachute, Aug. 3, 2019. If any defects are found in these measurements, the chute is set aside and inspected further.
3. Maj. Alexander Bingcang, 445th Aeromedical Staging Squadron, diagnoses “patients” during a combined training event, Aug. 3, 2019. The 445th ASTS, 445th Aeromedical Evacuation Squadron and 89th Airlift Squadron participated in the training.
4. Senior Airman Christopher Hudson, 445th Civil Engineer Squadron HVAC and refrigeration journeyman, prepares a Humvee for tactical convoy training, Aug. 3, 2019. The exercise consisted of 20 members, five Humvees, and one light medium tactical vehicle.

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