

Family Support is on the Web!  
See page 4 for more details

# Family Support Newsletter

Volume 1 Issue 7

July 2006

Family Support Office  
Youngstown Air Reserve Station, Ohio

## Special points of interest:

- Money Saving Ideas!
- Thunderstorm and Lightning Safety
- Donation News
- Have a Drink!
- Family Day Fun

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## Family of the Year Nominees

Every military family is deserving of accolades for service, patriotism, commitment, and sheer hard work. With that in mind, the call went out in the early spring for nominations for Family of the Year for Youngstown ARS. Five nominations were submitted and describe a variety of family life. They are, in alphabetical order:

### MSgt and Mrs Shawn Bupp , Katie, Sarah and Rachel Bupp (76 APS):

MSgt Bupp has deployed for extended periods many times, once right after a family move to a new town with no relatives nearby. This move facilitated civilian and military professional growth. Donna (Mrs Bupp) was noted for having "fortitude, dedication, and a positive attitude" as she and the children adapted to new circumstances and supported their military member in his deployments..

### Capt and Mrs Brent Davis, Lainne and Justin Davis (910 AW/PA):

The Davis family also experienced deployment in the past year, part of which was during the important Thanksgiving and Christmas holidays. Sonya (Mrs Davis) is credited with keeping communication about home and family going through daily emails and regular care packages. While their dad was deployed, the children were supportive of both parents and excelled in their activities, reaching new levels of success. The entire family is involved in volunteering in their local community as well.

### A1C Elizabeth Gilliam, Ray, Carol, Aaron, and Ryan Gilliam (910 OG):

A1C Gilliam enlisted in the Reserves in the past year and experienced Hurricane Katrina as part of her training time. Her family supported her military

decisions and were a line of surety as she traveled home in the emergency situation the hurricane presented to Keesler. A1C Gilliam credits her parents and brothers with being significant role models who instill courage, strength, confidence and endurance.

### TSgt Ken Sloat, Mrs Anne Flynn-Sloat and Brianna Caitlyn, and Delaney Sloat (910 AW/PA):

TSgt Sloat began his comments about his family by saying that he appreciates being thanked for his service but wonders if people realize how many sacrifices families have to make for their military members. This family lives in Michigan, more than 200 miles from Youngstown and have dealt with absences for UTA's, ongoing extended orders, and a deployment to the desert, the deployment during their pregnancy with Delaney. TSgt Sloat noted the



**DollarWise Helps**

From the Debt-Proof Living newsletter (you can subscribe to it by going to

<http://www.debtproofliving.com/um> )

HOME DECORATING TIP: When you paint a room in

your home, ask for two labels for the paint: one for the paint can and one for you to place either in a file about home maintenance or, ideally, in the primary light switch box for the room. Keeping this information will help you avoid costly trials in matching paint for touch ups and repainting.

**PRESCRIPTION SAVINGS:** Search manufacturers websites for brand name and/or nonprescription drugs you use on a regular basis. If they have a newsletter, sign up. In doing so you will receive information about discounts available and coupons. Coupons have been shown to be up to \$30 toward the co-pay.

**SAVING ON CLEANING:**

**Rainstorms will travel thousands of miles against prevailing winds for the opportunity to rain on a tent.**

*Dave Barry*

**“Friends” and Benefactors**

Friends of Family Readiness is a base nonprofit charity organization designed to assist the Youngstown Air Reserve Station population with emergency financial needs. Each grant can be up to \$250, so the service provided by the anonymous Friends board is extremely helpful in waylaying potential financial disasters.

Friends is entirely supported by donations. Much of the money comes from Combined Federal Campaign held every Fall. Sometimes donations come from the local community.

In the recent past months, the Kiwanis International District that includes Trumbull County held a drive called “Keep Our Troops

Cool” in which they accepted donations for troops in the desert (they will be sent to some of our YARS folks in the at a forward location). They also accepted money donations to the tune of over \$290. That money will be deposited into the Friends account to provide further assistance to YARS community members.

**Rains and Flooding Information**

In the very recent days, we have experienced any number of unsummerlike weather patterns. Surrounding areas have had flooding in homes and lightening strikes. Below are some ideas and information to help mitigate possible damage as well as to help in the event of flooding:

1. Make sure you have

homeowners or renters insurance

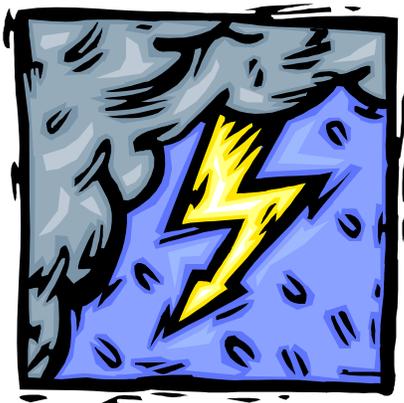
2. Make floods and lightening issues part of your family emergency plan, to include how to communicate with one another.

3. Teach the children how and when to call 911

4. Fill bathtubs, sinks, and other clean areas with fresh water if home starts flooding.

5. Turn off all utilities at the main power switch and main gas valve, especially if evacuating.

6. Don’t drive or walk through flooded areas



### Higher Education

Recently I received a compelling email with reasons why military personnel should not delay using their G.I. Bill (#1 reason being there is a time limit to using that benefit!). Oh, to have such a great benefit as the G. I. Bill!

I was a nontraditional college student. My college career began in earnest in my late 20's with the University of Maryland in Asia and completed with them in Europe. As the stay at home mom and spouse of a young air-

man with 2 children, it was not easy to afford the nearly \$400 per class nor to get the sitters during the quarters in which my husband was on long TDYs. Through a patchwork quilt of financial aid, I did manage to get my B.S. with very little student loan debt.

Fast forward eight years from there when I began my Master's studies, I had transitioned to being a single parent of two teenagers. Yikes! Fortunately, universities and

### The Directors Column

colleges love to have older students. We bring an experience and depth to classroom discussions that students cruising straight through their programs can't provide. I went to [www.fastweb.com](http://www.fastweb.com), putting in a hoop and a group of information to be rewarded with a long list of scholarships for older women students or for single parent students or for social work students. Yes, I had to write essays and fill out forms, but the money



**Bike Riding Has Gotten More Safe for Youngstown Air Reserve Station Children!**

### A Gift for the Head from the Heart

Another benefactor for the YARS community is the Brain Injury Association of Ohio (BIA).

This organization holds as its mission "To create a better future through brain injury prevention, research, education, and advocacy."

There core services are

- 1) Information and re-

source coordination

- 2) Education and Training
- 3) Peer Support
- 4) Prevention and Outreach Initiatives
- 5) Advocacy

Under the heading of Prevention and Outreach, the BIA has donated 50 bicycle helmets to Family Support for

dispersal to our community youth.

The helmets are very lightweight, meet all safety and industry standards and come with the padding to make them a sure fit. A unique feature of the helmets is they are painted to look like a brain. Response to this design is enthusiastic!

**The speak of my drinking, but never think of my thirst.**

*Scottish Proverb*

### While We're All Wet . . .

..... Let us remember to drink lots of liquids this summer!

According to the National Academy of Sciences, women need about 11 cups of water daily and men need about 16 cups. A simpler formula is to take your weight, divide it in half and know that is how many ounces a day you should drink.

Tap water is fine as is bottled water if you prefer that.

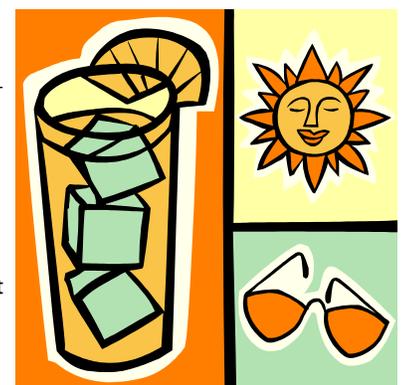
However, many liquids consumed during each day are from more than water: think juice, milk, coffee, tea.

Studies show that drinking water prior to and during working out improves performance and workout time. And experts state it is impor-

tant to take into account hydration lost to sweating, whether that is from exercising or just being in the hot sun.

It is also highly recommended to drink water first thing in the morning and last thing at night as our bodies lose water while asleep.

There are a variety of options



Family Support Office  
Youngstown Air Reserve Station, Ohio

Visit the Family Support  
and the MilitaryOneSource  
tables at Family Day  
~ in Hangar 295

910 MSG/DPF  
3976 King Graves Road, Unit 40  
Vienna, OH 44473

Phone: 330-609-1201  
Emergency Cell: (330) 233-2128  
Fax: 330-609-1511

Do you ever wonder how to find out basic information or the latest greatest new stuff for the military community and families?

Readiness is Our Mission!



Family Support is now on the web and interactive.

Check out our webpages and let us know how they work for

## We're On the Web!

<http://www.youngstown.afrc.af.mil/units/910thfamilysupportcenter/index.asp>

OR

<https://wwwmil.910aw.afrc.af.mil/Units/MSG/DPF/FamilySupportHomePage.htm>

## Family Day: A Time to Celebrate the Entire Clan

It's long been said that the "Family" in Family Support is not to describe people who have gotten married and/or have 2.5 children, but "Family" is to describe the military family (Air Force, Marine, Navy, Reserve, Guard, Active Duty, and Civilian as well as those we love) to which we all belong.

So Family Day is to celebrate not only our at home support system and life, but our military community support system and life.

This day provides an opportunity to bring together the work and home worlds. In introducing them to each other, home family can find out about what happens during a training weekend and your coworkers can see that those great looking kids in your pictures really exist and are as great as you say.

Make sure to take the time to enjoy the information and music being offered in Hangar 295. Play some games, if

See  
You at  
Family  
Day!

