

# Airmen and Family Readiness Bulletin

Youngstown Air Reserve Station, Ohio

## Special points of interest:

- Back to School Time
- TSgt Hickman Moves On
- Consumer Alert
- Care Packages
- Combat Stress and PTSD
- Let's go to the Fair!



## Mahoning Valley Scrappers Support YARS

Check out the camouflage jerseys the Scrappers are playing in on the 4th of July. The jerseys were sold in silent auction format and raised over \$3,000 for our base charity, Friends of Family Readiness!

Summer Afternoon

-  
Summer Afternoon

The two most  
beautiful words  
in the English  
language!

*Henry James*

## Getting Tricare Smart

Tricare has been working on their webpage and how to get information out to personnel who use their services.

The new customer support page asks questions about your status and location to be able to

provide information that applies directly to your circumstances.

By going to <http://www.tricare.mil/mybenefit/> you can get hooked into this program and process.

More, you can get printed materials about Tricare options and services by contacting the Airman and Family Readiness Office or going to the Tricare Smart page: <http://www.tricare.mil/tricaresmart/>



Together, parents & children succeed!

## Back to School (www.militaryonesource.com)

Getting your kids ready for school and the success you are hoping for them for the year can be so much fun and challenging too.

How to best prepare your kids to succeed?

Military OneSource has many resources designed to enhance course work for your student (for instance, everyday math activities, audios about coursework, arti-

cles on raising a reader, and a planner for college preparation), Homework and Study Skills (for instance how parents can best help with homework even when not at home, home reference material recommendations, audios on building good study habits, and tips on selecting a good tutor), Parental Involvement at School (for instance tips on communicating with

your child's teacher and/or principal, tips for parent teacher conferences, a reference list of books for gifted children and their parents, reacting to grades, and an article about letting go but remaining involved as well as a list of parent-school websites), and articles and resources for School Selection, School Transitions, and Understanding Testing and Reports.

### Caveat Emptor =

*Let  
the  
buyer  
beware*

## Consumer Alert



The Better Business Bureau of Louisville, Kentucky has given an "unsatisfactory" rating to a company doing business at [www.themilitarycompany.com](http://www.themilitarycompany.com) because of a repeated pattern of unanswered consumer complaints.

The Military Company offers military decorations for sale on its site, both ribbon sets

and medals. To date, the Louisville BBB has received more than 30 complaints alleging that materials ordered from The Military Company, and paid for in advance by the customer, were never shipped.

The BBB report can be found at <http://www.louisville.bbb.org/>

sitePage.aspx?id=72d42e3c-7447-4b4d-ab15-08069d92d658&firm=2042864 .

Customers who have ordered items from The Military Company and have complaints should contact the Louisville BBB at [complaints@ky-in-bbb.org](mailto:complaints@ky-in-bbb.org) or (502) 583-6546.

Did you know that there are TWO G. I. Bill programs for the Reserve Component??

Talk to your local VA rep, call 800-827-1000, Or look at [https://www.gibill2.va.gov/vba/vba.cfg/php.exe/enduser/std\\_alp.php](https://www.gibill2.va.gov/vba/vba.cfg/php.exe/enduser/std_alp.php)

## Back to School with the G.I. Bill

First time users of the GI Bill can find the process confusing and often frustrating. If you are planning to use your GI Bill benefit, there are 5 facts you must know to help make the process easier.

1. You Have 10 Years to Use Your Benefits
2. The GI Bill is Not Federal Financial Aid
3. You Can Stop and Start Using the MGIB as Needed
4. A "Month" of Benefits

*Doesn't Always Mean a Month*  
5. The GI Bill Pays According to the Number of Credits You Take

View more details about these at <http://education.military.com/money-for-school/gi-bill/5-must-know-gi-bill-facts?ESRC=education.nl>

It is also important to know that the MGIB Payment

rates increase every year. Go to <http://education.military.com/money-for-school/active-duty/gi-bill/active-duty-gi-bill-payment-rates>

to view the details and this year's payment rate.

As a Veteran you may have more than **\$56,000** in Military Education Benefits. Start using them today.

## It's Fair Time

The Trumbull County Fair is done and now it is time for the Canfield Fair and the State Fair.

One thing I've noticed these three years in Ohio is that Ohioans LOVE their fairs, not quite as much as football, but pretty darned close!

What's to recommend a fair?

Community, crafts that are as beautiful as we always meant to do, cat-

tle and horse shows, talent shows, new gadgets to look at, tractor pulls, funnel cakes, homemade lemonade, and the midway games and rides.

While not likely to ever get on a roller coaster, they make me smile (especially when I hear people screaming on them), usually while sipping the best lemonade I've ever tasted anywhere and can only be gotten at a fair in Ohio.

Take the time to get you and your special friends/family to the fair and enjoy the day. School and snow are only around the corner.



**MSgt Fooks, NCOIC of the Airmen and Family Readiness Office and Elvis lend a hand to recruiting efforts at the Cleveland Raceway.**

## Combat Stress and Post Traumatic Stress Disorder

Deployed personnel are experiencing events and sights that may be surprising and sometimes shocking.

Reactions to these sights, sounds, and events can vary as widely as there are persons deployed. Some sort of reaction is normal and a sign that military personnel are doing okay.

Such reactions include sleeping extra, eating

more or less, retreating to be alone, crying, excess or lack of energy.

These reactions, in and of themselves, are not cause for concern. Where reactions become an issue for someone is when those reactions become a lifestyle. For instance, an inability to wake up and function through the day or depression or emotional outbursts of extreme nature.

Heightened continuous reactions of this nature can signal combat stress and/or PTSD affecting a person and calls for medical attention.

If you are concerned for yourself, a coworker, or a favorite military member, contact Family Support, the Medical Squadron, Military OneSource, or the VA for more information.

### **BRIEF FACTOID:**

*Post-traumatic stress disorder is a condition that can occur following a traumatic event in which there was threat of injury or death to you or someone else.*

## Care Packages

The installation Civil Air Patrol cadets spent their 23 Jul 07 meeting working with all the donated items Family Support has received over recent months, packing them up into over 25 boxes for shipping to deployed personnel overseas.

Shipping of these boxes will have to be accomplished by regular mail as everyone else has to do. Funding for that shipping has been gra-

viously provided by donations from YARS First Sergeants, 910 Civil Engineering Squadron and a local area church.

If you would like to send care packages, some deployed personnel have authorized release of their mailing information. All packages must be mailed using the U.S. Postal Service. Customs forms are required.



Youngstown ARS Civil Air Patrol (CAP) puts together care packages for our deployed personnel on 23 Jul 07.

## Youngstown Air Reserve Station, Ohio

Airmen and Family Readiness Office  
910 MSG/DPF  
3976 King Graves Rd, Unit 40

Phone: 330-609-1201  
Fax: 330-609-1511  
Emergency Number: 330-233-2128  
E-mail: [family.support@youngstown.af.mil](mailto:family.support@youngstown.af.mil)

**READINESS  
IS OUR  
MISSION!**



The Airman and Family Readiness Office has been known by many names over the years. One thing has remained the same:

*we are committed to serving military personnel, civilians and their families throughout the cycle of deployment and the challenges of the military lifestyle.  
We're here for you.*

## TSgt Donika Hickman Moves On

TSgt Donika Hickman has moved to the Military Personnel Flight's Orderly Room.

If you are like those of us in the Airmen and Family Readiness Office, you will be missing TSgt Hickman within an instant.

TSgt Hickman is one of those rare gifts of military personnel who is professional in her appearance, demeanor, and military training but also brings an extraordinary sense of compassion and skill to helping the customers served everyday in

need of personal or family support.

TSgt Hickman has excelled at sorting out Tricare issues, communicating with families of deployed personnel, and research for our information and referral files.

In addition, TSgt Hickman works with the community extremely well. She has represented the installation and the Airmen and Family Readiness Office with class and style. She has given speeches to community organizations about our mission, the folks

who are deployed and Friends of Family Readiness. She can always be counted on to be a gracious and talented speaker.

In her off duty time, Ms Hickman volunteers at the Beatitude House and with the Junior Women's League.

We wish her nothing but the best and encourage you to pass on your congrats too!

*To Right:* TSgt Hickman receives a deserving Accommodation Medal from MSgt Thomas Ruskin

