

PII breaches still a concern, pg. 4/SecAF addresses Airmen, pg. 3

WARRIOR

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2014: Reflections on Leadership for a New Year

Commentary by
Chief Master Sgt. Stuart Allison
509th Mission Support Group

We've all seen the news highlighting active-duty Air Force manning reductions in the 25,000 range, between 8 to 10 percent of the service.

I know many of you are worried. I'm not focused on 10 percent, but I'm focused on 90 percent.

The Air Force still provides opportunities as we move forward.

Going into 2014, it is easy for us to focus on the negative and develop a defeatist attitude.

Since when has that worked for any Airman?

Focus on what you can control and that will lead you into a focused and deliberate 2014.

Here is how I am looking forward to 2014 and I hope you do the same:

Honor & celebrate:

I will reflect on what happened in 2013. I ask myself, "What were the successes of not just my own but my team?"

Be raw, real & honest:

On the flipside, I will be honest with myself. "Where did I fall short?"



U.S. Air Force photo/Airman 1st Class Keenan Berry
Chief Master Sgt. Stuart Allison is the command chief of the 509th Mission Support Group at Whiteman Air Force Base, Mo. He is currently deployed with the 407th Air Expeditionary Group as its superintendent.

"Where do I need to improve?" "How can 2014 be different?" "How can I carry these lessons forward into the new year?"

Give heart and soul:

I know that the world will not wait for me. I must go forward with what I know will work and what I need to improve. I must give it my all in order to make 2014 a success.

Be legendary:

I will ask myself, "How can this be my breakthrough year?" "What quantum changes are needed to make this year memorable?"

Everyone is a leader:

"Motivation is everything. You can do the work of two people, but you can't be two people. Instead, you have to inspire the next guy down the line and get him to inspire his people." -- Lee Iacocca

If you decide to change for 2014, you will inspire the same in others. I know that I cannot do the work of my entire group. I must show my Airmen the right perspective and they will follow.

Perspective is the key factor when it comes to how you face and respond to change. You have a choice to buy into the negativity of the news or you can switch to a positive perspective.

Go forward into 2014 as a leader.

Support from wingmen helps defy once-impossible goals

Commentary by Senior Airman Duzaghi Tafie
509th Force Support Squadron

Since I can remember, I have always had an aspiration to join the Air Force, but joining meant an ample amount of physical activity, even after Basic Training, with yearly, if not twice yearly, physical fitness tests.

A timed mile-and-a-half run is the standard distance we run for the cardiovascular portion of the Air Force fitness test. I've always had a fascination of going beyond that to maybe two, three, even six miles, so I made a deal one day with myself to take it a step further and run 911 miles in 100 days.

While planning this endeavor, I contemplated running more than 900 miles in such a short time period. It was a triple-digit number and I would do anything to see what it felt like to run that distance. To most avid runners, it must seem like a reasonable task. But for me, this was the hardest thing I ever had to do aside from joining the Air Force.

I was born as a native of Cameroon. I declared to my father at 4 years old that I was going to join the U.S. Air Force, despite not having U.S. citizenship and being a citizen in a country hundreds of miles away. Naturally, my father was initially staggered by the news, but yet, more than 25 years later, I'm a Force Support Squadron Airman.

I never had an innate ability to run long distances, despite being raised in a country known for breeding runners to become Olympic-distance runners and marathon champions. In the same way my father was stunned by this news, my fellow Airmen and superintendent were surprised at first, but they supported my pursuit of these goals in any way they could.

My fellow Airmen would encourage me every day to run the needed distances in the initial days of my chal-

lenge. The miles were agonizing. There were many times I wanted to quit, but my wingmen and more importantly, my mind, wouldn't let me, even as I felt the pounding of the road and the endless miles.

Eventually, I was able to run the distance of the day. For myself, I thought this would be good enough, but my superintendent knew otherwise, and he continued to push me further outside my comfort zone. He would use incentives to entice me to work a little longer and walk a little farther with passion and drive.

I remember saying to my superintendent on many occasions that all this work was pointless, not attainable, and I would never be able to go the distance no matter what I did. It was at that point, I realized the once-impossible goal of becoming an Airman in the Air Force gave me motivation to run each step with passion and drive.

With this former goal in mind, I ran faster and with better efficiency. There were many moments of frustration and thoughts of surrender but my peers and superintendent motivated me every mile of the way.

Many miles and 100 days later, I finally did it. I was very proud of the accomplishment, but as I looked into the eyes of everyone who was there, I realized that I was feeling a whole range of emotions I didn't fully understand at the time.

I spent most of the day following my last running day with my legs propped up and lying in bed, but I cannot not narrow down the specifics of what I did or who I spoke to. What I can tell you is how great it felt completing that final mile, the encouragement of my wingmen and thinking to myself, "I can run 900 miles."

At the end of the day, it's up to us to succeed at our goals, no matter how daunting or how impossible they may seem, whether it is running hundreds of miles or joining the U.S. Air Force. However, it is the people around us helping along the way who can make all the difference.

THE WARRIOR

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On the cover

U.S. Air Force photo/
Staff Sgt. Alexandra M. Boutte

Senior Airman Raymond Reidenbach, 509th Civil Engineer Squadron emergency management support team member, uses an ADM-300 instrument to detect possible radiation hazards during an inspection at Whiteman Air Force Base, Mo., Jan. 11, 2014. Reidenbach was the beta/gamma monitor during the inspection.

NEWS BRIEFS

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

New location for Retiree Activities Office

The Retiree Activities Office has officially moved to its new location. Their new address is:

**750 Arnold Ave., Ste. 114
Whiteman AFB, MO 65305**

They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whitemanretireeactivitiesoffice/index.asp>.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

Found Property

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WEATHER

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Sunday Mostly Sunny Hi 56 Lo 26	Monday Sunny Hi 48 Lo 30

New SecAF to Airmen: With change comes opportunity



U.S. Air Force photo/Jim Varhegyi

Secretary of the Air Force Deborah Lee James listens to a question from Chief Master Sgt. of the Air Force James Cody during her first town hall meeting Jan. 9, 2014, in the Pentagon auditorium, Washington, D.C. During her address, James gave insight into her life and shared career advice with Airmen across the Air Force.

By Staff Sgt. David Salanitri
Air Force Public Affairs Agency

WASHINGTON (AFNS) – The Air Force’s most senior leader gave insight into her life and shared career advice with Airmen across the Air Force during her first town hall Jan. 9.

Speaking from the Pentagon auditorium, Secretary of the Air Force Deborah Lee James spoke about her 32 years of defense experience, passing on lessons she’s learned, and encouraging Airmen to view challenges as opportunities.

James, who grew up along the New Jersey shore, originally came to Washington D.C. with her lifelong dream of becoming a diplomat for the State Department.

But that dream job never happened.

“I prepared all these years, and now the dream was busted,” James said. “... boy, was it devastating.”

With a signed lease, James had to stay in the city and figure out a way to move on with her career.

“You have to pull up your socks and get on with it,” James said. “That was when my dream shifted. I had to zig-zag in life.”

In 1981, James began her career in the field of defense.

“Now, more than three decades later, that is where I have spent my professional life,” James said of her experience, which includes everything from working for the Department of Defense to a related private sector industry.

James said her swearing in as the Air Force’s 23rd secretary is “the culmination of that period,” noting that not receiving what she thought was her dream job may have been a blessing in disguise.

James offered her story as an opportunity to talk to Airmen about how they approach their own career challenges today, particularly in the face of significant personnel cuts, forcing many to reconsider career opportunities.

“The projections are up to 25,000 reductions in personnel and hundreds of aircraft will come down as well,” James said.

With these cuts, James encourages commanders and supervisors to go make the first move, and help their Airmen.

“Reach out to them, go on the offense, and give them some advice,” said James, who encouraged mentorship throughout her address.

A theme in James’ short tenure as secretary has been opportunity. Opportunity is what set James on the path of working for the Department of Defense.

“One door closes, another door opens,”

James said.

For Airmen who are looking to retire early or separate, or are worried they may be selected for involuntary separation, James encourages them to be proactive in their career, and to “own it.”

“If you don’t have enough information about your specialty and what is likely to happen in your career field, go on the offensive and ask questions until you get answers,” James said.

Although budget uncertainty means the numbers remain fluid right now, James pledged that senior leaders will strive to be as open with information as possible. Her goal is to disclose as much information as possible, as quickly as possible.

“We’re going to be transparent,” James said. “That’s our job. And get you as much information as possible so you can make those career decisions.”

James, who was formally sworn in Dec. 20, 2013, implores Airmen to own their careers, whether that’s as a member of the Air Force, or outside of the service.

“Manage your own career and take the reins so you can make a good judgment and proceed in your career,” James said. “Seize the opportunity. Don’t be afraid of the opportunity. You’ll be better off for it.”

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Stopping unseen threats



U.S. Air Force photo by Staff Sgt. Alexandra M. Boutte

Senior Airman Raymond Reidenbach, Senior Airman Aaron Avila and Staff Sgt. Rebecca Buhman, 509th Civil Engineer Squadron emergency management support team members, conduct part of a three-legged survey team exercise in which they looked for potential areas of radioactive contamination during an inspection at Whiteman Air Force Base, Mo., Jan. 11, 2014.

AFNet PII breaches still a concern

By Maj. Brooke Brander
Air Force Space Command Public Affairs

PETERSON AIR FORCE BASE, Colo. (AFNS) – More than one month after Air Force Space Command’s implementation of lock-out procedures for individuals found to have inappropriately transmitted Personally Identifiable Information, PII breaches still remain a significant issue.

While the average number of daily incidences of PII breaches have decreased there is still a lot of work to be done to prevent future PII incidents, said Gen. William L. Shelton, the commander of Air Force Space Command.

“We’ve all got to work harder to eliminate PII violations,” Shelton said. “In November more than 5,000 individuals were affected by a single PII breach. PII that is not properly protected becomes vulnerable to interception by an adversary. That creates the risk of the information being used to target individual users to gain their credentials and potentially gain access to our networks. From an individual perspective, it can also lead to identity theft. We can’t stand the network or the personal consequences, so we must stop PII breaches on the AFNet (Air Force Network).”

During the six month period from May through October the Air Force averaged approximately 3.3 reports affecting 1,935 members per day. Since launching the new policy and process, that average has dropped to approximately 2.7 reports affecting 991 members per day.

“The most common violations we are seeing are people transmitting personnel rosters from .mil to .com addresses and vice versa,” said Col. Douglas Coppinger, the 67th Cyberspace Wing vice commander, the wing whose mission encompasses the detection of PII breaches. “While quite often these breaches are not of malicious intent, we need to better educate our Airmen on the protection of this type of information.”

One tool available for protecting information is provided by the Software Protection Initiative established by the Under Secretary of Defense for Acquisition, Technology and Logistics in

December 2001. The SPI has the mission of marginalizing a threat actor’s ability to steal and exploit critical Department of Defense intellectual property found in application software.

Users have multiple tools at their disposal to protect PII if encrypting e-mail is not feasible, but electronic transmission of sensitive PII is operationally required. Users can leverage approved DOD file exchange services through AMRDEC SAFE, file encryption wizards, or simply use Microsoft Office password protection.

“Once personnel understand what information can be sent home and how to protect it, this provides Airmen clear lanes in the road they can follow, and provides commanders the framework to properly address infractions of those set rules,” Coppinger said.

Continuing force-wide education on the protection of electronic information is a top priority for AFSPC and those responsible for protecting the AFNet.

“We are working with leaders across the Air Force to educate and address PII breaches,” said Maj. Gen. James K. McLaughlin, the 24th Air Force commander. “As the technology we use to protect the Air Force Network improves, we have gained better visibility of information crossing through and leaving the network. As a matter of fact, we already detect 100 percent of all pieces of PII crossing through the AFNet. What we’re doing now is making a concerted effort to hold people accountable, helping to ensure all AFNet users are handling this important information properly.”

The AFSPC lock-out procedures were put in place based upon AFSPC’s responsibility to operate and defend the AFNet and each individual user’s responsibilities that comes with access to the network. AFMAN 33-152, User Responsibilities and Guidance for Information Systems, requires special handling for PII data.

AFNet users should contact their unit Privacy Manager as well as refer to Air Force Instruction 33-332, The Air Force Privacy and Civil Liberties Program, for additional information on safeguarding PII.

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131st Airmen help motorists after two early-morning accidents

By Staff Sgt. Traci Payne
131st Bomb Wing Public Affairs

Three Missouri Air National Guardsmen from the 131st Bomb Wing Airmen were the first to stop and render aid at the scenes of two separate single-vehicle accidents over the recent drill weekend at Whiteman Air Force Base, Mo.

Early Saturday morning, on his way to Whiteman to report to unit training assembly, Maj. James Ashlock, 131st BW chief of wing plans, saw a vehicle skid on ice and roll over multiple times before landing upside-down in the median.

Ashlock immediately pulled his vehicle over and responded to the emergency by contacting the authorities and freeing the driver from the wreckage.

"It was so surreal to watch it all unfold," Ashlock said. "The car was badly damaged and I was just hoping that somehow no one was hurt."

Other motorists, including fellow 131st member Airman 1st Class Venecia Thelin, an aircrew flight equipment technician, also pulled over at the scene. Thelin stopped because she did not see any medical personnel on the scene yet.

"As an Airman, they teach us that you are responsible for others, the wingman concept," Thelin said. "I didn't really have time to think about it, I just stopped."

Ashlock, Thelin and a third person administered basic first-aid until authorities arrived.

In a similar, but separate accident, 131st BW Tech. Sgt. Jacqueline Payne, NCO in charge of career enhancements, noticed a vehicle turned on its side, situated on the edge of the highway near a tree line.



U.S. Air Force photo/Senior Airman Tabatha Zarrella

Seatbelts can save lives. Buckle up no matter how far you're travelling, and ensure all passengers do the same.

Payne made a quick U-turn and pulled up near the site of the crash. Turning on her high-beam headlights and her flashers to warn passing vehicles, she then dialed 911. The emergency dispatcher advised Payne to investigate the scene.

"My heart was racing as I approached the vehicle," Payne said, "I had no idea what to expect."

Another concerned motorist stopped his vehicle to offer assistance, and the two approached the truck. Payne said the victim appeared to be in mild shock, but had no apparent serious injuries. Payne and her fellow Good Samaritan helped the victim out of the vehicle and into Payne's to keep him out of the elements until medical personnel and police arrived.

"I acted because I pray to God that someone would stop if I was ever in that situation," she said.

It is essential to maintain a heightened sense of situational awareness during the winter months, said Lt. Col. Ross Pease, 131st BW chief of safety.

Pease also highlighted the importance of safety-related training, including the self-aid and buddy care first aid all Airmen receive.

"We tend to rush through training thinking we will never need it," Pease said. "In these cases, our Airmen were prepared to use their military training to assist fellow citizens."

According to the Ashlock and Payne, the drivers of both vehicles involved were wearing seatbelts.

"I think that we have come a long way with the emphasis of seat-belt safety in the military," Pease said. "I hope it is becoming a way of life and part of our culture, because it does save lives."

Sexual assault reports drop at service academies

By Jim Garamone
American Forces Press Service

WASHINGTON (AFNS) -- Reports of sexual assault decreased in two of the three military academies in academic year 2012-13, officials of the Defense Department's Sexual Assault Prevention and Response Office said today.

The statistics came from DOD's Annual Report on Sexual Harassment and Violence at the Military Service Academies, which is being delivered to Congress today.

During the academic year, a total of 70 reports were made at the U.S. Military Academy, the U.S. Naval Academy or the U.S. Air Force Academy, officials said. The number of sexual assaults reported declined at West Point and Colorado Springs, but rose at Annapolis.

A report of sexual assault means at least one military victim or subject, said Col. Alan Metzler, an official with the Pentagon's Sexual Assault Response and Prevention Office.

Of the 70 reports, 53 came from cadets and midshipmen for events they experienced in military service. "We are getting reports from victims for events prior to their military service or prior to entering the service academies," Metzler said.

The report provides an assessment of the effectiveness

of the service academies' policies and training to prevent sexual violence. The assessment found the academies were compliant with their policies regarding sexual harassment and sexual assault during the academic year, which ran from June 2012 to May 2013.

"What we found was the academies instituted a lot of new initiatives to enhance training, improve awareness of sexual harassment and assault and to promote a safe environment for all cadets and midshipmen," Metzler said.

The report includes information from focus groups of midshipmen and cadets. "They told us -- and we're pleased by this -- that reports of sexual assault or sexual harassment would be taken seriously by academy leaders, and they would be dealt with appropriately," the colonel said. "That's the good news."

Still, cadets and midshipmen also identified some peer pressure barriers to reporting these crimes, he said.

Noting that these young men and women are the future officers and leaders of the U.S. military, Metzler said it is important to put in place programs, regulations and policies in these schools to change the culture that permits the crimes of sexual assault to take place.

Dr. Nate Galbreath, who wrote the report, put the drop in reports in perspective. "We want to see more reports,"

he said. "This is an under-reported crime. The challenge we have this year is that without the prevalence number to understand the rate of sexual assault or unwanted sexual contact, it is hard to interpret this data."

The anonymous survey that provides an estimate of how often cadets and midshipmen experience unwanted sexual contact is only done every two years.

"We do want to continue to see reports of sexual assault go up -- this is a historically under-reported crime," Galbreath said. "More reports means we can provide victims they help they need, that we can independently investigate and hold offenders appropriately accountable. We are encouraging our superintendents to take some steps to increase victims' confidence."

Service-wide, the biggest news in the sexual assault prevention and response world is establishing special victims' counsels. "We believe this is a game-changer," Galbreath said. "These lawyers are provided to victims of sexual assault, and whether they file a restricted or unrestricted report, they will be able to discuss the case with their own attorney and be able to discuss the pros and cons of going forward with their cases or leaving them restricted."

"That and other programs, we hope, will increase confidence in the process, and that seems to be the case."

Resources provided for users as MDG campus goes tobacco-free

By Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

Effective Dec. 2, 2013, the entire 509th Medical Group campus became a tobacco-free area.

This initiative, whose goal is to promote mission readiness and health, is in line with Air Force-wide guidance from 2012 to make tobacco-free medical campuses the norm.

Tobacco use extends to any form, including cigarettes, cigars, pipes, chew, dip, snuff and e-cigarettes.

"Nearly 70 percent of tobacco users want to quit, but the physical connection is very difficult to break," said Brian Kirby, Health and Wellness Center health promotion director. "This isn't a war on tobacco users; it's a war on tobacco. Hopefully this initiative will encourage people who are on the fence to quit once and for all. By reducing the number of locations where tobacco is allowed, it's not as appealing on a social level."

In addition to that, the number of designated tobacco areas (DTAs) around Whiteman has decreased from 212 to 82. Although some of the DTAs will be a longer walk for people, the 509th Civil Engineer Squadron designed them to be located no more than a four-minute walk from any workplace or dormitory.

In accordance with Air Force Instruction 40-102, "Tobacco Use in the Air Force," and



509th Bomb Wing policy, tobacco may only be used in these 82 DTAs (excluding family housing areas). Kirby added that compliance is mandatory for all members of Team Whiteman who are not bargaining-unit employees, including guests and visitors to the base. Tobacco use anywhere else on Whiteman is prohibited, including in government and personal vehicles.

In 2010, about 22 percent of the active-duty Air Force used tobacco, and the goal for 2020 is to have just 12 percent using these products.

One Airman has already stopped her habit of cigarette smoking after seven years.

"I still have bad days and personal struggles," said Tech. Sgt. Christina Hollis, 509th Munitions Squadron unit deployment manager, who quit smoking after considering the

impact it was having on her family. "I think it is important to know your weaknesses with tobacco, or any addiction, if you want to quit. Mine are clearly emotional triggers, but there are many obstacles that make quitting hard. Smoking is very social and very habitual."

The Air Force anticipates several benefits from tobacco-free campuses, including increased mission readiness, increased productivity, decreased absenteeism, increased physical endurance, lower medical costs associated with tobacco use, lower tobacco

consumption rates among tobacco users and improved success in quitting tobacco and maintaining abstinence.

Another expected benefit is reducing the health hazards from secondhand smoke.

"It was common in the past to see six or seven butt cans in front of a medical building," said Kirby, "and other patients would have to walk through that smoke. The advantages for the entire society far outweigh any

See MDG, page 14

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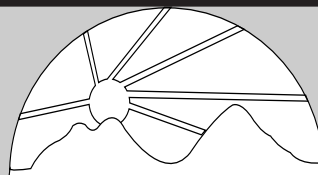
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DOD focuses on healthy, active lifestyle for kids

By Terri Moon Cronk
American Forces Press Service



WASHINGTON (AFNS) -- With the national rate of childhood obesity increasing, the Defense Department wants to ensure children in military families lead healthy and active lifestyles, the Defense Department's director of the office of family policy and children and youth said.

In a recent interview with American Forces Press Service and the Pentagon Channel, Barbara Thompson said that nationally, 12.5 million children and adolescents from age 2 to 19 are overweight, a figure that's tripled since 1980. Military children are a microcosm of that group, she noted.

Today's generation of children is the first one at risk of dying before their parents, Thompson said. Facing such risks, families should set goals for healthy food choices and more physical activities for their children.

"It's important for children to see the most important models in their lives doing the same things they should do," she said. "It's of critical importance that children start healthy habits at a very early age. The bottom line is (that) obesity is preventable."

DOD's message for young children and adolescents is called 5-2-1, Thompson said. It calls for five servings of fruits and vegetables a day, two hours or less of "screen time," one hour of moderate to vigorous exercise and zero sweetened drinks, which is a plan that can be used at home and in school. She defined screen time as any activity involving television, computers, video games, movies and other devices that lead to a sedentary lifestyle.

Obesity also can lead to serious diseases, such as cancer, diabetes and high blood pressure, Thompson said. Children without healthy diets and routine exercise start at early ages to build plaque in their arteries, and are at risk for future health issues, she added.

And national security can become an issue when people cannot enter military service because of their weight and health-related diseases, Thompson said.

Resources for setting dietary and exercise goals are abundant for military families, Thompson said. One way to begin children on a path to healthy eat-

ing and routine exercise is to have meals as families, she said. Cutting sugar and salt, reducing overall fat and cooking in a healthy manner, such as steaming certain foods rather than fat-frying them, also are necessary to a better lifestyle, she noted.

After dinner, families can take walks together and make plans for weekend bike rides and other physical activities, Thompson suggested.

Health and nutrition help is available from numerous resources, she said, noting that first lady Michelle Obama's "Let's Move!" initiative includes a website that provides a variety of healthy recipes and ways to add activity into children's everyday lives.

While school districts have begun to offer healthy food choices, parents should become involved with the Parent-Teacher Association and similar groups if their children's schools do not deliver healthy food choices or provide inadequate exercise time and activities, she said.

The Military OneSource website offers a health and wellness coach program that's good for goal setting for cardiovascular health and nutrition habits, Thompson said.

Child and youth development centers and morale, welfare, and recreation programs on military installations offer emphasis on eating healthy foods and pursuing active lifestyles, she said. Help also is available to advise families on how to shop for groceries and prepare meals in a healthy manner, she said.

"The earlier children ingrain specific (habits), the more they will stay with them -- whether it's brushing their teeth before bed, washing their hands, or (remembering) to drink water and eat fruits and vegetables," Thompson said.

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Teamwork, dedication: From the ground to the sky



U.S. Army Spc. Todd Gann, 1-135th Attack/Reconnaissance Battalion aircraft maintainer, inspects the main rotor head of an AH-64 Apache at Whiteman Air Force Base, Mo., Jan. 9, 2014. Soldiers perform this inspection annually to ensure there are no signs of corrosion developing, which could cause malfunctions.



U.S. Army Chief Warrant Officer 5 Robert Moore, 1-135th Attack/Reconnaissance Battalion aviation safety officer, and Chief Warrant Officer 5 Peyton Supernaw, 1-135th ARB aviation material officer, perform environmental training at Whiteman Air Force Base, Mo., Jan. 9, 2014. This training helps pilots master landing in whiteout conditions.

By Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

From the maintenance hangars to the skies, the AH-64 Apache helicopter spends its time at Whiteman being prepped for training and missions.

The AH-64 Apache helicopter is a weapon system equipped with a nose-mounted sensor suited for target acquisition, night-vision systems and a 30-mm M230 chain gun.

The U.S. Army 1-135th Attack/Reconnaissance Battalion pilots and maintainers are tasked with flying and working on this unique aircraft.

While the pilots engage in training exercises, the maintainers inspect, repair and maintain the aircraft to ensure it is safe for any and all missions.

"I handle administrative management, mission planning and training," said U.S. Army Maj. Fin Carey, 1-135th Attack/Reconnaissance Battalion instructor pilot supervisor. "As the pilot supervisor, I get out there with the junior pilots to help train them on how to maneuver the aircraft with efficiency."

Once a week, the 1-135th ARB gathers with the 442nd Maintenance Squadron phase hanger crew

to perform tactical training exercises. Mission planning for these exercises helps the battalion coordinate with units like the 442nd MXS phase hanger crew and ensures the Apache teams incorporate other DOD assets like the A-10 Thunderbolt II into their operations.

The 1-135th ARB maintenance crews ensure the aircraft are prepared after every flight, checking for corrosion, damaged parts and any other issues that might hinder the mission.

"As the maintenance team leader, I oversee all maintenance issues and inspections," said Sgt. Maj. David Cox, 1-135th ARB maintenance team leader. "All aircraft are inspected daily in accordance with the inspection tables, which are guidelines on what needs to be looked at on the aircraft."

Inspection forms are required during each inspection to mark discrepancies found on the aircraft. After the inspection, crews compile the forms to see what repairs are necessary. If there are parts the maintenance crew is unable to repair, they contact different companies to see if the parts are in stock.

The pilots fly consistently to ensure they retain knowledge and become more skilled at operating

the aircraft.

Learning to pilot this aircraft is not as easy as some might assume, said Carey.

"It's exciting to fly this unique aircraft," said Carey. "It's a bit of a learning curve at first, but in time pilots get the hang of it. The training is lengthy after a year for flight school, pilots go through an Apache-specific course which ranges from two months long up to another year's worth of training. After pilots return to the unit, they go through up to an additional year worth of training."

Within these courses, the pilots learn about how the systems, engines, hydraulics and electronics function on the aircraft, as well as about aircraft tactical deployment involving flight control radar and how to employ it in combat situations. They also learn how to send digital traffic and radio communications.

The pilots and maintainers work hand-in-hand to get the job done and to ensure the aircraft functions safely to complete the mission.

"At the end of the day, what matters most is safety," said Cox. "My job is to make sure the guys on the ground are doing their part safely and efficiently, so the guys in the sky can do their part. It's one team, one fight to complete the mission!"



U.S. Army Spc. Todd Gann, 1-135th Attack/Reconnaissance Battalion aircraft maintainer, checks bearings for axial movement within the tail of an AH-64 Apache at Whiteman Air Force Base, Mo., Jan. 9, 2014. This inspection ensures the aircraft will maintain its stability while in flight.

U.S. Air Force photos/Airman 1st Class Keenan Berry

AF JAG Corps gains insight at SAPR Summit

By Staff Sgt. Natasha Stannard
42nd Air Base Wing Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AFNS) -- The Air Force Judge Advocate General Corps held its first Sexual Assault Prevention and Response Summit Dec. 17-18 at the Air Force Senior Noncommissioned Officer Academy here.

The purpose of the summit was to bring total force legal professionals together to improve the way they handle all aspects of sexual assault cases, most importantly supporting the victim of the crime.

"Part of the goal is certainly to improve our accountability processes," said Lt. Gen. Richard Harding, the Air Force judge advocate general. "Those Airmen that come forward to disclose that they have been victimized need to feel that they've got trust and confidence in the processes that are available. By holding people appropriately accountable and supporting the victim, we can improve how the Air Force responds to these events, all to the good of America's Airmen."

Throughout the summit, the 230 professionals in attendance heard from psychologists, legal experts and mental health experts. They discussed topics detailing how to identify perpetrators and provide support to victims.

The topics ranged from military justice to "victimology" and the neurobiology of trauma.

"Hearing about the various aspects about these complicated cases from senior members of the JAG Corps is important for all of us in a senior leadership position," said Lt. Col. Kate Oler, a judge advocate attendee from Joint Base San Antonio, Texas. "(This way) we can gain a better understanding of the issues that surround the problem and come together as leaders to discuss the important topic."

Currently, the Air Force and its JAG Corps have numerous initiatives that support victims of sexual assault. This



includes the special victims' counsel program, which provides the victim with an attorney whose sole role is to represent them in a confidential, attorney-client relationship throughout the investigation and prosecution process; and using events such as this SAPR summit to educate legal professionals on the spectrum of trauma victims endure, thereby making them better able to support and understand victims and prosecute the crime.

"The people that can fix this problem are in this room today -- make no mistake of it," Harding said. "I, like you, know that more can be done when it comes to this topic. What we're doing now is impactful, but we can do more. We can improve how the Air Force handles these cases, and that is really what this (summit) is all about."

Harding urged his team to take everything they heard at the summit into account and take what they learned back to their home station legal offices. This will not only help get ideas from others, but it will help more people better understand the issue, he said.

The director of the Headquarters Air Force Sexual Assault Prevention and Response Office, Maj. Gen. Margaret H. Woodward, gave an example of the hurdles the Air Force is going through with the sexual assault problem.

She presented a group with the following equation: $42 + _ + _ + 21 + _ + _ - 13 + 49 = \text{Answer}$.

The hardest part of this issue is that, like this equation, there are so many unknowns, Woodward said.

"The problem is that people are filling in the blanks with their own personal biases," she said. "The more we can educate our Airmen, the more we can help them fill in the blanks with the correct variables."

Woodward shared with the group common biases that came up when she spoke to Airmen of various ranks during the focus groups her office conducted earlier in 2013.

"Some Airmen told us that they believed as many as 90 percent of sexual assault reports are false," she said. "The most validated studies we have put the false reporting rate for this crime between about 2 to 8 percent."

Another common misconception was that victims are to blame.

"There is not a victim out there who should be blamed for a crime that was perpetrated against them, no matter how much they put themselves at risk preceding the crime," Woodward said. "This is not about going out on a date and dressing too promiscuously. This is not about sex. This is about power and control, and until we understand that better, I think we risk filling in those equations with the wrong answers."

For both Woodward and Harding, what the issue comes down to is mutual dignity and respect for fellow Airmen.

"When you join the Air Force you join a family, and we are committed to that family," Harding said. "When a member of that family is in pain, you reach out and you help that Airman. So, this really is a family matter, and it needs to be treated as such."

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This Week in Sports – Star Wars, Episode 14; NFC West showdown



Courtesy image/Getty Images

Peyton Manning and Tom Brady face off for the 14th time Sunday in what should be an exciting AFC championship.

By 1st Lt. John Cooper
509th Bomb Wing Public Affairs

Alright, so I did okay on my picks last week. Seattle took care of New Orleans at home, the Broncos withstood a late rally by the Chargers and New England dropped a ton of points on the lackluster Colts. San Francisco did beat Carolina on the road, but otherwise it was a pretty solid set of picks. This week's conference championship games will be much harder to prognosticate, however.

Let's start in the NFC. The key to winning the Super Bowl is not having the best regular season record or even necessarily who has the best team, but rather who gets hot at the right time. If there's a hot team in the National Football League right now, it's San Francisco. Winners of eight straight, and coming off a dominant

win in Charlotte, Colin Kaepernick and crew are peaking at exactly the right time of the season, and carry a lot of momentum to Seattle. They have the fifth-ranked defense in the league, and a much more balanced offense than they did in their blowout loss in Seattle in Week 2. The Seahawks, meanwhile, sport the league's top defense, with Richard Sherman and Earl Thomas prowling the secondary while Cliff Avril, Michael Bennett and Bruce Irvin man the line. Having been a football fan my entire life, this is one of the best units I can ever remember watching. They're flashy, making the big plays, but they're also tough in the trenches. Russell Wilson finished the season in a bit of a slump, but he has provided consistent, if not mind-blowing, production all season long. I picked against San Francisco last week, and I'm going to do it again

this week. Winning in Charlotte against a young Panthers team is one thing; going into CenturyLink Field and beating the best team in the NFC and overcoming Seattle's "12th man" is quite another. I've got the Seahawks, 25-19.

In the AFC, it's Brady vs. Manning XIV, and I don't know about you, but I couldn't have scripted a better AFC title game. Manning and the Broncos come in with the best offense in history; in between Knowshon Moreno, Julius Thomas, Demaryius Thomas, Eric Decker and Wes Welker, the Broncos can beat you with just about anyone on the field. However, Brady has the all-time edge, having won nine of the previous matchups against Peyton. Even more impressive, Brady has gotten his team to the AFC championship despite having to throw to a largely inexperienced wide receiver corps, respond

to major injuries all along a talented defense, and play without Rob Gronkowski for nine games this year. When your roster looks like the Broncos', winning doesn't come as a surprise; when it looks like the Patriots, it's a bit eye-catching. That just speaks to Brady's immense talent and devotion to winning, and his ability to adapt. For example, the Patriots ran the ball 46 times against the Colts. 46. Most people don't associate Tom Brady with a game plan that includes that many rushing attempts, but when you consider Brady's drive to win his fourth Super Bowl, it makes a lot more sense. Oh, and against the Colts he became the first quarterback to throw for 6,000 yards in the postseason. All that said, even though I absolutely hate picking against Tom Brady, I'm going to go with the Broncos, 35-30.

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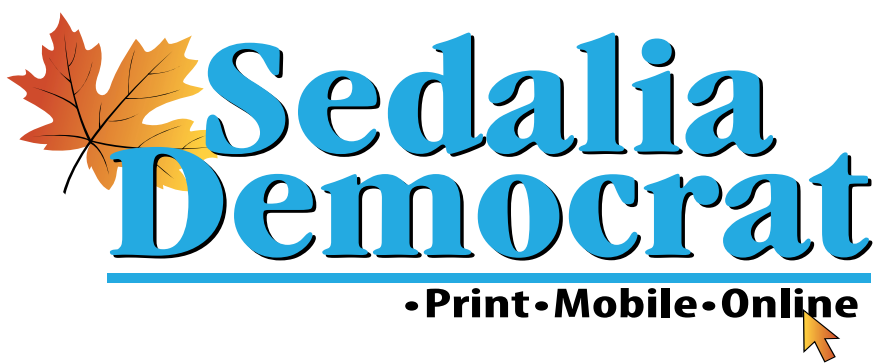
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January 13th, 2014

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Don't miss out on Story Time & Craft Time this Wednesday 15 January at the Base Library. Children, ages 3-5, will have the opportunity to hear a story as well as enjoy making a fun craft. Call the Library at 687-5614 for more information.

Photo of the Month Club @ whitemanfss.com

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Body by Whiteman (Bigger Prizes!)

Last week for sign-ups (Fitness Center)

This year Force Support wants to get you motivated to pursue a healthier lifestyle so we are kicking the "Body by Whiteman" program up a notch. The grand prize has been raised from \$100 to \$500 in cash for our male and female winners! Plus, we are adding some 2nd and 3rd place prizes including gift cards to Under Armour, GNC and a deep tissue massage. Sign-up from now until the end of Fitness Day on 17 January for "Body by Whiteman" where you have the months of January through April to lose the greatest percentage of weight. Call the Fitness Center at 687-5496 to sign-up!

Fitness Day

January 17th, 10:00 am to 2:00 pm (Fitness Center)

Don't miss out on Fitness Day this Friday from 10 am to 2 pm at the Fitness Center. Participants will have the opportunity to sample some of the great classes that we offer in condensed 30 min sessions, receive a micro fit assessment from a member of our staff, as well as get a lot of great info from base agencies including the HAWC, SARC, and more! Plus, don't miss out on your last opportunity to sign up for our Body by Whiteman competition where you could win \$500 in cash or other great prizes.

Pre-Teen Bowling Night

January 24th, 4:00 pm to 6:00 pm (Youth Center)

The Youth Center will be hosting their Pre-Teen Bowling night at the Stars and Strikes Bowling Center on Friday, 24 Jan from 4 pm to 6 pm. This event is just \$4 for members and \$5 for non members. This price includes shoes and bowling fees. Call 687-5586 today to sign-up!

Super Bowl Party

February 2nd, Starting at 3:30 pm (Mission's End)

Plan to be at the Mission's End on Sunday, 2 February for the biggest Super Bowl party Whiteman has seen. All attendees will have the opportunity to win our grand prize – a 60" T.V., home theater system, theater seating, Kegerator, as well as signed NFL memorabilia from teams in the league.

Children's Event Night

February 7th, 6:00 pm-7:30 pm (Mission's End)

Get ready for our FREE Children's Event Night at the Mission's End on Friday, 7 February. We will be welcoming the animals, magic and balloon artistry of Reggie Regg, as well as the musical styling's of Rappin Roy. There will be a free buffet for children (10 and under) and our evening menu available for those ages 11 and up. Don't miss out on this great party!



STEP promotion



U.S. Air Force photo/Maj. John Severns

Staff Sgt. Catherine Lauseng, 509th Bomb Wing command chief assistant, center, poses with friends and co-workers after being presented with her Stripes for Exceptional Performers promotion to technical sergeant, Dec. 20, 2013, at Whiteman Air Force Base, Mo. The STEP program is a special avenue for promotion for staff sergeants to master sergeants who have demonstrated outstanding performance of their duties. Typically, fewer than 200 such promotions are available each year, and they are effective immediately upon presentation. Presenting the award were Col. Kristin Goodwin, 509th Bomb Wing vice commander, and Chief Master Sgt. Lee Barr, 509th BW command chief master sergeant. Her husband, Senior Master Sgt. Daniel Lauseng, 509th Operations Support Squadron, was present to surprise his wife with the presentation.

Military OneSource offers free tax services

By Nick Simeone
American Forces Press Service

WASHINGTON (AFNS) — If it hasn't arrived yet, your 2013 W-2 wage and tax statement likely is on its way, and with it the countdown toward the April 15 tax filing deadline.

As preparations begin for the upcoming tax season, military families are being offered a free service to ensure they can meet that deadline from anywhere they may be stationed around the world.

Military OneSource, partnering with H&R Block, is offering all active duty, Guard and reserve forces help in preparing their taxes and in filing their federal and state returns, in addition to the variety of other financial planning services it already provides free of charge.

"No matter where you are, when you call 800-342-9647 or go to (the Military OneSource website), you can access the programs and services," Tony Jackson, a military community and family policy analyst for the service told American Forces Press Service.

The program is designed to address the unique tax requirements and issues affecting military personnel and their families, Jackson said.

With many still likely dealing with holiday credit card bills, the April tax deadline may seem far off. But with many military families having to file multiple state tax returns in addition to federal taxes, beginning the work now on gathering tax-related documents can prevent

headaches later.

"Now is the time to prepare, to gather your documents and your questions," Jackson said, "and (you can) to speak to a tax consultant at no cost at Military OneSource."

Additional paperwork at tax time for those living outside their home state that may have rental property or may be subject to taxes where they are currently deployed is a common additional burden, he noted. Military OneSource will provide help filing a federal tax return, as well as up to three state returns, at no charge.

Jackson said some 224,000 federal and state tax returns were prepared for military families last year.

"Nobody ever gets turned away," he said.

The program's tax experts are able to help military families navigate changes in tax laws that may have a particular impact on or benefit for members of the military -- as well as any tax implications related to military benefits, he added.

"They are nationally certified financial planners, so they are definitely qualified to assist families and service members," regardless of the topic, Jackson said.

Reserve component members are eligible for the free service regardless of their activation status, as are veterans within 180 days of being discharged, retired or separated.

The Defense Department established Military OneSource in 2002 to provide comprehensive information on military life free of charge to military families.

MDG Continued from Page 6

disadvantages to users."

The Whiteman HAWC provides many resources for people who would like to stop using tobacco products, including the FreshStart program.

"This could be your best chance to quit," said Hollis, who is also a unit-level tobacco mentor. "Mentors are matched with a person, family or group who is interested in quitting and we go through FreshStart together: de-

cide to quit, plan to quit, your quit day and 'staying quit.' We know what they are feeling when they have withdrawals and understand if they slip up because the need for nicotine was too much for that day. I really wish I had that level of support when I faced quitting."

For anyone interested in quitting, contact the Whiteman HAWC at 660-687-7662 or visit the Department of Defense tobacco cessation website at www.ucanquit2.org.

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