

WARRIOR



AF implements static EPR closeout dates, Pg.3

From Omaha to Afghanistan

Missouri State Fair honors past and present military members

SAPR orientation provides Air Force cohesion, Pg.11



Sustaining a marriage with deployments

By Senior Airman Lacie A. Carmody
509th Bomb Wing Public Affairs

A good marriage requires dedication, love, understanding and togetherness. My marriage involves two career-oriented individuals, and my husband and I are rarely in the same spot for more than a few days at a time. It's still a good marriage, just unorthodox as far as societal standards are concerned. In the year we've been married, we've spent less than three months in each other's presence and we couldn't be more in love. We know this is far from ideal, and we acknowledge the odds are against us. Needless to say, we are not deterred.

I met my husband a few weeks after arriving at my first duty station. We had an instant connection, and I fell in love, certain I would one day marry him. However, less than two months into dating he received deployment orders, and we would be pulled apart, for more time than we'd been together. I was undeterred by the separation and when he returned, our bond grew strong once again. A few months later he asked me to marry him.

Fast forward a year, we've been married for ten months, and have been in the same place for less than three of those months. We knew going into our marriage that another deployment and a few TDYs were coming up in the months following our nuptials, but that was okay. If our honeymoon fell on our first anniversary it would still mean time together and that is what ultimately counts.

Though it may sound as if everything is perfect all the time and

our relationship is a perpetual honeymoon, I can promise you, it isn't. We are like every other couple, trading and negotiating about chores and purchases. We've bickered, we've reconciled. The only real difference lies in the distance that often separates us.

So what makes our marriage work? Strong communication has been the keystone. Cherishing the time we spend together and not taking advantage of the other person is important. Also, though it may seem silly, remembering why we fell in love in the first place has been my secret weapon throughout the long months apart. Whenever I feel discouraged, I think of my husband's smile, and I can't help the one that spreads across my face.

It's easy in today's society to give up on marriage. According to the American Psychological Association, 90 percent of people in Western society marry by the age of 50. However, 40 to 50 percent of those marriages will end in divorce. Drive down I-70 and you'll pass more than a few billboards advertising divorce lawyers. If either of us gave up, said it was too hard to spend the months apart, society would be indifferent. My husband and I have very different beliefs when it comes to a variety of topics, but we do agree on the sanctity of marriage.

So here we are, a few weeks shy of our first anniversary as a married couple. The future is uncertain, but promising. Our drive is our respective careers. We acknowledge that we're going against the grain, know the odds are stacked against us, but we're in love and we're determined to stand the test of not just distance but time.

'Mommy isn't coming home, sweetie'

By Airman 1st Class Madison Sylvester
319th Air Base Wing Public Affairs

GRAND FORKS AIR FORCE BASE, N.D. (AFNS) -- As a young child, you don't think much if someone doesn't show up when they're supposed to because you have better, more important things to worry about; like bugs and dolls. They're just another shape flashing around you in your own little world.

Occasionally, a child will stop and ask a question about the sky, their toys or where their parent is. The answer always seems to be, "Oh honey, they're right over there," and life goes on without a hitch.

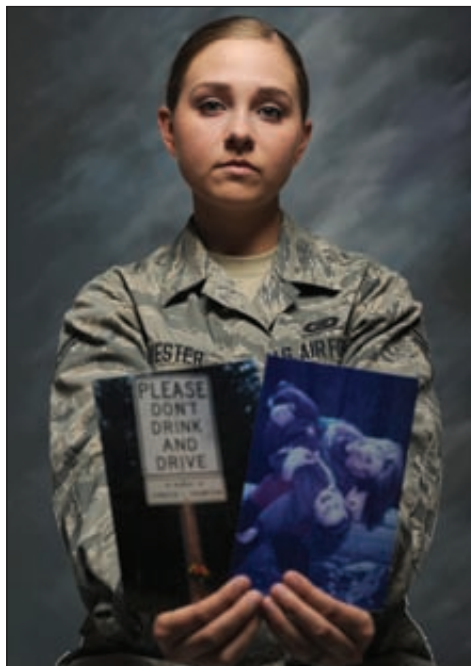
When I stopped playing one night in 1998 and asked the question, "Daddy, when is Mommy coming home?" it brought everyone around to a sudden halt. My father cleared his throat and blinked a few times, obviously taken by surprise that his 3-year-old was asking this question so early. He replied quietly, "Mommy isn't coming home sweetie. She's living with the angels now."

My mother was killed in a head-on collision March 24, 1997, as a result of drinking and driving.

That wasn't the beginning of her relationship with alcohol; however, her decision to drive home after drinking this night was not her first time doing so. It was a regular thing. Consumption of alcohol, or rather the inability to stop consuming it, had ruined my parents' relationship. Already in the process of divorce, they had been fighting that particular day over my mother breaking into my grandparents' liquor cabinet.

The attempt to lie was immediately wiped away with the first glance of her. So she decided that she would leave, she tried to bring me along with her but my father was able to wrestle me away. My dad wasn't worried, he thought she would take a walk down the street to calm down; he thought he had the keys. Little did he know, she had a spare set made. Almost running him over in his attempt to stop her, she sped off.

My father got remarried to a wonderful woman six months later and because I didn't



U.S. Air Force photo/Senior Airman Xavier Navarro
Airman 1st Class Madison Sylvester shares the story of how her first scar became her reason for never driving while under the influence of alcohol. Sylvester is a 319th Air Base Wing Public Affairs broadcaster.

understand, I didn't act like anything was wrong. It wasn't until I was five years old that I really, fully understood where my mom had gone. People had stopped sugarcoating things and telling me that I was too young to get it.

Never wanting to upset the woman I now called Mom, I waited until I had my father alone to ask again, "Daddy, what really happened to mommy?" Judging from the look on his face, he had thought he had some time before any real explanations had to be given. I quickly apologized seeing the distressed look and got up to rush to another room but he stopped me and said, "No, it's okay, I just didn't think I would have to do this so soon ... Your mother had a problem."

A problem. That's what we hear today when someone invites alcohol into their lives for too long. A problem. A mistake. What my mother had was not simply a problem; my mother had a disease. One that nobody cared

to diagnose because that would mean their own failure. She would get sad and drink, she would get mad and drink, and soon she had made any emotion an excuse to drink. I grew older with conflicting images of her.

"She was a wonderful mother; she loved you, so full of life and laughter," collided with "Your mother was a liar, a cheater and a drunk."

Yes. I had a woman who married my father, gave me a little sister, and took on the task of taking care of me too. But there was always a hole that couldn't be filled in me. I had questions that people felt too guilty about to answer. Did I do something so wrong that she needed to drink again? If she really loved me, how could she be so careless? I was grieving years after everyone else had moved on.

However, I learned to deal with my own hurt and turned it into understanding and pro-activity. My mother was not the only person to ever have alcoholism. I was not the only person ever to lose someone this way, nor would I be the last. I would not allow myself to be a victim, but instead became an advocate. The one thing that I took away from my own loss was that I never wanted anyone else to go through the same experience. My family brushed her addiction under the rug because addictions are ugly, they're taboo, and deep down inside they didn't want to admit that their daughter, sister and granddaughter wasn't okay. But the truth of the matter is that she wasn't and others aren't either.

I urge you to help your wingmen. If you notice that their weekend fun is turning into everyday fun, say something. If you suspect that they're having hard times, say something. Even better than that, do something. Don't let them get in that car after they've been drinking. We have so many resources that can help prevent the loss of another brother or sister in arms. Most people are not willing to look at their own reflection and say "I have a problem. I need to stop."

Help them. Love them. Support them.

This disease is long-standing in my lineage. I will be the one to end it. Will you do the same with our Air Force family?

THE WARRIOR

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Published by the **Sedalia Democrat**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Whiteman Air Force Base.

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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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On the cover

U.S. Air Force photo/
Airman Halley Burgess

Dr. Tommy Macdonnell speaks at the Missouri State Fair's Military Appreciation Day event, where he shared the stage with members of the Missouri National Guard, the U.S. Army's Maneuver Support Center for Excellence and the 509th Bomb Wing.

NEWS BRIEFS

Munitions Squadron stockpile inventory

The 509th Munitions Squadron will be conducting a 100 percent stockpile inventory from Sept. 2 through 5. If you need any munitions issued or have any that need to be turned in, please do so either the week prior or after the inventory. During this week we will only process emergency requests, submitted in writing, and approved by the group commander (or equivalent).

If you have any questions or concerns please contact Master Sgt. Lunsford at 687-8049 or Tech. Sgt. Young at 687-8051.

Estate of Senior Airman Scott O. Whitney

Anyone with a possible claim against the estate of Senior Airman Scott O. Whitney should contact Lt. Justin Ong at 660-687-2382.

Did you know...

What the qualifying and disqualifying factors are to apply for Palace Chase? To be eligible for this opportunity, you must: Be a U.S. citizen, complete at least two-thirds of the initial Active Duty Service Commitment for officers and 24 months of a 4-year contract or 36 months of a 6-year contract for enlisted members, be medically qualified worldwide, meet fitness standards.

If you have any questions regarding this program, you can contact your unit First Sergeant or Master Sgt. Stephen Thomas, the AFRC In-service Recruiter, at 687-1868.

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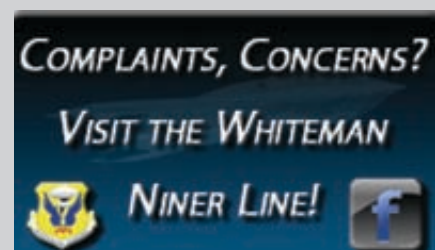
Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

Worship service change

The Protestant Community's new "Protestant Worship Service," combines the former 8 a.m. Traditional and 9:30 a.m. Contemporary worship services into one.

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.



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Sunday	Monday
Chance of Storms Hi 86 Lo 71	Mostly Sunny Hi 86 Lo 69

Security Forces spouse awarded scholarship



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

Angela Reyes, spouse of Airman 1st Class Juan Reyes, receives a scholarship from Park University at Whiteman Air Force Base, Mo., Aug. 8, 2014. The scholarship is for a total of 15 semester hours to be used in the upcoming academic year and can be taken at three semester hours per term. The value of the scholarship is in excess of \$4,000.

By Senior Airman Lacie Carmody
509th Bomb Wing Public Affairs

The spouse of a Security Forces Airman received a scholarship in excess of \$4,000 Aug. 8, 2014 at Whiteman Air Force Base, Missouri.

Angela T. Reyes, wife of Airman 1st Class Juan A. Reyes, 509th Security Forces Squadron, was this year's recipient.

"In the economic times we live in, scholarships are critical to military

spouses in the completion of their education goals," said Dale Buckingham, Park University's Campus Center Director. "The Park University Military Family Scholarship program is one of those opportunities."

The scholarship is for first-year students of Park University who are either a non-military spouse or dependent of an active military assigned, attached or residing in the vicinity of the campus center. Students must have a minimum GPA of at least 3.0 to be eligible.

"It felt really good to receive the scholarship," Reyes said. "I didn't expect to receive as much as I did, and I'm really grateful. My husband is the only one who works in our household and I stay home with our ten-month-old, so any aid helps."

The scholarship can be applied toward 15 semester hours in the upcoming academic year.

For more information about educational opportunities, contact the Whiteman Education office at 660-687-5752.

AF implements static EPR closeout dates, eliminates change of reporting

By Debbie Gildea

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- The first in a series of changes to the enlisted evaluation and promotion systems announced July 31 will include implementation of static enlisted performance report closeout dates, or SCOD, for each grade and elimination of change of reporting official EPRs.

Evaluation system changes are focused on purposefully evolving the enlisted evaluation system to ensure job performance is the most important factor when evaluating and identifying Airmen for promotion, according to a letter to Airmen from Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James A. Cody. The changes will occur in stages during the next 18 months for the Regular Air Force and 30 months for the Air Force Reserve and Air National Guard.

Regular Air Force technical sergeants will be the first Airmen to experience the change, with a Nov. 30, 2014, SCOD.

"Technical sergeant EPRs due between Aug. 15 and Nov. 30 will all shift to the Nov. 30 closeout date," said Will Brown, the AFPC Evaluation and Recognition Programs Branch chief. "What that means is evaluation periods during this initial crossover phase will range from 12 to 15 months. Annually, after that, all technical sergeants will have the same EPR closeout and will be assessed for the same number of days."

Implementing static, or fixed, annual closeout dates for each rank tied to regular Air Force promotion eligibility cut off dates will enable implementation of the future forced distribution and stratification policies also announced by senior leaders in July, and will result in better performance-based evaluations.

In addition, static closeout dates will enable raters, commanders and support staffs to plan for and schedule the

workload, Brown said.

"EPRs take a lot of administrative time. Under the current system, leaders at every level work a constant flow of evaluations, which affects their ability to dedicate time to other mission requirements" he said. "SCODs will enable supervisors, raters and commanders to plan ahead, clear the deck, focus on the evaluations, and then turn to other duties."

SCODs will also level the playing field for Airmen, since all Airmen will be assessed for work done during the same time period.

"When all Airmen in a unit are assessed for accomplishments during the same time frame, factors like special events or increased workload will not unfairly favor one Airman over another. Quality of performance then becomes the primary focus," Brown said.

Also effective Aug. 15, change of reporting official, or CRO, for EPRs will no longer need to be accomplished for Regular Air Force technical sergeants.

"The rater at the time of the new static closeout date will be responsible for accomplishing EPRs that cover the entire rating period," Brown said. "Although there may be occasions when a midterm assessment is required, other tools exist for those situations and this change doesn't eliminate such tools as commander-directed EPRs or letters of evaluation."

The change will eliminate the need for more than 36,000 CRO reports per year.

"As the Air Force works to accomplish critical missions with fewer Airmen, changes like this become ever more critical," Brown said.

Additional SCOD changes as well as other adjustments to the enlisted evaluation and promotion systems will be announced at a later date.

For more information about enlisted evaluations and promotions, and other personnel issues, visit myPers. Select "search all components" from the drop down menu and enter "enlisted evaluations" in the search window.

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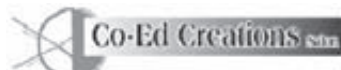
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Composition 2 M-W

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SESSION 3A (OCTOBER 21st- NOVEMBER 10th) 5pm- 9:20pm

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From the Frontlines: Tech. Sgt. Jeremy Miller



Courtesy photo/Tech. Sgt. Jeremy Miller

Tech. Sgt. Jeremy Miller, third from left, 509th Civil Engineer Squadron NCO in charge of EOD, deployed to Southwest Asia from Sept. 1, 2013 to May 1, 2014. Miller deployed with a coalition force and joint force of U.S. Army, U.S. Air Force and Romanian Army to train Afghan soldiers on various EOD techniques as part of a coalition training mission with the Afghan National Army.

By Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

After serving five consecutive deployments in five years, one Airman left for a sixth deployment, leaving his wife behind to care for their six-month-old child.

Tech. Sgt. Jeremy Miller, 509th Civil Engineer Squadron explosive ordnance disposal NCO in charge, left for a deployment to Southwest Asia Sept. 1, 2013 and returned May 1, 2014.

"It was hard," Miller said. "The day of my son's birthday, I had an American flag and held a sign that said, 'Happy first birthday Elijah.' When we went back uprange, I had set the flag up on my mirror."

As one of the EOD explosions was being detonated in the background, Miller took a photograph that had the American flag in the foreground.

"For me, it was something that I know I could pass to him saying, 'Daddy couldn't be there for your first birthday and this is why. Here you go,'" Miller said. "The next day I was able to log onto Skype and watch him smash the cake. I was happy for that."

When he wasn't communicating

with his wife and son during downtime, Miller's job was to safeguard members on his team from improvised explosive devices.

"Those weapons are a danger to the lives of Service members, so we have to go out and clear them," Miller said. "The IEDs are pretty much the number one weapon of choice in Afghanistan because they are easy to place, they can be victim-operated and they can be command-detonated."

IEDs have such a lethality to them because of the explosives that are inside of the bombs, Miller said.

Sometimes IEDs contain shrapnel, Miller said. "It's a ruthless item and it's very impersonal, which makes it very easy to use."

Throughout his 12-year career in the Air Force, Miller has disarmed nearly 300 IEDs, possibly saving the lives of countless Service members.

During this deployment, one of Miller's responsibilities was to train Afghan soldiers on various EOD techniques as part of a coalition interoperability training mission with the Afghan National Army.

"We have trained them to the best

of our abilities," Miller said. "They are starting to train their own people to become EOD team leaders and EOD operators. They're also working on their own system to get their own equipment. We are there merely to ensure that they are refining their skills."

Once Afghan soldiers receive their training, they have operational teams that can go out, respond to an IED and ensure it is not a major threat to the lives of others, said Miller.

Along with facilitating training for ANA soldiers, Miller's team also disposed of expired munitions.

"The backlog was starting to become unsafe, and they couldn't ship certain items," Miller said. "We volunteered to work very closely with the Army Ammunition Supply Point to remedy the situation."

Miller led a two-man team to dispose of 1,000 to 4,000 pounds of expired explosives each week.

One unique aspect of this deployment was the fact that there was a North Atlantic Treaty Organization partnership aligned with the coalition forces with which Miller deployed.

Although this was Miller's second

deployment with NATO allies, he still had obstacles which forced him to adapt and overcome.

"I worked very closely with the Romanians," Miller said. "This time, instead of working with them on an EOD aspect, they were my security element."

Although the Romanians did things a lot differently than their American counterparts, both U.S. and Romanian forces were still able to work together to accomplish the mission, Miller said.

Overall, Miller enjoyed the deployment and doesn't mind deploying again if the Air Force needs him to, he said.

"The team of EOD technicians I deployed with was one of the best crews I've ever worked with," Miller said. "Connections make networks. The more friends you make, the better off you are in the long run."

Editor's Note: This feature is part of Whiteman's "From The Frontlines" series.

These stories focus on a single Airman, highlighting their Air Force story.

To read more stories, visit www.whiteman.af.mil/news/fromthefrontlines/index.asp.

Team Whiteman parties at Atomic Luau celebration



Attendees of the Atomic Luau celebration participate in a friendly round of pugil-stick combat at Whiteman Air Force Base, Mo., Aug. 8, 2014. The Atomic Luau is an annual event organized by the Airmen's Council and is a day full of fun, food and prizes.

U.S. Air Force photos/Airman 1st Class Joel Pfister



Master Sgt. Matthew Coltrin, 509th Medical group first sergeant, throws a fastball at a dunk tank during the Atomic Luau celebration. The Atomic Luau is an annual event organized by the Airmen's Council and is a day full of fun, food and prizes.



A member of Team Whiteman rides a mechanical bull during the Atomic Luau celebration. The event had several different recreational activities including an inflatable water slide, a dunk tank, a bouncy-house and pugil-sticks.

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Missouri State Fair honors past and present military members

By Airman Halley Burgess
131st Bomb Wing Public Affairs

SEDALIA, Mo. – Leadership from the 509th Bomb Wing, Missouri National Guard, and the U.S. Army's Maneuver Support Center of Excellence honored the state's Service members Aug. 10 during Military Appreciation Day and the Missouri State Fair here.

The event, held annually since 2010, began with a procession of more than 150 members of the Patriot Guard Riders motorcycle club filling the floor of the Mathewson Exhibition Center.

Col. Matthew Brooks, 509th Bomb Wing vice commander, recognized local communities, thanking them for their continued support for military members.

The support the Air Force receives allows members to excel in all they do for national defense, Brooks said.

"A shining example of this relationship lies in the tremendous partnership between the 509th Bomb Wing and the 131st Bomb Wing of the Missouri National Guard," Brooks said. "This partnership serves as a model for total force integration for our Air Force."

Maj. Gen. Steve Danner, Missouri National Guard adjutant general, stated his appreciation for everyone who came to support the event, as well as families who support military members.

"Families may not wear the uniform, but you serve the same as we do," Danner said. "On behalf of all the Service members here today, I want to thank all the spouses, children and parents who have made our ser-

vice possible. You are our heroes."

Maj. Gen. Leslie Smith, commanding general of the United States Army Maneuver Support Center of Excellence at Fort Leonard Wood, acknowledged the 100 Service members who came to support the event from Fort Leonard Wood. Smith reflected upon Service members lost over the years and spoke about how Missouri communities honor sacrifices of their local military members.

"I know this is a 'Show-Me State' because you have shown your spirit," Smith said. "I know this is a 'Show-Me State' because you have truly shown us your support. I know this is a 'Show-Me State' because you've shown us your hospitality, and I know this is a 'Show-Me State' because you have shown us your love."

Dr. Tommy Macdonnell, a World War II veteran and former member of the U.S. Army's 1st Infantry Division, was the keynote speaker for the ceremony, and shared his story of storming Omaha Beach on D-Day.

During the ceremony, he described himself as a humble man who did not feel he deserved to take the stage along with the other men there.

"I'm just an ordinary soldier who did what I felt needed to be done," Macdonnell said. "You do what needs to be done. It may be hard. A lot of it is hard. It may be sad. Most of it is sad. That's what you all do. I salute you."

The ceremony concluded with a salute from the Patriot Guard Riders to Macdonnell, and other veterans and Service members in attendance.



Maj. Gen. Steve Danner addresses the crowd in attendance at the Missouri State Fair's Military Appreciation Day, thanking them for their continued support of military members and their families.



Dr. Tommy Macdonnell shares his story of service during World War II with the crowd. He thanked current Service members for their contributions to the nation.

U.S. Air Force photos/Airman Halley Burgess



Leadership from the 509th Bomb Wing, Missouri National Guard and the U.S. Army's Maneuver Support Center for Excellence pose with Dr. Tommy Macdonnell, a World War II veteran, August 10, 2014 in Sedalia, Missouri. Macdonnell spoke at a ceremony honoring Service members past and present.

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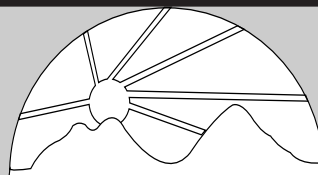


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Masons—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM

Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church • Every Mon. Noon - Bldg. 3007, Behind Chapel "The Old Housing Office" at WAFB

Knob Noster Board of Aldermen—1st & 3rd Tues. each month - Basement of City Hall

Whiteman Area Piecemakers Quilt Guild—3rd Thurs. each month 7 p.m. - Methodist Church

AMVETS—Membership Dinner 1st Tues. each month 6 p.m. - AMVETS Building

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SAPR orientation provides cohesion across Air Force



U.S. Air Force photo/Jim Verhegyi

Secretary of the Air Force Deborah Lee James met with various sexual assault prevention and response coordinators from each Air Force major command to discuss her priorities Aug. 1, 2014, in the Pentagon, Washington, D.C. James presented the coordinators coins in recognition of their efforts.

By Staff Sgt. Torri Ingalsbe
Air Force Public Affairs Agency,
Operating Location – P

WASHINGTON (AFNS) -- The Sexual Assault Prevention and Response coordinators from each Air Force major command attended the first three-day orientation and training here, July 29 -31, to discuss issues and innovations with Air Force SAPR top leaders and subject matter experts.

“The purpose of this training was to bring all MAJCOM (program managers) together to expound on their roles and responsibilities to their commanders and installation SARC’s,” said Debbie Allen, the Headquarters Air Force chief of SAPR operations. “This level of leadership is essential to program management and case consultation. In addition, this relationship provides opportunity to monitor program compliance and recommendations to leadership regarding improving climate to help eliminate sexual assault.”

The training consisted of several group discussions, education and training workshops and focus on different tools and resources available. An off-site visit to a Department of Defense community partner; Rape, Abuse and Incest National Network; was conducted to provide additional information about resources available to survivors.

On the final day of training, Secretary of the Air Force Deborah Lee James spoke with the major command SARC’s to

discuss her priorities, and get input from the coordinators.

“You guys are extremely important to this overall effort,” James said. “The best ideas frequently come from the front line, so please bring new ideas forward.”

She spoke to the SARC’s about the importance of collaboration and partnerships with various agencies including Air Force Office of Special Investigations, legal and equal employment offices.

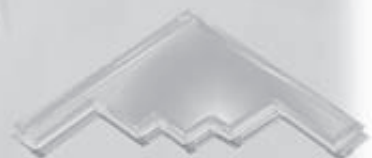
“The SARC’s were very positive about this opportunity to interact and learn with each other, HAF SAPR, Secretary James and Maj. Gen. (Gina) Grosso,” Allen said. “Not only were they able to increase their knowledge on the subject matter, but they were able to share their concerns, needs and provided valuable input from the field to better inform the continued development of the Air Force SAPR program.”

The discussions from the training have driven the idea to develop a semi-monthly newsletter from the headquarters to the MAJCOM level, which will share the latest information and way ahead from partner agencies, as well as the development of a SARC office operations manual.

“My assessment after (my) first seven months is that we’re making good progress, but it doesn’t mean we’re done,” James said. “Don’t ever feel that you’re in this by yourselves. The ultimate goal is that we want to get rid of sexual assault completely from our Air Force. Thank you for being on the front lines of this war.”



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Park University Accepted to U.S. Air Force AU-ABC Program

Courtesy of Park University

Park University has been accepted to participate in the U.S. Air Force Air University Associate to Baccalaureate Cooperative program.

AU-ABC is designed to assist individuals who have completed an associate degree through Community College of the Air Force in finding an institution to complete a baccalaureate degree in a timely manner.

AU-ABC coincides with Park's mission to provide convenient access to a quality higher education experience by offering multiple learning options at an affordable price. The program enables Air Force active duty, Air Force Reserve and Air National Guard personnel to achieve their academic goals.

"Park University has proudly engaged in an educational partnership with the U.S. military for more than 90 years," said Park President David Fowler. "Offering the AU-ABC program to our students is a testament



to Park's ongoing commitment to serve those who serve our country by providing quality, accessible and affordable degree programs."

Airmen interested in pursuing an AU-ABC degree can engage with Park University through the Air Force Virtual Education Center website, which now includes Park among its list of partner institutions at www.park.edu/au-abc/. For questions about the AU-ABC program, contact Sean Moriarty, director of military and federal programs at Park University, at sean.moriarty@park.edu or (816) 584-6771.

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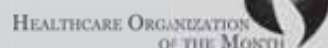
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Air Force Critical Days of Summer 2014 May 23 – Sept 2

Contributed by the 509th Bomb Wing
Safety Office

Chapter 12: The Big Sleep

Air Force Summer Losses with Fatigue (2013):

- Forty-five percent of reported mishaps identified fatigue as a possible factor (1,167 out of 2,602).

Civilian population risk data:

- Drowsy driving causes more than 100,000 crashes every year.
- Drowsy driving causes 40,000 injuries per year and 1,550 deaths per year.
- Approximately 50 percent of adults reported experiencing sleeping difficulties.

The Air Force core values inspire us to do our very best at all times. They are the common bond among all comrades in arms. Airmen must do their best at all times to ensure mission success.

In order to accomplish your best, your body requires the right amount of rest. Aircrews are required time before and after flights to ensure alertness. A sufficient rest time is needed for all Airmen to do their best.

If you sometimes think you're too tired for an activity, you probably are. In the summertime, fatigue can really sneak up on you due to longer daylight hours. There's plenty of time after work to participate in a sport, workout or just stay up late. Summer fatigue can also be caused by heat and in many locations, humidity.

Adults and children have increasingly

hectic schedules. These demands can leave you with significant effects caused by fatigue. Mental and physical fatigue are very closely intertwined.

The negative impact of mental fatigue can be seen in decision-making, perception, critical thinking, judgment and problem solving - all risk management functions.

Physical effects of fatigue can lead to decreased immunity and vulnerability to a number of ailments including colds and flu, headaches, muscle weakness, low motivation and irritability.

Don't find out how exhausted you really are, as did the Airman in the following example:

The Airman fell asleep at the wheel because of fatigue. He was on a highway, veered off the road and struck a utility pole. He had a hectic work schedule the week leading up to his accident, which contributed to his exhaustion.

The force of the impact forced his head into the roof, knocking him unconscious. He was extricated from the car and airlifted to a local trauma unit, where he was diagnosed with a fractured vertebrae in the neck. He remained in the trauma unit for a week and spent two and a half months on convalescent leave.

Safety authorities typically advise that staying awake 17 hours at one stretch creates the same effect as a blood alcohol content of 0.05. To put that in perspective, more than 100 countries have blood alcohol content limits for drivers of 0.05 - the same standard recommended by the National Transportation Safety Board.

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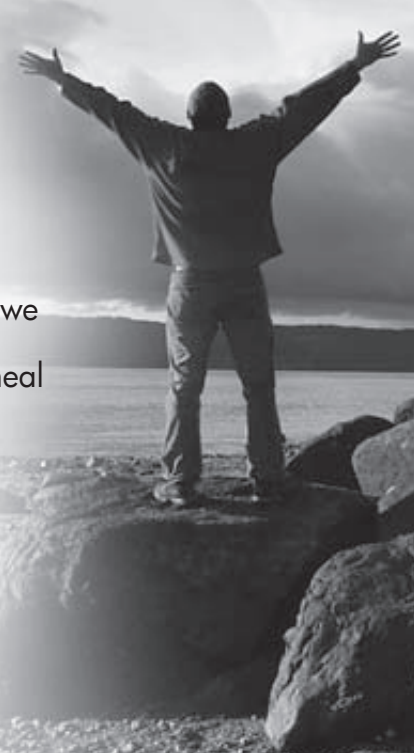
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