

*ICBM retesting continues, pg. 14/Secretary testifies on TFI, pg. 10*

# WARRIOR

THE  
NEW  
RULES  
FOR  
YOUR  
UNIFORM

WELCOME  
GEN. WILSON  
GEN. VANDER HAMM  
AFGSC CIVIC LEADERS

*Warthogs with weapons*  
*Arming the bruisers of the sky, Pg. 8*



# Redefining self: Victim to survivor

**RAMSTEIN AIR BASE, Germany (AFNS)** – Trust is a valuable asset in our Air Force. To me it is the cornerstone to our core values.

Throughout our military education we are taught to trust our fellow Airmen. We build a foundation around that trust.

Several years ago, my trust was taken away when I was sexually assaulted by a fellow Airman.

My friends and I decided to celebrate another successful school year by attending a party with some of our classmates. When we arrived I saw a few students at the party who were a year ahead of us, but everyone recognized each other. I didn't think much of it.

I didn't realize that night would dramatically change my life. How could I have known that night I would be held against my will and assaulted?

When it was time to leave, I remember hearing my friend call my name as I lay on the cold, bathroom floor. The pungent smell of pine-scented cleaner burned my nostrils as I tried to peel myself off the tile.

I had always associated sexual assault with "stranger danger;" never did I think it could happen to me. I never imagined it would be someone I knew, someone I trusted.

Unsure of what had just happened, I refused to let myself believe I had been raped.

Slowly, I pulled away from those I loved. I didn't know who I could trust. Denial became easier than facing the problem.

The next semester, the attacker attended some of the same classes I did. He would often sit close to me and act like we were friends.

My grades began to suffer. I could not con-

centrate and became angry. Angry at my friends for not knowing what I was going through; angry at myself for what had happened and not knowing what to do. Merely a shell of my former self, I no longer recognized my own reflection in the mirror.

My relationships suffered, my grades plummeted and I bled from the unseen wounds as many victims of sexual assault do. At times I felt completely empty and void of any feeling, other times I felt like I would burst with pain. There were moments when I would become overwhelmed with the feeling that there were a thousand tasks for me to do, but I couldn't bring myself to complete a single, simple one.

I did not realize how lost I had become until I overheard someone use the term "damaged." Finally, a word that described the scars and pain I was experiencing.

Damaged – it was a simple word that described me. At that moment all of my pain, anguish and anger came flooding to the surface. All of those feelings filled my body while also numbing my soul, leaving a dark emptiness.

A friend of mine knew something had not been right for many months and kept reaching out to let me know he was there. I kept pushing him away until finally I broke down and told him I needed someone to talk to.

He walked beside me to the Sexual Assault Response Coordinator office and waited outside until I was ready to go back home. Although I had pushed my friends away and isolated myself, this person stood by me when I needed someone the most.

The SARC assigned me to a victim advocate to talk about different programs and to just stand by as support if I needed to talk. During a time

when I lost my trust for people, talking to someone I had never met before regarding something so personal felt strange, but refreshing.

I could focus on stepping up to get the help I needed and refocus on the important things in my life. Yoga, life skills and other programs helped me identify who I am and who I had lost. The pain began to ease and the darkness began to fade as I slowly began to find my voice.

The person before the attack was gone; in her place now stood a new, stronger person. I had redefined myself from victim to survivor.

Throughout the journey as a survivor, I face many setbacks from the smell of certain colognes to how someone reaches out to touch my shoulder. No matter how many setbacks I have, each day is a new step forward on that journey.

As an Air Force officer I've had many opportunities and an incredible career traveling across the world. My wonderful husband and I plan on having a family and lifting up those around us. From the darkest moments of life, I've found a shimmer of hope.

The trust that was once broken has been rebuilt. My relationships are now stronger as I have found solace in forgiving.

I became a victim advocate to help others rediscover their strength and have been able to share my story with many people. Those who are still lost as sexual assault victims need to know that they are not alone.

We need to help others take that step forward as a survivor. If not for my friend who stepped in to rescue me from desolation and the downward spiral I was caught in, this would be a different story today.

*(Editor's note: The author of this commentary wished to remain anonymous)*

## Distance proves no barrier for concerned wingman

By Karen Abeyasekera

100th Air Refueling Wing Public Affairs

**RAF MILDENHALL, England (AFNS)** – *(Editor's note: For privacy reasons, the name of the male Airman has been changed.)*

Previous experience working for a crisis prevention and intervention hotline helped an Airman from the 352nd Special Operations Support Squadron here save another Airman's life.

Back in June 2013, Airman 1st Class Julia Cap, a geospatial imagery analyst, had just arrived at RAF Mildenhall. She had just finished in-processing, when Ray, the ex-boyfriend of one of her friends from technical school, contacted her.

"He reached out to me, because his girlfriend, who was my friend, broke up with him," Cap said.

Ray was stationed at Lackland Air Force Base, San Antonio, Texas. His former girlfriend had recently been assigned to Japan. As a result, they had broken up. During that initial contact, Cap realized that he was at an emotional low point. She knew this was a chance for her to step up and step in.

"During my (crisis prevention and suicide awareness) training, there were three key words that we would pick up on, helpless, hopeless and worthless, and (Ray) used all of them," Cap said. "He was saying things like, 'I don't know what to do; she's all that I have. I have nothing left.' In our training, when someone gives you some sort of cue, you ask right away, 'Do you feel like hurting yourself?' or, 'Are you thinking about suicide?'"

"I asked (Ray) if he'd thought about hurting himself, and he said yes," Cap said. "From there, I told him he needed to go and talk to his chaplain or supervisor and he said he was going to."

Cap checked back the next day and Ray said his chaplain was on leave and he didn't want to speak with his supervisor. In addition, since he was in the intelligence career field, Ray was worried he might lose his security clearance because of how he was feeling.

"Initially, he said he didn't know what to do; he felt very hopeless – like he didn't have anything else left for him," Cap said. "He was talking about life in general, about his relationship, and said he hated his job."

Ray also said he regretted joining the military, and felt he shouldn't have persuaded his then-girlfriend to join the military either.

"Even if I hadn't had training, I think I would have picked up on the fact

he was in trouble, just because of the way he was talking," Cap said. "We were emailing each other, that's the way he reached out to me, and in one day I would get six or seven emails from him, without having even responded to any of them. He was just very needy, and that's what I picked up on."

Cap's prior training taught her to encourage Ray to get help and also to have him think about things he had to hold on to.

"He was talking about getting a new car, and had been putting the money away to save up for it," she said. "Then he said he shouldn't have done that, but instead should have used the money to go and visit his girlfriend right away. But he was really excited about the car, so I told him, 'Well, you might not have this relationship any more, but you have all this money saved up for a car, which you're really excited about.' (I knew to keep him) looking into the future and at the positives."

The 352nd SOSS Airman also reminded Ray he would be seeing his family soon and that would help make things easier for him, as it would take his mind off his problems.

"When people are in that zone of where they only see the negatives, it's really hard for them to see any positive future. They sometimes just need reminding of the good things that are still there," she said.

After about a week of regularly emailing back and forth with Ray, Cap knew the time had come for her to elevate the situation since Ray was not getting any better. After having given Ray an ultimatum to speak with his supervisor or chaplain or she would contact her leadership, Cap realized that she had no choice but to get others involved.

She explained to her supervisor what was going on, and the two of them worked with her first sergeant to reach out to Ray's first sergeant.

Cap continued to speak with Ray. At one point he was on an uptrend because his ex-girlfriend had spoken with him again, but within a few days his ex-girlfriend had stopped talking to him and Ray fell back into his depression.

It was a Monday when Ray was feeling so low that he was prepared to drive his car off the road.

"He was emailing (me) throughout the day, and when I got off work I had text messages from him, asking me to call him," Cap said.

Ray had been to visit his family in Houston over the weekend and was making the drive back to San Antonio so that he could begin his shift at 2 p.m.

See Distance, page 4

## THE WARRIOR

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## On the cover

U.S. Air Force photo/  
Staff Sgt. Nick Wilson

**Airman 1st Class Cameron Wheatley, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technician, verifies that pins are installed into the weapons array of an A-10 Thunderbolt II on the flightline. This is part of a routine inspection that Wheatley is responsible for conducting each day.**



## 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](http://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

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.



## WEATHER

<b>Today</b>	<b>Saturday</b>
Windy	Mostly Sunny
Hi 38	Hi 42
Lo 4	Lo 29

<b>Sunday</b>	<b>Monday</b>
Mostly Sunny	Mostly Sunny
Hi 48	Hi 19
Lo 27	Lo 10

# AF uniform policy update: welcome back morale t-shirts, badges and limitless athletic shoes



U.S. Air Force Photo/Training Development Flight

**Initial uniform issue includes a clothing fit check.**

**By Staff Sgt. David Salanitri**

Air Force Public Affairs Agency

**WASHINGTON (AFNS)** – The Air Force updated the policy governing uniform wear Jan. 17, with a goal of not financially burdening Airmen.

Air Force Chief of Staff Gen. Mark A. Welsh III approved several updates to Air Force Instruction 36-2903, Air Force Dress and Appearance, with many of the changes coming directly from Airmen.

During the past year, Welsh prompted Airmen to make their voice heard through the Every Dollar Counts campaign, held last spring, and suggestions made directly to him during base visits or comments to the uniform survey board itself.

“The policy changes revolve around three areas,” said Col. Patrick Doherty, director of Air Force Services who has oversight of the uniforms and awards and recognition branch. “The first area of policy changes is focused on heritage, team building, esprit de corps and unit pride.

The second is recognizing and valuing Airmen’s experiences, qualifications and job performance, allowing Airmen to wear what they have earned. The last area is a group of common sense approach inputs from Airmen in the field that senior leaders thought were great ideas.”

There are dozens of updates to the AFI, in-

cluding the following:

Morale T-shirts/patches representing individual squadrons that were worn in the past to increase unit pride are now authorized to wear on Fridays.

Squadron color T-shirts may be worn with the ABU or flight suit when in-garrison or on-station during unit temporary duty assignments and contingency deployments. Shirts must be one color throughout the squadron, and may have only a small squadron patch over the left chest. Wing Commanders can authorize personnel from different units to wear the same color T-shirts to facilitate esprit de corps and team building.

For example, maintainers, life support personnel and flight doctors are allowed to wear the color T-shirt of the flying squadron they support. Also, authorized is the in-garrison Friday wear of morale patches and nametags that have tasteful nicknames or call signs on flight suits. Unit commanders have approval authority for morale patches and nametag naming conventions.

Earned Air Force and other services’ badges are authorized to wear, but only the command insignia pin is mandatory. This reverses a previous decision to prohibit wear of qualification badges and various patches on ABUs, to eliminate the need to remove and replace badges for deployment or permanent change of duty station moves.

In recent years, Airmen deployed to Afghanistan wore the Operation Enduring Freedom

Camouflage Pattern. The OCP is flame retardant, treated with insect repellent and also used by the Army. Following this evolution, the ABU has become primarily an in-garrison uniform, according to Air Force senior leaders.

“The increased wear of the ABU in-garrison, coupled with Airmen’s long-term desires to wear the qualification badges and the command insignia they have earned, makes authorized wear on the ABU a logical step,” said Lt. Gen. Sam Cox, Air Force deputy chief of staff for manpower, personnel and services.

A list and examples of all newly approved badges authorized for wear on the ABU is located in attachment five of AFI 36-2903.

The Air Force physical training uniform no longer has color restrictions for athletic shoes. Airmen are now also authorized to wear black socks with their athletic shoes.

Cell phones no longer have to be black, as long as they’re not worn on the uniform or attached to a purse.

Changes came directly from the field and major commands, said Cox.

“The changes are the result of months of the Chief of Staff listening to what Airmen had to say about ABUs and other uniform wear policies,” Cox said.

Airmen can expect to find the optional badges on the AAFES website by mid-July to early August. The commander’s insignia pin will be mandatory once the cloth pins go on sale at AAFES.

## Reel Time Theaters

*We're saving a seat for you.*

*Tickets available at your local Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to showtime.*

**FRIDAY, JAN. 24**

7 p.m.

American Hustle (R)

Adults - \$5.50

**SATURDAY, JAN. 25**

7 p.m.

Anchorman 2: The Legend Continues (PG-13)

Adults - \$5.50, children - \$3.50

**SUNDAY, JAN. 26**

3 p.m.

Saving Mr. Banks (PG-13)

Adults - \$5.50, children - \$3.50



## Distance Continued from Page 2

"I called (Ray), and he said, 'I need you to talk to me; I'm having really bad thoughts. I'm driving home and I found myself driving at 100 mph.' He was freaking out, so I told him to pull over, because he was in no state to drive."

Cap stayed on the phone with Ray, talking to him for more than three hours as he continued his trip home. During this time, her leadership contacted Ray's first sergeant.

"The entire conversation kept going back to (his ex-girlfriend) but I kept taking him on tangents, asking how his family was, what he did over the weekend, about future plans," she said. "He'd planned a trip with his dad to New Orleans and the east coast, so we talked about that and his car."

Although she knew she was doing the right thing, Cap was nervous about the situation.

"You could just tell that his emotional state was like a roller coaster," Cap said. "There would be times he'd be laughing, and then other times he was just hysterical. Every time I tried pulling him off the subject, he would (bring it) back to her somehow."

When Ray finally arrived at his house, his grandparents, his supervisor and some security forces Airmen were waiting for him.

Ray's leadership took him to the hospital and put him on suicide-watch for two days. The chaplain visited with him there, and when Ray found the courage to unburden himself, he began to feel better about his situation.

"I got an email from him recently, thanking me," Cap said. "He told me, 'My family really appreciates it, and I honestly think that if you hadn't been there to help me, I wouldn't be here today.' So that shows the magnitude of how serious he was about the situation."

No matter what the time of year, it's always important to look out for others, especially those who

may not have family with them or nearby.

"Pay attention to people's behavior, and if you think something is even slightly wrong, just ask them," Cap said. "Our shop is really good; some days I come into work and I just don't want to talk to anybody, but the girl I work with in my office always asks if I'm okay."

Knowing people are looking out for others' welfare can be all it takes to open another's eyes.

"Sometimes you don't even realize you're projecting a sad or upset attitude, but just for someone to call you out on it, it's kind of eye-opening. You then have the opportunity to say, 'I'm just having a bad day,' or 'Actually, I need to talk to someone.'"

For those who find themselves in a predicament they cannot figure out on their own or find themselves in need of direction, there are several options available:

Contact your supervisor, chaplain, first sergeant, mental health clinic or primary care provider.

### Military Crisis Line

- If you're a Service member in crisis or know a service member who is, confidential support is available online at <http://www.veteranscrisisline.net/ActiveDuty.aspx>, or by phone at 800-273-8255, or send a text to 838255. The service is available 24/7/365.

### Military One Source

- Military One Source is a free service provided by the DOD to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members. They can also include more complex issues like relationships, stress, and grief. Services are available 24/7 online at <http://www.militaryonesource.mil/> or by phone 1-800-342-9647.



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# Celebrate National Children's Dental Health Month in February

By TSgt. William Winslow  
509th Medical Operations Squadron

The month of February is set aside every year as National Children's Dental Health month, a time to provide oral health education to all children regardless of economic status. The American Dental Association (ADA) began sponsoring the event in 1949 in order to promote the importance of good oral health beginning at a young age. This nationwide program has educated millions of children across the country over the last 60 years by working through schools, public facilities, community groups, military bases and dental offices.

In support of the National Children's Dental Health Month celebration, the 509th Dental Flight and representatives from Delta Dental will be providing



presentations to our local elementary school here on Whiteman AFB. The dental clinic will also have personnel at the BX on Feb. 22 from 10:00 a.m.-2:00 p.m. Our dental professionals will be there to educate the public on the

importance of oral health in children and provide an opportunity to ask questions. Boil and bite mouth guards will also be passed out.

To further highlight the importance of developing good oral health in children, there will be a series of articles published to increase public awareness. Please contact your private or civilian dentist for other special events in the area associated with National Children's Dental Health Month. If you would like more information you can visit the ADA website online at [www.ada.org](http://www.ada.org).

The message that resonates from National Children's Dental Health Month activities is the importance of establishing good oral health habits at an early age and routine dental visits with a professional to get a good start on achieving healthy teeth and gums.

# Force Protection is everyone's business

By the 509th Bomb Wing Anti-Terrorism Office

The further we get from the terrorist attacks of 9/11, the more complacent people seem to become about the threat from global terrorism. Without security and law enforcement personnel at every turn, it takes a total team effort to protect the Whiteman AFB community. Each person, regardless of their military affiliation, plays a vital role in the protection of the base.

"'Force Protection is everyone's business' may sound cliché, but nothing could be more true," said Lt. Col. Christopher Neiman, 509th Security Forces Squadron commander. "Team Whiteman and the surrounding communities have traditionally used the Eagle Eyes program to great effect. With the insidious attacks in Boston fresh in mind, our best defense remains our combined awareness and follow-through; if you see something, say something!"

Unfortunately, terrorism has become a grim reality and the number of attempted attacks has increased over the past years, according to Robert Striegel, 509th Bomb Wing antiterrorism officer.

"Our intelligence and law enforcement communities are doing a tremendous job thwarting many potential terrorist plots; however, as terrorists change their tactics, techniques and procedures, we too must change our methods of protecting the community," Striegel said. "We may not always agree with some security precautions put in place but they are there to ensure the safety and security of you and your family."

In today's environment members must not allow themselves to become complacent. By being alert and notifying law enforcement professionals of any suspicious activities on or near the base, members can help prevent incidents from happening. The Department of Homeland Security began the campaign "See Something, Say Something." The U.S. Air Force has a similar program called the "Eagle Eyes" program, which encourages all personnel to be aware and report suspicious behavior to the proper author-



ities.

Signs to look for and report:

**Surveillance** — Someone recording or monitoring base activities.

**Elicitation** — Any person or organization attempting to gain information about military operations or people. This includes through the use of social media networks.

**Suspicious Persons Out of Place** — People who do not seem to belong in the workplace, neighborhood or any-

where else.

**Suspicious Mail** — Be alert for suspicious letters or packages that arrive at your office or home. Consider mail suspect if it has no return address; markings are poorly typed or written; it has excessive postage or tape; an unknown powder or substance is present on it; the package is rigid, bulky, lopsided or uneven; it is addressed to title only, instead of an individual; if there are any protruding wires; or if there are oily stains, discoloration or odors present.

If you receive a suspicious package, do not handle it. Isolate it, and do not open, smell or taste it. Activate your unit's emergency plan, notify your supervisor and contact OSI and SFS immediately.

**Test of Security** — Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures.

**Acquiring Supplies** — Purchasing or stealing explosives, weapons, ammunition, uniforms, badges or any other controlled items.

**Dry Runs** — Putting people into position and moving them about without actually committing a terrorist act.

**Deploying Assets** — People and supplies getting into position to commit the act.

And finally, always remember to practice good operational security. This applies to military members and their families. Posting sensitive information on social media sites may seem harmless however, complaining about work schedules or disrupting weekend plans on social media sites such as Facebook could paint an operational picture for our enemy. This could put people at risk if put in the wrong hands.

Nobody wakes up thinking they will be a victim of a terrorist attack. Through continual awareness by the Whiteman community we can ensure the safety and security of our families.

To report suspicious or criminal activity, call Eagle Eyes at 660-687-3700.

# EXCELLENCE IN ALL WE DO



# Online library provides Airmen education, entertainment

**By Staff Sgt. Ian Hoachlander**  
Air Force Personnel Center Public Affairs

**JOINT BASE SAN ANTONIO -- RANDOLPH, Texas (AFNS) --** Need assistance working on a class project, learning a new language or fixing an engine? Look no further than the online Air Force library, where Air Force library staff work to meet customers' needs.

The online Air Force library offers resources such as electronic books, audio books, digital magazines, music, movies and much more.

"These resources are available to total force Airmen, civilians, retirees and family members," said Marjorie Buchanan, Air Force Personnel Center libraries branch chief. "Offering these materials online helps nurture ongoing self improvement and can contribute to academic success."

To access the online Air Force library click on the library tab on the Air Force Portal's navigation bar. Programs include OverDrive, Zinio Digital Magazines, MyiLibrary eBooks, Safari Books Online, OneClick-Digital, CultureGrams, MorningStar, Peterson's Education Resource Center, Transparent Language Online, Universal Class and more.

Programs like OverDrive and Zinio Digital Magazines provide users a way to borrow reading material just like a library.

OverDrive provides users 24-hour-a-day access to an online collection of electronic books, audio books, videos and music. Following the creation of an account, users are just a click away from borrowing a title which suits their interest. Members and dependents who do not have a ".mil" email address must visit their nearest Air Force joint base or Air Force base library for account access.

"OverDrive is very similar to an Air Force base library online catalog," explained Buchanan. "Once a customer sets up an account, they have a variety of resources available. The OverDrive digital library includes downloadable audio books, eBooks, music and videos. These titles are used on a vari-

ety of devices including computers, iPods, eBook readers, MP3 players and more. The collection includes fiction, nonfiction, and young adult titles. Additionally, Air Force users can customize their checkout time to fit their needs with maximum 14-day checkouts on most titles. OverDrive also provides a free OverDrive application allowing users to access the Air Force collection on the go."

Zinio Digital Magazines has more than 650 popular news and special interest digital magazines online available to download to a personal computer, app-enabled tablet or smartphone. Items can be downloaded and read offline.

"The Air Force Library Program databases, Zinio and OverDrive, are vital to the military community by providing a central location where Air Force members can access titles regardless of where they are stationed or the time of day," said Buchanan. "The Air Force Library OverDrive collections are tailored to the Air Force community providing the current and past chief of staff reading lists and several self-help topics while offering current bestsellers recommended by the New York Times and Wall Street Journal for personal enhancement."

The online Air Force library also offers a wealth of knowledge through education, special interest and news programs.

"Programs like Universal Class Program offer more than 540 online courses in 30 different subject areas," Buchanan explained. "Other offerings include Encyclopedia Britannica - Academic Edition online for research, auto repair references for those who like to do repairs on their own, and even a database to inform the reader about detailed cultural information on more than 200 countries."

To register and access these online programs, go to the Air Force Portal and click on the word "Library" in the navigation bar, or visit your installation library.

For more information about Air Force libraries and other quality of life programs, go to [www.usafservices.com](http://www.usafservices.com) or [www.myairstorcelife.com](http://www.myairstorcelife.com). For information about other personnel issues, visit <https://mypers.af.mil>.

## 2013 Holiday/Winter Safety Campaign wraps up on positive note

**By Natalie Eslinger**  
Air Force Safety Center Public Affairs

**KIRTLAND AIR FORCE BASE, N.M. --** For the first time since 2010, there were no Airmen lost between Dec. 21, 2013 and Jan. 1, when Airmen are most at risk due to holiday celebrations, increased travel and fatigue.

"Every Airman owns a piece of this milestone," said Maj. Gen. Kurt F. Neubauer, Air Force chief of safety. "It means Airmen did everything right: designated drivers, no distracted driving, and travel planning were among the risk-management techniques used. Commanders, supervisors, friends, family and wingmen are also winners."

"The efforts of all Airmen in keeping safety a priority contributed to this achieve-

ment," said Bill Parsons, Air Force chief of ground safety.

The Holiday/Winter Safety Campaign, which ran Nov. 22, 2013, through Jan. 2, ended with four Class A fatalities, as did the FY13 campaign. Of those, one involved a private motor vehicle, one involved a motorcycle, and two were sports and recreation-related. Overall, there was a decrease in reported mishaps resulting in injuries. During the campaign period, there were 122 Class C mishaps (42 on duty and 80 off duty), representing a decrease of more than 31 percent from the same time last year.

"Keeping safety as the goal for every activity, on and off duty, is the way to put mission first," Parsons said. "When Airmen protect the Air Force's most valuable asset - themselves - they are preserving combat capability."

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# AF acquisition chief nominee testifies



U.S. Air Force photo

Dr. William A. LaPlante is the principal deputy, Assistant Secretary of the Air Force (Acquisition), Washington, D.C.

By Ed Gulick  
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- Dr. Bill LaPlante testified before the Senate Armed Services Committee Jan. 16 during his nomination hearing to be the next assistant secretary of the Air Force for acquisition.

"I've spent over 28 years around systems technologies, acquisition programs; touching all aspects of those programs for all services," he said. "This experience along with my time on the Defense Science Board offers firsthand impressions of Defense acquisition."

Many of those years were spent at Johns

Hopkins University Applied Physics Laboratory in Laurel, Md., and eight more spent as the department head for the University's Global Engagement Department before moving to MITRE as the Missile Defense Portfolio director.

"In all that time I've formed impressions and opinions on the challenges of acquisition," LaPlante said. "I come from a community that desperately wants to make a difference; a community that wants to find the game changing technology needed by the warfighter and get it into production; a community that wants to invent a clever way to do contracting so that we finish a development contract on time -- I come from

a community that just wants to make a difference."

During the hearing, LaPlante was questioned by committee members on the time it takes to develop and field weapon systems, the importance of science and technology investment and how to speed up cyber acquisition.

In his response on the importance of science and technology during a drawdown he highlighted how the U.S. military has used technological superiority as an advantage in all conflicts and that the military must continue research or risk losing the advantage.

On cyber acquisition, LaPlante stressed the service must learn what the vulnerabilities are in our weapon systems and work to

reduce risks, a task that may sound simple but is actually very difficult. He said resiliency must be built into systems but the time required to design and acquire a weapons system makes that difficult.

"A problem two years ago is not a problem today, and what's a problem today we couldn't have imagined two years ago," LaPlante said. "So, anything that will help us build resiliency and get the compliance part of the system to be much quicker would be very helpful."

If confirmed, LaPlante will follow Sue Payton who left the position in April 2009. LaPlante currently serves as the principal deputy, assistant secretary of the Air Force for acquisition.


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**~Cortney Gutierrez, Whiteman AFB**

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Airman 1st Class Cameron Wheatley, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technician, inspects the hydraulic lines of an A-10 Thunderbolt II gun. While performing the inspection Wheatley is looking for leaks and damage to the hydraulic line.



Airman 1st Class Cameron Wheatley, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technician, inspects a composite tool kit on the flightline. The inspection ensures the tools are all accounted for.



Airman 1st Class Cameron Wheatley, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technician, loads a BDU-33 training munition onto the weaponsrack of an A-10 Thunderbolt II. A-10 pilots drop weapons such as this one during training sorties as part of their target practice regimen.

## Without us, it's just another airline

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

When weapons on an A-10 Thunderbolt II do not fire, the mission fails. To prevent this from occurring, a team of technicians rotate and reset wrenches daily to ensure those munitions get where they need to go.

Active-duty and reservist Airmen from the 442nd Aircraft Maintenance Squadron weapons flight are the ones who maintain the armament and ammunition loading systems that allow the Warthogs to put bombs on target.

The flight Wheatley works in includes technicians from different backgrounds and experiences, whether active or reserve.

"The reservists have worked on these jets on the active-duty side for sometimes up to 20 or 25 years," said Airman 1st Class Cameron Wheatley, 442nd Aircraft Maintenance Squadron aircraft armament systems technician. "So, we get a lot of really cool perspectives from guys that know the jet like the back of their hands. They know this job inside and out."

When active-duty and reservist Airmen work together to accomplish a mission, it creates a unique training opportunity. It allows pipeline Airmen to learn from men and women with decades of experience.

"Air Reserve technicians are civilian status Airmen who work throughout the week in civilian status and perform the same duty in uniform during their drill weekend," Wheatley said. "It's pretty well integrated here. As active-duty Airmen, we're here to augment their forces and help them out."

As an armament systems technician, Wheatley is responsible for making sure weapons are correctly installed on the A-10.

"We'll do operational checks and scheduled maintenance to ensure the weapons are functioning properly," Wheatley said. "As weapons loaders, we like to say that, 'Without weapons, it's just another airline.' We take a lot of pride in what we do because of the simple fact that without weapons, bullets and bombs, there wouldn't be an Air Force."

Wheatley joined the Air Force to see the world outside his hometown of New Palestine, Ind., and take advantage of educational benefits.

"I love the Air Force," Wheatley said. "I've met a lot of really awesome people since I joined in April 2012."

One obstacle Wheatley and other Airmen had to overcome was adjusting to the living environment in the Whiteman dormitories.

"The main difference is that I don't have my family around anymore," Wheatley said. "At times it can be difficult to be away from them. But it's a pretty cool environment because a lot of Airmen in our shop get together on the weekends, so we spend a lot of time together."

Out of 30 technicians in the weapons flight, only six are active-duty Airmen living in the dorms.

"We've kind of banded together," Wheatley said. "In an active-duty unit there would be more of us, but because of the situation here we don't have many Airmen. So I think we've become really close because of that aspect."

Dorm council participation was one thing that helped Wheatley bond with his fellow Airmen.

"Living on your own, as opposed to living with your family, is a little different, so I've tried to get involved as much as possible," Wheatley said. "I'm the dorm council president for the building I live in. We're working on getting events together so we can make life more fun. I believe this will [mitigate] some of the classic dorm resident issues Airmen run into as far as being lonely and homesick."

Whether loading weapons on A-10s or making the quality of life better for Airmen in the dorms, Wheatley always follows the Air Force core value of "excellence in all we do."

"Wheatley has excelled extraordinarily by greatly enhancing our mission impact, our 'fully mission capable' rate and our weapons reliability rate," said Chief Master Sgt. Kenneth Gibson, 442nd Aircraft Maintenance Squadron weapons flight chief and wing weapons manager. "He came here straight out of technical school without a lot of experience. Technical school can only give you so much. It isn't until the individuals actually get into the field and actually start working on the line that they learn their knowledge."



Airman 1st Class Cameron Wheatley, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technician, performs a 7-day gun-no-fire inspection on the Gatling gun of an A-10 Thunderbolt II at Whiteman Air Force Base, Mo., Dec. 17, 2013. The 30 mm seven-barrel gun allows pilots to accurately fire at ground targets.



Airman 1st Class Cameron Wheatley, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technician, pushes a 500-pound toolbox to an A-10. Wheatley and other armament technicians from the 442nd AMXS weapons flight are responsible for maintaining the weapons and ammunition loading systems that allow A-10s to put bombs on target.



Airman 1st Class Cameron Wheatley, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technician, loads a BDU-33 training munition into the weapons array of an A-10 Thunderbolt II on the flightline. Not only does Wheatley load the weapons onto the aircraft, but he also performs operational checks to ensure the devices are functioning properly.



Airmen 1st Class Cameron Wheatley and Robert Cooper, 442nd Fighter Wing Aircraft Maintenance Squadron aircraft armament technicians, exchange pertinent maintenance information before a shift changeover. These Airmen are assigned to the weapons flight, which has a day shift and swing shift.

U.S. Air Force photos/Staff Sgt. Nick Wilson



# New secretary testifies to commission on total force



U.S. Air Force photo/Jim Varhegyi

Secretary of the Air Force Deborah Lee James answers a question during a hearing of the National Commission on the Structure of the Air Force Jan. 9, 2014, in Arlington, Va. The commission is tasked to submit a report by Feb. 1, 2014, to the president of the United States and to the congressional defense committees with a detailed statement of its findings and conclusions.

By Staff Sgt. David Salanitri  
Air Force Public Affairs Agency

WASHINGTON (AFNS) — The Air Force will rely more on its Air National Guard and Reserve components in the future with the aim to preserve more capabilities as the service seeks to reduce its personnel, the service's top leader said Jan. 9.

In her first testimony as secretary of the Air Force, Deborah Lee James addressed members of the National Commission on the Structure of the Air Force.

The commission will make recommendations on whether, and how, the structure should be modified to best fulfill current and anticipated mission requirements for the Air Force in a manner consistent with available resources.

James, who was formally sworn in as the 23rd secretary Dec. 20, 2013, spoke at length about the future of the total force.

"I see our Air Force as a smaller Air Force over time, but a more capable Air Force," James said, emphasizing the importance of developing leaders with experience across the components. "I would like to see our Air Force 10 years from now be led by a chief of staff who has had major reserve component experience."

The Air Force needs to do a better job of relying on its Guard and Reserve components, she said. As a result, she feels this evolution will preserve the force and its capabilities.

On the topic of readiness, which service leaders have expressed concerns about since sequestration was implemented; James called into question the option of going to a "tiered readiness" model.

"I'm not convinced at all that this form of tiered readiness is workable," James said. "In fact, I'd say it's not workable for the Air Force. We need to be ready right away, and not in a tiered approach."

To maintain readiness, the service is slated to reduce personnel by up to 25,000 during the next five years, along with other cost-saving measures.

Looking to the future size of the Air Force, James noted every component will feel the impacts of force management.

"No component is going to be totally sheltered by force shaping and reduction," James said. "We want to get the best defense for our nation, particularly when resources are scarce."

In 1993, James held the position of assistant secretary of Defense for Reserve Affairs, and while that job prepared her for her commission appearance, she said she hopes the need for the conversation will disappear in the future.

"I hope 10 years from now we won't be debating issues like this because it would be second nature," James said. "The key thing is to blur the lines between components."

Throughout her testimony, James noted that developing the Air Force is an indefinite task you can never close the book on, but always improve upon.

"We will always be in a certain state of evolution," James said. "The final chapter on this is not yet written."

The Commission is tasked to submit a report, containing a comprehensive study and recommendations, by Feb. 1, 2014, to the president of the United States and the congressional defense committees.

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# This Week in Sports – The Super Bowl



Seattle's defense is the best in the league, but Peyton Manning is hungry for a second Super Bowl title. This clash of the titans will be Sunday, Feb. 2--Courtesy photos/AP

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

So here we are – Super Bowl XLVIII. Denver versus Seattle. The league's best offense against the league's best defense... only the fifth time in NFL history that's happened. That's not the only intriguing storyline from this game, though; I'll talk more on those in a second. First, let's look back at how the Broncos and Seahawks both made it to this point, this pinnacle of professional sports achievement.

## Denver Broncos

**2013 Record:** 13-3, 5-1 in the AFC West

**Team MVP:** Peyton Manning running away, though Demaryius Thomas and Julius Thomas both had break-out years, also.

**Key Wins:** Week 1 against the Ravens, when Peyton threw seven TDs and proved he was coming for another Super Bowl; Week 5 against the Cowboys, as the Broncos put up 51 points and picked off Tony Romo late in the fourth quarter to win a thriller in Dallas; and Week 11, as Denver put down resurgent rival Kansas City in primetime and took a divisional lead they never surrendered.

**Major Weaknesses:** This Broncos squad has a glaring weakness in their secondary. On the season, they ranked 27th in the league in total passing defense, allowing 254 yards per game and 29 total TDs through the air. With cornerback Chris Harris out with a torn ACL, that secondary is even more vulnerable, despite the return of veteran corner Champ Bailey, who played well against New England.

**Best Moment of the Year:** Granted, this is incredibly subjective, but I have to go with Peyton's touchdown pass to Julius Thomas against the Texans in Week 16, his 51st of the year, breaking Tom Brady's previous mark of 50. Manning ended the regular season with 55. In 16 games. Couldn't happen to a classier guy, too, and everyone in the league knows it.

## Seattle Seahawks

**2013 Record:** 13-3, 4-2 against the NFC West

**Team MVP:** This is a great team all around, but I'm going to give this award

to the entire defensive unit, one of the best and most exciting the league has seen in a long time. Just look at the stats. 172 passing yards per game allowed, easily first in the league. 28 interceptions, first in the league. 44 sacks, ranking eighth. "The Legion of Boom," led on the front by Bobby Wagner, Michael Bennett and Cliff Avril, and anchored on the back by Richard Sherman and Earl Thomas, is as exciting to watch as many other teams' offenses, if not even more exciting.

**Key Wins:** Week 2 at home against San Francisco, in which the Seahawks dominated the 2012 NFC champs and staked their claim to the NFC West; Week 4, in an against-all-odds comeback against Houston capped in regulation by a game-tying Richard Sherman pick-6 and an overtime field goal by Steven Hauschka.

**Major Weaknesses:** It's hard to identify a major weakness on this team, but if I had to pick one, it would be the Seahawks' passing attack. Russell Wilson is a solid quarterback, but he doesn't throw for a ton of yards, especially given Seattle's potent rushing game. Despite the weaknesses of the Broncos' secondary, their front seven could create enough pass rush to keep Wilson from getting good reads and throwing the ball downfield.

**Best Moment of the Year:** This one's not hard – Richard Sherman's touchdown-preventing deflection of a Colin Kaepernick pass to Michael Crabtree in the end zone with 23 seconds left in the fourth quarter of the NFC Championship Game. The tip landed in the arms of Malcolm Smith and delivered the game and a Super Bowl appearance for the Seahawks. And Sherman's rant afterward? Priceless. Why can't all postgame interviews be that entertaining?

## Storylines

### 1) History

Guess who the Seahawks' first playoff win came against? Yup, the Broncos in 1983. It was John Elway's first playoff game and the Seahawks beat him 31-7. Thinking about it even deeper, the last time a quarterback drafted first overall by the Colts played Seattle in the playoffs, he lost (remember Elway was a Colt before he was Bronco); Peyton could bookend that piece of history

with a win (he was the Colts' first pick in 1998)...and get a small bit of revenge for Elway.

These next stats are even more interesting, and mind-blowing. Peyton Manning has more playoff passing yards in his career than Seattle does *as a franchise*. The Seahawks have played 23 postseason games and amassed 4,798 yards through the air, while Manning has played in 22 games and thrown for 6,309 yards. It's not even close, even with Manning having played in one less game. I'm not sure what's more impressive – his raw number or the fact that it exceeds an entire franchise's.

### 2) Broncos Offense vs. Seattle's Defense

I've written already about the prolific strengths of these two teams – Denver with its record-setting offense and Seattle with its dynamic, tough defense. This Super Bowl will very much be a clash of the titans, and every little edge is going to matter significantly in determining the winner of Super Bowl XLVIII. At the end of the day, here's what I see – Richard Sherman lining up against either Demaryius Thomas or Eric Decker, with safeties Kam Chancellor and Earl Thomas working out of the secondary to stop Wes Welker and whoever Sherman's not guarding. Seattle also defends well against tight ends, so Julius Thomas has his work cut out for him. If Seattle's defense has a weak spot, it's against the run, so look for Peyton to establish a rushing attack with Knowshon Moreno and Montee Ball early on to open up the middle of the field for Welker and Julius Thomas. And of course Peyton is the X factor here. If he can establish a rhythm early, I like Denver's chances. The key will be keeping Seattle off-balance by getting the run game going and striking downfield at the right moments.

### 3) Peyton Manning

It's clear – if Peyton Manning retired after this season, he would be a sure-fire inductee into the Football Hall of Fame. He's thrown for 64,964 yards (2nd all-time, Favre), 491 touchdowns (2nd all-time, Favre), completed 5,532 passes (2nd all-time, Favre), led 51 game-winning drives (2nd all-time, Marino) and achieved a 97.2 career passer

rating (2nd-all time, Rodgers). In the playoffs, he has thrown for 6,309 yards (2nd, behind Brady) and 36 touchdowns (4th, behind only Montana, Favre and Brady). He has won a Super Bowl and a league-record four MVPs. In 2009, Fox Sports and *Sports Illustrated* named him the NFL Player of the 2000s. The stats speak for themselves, but there are many who are rooting for Manning to win that second ring, especially since it's not clear how many seasons his body will hold up. In my mind, his legacy is cemented as one of the top-five quarterbacks of all time, regardless of the outcome in Super Bowl XLVIII, but others will argue the opposite. He is the key to a Broncos victory. He knows it. And there is not a player in the NFL who is more devoted and determined than him.

## My Pick

Of all the picks I've made this year, this one is probably the most contested. I love Seattle's defense in this matchup; their strengths correspond directly to Denver's strength on offense. They have numerous playmakers on both sides of the ball who can contribute a game-changing play at any time in the contest. However, I'm picking the Broncos to win, for a couple of reasons. First, their overwhelming offensive attack. Consider – Manning, Moreno, Ball, Thomas, Thomas, Welker and Decker compose perhaps the most fearsome unit in recent memory. Seattle has great defensive personnel, but with that many weapons to handle, I think Peyton will be able to find the weaknesses in their coverage and exploit them, something he's done to good defenses his whole career. Second, call it age before beauty. Denver has experience in this type of environment. Manning has gone to two Super Bowls and John Fox is only the sixth coach to take two different teams to the Super Bowl. Seattle's current squad has some playoff experience, but not to the extent the Broncos have. Third, whether you want to call it sentimentality or intuition, I see Peyton Manning winning another Super Bowl before his retirement. He is one of the greatest quarterbacks of all time, and I believe he will finish his career with at least two Super Bowls to his name. Denver is the Super Bowl XLVIII champion, 27-23.



# CMSAF talks about force management, EPRs

**FORT GEORGE G. MEADE, Md. (AFNS)** – Chief Master Sgt. of the Air Force James A. Cody addressed upcoming changes to enlisted performance reports and effects of force management during his 2nd worldwide CHIEFchat at Defense Media Activity here Jan. 9.

CHIEFchat is a recurring initiative, designed to give Airmen around the world a direct connection to the chief master sergeant of the Air Force. The chief received questions via video message, social media outlets and from members of a studio audience.

An Airman, via a video message, asked how the upcoming changes to the enlisted performance reports will affect Airmen in the future.

As you look at it today, with the current enlisted evaluation system we wouldn't have to get too deep into a discussion before we understand how inflated the system is, Cody said.

"That's why General Welsh directed the senior enlisted leadership of our Air Force to look at this and make recommendations to transform the enlisted evaluation into something that, first and foremost, values performance," Cody said.

According to the chief, rating Airmen as threes, fours and fives will be a thing of the past.

"We're not even looking at those numbers fields in the future," Cody said. "... We're looking at do you fit into this word picture; does this word picture describe you as an Airman and your performance?"

Airmen will start to see the evolution of the enlisted evaluation system once the new feedback form, or Airman Comprehensive Assessment, is released, Cody said. The new assessment will force supervisors to get to know their subordinates by asking deeper questions about



U.S. Air Force photo/Senior Airman Jette Carr  
**Chief Master Sgt. of the Air Force James A. Cody holds his 2nd worldwide CHIEFchat Jan. 9, 2014, at Defense Media Activity, Fort Meade, Md. Cody received questions via video, social media outlets and from members of a studio audience, about changes to enlisted performance reports and the effects of the current force management actions.**

finances, relationships and other things that can impact an Airman's career.

"Most people are used to being told they are the best, even though they know they really aren't the best," Cody said. "... We're going to have to do a good job of working through that emotional response and reaction to it and realizing this is for the good of all."

The change in EPRs wasn't the only topic on Airmen's minds. Under the current force management actions, some Airmen lost the opportunity to retrain in a new career field. An Airman asked the chief via social media when these cross

training opportunities will open up again.

"We suspended (cross training), but not totally ... there are still Airmen retraining but they are retraining into career fields that aren't taking those reductions," Cody said. "We will look at it again this summer ... when we start to put together (the list) for fiscal year 2015 retraining opportunities."

With a lot of things changing in the Air Force, an Airman in the audience asked Cody his advice on how current and future supervisors should handle these changes.

"We have to know our people," Cody said.

"If you really want to be a good supervisor you have to know about the people you are supervising. You have to know what's important to them, what their goals and aspirations are. You have to know what's going on in their life to the degree that you can support them, understand them and appreciate them. ... The more you know about your people, the more they will know you care about them and the more they will care about what they are doing."

Furthermore, Cody said, because of the current force management actions, it is critical that supervisors spend time with their Airmen to ensure they are not alone in this process.

Closing this session of CHIEFchat, Cody answered a question on what Airmen should say to people who have questions about joining the Air Force.

Changes in Air Force benefits and entitlements are expected due to the Department of Defense budget constraints, the chief said.

However, "It's still going to be an exceptional environment to be part of," he added. "All those benefits, all those entitlements, they may slow but they're still going to be really good, and you would be hard pressed to find anything comparable outside our Air Force."

"This is the world's greatest Air Force because of the men and women that serve and while we go through this significant force reduction ... it's still going to be the world's greatest Air Force," Cody said. "There is still going to be a lot of men and women out there that want to come in and serve their nation."

Airmen can join the conversation with the chief master sergeant of the Air Force by following him on Facebook.

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509 FSS PAGE EDITOR: KYLE C. HAMRICK  
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# ICBM retesting continues, Hagel open to incentives for missileers

By Jim Garamone  
American Forces Press Service

WASHINGTON (AFNS) -- Retesting of all ICBM launch crewmen finished Jan. 16, the Pentagon press secretary announced during a news conference.

Air Force officials ordered the retesting after discovering that nuclear launch crews cheated on proficiency exams. A total of 34 crewmen at Malmstrom Air Force Base, Mont., have been suspended from duty due to the allegations.

Navy Rear Adm. John Kirby said that as of last night, 277 out of the total of 497 ICBM crew had taken the test. This is about 55 percent of the entire force. Of these, 96 percent passed. A total of 11 Airmen failed the exam.

"For those 11 who failed, they'll be re-trained and returned to duty following a second re-test," Kirby said.

Defense Secretary Chuck Hagel is intensely interested in the matter and in-

tends to follow it closely, Kirby said, adding that Hagel considers the security and effectiveness of the nuclear mission to be vital.

Hagel is open to any method to improve the nuclear force, Kirby said. The secretary visited ICBM crewmen last week and asked if new incentives would help recruit and retain them.

"They acknowledged that it's something that they talk about in the force -- the potential value incentives," Kirby said. "But they also said that they take great pride in what they do and ... they weren't sure whether incentives would make that much of a difference."

The secretary indicated, however, that he is willing to think about incentives.

"He didn't make any decisions," Kirby said. "He didn't make any promises. But he expressed that he is willing to look at that. He considers the ICBM force -- that leg of the triad -- that vital, and he's not going to close any doors."



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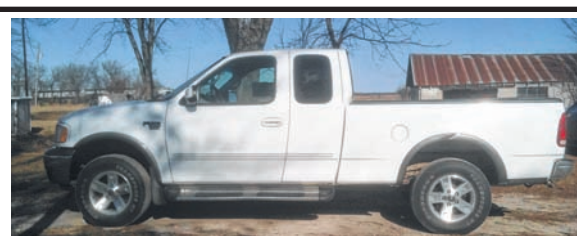
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