



FALCON'S VIEW

183d Fighter Wing

Illinois Air National Guard, Springfield, Il.

April 2015, Vol. XIV, No.4

DFAC steps up ops during KR15

by Staff Sgt. Shawn Nickel
7th Air Force Public Affairs

OSAN AIR BASE, Republic of Korea — Stirred, chopped, baked, broiled or braised, any way you whisk it, the 51st Force Support Squadron has heated up its operations to accommodate increased customers during Key Resolve 2015.

During the two-week exercise the base can swell with more than 1,500 additional mouths to feed, ranging from fellow Airmen to joint service, coalition partners and civilians.

“The menus we’re offering during Key Resolve are the same as normal, just in higher quantities due to the extra personnel, but there are some challenges,” said Tech. Sgt. Michael Hammond, the 51st FSS noncommissioned officer in charge of Pacific House Dining Facility operations. “Cooking the correct amount of food takes more time and more staff.” Augmentees are brought in from around the Air Force and U.S. Marine Corps to fill in and take some of the stress off of the permanent party Airmen. Although these augmentees wear the same uniform, they are an integrated force of Air National Guard and Air Force Reserve Airmen. Airman 1st Class Andrew Flinn, an Illinois Air National Guard 183rd Force Support Squadron food service apprentice, took the opportunity to deploy to the Peninsula for the chance to learn.

“Breaking out of the one weekend a month mentality,

I have been in for the last year, has opened my eyes and given me the opportunity to support a big operation like this,” said the Havana, Illinois, native. “Getting to know a new kitchen and learning new things like running the grill has been a huge plus, but the most rewarding opportunity has been to work within a new culture.”



U.S. Air Force Airman 1st Class Andrew Flinn, an Illinois Air National Guard 183rd Force Support Squadron food service apprentice, collects spices to make wing sauce from scratch for “Wing Wednesday,” March 4, 2015, at the Pacific House Dining Facility, Osan Air Base, Republic of Korea, during exercise Key Resolve. Active-duty Airmen worked alongside Air National Guard and Air Force Reserve counterparts along with U.S. Marines and local civilians to provide total force integration. (U.S. Air Force photo by Staff Sgt. Shawn Nickel/ Released)

Flinn’s Korean vocabulary has broadened from zero

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Important Information

Social Media

Get connected with the 183d Fighter Wing by liking us on Facebook. You can also stay in touch many other military organizations and publications by clicking on their social media or web links below.



183d Fighter Wing
Public Website

Attention!

The deadline for
the May 2015
issue of the
Falcon's View
is, 1700,
11 April.



FRIDAY APRIL 10TH

Ham & Turkey Subs
Chips
Granola Bar
Peanut Butter Cookies

SATURDAY, APRIL 11TH

Soft Shell Beef Tacos Chicken Fajitas
Refried Beans Mexican Rice
Mexican Corn Taco bar

SUNDAY, APRIL 12TH

Teriyaki Chicken Salisbury Steak
Homemade Pizza Baked potato wedges
Wild Rice Broccoli
Cauliflower

**Menu subject to change*

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Diversity in today's force

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Airmen of the United States Air Force:

There is no other country in the world so widely diverse, yet so deeply committed to being unified, as the United States of America. The challenges we face today are far too serious, and the implications of failure far too great, for our Air Force to do less than fully, and inclusively, leverage our Nation's greatest strength: its remarkably diverse people. Across the force, diversity of background, experience, demographics, perspective, thought and even organization are essential to our ultimate success in an increasingly competitive and dynamic global environment. As airpower advocates, we must be culturally competent and operationally relevant to effectively accomplish our various missions.

As Airmen, whether military or civilian, we must continue to build and maintain our commitment to diversity, inclusion, and the associated promise of enhanced mission performance. These concepts infuse innovation and forward thinking into our culture and mission areas and resonate within our Service's core values demonstrating that integrity first, service before self, and excellence in all we do are part of our character.

In order to fully maximize our Nation's extraordinary diversity, our Air Force's focus will be inclusive and comprehensive. We must recognize and appreciate the value of having diversity in

each organization. Fostering inclusion ensures an environment that capitalizes on the strengths of every individual and removes any artificial barriers to an Airman's opportunity to achieve his or her maximum potential. Our foundation will be a reaffirmation of our dedication to leadership's role because diversity and inclusion are not programs or initiatives; they are national security imperatives and critical force multipliers. Our Service's strategic readiness and geopolitical significance depend on our ability to effectively utilize all of our strengths.

In the coming months, we will assess current Air Force initiatives used to attract, recruit, develop and retain our Airmen. We will capitalize on best practices both inside and outside the Air Force. As your Service leadership, we will lead the way.

This approach is necessary because our increasingly diverse citizenry places a special trust in us and we must keep that trust by ensuring our Air Force is representative of the best of the populace from which we draw our considerable strength. We are the product of our talents, not the sum, and it is our responsibility to create an environment that best supports and projects our Service's collective and inclusive excellence. You have our word on the Air Force commitment to diversity and inclusion and the maximizing of their benefits on behalf of our Service and Nation.

We must be an Air Force powered by talented Airmen reflecting the best of the Nation we serve. We will continue to nurture and lead this effort from the front and we expect our leaders and Airmen at all levels to do the same.



Sexual assault prevention: Moving beyond awareness

by Gen. Larry Spencer
Air Force Vice Chief of Staff
Published April 06, 2015

WASHINGTON (AFNS) -- Every April since 2001, the nation has focused its attention on sexual assault awareness and the impact this crime has on those who have experienced it. This year, the Department of Defense deliberately renamed the annual effort Sexual Assault Awareness and PREVENTION Month. I want to take this opportunity to share with you how the Air Force is focusing on prevention of this crime – stopping it before it takes place.

2014 past year prevalence of sexual assault in the Air Force:

Women **2.3%, or 1359 female Airmen**
Men **.43%, or 1013 male Airmen**

Source: RAND 2014

This year, we kicked off the new year with a weeklong prevention summit that brought together experts in the sexual assault prevention field with Airmen from across the force -- active, Guard, Reserve, civilian, officer and enlisted. Our goals were to better understand sexual assault and determine how to put prevention into action in the Air Force.

So, what did we learn? Most importantly, we learned that sexual assault can be prevented. Effective sexual assault prevention strategies focus on preventing perpetration because that is the only guaranteed way to stop the violence. Raising awareness about sexual assault is an important first step towards prevention; but awareness alone will not create the individual or societal changes needed to stop sexual assault.

Based on decades of prevention science,

we know that prevention of sexual assault involves addressing factors that put individuals at risk for perpetrating sexual assault. Some prevention approaches teach skills to change attitudes or behaviors that are associated with assault. Other approaches equip bystanders with the skills to spot and intervene in high risk situations or to speak out against language and practices that create a culture which tolerates or promotes sexual assault. Strategies that simply raise awareness foster understanding of sexual assault without providing tools to take action. Tools for changing behaviors, relationships, and our culture are key to making every Airman a change agent and to creating a force free from assault.

The prevention summit culminated with Airmen's recommendations to prevent sexual assault. We are working hard to build programs across the Air Force based on these recommendations. In the meantime, I challenge every Airman to move beyond mere awareness and equip yourselves, your co-workers, your subordinates, and everyone in your sphere of influence, with the tools we all need to prevent sexual assault.

What can every Airman do to prevent sexual assault?

- **Model healthy respectful behavior in every relationship.**
- **Access and use resources that teach skills to foster healthy sexuality and healthy relationships**
- **Speak up and step in when you hear sexist jokes or language, or see someone at risk for perpetrating violence..**
- **Consider what actions might inadvertently reinforce sexual harassment, gender discrimination, and sexual assault - including sexual hazing - and take steps to create a culture where healthy, respectful relationships are encouraged and violence is not tolerated.**

183d ACOS receives national award

by Capt. John B. Coleman
183d Air Component Operations Squadron

The 183d Air Component Operations Squadron (ACOS) A6 Communications Directorate was recently awarded the 2014 Lieutenant General Harold W. Grant Award which is awarded to a Cyberspace Squadron for displaying Air Force Information Dominance. Communications units across the Air National Guard competed in 2014 for The Grant Award, but it was the 183d ACOS/A6 Directorate that stood apart due to their outstanding efforts towards their State and Federal mission, along with their numerous contributions to the 183d Fighter Wing. The ACOS/A6 was the driving force behind the 183d Air Operation Group's (AOG) dual-hatted Federal and State mission success in 2014. The A6 Directorate was solely responsible for creating over 90 plus organizational accounts to support their State mission during Exercises PRAIRIE QUAKE 1 and 2, as well as single-handedly resolving base wide network outages during the exercises, which saved the Illinois National Guard Joint Task Force over three days of training. In order for the AOG to maintain current operations with their Federal Mission, the ACOS/A6 successfully constructed the C4 layout for two new AOG buildings, which ensured the \$14.5 million facilities would be operational for its 300 plus AOG personnel. The ACOS/A6 Directorate took the lead for the NEW HORIZONS 2014 Exercise,



where they planned and provided communication capabilities throughout six buildings in Belize, which included 7,800 patients and 444 exercise participants. Due to their exceptional work during NEW HORIZONS 2014, the ACOS/A6 Directorate was handpicked by the AFSOUTH/A6 Commander to take the lead on NEW HORIZONS 2015 Exercise. They played active essential roles in multiple exercises/operations in 2014 to include ILLINI THUNDER, KEY RESOLVE, NEW HORIZONS, PRAIRIE QUAKE 1, PRAIRIE QUAKE 2, PANAMAX, and the 2014 National Guard Association of the United States (NGAUS) Conference.

The 183d ACOS/A6 Directorate was sure to leave their “thumb print” on the 183d Fighter Wing in 2014, as their contributions can be seen throughout the entire Wing. The A6 Directorate masterminded a \$128,000 Audio Visual project for the newly built P-36 AOG building in 2014, which allows the AOG to

project images/video/sound on multiple screens throughout P-36. This capability was not only essential in fulfilling the AOG's federal mission with the 12th Air Force, but also the Group's state mission as an active participant with the Illinois National Guard Joint Task Force (JTF). The A6 Directorate was also

able to orchestrate an \$85,000 contract for a Data Matrix installation on the Crisis Action Team Floor of newly built P-16 ACOS building. This capability has allowed the 183d ACOS to provide distributive operations to their active duty counterparts at the 12th Air Force, and provide “White Cell” operations for JTF exercises PRAIRIE QUAKE 1 and 2. The ACOS/A6 Directorate was selected by the 2014

see ACOS, page 13

Exercise: Nature's Mood Enhancer

*submitted by Lila Dilbaitis, MSW, LCSW
183d Fighter Wing Director of Psychological Health*

How often have you wished for a happiness drug without health or legal consequences?

Good news: Nature has built the answer into the human body. Regular exercise acts as a mood booster and happens to be good for people.

You have probably heard about the euphoria athletes often feel after sustained exertion, and perhaps you have felt your mood lift after a workout or a brisk walk. However, the exercise high doesn't depend on long workouts.

In fact, the best results come from doing a little each day.

The Chemistry of Exercise

Stress is a prevalent issue, but the stress response actually is beneficial during exercise. When you begin a workout, your heart rate rises and triggers the body's fight-or-flight instinct. The brain releases a chemical called brain-derived neurotrophic factor to protect neurons from the anticipated effects of a prolonged battle. At the same time, the brain releases endorphins to numb pain and facilitate peak performance.

These chemicals also induce feelings of well-being. Endorphins can cause euphoria (known as the runner's high). Brain-derived neurotrophic factor soothes ruffled neurons to promote a sense of clarity.

This is why a problem can seem more manageable after a walk or run to clear your head. Your brain has literally returned to baseline to allow you to respond most effectively to environmental threats.

The useful thing about brain-derived neurotrophic factor and endorphins is that they are addictive, just like nicotine. When people crave cigarettes, they are expressing the desires of nicotinic receptors in the nervous system. The urge to smoke can feel overwhelming. Similarly, the body can become addicted to the sense of clarity and well-being that often follows exercise.

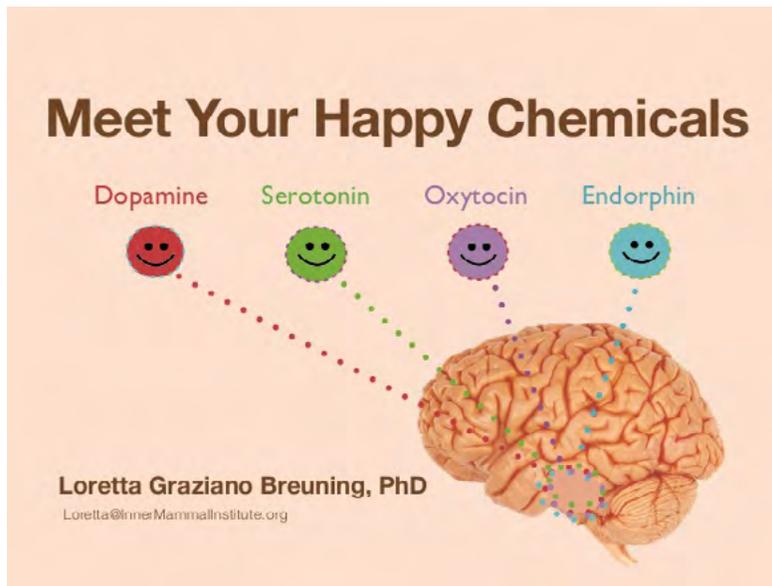
The Happiness Workout

If exercise truly is addictive, why isn't everyone a triathlete? The answer may lie in the conditions under which exertion triggers happiness. As with many addictive behaviors, the greatest euphoria occurs when starting a workout regimen. This may partially explain the enthusiasm new gym members feel and why so many of them stop going after a few months. As

the happiness effect tapers off, people are no longer biochemically rewarded for working out. It becomes another chore, and only the highly motivated continue.

Fortunately, an answer exists that doesn't involve extraordinary willpower. Much public attention has focused on research findings that just 20 minutes of exercise per day can have substantial physical benefits.

Additional studies suggest that the same routine powers feelings of happiness as well. Just as a



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The Globally Harmonized System

by Tech. Sgt. Kenneth Dillon
183d Medical Group

GHS is an acronym for The Globally Harmonized System of Classification and Labelling of Chemicals. The GHS is a system for standardizing the classification and labelling of chemicals. It is a logical and comprehensive approach to defining health, physical and environmental hazards of chemicals, creating classification processes that use available data on chemicals for comparison with the defined hazard criteria, and communicating hazard information, as well as protective measures, on labels and Safety Data Sheets (SDS).

Many countries already have regulatory systems in place for these types of requirements. These systems may be similar in content and approach, but their differences are significant enough to require multiple classifications, labels and safety data sheets for the same product when marketed in different countries. This leads to inconsistent protection for those potentially exposed to the chemicals, as well as creating extensive regulatory burdens on companies producing chemicals. For example, in the United States there are requirements for classification and labelling of chemicals for the Consumer Product Safety Commission, the Department of Transportation, the Environmental Protection Agency, and the Occupational Safety and Health Administration.

The GHS itself is not a regulation or a standard. The GHS document establishes agreed hazard classification and communication provisions with explanatory information on how to apply the system. The elements in the GHS supply a mechanism to meet the basic requirement of any hazard communication system, which is to decide if the chemical product produced and/or supplied is hazardous and to prepare a label and/or Safety Data Sheet as appropriate.

Regulatory authorities in countries adopting the GHS will take the agreed criteria and provisions, and implement them through their own regulatory process and procedures rather than simply incorporating the text of the GHS into their national requirements. The GHS Document provides countries with the regulatory building blocks to develop or modify existing national programs that address classification of hazards and communication of information about those hazards and associated protective measures. This helps to ensure the safe use of chemicals as they move through the product life cycle from “cradle to grave.”

As of June 1, 2015 labels will require the following elements:

- **Pictogram:** a symbol plus other graphic elements. There are nine pictograms under the GHS
- **Signal words:** a single word used to indicate the relative level of severity of hazard. The signal words used are “Danger” and “Warning”.
- **Hazard Statement:** a statement assigned to describe the nature of the hazard(s) of a chemical.
- **Precautionary Statement:** a phrase that describes measures to be taken to minimize or prevent adverse effects
- **Product Identifier (ingredient disclosure):** Name or number used for a hazardous product on a label or in the SDS.
- **Supplier identification:** The name, address and telephone number should be provided on the label.



Chaplains Corner

Is God dead?

by Capt. Jon Bormann

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On Good Friday, 1966, Time magazine had a provocative cover; on black background in red letters, it asked: Is God Dead? One of the issues this particular issue of Time was considering was the controversial work of the theologian Thomas J.J. Altizer, who had recently published the book *The Gospel of Christian Atheism*. Essentially, Altizer and others believed that talk about God had become largely symbolic and the metaphor of God served as a powerful source for making sense of existence. There remains to this day a great strand of theology that has come down from these radical theologians.

Too often, faith traditions are defined very narrowly by those within and without. However, within any tradition there is a great tapestry of diversity and divergence. Within my faith tradition of Christianity, there is a spectrum ranging from strict fundamentalists all the way to the other end of a much more secular faith of Christian atheism. All are part of the same tradition. The Chaplain Corps encompasses much of this spectrum, and the diversity of chaplains provides the mechanism for caring for all Airmen.

The fastest growing groups, in both the military and in the United States as a whole, are those who identify as non-religious, or who express no religious preference. I think an important question becomes, what is the role of chaplains for those who are not religious? While one of our primary roles is to help ensure the free exercise of religion, we are also here to provide spiritual care, which AFI 52-

101 defines as, meeting the diverse spiritual needs of Airmen and their families (1.1.1). Spiritual care is neither the promulgation of religion, nor is it even necessarily religious in nature. While the Chaplain Corps is comprised of religious practitioners, our task in spiritual care is to provide a listening, compassion presence and when desired, counsel.

Your chaplain's office at the 183d is here for all Airmen. I am proud to be part of a team who is exceptionally equipped to care for the needs of every Airmen and family at this unit. No matter who you are, what you believe, or the challenges you are facing, we are here for you!

Base Chapel Office:

Bldg. P-48, Room 302

Phone (217)757-1367

DSN 892-8367

Fax (217)757-1509

Protestant Service: Saturday 12:30 p.m.

Catholic Mass: Sunday 8:30 a.m.

*** Times may be subject to change**



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Wurtzler's words: Buckle up!

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Every once in a while I come across an old e-mail or letter that sticks in my mind. Several of you may remember Chief Master Sgt. Vic Wurtzler. He worked in the 183d Communications Flight and retired from the unit a couple of years ago. The following letter was written by him and sent to the Safety office back in Sep 2004. He sent it following a severe car accident that his daughter was in. Fortunately, she survived with minor injuries. Since the spring weather is getting nice, people are beginning to plan their vacations, long weekend get-a-ways, etc. They will be driving their vehicles more and possibly in unfamiliar areas. Seatbelts are always important to use, but sometimes we forget just how important they are. Please read below:

I was once one of the blind. I mean the blind that could not see the importance of buckling a safety belt. In 1982 I was an E-2 assigned to Offutt Air Force Base. Part of their spin-up for the 100 days of summer was that every person on base had to go to a show that proved the importance of using them. It was done well. It compared very similar accidents where, in one case, safety belts were used, and in the other, they were not. Any person with a hint of common sense, came out of that base theater understanding why safety belts are there, and why we should all wear them.

Up until that time I was one of the people who thought they were uncomfortable and (this is what I am really ashamed of) thought they were uncool.

So I justified not wearing them, like many do, by saying that I did not want to be trapped in a burning vehicle, or that if I was held in place, I might be forced to incur the force of an accident because I was locked into that seat. We have all heard stories about someone being thrown clear. I'll get to that later.

Anyway, that briefing kicked in my common sense. That summer, I started wearing them. It was hard at first to remember. I forgot a lot. It was also uncomfortable. It ran right across my clavicle which had always been one of those spots that just bugged me to have pressure on, but I remembered the show and it had talked about how you eventually get used to it, so I kept it up for as long as I could. If I remember right, it took nearly six months to get completely used to it. Since then, I have felt naked and dangerous if I was driving or riding without one on. It is as natural a part of driving as pressing on the accelerator.

As time went by, my wife and I tried to instill this culture of buckling up, in our kids. We had them brainwashed sufficiently, and they always wore them when in any moving vehicle. But something happens to all of us at about 13 years old. Those outside influences become very important and one of the biggest is being cool. If everyone thinks it is not cool to wear them, most people will buckle under the pressure, and stop wearing them. That happened to



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Safety News cont.

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my daughter, though I did not know it. She has since admitted to me that she did not wear them most of the time. I am guessing it was what I call the cool factor. Then one summer day in August she got in her car



and for some reason she buckled her seatbelt. Maybe it was because she was going to go down a dangerous road I had asked her not to use. Maybe it was her mom constantly telling her to use her seatbelts. Maybe, as many have said to me, someone was looking out for her. She does not remember why now, but whatever the case, she put it on and went down that road and collided with a Kenworth dump truck full of asphalt at around 50 MPH. The devastation that resulted from that collision was incredible. The car was basically crushed everywhere but where she was sitting. I'm glad I saw her before I saw the car.

I know what you are thinking. Some of this was luck. Yes, some of it was luck, but a lot of it was wearing that seatbelt. She removed a large variable when she buckled that seatbelt. If she had been thrown into any other part of that car, I am sure she would have been killed. Chances are good that if she had been thrown out of the car, she would have been killed by the landing, or after that when one of the vehicles rolled over her. She ended up with some injuries but all of them will heal.

So that brings me to thrown clear. Do our pilots buckle up? Do race car drivers wear restraint

devices? Do we have something that holds us in the ride at the fair or Six Flags? Picture this; you just sat down in a ride at Six flags that is going to hurl you around at as much as 70 miles an hour, past other cars, and trees, and concrete walls....oh and all the other people in the ride have control of their own direction. Dangerous huh? Now just picture you getting in the regular old roller coaster and it starts to move before the restraint bar comes down over your legs. Do you think you would say anything or just figure it is okay because you will be thrown clear? I bet you would make quite a racket getting that ride stopped. One last thing, have you ever heard of a safety device called the thrown clear device? No, I am not talking about an ejection seat, you buckle into those too. This device would randomly fling your body out in any direction. At trees, concrete walls, cyclone fences or into other cars. If you had heard of this thrown clear device, would you choose it over a safety belt? I hope not!



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Supplements: The do's and dont's

by Tech. Sgt. Richard Jackson
183d Security Forces

In my travels throughout this crazy world I came across a man who, while not in the greatest of shape, took an excess of supplements before going to the gym. Without a spotter, he attempted to bench-press an extreme amount of weight. The result of taking supplements without knowing the effects or ingredients caused his heart to explode and he died. It was later found that his lack of exercise prior to his last workout, and his excessive use of supplement, was a deadly combination. This is an extreme case of the misuse of supplements, but the misuse of supplements happens often, and some habits could be deadly. Other misuses can even cause you to fail a drug test, but rest assured that safe alternatives do exist.

The truth is there are a lot of dangerous supplements on the shelves. Just because they are widely sold doesn't make them safe and it doesn't mean you won't test positive during a drug test. According to a recent study conducted by researchers at Harvard Medical School, the Netherlands Health Protection Center and NSF International, some of these dietary supplements contain synthetic stimulants that have never been tested in human trials. And since 2008, over 170 supplements have been found to have hidden drugs or steroids within them. DMBA (or 1, 3-dimethylbutylamine) is one of the unsafe ingredients. While DMBA is claimed to be a "natural ingredient" extracted from tea, most versions found in supplements are likely synthesized versions. In 2011 and 2012, three soldiers died of heart failure while working out and were found to have DMAA (or 1,3-dimethylamylamine) based products in their systems. While insufficient evidence was found to prove a direct link between DMAA and the deaths, the pentagon safety panel concluded it posed enough of a risk to remove it from the shelves of all base facilities. Some other products to avoid are Contraband, Redline White Heat, Evol, MD2 Meltdown, OxyphenXR AMP'D, OxyTHERMPro, Oxyfit Xtreme, Synetherm, AMPitropin, Decimate Amplified, AMPilean, and Frenzy. You should also avoid anything that includes aconite, bitter orange, chaparral, colloidal silver, coltsfoot, comfrey, country mallow, germanium, greater celandine, kava, lobelia, or

yohimbe as they are thought to cause health issues ranging from liver failure to cancer. Harvard Medical School researcher Dr. Pieter Cohen thinks the FDA is not doing enough to protect consumers. Many supplements are simply not regulated and only 33% of the supplements in natural medicines database are likely safe. "These are the kind of drugs people would have to go out and find for 'legal highs'; such as bath salts. In the past, these kinds of designer stimulants were used by people who knew they were experimenting with their health, but now we are seeing them in mainstream supplements," Cohen stated.

There are some ways to stay safe and still reach your goals. Engage in naturally healthy habits that boost testosterone, like strength training, eating proteins and good fats, reducing body fat, and getting enough sleep. It is not suggested that you take any supplements unless you are 100% certain they are free of illegal ingredients and have been tested. You can research the ingredients through the FDA website, <http://www.fda.gov/Food/DietarySupplements/>. You can identify safe supplements by avoiding oversold sales pitches, consulting your doctor or pharmacist (not just the sales person at GNC), and staying away from weight loss, sexual enhancement, and bodybuilding supplements (which according to the FDA are more likely to contain unknown steroids and prescription drugs.) Look for the "USP Verified mark" and don't assume more is better. It is possible to overdose even on beneficial vitamins and minerals. Make sure to take any supplements as directed and progress at a safe rate while working out.

It is no wonder why people are looking for a kind of cure all to help them reach their goals. It is easy to fall for the hype that often surround supplements that promise to help you lose weight or get a six pack easily. It's understandable why people with strenuous jobs, like military jobs, would seek a way to get more energy through the day. You can meet your goals safely without disrupting your health or compromising your job unknowingly, so now you know and knowing is half the battle. For more information on this issues please feel free to review my sources for this article by following the links below.

http://consumerhealthchoices.org/wp-content/uploads/2012/05/Dangerous_Supplements.pdf

<http://pt365.militarytimes.com/tag/supplements/>

<http://www.fda.gov/Food/DietarySupplements/>

Key Resolve

KEY RESOLVE, from front page

to a few short phrases he has learned from local civilian kitchen staff. He can often be heard uttering, “kam-sa-ham-ni-da,” which means, “thank you.” He also noted his Korean counterparts’ extremely dedicated work ethics to make sure the massive meals are on time and cleaned up.

In addition to the help in the kitchen, Hammond noted the exercise is an excellent opportunity to improve operations.



U.S. Air Force Airman 1st Class Nathan Weiss, an Illinois Air National Guard 183rd Force Support Squadron food service apprentice, works alongside Senior Airman Samantha Holt, a 51st FSS food service journeyman, during lunch March 4, 2015, at the Pacific House Dining Facility, Osan Air Base, Republic of Korea, during exercise Key Resolve. Working alongside U.S. Marines, local civilians and Air National Guard and Air Force Reserve Airmen provided a unique learning opportunity and a chance to share best practices. (U.S. Air Force photo by Staff Sgt. Shawn Nickel/Released)

“Augmentees come in with experience from their home bases and ideas that we can learn from and utilize here at home station,” he said. “So, this is a good opportunity to train and continue to sharpen our skills for the mission here.”

Even though the manpower challenge is easily overcome, a temporary regulatory problem has caused a slight change in the menu.

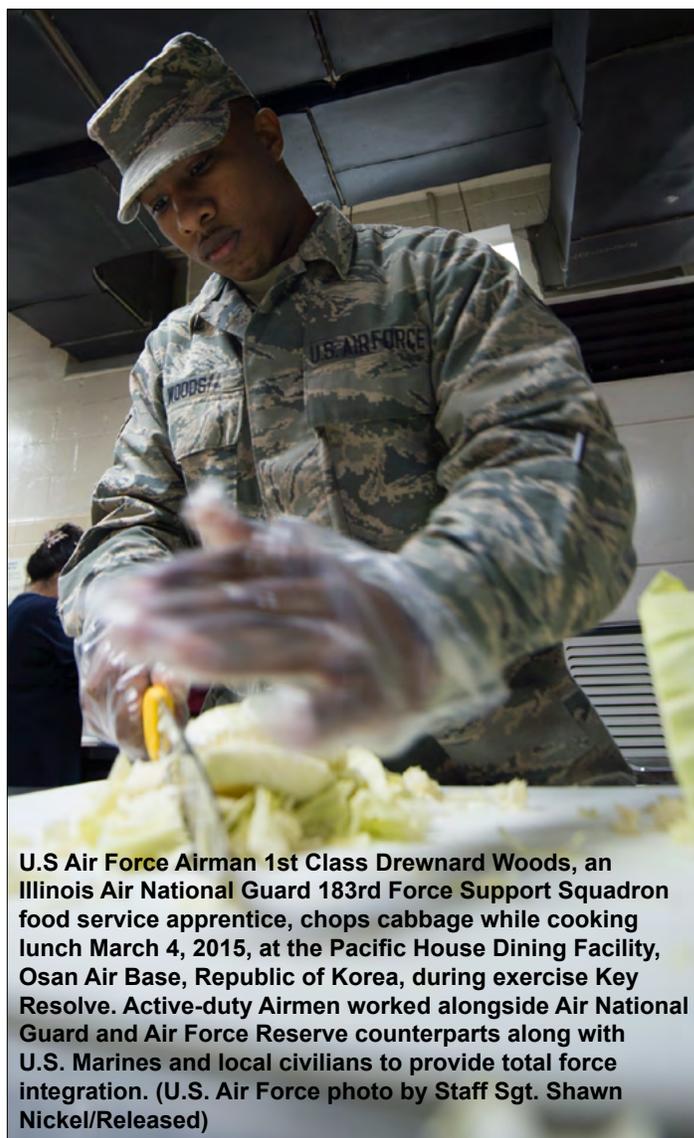
“There is an embargo on chicken breast, which is what we use for a lot of our meals,”

Hammond said. “Easy fix; we just adjust to approved frozen or local chicken products to fill our menu. In some cases it has proven to provide a wider variety.”

Reinforced with the 10 augmentees, five from each service, the DFAC has extended exercise hours and proven its non-stop commitment to excellence, Hammond said.

“It’s always a good thing when we get a chance to meet and network,” he said. “It provides a great opportunity to train to improve the quality of life we aim to give our teammates here at Osan and around the world during peacetime and contingency operations.”

<https://www.dvidshub.net/video/393234/dfac-steps-up-ops-during-kr15#.VQGK7clOmHu>



U.S. Air Force Airman 1st Class Drewnard Woods, an Illinois Air National Guard 183rd Force Support Squadron food service apprentice, chops cabbage while cooking lunch March 4, 2015, at the Pacific House Dining Facility, Osan Air Base, Republic of Korea, during exercise Key Resolve. Active-duty Airmen worked alongside Air National Guard and Air Force Reserve counterparts along with U.S. Marines and local civilians to provide total force integration. (U.S. Air Force photo by Staff Sgt. Shawn Nickel/Released)

183d News cont.

ACOS, from page 5

National Guard Association of the United States (NGAUS) Conference Exercise Control Group President to inspect all communication related actions provided by the Illinois Joint Operations Center during the 2014 NGAUS Conference. Their actions were lauded by the National Guard Association of Illinois Executive Director, Assistant Adjutant General for Air, and the Adjutant General for the State of Illinois for providing lessons learned during the 2014 NGAUS Conference.

As always, the retirees gather on the first Tuesday of each month to share breakfast and talk about the good ol' days. We have now moved back to our previous location inside **KINGPIN LANES**, 3115 E. Sangamon Ave. Join them Tuesday, March 3rd. They say they meet at 8 a.m. but if you are not there by 7:30, the early birds have taken the good seats!

In case you missed it, the display case outside of the dining facility has been updated with photos of 183d personnel. Do you have a great idea for the next display update? If so, please email it to the 183d Public Affairs inbox (183fw.pa@ang.af.mil).



Health and Wellness cont.

EXERCISE, from page 6

smoker reaches for that first morning cigarette, so the person hitting the gym daily can expect a mood boost. The brain becomes conditioned to the expectation of the regular release of endorphins and other mood-enhancing chemicals.

Daily workouts are the best way to maximize the happiness effect. Weekend warriors and people who exercise every other day are less likely to feel a mood boost. They are too frequently active to benefit from the beginners' high. At the same time, they don't exercise regularly enough to form a biochemical habit.

For many people, an effective solution is to alter their expectations of what a workout should be. Rather than exercising strenuously when energy and schedule allow, aim for 20 or 30 minutes per day of moderate activity such as walking. If this seems like too much, start with 10 minutes. The point is to establish a daily exercise habit that trains the brain to respond with feelings of happiness.

Daily exercise becomes a self-reinforcing habit motivated by positive feelings. Once your brain associates workouts with happiness, you'll wonder how you managed so long without those running shoes.

Derek Whitney is an active blogger for the website Aligned Signs, a Myers Briggs type personality test website, he blogs regularly about modern psychology, astrology, and self-awareness.

Last reviewed: By John M. Grohol, Psy.D. on 23 Oct 2012 Published on PsychCentral.com. All rights reserved.

APA Reference:

Whitney, D. (2012). Exercise: Nature's Mood Enhancer. Psych Central. Retrieved on December 10, 2014, from <http://psychcentral.com/blog/archives/2012/10/24/exercise-natures-mood-enhancer/>

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Announcements

CONGRATULATIONS



CAPTAIN

David C. Grzesiak 183MDG
Stephen G. Younker 183CPTF
Emily M. Opfer 183ACOS

SENIOR MASTER SERGEANT

Travis W. Cave 183FSS

MASTER SERGEANT

Hilary A. Bush 217EIS
James S. Reek 217EIS

TECHNICAL SERGEANT

Corbitt Griffith 183LRF

STAFF SERGEANT

Alicia C. Braun 183MSG
Jason A. Grigsby 183MSG
Chloe R. Hayward 183AIS
Michael D. Speicher 183CF

SENIOR AIRMAN

Alex M. Dudley 183AOG
Aaron J. Reimann 183CF

Welcome
Glad you're here!

Tech. Sgt. Luke M. Bradshaw 183AIS
Tech. Sgt. Matthew D. McKee 183MDG
Staff Sgt. Jonathon J. Hinds 217EIS
Senior Airman Justin T. Tallman 183MXS
Senior Airman Justin P. Driscoll 183CES
Airman 1st Class Ryan W. Fager 183MXS
Airman 1st Class Mark P.G. Conkrite 183ACOMS
Airman Samuel J. Schuh 217EIS

RETIRED

Master Sgt. David C. Karraker 183CES

AFIS Inspection Positions Available

In order to comply with the new Air Force Inspection System (AFIS) requirements, the Wing Inspector General's office has positions open for qualified personnel to become full time or part time AFIS Inspectors on the Wing IG staff.

Currently, positions available are 0-5, 0-4, E-8 and E-7. Two full time positions will be advertised shortly. Please contact Lt Col William Wheeler at (217)757-1374, for further details.

Announcements

**OFFICER VACANCY ANNOUNCEMENT
183D FIGHTER WING
3101 J. DAVID JONES PARKWAY
SPRINGFIELD, IL 62707-5001**

TITLE: Wing Inspector General

AFSC: 87G0

UNIT OF ASSIGNMENT: 183d Fighter Wing (C81CFL5S)

AUTHORIZED GRADE: Lieutenant Colonel /O-5

OPENS: 11 January 2015

CLOSES: Open until filled

SELECTION BOARD: TBD

SELECTING OFFICIAL: Col John E. Patterson, 183 FW/CC

REMARKS: Applicant must; be either a Major/O-4 or Lieutenant Colonel/O-5, meet physical fitness requirements IAW AFI 36-2905, have demonstrated ability to prepare written reports, have No Unfavorable Information File, civil convictions (other than minor traffic violations), or open IG investigations.

WHAT TO SUBMIT: All interested applicants must submit the following documentation:

- **Resume:** include information pertaining to past/present military & civilian work experience
- **Record Review:** available on the virtual MPF or by contacting your CSS
- **Current Air Force Fitness Test**

SUBMIT APPLICATIONS TO:

Lt Col William L. Wheeler
183 FW/CCE
3101 J. David Jones Parkway
Springfield, IL 62707-5001

Questions about interviews or selection should be directed to:

Lt. Col. William Wheeler

Comm: (217) 757-1374

DSN: 892-8374

william.wheeler@ang.af.mil

Announcements

WING INSPECTOR GENERAL

1. Special Duty Summary. Plans, directs, conducts, and manages all Wing Inspector General (IG) programs. Provides policy guidance, procedures, planning, oversight, and direction for implementing the Air Force Inspection System, Complaints Resolution Program, and Fraud, Waste, and Abuse (FWA) Program and the Commanders' Inspection Programs (CCIP) at wing/wing equivalent level. Related DoD Occupational Group: 271200.

2. Duties and Responsibilities:

2.1. Directs, conducts, and leads all Wing IG activities. Operates and manages the Wing Office of the Inspector General, responsible for overall operation, administration, and management of Wing IG inspections, Complaints Resolution, FWA Program, and Commanders' Inspection Program (CCIP).

2.2. Organizes IG activities. Develops, establishes, and controls methods and procedures to implement IG policies and programs. Provides oversight and policy guidance concerning IG programs, plans, requirements, management, education and awareness initiatives.

2.3. Provides IG support. Maintains liaison with MAJCOM/IG and SAF/IG where appropriate to receive, process, refer, and manage Wing Inspection information, resources, assets, and activities to support operation and management of the Air Force's Inspection and Complaints Resolution and FWA Programs. Certifies Wing IG personnel and evaluates IG programs and activities.

3. Special Duty Qualifications:

3.1. Knowledge. Knowledge of Air Force Inspection objectives, leadership and management concepts and their relationship to mission accomplishment is mandatory.

3.2. Education. For entry into this SDI, a Master's degree in management, industrial management, education, psychology, criminal justice, public administration, or business administration with a major in management is desirable.

3.3. Training. For retention of this SDI, completion of the Air Force Basic Inspector and Installation Inspector General Training Course taught by SAF/IGQ is mandatory. Wing Inspectors General assigned to Nuclear Certified Units must also attend the Air Force Nuclear Inspectors Course.

3.4. Experience. Previous IG and command experience at the unit, wing or MAJCOM is highly desired.

3.5. Other. The following are mandatory as indicated:

3.5.1. For entry into this specialty, recommendation by unit commander.

3.5.2. For entry and retention of the SDI:

3.5.2.1. Must meet requirements listed in Chapter 8 of AFI 90-201, The Air Force Inspection System.

3.5.2.2. No Unfavorable Information File, civil convictions (other than minor traffic violations), or open IG investigations.

3.5.2.3. Demonstrated ability to prepare written reports.

Family Readiness

HELP WANTED

The 183d Family Readiness and Support Group needs your help. We are trying to recruit members, both new and old and we would like your input. From previous members; what worked and what did not. From new members; what do you have to bring to the group and what you would you like to see incorporated into the group? So, let's band together, combine our ideas, and build a Family Support Group that we all will want to participate in. Please see me, Mrs. Toni Clark, Family Readiness Assistant for Volunteer Sign-up Forms.

Volunteer Sign-up Form

Unit: _____ E-mail Address: _____
Name: _____ Specialty: _____
Address: _____ Phone Number: _____
City: _____ State & Zip Code _____

Please return to: 183d Family Readiness Group, 3101 J. David Jones Parkway, Springfield, IL. 62707-5001
Phone: 217.757.1569 email: toni.clark.ctr@ang.af.mil

If you have a member of your family that is a past or current member of the 183d, or have information that a current or past member of the 183d has passed away recently, please contact Mrs. Toni Clark, Family Readiness Assistant. We want to ensure that no one is forgotten for the annual Wreath Laying Ceremony commemorating all past and current members that have lost their lives each year. The Family Support Group is still sending sympathy cards to all deceased members' families as well, but once again, we need the information. You can contact Mrs. Toni Clark by e-mail at: toni.clark.ctr@ang.af.mil or by calling 217-757-1569.

- 1. AUTHORITY:** U.S. Code: Title 10, Subtitle E, Part I, Chapter 1007, Section 10204, and other subsets of Title 10.
- 2. PURPOSE:** To collect the information necessary to process the action indicated by the form you are completing
- 3. ROUTINE USES:** This information will not be disclosed outside the Department of Defense.
- 4. DISCLOSURE:** Voluntary. However, failure to provide the information requested will result in the form not being processed, and may result in a denial of the intended action.

Vacancies

To inquire about the following vacancies, contact Master Sgt. Matt Allen at 217-757-1292 / DSN 892-8292.

ENLISTED

1C852	Airfield Systems	12F4W	Fighter CSO
1C872	Airfield Systems	12F4Y	Fighter CSO
1N151A	Geospatial Intelligence	12M3T	Mobility CSO
2A571	Aircraft Maintenance	12M4S	Mobility CSO
2A652	Aerospace Ground Equipment	13B4B	Air Battle Manager
2A751	Acft Mtl Technology	13S3A	Space and Missile
2A753	Acft Strc Maint	13S4	Space and Missile
2F051	Fuels	14N4	Intelligence
2F071	Fuels	15W4	Weather
2T071	Traffic Management	16G4	Air Ops Staff Off
2T171	Vehicle Operations	16R4	Planning/Programming
2W051	Munitions Systems	17D3Y	Network Operations
3A171	Adminstration	17D4Y	Network Operations
3D051	Knowledge Ops	17S4Y	Cyber Warfare Ops
3D151	Client Systems	21A4	Aircraft Maintenance
3D152	Cyber Transport Systems	32E4	Civil Engineer
3D172	Cyber Transport Systems	38P4	Personnel
3D174	Spectrum Operations	41A4	Health Service Admin
3E052	Elec Pwr Production	43H3	Public Health
3E151	Heat/Vnt/AC/RFG	43H4	Public Health
3E251	Pave/Contr Eqpm	46F4	Flight Nurse
3E351	Structural	46N3E	Clinical Nurse
3E451	Water/Fuel Sys Maint	48A3	Aero Med Spc
3P051	Security Forces	48A4	Aero Med Specialist
3S071	Personnel	48R3	Res Trnd Flt Surg
4N071	Aerospace Med Svc	51J4	Judge Advocate
6F071	Financial Management/Comp	61A4	Ops Research Analyst
		87G0	Wing IG
		87I0	Wing Inspections
		87Q0	Complaints Resol

OFFICER

11B4Y	Bomber Pilot
11F3Y	Fighter Pilot
11F4B	Fighter Pilot
11F4H	Fighter Pilot
11F4U	Fighter Pilot
11F4Y	Fighter Pilot
11G4	Generalist Pilot
11H4E	Rescue Pilot
11M3T	Mobility Pilot
11R4A	Recon Surveil EW PL
12B4Y	Bomber CSO