

# 189th Airlift Wing WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.



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## SECAF Visits Little Rock Air Force Base, shows interest in Arkansas ANG cyber



Honorable Heather A. Wilson, Secretary of the Air Force, speaks with Maj. Scott Anderson, 189th Operations Group, Det. 1 deputy officer, and Maj. Eroica Waggoner, 189th Operations Group, Det. 1 cyber officer, about the future of the cyber validation skills course during her visit to Little Rock Air Force Base on March 27, 2018. (U.S. Air National Guard photo by Senior Airman Kayla K. Edwards)



Cover: Secretary of the Air Force Heather Wilson shakes hands with Col. Thomas Crimmins, 189th Airlift Wing commander, March 26, 2018, at Little Rock Air Force Base, Ark. As a part of SECAF's visit to Little Rock AFB, Wilson took time to meet with Airmen across the base and thank them for their service and sacrifice. (U.S. Air Force photo by Airman 1st Class Codie)

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## Support group seeks to meet the needs of special families

By Senior Airman Kayla K. Edwards  
189th Airlift Wing Public Affairs

Taking care of Airmen and their families is an important part of the Guard culture, and a point of pride for the 189th Airlift Wing. One facet of caring for wing members is ensuring that they are aware of the resources and benefits available to them and their families. The 189th has a new resource that many wing members may not know exists - the Special Needs Support Group. The Special Needs Support Group was established in large part because one Airman began building relationships with others who shared similar challenges in raising a child with special needs.

“In talking to other people and sharing my story, I realized there were other families within the Guard who weren’t aware of what they were entitled to,” said Master Sgt. Rosemarie Sauvage, a self-assessment program manager in the Inspector General’s office. “And I recognized that some of the people that I worked with everyday had some of the same struggles.”

Sauvage discovered through conversations with other wing members who had children with special needs, that many had questions about what benefits Guard members qualified for, had concerns about how to access resources within their local communities, and some just needed the emotional support of their fellow wingmen who understood their plight.

“I felt that there was a need to educate others and to provide support so I met with the chaplain, spoke with our wing leadership, and we decided to put this group together,” said Sauvage.

Together, Sauvage and Chaplain (Maj.) Ronald Pierce, the 189th AW chaplain, set about determining how to create a support group that could benefit wing members who had children or dependent family members with special needs. The Special Needs Support Group currently meets quarterly and their main focus is to encourage attendees to share knowledge that they may have about programs in the community and to provide information to family

members who need more information about available resources.

Many Guard members are not aware of the benefits to which they are entitled, and most assume that only active duty personnel have access to resources and activities offered by the Exceptional Family Members Program. Sauvage explained that many Guard members are not aware that AGR-status members, as well as those who are on Title 10 orders for more than 31 days, also qualify for EFMP enrollment. Additionally, Guard members, regardless of their duty status, are welcome to participate in EFMP activities.

The group also features guest speakers with different areas of expertise who come speak to the parents. Chaplain Pierce explained that from the beginning, they realized that this parent support group would represent an eclectic mix of disabilities and that it would be necessary to address what the group members requested more information about and bring in subject matter experts, if necessary.

“We had a trust attorney come speak to the group to share information about the importance of establishing a trust for their dependent children. This was something that many, including myself, hadn’t yet considered,” said Sauvage. “Some people assume that having a living will is enough; however, if you have a special needs child, it may not be enough.”

Giving parents with special needs children an outlet for emotional support was also a driving force for creating the group.

“Our main objective is to funnel information and support to families in the 189th AW, as well as the 188th Wing,” said Pierce. “And the other element, which I believe is hugely important, is to support each other.”

**Support, continued on pg. 5**



# Vietnam: 50 years later

By Tech. Sgt. Jessica Condit  
189th Airlift Wing Public Affairs

The Arkansas Department of Veterans Affairs hosted a Vietnam veteran Recognition Ceremony at the University of Arkansas, Little Rock, March 29, 2018, in Little Rock, Ark., honoring more than 700 Vietnam era veterans and their families who were present. The ceremony was dedicated to the 50-year anniversary of the beginning of the conflict in Vietnam.

The ceremony began with remarks from state leadership to include Governor Asa Hutchinson and concluded with a certificate of appreciation and pin presented by military leadership within the Arkansas community. Vietnam veterans from every service branch were present to receive the recognition and gratitude that civilians and current service members alike portrayed to the veterans.

The Vietnam conflict lasted nearly a decade. During that time more than 58,000 military service members were killed. According to the Department of Veterans Affairs, approximately 32,000 of the total deaths were service members under the age of 22 years old and the largest age-group of death during the conflict was 18. The total number of deaths took its toll on the Nation, leaving a bitter and little understood perspective of the conflict and the sensitive situation our service men and women were placed in when they went to Vietnam as well as when they came home.



Today, our Vietnam veterans are recognized yearly for their service to the country and given the respect they deserve for their role in the Vietnam conflict. Whether by choice or by draft, the Soldiers, Airmen, Seamen and Marines who fought, died and lived to tell the story, will never be forgotten.



### Support, continued from pg. 3

Pierce recalled personal experiences in dealing with his child with special needs, as well as being involved in a special needs ministry at his church for more than 20 years. He expressed that families with special needs children can often feel isolated, are unsure where to get answers to their questions, and sometimes don't even know what questions to ask.

Sauvage cited education as one of the great benefits of the support group.

"As we go around the room and talk to people, they often remark that they have learned so much that they just didn't know before coming to the meetings," said Sauvage.

Not only has the emergence of the Special Needs Support Group been educational for the members who participate, but also for wing leadership who may not have been aware that their members are struggling to manage the responsibilities of caring for a child with special needs. Chaplain Pierce acknowledged the empathy and support that the chiefs, commanders, and other leaders within the

wing have shown because they are more cognizant of what to look for within their sections.

"There can be a lot emotional baggage and issues attached to having a family member with special needs," said Pierce. "And some people don't want to be the focus of attention, or don't want to be any trouble and because of those and a variety of other reasons, a family might be in our wing for years and no one will know what they're struggling with."

The chaplain also offered those who may be wondering where to start a word of advice.

"Don't be afraid to come talk to us. I'm here, Sergeant Sauvage is here, Ashley Morgan in Airman & Family Readiness is here. We want to help you and your family in this journey. If we don't know the answer to your question, we'll go to an expert to get the answer," said Pierce.

"Or you may find the answer you're seeking in the group, among people who understand your struggles and likely had the same questions as you," said Sauvage.



# Fixing the Fleet: Maintenance Fab Shop Strikes Back



Staff Sgt. Robby Weng, aircraft structural repair mechanic, prepares a flush repair on a nose landing gear door. The repair was part of an extensive job replacing pieces of damaged skin of a C-130H.



By Senior Airman Kayla K. Edwards  
189th Airlift Wing Public Affairs

Keeping the fleet of C-130H aircraft assigned to the 189th Airlift Wing in top flight shape is no easy task. It is a big job that requires a lot of moving parts, tools, and able hands and it requires the coordination of multiple different shops within the maintenance group. The airmen in the 189th Maintenance Group's fabrication shop play an integral role in keeping all of the pieces together.

Aircraft structural repair mechanics make sure that the aircraft exterior are kept in good condition and are safe to fly. These skilled airmen fabricate pieces of sheet metal to precise specifications for the repair of damaged aircraft skin.

Bird strikes are a common occurrence during flight and can cause a significant amount of structural damage to the aircraft skin. Replacing panels for one aircraft that has been damaged can take several days or even weeks, depending on the amount of skins that have to be measured, cut, deburred, formed, fitted, painted, and mounted. Some tasks in the process are solitary but many require more than one set of hands to get the job done. Teamwork and good communication are an important part of what makes fabrication shop successful.

One aircraft recently sustained multiple strikes after encountering a flock of migrating ducks. Though the fowl did not survive, the damage they caused was evident in multiple areas on the plane's exterior, which means hours of meticulous labor for the maintenance fab shop - but they're up for the task.

*Left: Staff Sgt. Joshua Chaplin fits clecos onto the replacement skin panel for a C-130H that was undergoing repair after an in-flight bird strike. Right: Tech. Sgt. Ryan Wilson inspects the fit of a piece of fabricated sheet metal that has been mounted onto a plane undergoing skin replacement after sustaining damage from a bird strike during flight.*



Tech. Sgt. Scotty Daniel and Staff Sgt. Joshua Chaplin cut a piece of sheet metal to be fitted and mounted onto a plane that sustained multiple areas of damage after a bird strike.





# April is Sexual Assault Awareness and Prevention Month

By Tech. Sgt. Jessica Condit  
189th Airlift Wing Public Affairs

The month of April is designated as Sexual Assault Awareness and Prevention Month and is recognized by military and civilian personnel within the Department of Defense community. The DOD uses this month to focus on the issue of sexual assault within the military and bring attention to the individual roles we all play in the prevention and elimination of sexual assault.

While there are many avenues to report a sexual assault or harassment, many people choose not to. Reasons vary from fear of repercussion to being unsure of the process and different types of reporting. Knowing the barriers of reporting a sexual assault and your options of how to move forward with your choice can help with the process.

“Fear of not being believed is top of my list of barriers of sexual assault and harassment reporting,” said Lt. Col. Tracy Nolley, the 189th Airlift Wing Sexual Assault Response Coordinator. “Many survivors have the choice to make a restricted report, which is only between me and the survivor. This way they can get to the point where they get care and are healing through one of the military sexual trauma programs we offer.”

While there is no easy way to talk to someone about sexual assault, there are two different types of reporting that can help a victim cope and receive the help they need. Restricted and non-restricted reporting are the main methods to file a sexual assault or harassment report within your wing.

According to [www.sapr.mil](http://www.sapr.mil), restricted reporting is an option for adult victims of sexual assault who wish to confidentially disclose the crime to specifically identified individuals without triggering the official investigative process or notification to command. The reporting avenues for restricted reporting are:

- SARC
- Sexual Assault Prevention and Response victim advocate
- Healthcare provider or personnel

Unrestricted reporting is recommended for victims of sexual assault who desire an official investigation and command notification in addition to healthcare, victim advocacy and legal services. Filing an unrestricted report will provide you with additional options while the investigation is occurring. When filing an unrestricted report, the reporting avenues are:

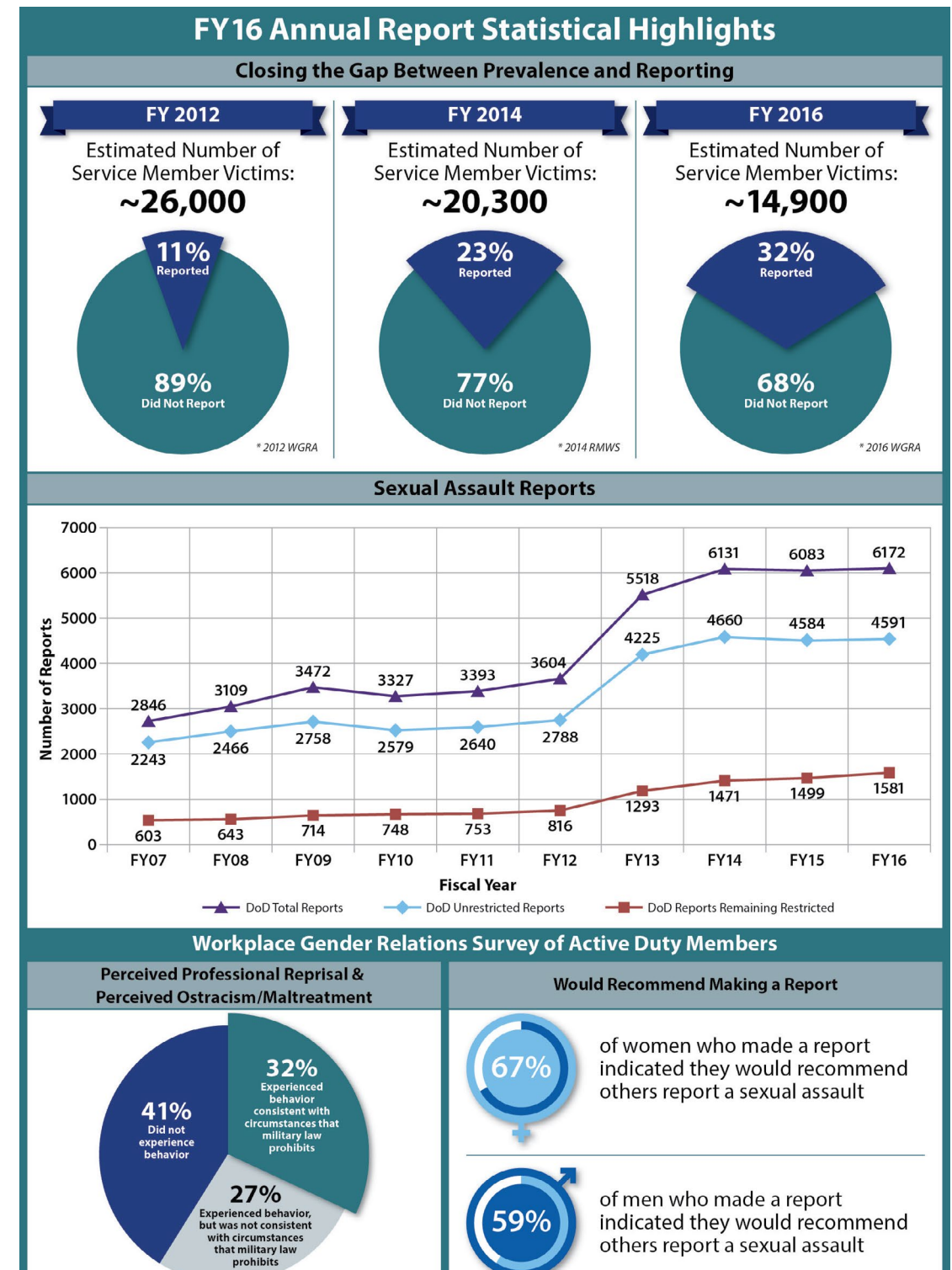
- Law enforcement
- Commander
- SARC
- SAPR VA
- Healthcare personnel

“There are some exceptions and additional information that survivors will want to know about when filing either a restricted or unrestricted report,” Nolley said. “I encourage a call or visit to a SARC or victim advocate.”

The Air National Guard has woven the Green Dot training program into the curriculum of continued learning for all Airmen. Nolley explains that the Great Dot program is a violence prevention program with sexual assault being a single slice of the whole violence spectrum.

“I’ve heard positive feedback about the program,” she said. “They prefer this type of interactive peer-based training which leaves them with tools to use in real-life situations.”

Often-times victims of sexual assault will not report the crime against them for fear of backlash or embarrassment. Encourage Airmen who have been unfortunate victims to reach out to the SARC or victim advocate to receive the help that is available to them.



“Speaking with me is completely confidential,” Nolley said. “In fact, just because we talk doesn’t mean a report has to be filed. I’m here to help you gather information and make informed decision.”

For more information on the sexual assault prevention and the tools available in the event of a sexual assault, the Department of Defense offers a secure, confidential and anonymous call-in hotline, and hotline help center and online chat, and a self-care cell phone app. Survivors can call 1-877-995-5247 or visit [safehelpline.org](http://safehelpline.org). Additionally, the Arkansas National Guard manages a hotline at 501-454-2452 and contributes to the base hotline at 501-987-7272.



**189th AW  
FAMILY  
DAY  
2018**

**JOIN US**

**SATURDAY 2. June**  
0800 until 1500

More Info:  
**(501) 987-5952**

0800-0900 **Awesome Wassom 5K Run**  
Register at: [getmeregistered.com/AwesomeWassom](http://getmeregistered.com/AwesomeWassom)

1000-1045 **Wing Mission Brief for Families/Guests (ages 16+) at Ops Auditorium**

1000-1045 **"Bring Your Kids to Work" at Squadrons**

1100-1130 **Squadron Orientation/Mission Brief**

1130-1230 **Lunch at Squadrons**

1200-1300 **Static Displays in front of Hanger 207**

1230-1400 **Activities at Base Lake**

1415-1500 **Canoe Races at Base Lake**

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## Mentors R.O.C.K. at helping girls gain confidence

By Senior Airman Kayla K. Edwards  
189th Airlift Wing Public Affairs

Imagine yourself back in middle school, trying to navigate the uncertainties of pre-adolescent worries such as friendships, bullying, school work, extracurricular activities, family pressure - all while being challenged with the constant barrage of information presented on television and on social media. Dealing with the pressures of growing up can be difficult but having the support of family, teachers, and mentors can help ease those worries for youth. Two airmen from the 189th Airlift Wing have committed to the task of mentoring middle school age girls who need a little extra help with building self-esteem, fostering positive relationships among their peers, and managing the normal stressors of growing up.

Tech. Sgt. Ebone Sturgis, 189th Operations Support Squadron human resource specialist, and Master Sgt. Maquel McRae, 189th Operations Group unit training manager, helped establish Girls R.O.C.K., a mentoring program for middle schoolers at Sylvan Hills Middle School, to provide an outlet for young girls to meet among a group of their peers to discuss some of the issues that they are facing everyday, both in and out of school. The group consists of about 20 girls from sixth, seventh, and eighth grades who meet bi-monthly.

R.O.C.K. is an acronym which stands for Reaping Opportunities with Character and Knowledge, and the primary purpose of the program is to guide, inspire, and support girls in their growth and development as they enter their teens.

"The girls that are in this program have been identified by their teachers and principals as those who may have some issues with their social skills, behavior, or academics," Sturgis explained. "The program is really meant to bring them out of their bubble and help them see that they can be themselves and don't need to be influenced by social media or mainstream media to be something that they're not."

that had already been established at the school for middle school boys.

"My realtor actually reached out to me and told me that the one if the school's resource officers was looking for a way to establish a mentoring program for young girls at the school and needed someone who was willing to get involved to help lead it," Sturgis said.

That idea led to the creation of Girl R.O.C.K., which has been helping a group of girls at Sylvan Hills Middle School find their voices and the confidence to share some of their struggles. The program is designed to help the girls develop their skills in four main areas: social, behavioral, service learning, and education. Sergeant McRae explained that they bring in guest speakers to speak with the girls about topics within these areas to help the girls gain a different perspective. Additionally, the girls will complete a community service project and have been discussing the importance of giving back within their



Master Sgt. Maquel McRae engages with students at Sylvan Hills Middle School during a group session in which the girls discuss "What Would You Do..." scenarios on March 28, 2018. McRae volunteers as part of the Girls R.O.C.K. mentoring program established this school year. (U.S. Air National Guard photo by Senior Airman Kayla K. Edwards)

**R.O.C.K., continued on pg. 14**

The idea for the program came from a similar program



# Check out these April events!

**14 APRIL**  
SHOTGUN START AT 8 AM

**4-Player Best Ball GOLF Tournament**

**REGISTER BY 12 APRIL**  
\$20 ENTRY FEE PER PERSON // GREENS & CART FEES INCLUDED

**2 LOWEST SCORES WILL COUNT TOWARDS THE TEAM SCORE**

at **DEER RUN GOLF COURSE** | 987-6825

**21 April • Register by 16 April**  
\$25 for R4R qualifying participants • \$55 for all others

Join Outdoor Rec as we travel to Loco Ropes in Mountain View, AR. You will be guided through a variety of high ropes courses with several zip lines along the way.  
\*Ages 11 & under must be accompanied by an adult on the course (up to 2 children per adult).  
\*Ages 12-17 may be supervised from the ground.  
Be sure to bring water, snacks, & a sack lunch.

**have fun loco•ly**

at the **OUTDOOR RECREATION** | 987-3365

**MIKE SUPER**  
MAGIC & ILLUSION

**FRI 27 APR**  
OPEN TO ALL AGES!

**HANGAR 1080**  
DOORS OPEN AT 6 PM  
SHOW STARTS AT 7 PM  
**FREE EVENT**  
FOR MORE INFORMATION CALL 987.5555  
PRESENTED BY AIR FORCE SERVICES ACTIVITY

FOOD & DRINKS WILL BE AVAILABLE FOR PURCHASE  
No video recording permitted. No outside food or beverage.

**THE STAGE**

**28 April // Register by 13 April**  
\$30 for R4R qualifying participants  
\$135 for all others

Join Outdoor Rec and local guide, Bill Dennis, on a guided fishing trip to the Arkansas River. Try your luck fishing for largemouth & smallmouth bass.  
\*Grilled lunch will be provided.  
\*Participants must provide their own fishing license & are responsible for making sure it's not expired.

with **OUTDOOR RECREATION** | 987-3365  
\*For more information on Recharge for Resiliency (R4R) qualifications, please visit [www.rockinatttherock.com/r4r](http://www.rockinatttherock.com/r4r)

## Air Force Assistance Fund begins 45th year of helping Airmen, families

By Richard Salomon  
Air Force Personnel Center Public Affairs

**J**OINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- The 2018 Air Force Assistance Fund campaign runs from March 26th through May 4.

Air Force bases worldwide participate in the AFAF campaign, which raises money for charities that support Air Force active-duty members, Guardsmen and Reservists as well as spouses, immediate family members and veterans. The charities are: the Air Force Aid Society, Air Force Enlisted Village, Air Force Villages Charitable Foundation and the General and Mrs. Curtis E. LeMay Foundation.

“The four affiliate charities of the AFAF campaign exist for the sole purpose of taking care of Airmen and their families from induction into the Air Force through retirement,” said Bill D’Avanzo, Air Force fundraising chief at the Air Force Personnel Center. “These funds provide emergency financial relief, educational assistance and family support, and have a direct impact on the lives of Airmen and families.”

The Air Force Enlisted Village supports the Bob Hope Village in Shalimar, Florida, near Eglin Air Force Base. The fund provides homes and financial assistance to retired enlisted members’ surviving spouses who are 55 and older. It also supports Hawthorn House (also in Shalimar) which provides assisted living and memory care for residents, including limited nursing services when needed.

The Air Force Aid Society provides Total Force Airmen and their families worldwide with emergency financial assistance, educational support and various base-level community enhancement programs.

The Air Force Villages Charitable Foundation supports independent assisted living and memory and nursing care for retired officers and their spouses, surviving spouses and family members. Communities are located in San Antonio, close to Lackland Air Force Base and the San Antonio Military Medical



Center.

The General and Mrs. Curtis E. LeMay Foundation provides monetary grants for rent and other purposes to surviving spouses of officer and enlisted retirees. Grants include one-time payments to help with unexpected expenses and monthly assistance to help surviving spouses remain in their homes and live with dignity.

One-time donations are accepted by cash or check to one or more of these AFAF funds. Active-duty members and retirees can donate monthly from their military pay accounts to one or more of the funds. Active-duty members can choose to have payroll deductions for three to 12 months, while retirees can do so for 12 months. Under certain conditions, Guard and Reserve members can sign up for payroll deductions for three to 12 months beginning in June.

“The AFAF continues to be a major factor in our resiliency and readiness, even after 45 years of the campaign,” D’Avanzo said. “This year also marks 76 years of the Air Force Aid Society helping Airmen and 50 years of the Air Force Enlisted Village providing homes to surviving spouses.”

If you think you qualify and would like more information about the Air Force Assistance Fund, contact Ashley Morgan, Airman and Family Readiness Manager, at 987-5952.



Tech. Sgt. Ebone Sturgis discusses how to handle difficult peer pressure situation with middle school girls at Sylvan Hills Middle School on March 28, 2018. The girls participate in a mentoring program called Girls R.O.C.K. to help build self-esteem and manage social skills. (U.S. Air National Guard photo by Senior Airman Kayla K. Edwards)

**R.O.C.K., continued from pg. 11**

communities.

“We also do role-playing with them to show them how to react in certain situations and how to deal with issues that they encounter in school,” said McRae.

They are also infusing some of the skills and knowledge they have gained as military members into the program. Teaching the girls about discipline, respect, and integrity are an integral part of the messages that they have been giving to the students.

“We are also planning to a confidence course at the end of the school year to encourage physical fitness,” said Sturgis.

Both Sturgis and McRae admitted that working with pre-teen girls can be challenging at times and they have both been forced to think outside the box as they interact with the students. McRae stated that it has

been challenging trying to figure out to communicate with the girls on their level. As a mother of two boys, she admits that some of the things she has dealt with her own children don’t quite translate into girl language.

“These girls are growing up in a different time than when I was that age. The main reason that I wanted to do this mentoring program is because I feel like girls, and not just the girls that we are mentoring, but in general, need to know that they are empowered to do anything that they want. But I want them to take them back to the basics of respecting themselves, respecting others, and carrying themselves with dignity,” said McRae.

This school year is the first year of the program and Sturgis and McRae are still unsure if it will continue into the next year. Right now, they are just satisfied to help this group of girls overcome today’s challenges

# Warrior of the Month: Airman First Class Dawaun Martin



**Rank/Name:** A1C Dawaun Martin  
**Unit:** 189th FSS  
**Guard Status:** Traditional  
**Position:** Services Journeyman  
**Civilian Employment (if traditional):** UAMS  
**Hometown:** Little Rock, Arkansas  
**Time on Station:** 1 Year  
**Time in Service:** 1 Year  
**Family:** Oldest of Three  
**Goals:** I want to continue to be better than I was yesterday.

**Most Rewarding Part of My Job:** To hear someone say thank you.  
**Why I Joined the Guard:** Because I wish to better myself through more than just work and school.  
**Core Value:** Integrity. As a unit Fitness Monitor, I monitor PT tests and offer advice on health and fitness. Integrity to say and do the right thing in this field is crucial to the Air Force and the 189th AW.



# PROMOTIONS

**To Major**  
 Kenneth Simon, 189th LRS  
 William Titus, 154th TRS

**To 1st Lieutenant**  
 Tiffany Bellows, 154th TRS

**To Chief Master Sergeant**  
 Stanley Appleby, 189th CF

**To Senior Master Sergeant**  
 William Catton, 189th CES  
 Michael Jackson, 189th OSS

**To Master Sergeant**  
 Eric Anderson, 154th TRS  
 Jacob Ellis, 189th SF  
 Timothy Hill, 189th LRS  
 Milissa Johnson, 189th FSS  
 Jeffrey Nichols, 189th OSS  
 Hope Townes, 189th MSG  
 Matthew Ward, 154th TRS  
 Justin Webb, 154th TRS

**To Technical Sergeant**  
 Bryan Herberger, 154th TRS  
 Robert Gordon, Jr., 189th AMXS  
 Henry Keese, 189th AMXS

**To Staff Sergeant**  
 Austin Appleby, 189th CF

**To Senior Airman**  
 Julio Luna, 189th LRS  
 Keturah Pitts, 189th LRS  
 Brandon Gann, 189th SF

## PME GRADUATES

**Noncommissioned Officer Academy**  
 Tech. Sgt. Kyle Robertson

**Airman Leadership School**  
 Senior Airman Bradley Gann  
 Senior Airman William Malone  
 Senior Airman Jordan Oliver

*Congratulations promotees and PME graduates on reaching the next level in the Air National Guard. Your dedication and service to the Arkansas Air National Guard did not go unnoticed! Keep up the good work!*



**THE CLEAR CHALLENGE**  
 COURAGE LEADERSHIP EDUCATION ADVOCACY RESPECT

A team obstacle course where every "task" symbolizes the effects of Sexual Assault or Alcohol

Contact your First Shirt to register your team of six by April 25

**FRIDAY, April 27**  
**9:00AM-1:00PM**  
 War-Fit Pavilion/Base Track



Editor's note: The publishing date for the Warrior newsletter has been adjusted to reflect the coming month rather than the previous month. This will allow the wing to address special observances and awareness months ahead of time. Please send submissions and ideas to: [kayla.k.edwards2.mil@mail.mil](mailto:kayla.k.edwards2.mil@mail.mil)



# YOU ARE A TARGET!

Recently, there has been an **INCREASE** in **FOREIGN** nationals attempting to add USAF members on **SOCIAL MEDIA** in an attempt to elicit information!

- Have you received a Facebook friend request from someone you don't know, who appears to be from a foreign country?
- Have you received social media messages from foreign nationals requesting your assistance?



If this has happened to you, contact

**SA MEGHAN HILTON**

**IMMEDIATELY**

at 501-987-6116 or

[meghan.hilton@us.af.mil](mailto:meghan.hilton@us.af.mil) or

call the duty agent at 501-779-0043