

189th Airlift Wing WARRIOR



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154th Training Squadron Airmen fly high for the pass

Airmen from the 189th Operations Group, supported the University of Arkansas versus New Mexico State University football game Sept. 30, 2017, in Fayetteville, Ark., with a flyover in the C-130H for the school's Military Appreciation Day. Maj. Gen. Mark Berry, the Adjutant General of the Arkansas National Guard, recognized the air crew for their efforts. (U.S. Air National Guard photos by Senior Airman Kayla K. Edwards)





189th Maintenance Group makes first move



Members of the 189th Maintenance Group assisted Arkansas National Guard leadership more than two weeks ago by moving retired aircraft from the Robinson Maneuver Training Center, North Little Rock, Ark. The Airmen meticulously disassembled and removed the pieces, finishing the project in record time.

Maj. Gen. Mark Berry, the Adjutant General of Arkansas, coins Master Sgt. Shannon Hammons for his role in an aircraft movement project on September 19, 2017. Shannon and six other members of the 189th Maintenance Group participated in a project to help relocate three historical aircraft from Camp Robinson to prepare them for proper storage and preservation. (U.S. Air National Guard photo by Senior Airman Kayla K. Edwards)

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Air Guard continues massive hurricane recovery efforts

By Master Sgt. Mike R. Smith
Air National Guard Readiness Center

JOINT BASE ANDREWS, Md.-- The Air National Guard continued its hurricane recovery efforts in multiple states today. Thousands of Airmen from nearly every state and territory were called to duty in the past weeks in the face of back-to-back massive hurricanes that left the South reeling and broken.

Millions of homes and businesses were without power. Among them, tens of thousands of structures flooded, or completely shredded, with 50 inches of rain dumped in Texas and with wide-spread hurricane damage in Florida, Georgia, South Carolina and the Caribbean.

National Guard Bureau officials stressed during their afternoon joint operations meeting Sept. 12 that although the dangerous weather passed, the need for safety and need for the National Guard has not. As long as states request support they will remain operating, officials said.

More than 1,000 Air National Guard Airmen were on callouts last week from governors in the Southeast, some of them came from the group of 1,360 Airmen who were on duty for Hurricane Harvey.

Among the Air National Guard's coordinated response in Irma, more than 50 ANG aircraft were flown by aircrews to assist responders in joint operations areas in Florida, the U.S. Virgin Islands and Puerto Rico.

In the last weeks, they airlifted evacuees, responders, and cargo, to include food and water, boats, light carts, generators, medical pallets, Humvees, and trucks. They also flew damage assessments and directed air traffic, among other work and equipment.

"Our response was rapid," said Brig Gen. Thomas Wark, the Air National Guard's director of Operations assigned at the Air National Guard Readiness Center on Joint Base Andrews, Maryland.

"Our airmen are eager to help, but the speed of airpower response can often move much faster than the legal authorities and processes that govern the use of air assets. Therefore we must ensure we do not get ahead of them [authorities] while putting the right people with the right equipment, in the right place, at the right moment," said General Wark.

In this instance of back-to-back hurricane strikes, they will study the full responses and raise questions on how their speed took careful and critical consideration of the requirements versus accomplishing the best coordination with the states to support the effort.

Nearly 150 Airmen who operated the ANG's crisis



A Highly Mobile Multi-Wheeled Vehicle assigned to Task Force Arkansas of the Arkansas National Guard, patrols the streets of Lumberton Tex., Sept. 11, 2017, while Soldiers conduct damage assessments of houses impacted by Hurricane Harvey. (U.S. Army National Guard photo by Spc. Stephen Wright)

action center here handled that process. They coordinated around the clock to figure support through the National Guard Bureau from and to, the states along with federal agencies, international partners, regular military, and civilian responders. As such, the crisis action center here triples its staff size with augmentees during major emergencies or events.

They will take measures to improve their processes, make notes of best practices, and plan how they will better offer the Air National Guard's unique capabilities to domestic callouts, said General Wark.

Of note was the international airlift of more than 1,207 evacuees from St. Martin in the Leeward Islands, said Lt. Col. Dan Veal, the Air National Guard's chief of Domestic Operations.

Colonel Veal stated that the mission stood as a benchmark in how to turn a critical operation quickly from an international request managed by the crisis action center, among other available federal, state and military responders.

The Air National Guard's unique capabilities in Kentucky, New York, and Puerto Rico proved the best resources for the mission, he said. They directed air traffic and personal movement as well as operated C-130 airlift, according to a National Guard Bureau report.

"We anticipated the need and the interagency and international coordination to get the Air National Guard's unique response capability called on," said Veal.



Above: Master Sgt. Mike Jackson, a 154th Training Squadron loadmaster, surveys an area of the Florida Keys impacted by Hurricane Irma during a relief mission on September 12, 2017. The flight crew delivered hundreds of cases of bottled water to the storm ravaged region to aid in relief efforts. Below: Loadmasters assigned to the 154th TRS check to make sure pallets of bottled water are secured prior to takeoff during a relief mission on September 12, 2017. The pallets of bottled water were collected from the 172nd Airlift Wing in Jackson, Mississippi and delivered to the Florida Keys in support of relief efforts. (U.S. Air National Guard photos by Senior Airman Kayla K. Edwards)





Love shouldn't hurt; seeking help for domestic violence

By Emily Holmes, LCSW
189th Medical Group

October is Domestic Violence Awareness Month so I wanted to discuss some important facts about domestic violence such as statistics, signs of abuse, and ways to seek help.

What Is It?

Domestic violence is an intimate partner's repeated efforts to hold power and control over the other partner. Did you know that domestic violence is not always physical abuse? Sexual and psychological violence and emotional abuse are also considered patterns of domestic violence. According to the National Coalition Against Domestic Violence, intimate partner violence makes up 15% of violent crime. In Arkansas, domestic violence fatalities are often the result of a gun crime. Between 2003 and 2012, there were 154 domestic violence homicides in Arkansas and more than half of those victims were killed with guns, according to the FBI. In a 2012 murder-suicide study by the Violence Policy Center, 72% of the murder-suicides involved an intimate partner and 94% of these victims were female. Domestic violence can often start out small in the beginning, however, it intensifies over time.

What Are Signs?

Some examples of abusive traits can include but are not limited to: Discouraging the victim from seeing friends or family, showing jealousy of friends and family and time away, putting the victim down, embarrassing or shaming, controlling who the victim sees or what they do, stalking or monitoring—this can include the internet or GPS, intimidating, threatening to hurt the victim's loved ones or pets or taking away the victim's children, pressuring the victim to have sex when it is not wanted, forcing sex, sabotaging birth control, destroying the victim's property, controlling everything that is spent, stealing from the victim, keeping them from making their own decisions, accusing the victim of cheating. This can affect individuals in every community regardless of, gender, race, nationality, orientation, etc.

Barriers

Getting help is often difficult for the victim and reasons are very complex but some barriers may include: fear that violence will escalate if they try to leave, the abuser will kill them or a loved one, the abuser will ruin the victim financially, or fear of losing custody of their children etc. There are professionals that understand these barriers and are here to help!

Where Can I Go for Help?

The National Domestic Violence Hotline
1-800-799-7233 (SAFE)
www.ndvh.org

National Resource Center on Domestic Violence
1-800-537-2238

RAINN (Rape, Abuse & Incest National Network)
1-800-656-HOPE

Military OneSource
1-800-342-9647
www.militaryonesource.mil

Military and Veterans Crisis Hotline
1-800-273-8255

Director of Psychological Health
501-987-8752

Chaplain
501-987-1050

Sources:

Federal Bureau of Investigation, U.S. Department of Justice (2012). Supplemental Homicide Data. Retrieved from: <https://cdn.americanprogress.org/wp-content/uploads/2014/10/CAP-DV-AR.pdf>

NCADV. (2015). Domestic violence national statistics. Retrieved from www.ncadv.org

Violence Policy Center. (2012). American roulette: murder-suicide in the United States. Retrieved from: www.vpc.org/studies/amroul2012.pdf



Flu Season Tips

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible.



Airman 1st Class Kara Trevino, an aerospace medical services journeyman, delivers an influenza immunization to Col. Brian McHenry, 189th Maintenance Group commander, during the September Unit Training Assembly. Wing members are required to receive their annual vaccination at the beginning of each flu season. (U.S. Air National Guard photo by Senior Airman Kayla K. Edwards)



Cybersecurity Month: the ones and zeros of safe web surfing

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

The month of October is Cybersecurity Awareness Month. Cyber security plays a critical role in the protection of vital and sensitive information within the Air National Guard. Without practicing proper procedures and taking the necessary precautions, information could easily fall into the wrong hands.

“Cybersecurity is the body of technologies, processes and practices designed to protect networks, computers, programs and data from attack, damage or unauthorized access,” explained Lt. Col. Erik Polta, the 189th Operations Group, Detachment One commander. “More and more those networks, computers, programs and data control everything in our lives and even extend to our appliances in our homes.”

According to Polta, there are several precautionary measures you can take in order to avoid a cybersecurity incident:

- Check when browsing the internet to ensure the “https” is in the browser bar. This indicates your web browser is encrypting the packets of data between you and the distant end.
- Utilize a virtual private network. This can give you an extra layer of protection and privacy from cyber criminals.
- Watch for email phishing schemes. These emails may have a time limit causing pressure to respond quickly.
- Avoid emails that ask you to reset your password or send your social security number or other personally identifiable information.
- If you receive an email asking for information, visit the website directly instead of selecting the hyperlink. Often the link redirects you to a copy of the website in an attempt to get your personal information.

While cybersecurity is an important practice at home, the extent goes beyond the walls to work centers in daily operations as well. Safe practices and regular training ensure the Airmen of the Air National Guard do everything they can to avoid cybersecurity incidents. The 189th Communications Flight is charged with maintaining the confidentiality, integrity and availability of our Air Force Network computer system.

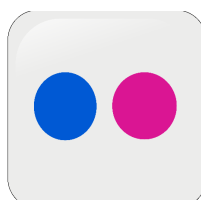
SMSgt Walter McCloud, the 189th Communications Flight superintendent, emphasized the importance of several key factors to users in order to ensure maximum cooperation with your communications flight when it comes to cybersecurity:

- Keep your computer/laptop/tablet/iPad software up-to-date to include drivers
- Install commonly used anti-virus/malware/Trojan/ransomware software to protect your system from unwanted attacks
- Do not write your password or personal identification number down
- Install ONLY approved software on your Air Force network computer

“Cybersecurity is as strong as its weakest link,” said McCloud. “The Department of Defense is moving toward an all-inclusive network. Any part of this network could be a vulnerability if not protected.”

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October is National Breast Cancer Awareness Month

According to the American Cancer Society, breast cancer is the most common cancer in American women, except for skin cancers. Currently, the average risk of a woman in the United States developing breast cancer sometime in her life is about 12%. This means there is a 1 in 8 chance she will develop breast cancer. This also means there is a 7 in 8 chance she will never have the disease. Knowing the signs and symptoms of breast cancer can greatly increase your chances of identifying and eradicating breast cancer. For more information, visit www.cancer.org.



**OCTOBER
BREAST
CANCER
AWARENESS
MONTH**



Warrior of the Month: Senior Airman Bradley Gann



Rank and Name: Senior Airman Bradley Gann

Unit: 189th LRS

Hometown: Beebe, AR

Guard Status: Technician

Time in Service: 3 1/2 years

Family: My parents, Chris and Nancy Gann and my brothers, Chad and Daniel Gann

Hobbies/Goals: Going to the gym, fishing, hunting and being outdoors

Why I joined the Guard: I joined after completing my associate's degree at ASU Beebe. I wanted to do something new and challenging before continuing in

college. It is one of the best decisions I have made so far in my life.

Most Rewarding Part of my Job: Having a steady mission effectiveness of air drops leading toward the success and training of loadmaster students; knowing that we play a major part in the C-130 training mission

Core Value: I have really enjoyed my time in the Air Guard so far. I joined a good career field with a great group of people. It makes coming to work every day enjoyable. I am looking forward to many more years to come.



PROMOTIONS



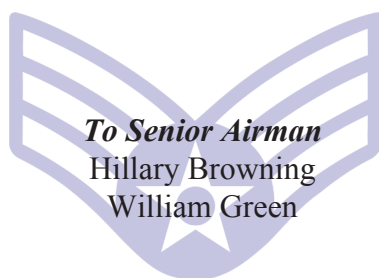
To Lieutenant Colonel
Mario Ortega



To Technical Sergeant
James Freet
Jordan Magness



To Staff Sergeant
Joseph Lackey
Joshua Maag
Jonathan Porter
Eric Richard



To Senior Airman
Hillary Browning
William Green



To Airman First Class
Nathan Davidson

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!



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?



U.S. AIR FORCE

If this has happened to you, contact

SA MEGHAN HILTON

IMMEDIATELY

at 501-987-6116 or

meghan.hilton@us.af.mil or

call the duty agent at 501-779-0043

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. To facilitate the change, a June issue was not published. Please send submissions and ideas to: jessica.m.condit.mil@mail.mil