



The Flying Razorback

188th Fighter Wing

Arkansas Air National Guard

Ebbing ANG Base

April 2013



Brig. Gen. Patricia M. Anslow speaks at the 188th Fighter Wing during a Women's History Month program March 2, 2013. Anslow is the first female general officer in the Arkansas National Guard. (National Guard photo by 1st Lt. Holli Snyder/188th Fighter Wing Public Affairs)

Change of authority



Chief Master Sgt. Stephen Bradley, 188th Fighter Wing command chief, delivers a speech at a command chief change of authority ceremony March 3, 2013, at the 188th. Chief Master Sgt. Asa Carter relinquished authority to Bradley during the ceremony. (National Guard photo by Senior Airman John Hillier/188th Fighter Wing Public Affairs)

Women's History Month celebrated at 188th Fighter Wing

By 1st Lt. Holli Snyder
188th Fighter Wing Public Affairs

FORT SMITH, Ark. — Women's History Month was celebrated at the 188th Fighter Wing March 2, 2013, with a program outlining the achievements of women throughout history. The program was highlighted by Brig. Gen. Patricia Anslow, assistant adjutant general for the Arkansas Army National Guard.

Since the Presidential proclamation in 1987 that created Women's History Month, the achievements and accomplishments of women have been celebrated throughout the month of March each year. Statistics provided during the program highlighted women's roles in military service.

More than 250,000 women have served in Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn. Currently in the Air National Guard, women comprise more than 17 percent of the officer corps and boast more than 17,000 enlisted female members.

This year's theme, presented by Anslow, focused on innovation and imagination, honoring the women in

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Bradley takes over as 188th command chief

By Senior Airman John Hillier
188th Fighter Wing Public Affairs

FORT SMITH, Ark. — The 188th Fighter Wing welcomed a new command chief master sergeant during a historic change of authority ceremony.

Chief Master Sgt Stephen R. Bradley accepted authority from Chief Master Sgt. Asa Carter in front of an audience of family, friends and 188th personnel March 3 at the 188th.

"Chief Bradley takes on this job in challenging times," said Col. Mark W. Anderson, 188th Fighter Wing commander. "After 60 years, we are exiting a manned flying mission and into by far the largest and most radical conversion in the history of the wing. Now, more than ever, we need a leader who has excelled in times of change. Chief Bradley is that leader."

Bradley expressed his excitement and ap-



Col. Mark Anderson, 188th Fighter Wing commander, delivers a speech at a command chief change of authority ceremony March 3, 2013, at the 188th. (National Guard photo by Senior Airman John Hillier/188th Fighter Wing Public Affairs)

preciation for the opportunity to serve his fellow Airmen in the 188th's top enlisted position.

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The Flying Razorback

Col. Mark Anderson,
188th Fighter Wing commander
Col. Pete Gauger,
188th Fighter Wing vice commander
Chief Master Sgt. Stephen Bradley,
188th Fighter Wing command chief
master sergeant

Publication Staff 188th Fighter Wing Public Affairs

Maj. Heath Allen, editor
1st Lt. Holli Snyder,
Chief of Public Affairs
Technical Sgt. Josh Lewis,
Public Affairs NCOIC
Technical Sgt. Joshua Jones
Senior Airman Hannah Landeros
Senior Airman John Hillier
Airman 1st Class Cody Martin

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The Flying Razorback

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188th's Mitchell promoted to chief



Col. Pete Gauger, 188th Fighter Wing vice commander, left, and Col. Mark Anderson 188th Fighter Wing commander, right, tack on chief master sergeant chevrons on Kerry Mitchell, who was elevated to E-9 during a promotion ceremony at the 188th March 2. (National Guard photo by Senior Airman Hannah Landeros/188th Fighter Wing Public Affairs)

By Maj. Heath Allen
188th Fighter Wing Public Affairs

FORT SMITH, Ark. — Chief Master Sgt. Kerry Mitchell was elevated to the rank of E-9 in front of a packed house during March's Unit Training Assembly. Mitchell was promoted to chief under the Exceptional Promotion Program. He assumed the rank March 1.

Col. Pete Gauger, 188th Fighter Wing vice commander; Col. Mark Anderson, 188th Fighter Wing commander; and new 188th Command Chief Master Sgt. Stephen Bradley presided over the ceremony, which was hosted by the wing's Chiefs' Council.

Bradley delivered a speech on the history of the rank of chief master sergeant while Anderson talked about Mitchell's attributes and qualities that made him a strong selection for E-9. Gauger and Anderson then tacked on Mitchell's chief master sergeant chevrons during the ceremony and made Mitchell the 188th's newest chief.

"I never thought as an Airman coming in the unit that I would ever wear chief stripes," Mitchell said in a speech following his promotion. "I just remember being a young Airman and thinking how many stripes those chiefs had when I would see them walking around on base. I've experienced a lot in my career and I take this responsibility very



Command Chief Master Sgt. Stephen Bradley speaks about the duties of E-9 as Col. Pete Gauger, 188th Fighter Wing vice commander; then-Senior Master Sgt. Kerry Mitchell, 188th human resources advisor; and Col. Mark Anderson, 188th Fighter Wing commander, participate in a promotion ceremony at the 188th March 2. (National Guard photo by Senior Airman Hannah Landeros/188th Fighter Wing Public Affairs)

seriously and I will do everything I can to ensure this unit continues to do great things. There's a lot of great people in the 188th and I look forward to finishing my career here on a strong note."

Mitchell's credentials include an eight-year term as the 188th Maintenance Squadron's first sergeant. The unit's maintenance squadron is the largest squadron in the state, boasting more than 250 Airmen.

Mitchell also spent 10 years as the supervisor for the 188th Maintenance Squadron's Non-



188th mission conversion corner

Shared drive a one-stop shop for conversion info

By Lt. Col. Toby Brallier

188th Fighter Wing conversion project officer

Two weeks ago we received the Unit Manning Document (UMD), which is viewable to all current 188th Fighter Wing members on the Shared Drive (S:\FW\188th Conversion 2013\UMD). This information is For Official Use Only and is not for emailing or posting to unofficial channels.

There are several documents on the drive: Two PDF versions (188th and the 123rd Intel Squadron) and three Microsoft Excel versions (the 188th, the 123rd, and a combined version of the two). Although there may be some changes to the UMD, the primary numbers should remain unchanged.

Two pieces that we anticipate some changes in the future may be the addition of the Launch and Recovery Element (LRE) for the remotely piloted aircraft mission, which we expect to change some positions, but not add to the numbers, and a slight change to some of the AFSCs within the targeting squadron. We are also excited to see an increase in officer commissioning opportunities.

A couple of notes when trying to decipher the PDF version of the UMDs: The RIC defines whether the position is an AGR (34 for officer/148 for enlisted) or Drill Status Guardsman (28 for Dtill Status Guardsman [DSG] officer/128 for enlisted). The civilian positions (170) pair up with a corresponding DSG AFSC to form the technician allocation.

Lastly, the timelines for funding are shown by quarters with a majority of the positions changing to the new UMD in the fourth quarter of FY14 (14/4 = FY14/fourth quarter). The exact month and day can be found on the Excel version.

ASVAB testing for these positions is in full swing. An ASVAB prep course is currently in the works to start following the April drill. There will be an interest count taken over drill weekend. The initial plan is for six sessions, approximately two hours per session, to be held over a three-week period, with the primary emphasis on math. The times and days of the week are to be determined based upon interest count.

The Frequently Asked Questions (FAQs) continue to be updated on the Shared Drive. We now have a new email address specifically for conversion questions: 188FW.FW.Conversion.Committee@ang.af.mil or when looking up the display name scroll down to 188 FW/FW Conversion Committee.

Upcoming conversion events and anticipated timelines

May UTA: 18X Remotely Piloted Aircraft pilot board (DSG Positions)

May UTA: Intel Officer board / Sensor Operator board

Summer/early fall: Possible Site Activation Task Force (SATAF). NOTE: This process will assess many aspects of the conversion and help determine the way ahead for many of the conversion projects and timelines.

UPT board set for May UTA

The 188th Fighter Wing will hold an Undergraduate Pilot Training (UPT) board May 12, 2013. The deadline for applications will be April 19, 2013. These will be traditional Guardsman drill status positions with the new MQ-9 Reaper mission. Please contact Tech Sgt. Jeff Mathews or Master Sgt. Craig Gardner in recruiting at 479-806-5191 or 479-573-5147 with questions about package requirements. There will be additional boards held in the future.

Members who need to take the Air Force Officer Qualification Test (AFOQT) should contact Tech Sgt. Lindsey Mott in the 188th Military Personnel Flight at 479-573-5762 to schedule their test. Minimum requirements to apply are as follows: Bachelors degree; passing AFOQT scores; current passing AFPT score; no medical issues or profiles; and under the age of 30 (some waivers may be considered up to age 35).

Intel officer board scheduled for June UTA

The 188th Fighter Wing will hold an Intelligence officer board during the June Unit Training Assembly. The deadline for applications will be May 20, 2013. These will be traditional Guardsman drill status positions with the new MQ-9 Reaper mission. Please contact Tech Sgt. Jeff Mathews or Master Sgt. Craig Gardner in recruiting at 479-806-5191 or 479-573-5147 with questions about package requirements. There will be additional boards held in the future.

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Sensor operator board slated for June

The 188th Fighter Wing will hold a sensor operator board for all interested drill status Guardsmen on June 1, 2013. Anyone looking to pursue this position will need to visit Master Sgt. Keith Freeman in the 188th Retention Office during the scheduled April Unit Training Assembly.

A career change worksheet will be completed to verify that a member is eligible to apply for this position. All applicants are required to furnish a copy of their AFPT scores to the 188th Retention Office as well. Deadline for applications will be May 15, 2013.

Please contact Master Sgt. Freeman at 479-573-5360 for questions concerning this board. There will be additional boards held in the future.



The Flying Razorback member spotlight



Technical Sgt. Adrian Ward

Hometown: Fayetteville, Arkansas

Job Title: Medical materiel specialist,

Civilian job: Storage and distribution, Department of Veterans Affairs.

In the 188th: 15 years

Hobbies: Hunting, fishing and cooking.

Goals: to raise my kids well, then retire and hunt and fish more.

Favorite TV show: "The Twilight Zone" (1959-1964).

Favorite actor: Gary Oldman.

Favorite animal: Dogs.

Favorite comedian: George Carlin.

Favorite movie: "The Jerk."

Favorite restaurant: Twin Kitchen.

Favorite soft drink: Diet Coke.

Favorite foods: BBQ, Thai, Mexican, seafood.

Favorite book: The Bachman Books.

Favorite author: Stephen King.

Favorite song: "You Can't Always Get What You Want."

Favorite musical group: The Rolling Stones

Favorite word or phrase: Y'all

Favorite super hero: The Incredible Hulk

Favorite U.S. President: Theodore Roosevelt

Favorite historical figure: Ben Franklin.

Favorite sport: Football.

Favorite pro sports team: Raiders

Favorite sports individual: Bo Jackson.

Favorite college team: Arkansas Razorbacks.

Favorite automobile: Classic Ford Bronco, 1966-1977 models

My first car was: 1982 Chevrolet



Technical Sgt. Adrian Ward was selected as the 188th Flying Razorback spotlight for April 2013. (National Guard photo by Senior Airman John Hillier/188th Fighter Wing Public Affairs)

Favorite car: Camaro.

My dream shopping spree:

Cabela's or Bass Pro Shop.

Favorite cartoon character:

Bugs Bunny.

My worst job ever: Night shift dishwasher at a hotel during high school.

My pet peeves: Bad drivers, people who don't use turn signals.

Place I'd most like to visit:

Australia

I am proudest of: My wife Tracy and our kids.

The person I admire most: My Father

The best day of my life: Feb. 14, 2009.

Favorite moment at the 188th: The day I enlisted.

188th Fighter Wing promotions

To Technical Sergeant

Seth B. Bagby
Aaron B. Berkshire
Landon R. Hetherington
Floyd D. Jones
Jacky L. Luoung
Nathan D. Myers
Donald E. Thomas Jr.



To Staff Sergeant

Thomas A. Havens
Nikki M. Lee-McNew



To Senior Airman

Jordan D. Cobb
Jason W. Parker
Brandon S. Rhudy



To Airman

Philip E. Smith III
Shelbi L. Newsom



VA benefits briefs

VA sign-ups

A Veterans Affairs representative, OEF/OIF/OND Transitional Patient Advocate, David Swindle, will be here this week (and throughout the UTA) to help Airmen sign up for the VA system and answer any VA questions. Please contact Dave Swindle at: 479-387-1480 to schedule a meeting to help you with VHA benefits information.

Women's benefits

Carole McAllister, Women Veteran Program Manager from the Fayetteville V.A. will be here Sunday at 1000 at the HQ Auditorium. All women vets are invited to attend to learn about benefits available to them from the VA.

Citizen Airman Dining Hall menu

Saturday, April 6

Baked chicken, rice pilaf, carrots, dinner rolls, ice cream, pineapple upside-down cake, coffee, tea, milk.

Sunday, April 7

Philly cheese steak, french fries, coleslaw, chips, broccoli and cheese soup, tortilla soup peach crisp, ice cream, coffee, tea, milk.



Short-order line

Hamburger, cheeseburger, hot dog, chili dog, baked beans, chips.



Doing drugs gambling with your career

By Lt. Col. John Weisenfels
188th Medical Group

Illicit drug abuse in America continues to be a major problem that will take continued vigilance in order to prevent our way of life from becoming degraded. In the Air National Guard as well as the Air Force, illicit drug abuse will not be tolerated. In Air Force Instruction 44-120, Military Drug Demand Reduction Program, states that illicit drug use is a serious breach of discipline, is not compatible with service in the Air Force, and can lead to criminal prosecution resulting in a punitive discharge or administrative actions, including separation or discharge under other than honorable conditions.

Further guidance is given to commanders in AFI 36-3209; drug abuse is incompatible with Air Force and ANG standards: Process members for discharge for misconduct based on drug abuse. Use, possession, manufacture of a controlled substance is illegal under Article 112a of the UCMJ and Chapter 64 of the Arkansas Code.

What constitutes illicit drug use? Earlier this year, all members of the wing were briefed about the abuse of prescription drugs like Oxycodone, Hydrocodone, and others. Using these prescribed drugs in any manner not authorized by a licensed physician is one form of illicit drug use.

More commonly known for illicit drug use is the use of marijuana, cocaine, and

methamphetamine. In addition, studies have shown that products made with hemp seed and hemp seed oil may contain varied levels of THC which is detectable under the Air Force Drug Testing Program.

In order to ensure military readiness, AFI 44-120 states, "the ingestion of products containing or products derived from hemp seed or hemp seed oil is prohibited." The AFI goes on further to exclaim, "the knowing use of any intoxicating substance, other than the lawful use of alcohol or tobacco products, that is inhaled, injected, consumed, or introduced into the body in any manner to alter mood or function is prohibited."

That covers a large area, right? These substances can include designer drugs such as "spice," inhalants, propellants, solvents, household chemicals, and other substances for "huffing."

What does this mean for the service member who pops positive on a random drug test during UTA? If the drug is determined to be of an illicit nature, that member will undergo processing for discharge. A bad conduct discharge can have some far reaching effects. A bad conduct discharge could affect any future background checks for employment; it could affect any future security clearances. If the member was receiving an enlistment bonus, he or she may have to repay that bonus money.

The member also stands to lose any accrued educational benefits and could

possibly lose any potential VA medical benefits. These things alone make illicit drug use a pretty hefty cost! On top of all this, what about affects to the member's unit, the mission, their family?

Illicit drug use can have far-reaching and damaging effects to the member, his unit, and his family. Simply put, illicit drug use has far more detrimental effects than good. The euphoria you might get from such drug use can never be better than losing your job, losing your family or going to jail.

Bottom line to illicit drug use: It's illegal! It will cause you to lose your job and your military career. It could cause you to lose your family and your friends. The best policy guidance about illicit drug use is very simple: Don't do it!

The Air Force Drug Testing Program is geared to maintain the health and wellness of a fit and ready fighting force as well as a drug-free Air Force community. It works to deter military members from using illegal drugs and abusing controlled substances. Lastly, it is designed to detect and identify those individuals who use and abuse illegal drugs and other controlled substances. The program operates through a system of random selection of members for testing.

Are you willing to take that chance on whether you will be selected for testing that month? Do you like to gamble? The only sure bet is to not use illegal drugs or abuse controlled substances. The costs can be way too high!

Mitchell

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Destructive Inspection (NDI) team from 1984-2003. Mitchell was a member of the squadron when it logged the best mission-capable and fully mission-capable rates among all F-16 Air National Guard wings.

Mitchell has deployed to Israel, Canada (Maple Flag); home station (Operation Enduring Freedom and Southern Watch); and Nellis Air Force Base, Nev., twice (Red Flag/Green Flag) during his 28-year career. He also helped the 188th stand up an alert detachment ahead of schedule to support Operation Noble

Eagle.

Once a scholarship athlete on John McDonnell's Arkansas Razorback track and field team, Mitchell has also set the physical fitness standard for young Airmen, registering a 99.4 percent on his last Air Force Physical Training test.

"Chiefs lead by example and Chief Mitchell is no different," Anderson said. "Kerry has had a long, impressive career and I look forward to his counsel. Less than 1 percent of the enlisted Airmen reach the rank of chief master sergeant. Chief Mitchell is an outstanding model for leadership and is most certainly deserving of this promotion."

188th Hog Jog 5K run/ walk set for June UTA

WHEN: Saturday, June 1 at 3 p.m. during the Unit Training Assembly.

WHERE: 188th Fighter Wing.

WHAT: The 188th Fighter Wing host a 5k run/walk for unit members and spouses. Following the competition food and beverages will be available at the pavilion on base for everyone to enjoy. Registration fee is \$10. Please register by May 1.

ACCOLADES: Medals for first place through third place will be awarded both the male and female divisions



Bradley

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“In the days ahead, we have so many opportunities,” Bradley said. “Yes, we’re facing hard times and we’re facing challenges, but in every challenge is an opportunity. It’s an opportunity to excel or an opportunity to fail. I’ve been here since 1994 and I’ve never seen anyone in this unit fail!”

Carter lauded the effort of his successor during his speech.

“It’s important that our Airmen understand who our new command chief is,” Carter said. “Chief Bradley and I have worked closely together and I have total confidence in his leadership ability. I trust that he’s going to serve our Airmen, putting service before self. I look forward to working with him in the future.”

“We’re facing hard times and we’re facing challenges, but in every challenge is an opportunity. It’s an opportunity to excel or an opportunity to fail.”

— *Command Chief Master Sgt.
Stephen R. Bradley*

Bradley joined the Air Force in 1982 as a dental technician. After serving four years on active duty, he joined the Air Force Reserve and was stationed at Little Rock Air Force Base. In 1994, Bradley joined the 188th Fighter Wing as the noncommissioned officer in charge of the 188th Medical Group’s dental clinic. He was selected as the Medical Group’s first sergeant in 2003, and also served as the 188th’s human resources advisor (HRA). Most recently, Bradley served as the State HRA for the Arkansas Air National Guard.

In his remarks, Carter, who has spent his entire military career in the in the 188th Fighter Wing, looked back on his more than 30 years of service and challenged the audience to be leaders for the next generation of Airmen in the wing.

“All of us are examples,” Carter said. “Whether you’re a good example or a bad example is up to you. But we’re all going to be an example to someone. Take time to mentor our Airmen. Contribute to someone else’s success. We need great leaders through the difficult times ahead.”

Carter has served as the wing command chief for the past six years. Carter moves on to become the state command chief master sergeant for the Arkansas Air National Guard.



Chief Master Sgt. Asa Carter, former 188th Fighter Wing command chief, delivers a speech at a command chief change of authority ceremony March 3, 2013, at the 188th. Carter relinquished authority to Chief Master Sgt. Stephen Bradley during the ceremony. Carter moves on to become the Arkansas Air National Guard’s state command chief. (National Guard photo by Senior Airman John Hillier/188th Fighter Wing Public Affairs)



Col. Mark Anderson, 188th Fighter Wing commander; Chief Master Sgt. Stephen Bradley, incoming 188th Fighter Wing command chief; and Chief Master Sgt. Asa Carter, outgoing 188th Fighter Wing command chief, stand at attention following a command chief change of authority ceremony March 3, 2013, at the 188th. Carter relinquished authority to Bradley during the ceremony. Carter moves on to become the Arkansas Air National Guard’s state command chief. (National Guard photo by Senior Airman John Hillier/188th Fighter Wing Public Affairs)

History

Continued from Page 1

the sciences and technology fields. Anslow brings a wealth of experience and knowledge to these subjects, having served in many high-level engineering roles within the Army Corps of Engineers and currently serving as commander of the Arkansas National Guard Joint Force Headquarters. She is also the first woman to be promoted to the rank of brigadier general in the Arkansas National Guard.

Anslow highlighted specific revolutionary changes women have faced throughout the years. During the 1970s, women's roles in the military experienced major evolutionary changes to include the promotion of the first female to brigadier general, the ability for women to enter service academies and women entering into pilot training. One significant, revolutionary change happened recently, involving the lifting of the ban on women serving in combat across the Department of Defense.

"We've come a long way," Anslow said. "We've truly changed and transitioned in history as seen by these evolutionary and revolutionary changes."

Shifting focus onto progress and transition for women of the 188th,



Brig. Gen. Patricia M. Anslow shakes hands with Capt. Kim Sosebee during a Women's History Month program March 2, 2013, at the 188th Fighter Wing during. Anslow is the first female general officer in the Arkansas National Guard. (National Guard photo by 1st Lt. Holli Snyder/188th Fighter Wing Public Affairs)

Anslow said a woman's ability to embrace uncertainty, have a vision and work at the edges of their specific job or career field are key attributes that lead to success.

"Everyone is critical to the goal," Anslow said. "Whether male or female and regardless of race or color of skin."

Anslow said all members can contribute to mission effectiveness and accomplishment.

"By knowing your job and excelling at it, earning respect and seeking and providing good mentoring will lead to successes in one's career," Anslow said.

Highlighting each key, Anslow stopped to bring attention to a 188th female unit member who embodied these statements.

Coins were presented to Airman Ashley Bailey, an Operations personnelist, who stood out among her peers as an honor graduate of her technical school training and Thunderbolt fitness award recipient; Capt. Kim Sosebee, a maintenance officer, who was given the outstanding prenatal care award at her civilian occupation; and Capt. Bridgette Scott, who was awarded the Bronze Star during a recent Operation Enduring Freedom deployment.

Anslow completed her presentation with points discussing transitions and progressions from where we are now to where we want to be in the future.

"I hope we never stop talking about women's firsts or the great things women have done throughout history," said Gen. Anslow. High hopes were offered to members of the 188th FW because of their resiliency, adaptation and commitment to excellence.



Airman 1st Class Tamesha Bazzelle speaks at the 188th Fighter Wing during a Women's History Month program March 2, 2013. The guest speaker was Brig. Gen. Patricia M. Anslow, who is the first female general officer in the Arkansas National Guard. (National Guard photo by 1st Lt. Holli Snyder/188th Fighter Wing Public Affairs)



Change, mission conversion can be a spiritual journey

By Maj. Shane Pair
188th Fighter Wing chaplain

It seems we continually find ourselves in places of uncertainty. The last several years all we have heard is the demise of our economy, which has caused us some angst. We are now hearing the words like sequester, government shutdown, and transition; all of these words call us to a place of uncertainty.

Comedians will tell you not to worry for there are only two certainties in this world: Death and taxes. So, what is one to do? Even at our own base we are faced with uncertainties as we take on yet another new mission. So, as family members of the 188th Fighter Wing, what are we to do?

Many will tell you to look somewhere else because there has been too much change. Others will say retire if you can and enjoy the memories; but I want to encourage you to embark on a spiritual journey. I want to invite you to see how the transition of the 188th can spur on your own spiritual growth.

David was a Jewish boy shepherd who grew up to be King of Israel. Many nations had risen up against Israel, and its future was unsure. There was turmoil within in King David's family and unrest in society; yet, in the midst of everything King David stopped to evaluate his spirituality.

David looked deep within to see what strength he could pull from and he wrote the following Psalm. David knew regardless of the economic situation of his country, the threats from neighboring countries, or the cries from the people within that he needed to do one thing, so he wrote these words recorded in Psalm 48: "God is our refuge and

strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult... Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth. The Lord of hosts is with us; the God of Jacob is our refuge."

Fellow members of the 188th, today is a day to dig deep and determine who we are as Airmen just as King David did. Some of you have only served a few years and some over 25 years. But no matter where you are on the spectrum, we are all members of the 188th family.

Now is the time for us to heed King David's words to stand still and know God is in control of our present and our future! The 188th is our home and we need to continue serving with pride. There will always be challenges; there will always be change and we will always be a family.

So, I invite you to be still and know that God is God, and that God is with us! Together we are on a spiritual journey. Today we are being called to dig deep to see what we are made of and how we will allow the core of who we are to lead us.

With every trial and change in my personal life and military career, I have been made stronger. I have developed a better character and grown in my personal faith. Today, I ask for the privilege to continue on a spiritual journey with you. I ask each one of you to be still, be faithful, and together let us see what God does in and through us as members of the 188th family. I look forward to our days and years ahead.

'Ask the commander' now available

Have a question or concern you would like addressed? Whether it's a quirky question about the history of the base, a simple inquiry about how certain processes are accomplished on base or a serious concern about an issue of importance to you, there's a new communication tool to help address those questions and concerns. It's called "Ask the Commander" and it's a way for 188th Airmen and their families to communicate with 188th leadership about issues that impact them individually as well as the wing. Individuals seeking information or to have their problems or issues addressed can e-mail 188fw.askthecommander@ang.af.mil. Leadership will do their best to address each issue in a timely manner. Answers to issues that have a basewide impact will be considered for publication in The Flying Razorback as well as the 188th Facebook page and Website.

Fitness is a lifestyle

By Senior Master Sgt. Sam Bond
188th Fighter Wing fitness program manager

In preparing to write this article for The Flying Razorback, I researched a wealth of information that dealt with improving fitness and health. The most important idea I gained from the research is that effectively reaching a higher fitness level requires a lifestyle change.

Just the term "lifestyle change" sounds scary. The thought of long-term, dedicated adherence to a goal that may inconvenience our eating habits and our limited physical activities is not comforting in the least. But starting down this road today will get you to your fitness goal tomorrow. What are you waiting for? The finish line is ahead. Let's get fit.

Exercise

There are as many exercise routines out there as there are people to do them. Finding the right exercise that fits your needs and your schedule should be the focus. The Air Force fitness test measures cardio endurance (run/walk), muscular strength (pushups and sit-ups), and abdominal circumference (waist measurement). Tailoring your exercise to meet these needs will help you be successful.

Squeezing these exercises into

your daily schedule is the second challenge. Identify time in your day - at least three times per week to exercise. Run in the morning, during lunch or after work. Do pushups and sit-ups during commercial breaks of the big game. The key is to make the time and persevere over the long haul. The truth is that achieving higher fitness results takes time and effort.

Diet

We are what we eat, and that's not just a cliché. Our culture has made it so convenient to go out and grab that fast meal that tastes great; however, it may not be in the best interest of our health. Because of the convenience, changing eating habits can be very challenging. It takes a conscious effort to decide what you will eat at each meal. It takes planning. It takes dedication. The choices we make when we eat really do matter.

A cinnamon roll from one national chain contains as much sugar as a 100 Grand chocolate bar plus nine Hershey's Kisses with almonds and 11 Pixy Stix! Skip the sugar-laden bun and avoid the horrific sugar crash that will surely follow after ingesting it.

For great diet and fitness resources, websites like Livestrong.com offer detailed diet and exercise routines that can help you reach your fitness goal.



Sexual Assault Awareness Month slated for April

Arkansas National Guard focused on awareness, prevention

By Capt. Marc P. Gerald
Arkansas National Guard

CAMP JOSEPH T. ROBINSON, Ark. — April is Sexual Assault Awareness Month in the Arkansas National Guard. This is the ninth April in a row that Arkansas and the entire Department of Defense have run a campaign to focus on awareness. The theme of this year's campaign is "We own it... We'll solve it... Together."

The Arkansas Guard leadership wants this motto to bring sexual assault prevention to mind when members see it.

According to the acting Under Secretary of Defense Jessica Wright, these are the three pillars of the campaign's theme: "We own it..." means senior leaders

must commit to accountability and discipline. "We'll solve it..." fellow service members must intervene and efforts toward prevention must grow stronger. "Together..." is the belief that all service members must be treated with dignity and respect by fellow service members.

In an effort to shed light on a problem that the military has had for some time, the Arkansas Guard is inviting everyone to watch a showing of "The Invisible War," the Academy Award nominated documentary on sexual assault in the military. The 188th Fighter Wing will have a showing for

leadership April 7 from 8-10 a.m. in the headquarters auditorium. The training will be followed by a question and answer session as well as a scenario analysis.

This documentary highlights Department of Defense reports that more than 19,000 sexual assaults occurred in 2010 alone. "The Invisible War" also says that sexual assault is the leading cause of PTSD

the Arkansas National Guard, has directed Elizabeth Bishop, sexual assault response coordinator for the Arkansas Guard, to facilitate four showings of the movie during April free of charge.

Along with the showing at the 188th for wing leadership, the State Sexual Assault Prevention and Response office is showing the movie at the following dates/

locations: April 3 and April 9: Jones Auditorium, Militia Hall on the campus of the Professional Education Center, Camp Joseph T. Robinson; April 7 at Chappell Armory, room 186, Camp Robinson; and April 25 at the Fort Chaffee Theater. All shows, with the exception of the 188th,

will start at 1 p.m.

The Camp Robinson and Fort Chaffee showings are open to service members and family members, however, the subject matter is graphic and may not be suitable for individuals under 17 years old.



Lieutenant Elle Helmer, U.S. Marine Corps, is a sexual assault victim whose story is featured in the documentary film The Invisible War. She is pictured visiting the Vietnam War Memorial in Washington, D.C. The Arkansas National Guard will have multiple viewings of the film during April, which is Sexual Assault Awareness Month DoD-wide. This film is a Cinedigm/Docurama Films release.

among women in the military.

The movie's director, Kirby Dick, believes that the military is capable of fixing the problem of sexual assault within its own ranks. Comparing the current struggle of dealing with high rates of sexual assault to that of conflicts over racism in the military during the 1960s and 1970s Dick says, "They were able to achieve that change within a decade. They could do the same thing with sexual assault..."

In a step to raise awareness and sensitivity to the issue within the organization, Maj. Gen. William D. Wofford, adjutant general of

188th Sexual Assault Prevention & Response Office

Sexual assault response coordinator
Maj. Heath Allen
479-573-5221

Victim advocates
Capt. Lance Griffith
479-573-5126
Tech Sgt. Michelle Malone
479-573-5302
Tech Sgt. Kelly Webb
479-573-5355

SAFE Helpline: 877-995-5247

Joint Force Headquarters SARC
Liz Bishop: 501-212-4099

Wofford and Bishop, along with State Command Sgt. Major Steven Veasey and State Command Chief Master Sgt. Asa Carter of the Air Guard, encourage every Guard member to see this documentary and learn the damage that this issue has on your fellow service members and the force.

Bishop, a veteran in the Sexual Assault Prevention field for almost 20 years sees an opportunity.

"I encourage anyone who hasn't yet seen the film to do so because it is up to us to recognize that this problem exists, here in Arkansas and throughout the country," she said. "We must ensure that every Soldier and Airman is allowed to work in a professional, threat free workplace."

188th Fighter Wing UTA news

Upcoming drills

May 11-12
June 1-2



UTA pay dates

May 15
June 12



188th Airman & Family Readiness attends state volunteer conference



Key volunteers from the 188th Fighter Wing's Airman and Family Readiness Office attended the state volunteer conference at Camp Robinson, March 8-10, 2013. (Courtesy photo)



Key volunteers from the 188th Fighter Wing's Airman and Family Readiness Office meet with Maj. Gen. William Wofford, adjutant general of the Arkansas National Guard, March 9, 2013. (Courtesy photo)

By Robin Cooper

188th Aircraft Maintenance Squadron key volunteer

Many of the 188th Fighter Wing Airmen and Family Readiness Office's key volunteers had the pleasure of attending the State Volunteer conference at Camp Robinson in North Little Rock, Ark., March 8-10, 2013. At the conference, volunteers had an opportunity to ask the Arkansas National Guard adjutant general, Maj. Gen. William Wofford, questions. Wofford said he supports family involvement and encouraged all volunteers to keep pressing forward.

At the conference, volunteers met new people and learned about great resources to assist families in our units as times are very hard right now. The key volunteers would like to encourage any unit member in need of assistance to let someone know about their situation. There are many different resources available. We are one big family; we can be your shoulder to lean on.

Public Affairs officer board

The 188th Fighter Wing will hold a selection board to hire an additional public affairs officer (35PX). This position is a traditional officer drill status Guardsman position and an 0-4 billet. Applicants must have qualifying Air Force Officer Qualification Test scores and have passing Air Force PT scores.

In addition, applicants must possess a bachelor's degree. Key responsibilities of the public affairs officer include, but are not limited to: Media and community relations representative; drafting press releases and speeches; conducting press conferences; writing articles and serving as an advisor to the commander.

Please contact Master Sgt. Craig Gardner, 188th Fighter Wing Recruiting Office, with questions concerning the application and selection process at 479-573-5147. A selection board will be scheduled at a later date. Packages must include an AF Form 24 and a current resume. To be considered for the upcoming selection board submit packages to 188th Recruiting no later than May 11, 2013.

Celebrating women in the 188th



Technical Sgt. Michelle Malone speaks to a women's organization in Fort Smith, Ark., March 18, 2013. Malone was part of a group of 188th Airmen speaking about opportunities for women in the 188th Fighter Wing. Malone shared her experiences from a 2012 deployment to Afghanistan. (Courtesy photo)



Lt. Gen. Stanley Clarke assumes helm as Air Guard director

By Sgt. 1st Class Jon Soucy
National Guard Bureau

JOINT BASE ANDREWS, Md. — Air Force Lt. Gen. Stanley E. Clarke III assumed the duties and responsibilities of director, Air National Guard in a ceremony here today at the Air National Guard Readiness Center.

Clarke took over as director from Air Force Lt. Gen. Harry “Bud” Wyatt, who retired.

A command pilot with more than 4000 hours—including more than 100 combat hours—in the A-10 Thunderbolt II and F-16 Fighting Falcon aircraft, Clarke assumed his current position after serving as commander of 1st Air Force and Continental U.S. North America Aerospace Defense Command.

“The opportunity to watch (Clarke) at 1st Air Force was tremendous for me to learn his great capabilities,” said Army Gen. Frank Grass, chief, National Guard Bureau, during the ceremony.

And because of his background, Clarke was uniquely positioned and had the right skill set to take on the duties of director, Grass said.

“An Alabama Air Guardsman who served as the assistant adjutant general for air, an A-10 and F-16 pilot who commanded a squadron, wing and expeditionary wing, all of that prepared him for this job and to represent everyone in this building and all those in the Air National Guard across the map in the 54 states, territories and the District of Columbia,” Grass said.

And Clarke has been busy as he settles into his new role.

“There’s a lot to learn,” said Clarke. “But, I’ve

hit the ground running and am drinking from the fire hose. I have already been on the Hill seven times and testified twice.”

However, he said his new role is a humbling one.

“This is quite an honor and I am humbled at the opportunity to serve (those in the Air Guard),” said Clarke.

And, as Clarke takes the reins as director, he said he sees tremendous opportunities despite recent budget cutbacks.

“I’ve arrived in a time of budget turmoil and uncertainty, but I view this as a time of opportunity as well,” he said, adding that his focus and commitment are clear.

“My commitment to the (Airmen) and the adjutants general is clear,” he said. “We will do everything within our authority to ensure our Airmen have clear policies, equipment, training and resources to accomplish assigned missions. We remain community based, team oriented and experienced.”

And Clarke is ready to face those challenges, said Grass.

“(He) has stepped up to the challenge,” said Grass. “And I can tell you I’ve already watched him as he’s taken on that challenge.”



Air Force Lt. Gen. Stanley E. Clarke III assumed responsibility as the 15th Director of the Air National Guard in a ceremony hosted by Army Gen. Frank J. Grass, Chief of the National Guard Bureau. Read Gen. Clarke’s letter to Airmen. (National Guard photo by Master Sgt. Marvin Preston)

AFSC Spotlight of the Month

1N1X1- Geospatial Intelligence Analyst

In the middle of the night on the other side of the world, a group of men are working near a road outside a village. One man seems to be patching a hole in the middle of the road, while another is walking away from the road dragging something behind. Little do they know that an American Airman is watching and recording their every move. “Possible roadside bomb being placed,” a geospatial intelligence analyst (GA) says. Suddenly two men approach with long cylindrical objects hanging from their shoulders. “Two military aged males approaching from the south, probable shoulder fired rockets... zoom in one,” the GA says as he begins to analyze the situation. An American Airman is tasked with analyzing the activity and communicating this in real time to the warfighter just a few miles away from the bomb.

As a 1N1X1, you are tasked with analyzing various forms of imagery from various sources. Examples include full-motion video (FMV), electro-optical (EO), and even synthetic

aperture radar (SAR). When exploiting FMV, you will fill multiple roles ranging from being the imagery mission supervisor, to the exploitation authority for the mission. It is the analyst’s job to make judgment calls based on training to determine a variety of different types of information. Your role is to support a warfighter in theater in real time with their mission requirements. The GA has some degree of control over managing the sensor in order to meet exploitation needs in accordance with the mission parameters. The analysis can range from searching for enemy activity to providing over watch for troops engaged with the enemy or a combat search and rescue (CSAR). Additionally, GAs are required to make imagery products that are used by the supported units in intelligence briefings and mission planning. It is an extremely important and relevant career that is directly tied in to the fight. Many sleep sound at night because of the work you do.

