



THE GUARDIAN

February 2013

A Publication of the Wyoming Air National Guard

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Capt. Rusty Ridley
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Tech. Sgt. Natalie Stanley
public affairs specialist

Staff Sgt. John Galvin
still photographer

Senior Airman Cherron Vaden
broadcast journalist

Airman 1st Class Nichole Grady
public affairs specialist

Airman 1st Class Griffith Sea
knowledge operations manager

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The Guardian is the unofficial newspaper published by the 153rd Airlift Wing Public Affairs Office for the members of the Wyoming Air National Guard. The opinions expressed herein do not necessarily represent those of the United States Air Force, the Wyoming Military Department or the Wyoming Air National Guard.

U.S. Air Force photo by Staff Sgt. Stephany D. Richards



Staff Sgt. Jeffrey J. Jackson of the 153rd Force Support Squadron from the Wyoming Air National Guard, secures the tent walls of a deployable special kitchen for rapid food service to Airmen during an Operational Readiness Exercise at the Mississippi Air National Guard's Combat Readiness Training Center Gulfport in Gulfport, Miss., Jan. 15. (U.S. Air Force Photo by Tech. Sgt. Bryan G. Stevens/Released.)

Commander's Corner



Col. Gerald Champlin
commander,
153rd Operations Group

“Whatever your resolutions are for 2013, don't give up on yourself.

You can do it.”

Col. Gerald Champlin

Congratulations! We did it! The January Operational Readiness Inspection is over. It was probably ugly, frustrating, confusing, and we still have tons of work to do prior to April's ORE. We deployed 127 people, plus exercise evaluation team members, and launched four aircraft in the worst weather I have seen in 15 years. Temperatures ranged from minus 11 to minus 15 throughout the night with the wind chill down to minus 37 at times. A SUPER big “Thanks!” to everybody for an outstanding job! Remember this amazing feat when all of us tackle the EET write-ups and after action reports to aggressively solve issues to prepare us for the operational readiness inspection, which is only four UTAs away. Wow!

OK, on with the topic of the month.

February is normally the time when most people give up on their New Year's resolutions. One example would be that January is the busiest month for gym memberships, where it's very difficult to get on any of the equipment. This is followed by February where the regulars almost have the gym to themselves. Personally, I like New Year's resolutions because they help me focus on goals to attain for the year. For example, I have never been able to complete the Copper Triangle. I am not sure I will be able to do it this year either, but I

will keep trying. The more common resolutions, however, are to lose weight, eat healthier, exercise, get in shape for half marathons, be a better husband, be a better wife, and try to have a better understanding of the kids, or, most importantly, a better understanding of your 153rd Operations Group Commander. Whatever your resolutions are for 2013, don't give up on yourself. You can do it. But if you have not started your list yet, or have room to add to it, I would like to suggest the following:

1. **Get Fit for Life.** Take a good honest look at yourself and answer some hard questions. Yes, I understand that round is a shape (if you're a tire). We have an excellent gym, newly remodeled, that is filled with friendly people, just like you, who work out daily to stay fit. All you need to do is walk in and be a part of a new lifestyle.

2. **Be an active listener.** I just heard on the news last week that suicides in the military exceeded the number of combat related deaths last year. If you looked at a group of people, could you pick out the person who would commit suicide? I would suggest that the answer to that is no. The only way you are ever going to be a part of the prevention solution is to be an active listener. You have to establish open

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SNAP
SHOT

243rd ATC More than Controllers

Story by Airman 1st Class Nichole Grady
public affairs specialist

Photos by Tech. Sgt. Natalie Stanley
public affairs specialist



Air traffic control isn't for the faint of heart. But for the Airmen of the 243rd Air Traffic Control Squadron, keeping an eye on the sky isn't just a job, it's a passion.

"Folks that do this job have to have a passion about it," said Maj. Pedro Rampolla, chief of Air Traffic Control Operations. "If it's a bad stress you probably don't want to do this job."

Tasked with enormous responsibilities, some might buckle under pressure, but the challenge and love for the job drives these Airmen to be the best.

"It's exciting when you have a lot of airplanes," said Rampolla. "Will it get stressful while you're doing that? Yeah, but it's that high of getting to do your job."

To become a member of the 243rd ATC is a long and stressful process. Unlike many career fields, technical training does not guarantee a career in air traffic control. The 72-day course is merely the beginning of lengthy training, said Rampolla.

Airmen typically must complete 6-12 months of on the job training at their home base. During that time trainees are still at risk of washing out of the air traffic control program.

"Tech school is more of a test to see if you have necessary skills," said 1st Lt. Andrew Korsgarden, chief of Air Traffic Control Operations. "It teaches trainees the basics of air traffic control in a simulated environment."

After initial training, Airmen are certified to meet Federal Aviation Administration standards. To retain their skill set, air traffic controllers must train and perform duties often, said Rampolla. As a result many traditional guardsmen also work as civilian air traffic controllers.

"Very rarely do you get the school teacher that wants to be an air traffic controller on the weekend," said Rampolla. "Most of our folks do the job, they like doing the job and that becomes what they want to do on the outside."

The mission of the Wyoming Air National Guard ATC squadron is unique; being only one of 10 squadrons in the nation to support air traffic control facilities, in addition to maintaining a vital role deploying personnel and equipment worldwide.

"Our controllers aren't strictly operators, they're part of the whole mobility mission," said Rampolla. "They're out with their

hard hats helping set up the equipment."

A unique and vital part of the Fuard air traffic control mission includes establishing bare bases in locations without existing air traffic control facilities. By providing the essential facilities and equipment necessary, guardsmen ensure operational capabilities for their fellow active duty air traffic controllers.

"If a bare base needs to be set up they'll pull from the Guard units," said Korsgarden. "Our mission is more of the setup, to get the base going and provide world wide deployment to bare base operations, active duty doesn't really have that."

Upon arriving in a deployed environment, the ATC Airmen must be able to set up an operating mobile control tower within 90 minutes.

"We bring a lot more to the mission," said Rampolla.

With so many job requirements the ATC Airmen continually train to stay current on all areas of their unique job.

The passion and dedication of the Airmen of WyANG ATC squadron is evident in their commitment to bring the best the Guard has to offer to the skies both here and abroad. 🇺🇸



Tech. Sgt. Heather Williams and Senior Airman Ty Davis, 243rd Air Traffic Control Squadron, provide radar services for the local area, at the Cheyenne Regional Airport, January 9, 2013.



Airmen of the 243rd Air Traffic Control Squadron build deployment pallets in support of operational readiness exercises at the Wyoming Air National Guard, January 6, 2013.



Senior Airman Eric Henning, 243rd Air Traffic Control Squadron, sets up the tactical air navigation aide January 6, 2013.

Vitamins, Vitamins, Vitamins...

By Sarah Pflugradt, RD, LD

Your physical fit test date is approaching and this time you are determined to get a 100 percent. It is time to whip that tired, post holiday body back into shape. You run to the nearest health food store and check out the vast array of supplements that all promise to transform your body into a lean, mean, PT machine. Stop. Clean up your diet. Get on the treadmill. And be aware of the vitamins that every athlete (yes, that's you) needs.

Thiamine: Helps break down carbohydrates and protein for energy. Good sources include whole grains and enriched cereals/grains.

Riboflavin: Aids in energy production and the formation of red blood cells (RBC). Good sources include almonds, milk, yogurt, enriched breads/cereals.

Niacin: Supports aerobic and anaerobic performance. Good sources include meat, fish, poultry, peanuts, enriched grains.

Vitamin B6: Aids in the production of energy and hemoglobin. Good sources include meat, fish, poultry, eggs, beans, whole grains, seeds, oysters.

Vitamin B12: Essential in RBC

formation and getting oxygen to tissues. Good sources include seafood, meat, eggs, cheese, milk, fortified foods.

Vitamin C: Aids in collagen formation and protects the body from bruising. Also aids in the absorption of iron and folate. Good sources include citrus fruits, strawberries, tomatoes.

Pantothenic acid: Breaks down carbohydrates, fats, and proteins into usable energy. Good sources include poultry, seafood, nuts, avocados, whole grains.

Vitamin D: Essential for bone health in weight sensitive exercising such as running and cycling. Good food sources include fortified milks and cereals, cod liver oil, seafood, and eggs. The body also makes its own Vitamin D through sun exposure.

The Daily Recommended Intake (DRI) of each of the vitamins is sufficient for athletes. Taking more than the DRI has not been shown to enhance performance. Keep your body at its best by getting your vitamins from your diet in the natural form. Whole grains, fruits, vegetables, and lean proteins will ensure that you have enough vitamins essential for physical activity. Your body is a machine, fuel it correctly!

CC continued...

communication within your work place and don't be afraid to listen. We need to be knowledgeable, aggressive, and unafraid to become involved.

3. Enforce zero tolerance. Take the same group of people from above and ask yourself if you could pick out the person who would commit sexual assault? Again I would suggest that the answer is no. Open communication is a start, but again, you have to be an active listener, knowledgeable, and ready to act. Inappropriate pictures, language, remarks, touching behavior, etc., have no place in a professional work place and we all should not tolerate it. We need to establish a safe environment where all members are allowed to pursue their dreams.

As a final thought, remember that Valentine's Day is also in February. I would suggest that nothing says love more than a 30-day trial membership to a fitness center. This would show you care about that special someone and you want to help them get started on Fit for Life. That is true love! On second thought, a diamond (or power tool) might be safer?

WWJL: What would Jesus Lift?

By Chaplain (Capt.) Eli Dowell
153rd Airlift Wing chaplain

"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross..."
(Hebrews 12:1-2 ESV).

I'll admit it: I hate running. I find no pleasure in it. I'm not good at it. I run for two reasons: first, the ANG has issued a direct order to run. Second, after putting on my uniform for the first time after the holiday eating binge I am reminded that I need to run. Therefore, I regularly go with a friend a local gym and do my due diligence, like it or not.

People's behavior at the gym reveals a fascinating human trait, at least when it comes to us men. Men would rather add bulk than reduce flab. Case in point, the bench press is consistently surrounded by men with large pectorals and large waistlines, while the treadmills are readily available. Why? Weights are easier. Both exercises hurt, but the pain on the bench lasts as long as you are willing to run. Yet, we all know, the benefits of the bench press are fleeting while the treadmill may literally save your life.

The same truth can be seen in our accumulation of stuff. Not a one of us likes clutter, yet it is so much easier to buy something than part with something. Every trip to the attic sends us into a tirade of griping about our stuff. Every trip to Walmart adds to the pile.

Both examples of human complexity illustrate a single spiritual truth: we clutter better than we purge. The Christian life is a marathon designed by its Founder to be run with endurance. So, the writer of Hebrews says, "lay aside every weight and sin." Excess clothing or Christmas cookies, however you want to interpret it, extra stuff slows us down. So,

the author says, shed it. In both the spiritual and tangible realms the benefits of leanness are equal to the difficulty in attaining it. We find it easier to attend Bible studies and listen to radio preachers than we do shedding the weight of sin that "clings so closely." The pain of the bench press is over much more quickly than the pain of the treadmill. Plus, the bragging rights are simpler when you can say "look at all the studies I've done," vs. "I'm waging war against lust, or greed, or anger."

True enough, runners understand the value of weight training. Good strength is necessary for a good run. But to a runner the goal is not the number of plates on the bar. The weight is but a tool in the pursuit of victory. Likewise, Bible studies, radio preachers, Christian music - the "bulking up" of the Christian life can be useful, but let us not confuse it for the finish line. Get on the treadmill. Slim down your spirit by running off the sins that make you sluggish in your daily marathon with Jesus.

How? Hebrews 12:2. "Keep your meditation on Him, and Him alone..." - the One who endured the constant pain of a marathon to run all the way to the cross. And, most importantly, don't miss that little word, "joy." Any runner will tell you it is worth the pain. Jesus saw the joy in the cross because in it was both His victory and ours. The prize has already been won. The Victor invites you to join Him in the daily run. You know what it is that holds you back. What spiritual weight of sin are you willing to shed in order to keep pace with Jesus on the track?

Cupcake of Appreciation for only \$3

Let your supervisors, Airmen or anyone in the Wyoming Guard and Air Force family know you are thinking of them this Valentine's Day. Purchase a cupcake during February drill from your fellow Rising Six members during lunch at the dining facility.

Date: Feb. 2-3

Time: 1030-1230

Cupcake of Appreciation:
includes personalized greeting
and cupcake.

The Rising Six

For more information or to order ahead please contact:

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| <i>AFSC</i> | <i>Job Title</i> | <i>Closing Date</i> |
|-------------|--|---------------------|
| 4N071 | Aeromedical Service Craftsman (MSgt) | 6 February 2013 |
| 8F000 | 153 Airlift Wing First Sgt (SMSgt) | 6 February 2013 |
| 8F000 | Mission Support Group First Sgt (MSgt) | 6 February 2013 |
| 8F000 | Air Traffic Control First Sgt (MSgt) | 6 February 2013 |
| 92T1/12M3B | Undergraduate Navigator Trainee (C-130) | 15 February 2013 |
| 51JX | WyMD Joint Staff Judge Advocate General | 18 February 2013 |
| 3E7X1 | Fire Department, Assistant Chief of Operations | 3 March 2013 |
| 4A0X1 | Medical Admin Journeyman | 6 March 2013 |
| 44M3 | Internist | Open Until Filled |
| 48R3 | Residency Trained Flight Surgeon | Open Until Filled |
| 48R3 | General Medical Officer | Open Until Filled |
| 3M071 | Services Craftsman | Open Until Filled |
| 3S071 | Personnel | Open Until Filled |

please visit link for detailed jobs listing

<http://wymilitary.wyo.gov>

All applications must be submitted by the closing date listed on the advertisement to

Master Sgt. Denise Hondel

153 AW/FSS • 217 Dell Range Blvd. • Cheyenne, WY 82009-3320

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This applies to ALL vacancies within the Wyoming Military Department.

Job announcements must be sent directly to FSS, not to the Public Affairs Office. The format must include, Position Title, Grade, Officer/Enlisted (both), other special qualifications. The requested announcement may be sent to Master Sgt. Denise Hondel or Tech. Sgt. Victoria Lopez for submission. Questions on posting job announcements may be directed to Master Sgt. Denise Hondel.

We Salute

Promotions

Senior Airman Lauren Jimenez
Senior Airman Justin Young
Staff Sgt. Mark Clark
Staff Sgt. Molly Farrand
Staff Sgt. Jacob Lloyd
Staff Sgt. Daphne Ma
Staff Sgt. Austin Sanford
Tech. Sgt. Misty McMullen
Tech. Sgt. David Sutter
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Master Sgt. Randy Patrick
Master Sgt. Larry Quinn
Master Sgt. Gary Warren
Master Sgt. Jennifer Yack

Retirements

Chief Master Sgt. Nancy Breckenridge
Chief Master Sgt. Kristin Maurer
Tech. Sgt. Robert Carlson
Tech. Sgt. Erin Shaffer

Newcomers

Airman 1st Class Carlie Dickson
Senior Airman Jennifer Jensen
Senior Airman Rachael Martel
Senior Airman Priscilla Ramirez
Staff Sgt. Christopher Rojo
Master Sgt. Rosa-Lee Hartzell
Andrew Bonfield
Carson Evans
Alejandro Gonzalez
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