



# FALCON'S VIEW

183rd Fighter Wing

Illinois Air National Guard, Springfield, Ill.

February 2012, Vol. XII, No. 2

## Our Hometown Heroes recognized

by Maj. Nancie Margetis  
183rd FW Public Affairs

During January's unit training assembly, here at the 183rd, unit members gathered in the base auditorium to recognize fellow guardsmen for their commitment to the Air National Guard through the Hometown Heroes Salute Campaign.

The campaign recognizes those eligible Airmen who deployed for more than 30 consecutive days for operations Noble Eagle, Enduring Freedom and Iraqi Freedom, Hurricane Katrina and "all other contingency operations." Since the program's inception in 2009, the first phase of the campaign recognized every eligible Airman since Sept. 11, 2001. They received a rosewood encased letter of appreciation from the Air Guard director and command chief, enclosed with a commemorative coin. Our unit's first Hometown Heroes Salute took place in November 2009, where we honored hundreds of unit members.

A complete, three-tiered recognition system started in 2010. In addition to a letter signed by the current Air Guard director and command chief, a framed American flag with inset coins for succeeding deployments of 180-365 consecutive days, and an eagle statuette with inset coins for deployments more than 366 consecutive days will be presented to members meeting the criteria.

The letter of appreciation reads, "This letter of appreciation is presented to a true American hero in



Airman 1st Class Michael D. Alger, from the 217th EIS, receives his Hometown Heroes Salute framed American flag with inset commemorative coins from Wing Commander Col. Michael Meyer. Photo by Staff Sgt. Shelly Stark

recognition for your service and sacrifice in the cause of freedom. Your service will never be forgotten."

The Hometown Heroes Salute coin mounted on the award is not the two-sided coin we are all used to. The coin was designed with input from several of our Air National Guard units and features the American flag, the Minuteman, the Airman's Creed and the quote from President George W. Bush following the events of Sept. 11, 2001, "America will never forget."

The program also thanks families, communities and employers. Spouses will receive a Hometown Heroes Salute-engraved pen and pencil set, and their children

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## Important Information

### Unit Training Assembly Schedule and pay dates



<u>Duty Performed</u>	<u>Pays out (approx.)</u>
FEB 11-12	FEB 22
MAR 2-4	MAR 14
APR 14-15	APR 25

**PLEASE NOTE:** Duty hours for each UTA/SUTA will be 0800-1200 and 1300-1700 unless otherwise scheduled in advance. Mark your calendar! For more pay information, see the DFAS website at <http://www.dfas.mil/index.htm>. Pay information is under the Money Matters heading.

### "Like" us on Facebook

#### The 183rd Fighter Wing is now on Facebook!

We will use this page to bring you news-worthy topics related to the 183rd as well as disseminate other information that may be relevant to drill, weather, etc. When you search for our page look for the photo below as the profile picture. This is the official page established here by the unit. If you find the page that has the wing crest as the profile picture, you have found a 183rd page that has been launched by Wikipedia, and is not the official page. Please direct your questions or comments to the Public Affairs office by email:



183fw.pa@ang.af.mil

### Attention!

The deadline for the March issue of the Falcon's View is, 1200 hrs. February 11!



### February Lunch Menu

*\*Menu subject to change*

#### Saturday:

Chicken Teriyaki, Lemon Fish, Butter Parsley Potatoes, Wild Rice, Mixed Vegetables, Squash, Salad Bar, and Lemon Cake

**Snack line:** Chili Dogs, French Fries, Wings

#### Sunday:

Chicken ala-King, Cajun Fish, Rice Pilaf, Chicken Gravy, Mashed Potatoes, Broccoli, Corn, Salad Bar, Chocolate Cake

**Snack line:** Chili Dogs, French Fries, Wings

**NOTE:** No short order menu will be available Saturday or Sunday.

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# Are you ready for promotion?

by Chief Master Sgt. John A. Jordan  
Command Chief Master Sgt.

Have you ever wondered “What will it take to get my next promotion?” Let me tell you where to find the answers. It is not as simple as just showing up to work on time. There are a whole host of qualifying and disqualifying factors that your supervisor and commander must consider.

ANGI 36-2502 “Promotion of Airmen” outlines the requirements for promotion. Table 2.1 lists the eligibility factors of skill level, Time in Service, Time in Grade, Professional Military Education (PME) and Retainability requirements. Table 1.1 lists the ineligibility factors – and there are 25 listed from security clearance issues to unexcused absences. Some of the criteria for promotion are out of your control such as a valid position on the unit manning document or if you are in an excess or over-grade status; however, there are some things you can control.

The two most obvious items under your control are completing PME and having a passing fitness test. Not only will completing your PME early make you a better Airman, it will also ensure you are eligible for your next promotion. In residence courses can take up to a year to schedule and correspondence courses cannot be completed overnight either. Unless you are among the lucky few who can pass



their fit test without any effort, you will have to do what I do– work out. Once you have met your requirements you will need to be recommended for promotion.

The Adjutant General has the ultimate authority for promoting Airmen within the state of Illinois and can delegate that authority to the Assistant Adjutant General (A-TAG) for Air. Promotion to the grades of master sergeant, senior master sergeant and chief master sergeant must be done at this level. Promotions through the grade of technical sergeant can be delegated to wing commanders. Having said all of that, they rely on supervisors and squadron commanders to recommend eligible airmen for promotion.

ANGI 36-2502 states, “The fact a member meets each of the eligibility criteria does not automatically guarantee promotion to the next higher grade. Meeting minimum eligibility criteria only indicates a member can be considered eligible for promotion.” It is

all about your potential to serve in the next grade and that is what your supervisor will be evaluating. Are you the most qualified for the position? Do you have the technical or supervisory skills needed for the next level? And my question to you, “Are you ready to meet the promotion board?”

Most squadrons have some type of board or interview to assess eligibility for promotion through the grade of Tech. Sgt. For Master Sgt. you must meet the wing promotion board and for Senior Master Sgt. and Chief Master Sgt. you must meet the wing board as well as a State board. Some squadrons even pre-board their Airmen before sending them to the wing board. The questions asked at the boards are not meant to fool you or be impossible to pass. For the most part they are basic military questions related to the enlisted force structure and your responsibilities. Some questions may test your knowledge of current events and how they relate to the 183rd. For example: “Does the recent enlisted grades review have an impact in your area?” A board preparation guide has been posted to the wing’s Community of Practice (CoP) for your use.

Eligibility requirements are always subject to change. In fact, in the very near future, possessing a CCAF degree will be required for promotion to Senior Master Sgt. and Chief Master Sgt. Until that time, use the current ANGI. When you are prepared for the next grade, I will be happy to see you at the promotion board.

### National Guard's senior officer elevated to Joint Chiefs of Staff

by Army National Guard Staff Sgt. Jim Greenhill  
National Guard Bureau

1/3/2012 - WASHINGTON (AFNS) -- The chief of the National Guard Bureau is a statutory member of the Joint Chiefs of Staff.

With the stroke of a pen, the same month the nation's oldest military institution celebrated its 375th birthday, President Barack Obama signed legislation that includes a provision adding the CNGB to the Joint Chiefs on Dec. 31, 2011.

The provision -- part of the fiscal year 2012 National Defense Authorization Act -- ushers in a change some National Guard historians have called the most significant development since the Militia Act of 1903 codified the modern day dual-status structure of the Guard.

"We are grateful for the efforts the executive and legislative bodies have gone to in placing the chief

of the National Guard Bureau on the Joint Chiefs of Staff," said Air Force Gen. Craig McKinley, the chief of the National Guard Bureau.

"We look forward to working alongside the other Joint Chiefs to provide our nation's senior leaders with a fuller picture of the non-federalized National Guard as it serves in support of homeland defense and civil support missions," McKinley said.

The provision is part of an annual federal law that has for the last half-century specified the Defense Department budget.

The 2012 NDAA authorizes \$670 billion in spending for Defense Department programs and Energy Department nuclear weapons programs.

Other provisions of the bill that affect the National Guard include re-establishing the position of vice-chief of the National Guard Bureau at the three-star level while rescinding the two-star position of director of the NGB's joint staff.

The bill also requires that National Guard general officers be considered for command of Army North and Air Force North and authorizes funding for the National Guard State Partnership Program.

## Illinois National Guard News

### Cobetto appointed new Assistant Adjutant General - Air

by IL National Guard Public Affairs

(12/22/2011) SPRINGFIELD, IL-- Gov. Pat Quinn and Maj. Gen. William L. Enyart, Adjutant General of the Illinois National Guard, announced late December the appointment of Col. William Cobetto, of Hillsboro, as the Assistant Adjutant General - Air.

As the Illinois National Guard's Assistant Adjutant General- Air, Cobetto is responsible for the command, control and operations of plans and programs affecting more than 3,000 Illinois Air National Guard Airmen located at Scott Air Force Base, Peoria and Springfield. His broad range of responsibilities includes ensuring combat readiness and mission capability of the three air wings and operations

units and five mission support units. Cobetto also supervises a full-time force of more than 900 federal and state employees.

Cobetto is currently the acting Assistant Adjutant General - Air and Director of Staff, Illinois Air National Guard, at Camp Lincoln in Springfield.

Cobetto received his commission in 1985 from the Academy of Military Science, Knoxville, Tenn. During his career he has served in several key positions including the 183rd Fighter Wing Mission Support Group Commander and the 183rd Fighter Wing Comptroller. Additionally, Cobetto mobilized in 2003 and served at the Pentagon assisting the Air Force Crisis Action Team and the Secretary of the Air Force Financial Management.

Cobetto replaces Brig. Gen. James Schroeder, who served in the position until April 2011. The Change of Command ceremony will take place in the future.

## Hometown Heroes cont.

*Cont. from Pg 1*

will receive a set of personalized dog tags. Airmen can also decide on a “center of influence” in their community and present that person or organization with a special medallion of appreciation.

Colonel Michael Meyer, commander of the 183rd Fighter Wing, presented unit members with their Hometown Heroes Salute recognition.

“I was both honored and proud to be able to recognize our valiant Airmen for their recent deployments. It is especially heart-warming to recognize our airmen in front of their family and friends. Getting to thank their family and friends for their support of these dedicated airmen is an honor,” he said.

According to Chief Master Sgt. John Jordan, 183rd

FW Command Chief Master Sgt., the unit has presented 540 awards to date. Even though the inception was 2009, our first ceremony recognized everyone that had deployed since Sept. 11, 2001.

“This is an NGB funded program that allows us to publicly recognize our airmen and their families for the contributions they have made for our nation. I have a lot of pride in the number of awards we present and the fact that members of the 183rd are so willing to step forward and serve their country every chance they get,” the Chief commented regarding the ceremony.

Although Airmen can earn all three awards, they cannot receive an award more than once. A complete list of Hometown Hero Salute recipients are listed below.

### Tier One

Lt. Col. Jon D. Brown	183rd AOG
Capt. Jennifer A. Stoner	183rd MDG
Capt. Gregory G. White	183rd AOG
1st Lt. Stacey A. Rieger	183rd AOG
Chief Master Sgt. Lynn E. Friday	183rd AOG
Staff Sgt. Steven D. Martin	183rd FW
Senior Airman Amanda K. Rhodes	183rd FSS

### Tier Two

Lt. Col. Richard L. Cline	183rd AOG
Lt. Col. James R. Loux	217th EIS
Maj. Eric H. Dolan	183rd AOG
Maj. William R. Jr. Dolosic	217th EIS
Maj. Thomas R. Lindstrom	183rd AOG
Capt. Jennifer A. Stoner	183rd MDG
Capt. Christopher G. Treff	217th EIS
Chief Master Sgt. Francis J. Melchert	217th EIS
Chief Master Sgt. James D. Pearson	217th EIS
Senior Master Sgt. Kevin M. Keyfauber	217th EIS
Senior Master Sgt. Rudolf C. Stonitsch	217th EIS
Senior Master Sgt. James B. Wynn	217th EIS
Master Sgt. Thomas J. Baim	217th EIS
Master Sgt. William A. Barnes	217th EIS
Master Sgt. Michael L. Brennecke	217th EIS
Master Sgt. Mark D. Griffin	217th EIS
Master Sgt. James W. Iau	183rd FW
Master Sgt. Clint M. Lessman	217th EIS
Master Sgt. Stephen L. Martin	217th EIS
Master Sgt. Lynette S. Mellor	217th EIS

Master Sgt. Cory J. Moore	217th EIS
Master Sgt. John Paul D. Parks	217th EIS
Master Sgt. Scott H. Reynolds	217th EIS
Master Sgt. Nicolas Sanchez	217th EIS
Master Sgt. Ronald A. Thrall	217th EIS
Technical Sgt. Adam R. Barton	217th EIS
Technical Sgt. Cathia R. Devore	217th EIS
Technical Sgt. Bobbie J. Lee	217th EIS
Technical Sgt. Norman D. Martin Jr.	217th EIS
Technical Sgt. James S. Reek	217th EIS
Technical Sgt. Samuel S. Reeley	217th EIS
Technical Sgt. Michael J. Silius	217th EIS
Technical Sgt. Dane Z. Smith	217th EIS
Technical Sgt. Andrew L. Webb	217th EIS
Staff Sgt. Matthew L. Bandy	217th EIS
Staff Sgt. Marco A. Barboza	217th EIS
Staff Sgt. Curtis R. Cave	217th EIS
Staff Sgt. Bradley D. Ellis	183rd AOG
Staff Sgt. Joshua W. Hamm	217th EIS
Staff Sgt. Patrick D. Hickman	217th EIS
Staff Sgt. Floyd L. Hill Jr.	217th EIS
Staff Sgt. Aaron O. Johnston	217th EIS
Staff Sgt. Michael S. Mondia	217th EIS
Staff Sgt. Ryan C. Propst	217th EIS
Staff Sgt. Darreyl L. Walker	217th EIS
Staff Sgt. Stephen K. Woods	217th EIS
Senior Airman Darrin C. Kesler	HQ IL
Senior Airman Patrick V. Moreth	217th EIS
Senior Airman Lucas A. Phillips	217th EIS
Airman 1st Class Michael D. Alger	217th EIS

# Holiday Party 2012



## Announcements

### Promotions

#### Colonel

James J. Moy

#### Senior Master Sergeant

William B. Casson

Erik R. Lane

#### Technical Sergeant

Jacob M. Boehm

Daniel S. Whitlow

#### Staff Sergeant

Trenton B. Franklin

Patrick V. Moreth

Christopher D. Pugh

Luke T. Seymour

#### Senior Airman

Aaron T. Lawler

# Congratulations!

### Welcome Aboard

Lt. Col. Scott S. Selzer

Airman 1st Class Jessie J. Claudio

Airman Cody M. Wilson

183rd ACOS

217th EIS

183rd SFS

### Retirees

Chief Master Sgt. Daniel E. Spann 183rd CE

Dec. 4, 2011

Tech. Sgt. John R. Thomas 183rd SFS

Dec. 31, 2011

## Retiree News

**Breakfast Gathering:** Retirees gather on the first Tuesday of each month to share breakfast and talk about the good ole days. Join them at King Pin Lanes, on the corner of Sangamon Ave. and Dirksen Parkway, Tuesday, Feb. 7th. They say they meet at 8 a.m. but if you're not there by 7:30, the early birds have taken the good seats!



## In the Spotlight



**Who:** Master Sgt. Michael Brennecke

**What:** Project Engineer

**When:** 218th Engineering Installation Squadron (EIS)- August 1994, 217th EIS - August 2007

**Why:** Primarily for the travel

**Civilian Employment:** Network Engineer for AT&T; designs fiber optic cables and equipment.

**Civilian/Military Correlation:** There is a direct correlation between both jobs. I actually was able to get my job at AT&T because of my experience with the Guard and then was able to get a promotion in the Guard because of my experience with AT&T.

**Recent/Favorite Deployment:** My most recent deployment was to Afghanistan. While there, I remotely ran the Boston Marathon with 270 other people on base. We ran the perimeter three times to complete the marathon distance. It was the first marathon I had ever ran, and I completed it in 4:29. I felt great about that because I had just eight weeks to train. To avoid the on base traffic we started at 3 a.m. It was really neat to be a part of. We even received the Boston Marathon t-shirt and medal.

**Additional Comment/Suggestions:** I have been very fortunate to travel a lot during my time in the Guard. I have been to Greece (which was the most beautiful and had the best food), Italy, Germany, Spain, Korea (which also had great food), Saudi Arabia, Kuwait, Qatar, and numerous locations across the U.S.

### Home Computer and Network Security

*Submitted by Capt Shawn D. Strahle  
183rd Communications Sq. Commander*

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It is almost every day that you read about a computer system being exploited and the data that it is supposed to be protecting is compromised. This not only happens at the corporate and government level, but daily personal home computer systems, networks and smart phone devices. Most of us do have Personally Identifiable Information (PII) on our home computers and smart mobile devices such as tax and banking documents. There are a few easy steps that you can take to keep the bad guys out of your home computer and network.

Recognizing that computer/network security as an important part of our daily lives now, will also help keep our military networks more secure. The Air Force offers the Symantec Endpoint Protection antivirus software as a free home use download from the Portal. Microsoft Security Essentials is another free and effective antivirus and spyware protection software. Spybot Search and Destroy is a great program for removing malicious software your antivirus software misses; it also helps protect your internet browsers by blocking known infected websites. The following are a few highly recommended best practices from the National Security Agency (NSA).

**Keep Your Operating System (OS) Patched.** No matter which operation system you run, keeping it patched with the latest security updates is critical. When security patches are released, it is to correct

vulnerabilities in the operating system that may be exploited by an attacker. The second Tuesday of each month is Microsoft's "Patch Tuesday" when they release the monthly updates. Microsoft will also release security patches any time a critical flaw has been found and the fix had been developed. Keep your OS update notification turned on to let you know when new updates are available.

**Install a Comprehensive Host-Based Security Suite (Antivirus and Spyware).** A comprehensive host-based security suite provides support for anti-virus, anti-phishing, safe browsing, Host-based Intrusion Prevention System (HIPS), and firewall capabilities. These services work collaboratively to provide a layered defense against most common threats. Several security suites today provide access to a cloud-based reputation service for leveraging corporate knowledge and history of malware and domains. Remember to enable any automated update service within the suite to keep signatures up-to-date.

**Limit Use of the Administrator Account.** The first account that is typically created when configuring a Windows host for the first time is the local administrator account. A non-privileged "user" account should be created and used for the bulk of activities conducted on the host to include web browsing, email access, and document creation/editing. The privileged administrator account should only be used to install updates or software, and reconfigure the host as needed. Browsing the web or reading email as an administrator provides an effective means for an adversary to gain persistence on your host. Within Vista or Windows 7, administrative credentials can be easily accessed

by right clicking on any application, selecting the "Run as Administrator" option, then providing the appropriate administrator password. Furthermore, all passwords associated with accounts on the host should be at least 10 characters long and be complex (include upper case, lower case, numbers, special characters).

**Implement Full Disk Encryption (FDE) on Laptops.** Windows 7 Ultimate as well as Vista Enterprise and Ultimate provide support for Bitlocker Full Disk Encryption (FDE) natively within the OS. For other versions of Windows, third party FDE products are available that will help prevent data disclosure in the event a laptop is lost or stolen.

**Implement WPA2 on Wireless Network.** The wireless network should be protected using Wi-Fi Protected Access 2 (WPA2) instead of WEP (Wired Equivalent Privacy). Using current technology, WEP encryption can be broken in minutes (if not seconds) by an attacker, which afterwards allows the attacker to view all traffic passed on the wireless network. It is important to note that older client systems and access points may not support WPA2 and will require a software or hardware upgrade. When researching for suitable replacement devices, ensure the device is WPA2-Personal certified.

**Implement Strong Passwords on all Network Devices.** In addition to a strong and complex password on the wireless access point, a strong password needs to be implemented on any network device that can be managed via a web interface. For instance, many network printers on the market today can be managed via a web interface to configure services, determine job status, and enable features such as email alerts and logging.



## Chaplains Corner

### Resolving to become totally fit

by 1st Lt. Jon Bormann  
183rd FW Chaplain

Only 30% of the population planned on making New Year's resolutions this year. Experience has taught most of us that no matter the resolution, it will most likely not be carried through for very long.

However, it is essential that no matter when we begin, we need to be focused on our "total fitness." Hopefully you have already been focused on your overall fitness in the past or at the beginning of the year.

But even if you did not make a resolution, there is no reason not to start focusing on our total fitness in all four of its dimensions: physical, emotional, mental, and spiritual.

When it comes to total fitness, we are all familiar with worrying about our physical health. We should know by now that it is essential to our wellbeing to get plenty of rest, eat healthy, and exercise regularly. More than passing a physical test, physical health affects our everyday enjoyment of life.

It is of utmost importance, with all the stresses and strains that come our way, to have good social health. Take time to cultivate healthy relationships with family and friends and be with those per-



sons who can be there to support you in the midst of life's difficulties.

The next aspect of total health is our mental and emotional health. Have you read a book lately or focused on developing a skill that enhances your intellectually capabilities in your career field? Take time to develop yourself mentally.

Another aspect of mental health is emotional health; developing coping skills, setting goals and taking time to recharge.

Lastly, develop your spiritual health. Read the sacred texts of your faith tradition. Take part in worship experiences. Discover what spiritual practices speak to your inner most reality. Finally, find mentors who can assist you in the journey of spiritual and/or faith development.

Creating a balance in all these aspects of total fitness will prepare you to be your individual best as well as enhance your military readiness.

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### RELIGIOUS SERVICES

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Saturday 1600

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## New law eases airport screening for troops, families

by *Elaine Sanchez*  
*American Forces Press Service*

1/4/2012 - WASHINGTON (AFNS) -- President Barack Obama signed a bill into law Jan. 3 to streamline airport screening procedures for service members and their families traveling on official orders.

The Risk-based Security Screening for Members of the Armed Forces Act gives the Transportation Security Administration six months to develop and implement a plan to expedite screening services for service members on orders and in uniform and, "to the extent possible, any accompanying family member."

The act, in part, calls for the agency to establish standard guidelines for the screening of military uniform items, such as combat boots.

In a statement released Jan. 4, agency officials said they are in the process of reviewing options for these new procedures in consultation with the Defense Department.

Even before this law, the agency had several measures in place to aid troops through the screening process. For example, troops in uniform with a military identification card are not required to remove their boots or shoes unless they set off an alarm, according to the agency's website.

The agency also seeks to accommodate family members. Families who would like to accompany a deploying service member to the boarding gate or greet them upon their return may receive passes to enter the secure area of

the airport, the site said. Family members, agency officials advise, should contact their air carrier representative at the airport for local procedures.

The agency also expedites the screening process for Honor Flight veterans, and partners with the Defense Department to expedite screening for wounded warriors and their families. The Honor Flight Network organization transports veterans to Washington, D.C., to visit their war memorials.

Also aimed at expediting screening procedures, the agency is testing a new program at the airport in Monterey, Calif. In mid-November, troops traveling out of Monterey Peninsula Airport began presenting their DOD identification to a document checker for card-reader scanning.



The pilot program is designed to test the technology to verify service members' status. If successful, it could pave the way for service members to be included in the agency's expedited screening program, agency officials

said, enabling them to use special lanes at participating airports to pass more quickly through airport security. These expedited procedures could involve not having to remove their shoes, belt and jackets or their laptops from bags.

Programs such as this one strengthen security, officials said, explaining that separating out low-risk people, such as members of the armed forces, allows the agency to focus its resources on travelers who present a higher risk.

(Tonya Townsell of the Presidio of Monterey public affairs office contributed to this article.)

## Nominations for Heroes are being accepted now!

The 7th Annual American Red Cross Illinois Capital Area Chapter Heroes Breakfast will be held on Friday, April 20 at 8 a.m. – 10 a.m. at the Crowne Plaza in Springfield. All proceeds from this event benefit American Red Cross Local Disaster Relief.

From now until Feb. 24, you can nominate an individual or group to get recognized in one of nine hero categories at this year's event.

Categories include: Youth Hero, Military Hero, Public: Safety Hero, Education Hero, Senior Hero, Community Hero, Workplace Hero, Healthcare Hero, and Civic Hero.

### Hero Eligibility:

- The hero must live or work in Sangamon, Christian, Montgomery, Logan, Menard, or Macoupin County.
- The heroic activity must have taken place within previous 18 months (unless honoring a lifetime of service.)
- Indicate the hero category for which you are submitting nomination.

For a nomination form, more information on the category, or tickets to the event visit [www.il-redcross.org](http://www.il-redcross.org).



**American Red Cross**

# Distracted driving and you

*Submitted by Master Sgt. Mike Niepert  
183rd FW Safety*

Being the father of two teenage boys, one 17 and the other 16, distracted driving among other things is a topic I discuss every time one of my sons ask for the keys. I know they get tired of hearing dad say, "Wear your seat belt. Do not speed. And no cell phone use or texting." My sons just roll their eyes and say "Yes dad, we know!" But being a parent and a safety guy I cannot help saying it every time because I see the facts and have seen the mishaps, both military and civilian.

In our "on-the-go" world today, secondary activities have become an everyday occurrence behind the wheel of American motorists, such as: text messaging, talking on a cell phone, putting on makeup, watching a movie, writing a grocery list, kids fighting or putting in contact lenses. A growing shift in focus from the roadway to a multitude of other tasks impairs the ability of modern drivers, and the U.S. traffic statistics mark this drastic change.

Even though research shows that certain influences (such as drowsiness or conversation) cause greater impairment than driving drunk, over 7 million people believe that their focus is unaffected by these behaviors.

### **Facts about Distracted Driving:**

- Distracted driving is the number one killer of American teens (nearly 5,000 annually). Alcohol-related accidents among teens have dropped. But teenage traffic fatalities have remained unchanged, because distracted driving is on the rise. (State Farm Insurance Study and NHTSA Study)
- While over 90 percent of teen drivers say they do not drink and drive, nine out of 10 say they have seen passengers distracting the driver, or drivers using cell phones. (National Teen Driver Survey)
- Brain power used while driving decreases by 40 percent when a driver listens to conversation or music. (Center for Cognitive Brain Imaging at Carnegie Mellon University Study)
- More than 80 percent of drivers admit to blatantly hazardous behavior: changing clothes, steering with a knee or leg, painting nails and shaving. (Nationwide Mutual Insurance Survey)
- Drivers on mobile phones are more impaired than drivers at .08 BAC. (University of Utah Study)
- Forty-one percent of drivers admitted they had "fallen asleep or nodded off" while driving at least once, 11 percent said they had done so within the past year, and four percent said they had fallen asleep behind the wheel in the previous month. (AAA Foundation for Traffic Safety Survey)
- Drowsy driving causes an estimated 1,550 deaths a year and 40,000 injuries. (CDC Report)

Over the past two years, almost every state has considered or passed laws which address distracted driving. Nine states have banned handheld cell phone use and majorities of state have banned texting while driving.

The New Jersey Legislature even considered a bill that would mandate the same penalties for cell phone users and drunk drivers when involved in a fatal accident. New Jersey is also the only state in the country to ban driving while fatigued.

It was not but a few months ago, where I live, during the fall harvest, a young man, 18, lost his life while texting and driving. He veered into the other lane and struck a grain truck with 850 bushels of corn. The driver of the grain truck could not stop in time or veer out of the young man's path before they impacted each other. So many lives impacted by distracted driving; a young man lost his life and a truck driver left wondering what he could have done differently to prevent it. Two lives changed forever and a family grieving for the loss off their child.

I hope you will take the time to talk to your family about distracted driving and the possible affects on their lives and while you are at it, take a look at how you drive and how much distraction takes away from your driving abilities. I did and found some of the simplest of tasks took my eyes off the road longer than I thought. You might be surprised by what you discover. Until next time BE SAFE!

# Why is sleep so important?

*Submitted by Lt. Col. Melanie McDonald  
183rd Medical Group*

Lack of sleep can cause an inability to concentrate, faulty decision-making, emotional instability, energy loss, memory issues and fatigue. Clearly, all of these issues can lead to less productivity and safety concerns on the job as well as hazardous handling of vehicles.

The level of responsibility we hold as members of the National Guard necessitates our need to find solutions to chronic sleep deprivation.

The National Institute of Health (NIH) recommends (keeping in mind individuals may vary in needs) 7-8 hours of sleep at night for adults (there are conflicting studies that insist on the 7 hour sleep night and go into an issue of too much sleep, greater than 9 hours, but, that is for another article). This is far greater for infants and adolescents, and may be less for seniors (many of whom nap during the day).

While we sleep our bodies do not necessarily 'shut-down' as was once the belief. Many important processes are happening, including burning anywhere from 400-900 calories (depending on individual size and other factors). Heathstatus.com has an excel-

lent calories burned calculator! Also, according to research (National Sleep Foundation), muscles are repaired, memory is consolidated and hormones are balanced.

Things that work against us:

- Alcohol-That night cap may seem to help you to fall asleep at night but, may also be the reason that you are waking up, unable to fall back to sleep in the middle of the night
- Caffeine-It is recommended to stop caffeine intake at noon. Research indicates that the stimulating effects of caffeine remain in the system for six to eight hours after consumption
- Fluids late at night-NIH recommends to stop drinking liquids two hours before bedtime if the culprit of your lack of sleep is that required bathroom break in the middle of the evening
- Naps-It is recommended that naps be no longer than 20 minutes, as they can affect the level of night-time sleep achieved

Things that may help: Avoiding the above and exercising frequently, as well as tweaking your schedule to allow for proper amount of sleep. Discuss with your physician if problem continues!

For more information: [www.webmd.com](http://www.webmd.com). Excellent information for people with infants/children who deem the above impossible!

## First Sgt. Announcement



The 183rd Medical Group is seeking a current Master Sgt., or promotable Tech. Sgt., that is interested in becoming a First Sergeant. This is a great role for those who like to be involved with people - from Airmen to commanders.

This position provides leadership opportunities and an arena to make a positive difference in the unit. We are looking for an individual to fill the First Sergeant role that will be vacant in July. The selection board will meet in March. Eligible applicants will then be presented to the new Medical Group Commander for selection. Interested members should contact Chief Jordan at ext. 578, or talk to any First Sergeant to learn more about requirements of the position.

## We Need Your Help

Attention all Falcon's View Readers! It is a New Year and time for resolutions. The Public Affairs staff has a resolution as well, to redesign and rename the Falcon's View. We want your input! Please send your suggestions for renaming the Falcon's View to the Public Affairs email address at: [183fw.pa@ang.af.mil](mailto:183fw.pa@ang.af.mil), by March 30. Along with your suggestion please provide a brief description of your submission and the significance to the unit. If you like the Falcon's View named as it is, let us know that too! If you have ideas of other things you would like to see as a part of the redesign please forward those thoughts as well. There are some great minds here at the 183rd, so get those ideas submitted. We will attempt to incorporate as many good ideas as possible into the new design.

## Vacancies

The following is a list of enlisted vacancies as of Jan 7. Members applying for these positions must currently hold the AFSC for the position being applied for. If interested in applying for these positions, please contact Master Sgt. Matt Allen at 217-757-1292 / DSN 892-8292, or, Tech. Sgt. Sarah Hayward 217-757-1184 / DSN 892-8184.

<b>CES</b>			<b>MSG</b>		
E-5	3E4X1	Water/Fuel Sys Maint	E-5	350X1	Personnel
<b>FSS</b>			<b>AMOS</b>		
E-5	3M0X1	Services	E-6	1C0X2	Aviation Res Mgr
<b>EIS</b>			<b>ACOS</b>		
E-5	3D1X7	Cable and Ant. Sys	E-7	3D1X3	RF Transmissions

The following is a list of officer vacancies as of Jan. 7. Contact Senior Master Sgt. Diana Braun at 217-757-1566 or DSN: 892-8566 if interested in applying for these positions. Prior service members are encouraged to explore these exciting new opportunities.

<b>183 FW</b>			<b>AOS cont.</b>		
O-4	052R3	Chaplain	O-4	011B4Y	Bomber Pilot
<b>MDG</b>			O-5	013B4B	Air Battle Mgr
O-5	048A3	Aero Med Specialist	O-4	011F4B	Fighter Pilot
O-5	042E3	Optometrist	<b>AOG</b>		
<b>ACOS</b>			O-5	016G4	AF Ops Staff Officer
O-4	043H4	Public Health	O-5	011F4Y	Fighter Pilot
O-4	043E4A	Bioenvironmental Eng	<b>HQ IL ANG</b>		
O-4	021A4	Aircraft Maintenance	O-4	017D4B	Cyberspace Ops
O-4	048R4	Flight Surgeon	<b>CES</b>		
O-4	012M4Y	Mobility CSO	O-4	032E3G	Civil Engineer
O-4	012M4S	Mobility CSO			
O-4	016G4	AF Ops Staff Officer			
<b>AMOS</b>					
O-4	046F4	Flight Nurse			
O-4	021A4	Aircraft Maintenance			
<b>AOS</b>					
O-4	013S4	Space and Missile			
O-4	013M4	Airfield Operations			
O-4	013B4B	Air Battle Manager			
O-4	012F4W	Fighter CSO			
O-4	012B4Y	Bomber CSO			
O-4	011F4Y	Fighter Pilot			



# Non-Commissioned Officer Academy Graduate Association Satellite NCOA at 183rd

The Non-Commissioned Officer Academy Graduate Association (NCOAGA) will be hosting a very first satellite NCOA PME here at the 183rd in March 2012!

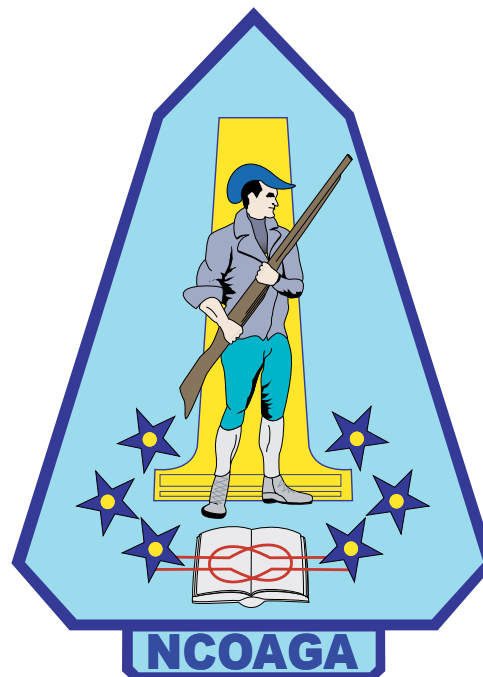
## Consists of:

- Fulfills the NCO Academy requirement
- 12-13 weeks of training at the 183rd for two nights a week
- Two fast-pace weeks at McGhee Tyson, Tenn.
- Counts as in-residence PME
- Eight-twelve Airmen per class
- Consists of three block tests
- On site, trained facilitators at each class
- Anyone eligible for NCO Academy is eligible to attend the course

## Advantages of this course:

- Learn leadership today and apply it tomorrow
- Two-level networking: work with other airmen from the 183rd and other airmen from active duty, other Guard bases, and other branches of service while at McGhee Tyson
- Not missing six weeks from home
- More accessible to members

More information will follow as time gets closer. If you have any questions, feel free to contact:  
Master Sgt. Ed Ferguson, ext. 448  
Master Sgt. Stacy Ferguson, ext. 471  
Master Sgt. Jen Weitekamp, ext. 373  
Or any member of the NCOAGA!



## FYI:

We are currently searching for individuals or teams of five to participate in the 2012 Big Brothers Big Sisters Viva Las Vegas Bowl for Kids' Sake fund-raiser. On March 2nd we have five lanes reserved at 5 p.m. and two lanes reserved at 9:30 p.m. Additional lanes can be requested, if needed.

## UPCOMING EVENTS:

Mar. 2 – Viva Las Vegas Bowl for Kids' Sake

## CHECK US ON FACEBOOK:

Roll over the NCOAGA logo above for a direct link to the Chapter 75 NCOAGA page, or visit the link below:

<http://www.facebook.com/pages/183d-Fighter-Wing/169822466424056#!/groups/168792956526167/>

## Family Readiness

### HELP WANTED

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

#### Volunteer Sign-up Form

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

Please return to: 183rd Family Readiness Group, 3101 J. David Jones Parkway, Springfield, IL. 62707-5001  
Phone: 217.757.1569 email: joe.ward.1@ang.af.mil

If you have a member of your family that is a past or current member of the 183rd, or have information that a current or past member of the 183rd has passed away recently, please contact Mr. Joe Ward, Family Program Coordinator. We want to ensure that no one is forgotten for the annual Wreath Laying Ceremony commemorating all past and current members that have lost their lives each year. The Family Support Group is still sending sympathy cards to all deceased members' families as well, but once again, we need the information. You can contact Joe by e-mail at joe.ward.1@ang.mil or by calling 217-757-1569.

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