

# PLANETALK

167TH AIRLIFT WING  
DECEMBER 2023

Next UTA 6-7 JANUARY



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### ON THE COVER

*U.S. Air Force Senior Airman John King, an aircraft maintainer with the 167th Maintenance Group, directs a C-17 Globemaster III aircraft onto the flight line during a routine training flight at the 167th Airlift Wing, Martinsburg, West Virginia, Dec. 2, 2023. Aircraft are marshalled away from their designated parking spots by crew chiefs to ensure a safe working environment free from obstructions. (U.S. Air National Guard photo by Tech. Sgt. Joshua Kozak)*

### ON THE BACK COVER

*U.S. Air Force Staff Sgt. Braden Caugh, a loadmaster with the 167th Airlift Squadron, secures a vehicle inside of a C-17 Globemaster III aircraft during a routine training flight at the 167th Airlift Wing, Martinsburg, West Virginia, Dec. 2, 2023. Stabilizing heavy loads on aircraft is important to ensure the safety of the aircrew aboard. (U.S. Air National Guard photo by Tech. Sgt. Timothy Sencindiver)*





167AW WING COMMANDER  
**Col. Martin Timko**

## Vision

The Premier Airlift Wing  
Mission Ready, Committed to Airmen and Community,  
and Dedicated to Continuous Improvement



167AW WING COMMAND CHIEF  
**Command Chief Master Sgt. Mark Snyder**

Mighty Airlift Wing!

Despite the gloomy, rainy weather this past weekend, nothing could dampen the holiday cheer and the exuberance seen on the many faces of our wing family members! I stood in awe of the sheer number of folks congregating in Hangar 308 enjoying themselves – in my time here at Martinsburg, that was the largest crowd I had ever witnessed for a Family Day event!

Not lost on this wing commander is the awareness of the entire legion of personnel it takes to pull something like this off so successfully. My profound gratitude goes to all of our Team Martinsburg members who worked so diligently to make December UTA the high morale-building event it accomplished. From the tasty Holiday Meal on Saturday, to the provided foodstuffs for section gatherings this weekend, to the whirlwind of fun activities that was in and around the hangar complex – well done and my thanks on behalf of all of the wing to you awesome 167th Mountain'elves'!

With the final UTA periods for the year in the rear-view mirror, I hope that all of you get to have some well-deserved downtime. It has been a busy year to say the least and 2024 is stacking-up to be no different for our wing. I hope all of you get a chance to rest up, recuperate, and have some quality time with those in your lives that bring meaning and joy. As always, when having the opportunity to attend a gathering or party, have a thought-out gameplan when it comes to travel, especially when alcohol is involved. Getting a ride via friends, family, or ride-sharing app is a far better methodology than taking the wheel on your own after imbibing – I want you all safe and secure in your holiday plans so as to welcome the new year together and ready to take on our next set of wing challenges!

January UTA is just over the horizon with at least (hopefully) some holiday fun and relaxation prior. While I do not expect us to hit the ground in a dead sprint in January, I am asking you all to get us initially up to a brisk jog pace. We have many things to accomplish in 2024 and I want to ensure that we accomplish all of it with our signature Mountaineer Pride and Professionalism. Rest up, enjoy your downtime with others, and be ready to take on a new year of challenges head-on!

From my family to yours, I wish you a blessed holiday season full of merriment and fond memories. I thank you all for your continued dedication to serve both our state and nation. Until that time when we meet again: be well, stay safe, and most importantly: STAY MIGHTY

--Marty

Team 167,

I have just one word for December UTA...WOW! It was an amazing weekend filled with hard work and hard play. The family day event was epic and the turn out was one of the largest I have seen. Thanks to all the members who put forth the effort to make that day one for the history books. Whether you had to get out some aggression in the "rage room" or work on your chip shot on the golf green, there was something for everyone. Hopefully everyone got to meet our new mascot too! The kids just loved the unicorn walking around. A special thanks to SrA Zac Bennett for braving the heat in the mascot outfit and bringing joy to all the kids faces. As we close out this year let us take a minute to reflect on all the challenges and successes we've had in 2023. It has been an extremely busy year with the inspections, readiness exercise, Air Defender, and our teams going above and beyond with the extra airlift needed across the globe. No matter what your AFSC is, know that you play a vital role in what this Wing does to support our State and Nation.

As Christmas approaches, I want to encourage, once again, those who have the means to assist others to do so. Ops Adopts (Capt Ryan Day), Sleep in Heavenly Peace (MSgt Victoria Shrieves), and the Toys for Tots (CMSgt Jody Miller) are great opportunities to help those in need locally. Even a little will go a long way with these charities. I also would like to take a minute to reiterate the need for us to look out for each other over the holiday season. This can be a tough time for some so let's reach out and check on our fellow Airman.

I'd like to leave you with this for 2023...I can't thank you enough for the support over past few months as I've moved into my new role as the Wing Command Chief. Chief Brawner will be missed, and his legacy will live on. I ask that we continue to work together, and good things will continue to come. As Henry Ford once said, "if everyone is moving forward together, then success takes care of itself." 2023 flew by, a lot happened, and expect 2024 to be no different. Take time between the UTA's to relax, enjoy your family, and reflect on the blessings you have. With sincere gratitude, I can't thank all of you enough for everything you do to support each other and the 167th global mission. May you have a wonderful and blessed Christmas filled with whatever makes your heart smile!

Quote for December: "Dear Santa, I have been nice all year. Most of the time. Once in a while. Never mind, I'll buy my own stuff!" -Unknown (but really some of us)

#FearTheUnicorn

~Mark



# UNITE funds boost annual Family Day event

by Senior Master Sgt. Emily Beightol-Deyerle

Thanks to the Air Force's UNITE program, the 167th Airlift Wing was able to tap into funding that brought additional recreational activities to its annual Family Day event held in an aircraft hangar at Shepherd Field, Dec. 3.

The UNITE program is a resiliency-based program that funds activities to build unit cohesion and morale. The program was established in 2018 but this was the first time the 167th has taken advantage of the program's offerings.

Working with the UNITE Coordinator at Joint Base Anacostia-Bolling, a mobile escape room, ax, knife and star throwing lanes, an inflatable paint room, a mobile rage room, a golf chipping game and photo booth were added to the Family Day lineup.

"We've always had great activities at our Family Day events but we're always looking for things that will appeal to a wider age group," said Sherry Lewis, 167th Airlift Wing Airman and Family Readiness Program Manager. "The UNITE-funded activities were an excellent addition to our Family Day, we had an amazing turn out this year."

As Airmen and their families took turns in the escape room, rage room and throwing lanes, which lined the access road outside of the event hangar, inside the hangar a C-17 aircraft was open for touring with various activities and vendors lining the outside perimeter of the aircraft.

The STARBASE Martinsburg staff, with some assistance from Faith Christian Academy volunteers, offered STEM-based activities to Airmen and their families in one corner of the hangar while the Chief's Council and Top Three Council staffed a cake walk game and gingerbread house building competition on the opposite side of the hangar.

The 167th Family Readiness Group sponsored five bounce houses, craft tables, face paint and temporary tattoos and the Rising Six Council members helped kids apply the tattoos.

The First Sergeants Council served hot cocoa at the tail end of the C-17, while Mr. and Mrs. Santa Claus greeted children at the nose of the jet.

Also new this year, the 167th's unicorn mascot made its debut, stopping for photos and high-fives as it meandered through the crowd.

Chief Master Sgt. Danny Ritenour, this year's Family Day coordinator, said the event was a huge success.

"No matter how busy things are, and it has been busy this year, our members pulled together as always and supported each other," Ritenour said. "The extra activities brought in with the UNITE funds were a hit and we were able to draw on the skills, talents, and contacts of each committee member to make this an amazing Family Day." 🐾





# 167th Airlift Wing trio completes ultramarathon

by Senior Master Sgt. Emily Beightol-Deyerle

A trio of 167th Airlift Wing Airmen set out to conquer an ultramarathon last spring and after logging well over 1,000 training miles, collectively, the three women collected their medals at the finish line of the 61st JFK50 Mile in Williamsport, Maryland, Nov. 18.

The veteran marathoners, Master Sgt. Sara Church, 167th Sustainment Services Superintendent, Master Sgt. Jessi Dubé, 167th Medical Group First Sergeant and Senior Master Sgt. Jacki Weddle, 167th Operations Group and Headquarters First Sergeant, completed the horseshoe shaped course that starts with a 1,000-foot ascent from Boonsboro, Md., to the rocky Appalachian Trail, followed by a switchback descent to a marathon on the C&O Canal and eight final miles of rolling hills.

The JFK50, the longest continuously run ultramarathon in the country, was inspired by President John F. Kennedy who was committed to improving the fitness of the nation. "Physical fitness is the basis for all other forms of excellence," he once remarked.

Church, Dubé and Weddle each attest to the positive impact running has in other aspects of their lives, especially their mental health.

"Running makes me physically, mentally, emotionally, and spiritually better as a wife, mom, friend and co-worker," said Dubé who first started running in 2019.

Church, who completed 10 marathons previously, joked that running helps to "burn off the crazy" but it also reminds her that she is "capable of anything."

For Weddle, an avid runner for more than 15 years, running offers a brief escape to think and decompress. "It's kind of like therapy for me," she said.

The three women ran many of their training miles solo, but they came together for a few training runs and tackled the Appalachian Trail portion of the course together twice before race day.

"I would have freaked out if I waited until race day to encounter that mountain," said Dubé.

In addition to logging many miles, each of them incorporated a few days of strength training each week and dialed in their nutritional needs for race day. "There's snacks all the time for this type of run," said Church. There's also a lot of mental preparation.

Weddle said prior to race day her emotions ranged from "excited, nervous, and anxious to eventually I'm just over it and ready to get it done."

Dubé mentally prepped with self-talk like, "You're just running home to your family. Forward is a motion. One foot in front of the other."

Through the race, though, nerves settled, thoughts shifted and endorphins kicked in. Church said, "I crushed it." Weddle said she had a runner's high and "was in the best mood" while running the race.

Dubé said she started to cry as she passed each of the last eight mile markers. "God was with me. My mind and body were still strong. I can't tell you the insane amount of emotion I felt when crossing that finish line and seeing my husband, our twins, and my parents...I did it."

The trio are already planning their next ultramarathon.

Weddle's advice for anyone else considering an ultramarathon is simple, "Get a good training plan and an even better group of friends to train with."



**Master Sgt. Sara Church, 167th Force Support Squadron Sustainment Services Superintendent, Master Sgt. Jessi Dubé, 167th Medical Group First Sergeant and Senior Master Sgt. Jacki Weddle, 167th Operations Group and Headquarters First Sergeant completed the JFK50 Mile Race in Washington County, Maryland, Nov. 18, 2023. The race was the first ultramarathon for each of the veteran marathoners. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)**



**Church, Weddle, on the left, and Dubé, right, pose for a photo with their running group at the starting line of the JFK50 Mile race in Boonsboro, Md., Nov. 18, 2023. (Photo courtesy of Master Sgt Jessi Dubé)**



## Wing leadership serves holiday meal



167th Airlift Wing command staff serve a holiday meal to service members at the 167th Airlift Wing dining facility, Martinsburg, West Virginia, Dec. 2, 2023. As part of wing tradition, 167th leadership serve the holiday meal to their fellow Airmen during the December unit training assembly. (U.S. Air National Guard photos by A1C James DeCicco)

## Airman speaks at Cyber Lunch and Learn



U.S. Air Force Tech. Sgt. Jonathan Wall, 167th Communications Squadron, spoke at the Diversity in Cybersecurity Lunch and Learn at Blue Ridge Community and Technical College in Martinsburg, West Virginia, Dec. 1, 2023. Walls discussed his experiences in the cyber career field with a group of current and potential cyber students at BRCTC. The event aimed to increase the number of women, minority and military students entering and completing degrees or certificates in Cybersecurity, one of the fastest growing occupations. (U.S. Air National Guard photos by Senior Master Sgt. Emily Beightol-Deyerle)





## ESGR Bosslift event held at the 167th Airlift Wing

More than 80 employers participated in the Employer Support of the Guard and Reserve Bosslift event at the 167th Airlift Wing, Martinsburg, West Virginia, Nov. 9, 2023. The participants were briefed on the missions of the West Virginia Air National Guard and the ESGR, and they toured the base and flew on a local C-17 aircraft training mission. The Bosslift is one of several outreach programs organized by the Employer Support of the Guard and Reserve to help promote supportive work environments for service members in the Guard and Reserve. The ESGR strives to increase awareness of applicable laws and can aid in resolving conflicts between service members and their employers. (U.S. Air National Guard photos by Senior Master Sgt. Emily Beightol-Deyerle)





# Who Wants To Be Multilingual? The Guard Can Help!

by Mr. Ted E. Gladden, Chief, Information Protection, 167th Airlift Wing

There is a tongue in cheek saying: What do you call a person who speaks three languages? Trilingual. What do you call a person who speaks two languages? Bilingual. What do you call a person who speaks only one language? An American. There are some sources that refute this stereotype. Regardless, my question for you is do you want to speak another language?

Broadly speaking, any ability to communicate more effectively is a good thing. More specifically, the ability to speak multiple languages is an asset in many facets of life. Business, personal, community...you name it.


I have been trying to learn how to speak Spanish off and on for a long time but have ramped up my efforts in the last few years. When I worked at the Air National Guard Readiness Center on Joint Base Andrews, I would spend four hours (often more) per day on the road, which gave me time to listen to Spanish speaking audiobooks or podcasts. I found that I would learn a lot from these sources but would forget most of it within a few weeks after finishing. Why? I think it's because I didn't have anybody to converse with. They say that the best way to learn to speak a foreign language is through immersion, but how? I can't just abandon my job and family and move to Spain. I kept coming back to the fact that there was something missing. I needed genuine interaction but didn't know how to get it in a way that would fit into the business of my life.

I first searched for local tutors but found that schedule and cost were prohibitive. I then contacted Lt Col Erik Sarson, the West Virginia National Guard (WVNG) State Partnership Program (SPP) Director. I figured that with one of our state partners being the Spanish speaking country of Peru, maybe he could direct me to a resource available for the National Guard. He did not disappoint.

Lt Col Sarson gave me the contact information for the National Guard Virtual Language Center. Never heard of it? Neither had I. The flyer that I received states that, "The Guard Language Program provides partner nation language and culture training for National Guard State Partnership Program participants and active Guard members." This program is set up to learn through a Teams-like setting with a live instructor. You can learn the following languages at varying degrees of experience: Spanish, German, Korean, Slovak, Tagalog, Arabic, Chinese-Mandarin and French. It's easy to get started. The help desk is...well...very helpful (yes, I know that should be a given, but not all help desks are helpful). You can do it on your own or have other base members or friends in the same class.


Lt Col Tony Henry (Wing IG) and Chaplain Ron Faith have been my classmates since July. Our maestra (teacher), Mrs. Martha Morales, who teaches us from her home in Bogotá, Columbia, calls us, "los tres mosqueteros" (the three musketeers). The Three Amigos would be appropriate, too. Together, along with supplemental learning tools such as Duolingo (our app of choice), Babbel or Rosetta Stone and occasional flash-card lunches, los tres mosqueteros have come a long way.

This is a free resource for National Guard members and employees. Don't forget that speaking a qualifying foreign language in the National Guard can earn you extra monthly pay of \$100-\$500 through Foreign Language Proficiency Pay (FLPP). If you've been looking for that extra something to push you over the top, I'd advise you check this out. Contact me with any questions. X5298



## NATIONAL GUARD

VIRTUAL LANGUAGE CENTER



### WHAT IS GUARD LANGUAGE?

The Guard Language Program provides partner nation language and culture training for National Guard State Partnership Program participants and active Guard members. The class size will be 1-6 students based on language density and student availability. A typical class module is 48 contact hours or approximately 12 weeks of instruction at the recommended pace of 2 classes per week and 2 contact hours per class. However, the class schedule is customizable to some extent. Instructor-led classes are held virtually, so a computer with a high-speed internet connection, a webcam, and a headset are required.

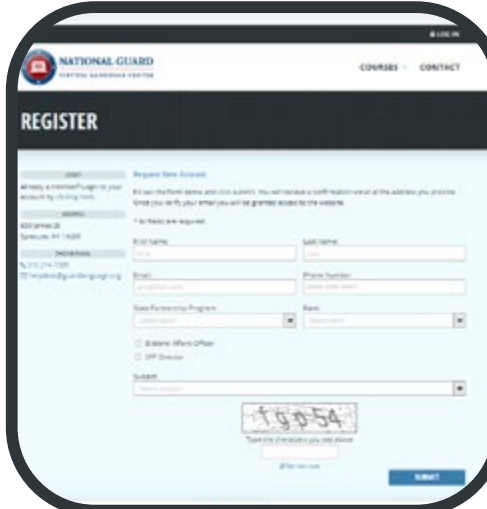
## HOW TO SIGN UP?

Guard courses are created based on individual or group request. National Guard State Partnership Program participants or active Guard members can either sign up through the Guard Program site or contact MAJ DeAustin directly to be added to an upcoming roster. To register through the platform, follow these steps:

- Navigate to <https://guardlanguage.org>
- Under the "Register" section click **Register Now** button
- Complete the account creation and enrollment process

*\*If assistance is needed, coordinate with the Helpdesk directly*

Once a participant's Guard status is confirmed, the Helpdesk will work closely with students to facilitate a course that is conducive to their specific availability.



## PREPARING FOR CLASS?

Once Guard status is confirmed, the proposed course is created and a student is required to complete the following:

1. **Schedule Verification:** Since courses are solely created on student need, a class will not be able to launch until all details are confirmed by a minimum of one student. This includes language, level, module, weekly meeting times, start and end dates and any dates of no scheduled activity.
2. **Online Systems Check:** Requires a high speed internet connection, reliable computer, webcam & two-eared headset with an attached boom microphone. A personal computer/network is recommended since the platform cannot currently be accessed using a Government computer/network.

If you have any questions regarding the registration process, please feel free to contact the Helpdesk at [helpdesk@guardlanguage.org](mailto:helpdesk@guardlanguage.org) or call 315-214-7389.



# Airman SPOTLIGHT

Name:

**Stephen Mier**

Hometown:

**Martinsburg, W.Va.**

Job Title:

**Aerospace Medical Technician**

Senior Airman Stephen Mier is an Aerospace Medical Technician for the 167th Medical Group and the 167th Airlift Wing Airman Spotlight for December 2023.

As an Aerospace Medical Technician, Mier performs a wide array of technical nursing duties involving the care of Airmen, including immunization and laboratory duties and assisting in aeromedical evacuations.

"Stephen has been an exemplary Airman since day one! He is eager to engage in all aspects of the medical process, from administrative paperwork to hands-on engagement with his patients," said Travis Massey, 167th Medical Group medical administration. "Beyond the workplace, Stephen sets an example of community engagement beyond reproach, providing CPR and TCCC training events for STARBASE STEM night and local JROTC programs, and is regularly engaged with family outreach programs. Airmen like Stephen don't come around very often, and we are lucky to have him as a part of the 167th Medical Group!"

**Hometown:** Martinsburg, WV.

**Job Title:** Aerospace Medical Technician.

**How long have you served in the unit?** 2 and a half years as of December 2023.

**My job here is important because:** My job here is important because it involves ensuring the health and welfare of wing personnel, ensuring their well-being and readiness for missions requiring rapid global mobility. I help provide top-notch patient care to guarantee that all members are prepared to support and defend the state and nation effectively.

**Civilian job:** I currently work as a temporary technician with the 167th Force Support Squadron and as a front desk manager at the Suzanne Shipley Wellness Center.

**Education:** I have a bachelors in Exercise Science and Health Promotion, currently pursuing my Associates in Practical Nursing Technology from the CCAF and getting enrolled to pursue my bachelor's in nursing.

**Hobbies:** My biggest passions include bodybuilding, video games, and cars. I also like to hike and explore new areas, kayak, fish, and going to hockey games.

**Goals:** My main overall goal is to set myself up for success down the road and take advantage of any opportunity that comes my way. I plan to enroll myself back in to school to further my education and attempt to get a second bachelor's in nursing, and in the far future furthering



that by getting a master's or getting into CRNA school. Militarily, I plan to commission in the future after I have completed school for a second time. Alternatively, if this weren't to play out, I would love to further my military career by trying to become a first sergeant.

**I am proudest of:** The opportunity to put on a uniform every day, as it symbolizes not just a commitment to my duties but also the ongoing journey of personal development that has shaped the person I am today.

**People may be surprised to know this about me:** I have very uncanny luck when it comes to cars, you can ask anyone I work with about the experiences I've had with them.

**The most exciting thing I've done in the military is:** Taking my first military trip over to Peru and helping with Cooperacion IX by teaching the medical knowledge and experience I've gained while being with the Med Group. It was truly a blast being able to leave the country for my first time and getting to explore a new place as well as getting the chance to interact with thirteen countries other military entities.

**One/Some of the most valuable lessons I've learned throughout my career:** Putting myself in situations that make me uncomfortable has allowed me to learn more about myself and my weaknesses in terms of personal development. I believe this has enabled me to gradually become more at ease when speaking in front of large groups and delivering public demonstrations. I've also come to realize that success is a result of hard work, but at the end of the day, it's essential to pace yourself and avoid burning out.

**My advice to the newest Airmen in the Wing:** I believe that you should seize every opportunity that comes your way. Don't hesitate—take the bull by the horns and make the most of every chance. Embrace challenges, learn from experiences, and watch how each opportunity shapes your journey. You never know where it might lead!

**The best thing about working with my team is:** The camaraderie that everyone has with each other, even through the tough times, everyone looks after one another.





# Winter Holiday Safety

## *Holiday decorating*

- Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn. Blow out lit candles before you leave the room or go to bed.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.
- Turn off all light strings and decorations before leaving the home or going to bed.

## *Holiday Entertaining*

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.

It's fire season ladies and gentlemen. Please take a moment to check out these tips to protect yourself and your family. Contact the 167th Fire Protection Office at 304-616-5753 for more information.





# Happy Holidays!!

## Holiday Home Fires Safety & Prevention



Christmas lights are a great way to spread holiday cheer, but they can also significantly increase the risk of fire and electrical injuries if not used properly. Given that there are increased hazards associated with holiday decorations, it is important to keep safety at the forefront of your decorating. Here are some tips to keep in mind when you and your family are decorating:

### Don't be Clark Griswold: Safely Decorate Your Home for the Holidays:



#### Don't Overload Extension Cords

Fire departments respond to an average of 230 home fires caused by Christmas trees each year. The results are a yearly average of six deaths, 22 injuries and \$18.3 million in property damage, the NFPA reported.

Don't connect more than three strands of mini-string sets and a maximum of 50 bulbs for screw-in bulbs.

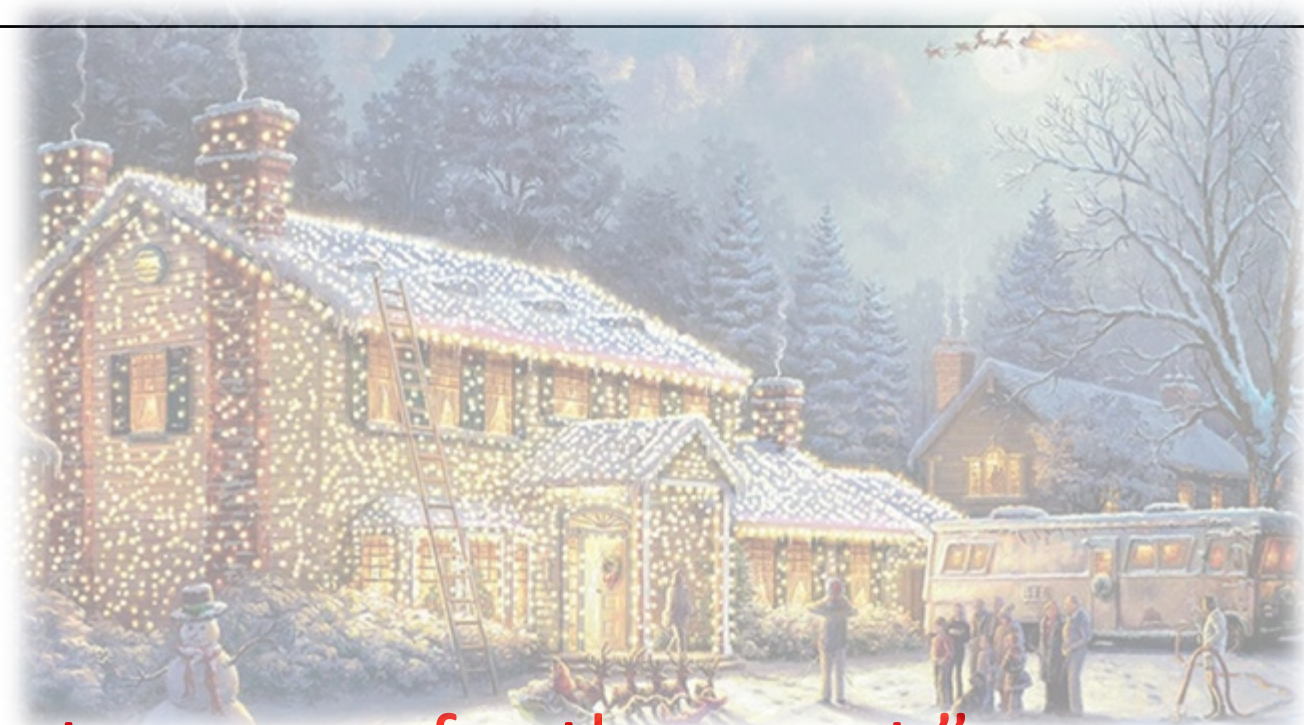
Check that your smoke alarms are working properly.

Always turn off tree lights prior to going to bed or leaving your home.

Keep your tree at least 3 feet away from any heat source, such as a fireplace, radiator, candles, or interior home lights.

Check all cords for frayed wires or excessive wear.

Falling tree needles indicate the decoration is losing hydration.



**“We hope for the best but prepare for the worst.”**



# Is it legit?

## Five steps for vetting a news source

Many sources compete for attention online, including partisan blogs and bogus sites posing as legitimate news organizations. It can be tough to know what to trust. Follow these steps to cut through the noise and learn how to evaluate sources for signs of credibility – as well as for red flags that signal a source should be avoided.

### Test your source savvy!

Scan this QR code to put your source-vetting skills to the test.



# 1



### Do a quick search

Conducting a simple search for information about a news source is a key first step in evaluating its credibility. It's important to look beyond social media. Go to a search engine and plug in the name of the website or publication. Do other legitimate sources, such as standards-based news organizations or [fact-checking websites](#), describe this publication as unreliable? Satirical? Is it a state-run propaganda "news" site? If so, there's no need to spend more time vetting. Look elsewhere for reliable information.

> **Tip:** Wikipedia can be a good place to start and lead you to relevant source links; just keep in mind that some credible local newsrooms may not have an entry there. You can also see if a source has been vetted for inclusion on news aggregators, such as [Google News](#), [Apple News](#) and [SmartNews](#).

# 2



### Look for standards

Reputable news organizations aspire to ethical guidelines and standards, including fairness, accuracy and independence. These standards should be available publicly – often in the form of editorial policies or a code of ethics. Look for evidence that a source follows such standards. If someone is mentioned in a critical story, for instance, did the journalist give that person a chance to comment?

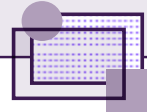
> **Note:** Some professional journalism standards are commonly shared across the industry, such as the [Society of Professional Journalists Code of Ethics](#). Other policies are unique to different newsrooms.

### Beware of these trust busters!

If you spot any of these problems, look elsewhere for credible news.

- ✗ **False or untrue content:**  
Publishing a demonstrably false claim without correcting it
- ✗ **Clickbait tactics:**  
"Baiting" you with sensationalized language, including misleading or exaggerated headlines, or headlines that are purposely vague to drive clicks
- ✗ **Lack of balance:**  
Consistently focusing on one angle or side of a legitimate debate or controversy, while ignoring or distorting other perspectives
- ✗ **Manipulated images or videos**  
**Tip:** You can do a [reverse image search](#) using [Google](#), [TinEye](#) and [Yandex](#) (among other tools) to see if visuals have been misrepresented or altered in some way.
- ✗ **State-run or state-sponsored propaganda:**  
Using government-controlled news organizations to further national agendas and improve public image
- ✗ **Dangerous, offensive and malicious content:**  
Could include discriminatory language, unverified pseudoscience, content that promotes violence or coverage that – as the SPJ Code of Ethics states – panders "to lurid curiosity"

# 3



### Check for transparency

Quality news sources should be transparent, not only about their reporting practices (see Step 2), but also about their ownership and funding. Is it clear who owns and runs this website or publication? Is advertising labeled responsibly? Can you tell who is writing and producing content? Is there a way to contact newsroom editors and reporters?

> **Remember:** "About" pages can provide some of these details, but they can also be misleading and omit important information (about a source's ownership or lack of independence, for example). [Don't be fooled](#) by a [sleek web design](#), or trust the "About" page on an unfamiliar site without further verification. If something seems suspicious, check it out.

# 4



### Examine how errors are handled

Credible news sources are accountable for mistakes and correct them. Do you see evidence that this source corrects or clarifies errors?

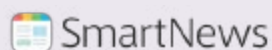
# 5



### Assess news coverage

An important step in vetting sources is taking time to read and assess several news articles: Do you see original reporting? Do they provide straight news reports, or just commentary and opinion? Are there grammatical and/or spelling errors? How do news articles from this source compare to coverage from other standards-based newsrooms on this same topic? Many people have strong opinions about news sources without evaluating them firsthand.

> **Tip:** Take note of bylines (names) on news coverage. These bylines can help you confirm that this coverage was written or produced by professional journalists. Bylines are also a sign of transparency and accountability.



This infographic was created by the **News Literacy Project** in partnership with **SmartNews**, a news app for mobile devices.

For a future founded on facts [news1it.org](#)



## Antiterrorism & Force Protection - Hostage Situation

*submitted by Capt. Roderick Toms*

These tips are things you can do to prepare your family should you be kidnapped or taken hostage.

- Have your family affairs in order, including an up-to-date will, appropriate powers of attorney, and measures taken to ensure family financial security.
- Issues such as continuing the children's education, family relocation, and disposition of property should be discussed with family members.
- Your family should know that talking about your military affiliation to non-DOD people may place you, or them, in great danger.
- They must be convinced the US government will work to obtain your safe release.
- And finally, your family should not be depressed if negotiation efforts appear to be taking a long time.

Remember, your chances of survival actually increase with time.

Keep these tips in mind to keep your family's peace of mind.

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.

The 167th Airlift Wing Antiterrorism Officer is Capt. Roderick Toms, 242-5084.





# Sexual Assault Prevention & Response

**Have questions? Need Help?  
We're here for you!**

**West Virginia National Guard  
Sexual Assault Response Coordinator:**

Jenny Colagrosso

Office: 304-561-6681; DSN: 623-6681

24 hour Blackberry: 304-541-0573

jenny.r.colagrosso.civ@mail.mil

**167th Airlift Wing**

**Sexual Assault Response Coordinator:**

Lindsey Hash

Office: 304-616-5991; DSN: 242-5991; Cell: 304-839-9157

lindsey.hash@us.af.mil

**167th Airlift Wing**

**Volunteer Victim Advocate:**

Emily Beightol-Deyerle

Office: 304-616-5251; DSN: 242-5251; Cell: 304-268-3706

emily.beightol\_deyerle.2@us.af.mil

**24/7 Sexual Assault Support for DoD Community**

**DoD Safe Helpline:**

Call: 877-995-5247

Texting: (\*55-247);

Texting outside the US: (202-470-5546)

Online Resources: [www.safehelpline.org](http://www.safehelpline.org)

Online Chat: [www.safehelpline.org](http://www.safehelpline.org)





# 167th LEGAL TEAM

The 167th Legal Office provides professional legal advice and counsel to command and staff agencies.

We also provide on-target and on-time legal advice and assistance to military members, retirees and their family members. Legal assistance is provided in a wide range of areas including:

- Family Law
- Will & Living Wills
- Landlord-Tenant Issues
- USERRA Rights.

The contents of your legal assistance appointment are attorney-client privileged.

All staff members are Drill Status Guardsmen (DSGs) and have limited availability to provide legal assistance outside of the UTA weekends.



*Need to create a will or power of attorney? Access the worksheet [here](#).*



*If you are under investigation for military misconduct or subject to adverse military administrative action, please contact the Area Defense Counsel for legal advice.*

Headquarters (Bldg. 120) Rm 114  
Phone: 304-616-5336; DSN: 242-5336  
167HQ.JA.Legal@us.af.mil

## AREA DEFENSE COUNSEL



### AREA DEFENSE COUNSEL CONTACT INFORMATION:

Capt Teresa Saunders, WVANG  
Area Defense Counsel

Teresa.Saunders.7@us.af.mil

You may contact the West Virginia Area Defense Counsel (ADC) if you think you need legal representation because you are subject to a command investigation, adverse administrative action, or non-judicial punishment under the West Virginia State Code. Your ADC has offices at the 167th Airlift Wing in Martinsburg, WV and at the 130th Airlift Wing in Charleston, WV.

The ADC provides members of the West Virginia Air National Guard (130th and 167th AW) with legal representation when facing potential adverse or administrative actions. Your ADC is an experienced Judge Advocate located outside of your local chain of command, which prevents any appearance of, or possible command influence or conflicts of interest. This allows Airmen of the WVANG to receive completely confidential representation and assistance.

You may need to contact your ADC if you are facing any action against you such as:

- WV Non Judicial Punishment
- Administrative discharge and Demotion actions
- Denial of Reenlistment
- Referral EPRs/OPBs
- Suspect Rights Advisements
- LOCs, LOAs, and LORs
- UIF entries and control rosters
- Any other adverse actions in which counsel for an individual is required or authorized

The ADC is not able to assist in certain areas such as personal civil legal matters and congressional complaints. However, if you have any questions as to the availability of our services, please email to make an appointment.

*The Area Defense Counsel is available for WVANG members only. Sister services must contact the nearest servicing base for representation.*



# COMBATING TRAFFICKING IN PERSONS

## U.S. DEPARTMENT OF DEFENSE

### STOP Human Trafficking

**Force, fraud, or coercion to compel a person to provide labor, services, or commercial sex.**

**Victims come from all backgrounds and can be women, men, and children.**

**Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking.**

### Recognize SIGNS

**Physical/Environmental Indicators include signs of abuse, no identification, confined to worksite.**

**Psychological/Behavioral Indicators include submissive, anxious, lack of free will.**

### REPORT IT

**Chain of Command**

**Local Law Enforcement**

**DoD Inspector General Hotline**

**1-800-424-9098 or visit <http://www.dodig.mil/hotline>**

**National Human Trafficking Hotline**

**1-888-373-7888.**



167th AW POC'S

Primary- MSgt Michael Savolt  
ext 5062

Alternate- Capt Heather Carvins  
ext 5181

For more information go to:

**CTIP.defense.gov/**

Current as of:  
16 Aug 2023



**Domestic Violence** is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse, or financial abuse. Domestic Violence is a pervasive, life threatening crime that affects million of individuals across the United States regardless of age, economic status, race, religion or education.

There is help near you!

Berkeley County:

236 West Martin Street, Martinsburg. WV 25401  
304-263-8522

Jefferson County:

113 East Third Avenue, Ranson, WV 25438  
304-725-7080

Morgan County:

131 Congress Street. Berkeley Springs, WV 25411  
304-258-1078

EPEC is the only licensed domestic violence services provider in the Eastern Panhandle.

Trained domestic violence advocates are available 24/7 to take your call.

Free, Confidential hotline:  
304-263-8292

All services are free and confidential. They are available to you regardless of race, age, economic status, religion, or sexual orientation.

All are welcome here.





# ACCOLADES



## Welcome

SSgt Earl Calloway, LRS  
SSgt Anfrew Schwedsky, OSS  
Amn Nathaniel Cupaiuolo, AMXS  
Amn Charissa Peterson, AMXS  
Amn Collin Widmeyer, AMXS

## Welcome Back from Technical Training

AB Blaike Biegler, SFS  
A1C Luca DeLuca, LRS

## CDC High Scores

MSgt Kyle Albach, CES  
A1C Noah Carder, CPTF  
A1C Kylee Premo, CPTF

## Promotions To Airman

Colton Hutton, FSS  
Conner Shade, SFS

**To Airman 1st Class**  
Ivan Rios Rosado, FSS

## Promotions

### To Senior Airman

Skylar Beasley, FSS  
Zachary Bennett, AW  
John King, AMXS  
Patrick O'Brien, AMXS

### To Staff Sergeant

Savanna Anderson, MXG  
Benjamin Kelsey, AS  
John Kunkleman, AS  
Zachary Langhorne, LRS  
Jesse Mier, LRS

## Promotions

### To Tech Sergeant

Zachary Butler  
Kaylie DePalo FSS  
Whitney Salisbury, MOF  
Thomas Spillane, AS

### To First Lieutenant

Craig Pyzok, OG  
Jacqueline Thompson, OG

## Retirements

Lt Col Frank Angelone, AS



Golden Retrievers and volunteers with Thin Line Service Dogs sit in the cargo area of a C-17 aircraft prior to Family Day events at the 167th Airlift Wing, Dec. 3, 2023. Thin Line Service Dogs visit the 167th Airlift Wing to socialize the dogs and to bring joy to the service members. Thin Line Service Dogs provides service dogs to first responders and veterans at no cost. (Photo courtesy of Anjanette Montano)



## Our mascot needs a name!

Please email your suggestions to [167.AW.PA.Public.Affairs@us.af.mil](mailto:167.AW.PA.Public.Affairs@us.af.mil) by 7 January 2024. We'll vote on the suggestions next month.

## Retirees Association

The 167th Retirees Association is an "All Ranks, All Services" organization which meets the third Tuesday of each month at 1900 hrs in the Base Auditorium, Building 120. Retirees are welcome to drop in or contact us at [ww167RA@gmail.com](mailto:ww167RA@gmail.com)



