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FROM DARK ROOMS TO DIGITAL:

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PUBLIC AFFAIRS CONTINUES TO DEVELOP AN ILLUMINATING LEGACY

POST DISASTER SCAMS 141ST LEGAL OFFICE OFFERS TIPS FOR PROTECTING YOURSELF AGAINST SCAMMERS

U.S. AIR FORCE

141ST ARW WELCOMES NEW VICE COMMANDER WING OAY WINNERS CANNABIDIOL (CBD) DRUG DEMAND REDUCTION S PROGRAM MANAGER SHARES INSIGHTS

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THE OFFICIAL PUBLICATION OF THE 141ST AIR REFUELING WING

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THE MISSION

THE MISSION OF THE JET GAZETTE IS TO EFFECTIVELY COMMUNICATE EVENTS AND INFORMATION OF THE 141ST AIR REFUELING WING TO UNIT MEMBERS, THEIR FAMILIES AND RETIREES AND TO RECOGNIZE PERSONAL AND UNIT ACHIEVEMENTS WITHIN THE WING.

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NOTES FROM THE TOP

ould you walk by a \$50 bill on the ground? Probably not. Would it matter to you if it was torn, dirty, and crumpled? Probably not. Most of us would be excited about our luck, pick up the money, clean it off and straighten it out. Why? Because regardless of it being marred, dirty, and a little wrinkled, it still has value.

The \$50 bill represents how I have been molded as a leader. My career path in the Air Force has taught me to see the value in all the airmen serving. This includes the whole team: Airmen, civilians and families. We all strive daily to ensure mission success. We all have a story that includes successes as well as some stumbles. We might have fallen short at times or been scarred by things life has thrown at us. But we all still have value and deserve to be treated with respect.

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Being selected to represent you as the vice commander truly is humbling and exciting. I am extremely proud to be serving with the finest professionals in the Air Refueling business. My role will be to support Col. Gardner's vision and priorities. In that vein, I plan to work diligently to ensure that you have the tools and training required to succeed at the mission.

You have incredibly demanding jobs. Many are walking a tightrope while juggling civilian and military careers. And, some are doing this while raising a family. Our families are part of our team and they are an essential part of our mission success. I want to ensure that our families get the support they deserve.

I am the proud Air Force brat of a retired aircraft crew chief. Having lived a good part of my life overseas, we settled in Ohio. I am a graduate of The Ohio State University — GO BUCKS!! I have been married to my husband, Jim, for 23 years, and we have three kids: Jimmy (21), Alaina (19), and Susan (17).

My career began with Aircraft Maintenance here at Fairchild AFB. I served and deployed within the Aircraft Generation Squadron. I cross-trained on my second assignment into Public Affairs

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and spent most of my career serving as a PAO at numerous Wings, Third Air Force and Air Mobility Command. While I have spent much of my military career within maintenance and public affairs, I have also served as a Department of Defense civilian in Public Affairs, Protocol, and Airman and Family Readiness. These diverse assignments developed my thirst for knowledge and a passion for people.

Within the Guard, I started as your Inspector General for Complaints Resolution. I also had the honor of serving as the Deputy Group Commander in Maintenance and the Commander of the Maintenance Operations Flight. These positions gave me an excellent overview of how our unit runs, how we care for our airmen, and where we can further strengthen our team. I know my first couple of weeks will be drinking from the proverbial fire hose, but I am committed to hit the ground running.

My goals are simple. First, I want to make a positive difference every day in our teammates and in our mission. Second, I never want to walk by a problem. Sometimes this might require a tough conversation, additional training or even a readjustment of our processes. Finally, I never want to miss an opportunity to mentor. This is our team. Each and every one of you play an integral role in our team's continued success. All of you are an investment and are invaluable to our mission. I would not be here without the investment that others put into me. I would like to share that mentorship forward.

I am excited to step into this new role. I can only hope to continue the successes of my predecessors by helping carry the ball a few yards further down the field. But, I cannot do that without you, the men and women of the incredible 141st Air Refueling Wing team. I look forward to visiting your work centers, getting to know you, and continuing to serve our neighbors and nation with every one of you.



SLIPS, TRIPS AND FALLS Provided by the 141st Safety Office



lips, trips, and falls are The majority of our winter mishaps. To prevent slips, trips, and falls, clear walking surfaces of snow and ice, and spread deicer, as quickly as possible after a winter storm. In addition, the following precautions will help reduce the likelihood of injuries: -Wear proper footwear when walking on snow or ice. A pair of insulated and water resistant boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads which fit over your street shoes is a good idea during the winter months. Take short steps and walk at a slower pace so you can react quickly to a change in traction, when walking on an icy or snow-covered walkway. -Avoid walking in the streets at all costs, if possible. Remember, cars and trucks

slip and slide, too! If it's an emergency, and you can't avoid the street, wear bright or reflective clothing. Always walk on the right side of the street, facing oncoming traffic. Avoid outdoor stairs, driveways and other hilly terrain. Stairs can be especially hard to clear and build up ice easily.

-Remember, ice can easily hide under a light dusting of snow. Just because you don't see the ice doesn't mean it's not there.

-Be aware of overhead hazards! Falling icicles and chunks of snow pose a serious risk. In extreme cold weather icicles can build up in size very quickly and are lethal. Their size and dagger-like formation are extremely dangerous for pedestrians. Be aware of what's happening above you, and stay clear from the edges of buildings.

FROM DARK ROOMS TO DEVELOP AN ILLUMINATING LEGACY

COMMENTARY AND PHOTOS BY MASTER SGT. JOHN HUGHEL

As the sun begins to set at Nellis Air Force Base, Nev., Oregon Air National Guard Lt. Col. Nick Rutgers, assigned to the 123rd Fighter Squadron, 142nd Fighter Wing, prepares his F-15 Eagle for a late day sortie, June 8, 2017. Over 120 Oregon Air Guardsmen are supporting the Weapons Instructor Course during their three-week duty assignment he bloodiest day in American history took place on Sept. 17, 1862, outside the small town of Sharpsburg, Maryland. The Battle of Antietam left more than 22,700 Union and Confederate soldiers killed, wounded, captured, or presumed missing in action. Paradoxically, this was the first war in U.S. history recorded by photographic imagery, as Mathew Brady and his staff photographers — Timothy O' Sullivan and Alexander Gardner — documented the death and destruction on large glass plate negatives.

For the public who visited Brady's studio the following month in New York City, they witnessed the shocking brutality of the war in these unforgettable images. Photography, and how wars have been chronicled and reported by pictorial specialists, had forever changed the public's perception of war.

On a technical level, photography has evolved profoundly for nearly two centuries. Yet, the impression of the reflective image remains relativity unchanged on both a methodical and theoretical level. A photograph is equal parts mathematics and emotion, where a narrow balance of time and temperament can alter the perception of what's formed in the frame. From the Civil War battlefield at Antietam to the current operations aboard the USS Antietam, the necessity for precise documentation, translated to a narrative form in both imagery and written accounts, has only grown in prominence by military correspondents.

The use of still and moving imagery, along with written documentation, by the U.S. military has advanced from large view cameras and communication carried via telegraph. What took days to transpose now happens instantly with mobile devices and satellite communication.

As a career field in the military, public affairs has benefited from this impact of technology, yet wrestles with balancing the sensitively of missioncritical documents, to publicizing the mission for worldwide dissemination. In 1980, when I began my career as a still photographic specialist, the photo school at Lowry Air Force Base, Colorado, was a joint training center for the Army, Air Force, and Marine Corps students. For the U.S. Navy, the School of Photography was then at the Naval Air Station Pensacola, Florida. Conventional joint public affairs courses were taught at Fort Benjamin Harrison in Indiana.

The advancement of military schools for photographic records began in the mid-1920s, placing an emphasis on every aspect that military photography needed to address. The use of photography for aerial purposes functioned as an observational and strategic instrument that had become vital to locating and documenting operating bases, enemy personnel, field positions, weaponry, and logistical support. It also served a second objective.

Examining this concept prior to World War II, U.S. Army Captain R.R. Arnold assessed in 1941 that intelligence aspects were equally important in aerial photography.

"Pictures taken from the air over enemy lines are studied for signs of activity to aid us in making our plans and to disclose those of the enemy." Arnold said.

Oregon Air National Guard Master Sgt. Roy Lofts, a special operations weatherman with the 125th Special Tactics Squadron takes various weather readings while a C-130 lands at the Red Devil air strip at Fort Carson, Colo. Members of the 125th train combat controllers and other special operations Airmen as they helped train pilots on take-offs and landings at various air fields at Fort Carson. (U.S. Air National Guard photo by Master Sgt. John Hughel)

Oregon National Guard Sgt. Jarred Hansen, a sniper assigned to the 2nd Battalion, 162nd Infantry Regiment, 41st Combat Brigade, establishes a firing position inside one of several training buildings at 'Leschi Town,' during Exercise Cougar Rage, April 28, 2018, at Joint Base Lewis-McChord, Washington. Exercise Cougar Rage 18 brought together the Oregon National Guard's Scout Platoon together with the 39th Canadian Brigade Group during a multi-day training exercise.

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An F-15 Eagle from the 142nd Fighter Wing finishes the refueling process by a KC-135 Stratotanker from the 141st Air Refueling Wing, Washington Air National Guard during a flight for the Employer Support of the Guard and Reserve tour of the Portland Air National Guard Base, Ore., Mar. 30, 2016.

"By taking similar pictures of friendly territory, breaches of camouflage discipline are detected and the extent that our own plans are revealed to the enemy can be deduced. This latter activity is referred to as counter-intelligence."

Assigned to my first duty station at Stuttgart Army Airfield (in then) West Germany, in January of 1981, the mission of the 73rd Combat Intelligence Company was precisely this task. Using OV-1 Mohawks with multiple cameras and data-collecting sensors, the still imagery required extensive darkroom time and labor. Since none of the optical, infrared, and radar imagery was processed in flight, the ground photo technicians processed the aerial film.

Every aspect that was taught at the military photo school became suddenly apparent: proper mixing and storage of photographic chemicals, testing, and densitometry measurement of film, using printers and enlargers, and working in home stations or transportable photographic darkrooms.

Our unit had one functioning ES-38, a portable darkroom that was built to fit in the bed of a 2-1/2-ton truck. In tactical field conditions, the electrical power came from the generator assigned to each

mobile darkroom. Our six-member staff in the 'Repro section,' processed all the airborne imagery in this mobile darkroom set-up at the home station, but was always ready to move. From the time the aircraft landed, we quickly processed all the negatives to be reviewed by the Image Interpreters and flight crew. Reviewing the negatives over a large lightbox, our team also included the pilot and the right-seat technical observers, who ran the aerial cameras.

The annotated film was rushed to a fully plumbed darkroom, which was literally a converted WWII Luftwaffe shower room, to be printed rapidly, and then marked and noted. As soon as the ink could dry, the prints were packaged and delivered by hand via the designed 'Duty Driver' to VII Corp Headquarters at Kelley Barracks.

Not only did most of our physical buildings at the airfield, located in the town of Echterdingen, date back to the end of WWII, but the film processors were first developed during this time and my 'Duce and a half' were just as old.

The mobile darkrooms were first designed in the mid-1960s and used in Vietnam by other OV-1 aerial reconnaissance units. Using antiquated equipment to perform the undertaking in such a time-sensitive Oregon National Guard Soldiers and Airmen practice wildland firefighting during a field training exercise at the Oregon Department of Public Safety Standards and Training (DPSST) in Salem, Oregon, August 3, 2018.

mission was a significant factor in producing quality negatives and final prints. The photographic chemistry had to be kept between 68 to 72 degrees, which meant for a photoreconnaissance mission, the machines had to be fully stocked and 'running' well in advance of the plane landing. It was a constant concern to keep everything fully mission capable, an elaborate dance move to send the film from the flightline through intelligence operations, to a final printed and annotated form.

I oftentimes envied my other Lowry classmates who had assignments at base photo labs covering VIP events or doing official portraits in the studio. They had better resources and time to produce their work. Photographers assigned to public affairs units, helping tell the 'Soldier Story,' were the well-seasoned noncommissioned officers who had paid their dues in-garrison, cranking out hours of time in the darkroom before getting a chance to do more creative work.

In my following assignment at the U.S. Army Aeromedical Research Laboratory at Fort Rucker, Alabama, the mission and equipment were light-years ahead in both technology and mission set. Everything was still a 'wet process' but we had hefty research and development budget that provided automated film processors for color film, transparencies, and paper printing. The staff was half the size of my previous unit due to these modern conveniences but the work order box was never empty. Instead of hand processing all the film, many of the machines ran the whole development sequence.

Some items such as large format sheet film and medium format black and white still had to be done by hand, but the quality of film was continually improving so smaller cameras could do more and more of these jobs. Flying with aircrews and using smaller cameras made the work enjoyable while retaining quality film for military photographers working in the field.

These advances also meant that my counterparts working on base newspapers could occasionally use colorwork in print. Official portraits that were taken just a year or two prior in black and white were now in full color. The wet process had not gone away but had significantly improved in all aspects.

These advancements helped broaden the roles and assignments for military photographers. As the public had more access to higher-quality publications that could be produced in days instead of weeks, telling the Soldier' stories by uniformed members started making their way into print. These publications ranged from trade magazines to newspapers and sometimes in recruiting materials. Many of the projects that I photographed were used by the government agencies such as the National Science Foundation, NASA, and medical research journals. This expanded role of military photographers still relied on the foundations of documentation and storytelling that were the heart of the trade.

Combat camera units in the military contributed to an expanded awareness of service members operating in the field, providing media sources with images from the front lines. Documenting war and the warrior was evolving at the same pace with technological advances. The influence of powerful images shaped the involvement of the U.S. operations in Vietnam.

Ted Acheson served in Vietnam as a motion picture photographer with the Army's Special Photographic Office. According to his biography with the U.S. National Archives, the Department of Defense and the National Press Photographers Association named him "Cinematographer of the Year" in 1969.

His work appeared regularly on U.S. nightly news segments throughout the war, working on the same battlefields with professional civilian counterparts such Pulitzer recipients Larry Burrows, David Hume Kennerly, and Nick Ut. A U.S. Coast Guard MH-60 Jayhawk from Coast Guard Station Astoria, Ore., lifts a pilot from the 123rd Fighter Squadron, 142nd Fighter Wing from the Columbia River, July 7, 2016, during a joint water survival exercise.

The difference often came in the aftermath of documenting war coverage. Kennerly wrote in his book, "Shooter," that he was never able to complete and see most of his stories to a conclusion. "The curse of the shooter is that he is always an observer, never a participant," he wrote.

For most military photographers and journalists in the field, these men and women they cover are their 'brothers and sisters in arms.' Trying to tell their story in an authentic manner yet still being a uniformed member of the service can be a paradoxical practice, especially when working in hostile environments.

The advancement of film-based photography with quality and speed of publication only increased after Vietnam. The lines between the observational photographer and the storyteller evolved during this period with the introduction of digital imagery, along with the quality and speed, in just barely two decades.

By the time I returned to military service in the Air National Guard in 2005, the darkrooms had been replaced by massive computer workstations to process digital imagery. The production quality of photography, video production, and sound had made the leap from analog to digital just a few years before this point. The post-production cycle became an extensive effort in computer editing time and required training in these new photo-enhancing programs, which were advancing at a month-by-month pace.

U.S. ÇØAST GUA

The public affairs career field evolved profoundly at the same speed. Ironically, by enlisting with the Oregon Air National Guard's 142nd Fighter Wing in 2005, I had joined one of the original 29 National Guard aviation units, the 123rd Observational Squadron, which could trace their lineage back to 1941. Over the next several years our office had just begun digitally scanning aerial and historic negatives and archives from the China-Burma-India Theater of operations during WWII.

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When the Air Force started to officially merge public affairs career fields in 2007, the pushback from members was in reaction to the quality of the final product. Later, other branches of the service would start their own merger process. Prior to the contraction of military public affairs occupation skill sets, the range of jobs was multifaceted: still and video photography, broadcasting, traditional journalism style writing, and graphic design. They were nested under the multimedia and public affairs career fields. There was no road map for PA as the career field also navigated the arrival of social media, and what images, stories, and public notices would be important to viewers.

We were left to figure it out on the fly, ditching printed newsletters for same-day postings as well as grappling with what could or should be released. The question of release authority became a new awareness for public affairs career leadership. Blogs, viral messaging, deceptive reposting, and other dilemmas had altered decades of methodical and coordinated control of released products. Individual service members became self-publishers, working on the edges of the conventional forms of old and new media.

In writing "Navy Combat Camera, 1942-2018: A Reflection," for the Hampton Roads Naval Museum, Navy military historian M. Clayton Farrington, a retired Navy Public Affairs photojournalist, asked the question about the direction many American troops may find themselves. "A new wrinkle exists, however, in that we live at a time in which the average Soldier, Sailor, certainly never be the same." Yet as public affairs members navigate some of these latest challenges, it's critical to keep in mind the competencies required as associates of the profession.

Air Force Public Affairs members adhere to four core competencies in their work, which include trusted counsel to leaders, public trust and support, service member morale and readiness, and global influence and deterrence. These lines of effort for PA members producing and disseminating media marked the new and larger accountabilities that came with 'instant broadcasting.'

The work as communication experts carries a tremendous weight, where not only is 'getting it out quickly' essential but more importantly 'getting it right.' We have watched our civilian counterparts in the media industry struggle with the same demands and changes too. Journalists working in shrinking newsrooms and with smaller budgets now compete with bloggers and podcasters.

Within the past two years, the Public Affairs career field has contracted into one specialty for all service members. The schoolhouses that were at various posts and moved to consolidate at Fort Meade, Maryland, in the mid-1990s, shifting to a broader Department of Defense unified approach. With more consolidation over the last twenty years, now one single qualification course, for all branches has become the standard for military members entering the public affairs field.

This is at a time when a global pandemic has exposed the gaps in trustworthy information, and how we all individually use various forms of media and platforms to communicate. There are immeasurable possibilities that the future has yet to define. For instance, how recorded imagery will continue to be dispensed, and how viewers will react and ultimately repurpose the objects popping up on their computer monitors and mobile devices is still evolving.

As military members behind the camera, the adventures remain and the imaginative encounters, stories, and projects will help drive and define the medium. Each aspect of the trade working in public affairs has given me a window into the mission; from being part of the operation, or working as a darkroom technician, to covering research and training, or finally to storytelling and projecting our service member's contributions to a larger audience. During my last mobilization for the Washington Air National Guard to support Operation Allies Welcome at Joint Base McGuire-Dix-Lakehurst, New Jersey, I combined being 'boots on the ground' as operational support for our wearied Afghan guest, while also working as a PA specialist and expanding the broader evacuation story. The opportunity to link all aspects of this unparalleled mission from a field reporter's perspective was a fitting capstone to my career.

It's the last week of 2021, and as I approach military retirement, my coverage as a photojournalist while wearing the uniform over the past four decades is still compelling and a thrill. The continuum of image-making and of reporting with 'Truth and Vigor' from a Darkroom Soldier to an Air Force Storyteller has been an incredible journey. So, for one last time while still on duty, I'll close with my last "-30-."



Post Disaster Scams

Coal head

Provided by the 141st Legal Office

cammers are always finding new ways to con people out of money. After the latest tornadoes in the mid-west scammers started taking advantage of those needing immediate clean up. They also started to take advantage of those who wanted to donate money to the cause. While donating is great, you should be on the lookout for signs of a scam. First, if a disaster happens to you, scammers will quote outrageous prices for immediate assistance to clean up. They demand that the money be paid in full up front. The scammers also require that the money be paid via wire transfer, gift cards, cash, or cryptocurrency. The scammers may ask for your bank account information, or even your social security number. You should not pay using those methods, nor should you give them any of your personal information. You should never pay in full upfront and you should always wait until the job is done to make your final payment.

If you do want to donate, be sure to do your research on a specific charity and look for official sites. If you are contacted by a potential scammer, decline and conduct some research of your own. You can search the name of the charity with the words "scam," "review," or "rating" in the search box. This should bring up any potential scams that have been reported. It is also wise to research how much of your donation will actually go to the charity. You should try and use a credit card or a check when donating and be sure to check your bank statements to ensure the correct amount was donated.

If you suspect a scam, report it to the Federal Trade Commission at www.ftc.gov/complaint. For more information about scams, you can visit the Federal Trade Commission website at www.ftc.gov.

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Vaping Cannabis

Provided by 141st DDRP manager Mr. Robert Fletcher

n a study of six adults, Johns Hopkins Medicine researchers report evidence that a single vaping episode of cannabis that is similar in chemical composition to that found in legal hemp products could possibly result in positive results on urine drug screening tests commonly used by many employers and criminal justice or school systems.

The U.S. government defines hemp as any crop of cannabis containing 0.3% THC or less in dry weight. THC (delta-9tetrahydrocannabinol) is the substance in cannabis that confers a "high" and produces the subjective and cognitive effects that are typically synonymous with cannabis. The 2018 U.S. Farm Bill legalized the production and sale of hemp, and now as a result, consumer hemp products, such as oils, vaping cartridges and hemp flowers for smoking can be legally purchased in specialty stores, general retail stores and through websites across the U.S. Hemp is now increasingly

finding use in medicine and wellness markets, particularly for its component CBD, short for cannabidiol, which is one of the more than 100 cannabinoids found in the cannabis plant. According to New York-based investment bank Cowen & Co., the market for CBD last year ranged from \$600 million and \$2 billion in sales. Despite the size of this booming industry, it remains largely unregulated.

In a paper published Nov. 4 in the Journal of Analytical Toxicology, the researchers report that two out of six study participants tested positive after vaping cannabis that contained 0.39% THC using urine testing methods that are consistent with testing frequently performed for employment-related or criminal justice-related urine drug testing programs. Though the cannabis used in this study does not currently meet the federal definition of hemp, the THC concentration of 0.39% exceeds federal regulation by just 0.09%.

"People who use legal hemp products for medical intent rarely just use them once as we did in this study, and prior studies show that THC and its metabolites may accumulate with repeated use," says postdoctoral fellow Tory Spindle, Ph.D., a researcher in the Behavioral Pharmacology Research Unit at the Johns Hopkins Bayview Medical Center. "What this means is that people need to be wary of single-dose or cumulative THC exposure and be aware that these now legal products may cause an unexpected positive result on a drug test."

"Because the market for CBD products is so new and the popularity of use is growing so quickly, we want the public to be aware that a positive drug test is possible," says Ryan Vandrey, Ph.D., associate professor contained 10.5% CBD and 0.39% THC, a 27 to 1 of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine. Vandrey and his collaborators at the University of Pennsylvania previously showed in a JAMA study that 21% of CBD/ hemp products sold on the Internet contained THC, even though it wasn't listed on the product labels. "I have a hard time finding anyone who hasn't used a CBD product at least once, but most are completely unaware of the possibility of THC exposure or a positive drug test as a result of using these newly legalized products," says Vandrey.

Clinical trials demonstrated CBD to be an effective treatment for two rare forms of pediatric epilepsy, however, there is currently insufficient evidence to support use for any other health condition according to

the U.S. Food and Drug Administration. Despite this, CBD product suppliers and consumers claim benefits of CBD for a wide range of purposes, including everything from anxiety to insomnia to general wellness. CBD products can be swallowed in the form of an oil/tincture, eaten in a food product (e.g., gummy bears), inhaled using "vape pens" similar to electronic cigarettes, or applied topically to the skin in a cream, patch, balm or gel.

For the current study, the researchers recruited three women and three men with an average age of 31 years old. One participant self-reported as African American and the rest as white.

The batch of cannabis used in this particular study ratio of CBD to THC that is similar to what is often found in legal hemp/CBD products. In the study, research volunteers vaporized a little less than 1 gram of cannabis, which contained a total dose of 100 milligrams of CBD and 3.7 milligrams of THC. To vape the cannabis, heated cannabis vapor was collected into a balloon that was then inhaled by the participant.

In addition to vaping the high CBD/low THC cannabis, study volunteers also were given pure CBD in a capsule, vaporized pure CBD and placebo (a mock CBD pill and vaporized cannabis in which CBD and THC had been removed) in three other dosing sessions, one week apart from each other. In all active drug conditions (excluding placebo), the CBD dose delivered was 100 milligrams per session.

The drug testing cut-off used to determine a "positive" result in this study was a "screening" concentration of at least 50 nanograms per milliliter of THCCOOH, a metabolite used to indicate whether someone has used cannabis, in the urine sample using an on-site "dipstick" test. A positive on that test was then "confirmed" at a 15 nanograms per milliliter cut-off of THCCOOH using a more sensitive test method.

Two of the six participants who vaped the low-THC/ high-CBD cannabis tested positive for THCCOOH.

No positive urine drug test results were observed in the other test sessions (pure CBD capsules, pure CBD vape or placebo).

"These results suggest that pure CBD, used once by itself, will not cause a positive drug test," says Vandrey. Adding to this, Spindle points out that it "does not take much THC exposure to trigger a positive test for some people." There may be variation from person to person in drug metabolism and puffing behaviors such as inhalation depth, which might contribute to the breakdown or buildup of cannabinoids in the body, the researchers say.

The team says they plan to repeat their studies using products that fall within the current federal hemp regulations with respect to THC content, and additionally study the impact of repeated CBD/hemp exposure on drug testing outcomes.

Have Questions?

DDRP Manager, Mr. Fletcher: 247-7850 141 Medical Group: 247-7080 141 Legal Office: 247-7036

Link for MHS Genesis: https://myaccess.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e1s1 Link for list of banned supplements: https://www.opss.org/ Link for list of controlled substances: https://www. deadiversion.usdoj.gov/schedules/ DOD Policy reference: DODI 1010.16 - Jun 15 2020 pg. 7

141ST ARW OAY WIND RECOGNIZES OUTSTANDING AIRMEN OF THE YEAR



Senior Airman Jacob Whiteley 141st Logistics Readiness Squadron



Senior Airman Whiteley was chosen as the wing's outstanding Airman of the year for his many contributions to the mission.

Airman Whiteley expertly troubleshot a High Mobility Multipurpose Wheeled Vehicle valued at over \$295,000 repairing the issue and returning the vehicle to service in under two hours. Whiteley was instrumental in prepping snow removal vehicles for the start of the '21 snow season ensuring the vehicles were ready for service without any issues. He also completed 12 college credits toward his Bachelor's degree and completed all of his Community College of the Air Force requirements. Finally, Airman Whiteley volunteered time serving meals to those in need and helped sort and process clothes for donation at a rescue shelter.

Staff Sgt. Ethan Dahl 141st Maintenance Squadron



Staff Sgt. Ethan Dahl was chosen as the wing's outstanding Non-Commissioned Officer of the year for his many contributions to the mission. Sergeant Dahl created an avionics wiring trainer that took more than 700 hours to complete. The trainer enabled 100 different training tasks to be certified without waiting for an aircraft to display the issues. Three other Air National Guard units asked for the plans to create their own trainers.

Dahl also corrected an uncommanded rudder movement impound on a KC-135 correctly identifying the problem and fixing it, averting a possible serious mishap.

Finally, Sergeant Dahl completed his Bachelor's degree graduating magna cum laude with an impressive 3.75 Grade Point Average. Master Sgt. Timothy Barth 141st Maintenance Squadron



Master Sgt. Timothy Barth was chosen as the wing's outstanding Senior Non-Commissioned Officer of the year for his many contributions to the mission. Master Sgt. Barth authored a 141st MXG Quality Assurance evaluation and inspection plan coordinating with higher headquarters to create 234 seperate inspections for the wing. Sergeant Barth also was instrumental in launching the wing's hot pit refueling capability coordinating with multiple groups to ensure all regulations were followed and within established guidance. Finally, Sergeant Barth spent over 400 hours mentoring a local youth soccer team building team cohesion with the youth.



First Lieutenant Matthew Richard

141st Contracting Squadron



First Lieutenant Matthew Richard was chosen as the wing's outstanding Company Grade Officer of the year for his many contributions to the mission. Lieutenant Richard led a deployed contracting squadron as the first Air National Guard Contracting Officer to deploy, serving four seperate Combatant Commands working over 58 seperate projects that consisted of more than \$20 million in funds executed.

Lieutenant Richard also took on a 60% workload increase while team members were down due to COVID increasing mission operations. Finally Lieutenant Richard led a 9-week Financial Peace University course for deployed airmen boosting Airmen's financial literacy while away from home. 141st Maintenance Operations Flight



The 141st Maintenance Operations Flight was chosen as the wing's outstanding Flight of the year for their many contributions to the mission. The MOF led CENTCOM's largest maintenance analysis secion enabling 3,700 sorties and 54 million lbs of fuel offloaded to support OIR/OFS. They completed 10,000 maintenance actions with air tasking orders producing

359 Intelligence and reconnaissance missions enabling 176 enemy targets to be destroyed.

The flight supported the Washington, D.C. response launching 39 missions, 549 passengers and cargo in less than 72 hours generating the 3rd most sorties in the entire Air National Guard. Additionally, the flight acieved a 98.3% unit end strength for the year.

141st Civil Engineer Squadron



The 141st Civil Engineer Squadron was chosen as the wing's outstanding Squadron of the year for their many contributions to the mission.

The 141st CES deployed 64% of thier squadron executing \$32 million in projects while managing \$24 billion in infastructure in the Area of Responsibility.

The Squadron corrected airfield hazards quickly returing the runway to usuable condition and saving potential Foreign Object Damage on any of the KC-135s.

The Squadron prepped a 108-acre site for Central Command to allow a \$1 billion Quick Reaction Force bed down be achieved.

Finally the Squadron designed and constructed a Medal of Honor recipient memorial to honor a local veteran.

Wing SnowFest 141st ARW ski and snow fun day



WhO: Everyone in the 141st Air Refueling Wing (Alternate duty location per Col. Gardner)

When: Thursday January 13, 2022

Where: Silver Mountain Resort, Kellog, Idaho

Details: Limited \$18 lift tickets are available but quantities are limited and sell out quickly so purchase your ticket early online. The tickets are good for the entire day of skiing, snowboarding, or scenic gondola rides for any age.

Additionally there is the Silver Rapids Water Park at the mountain villiage in Kellogg, Idaho which is also available and considered an alternate duty location.

Lodging is available with Silver Mountain resort with a group code that will be posted on SharePoint along with rates and further details. Lodging can be booked for the night prior to the event, the night of the event or both.

Unfortunately, there will be no snow tubing available on Thursday January 13th, but could be available on the 14th for those who stay the night on the 13th. This photo shows your typical drill day lunch at Felts Field, Wash. for the 116th Observation Squadron enlisted men. The timeframe when this photo was taken is set between when the new brick hangar at Felts Field, Wash. was completed on Mar. 18, 1934 and when the 116th OS was federally activated and moved to Gray Field in Tacoma, Wash.

A moveable kitchen serving table built from wood scraps was set up in the original World War I steel hangar that stood next to the newer brick hangar. This steel hangar was disassembled from a French aerodrome after the first world war; shipped back to the US as war surplus and in 1925 was allocated to the 116th when Spokane won the squadron as its home base. Up until at least 2004, it had still been standing at the field, but was later condemned and taken down for safety concerns due to structural failure.

In the picture, you see the mechanics of the unit dressed in coveralls with mess kits to receive their rations. A tarp was strung between the steel rafters to prevent untidy things from falling into the food. The hangar doors were difficult to close without a truck so most days they remained open providing a shelter for most things winged, not just planes. Early accounts attest to squadrons of everything from barn swallows to bats taking roost in the rafters of this hangar. On the middle pantry shelf, you see cans of Roundup...no, not the herbicide, the Roundup Grocery Company was a major distributer in downtown Spokane from 1921 until the company was bought by Fred Meyer in 1964.

Noon day dining wasn't without some refinement, in the background; you can see a radio plugged in to a hanging light bulb socket playing the latest swinglest music of the 30s and 40s.

HISTORY

PROMOTIONS

CMSgt. SKY SCHULTZ 141 MXS **SMSgt. WEYLIN BERRYMAN 256 IS** SMSgt. JARED OLNEY 141 AMXS SMSgt. RONALD MCVICKER 141 ARW **SMSgt. RONALD HARDING 141 AMXS** MSgt. AARON WYNHOFF 141 AMXS **MSgt. ERIK BLEVINS 141 AMXS MSgt. JESSE WILLIAMS 141 AMXS MSgt. JESSE FLOBERG 141 OSS MSgt. LEMUEL ROBLEDO 141 MXS MSgt. MAX CLEMONS 141 CES** TSgt. ALEXIS FRANK 141 MXS **TSgt. JEREMY LEMES 141 LRS TSgt. TIMOTHY DIEL 116 ARS TSgt.ANTHONY SOLIK 141 MXS TSgt. ZACHARIAH PETERS 141 MXS TSgt.LINDSEY MCGLOTHLIN 242 CBCS TSgt. RANDY SAYLOR 141 CF** TSgt. JOEL ELLIS 141 MXS SSgt. KRYSTAL POTTER 141 CF SSgt.JONATHAN ARANA 141 CF

SSgt. NICOLAS MONROE 141 AMXS SSgt. GABRIEL ELY 141 MXS SSgt. PAUL DEBRUNNER 141 MXS SSgt. ELLIS MERCER 141 LRS SSgt. HANNA SKOOG 141 AMXS **SSgt. ANTHONY BLACK 141 AMXS** SSgt. RYAN FIELDS 141 MXS **SSgt. WAYLON DASHIELL 141 CES** SSgt. BRIAN BOBLICK 141 OSS **SSgt. JACOB WHITELEY 141 LRS** SrA. ELIZABETH KOVACICH 141 MDC/DET 1 **SrA. DEREK ALDRICH 242 CBCS** SrA. ERIC RADA 242 CBCS **SrA. ETHAN NESSELRODE 141 MXS SrA. CHANCE EDWARDS 141 MXS A1C GAVIN JULIANO 141 CES** A1C CONNOR GILBERT 141 CES A1C STEPHEN EVANS 141 MDG DET. 1 **Amn. ERIC PORTER 141 MXS Amn. ARIEL SOLEIL 141 OSS Amn. TRISTAN MOSPAN 141 LRS**