

# THUNDERBOLT

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News/Features: page 3  
Help for abuse victims



News/Features: page 3  
Why you should recycle



Week in photos: page 4  
Images from MacDill



News/Features: page 4  
Special job opportunity



Community: page 21  
Events, Chapel, more...



AIRMEN



MISSION



COMMUNITY



TEAMMATES



Equipment fitness job 1 - page 12

Senior Airman Taylor Clouse, 927th Operation Support Squadron aircrew flight equipment journeyman, performs routine maintenance on a MBU-12/P face mask at MacDill Air Force Base, Sept. 24. The HGU-55/P helmets and MBU-12/P face masks are inspected every 90 days.

# COMMAND CORNER



## Work better, not harder

by Col. Andre Briere and the 6th AMW AF-SO21 Office

“Improve your process,” “think lean,” “AF-SO”...blah, blah, blah.

Many of you reading this column probably tune-out a bit whenever your commanders or enlisted leaders start talking about AF-SO21 (the Air Force name for continuous process improvement—CPI). But I want to use this opportunity to hail and recognize some of the really amazing ways that the airmen of MacDill Air Force Base, using CPI tools, are transforming the way the 6th Air Mobility Wing and Air Mobility Command do business.

AFSO21 and CPI were adapted from years of proven efficiency methodologies in multi-million dollar industries. While we don't produce widgets or Toyotas here at MacDill, mission success is our ultimate responsibility and measure of performance. AF-SO21 offers us ways to achieve that success more effectively. In pursuit of our mission goals, some problems or obstacles can seem overwhelming, but AF-SO21 tools give us a way to break them down into much more manageable pieces. Too often, airmen equate AF-SO with a push to do “more with less;” that is not the intent of AF-SO21 or CPI.

The methodologies and tools within AF-SO21 represent concepts that have long been embed-

ded within industries across the globe, saving millions of dollars annually in both man-hours and resources. Think of AF-SO21 as a box filled with tools to get the job done more efficiently and effectively. We don't want to work harder, we want to work better.

Here are just a few of the projects that have improved our wing processes and hopefully made your jobs easier over the past year:

1. Within the 6th Medical Group, an AF-SO21 event was initiated to tackle the problem of missed medical appointments. We were able to streamline the internal business process to better ensure our members and their families have access to care, minimizing wasted man-hours and increasing customer satisfaction.

2. The 6th Operations Group is also leading the way to CPI success. In what was named the “Go-No-Go” event, we were able to restructure the mission scheduling process in the 91st Air Refueling and 310th Airlift Squadrons, saving two to three hours a day in the process, or 2,000 man-hours per year. End result? Crews are able to be validated as mission-ready faster and assigned to a mission sooner.

3. Another example of savings comes from within the 6th Maintenance Group. When it was discovered that Wheel and Tire shop personnel experienced high travel times between the hangar and their work centers, an AF-SO21 event was conducted on the inventory process. This event resulted in a change from a 45-day waiting period on parts to only four days—a



Col. Andre Briere

91 percent reduction in time! That is time that will ultimately be given back to MXG airmen, allowing them to accomplish other tasks and goals which are important to both them and the mission.

4. Finally, one of our more recent successes comes from the 6th Mission Support Group. When faced with the challenge of extended wait times within the 6th Force Support Squadron's Customer Support Section, an

See **CORNER**, Page 16



### COMMANDER'S ACTION LINE

The Action Line provides two-way communication between the 6th Air Mobility Wing commander and the MacDill community. A 24-hour recording service is provided so personnel may submit questions, concerns or comments. Email [macdillwingcommander@us.af.mil](mailto:macdillwingcommander@us.af.mil).



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### MacDill Thunderbolt

Publisher: Brian Burns  
Editor: Nick Stubbs

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News items for the MacDill Thunderbolt can be submitted to the 6th Air Mobility Wing Public Affairs office, 8208 Hangar Loop Dr., suite 14, MacDill AFB, FL 33621, or call the MacDill Thunderbolt staff at 828-2215. Email: [thunder.bolt@us.af.mil](mailto:thunder.bolt@us.af.mil).

Deadline for article submissions is noon, Wednesdays to appear in the next week's publication. Articles received after deadline may be considered for future use. All submissions are considered for publication based on news value and timeliness.

Every article and photograph is edited for accuracy, clarity, brevity, conformance with the “Associated Press Stylebook and Libel Manual” and Air Force Instruction 35-101.





## No excuses; why you should recycle at MacDill

Courtesy of the 6th Civil Engineer Squadron

This article is for you, the person who doesn't recycle.

We hear lots of reasons:

"It's too hard."

"I'm not a tree hugger."

"My dog ate my recycling bin."

When an inspection team comes through your area, those excuses are not going to do much good. So let's take a moment to discuss why you should recycle.

◆ It's mandatory. A number of federal, Defense Department, and Air Force regulations require bases like MacDill Air Force Base to divert as much waste from the landfill as possible. These rules apply to all base personnel including active duty, civilians, contractors, and guests.

◆ Recycling also saves the base money, and revenue from the sale of



Courtesy graphic

recyclables can be used to fund base projects and initiatives. Recycling provides a source of materials for manufacturers to use to make new products. We've already used fossil fuels to make plastic bottles. We might as well use those bottles to make more bottles and save the petroleum for fueling airplanes.

Here are some interesting facts about recycling.

◆ About 75 percent or more of our waste is actually recyclable, but we currently recycle less than 50 percent of it.

◆ Recycling one aluminum can saves enough energy to listen to a full album on your iPod.

◆ Americans throw away 25 million plastic bottles every hour. If our county recycled only one-tenth of our newspapers, we would save 25 million trees a year.

The 6th Civil Engineer Squadron recycling manager, Eric Vichich, notes that federal and Air Force recycling goals have been established for MacDill. Meeting those goals is going to require everyone's participation in this mandatory program.

For recycling bins or more information, please contact the Environmental Flight at 828-0460 or 6CES/CEV@us.af.mil.

## There's help for domestic abuse victims

### Part I of III

by Diane Allgaier

Family Advocacy Program

October is National Domestic Violence Awareness Month.

The Family Advocacy Program at MacDill Air Force Base provides prevention and intervention services to military families that have experienced domestic abuse. The program has a domestic abuse victim advocate who is available to provide services for adult victims 24 hours a day, seven days a week for help and support.

The DAVA provides comprehensive services to include safety planning, risk assessment, as well as information and referrals for programs supporting victim and family safety. Adult victims who are military medical beneficiaries are offered DAVA support services. All services are non-clinical, voluntary and free. Confidentiality is in accordance with U.S. Air Force policy.

Domestic abuse can involve different forms and actions. In addition to physical violence, it may include insults and verbal aggression, controlling or dominant behavior, extreme jealousy or insecurity, explosive temper,



Photo illustration by Airman 1st Class Andrew Crawford

isolation from family and friends, extreme or violent mood swings, possessiveness, financial control or preventing access to medical care.

Domestic abuse affects everyone in the home, including children. Children living in a home where domestic abuse is present may show outward signs of trauma. Infants may suffer from attachment disorders. Toddlers can suffer from sleep disturbances. Preschool children may regress developmentally. School-age children may be depressed or act out aggressively. Adolescents are at risk for recreating an abusive relationship when they begin to date.

For victims of abuse who do not want command or law enforcement notifications, a restricted report may be an option. Restricted reporting allows a victim to make a confidential report of the abuse while accessing medical and advocacy services without command or law enforcement involvement. This allows the victim time to explore options for the future and make informed decisions. Call or schedule an appointment with the victim advocate for a complete explanation of the restricted and unrestricted reporting options.

Victims who work with an advocate will be better informed regarding their legal rights and options, are more aware of community resources and services, and can get assistance developing a safety plan to use to prevent future incidents of violence. Victims who choose to utilize advocacy services are also likely to be more comfortable asking for help in the future and feel less alone throughout the process of seeking help. This can allow them to have a more positive outlook of their future.

If you or someone you know has experienced domestic violence, you're not alone. Help and support is available. For more information, or to seek help, you can reach the Domestic Abuse Victim Advocate and the Family Advocacy Program at 827-9172. After hours, contact the DAVA Crisis Line at 813-261-3391. If you are in an emergency, call 911. Additionally, two local community resources available for support include The Spring (813-247-7233) and the Crisis Center of Tampa (211).



# WEEK IN PHOTOS



Photo by Senior Airman Vernon L. Fowler Jr.

Col. Daniel Tulley, 6th Air Mobility Wing commander (left), and Chief Master Sgt. Matthew Lusson, 6th AMW command chief (far right), observe as Sparky signs the Fire Prevention Week Proclamation at MacDill Air Force Base, Sept. 23.



Photo by Airman 1st Class Ned T. Johnston

Airman 1st Class Carlos Menendez, 6th Communications Squadron radio frequency transmission systems technician, troubleshoots a wireless direct line that transmits from the top of Hangar 3 on MacDill Air Force Base, to Raymond James Stadium, Sept. 25. Raymond James Stadium is used as the emergency operations center in the event of a natural disaster at MacDill.

## White House Communications Agency briefing on MacDill

by Senior Airman Shandresha Mitchell  
6th Air Mobility Wing Public Affairs

The White House Communications Agency recruiters hosted a briefing at the base theater on MacDill Air Force Base, Sept. 23.

The WHCA is a military unit dedicated to providing premiere, worldwide communications support to the president and his staff by ensuring their ability to communicate anywhere, anytime, by any means to anyone in the world to lead the nation effectively.

Staff Sgt. Willie Lee, WHCA Air Force lead recruiter, discussed the opportunities, roles and responsibilities, and the requirements for the positions offered at the WHCA.

“Our mission is to provide non-secure and secure communication to the administration,” said Lee. “We select from the ‘best of the best’ and ensure that everyone can perform the tasks proficiently.”

Members assigned to the WHCA provide direct service to the in-town missions or on travel

teams in support of the president, vice president, first lady and others as directed.

Comprised of approximately 915 personnel, WHCA members come from all branches of service, have varied levels of experience, and multiple specialties in communications, audio-visual, administration and support.

“The benefits of an assignment with the WHCA are vast,” said Lee. “A few include civilian clothing allowance, special duty pay, technical training and hands-on experience, participation in degree completion programs and the Presidential Service Badge.”

Lee listed the benefits members will receive upon selection, how civilian education is highly encouraged, and that members can maintain their civilian education while operating and functioning in their job while on the road.

With promotions and career progression being a major topic amongst the members of Team MacDill, Lee discussed the benefit of how this assignment will set those selected apart from

See **AGENCY**, Page 18



Photo by Senior Airman Shandresha Mitchell

Staff Sgt. Willie Lee, White House Communications Agency Air Force lead recruiter, briefs members of Team MacDill at the base theater on MacDill Air Force Base, Sept. 23.





## Retiree Appreciation Day 2014; full slate of events scheduled

Thunderbolt staff report

Oct. 4 has been designated Retiree Appreciation Day by the 6th Air Mobility Wing at MacDill Air Force Base. Military retirees of all service branches and family members are invited to visit MacDill on this special day to acquaint themselves with benefits and services available at various base facilities. Please refer to the schedule below for happenings throughout the day of the event.

◆ 10 a.m. - Wing Staff Cake Cutting Ceremony in the Base Exchange Food Court

◆ 9 a.m.-2 p.m. - Health Fair to include the pharmacy, flu shots, and prescription drug take-back (bring in unwanted, unused and expired medication for proper disposal) on Zemke Ave.

Note: The Tricare office's services are no longer available in the clinic.

◆ 9 a.m.-2 p.m. - Military Officers Association of America on Zemke Ave.

◆ 9 a.m.-3 p.m. - Veteran Affairs Benefits at the Retiree Activities Office on North Boundary Boulevard

◆ 8 a.m.-12 p.m. - Legal Assistance with wills and powers of attorney in Building 299

◆ Service will be by appointment only. To contact the Legal Office, call 828-4421 and select Option 8 to schedule the appointment. A form will also need to be filled out prior to the appointment. To access and download this form, please visit <https://aflegalassistance.law.af.mil>.

◆ 9 a.m.-2 p.m. - ID card issue or renewal in Building 373

Note: In regard to ID cards, customers will now need an appointment and can reach the ID card section online at [www.tinyurl.com/macdill-card](http://www.tinyurl.com/macdill-card).

◆ 9 a.m.-2 p.m. - Consultation with the following participating organizations at information booths in the Base Exchange Food Court:

◆ Honor Flight West Central Florida

◆ Space-Available Travel

◆ Retiree Association – TREA

◆ American Legion

◆ Florida National Cemeteries

*(Editor's Note: Just a reminder, the Diner's Reef Dining Facility will not be open due to HVAC repairs.)*





## Why I became a victim advocate for fellow Airmen

by Anonymous

**LITTLE ROCK AIR FORCE BASE, Ark. (AFNS) — Editor's note:** *This is the real story of one Airman's experience with sexual assault. Be mindful that no two sexual assault stories are the same. If you, or anyone you know, has been or is currently a victim of any sexual crime, contact the Sexual assault Response coordinator or a victim advocate.*

When I was in college I had an incident happen to me that I wouldn't ever wish to happen to anyone, not even my worst enemy. In one night my whole perspective on my life and my world was changed.

I had just turned 21, and it was the first semester of my junior year in college. Another weekend had rolled around, and I was going to hang out with the girls. A friend of mine, "Amy," decided instead of going out we could just have a small house party at her apartment. Amy picked me up so I could drink and not have to think about driving my own car.

About seven or eight guys came over, brought drinks and everything seemed fine. We were all having a good time, playing drinking games, listening to music and dancing. There was one particular guy, who I noticed had taken a real liking to me. At times he had gotten a little too close, but it was a party; we were just having fun.

When the end of the night rolled around, Amy had gotten ridiculously drunk and started yelling and screaming for everyone to leave. She had

forgotten the other girls and I were staying with her. She wanted us to leave, but we had no car.

The same guy that had been paying me a little too much attention all night spoke up and said he could take us home; no problem. We didn't live too far from each other. My friend, "Kara" and I decided we would both ride with him to "be safe." While walking to the car, I started to complain about having a headache. After we got in the car, we dropped Kara off first. That's when I should have noticed something was wrong, because in order to get to her place, we had to pass mine. Instead, I thought to myself, "Whatever, this headache is killing me."

After dropping Kara off, the guy asked me if I wanted to stop by the 24-hour gas station and grab some Tylenol. "Sure. I don't care; just get me home," I said.

I stayed in the car while he got out for the Tylenol. I felt the alcohol kicking in a little more, but I was still aware of my surroundings. He got back in the car and handed me a pill. I took it without question.

That's where everything stopped.

To this day, I don't know what kind of pill I really took. All I know is when I got to my place and collapsed in bed, all I remember saying was "No." Even now, writing this, I still have some very explicit flashbacks, and the one clear thing is I remember saying "No!"

See **ADVOCATE**, Page 22













Senior Airmen Taylor Clouse, 927th Operations Support Squadron, and Irvin Reed, 6th OSS aircrew flight equipment journeymen, perform routine inspection on HGU-55/P helmets at MacDill Air Force Base, Sept. 24. Each helmet goes through a quality assurance check before the inspection is complete.

(Right) Tools sit on a table during a routine inspection for HGU-55/P helmets at MacDill Air Force Base, Sept. 24. Aircrew flight equipment personnel perform routine inspections on all aircrew flight equipment. (Far right) An Airman from the 6th Operations Support Squadron's aircrew flight equipment section inspects a MBU-12/P face mask during a routine inspection.







inspections on HGU-



Senior Airman Taylor Clouse, 927th Operation Support Squadron aircrew flight equipment journeyman, performs routine maintenance on a MBU-12/P face mask at MacDill Air Force Base, Sept. 24. The HGU-55/P helmets and MBU-12/P face masks are inspected every 90 days.



# Equipment fitness job 1

Photos by Airman 1st Class Tori Schultz







# CORNER

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From Page 2

AFSO21 event was the catalyst for the creation of an appointment-priority system. While still in the testing phase, we are already seeing significant progress, with the average customer waiting time reduced by 75 percent!

These projects are proof that AFSO21 tools have improved and helped Team MacDill save time and money.

Over the past year, the wing's Strategic Alignment & Deployment framework was developed through an AFSO21 process, allowing the wing's priorities to be at the forefront of every strategic decision made across MacDill AFB. The SA&D is, by design, always being updated because of the ever-changing needs of the Air Force, AMC, MacDill Air Force Base, and the Airmen of the 6th AMW.

In that spirit, your 6th AMW leadership will meet in the coming weeks to discuss and develop the wing's new strategy. We want to make sure we incorporate your concerns into our priorities. Remember Col. Tulley's first commander's call and answering the electronic polls? YOUR answers to those questions are at the forefront of developing these priorities. Remember that we want you to work BETTER not harder. I want to conclude this column with praise for a few of the "AFSO All-Stars" from this past year:

◆ Maj. Ryan Goodlin (6th AMW/CCE) – Maj Goodlin is the recently graduated chief of our wing AFSO21 office. While in that job, he led the MacDill AFSO21 team to recognition as the number-one AFSO office in AMC. His leadership was instrumental in putting our wing on the path

to excellence in CPI. He is succeeded by Maj. Ryan Covahey (formerly of Wing XP) and 2nd Lt. Kristi Machado. They will lead our 6th AMW AFSO shop to even greater heights!

◆ 6th MDG Dental Clinic – 6th AMW 'Month of 6S' Winners (May 2014), went above and beyond when asked to improve their workcenters. Embraced the 6S mentality of "Sort, Straighten, Shine, Standardize, Sustain and Safety," ensuring increased productivity and decreased waste.

◆ 1st Lt. Shalisa Payne (6th LRS) - MSG AFSO21 representative, saw 10 challenging projects to completion. Foremost among these is the newly re-vamped Wing Block In-Processing, which aids in expediting members' initial in-processing to MacDill, thereby increasing their availability to their units.

◆ Tech. Sgt. Terrell Morris (6th FSS) - Fantastic wingman to the Wing AFSO21 office; as a Green Belt trainee, he is always willing to teach AFSO Yellow Belt training. To date, three Yellow Belt Classes taught, reaching more than 60 students.

◆ Tech. Sgt. Aisha Davis (6th AMW) — on-track for Green Belt certification and standardizing AFSO21 training across the base; initiative will guarantee processing improvement success across the wing.

◆ Staff Sgt. Aaron Youngblood and Senior Airman Yarely Jerez (6th MDOS) — Instrumental in the success of the AFSO21 MDG No-show Event aimed at reducing wasted man-hours and resources due to missed medical appointments.







## Motorcycle safety event Friday

*Thunderbolt staff report*

The second MacDill Air Force Base Motorcycle Safety, Mentoring and CFC Awareness ride will be held Friday in the 6th Medical Group parking lot.

Riders are urged to join in and mentor fellow riders and spread awareness for motorcycle safety, while supporting the Combined Federal Campaign.

The event kicks off with a gathering and showing off of bikes and gear between 9 a.m. and 9:45 a.m. From 9:45 a.m. to 10 a.m. guest speakers include the CFC, the 6th Air Mobility Wing safety office, senior rider T-CLOCS—kickstands up.

Jim's Harley Davidson will be at Quaker Steak & Lube from 11 a.m. to 1 p.m.

For more information, contact Staff Sgt. Marc Villanueva at 828-3971 or Master Sgt. Calvin Young at 828-9895.

## AGENCY

From Page 4

their peers by providing them with a career progressing opportunity.

In closing, the members of the WHCA recruiting team reiterated that the president must be able to conduct business as head of state, chief Executive and commander-in-chief at all times from any location, and that the WHCA provides the means and the manpower to make that happen.

If you feel you are a candidate for a WHCA assignment, complete and submit the application at [www.disa.mil/whca](http://www.disa.mil/whca) or call (202) 757-5150.







# MACDILL COMMUNITY



## EVENTS

### Friday

#### MacDill Lanes & Family Fun Center

Friday Family Fun Night Pizzarama from 5-8 p.m. 50-cent games for all bowlers under the age of 15. Mike the Magician – Magic & balloon sculptures; door prizes; kids activities; introducing our new Fabulous Pizza Program; value menu food specials; free milk shakes with all strikes. Call 828-4005.

### Sunday

#### MacDill Lanes

NFL Sunday Ticket & Football Frenzy Program – Watch all the games. Open 12-9 p.m. Food and drink specials. Bowling specials; billiards; darts and corn hole. For more information, call 828-4005.

### Monday-Friday

#### Boomers Bar & Grill

All-U-Can-Eat Lunch Buffet from 11 a.m. - 1:30 p.m. \$8.99 Buffets feature two entrees, soup and salad, sides, rolls and butter and assorted desserts. Club Members show your card to save \$1. Use a Mac"Deal" Buck to save an additional \$1.

### Tuesday

#### Art & Crafts Center

Zentangles: Two classes to choose from—11:15-11:45 a.m. or 4:15-4:45 p.m. The class is free.

Let us introduce you to the craze of "controlled doodling." Instructions and samples will be provided to get you started on this addictive art form sweeping the nation. We will be providing 3.5" x 3.5" squares for you to fill however your mind wanders. Please register for whichever class fits your schedule so that we can ensure adequate space and materials are available. This class is free.



Photo by Airman 1st Class Ned T. Johnston

## 'Distinguished' visitors

Members of the Distinguished Flying Cross tour stand in front of a KC-135 Stratotanker at MacDill Air Force Base, Sept. 23. Veterans flew from across the country for a seminar in the local area and visited the base before heading back home. The DFC is a decoration awarded to anyone who distinguishes himself or herself in support of operations by "heroism or extraordinary achievement while participating in an aerial flight."



## CHAPEL SCHEDULE

### Protestant service

Sunday - 11 a.m. - Contemporary Service

Sunday - 9:30 a.m. - FAMCAMP Service

### Islamic service

Friday - 1:30 p.m. - Muslim Prayer Service

Call the chapel at 828-3621 for more information or visit the chapel web site at <http://www.macdill.af.mil/macdillchapel>.

### Catholic services

Saturday - 5:30 p.m. - Mass

Sunday - 9:30 a.m. - Mass

Monday-Thursday - 12:10 p.m. Mass



**EXCHANGE**  
ARMY & AIR FORCE EXCHANGE SERVICE

# ADVOCATE

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From Page 6

A couple hours later I woke up in my bed naked, cold, my arms covered in bruises with blankets and pillows on the floor. I was a mess. I got in the shower, crouched down in the corner and just let the water hit my body. What happened? Why were my arms covered in bruises? When did I get home? And then it hit me. I had been raped. It was all so blurry, but the bruises on my arms didn't lie. I stayed in the shower for what seemed like hours. I was different now. I was broken. I threw the sheets off the bed and into the trash; I lay on the bare mattress and cried myself to sleep.

I didn't remember the name of the guy who took me home that night. He could have walked right past me, and I would have never known it was him. I tried to reach out to a couple friends the next week. I reached out to Amy because she had been the one who invited the guys over. I remember her saying, "You know you weren't raped; why are you lying?" I was called a "hoe" and a "slut;" I was told I wanted it. I eventually reached out to a friend I hadn't spoken to in a while, and she urged me to see a doctor even though it had been a couple days since my rape

happened.

I had never been taught about rape; I didn't know what to do, who to turn to, who to talk to. I was lost. I tried to forget it all, chalking it up as a life experience, and I made myself forget— or so I thought.

After graduating college, I joined the Air Force. I was at my first duty station and in my brand new apartment— alone again. I started having nightmares, and there were nights I could still see the bruises on my arms. I needed help, but I didn't know how or who to ask.

I got to work one day and saw an email seeking victim advocates to work with the Sexual Assault and Prevention Response program.

Great! This was my chance to get help without really having to tell anyone what happened to me, and maybe, I would have the chance to help someone else too.

I had never dealt with the situation, and I only blamed myself. I had kept things so far back in my mind that I almost had a nervous breakdown. I had random crying spells at work before anyone came in, and when I got home, all I could do was cry and cry some more. No one around

me was aware; that's how well I had taught myself to play the part of the "happy girl."

Once I became a part of the SAPR program and finally told someone what had happened to me, I was finally able to begin to heal; I am no longer broken. I am able to work with other survivors of sexual assault and help them begin to heal, and it feels good. I hope that sharing my story reaches at least one person out there who may have thought they were alone.

If you or anyone you know has been a victim of sexual assault, there are many programs available to help you. It doesn't matter when it happened. The SARC, victim advocates and chaplains are here to help you heal and overcome.

There are many things I could have done differently that night. Sometimes I sit and I play the situation over and over in my head. I have finally come to the conclusion that if someone wants to do you harm, they will find a way no matter what you do. It wasn't my fault, I was a victim, but now I have become a survivor.

For more resources and information, visit <http://www.sexualassaultpreventionresponse.af.mil/>.