



SPIRIT TIMES

Whiteman Air Force Base, Mo.

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CORE resets for third installation



Photo by Maj. Joe DellaVedova

Senior Airman James Powell (left), and Airman 1st Class Justin Murray, both from the 509th Security Forces Squadron, participate in a force-on-force exercise near S-6 March 22 as part of the second conventional operations readiness exercise. The third and final CORE begins Monday. This will be the final dress rehearsal before the Air Combat Command Inspector General team visits Whiteman in May. During the exercise, base residents may hear alarm signals, simulated explosions and weapons fire. There is no need to be alarmed.

10th Air Force SAV team aids 442nd FW inspection

By Master Sgt. William Huntington
442nd FW public affairs

The 442nd Fighter Wing will be a hive of activity during this weekend's Unit Training Activity as the 10th Air Force Staff Assistance Visit team continues to pore over the Wing's records and practices in preparation for the upcoming unit compliance inspection.

The UCI, scheduled for July 31 to Aug. 5, will inspect the wing's processes to ensure compliance with Air Force standards.

Some work centers have already seen the 10th AF hat hanging in their offices.

The 442nd FW Safety saw one of its former members, Senior Master Sgt. Dan Maham, 10th AF Safety, review their processes. Another 10th AF member, Senior Master Sgt. Bill Goben, scrutinized the activities of the wing's pub-

lic affairs office during his recent visit.

"It is my responsibility to provide customer-oriented feedback on the wing public affairs processes," Sergeant Goben said. "This feedback, which the public affairs staff has identified, is based upon functional areas which may need improvement."

Col. Rebecca Oroukin, 10th AF SAV team chief, echoed Sergeant Goben's posture on the nature of the SAV and wants members to understand that the visit is not punitive but ultimately beneficial to the Wing as it prepares for the UCI. It is a point that she feels should be emphasized.

"My perspective as Team Chief is that we are not the Inspector General," Colonel Oroukin said with an emphasis on the word 'not.' The SAV philosophy is to help the unit find solutions to those problems you help us identify, refine process-

es and programs, and help ensure the unit is in compliance."

Colonel Oroukin further explained that the 10th AF SAV team members will provide references and guidance on policy, not opinion or speculation.

"The SAV and Maintenance Standardization Evaluation Program reports are intended to help units help themselves," she said.

Col. Steve Arthur, 442nd FW commander, sees the SAV as an opportunity to show the wing's capabilities and he said he feels positive about the wing's performance.

"This is an opportunity for our wing to show what we are capable of," Colonel Arthur said. "I urge leaders in the 442nd to take the SAV team's report to heart and use it as a tool to prepare for the July 31 UCI and our operational readiness inspection in April 2008."

B-2 aircraft inspires retired Air Force composer

By Airman 1st Class Stephen Linch
509th Bomb Wing Public Affairs

The University of Central Missouri Wind Ensemble will premiere "Spirit" at 7:30 p.m. April 20 at Hendricks Hall on the UCM campus.

This five-movement composition, written by retired Master Sgt. Aldo Forte, is based on the imagery of the B-2 and was more than a year in the making, said Dr. Scott Lubaroff, the UCM Director of Bands.

Mr. Forte, a 26-year Air Force veteran who served 16 years as the staff composer and arranger for the United States Air Force "Heritage of America" Band, named the five movements "Prelude," "Stealth," "Attack," "Epitaph" and "Triumph."

"Spirit" opens with Prelude, a movement which begins softly and evoking the evolution of flying machines from their infant beginnings to the present day grandeur of the B-2, Mr. Forte said.

The 13-minute work continues into the second movement "Stealth." "Stealth's" volume, mostly soft, signifies the capability of the B-2 to fly undetected toward its target.

The third movement is "Attack." Its ferocious and restless nature relentlessly bombard the listener with massive

sound, the composer said.

This major work then progresses into the fourth movement "Epitaph." "Epitaph" is a musical tribute to not only 2nd Lt. George A. Whiteman, the name sake of Whiteman Air Force Base, who lost his life Dec. 7, 1941, but to all the Airmen who have made the ultimate sacrifice in the defense of our great nation, he said.

The movement begins in funeral march-like fashion, Mr. Forte said. "(Several) elements along with heroic musical gestures are collaged and eventually lead to bold statements from the entire band.

In the end the dotted funeral march-like rhythms give

Fast Facts

- A World premiere performance of "Spirit" is set for Friday at 7:30 p.m. at Hendricks Hall on the campus of the University of Central Missouri in Warrensburg
- Renowned composer Aldo Rafael Forte, who created the work, is a retired Air Force master sergeant
- For more information, on the free event, see the promotional flyer for the premiere of "Spirit" on Page 17.

way to hints of the "Star Spangled Banner" and the movement concludes with allusions to Taps," he said.

Advancing into the final movement, "Triumph," the work consists of processional-like bold music sometimes intoning previously heard materials evolving into heightened heroic and fanfare-like statements, Mr. Forte said.

The composition eventually builds to involve the entire ensemble.

"This build up leads directly into a final fast section where previous themes are further developed into a joyous fashion and the piece ends triumphantly," he said.

"This project is very special to me, because I wore the blue uniform for 26 years myself," Mr. Forte said. "The piece about the B-2 gave me the opportunity to musically express my feelings about this great country of ours, a country which took me in as a refugee from Communist Cuba 45 years ago, and a country which I now proudly call home.

"Dr. Scott Lubaroff is a master musician and conductor, and it will be fantastic to listen to him bring "Spirit" to life," Mr. Forte said.

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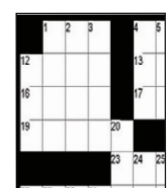
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SPIRIT TIMES

Whiteman Air Force Base, Mo.

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Air Force Quiz Question:

What is the single purpose of each safety and health program?
 (See answer below)

9er Line

Dial 687-3119 or
 e-mail 9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work. Before calling the 9er Line, try to resolve your problem with the responsible base agency. If you've exhausted all the normal avenues to resolve the situation, then call Brig. Gen. Greg Biscone, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

Confidential crisis counseling available 24/7. Call the Whiteman Help Hotline: 866-395-4357

Mission accomplishment with zero mishaps.

Air Force Quiz answer:

By Brig. Gen. Greg Biscone
 509th Bomb Wing commander

Readiness is the reason

Readiness, or "being prepared for action," sums up entire the reason for next week's exercise.

It's designed to test our conventional warfighting abilities in the most extreme situation on both a personal and wing level.

We'll simulate combat employment in a hostile environment with multiple threats to our safety and combat capability.

Now's the time to practice your leadership skills – ask every member of the 509th Bomb Wing to demonstrate strong situational awareness and be aggressive in responding to the challenging situations we'll face.

Give the exercise your undivided attention and energy and we'll overcome the weak areas we have left in our armor.

The objective is for all of us to have great confidence in these critical combat skills.

Airmen helping Airmen

Our greatest privilege as Airmen is to care for our own, and the Air Force Assistance Fund is a tremendous opportunity to put that privilege into practice.

Niner's Notes

The AFAF was established to provide an annual fundraising campaign for the four official Air Force charities that help Air Force people with emergency aid, with educational needs, and with support of a secure retirement home for widows or widowers of Air Force members in need of financial assistance.

Now in its 34th year, the AFAF directly benefits active-duty, Reserve, Guard and retired Airmen and their families by donating 100 percent of all contributions to the following venerable organizations:

■ The Air Force Aid Society provides Airmen and their families with worldwide emergency financial assistance, education assistance, and an array of base-level community enhancement programs. Airman and Family Readiness Centers have full details on programs and eligibility requirements.

Information is also available online at <http://www.afas.org/>.

■ The Air Force Enlisted Village near Eglin Air Force Base, Fla., was founded in 1967 to provide a safe, secure and dignified place for indigent widows of

retired Air Force enlisted personnel. More information is available at <http://www.afenlistedwidows.org>.

■ The Air Force Village in San Antonio provides excellent retirement living, with access to continuing health care for military officers who served honorably and their spouses with priority to retired Air Force officer widows and widowers in need of financial assistance. The Air Force Village Web site is <http://www.airforcevillages.com>.

■ The General and Mrs. Curtis E. LeMay Foundation helps widows of a 11 Air Force retirees, both officers and enlisted, with financial grants of assistance. The LeMay Foundation Web site is <http://www.lemayfoundation.org/>.

Last year Whiteman received on average about \$4 for every \$1 it contributed — not a bad return on your gift!

There is still some time left to contribute to this year's campaign so please give what you can.

My thanks to all of you who donated and to the project officers and key workers who are volunteering their time and energy to help support our Air Force family.



509th history, a patchwork of your stories

By Margaret DePalma, Ph. D.
 509th Bomb Wing historian

Did you know that the first B-2 was initially rejected in favor of the Keystone LB-6, in part because the former aircraft was too expensive and too big to fit into existing hangars?

However, the superior performance of the B-2 "Condor" changed the thinking of the leadership and a small production version of the XB-2 with more powerful engines and an improved wing design was ordered from Curtiss Aircraft. This was in 1928.

Do you know why we are called Whiteman Air Force Base? Sunday, Dec. 7, 1941, as the Japanese attack on Pearl Harbor began, Lt. George A. Whiteman, a native of Pettis County, Mo., got to his P-40B aircraft at Bellows Field and lifted off the runway when a burst of enemy gunfire hit his cockpit.

The plane crashed and burned just off the end of the runway.

Lieutenant Whiteman is believed to be one of the first Airmen killed during the assault.

Fourteen years later, Mrs. Earlie Whiteman was informed that the recently reopened Sedalia Air Force Base would be renamed Whiteman Air Force Base in tribute to her son.

The dedication and renaming ceremony took place Dec. 3, 1955.

Speaking of Whiteman, did you know that Bldg. S-6, the

old alert facility, is reportedly haunted?

The story goes that sometime in the late 1980s an Airman in a summer-tan uniform (the style worn in the mid-1960s) was spotted near the building late one evening by a two-person security police team. They stopped their patrol car and approached the person.

When the SPs challenged the individual, he fled - going through the wall!

A few minutes later, the team heard their car door slam shut.

Then the vehicle began moving rather quickly south down the flight line. The abandoned security team called for back up.

Shortly thereafter, the now empty vehicle was found parked near the base operations building - with the engine still running.

How do we know about these events? An Air Force historian collected the data and left records in the archives.

Air Force historian ... is that a real job?

The position of Air Force historian was originally mandated by President Franklin D. Roosevelt, Gen. George Marshall to Gen. Henry Arnold in 1942.

The primary objective of an Air Force historian is to create the only permanent record of what happens in the wing or unit so the American people will know how the resources entrusted to them were used to defend the nation.

The historian collects

documents from various wing organizations covering a six or 12-month period.

We search out significant things that happen in the wing and find documents (evidence), analyze them and then write the story.

Other duties include assisting the wing commander and staff with any inquiries, answering questions from organizations on base as well as those from the civilian populace.

When completed, the work is approved by the wing commander, submitted to command headquarters at Langley Air Force Base, Va., and finally sent to Maxwell AFB, Ala., where it is microfilmed and kept in the Air Force Historical Research Agency Archives.

In addition to recording the technical history of the wing and its weapons, the historian is also the keeper of the stories of the Airmen who served with the 509th Bomb Wing.

In other words, we tell your stories.

A week seldom goes by in which this office does not receive a request from someone trying to track down their family history.

Was Grandpa really with the 509th Composite Group at Tinian Island in the Pacific and part of those fateful days in August 1945?

We are often asked about the public affairs officer who released the statement saying little green men had been found in the farmer's field when the wing was based at Roswell

Army Air Field, N.M., in 1947. It was 1st Lt. Walter Haut; we have his picture in a yearbook.

Unfortunately, we cannot find an exact copy of the statement.

On another occasion, an individual needed to know the lineage and heritage of a particular squadron's service in Vietnam in order to determine what awards he was entitled to wear.

Someone else needed a copy of the orders appointing him commander of the 509th Logistics Readiness Squadron for his promotion file.

The historian's office had the only copy.

Another request was for a copy of the TDY orders, which sent an Airman from Whiteman to Thule, Greenland, in 1968 to pick-up hot airplane parts.

He needed verification so he could receive his Veterans Administration health benefits.

While we could not find a copy of the orders, we were able to locate his name in a page of the official report and thus satisfied the bureaucracy.

The 13th Bomb Squadron, whose history dates back to 1918, recently acquired part of an airplane which belonged to the squadron in World War II.

Through the Air Force archives we were able to verify that USAAF B-25D Mitchell #41-29709, "Eight Ball Esquire," crashed into the sea about 25 miles north and slightly east of Cooktown, Australia, Dec. 20, 1942.

See HISTORY, Page 11

Newsline

Possible delays at medical group

During the limited objective exercise today, and the conventional operational readiness exercise scheduled for Monday - Thursday, patients at the base clinic may experience delays in services. The clinic will maintain its regular operating hours.

MPF closure

Due to the LOE and CORE, military personnel flight relocations, employments and career enhancements will close:

Today: 7:30 a.m. - 1 p.m.

Monday - Thursday: 7:30 a.m. - 4:30 p.m.

MPF customer service and personnel records unit will remain open for regular business hours.

Commissary to change hours

The Whiteman Commissary will change hours effective Sunday. The new hours are as follows:

Tuesday - Saturday: 9 a.m. - 6:30 p.m.

Sunday: 10 a.m. - 6:30 p.m.

Monday: Closed

Early shopping, for 15 items or less, is Tuesday-Friday 8 a.m. - 9 a.m.

For more information, contact the commissary at 687-5655.

Gas mask fit testing

All personnel participating in the upcoming conventional operations readiness inspection require gas mask fit testing and a certificate of training. Call the bioenvironmental shop at 687-4798 or 687-4324 to make an appointment on one the following days:

Tuesdays 1 - 3:30 p.m.

Wednesdays 1 - 3 p.m.

Thursdays 8:15 a.m. - noon

Fridays 8:30 a.m. - noon

Each person should bring their gas mask and gas mask inserts with them to the appointment. Do not eat, drink (except water), or smoke 30 minutes prior to the fit test.

Top 3 meeting

The Whiteman Top 3 will hold its next meeting 3 p.m. Thursday at Mission's End. The meeting is open to all E-7 selects through E-9's.

For more information, contact Senior Master Sgt. James Lamont at 687-5040, or Master Sgt. Gary James at 687-1487.

KC royals honor those who serve

The Kansas City Royals have extended the special military Mondays for the 2007 baseball season. All active military personnel and their families will receive complimentary admission to Monday home games, during the season.

In addition, members of the military can receive half-price tickets to all other home games, excluding the St. Louis Cardinals series and playoffs.

For more details, call Curt Nelson at (816) 504-4337.

Congratulations

8th Air Force Winner

2006 Outstanding Paralegal of the Year

NCO: **Staff Sgt. Tracy Jackson**

Airman: **Airman 1st Class Valerie Barron**

Air Combat Command Winner

2006 Maintenance Analyst of the Year

Master Sgt. Alvin Bender, 509th Maintenance Operations Squadron

Reenlistment briefing schedule

Due to manning shortages, the base legal office will conduct Article 137/Reenlistment briefings once a month. The briefings will be held the first Tuesday of each month at 1:30 p.m. No appointment necessary.

For more information, call 687-6809.

Air Force releases combat action medal criteria

By Staff Sgt. J.G. Buzanowski

Air Force Print News

WASHINGTON – Air Force officials at the Air Force Personnel Center released criteria this week for award of the new combat action medal, an award for Airmen who have been involved in direct fighting situations where they risked their lives in an enemy engagement.

Air Force Chief of Staff Gen. T. Michael Moseley authorized the medal's creation March 15. Any Airman who believes he or she may be eligible can now submit an award package for consideration.

The first approval of the Air Force Combat Action Medal is expected with in the next few weeks, according to John Balducci, the chief of Air Force recognition programs.

Airmen are eligible for the combat action medal "if their primary role includes performing duties in a combat zone, either on the ground or from the air, by entering into an unsecured area away from an established installation," Mr. Balducci said. "While performing their duties, they must have come under fire or fire upon an enemy to qualify."

A combat zone is defined as a geographic area for which an Airman receives imminent danger/hostile fire pay.

In addition, while encampments, compounds and protected areas aren't normally qualifying locations for the AFCAM, Airmen augmenting a defensive fighting position could be eligible should they meet the award criteria, Mr. Balducci said.

Aircrew members must be flying in direct support of a combat zone and in combat. They also must be performing official duties and not manifested as a passenger.

While performing close air support, taking fire from an enemy is not a prerequisite as long as the Airman is at "great risk," Mr. Balducci said.

"For Airmen still on active duty who believe they may be eligible for the medal, their submission must include a narrative explanation of circumstances on an Air Force Form 3994 describ-



Front

Air Force combat action medal and ribbon



Back



Miniature and lapel

ing the event, to include date, time, location and incident details, as well as witness statements," Mr. Balducci said. "That package should be submitted to the first 0-6 (colonel) in their operational chain of command, who will submit it to the commander of Air Force forces."

Award eligibility is retroactive to Sept. 11, 2001, through a date to be determined and is available across the total force.

Personnel no longer on active duty can submit packages to the Board for Correction of Military Records. This will apply to posthumous awards as well, he said.

The medal does come with some restrictions. For example, only one can be awarded during a qualifying period, and for now, operations Enduring Freedom and Iraqi Freedom count as one eligible time frame.

In addition, there are no promotion points for the AFCAM. However, events that garner the combat action

medal also can be referenced for other decorations, Mr. Balducci said.

The AFCAM is worn between the Air Force Achievement Medal and the Air Force Presidential Unit Citation.

The medal is designed to evoke Air Force heritage, scarlet with diagonal yellow stripes - adapted from the art insignia on the aircraft of Gen. Billy Mitchell, who coordinated the first air-to-ground offensive in history. Further, the AFCAM features an eagle grasping arrows in one talon and an olive branch in the other, with the eagle facing the arrows, reflecting preparedness for war, while the olive branch represents a goal of peace, according to official Air Force wear guidance.

For more information, Airmen should contact their local military personnel flight or the Air Force Contact Center at DSN 665-5000 or (800) 616-3775.

(Information courtesy of Air Force News).

Uniform regulations to live by

If your uniform doesn't fit, you will take a hit

By Lt. Col. Mark Hatch

509th Bomb Wing staff judge advocate

With the spring and summer months approaching the vast majority of the base will take part in their annual physical training test. Most people know the mental and physical benefits that come with staying fit, but many have not been properly educated about the impact a failing fitness score can have on a career.

This article will answer the two major questions most people have regarding the fitness program and the negative implications of failing the test.

1. Can I be discharged from the Air Force because I failed my fitness test?

Yes! Not only can you be discharged if you receive failing scores, but your commander must make a discharge or retention recommendation to the installation commander if you are in the "poor" (a poor score is defined as less than 70) category for 12 consecutive months or receive four "poor" scores in a 24-month period.

Remember, initiating discharge is not an optional process once you have met the requirements above. If you fall into one of the two criteria listed above, your commander is required by

Air Force instruction to send a package to the installation commander recommending you either be discharged or retained. At the end of the day, regardless of your lengthy service or outstanding performance, your career may come to an end due to failing the fitness test.

2. Can I receive a letter of reprimand or other administrative actions because I failed my fitness test?

Absolutely! If you do not make significant improvement after your first "poor" score, your commander is required to take administrative action. Not only can you receive a letter of reprimand or a letter of counseling for failing the fitness test, you can also be denied reenlistment, administratively demoted, removed as a supervisor, your promotion may be withheld or delayed, and you may also be denied training opportunities. Basically, all the hard work you have put into the Air Force can come to an end if you do not stay fit.

The important thing to take away from this is that many of the actions that can be taken against you are required by Air Force instruction.

Your commander may think the world of you, but under Air Force policy, he will have no choice but to take action. Don't tie your commander's hands. Get in shape and continue to let your Air Force career soar.

Ability to survive and operate



The basics of conventional readiness

By Master Sgt. Marc Funston
509th Medical Operations Support Squadron

The push to finish line is here with only 31 days left until the start of the conventional operations readiness inspection.

First – a sense of urgency

We all have to show a “sense of urgency” in responding to exercise situations. Sense of urgency means acting like it’s a real war and you are on a remote base with an enemy actively trying to kill you.

Our enemies show a sense of urgency every time we show a weakness. How would you respond to loud noises in that environment? Would you just keep walking or try to take cover?

Any Airman who has deployed to a hostile environment and been exposed to mortars or insurgents knows the answer. Would you walk by a suspicious looking object or report it? Is it an improvised explosive device?

Avoid the fog of war

The fog of war has been defined as “a term used to describe the level of ambiguity in situational awareness experienced by participants in military operations.”



IED using gas and propane.



The term seeks to capture the uncertainty regarding our capability, adversary capability and adversary intent during an operation.

There are several things we can do to avoid the fog of war, starting with staying alert and knowing what you are tasked to do and when. If you are lost in the “fog of war” you are likely to become a “dumb kill.”

What is a dumb kill?

Definition: Personnel are simulated as a “kill” by the exercise evaluation team for not paying attention to details or ignoring events occurring around them. Personnel not showing a “sense of urgency” may also be subject to this event.

What happens to you as a dumb kill?

Dumb kills will process through the morgue (not the deployed medical facility).

Then all DK’s will be transported to Bldg. 705 to process through the contamination control area.

Upon completion of CCA processing, all DK’s will process through the exercise entry point in Bldg. 705 and then report to the inspector general work center (west side of Bldg. 705) for AFMAN 10-100 and ability to survive and operate testing.

The core readiness team will transport dumb kills back to the various transition control points after completion of testing.

What are ground burst simulators for?

Ground burst simulators are used to simulate mortar and missile explosions.

These are sometimes augmented by portable bird cannons. If you hear a loud bang or series of bangs you should respond as if a real mortar or missile attack is in progress.

If you hear a GBS explode and decide to just keep walking casually, you may want to review the “dumb kill” paragraph above.

Know your transition control points

TCP’s are the only places where movement is authorized between sectors.

Your unit control center will control the movement between each sector and account for unit personnel.

Movement between contaminated and non-contaminated zones should be limited to only mission-essential movement to avoid possible spread of contamination.

Your life depends on your chemical mask

Chemical masks should be cleaned and inspected upon issue and every six months after initial issue date during peacetime.

They should also be cleaned and inspected every seven days during contingency operations.

Have you inspected your mask and is it documented on the DD Form 1574? Is it fitted to your face?

A foggy mask indicates a poor fit and will draw an inspector’s attention.

In real life a foggy mask could end your life.

(Senior Airman Andrea Coombs, 509th Civil Engineer Squadron contributed to this article.)



Ensure preventive maintenance inspection is conducted on the gas mask.

CORI Countdown: 31 Days

Whiteman
Air Force
Base

Apr 13, 2007

7:16 am



REAL WORLD FPCON ALPHA REAL WORLD INFOCON 4



Sky Dive Tour

Outdoor recreation sponsors a sky dive tour
April 15. For more info, call 687-5564.

Not your ordinary Channel 99

The Whiteman Commander's Access Channel, Channel 99 on base cable, recently made a technological leap into the 21st century. The new and improved format creates several zones of information for base residents to keep on top of happenings around the base. The channel broadcasts severe weather, school closings, late reporting and other emergency information. It also runs the Pentagon Channel, a source of information for military members deploying to Iraq or Afghanistan or going on remote assignments. The channel is also capable of airing instructional videos. The 509th Bomb Wing Public Affairs Office will advertise the airline schedule for any such instructional videos. For more information on Channel 99, contact public affairs at 687-6123.



Whiteman scouts learn, enjoy conservation

By 1st Lt. Craig Towlson
509th Operations Support Squadron

Whiteman Cub Scout Pack 405 has been busy this spring.

The boys were on a mission March 31 to earn their fishing belt loops and work toward the World Conservation Award. The award provides scouts the opportunity to "think globally" and "act locally" to preserve and improve the environment, according to scout officials. The program is designed to make youth members aware that all nations are closely related through natural resources and that people are interdependent with the world environment.

The pack traveled to Warsaw, Mo., to visit the Missouri Department of Conservation's Lost Valley Fish Hatchery located near Truman Lake.

Scouts, parents and siblings took advantage of the hatchery's knowledgeable staff and educational displays.

The 2,000-square foot visitor's center has a 12,700-gallon aquarium which houses a variety of local fish for educational display.

Many of the local fish species being raised are mainly used to stock local lakes for sport

fishing. The scouts also learned that the hatchery is in the business of saving endangered fish species as well as native fresh water muskies. After learning the facts about the local fish and how they are reared at the hatchery, it was time to go fishing.

Before the scouts and families hit the kids fishing pond, they learned all about Missouri's fishing rules and how to use their "free of charge" fishing poles, bait and tackle. The kids caught 24 fish, mostly bluegill, while a few experienced anglers hooked catfish. The kids had the option to release or keep their catches.

The scout pack has plans to have a "pack only" sleepover at Science City in Kansas City Saturday. There scouts will learn all about space.

Additionally, to complete the requirements for The World Conservation Award, they will help beautify Knob Noster State Park April 21. The pack will wrap the year up with an overnight campout at Knob Park May 11-12.

If you're interested in taking advantage of scouting, please contact Cub Master Arnold Sauter at 563-3838 or Bear/Wolf Leader Craig Towlson at 563-5958.



Courtesy photo

Scouts from Whiteman Cub Scout Pack 405 learn fishing techniques from a volunteer at a fish hatchery near Truman Lake March 31. More than 30 people, including the scouts and adults, were on the trip to assist the boys in attaining their fishing belt loop.

Riding toward safety



Photo by Senior Master Sgt. Michelle Thorsteinson-Richards

Airman 1st Class Stephen Linch, 509th Bomb Wing staff and Tech. Sgt. Jonathan Sarabia, 509th Security Forces Squadron, ride down a straightaway on a track during a motorcycle safety foundation basic rider course Tuesday. All military members, on or off duty, are required to attend the course before operating a two-wheeled vehicle. The next BRC is April 25 - 26. The next expert rider course is Wednesday. For enrollment, call ground safety at 687-6934.

Air Force Assistance Fund



Photo by Maj. Joe DellaVedova

This week's squadron of the week is the 393d Bomb Squadron, who had 23 percent participation and met 83 percent of their financial goal. Currently, the Air Force Assistance Fund's total after week 5 is: \$32,109, which is 64 percent of the base goal of \$50,198.

Fast Facts

- The award was made to recognize the squadron raising more money than any other squadron with the most people contacted and most money raised during the Air Force Assistance Fund campaign.
- Whiteman's goal this year is \$50,198.
- Whiteman's participation goal is 50 percent.
- Once the goal is exceeded, the base will win \$2,500.
- Last year Whiteman members donated \$50,198 to the AFAF.
- Every three minutes an Airman or his/her family seeks/receives assistance.
- Whiteman members who applied and were approved, received more than \$217,105 in loans, grants and other programs.
- The AFAF assists the Air Force Enlisted Village Foundation, the Air Force Villages Foundation, the Air Force Aid Society and the General and Mrs. Curtis LeMay Foundation.



Local teen steps up to the platform

By Airman 1st Class
Stephen Linch

509th Bomb Wing Public Affairs

A Warrensburg High School student believes people can accomplish anything if they set their mind to it.

Following his dreams led Spencer White to the peak of power lifting in just two competitions.

In his first contest Feb. 17, the 17-year-old son of Master Sgt. Glen Conen, 509th Security Forces, and retired Master Sgt. Cindy Conen, competed in the Missouri Natural Athlete Strength Association Championship.

He broke three state records – a 110-pound curl, 206-pound bench press and a combined weight of 643 pounds – on his way to winning a state championship and automatically qualifying for national-level competition.

He went on to win the 2007 Natural Athlete Strength Association National Championship April 1 in the junior and senior high school 132.25-pound category.

The high school senior lifted considerably more than his own body weight, breaking three world and two national records for his weight class.

He currently holds the following records – 115-curl, 210-pound bench-press, 330-pound deadlift and a total of 655 pounds.

The record-breaking athlete didn't reach this level without sacrificing.

"He has been a fitness nut since he was 12, which was when he decided sodas are no good for you and switched to water," Mrs. Conen said.

Although he started lifting weights five years ago, his most intense training took place in the three months prior the national championship.

The national champion already steered clear of junk- and fast-food, but in preparation for the competition he started taking in tuna or protein shakes six times a day, said Spencer's weight training partner and classmate R.J. Rogers.

He started a strenuous workout program with the help of his coach Bill Rogers, Mrs. Conen said.

The six-week workout consisted of intense weight training three times a week at the fitness center – including whole-body exercises Monday, back and arms Wednesday and chest and arms Friday, according to his classmate.

The intense workout programs aren't for everyone, according to Mrs. Conen.

"He set up a work out program for me, and after the first workout, I started to refer to him as the Prince of Pain," she said.

In addition to his work out program and dieting, Spencer had an experienced coach.

"I told Spencer up front that pound-for-pound he was about as strong as it got, and with some dedication and determination nothing would stand in his way," said Mr. Rogers, who also holds several state and national power sports titles. "Spencer proved me right."

After becoming a national champion and breaking a total of eight records, Spencer reveals how he achieved this.

"The secret to success is to know what you want and to go for it," he said.

Little red berries pack a big punch

(Editor's note: This is the third article in a series of weekly articles on nutrition from the base health and wellness center.)

Cranberries have been used for food and medicine for centuries. Now studies are showing just how many benefits they provide.

Cranberries produce a special chemical, a high-molecular-weight nondialysable material known as NDM.

NDM prevents bacteria from sticking together or adhering to surfaces. This is how cranberries protect against urinary tract infections. NDM fights "sticky" bacteria that cause problems in other areas of the body as well.

Bacteria in the mouth stick to the teeth and form bacterial plaque, which is a major cause of gum disease and tooth decay. NDM prevents gum disease-causing bacteria from sticking together and forming plaque.

Experimental mouth-wash containing this special cranberry chemical has been shown to decrease the levels of the bacteria that cause tooth decay in the mouth. NDM also helps the rest of the digestive tract by blocking stomach ulcer-causing bacteria from sticking to the stomach lining.

Cranberries are a functional food powerhouse rich in antioxidants and other phytochemicals.

The flavonoids and

polyphenols in cranberries increase high density lipoprotein ("good" cholesterol) and lower low density lipoprotein (LDL) ("bad" cholesterol).

High LDL levels speed the formation of plaques on artery walls, making them larger and harder. Arterial plaques can cause heart problems such as angina, heart attacks, and blood clots.

Cranberries have anti-inflammatory, antioxidant compounds, such as resveratrol, which have been shown to fight numerous kinds of cancer cells in laboratory tests. Hopefully, future studies will show which cancers can be prevented by including cranberries in the diet.

A lot of nutrition is packed into this little red berry. One cup of fresh cranberries contains 47 calories, 4 grams of fiber, and 13 milligrams of vitamin C with only minimal amounts of fat (.2 grams) and sodium (1 mg.). Go easy on dried cranberries though; a 2-ounce serving provides 209 calories.

Given their many health benefits, the berries should not just be reserved for the holidays.

Fresh cranberries are most plentiful from September through December. Cranberries store well (about two weeks in the refrigerator) and a year in the freezer. They require no preparation before freezing and the frozen berries do not have to be thawed before cooking.

Include cranberries in your diet as a way to meet your goal of eating five to 13 servings of fruits and vegetables a day.

A daily 10-ounce serving of a 100 percent fruit juice containing 27 percent cranberry juice helps to maintain a healthy urinary tract. Fresh cranberries, dried cranberries, and cranberry sauce offer the same benefits.

Here are some ideas to get you started:

■ Toss cranberries into green salads for a tasty treat.

■ Mix fresh cranberries with fruit salad.

■ Use cranberries in baked breads or muffins.

■ Substitute cranberries for raisins in your favorite recipes.

■ Sprinkle a handful of dried cranberries over hot or cold cereal.

■ Mix a few dried cranberries with lightly salted, roasted nuts.

■ Serve cranberry relish with turkey, chicken or pork.

■ Drink hot cranberry juice cocktail for a change of pace.

For more information on cranberries, go to www.cranberryinstitute.org. Ideas for including a variety of fruits and vegetables in your diet, including cranberries, can be found at www.5aday.com.

For more information, call the health and wellness center at 687-7662.

(Courtesy of Whiteman Health and Wellness Center).

Whiteman AFB Public Notice Administrative Record File Availability Public Comment Period April 13 through May 13, 2007

The Environmental Restoration Program at Whiteman AFB is charged with identifying, assessing, and cleaning up or controlling contamination from past hazardous waste disposal operations and hazardous material spills. The ERP is carried out in compliance with federal, state, and local laws and regulations.

A public comment period will be held to give citizens the opportunity to comment upon the Whiteman AFB Final Engineering Evaluation/Cost Analysis Report for the Chlordane Piles.

The Final Engineering Evaluation/Cost Analysis Report for the Chlordane Piles is part of the Whiteman AFB Administrative Record, which is located at:

Government Documents Room
University of Central Missouri—Library
South and College Street
Warrensburg, Missouri
Phone: 660-543-4151

The report is available for review and public comment from April 13, 2007 through May 13, 2007. To submit written comments on the report, contact:

Mr. Glenn Golson
509 CES/CEV
660 10th Street, Suite 211
Whiteman AFB, MO 65305
Phone: 660-687-6347
Email: glenn.golson@whiteman.af.mil

History, from Page 2

The plane sank in less than three minutes.

Of the 12 on board, seven were injured but all made it to the beach at a point half way between the mouth of Morgan River and Cape Flattery.

Two of the uninjured started out early Dec. 21, 1942, for Cooktown.

After two days of swimming and walking, they reached their destination Dec. 23, 1942.

Early the next morning, a rescue boat picked up the other crew members on a beach.

One moment in the long history of the 393d Bomb Squadron was recently the focus of an intensive search through the archives.

We were looking for the reports on the Red Flag Exercise at Nellis AFB, Nev., in September 1979, in which an FB-111 aircraft crashed, killing its crew, Capt. Phillip Donovan and William Full.

Twenty-seven years later we were able to provide information to the public affairs office at Nellis so the 82-year-old mother of Captain Donovan could lay flowers at the accident site.

The history of the 509th BW currently being written will contain the same type of information on aircraft, weapons and individuals.

Who were the members of the maintenance squadron the night Oper-

ation Iraqi Freedom was launched? Who were the more than 1,600 Airmen from the 509th BW's 24 squadrons who were deployed in support of global combat operations? What are the stories they have to tell about heroism, dedication and duty?

When your grandchildren and great-grandchildren make inquiries about your time at Whiteman and the 509th BW, the records will be available.

It is for future generations that the Air Force historian compiles the story so that they might know the story of individuals who put service before self while living in such a time and place. Again, it's your story.

Help Save the Planet...

RECYCLE!

Things YOU can do to help:

- Print documents on both sides of the paper
- Buy recycled paper and cartridges for printers
- Avoid purchasing over-packaged products
- Buy products in refillable or reusable containers

Weekly fitness center schedule

Monday	Tuesday	Wednesday	Thursday	Friday
5:45 a.m. Cycle	9:30 a.m. Cycle Blast	5:45 a.m. Cycle	8 a.m. Cycle Blast	
11:30 a.m. B2 Abs	11:30 a.m. Combat Circuit Training	11:30 a.m. B2 Abs	11:30 a.m. Combat Circuit Training	
Noon Step N Burn	3 p.m. Spinergy	Noon Step N Burn	3 p.m. Spinergy	5:45 a.m. Cycle
5:15 p.m. Cut to the Core	5:30 p.m. Cycle	5:15 p.m. Cut to the Core	5:15 p.m. Cycle	
6:30 p.m. Extreme Fitness	6:30 p.m. PiYo	6:30 p.m. Extreme Fitness	6:30 p.m. PiYo	

SPIRIT
by Aldo Rafael Forte

WORLD PREMIERE PERFORMANCE
by the University of Central Missouri
Wind Ensemble
Dr. Scott Lubaroff, Conductor

SPIRIT is a major new work for wind band by internationally renowned composer ALDO RAFAEL FORTE and commissioned by the UCM Wind Ensemble. It honors the story of 2nd Lieutenant, George A. Whiteman and the history of Whiteman Air Force Base, and draws its inspiration and imagery from the grace, beauty, and power of the B-2 "Spirit" Stealth Bomber.

The composer will discuss the composition and his research into its program prior to the work's premiere.

presented by the UCM Department of Music
www.ucmo.edu/music

Friday, April 20, 2007
7:30 PM*

Hendricks Hall
on the University of Central Missouri Campus
Warrensburg, Missouri

This concert will also include the consortium premiere of "The Waters of Speech Are Silent," by Fulton, Missouri native, Dr. Joanne Metcalf, and guest performance by the Warrensburg High School Symphonic Band, Chuck Appleton, Conductor.

UCM

Composer, Aldo Rafael Forte
USAF, Retired

Dr. Scott Lubaroff
UCM Director of Bands

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Crossword puzzle

answers

Here are the answers to this week's crossword puzzle located on Page 18.

DIN **ETC** **AMC**
SWAB **USURP** **DOH**
LOS ANGELES **ODE**
TEA **IMA** **ERA**
TRAIL **PETERSON**
BUCKLEY **PITON**
SEE **RED** **MINOT**
ARSENIC
MIFFS **WAC** **TOO**
PANDA **PATRICK**
FEWARREN **OUSTS**
TSE **ALA** **LOG**
TAU **VANDENBERG**
RVS **ENNUI** **YETI**
OEF **DYE** **LEG**

Team Whiteman Community

Thrift shop sale and move

Today is the last day at the old location and includes a 75-percent off sale. The store will tentatively re-open May 1 at its new location in the former library, next to the Airman and family readiness center.

Hold on to your used/new donations and consignments until after the move. There is no drop off area at this time.

Extended duty child care program available

The Air Force Extended Duty Child Care Program, designed to assist military families and DOD civilian employees working extended hours by increasing the hours available in Air Force-licensed family child care homes, is also being offered for those members returning from a 30-day or longer deployment.

A new initiative of 16 hours of care per child will be provided to members returning from 30-day deployments.

The extended duty child care program provides child care services beyond the standard 50 hours of care families are already purchasing in child care programs on or off base.

The program offers care in FCC homes beyond the standard 10-hour per day five-day Monday-Friday workweek.

To register, contact the family child care office at 687-1180.

OSC social set

Whiteman Officers' Spouses' Club members are invited to Serve-it-up Bingo 6:30 p.m. April 26 at Mission's End. This year's bingo will be a casual evening with food-and-drink related prizes. The menu includes beef brisket with a honey barbecue sauce, mashed potatoes, baked beans and peach cobbler (chef salad available as an alternative). The cost is \$9.95 for club members and \$11.95 for nonmembers.

R.S.V.P. to Tonja Karren at 747-2742 or wadetonja@earthlink.net by noon April 22.

ESC picnic to take place

The Whiteman Enlisted Spouses' Club member picnic will be at Ike Skelton Park April 27 beginning at 6 p.m. Meals will be provided, but bring a dish to pass.

R.S.V.P. to Dayna at 233-2059, by April 25.

Archery club meeting scheduled

The Whiteman Archery Club will play host to an open membership meeting 4 p.m. April 30 at the outdoor recreation class room.

There will be discussion for the May club membership drive-shoot and range updates. Club officer elections and appointments will be held. This meeting is open to all civilians and military members with base access.

For more information, call Robert Jackson at 687-5579 or Michael Ingison at 687-4138.

Base-wide garage sale set

There will be a base-wide garage sale 8 a.m. - 4 p.m. May 5 - 6. The yard sale

does not count against the limit of two sales per year. Customers do not have to register for it, no permit is required, and the yard sale is not open to the public.

Sign up now for Head Start

Missouri Valley Community Action Agency Head Start is now accepting applications for fall 2007 classes. Applications from families living in Johnson County with children 3 to 5 years old will be taken until June 30.

Head start offers free educational, social, medical, dental and nutritional services to 3- to 5-year-olds, including those with disabilities, from families with limited income living in Johnson County.

To apply or for more information, contact head start personnel at the MVCAA family resource center in Warrensburg at 747-2245, Warrensburg Head Start Center at 429-1144 or the Knob Noster Head Start Center at 563-3751.

Special sign-up days will be April 21 from 10 a.m.-2 p.m. at the Warrensburg Community Center and May 16 from 9 a.m.-8 p.m. at the family resource center in Warrensburg.

Education

Call the base education center at 687-5750 for more details on these events.

Student buyers beware

Students should beware of purchasing College Level Examination Program study guides and test preparation materials offered in conjunction with a contract purchase of an expensive computer, software,

videos, books, or an offer for credit evaluation for college admission. CLEP information and CLEP materials are free to Air Force members.

Before you commit, contact your base training and education services flight at 687-5752 for more information.

A&P Testing at last

The education center is certified to administer A&P Aviation Mechanic Airframe, Aviation Mechanic General and Aviation Mechanic Powerplant testing at Whiteman. Individuals registered in an A&P program can take these three tests free of charge.

Testing will be conducted on an appointment basis through the education center at 687-5750.

Family Readiness

Call 687-7132 for more details on these Airman and family readiness center activities.

New to Whiteman

There will be a spouses' coffee to meet new people, learn about the local area, programs, services and organizations on base at 9 a.m. Wednesday. Children are welcome.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 8 a.m. Monday. Information will be presented from the Airman and family readiness center and Guard/Reserve recruiter.

Call 687-7132 for reservations.

Find the base ... AFSPC

By Capt. Tony Wickman

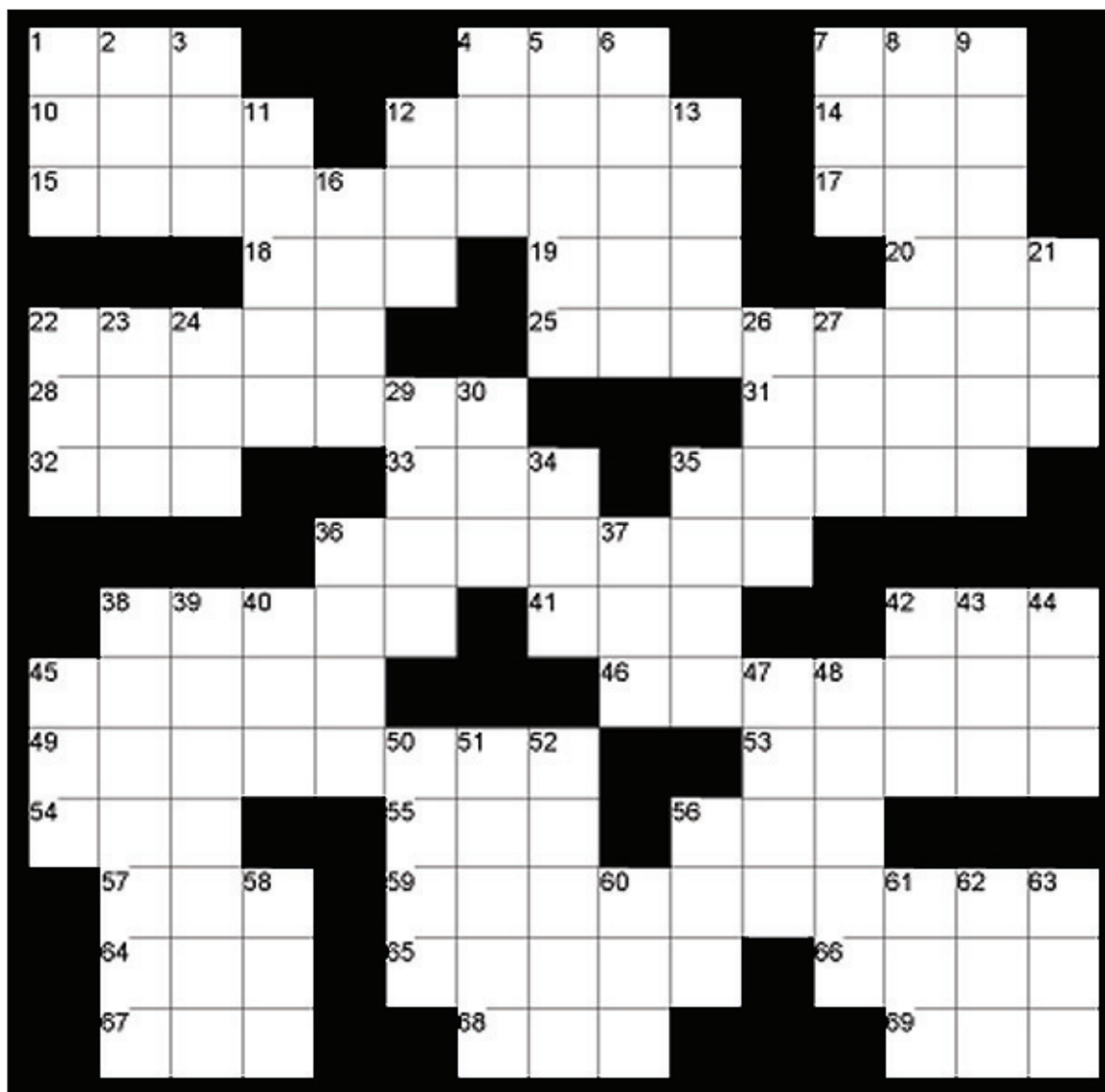
71st Flying Training Wing Public Affairs

ACROSS

1. Hubbub
4. And others, in brief
7. USAF MAJCOM
10. ___ the deck
12. Commandeer
14. Homer's signature saying
15. AFSPC base home to the Space and Missile Center
17. Summertime beverage
18. U.K. beverage
19. USAF Reservist type
20. Epoch
22. Path
25. AFSPC base, home to the 21st Space Wing
28. Home to 460th Space Wing
31. Mountain climbing spike
32. Observe
33. Sea between Africa and Saudi Arabia
35. Home to 91st Space Wing
36. ___ and Old Lace
38. Upsets
41. USA org., once
42. Also
45. Chinese bear
46. AFPSC base home to the 45th Space Wing
49. Home to 90th Space Wing
53. Removes from power
54. Mao ___-Tung
55. State home to AU, 42 ABW
56. Cabin type
57. Greek letter
59. AFSPC base home to the 30th Space Wing
64. Camping vehicles, in short
65. Boredom

DOWN

66. Abominable snowman
67. Op begun in Oct. 2001
68. Color
69. Appendage
1. AOL or Earthlink
2. Flags of ___ Jima
3. USN equivalent to AFB
4. 112°30' east of due north, in brief
5. Spring flower
6. One of a class of liqueurs of a thick consistency
7. Bother
8. California town
9. Cigar having open, untapered ends
11. Technique of hand-dyeing fabrics using wax
12. Mascot in Athens, Georgia
13. Test for H.S. juniors
16. Jodie Foster film
21. Writer Coulter
22. Cable TV station
23. Lament
24. Pilot with 5+ kills
26. Saga
27. Dog star ___ Tin Tin
29. Mistakes
30. Affirmative
34. Morning moisture
35. Biotite
36. In the distance
37. Quick rest
38. Orchestra conductor
39. Combine with something woven in
40. Federal health org.
42. ___ the season...
43. Fall mon.
44. Approves, briefly
45. USAF health test



Turn to Page 17 for the answers to this week's crossword.

47. Sunday mornin' caricature
48. Sport similar to American football
50. Rhapsodize

51. African antelope
52. Child caretaker
56. Hawaiian wreath
58. Tampa school, in brief

60. Owe
61. Snakelike fish
62. Map marking, in short
63. Musician's concert