

WARRIOR

Vol. 3 No. 9
March 2, 2012

Exercise increases Airmen's response and readiness



U.S. Air Force photo/Senior Airman Nick Wilson

First responders from the 509th Security Forces Squadron arrive on scene to detain an active shooter during a Major Accident Response Exercise Feb. 23. The training enables security forces responders to move in and get to the source of the threat without waiting -- thus saving lives by moving quickly and effectively. See pages 8-9.

Acting early helps save lives

The base is conducting an exercise from 7 a.m.-noon March 9. This exercise will test first and emergency responders as well as the base populace on actions taken during a tornado warning. This is an opportunity for all base residents to test their emergency procedures during a tornado warning. As a reminder, the following are definitions from the 509th Bomb Wing comprehensive emergency management plan 10-2:

Tornado Watch: Tornadoes are possible in and near the watch area. Review and discuss emergency plans, check supplies and safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching.

Tornado Warning: A tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property.

ON THE INSIDE

Put your best foot forward

Tom Whittaker, the first amputee to summit Mount Everest, visits Whiteman during the Air Force Global Strike Command's Never Quit Series 'The Promise' Tour here Feb. 23.

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Thrift shop helps Whiteman organizations

The consignment boutique shop here, better known as the Thrift Shop, makes a difference.

4

From the Frontlines: Senior Airman Shawn Watters

The anatomy of an aircraft system contains miles of wire, thousands of sensors, hundreds of dials, indicators and many switches.

7

WEATHER

Today	Sunday
Windy	Partly Cloudy
Hi 49	Hi 45
Lo 31	Lo 31
Saturday	Monday
Sunny/Windy	Sunny
Hi 49	Hi 64
Lo 27	Lo 46

Courtesy of National Weather Service

Whiteman AFB dedicated to energy initiatives

By Heidi Hunt

509th Bomb Wing Public Affairs

Not a day goes by when we don't rely on energy consumption. While it is a part of our daily life, everyone can help do their part to limit the amount of energy we consume.

While Whiteman AFB is seeing a substantial growth, it is not stopping Jack Allen, 509th Civil Engineer Squadron energy base manager and Andrea Goodson, 509th CES chief of asset optimization, from supporting the Air Force's energy goals.

This Air Force Global Strike Command's base duo, is responsible for assessing future and current energy projects, tracking energy consumption and recognizing new solutions for projects to save energy.

"Our goal is to implement cost-ef-

See Energy, page 6

A-10s head north

By Staff Sgt. Heather Skinkle

451st Air Expeditionary Wing

KANDAHAR AIRFIELD, Afghanistan -- Since their arrival here, unit members from the 303rd Expeditionary Fighter Squadron, 451st Expeditionary Aircraft Maintenance Squadron, and the 451st Expeditionary Maintenance Squadron have executed their mission despite the day-to-day complications that come with moving to a different base to support a close-air support reset of Air Force assets within Afghanistan. They've kept focus on the big picture goal.

"We need to keep supporting our ground troops while still moving 163 increments of cargo, 350 people, and A-10s up north in just a few days," said Lt. Col. Steve Nester, 303rd Expeditionary Fighter Squadron Commander, deployed from the 442nd Fighter Wing, Whiteman Air Force Base, Mo.

The A-10s were originally housed at Bagram Airfield, Afghanistan and came down to Kandahar Airfield in 2008. Now, with the CAS reset, the A-10s are headed north to Bagram Airfield again. That involves a hectic juggling act to balance two groups of people, cargo, and aircraft

moving between two airfields, but group members were up to the task.

"We haven't missed one sortie since we've been here," said Senior Master Sgt. Dennis Lyons, 451st Expeditionary Aircraft Maintenance Squadron specialist flight supervisor, deployed from the 442nd Fighter Wing, Whiteman Air Force Base, Mo.

Yet keeping focused on the mission while dealing with everyday issues such as living quarters, meals, and laundry can put stress on a unit, Nester said.

Both Nester and Lyons said that though some members had to move quarters three or four times, there were always people quick to volunteer to help out with extra duties to pick up the slack. A can-do attitude and team spirit directly contribute to this group's success rate.

"If you don't have the whole team working together, you can't put bombs on target," said Lyons.

Other members cite patience, flexibility, awareness, helpfulness and professionalism as traits everyone possesses in ample quantity.

"Our folks have handled all this well and with the professionalism of an experienced combat unit," said Nester.

Related photo, page 10

Resilience in the face of change

By Col. Eric S. Overturf
442nd Fighter Wing commander

What if someone told you that your squadron was retiring all its equipment, cutting its personnel and being closed in the next 12 months? What would you say? What would you think?

Last month I visited one of my units slated to lose aircraft and personnel in the upcoming round of force structure changes. For Reserve and Guard units, the impact of a force-structure change is magnified because there is no centralized process to move all the affected personnel to new bases. The jobs just go away, and the people have to work through a clearinghouse to try to find new jobs, hopefully in the local area but often requiring a move or commute to a distant base if a job can be found at all.

Understandably, the reservists I talked to were concerned about the future of their unit and their jobs, but spending time with them reminded me again about why I love to work with people in the Air Force. When times are toughest, Airmen step up and shine the brightest.

In the midst of chaos, with looming job cuts, proposed retirement of jets that they'd worked

on for more than 20 years, relocating families and changing schools, I saw people looking for the bright side. They were finding opportunity in challenge, and going out of their way to help each other. One Airman asked me whether he should keep his military job that might be impacted by the force structure cuts or pursue a full-time civilian job that would require more time away from his family.

I wished there was an easy answer, but I couldn't guarantee that one avenue would be better than the other. There was no "one size fits all" response because of all the unknown factors, like exactly which military jobs would be cut and how much stress the civilian job would bring to his family. It wasn't the answer the Airman was hoping for, but his attitude was, "it will work out, it's just another part of the adventure."

That is resilience in action – a young Airman put in a stressful situation, facing heart-wrenching decisions and bouncing back to take on the challenge with a positive attitude. By seeking advice and information to help him make a decision, he was already working hard to move ahead toward a solution, and away from the stressful situation he'd been put in.

I've been around long enough to know that

one thing you can always count on is change. I know that despite my best efforts I cannot control the future. What we can control is our reaction to change. There are millions of other people and things and events that determine how my life will change, but there is only one person who decides how I will react to those changes – me!

Optimism and enthusiasm are contagious, and the power of positive thinking works, along with a balanced lifestyle with time for mental, spiritual, physical and social fitness. By investing energy in the things we can control rather than focusing on what we can't control, we can give our energy to the solution instead of the problem. If none of this seems to work and the stress starts to become overwhelming, we can and must seek help from our friends, family, wingmen and support agencies on base and in our local communities.

I don't have all the answers, but when times get tough, I try to put one foot in front of the other, remember that life is a gift, and take the next step forward on the adventure, just like the Airman I talked to last week. I won't deny that we are facing difficult challenges, but we are on this adventure together.

THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, e-mail: Whiteman.Warrior@whiteman.af.mil, fax us: 660-687-7948, or write to us at:

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Commander's Corner

Team Whiteman,

Last Thursday, just as we were finishing up the active shooter exercise, a month-long realistic combat training exercise called Red Flag kicked off at Nellis AFB and the Nellis Tactical Training Range. We sent B-2 Bombers and nearly 200 personnel to participate.

Red Flag achieves cohesion with other U.S. air forces and our allies in our ability to train, fight and win together in a simulated real-world environment. This exercise allows Whiteman Airmen to use skills taught here and apply them in a more complex environment. It is the closest we get to combat, in fact, it may even be more stressful and stringent than combat conditions.



Although Red Flag has been around since the mid 1970s, it's important to understand "why" the Air Force started this valuable training endeavor.

The origin of Red Flag began with lessons we learned in Vietnam. The Air Force is expected to quickly and effectively achieve air superiority...in Vietnam we did not. There were high, unanswerable numbers of U.S. personnel and aircraft lost due to a lack of realistic "train as we fight" mentality.

The Air Force initiated research of superiority operations called "Red Baron," revealing three truths about aircrews during wartime: 1) Aircrews were often inadequately trained for their missions, 2) the enemy caught aircrew members by surprise, and 3) aircrew members were not fully informed about the enemy they were facing.

These realities transformed the way we've trained ever since. Just as in Red Flag, we now incorporate into all training more accurate, realistic challenges and threats. We face adversity and complexity in our training head on just as we would in the real-world combat. Lesson's that cost our brethren in arms their lives have changed how we train and answers the question why Red Flag and exercises like it are so very important.

Defensor Vindex.
-Brig. Gen. Scott Vander Hamm,
Commander

Am I worthy?

Maj. Michael Navicky
20th Reconnaissance Squadron

Did you ever have a grandparent, parent or an old chief tell you how easy you have it? The old adage, "When I was your age I walked to school barefoot in the snow, uphill, both ways."

While this is a slight exaggeration it does make me think about the Airmen who have come before me and the burdens they've had to endure. It makes me wonder if I am too soft, do I expect too much; am I worthy to walk in their footsteps?

In 1927 Cadet Curtis LeMay's desire to fly was strong. Despite seeing Army Air Corp officers sleep under the wing of their planes during temporary duty, the conditions didn't matter...he wanted to fly. Second Lt. Louie Zamperini's B-24 crashed in the Pacific Ocean in 1943; he spent 47 days in a life raft and more than two years in a Japanese prison camp. Capt. Steve Bennett posthumously received the Medal of Honor in 1972 for his heroic actions in Vietnam. Bennett knew he was unlikely to survive ditching his aircraft, yet he decided to ditch his OV-10 in the Gulf of Tonkin to save the life of his Marine spotter.

It is fortunate that few of us will have to make the choice to sleep under our aircraft, spend 47 days in a two-man life raft or make a deliberate decision to give our own life to save another's, but the question remains, am I worthy? The answer is this, I don't know.

What I do know is that I can live my life everyday in a way that honors their sacrifice and service.

There is more than one guide to

living an honorable life but one we are all familiar with is our Air Force Core Values. Integrity First, Service before Self and Excellence in all We Do.

Integrity First: Be honest with everyone around you and yourself. I am quoting the professional development guide, "integrity is an ethical value, and happiness is not."

As Airmen, we need to be ready to make decisions that best suit our country, our service and our mission; sometimes we accept additional burden with our decisions. Those burdens can be the stress of giving your supervisor honest feedback, holding your peers accountable or giving a subordinate areas for improvement. If you make a mistake, fess up immediately...do not lie to cover it up.

Service Before Self: Live a life dedicated to service. As Airmen, service to our country is a given; shift work, long hours and deployments are part of the job. Don't forget to serve your community, it made a positive difference in my day when I ran into a young Airman serving as a Big Brother. Just think about the impact he had on his little brother. Local organizations turn a small amount of your time into huge gains. Find an organization you believe in and make a difference. Most importantly serve your friends and family, single or married we all have friends and family.

Our friends and family share the military life and they truly are our source of strength. Remind them regularly through word and deed that their service is equally as important as yours.

See Worthy, page 10

NEWS BRIEFS

Semi-annual Stockpile Inventory

The 509th Munitions Squadron is conducting a semi-annual stockpile inventory during the week of March 5-9. Those who need any munitions issued or have any that need to be turned in, should do so either the week prior or after the inventory. During this week 509th MUNS will only process emergency requests, submitted in writing, and approved by the group commander or equivalent. Questions or concerns can be directed to Tech. Sgt. Jason Gebbia at 660-687-8251.

WMMC to host Bone Marrow Match Drive for Employee

Western Missouri Medical Center is hosting a "Be The Match" Bone Marrow Drive, with support from the Be The Match Foundation in Kansas City, from 7 a.m. to noon March 12, in WMMC's LDR waiting room (located in the new main entrance of the medical center) in support of WMMC employee, Marla Harris, BSN/CDE/CES, of the cardiac rehabilitation department. For more information call, 660-262-7371 or visit bethematch.org.

2012 Women's History Month

Whiteman AFB is hosting the 2012 Women's History Month Observance at Mission's End from 2-4 p.m. March 22. This year's theme is "Women's Education--Women's Empowerment". Stop by to listen to local speakers, a presentation on featured women in history, and for free refreshments in honor of Women's History Month.

Volunteer opportunities for High School Students (dependents)

High school sons or daughters of active duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1,000 toward college or vocational-technical school. The Youth Employment Skills Program is an Air-Force-wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community and receive money toward their educational endeavors. For every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other programs. For more information about the YES program, contact Whiteman Youth Programs at 660-687-5586 or search Whiteman AFB Teen Programs via Facebook and click "Like".

Whiteman Tax Center

The Whiteman Air Force Base Tax Center is open for business in building 509, suite 215. Tax assistance is available to active duty, guard, reservists on Title 10 orders, dependents and retirees, free of charge with a valid military ID. Clients can call 660-687-2896 to schedule an appointment. Taxpayers are asked not to contact base legal.

62 Team Whiteman Airmen promoted

Sixty-two Team Whiteman Airmen promoted in February and noncommissioned officers promoted Thursday. A ceremony was held Wednesday at Mission's End.

**AIRMAN**

Gregory Furmage,
509th Communications Squadron

**AIRMEN 1st CLASS**

Cameron Bickett,
509th Security Forces Squadron
Bradley Elzie, 509th SFS
Alfonso Gonzalez, 509th SFS

**SENIOR AIRMEN**

Virginia Baker,
509th Aircraft Maintenance Squadron
Vincent Acunia, 509th AMXS
Jordan Bland, 509th AMXS
Mark Lopez, 509th AMXS
Brandon Palmer, 509th AMXS
Dominick Parks, 509th AMXS
Benjamin Smyser, 509th AMXS
Kyle Williams, 509th AMXS
David Gutierrez,
509th Logistic Readiness Squadron
Andrew Albertson, 509th LRS
Christian Switzer, 509th LRS
Ashley Connolly,
20th Reconnaissance Squadron
Matthew McCleary, 20th RS
Ethan Hunt,
509th Munitions Squadron
Coty Cloud,
509th Maintenance Squadron
Gregory Davis, 509th MXS
Quinton Glover, 509th MXS
Daniel Hayes, 509th MXS
Travis Hinderson, 509th MXS
Jonathan Johnston, 509th MXS

Cameron Jonas, 509th MXS
Brandon Connolly,
509th Operations Group
Bernard Links,
509th Operations Support Squadron
Casey Krizon,
509th Civil Engineer Squadron
Charles Laramore, 509th CES
Brandon Lynn, 509th CES
Michael Weiss, 509th CES
Dana Stanson, 509th CES
India Meserve,
509th Medical Operations Squadron
Tessa Meyers, 509th MDOS
Logan Mosley,
509th Medical Support Squadron
Coty Baird,
709th Munitions Squadron
Seth Hendershott, 709th MUNS
Marvin Rodriguez, 709th MUNS
Tristan Slater,
509th Security Forces Squadron

**STAFF SERGEANTS**

Kelsey Broome, 509th MDOS
Mark Dixon, 509th AMXS
Anthony Rogers, 509th AMXS
Brian Whit, 509th AMXS
Randy Goodman,
709th Munitions Squadron
Andrew Curry, 509th SFS
Megan McCollum, 509th SFS
John Harrington, 509th SFS
Vanessa Reed Tacla, 509th SFS
Brett Smith,
509th Operations Support Squadron

**TECHNICAL SERGEANTS**

Jason Moore,
509th Communications Squadron

**MASTER SERGEANTS**

Scotty Bell,
509th MXS
Matthew Mattes,
509th CES
Jonas Mevey,
509th CS
John Meyer,
509th MXS
Trapper Otto,
509th AMXS
Kevin Wade, 509th AMXS
John Sherman, 509th MDOS

**SENIOR MASTER SERGEANT**

Christopher Yevchak,
509th Operations Support Squadron

**CHIEF MASTER SERGEANT**

Patrick Faulkner, 509th AMXS

442nd FW promoted

The following 442nd Fighter Wing members promoted Thursday.

SENIOR AIRMAN

Benjamin Taylor,
442nd Maintenance Squadron

STAFF SERGEANTS

Joshua L. Barnett,
442nd MXS
Benjamin Valenti,
442nd MXS
Christopher Fowler,
442nd MXS
Daniel Towns, 442nd MXS
Timothy White,
442nd Security Forces Squadron

TECHNICAL SERGEANTS

John Rostine, 442nd MXS
Michael Dixon,
610th Intelligence Operations Flight
Steven Berkebile,
442nd Medical Squadron

MASTER SERGEANTS

David Frith,
442nd MXS
John Straka,
442nd Aircraft Maintenance Squadron
Christine Nicewander,
442nd AMXS

Thrift shop helps Whiteman organizations

By Airman 1st Class Montse Ramirez
509th Bomb Wing Public Affairs

The consignment boutique shop here, better known as the Thrift Shop, makes a difference at Whiteman AFB and the surrounding community because the money raised helps both base and local community organizations and scholarships.

The Thrift Shop is a jointly run organization by volunteers primarily from the Officer and Enlisted Spouses Club. The profits from the thrift shop go back to service members on base and needs in the local community.

"Members can either donate or consign items at the shop," said Maj. Jennifer Avery, 131st OSF B-2 Pilot and publicity representative. "For consigners, 25 percent of the sale price goes to the OSC and ESC charitable and scholarship funds."

The profits are divided between the OSC and the ESC depending on the volunteers they had that month. If one club had 70 percent of the volunteers, that club receives 70

percent of the profit.

Every month the OSC and ESC work together to see which charity or organization they will give money to.

"We take into consideration the need and requests to see who gets what when," Avery said. "Every month we give money to a different charity."

The amount they usually give to requesters ranges up to \$300, according to Avery. They are also giving away nine, \$1,000 scholarships to dependents who want to further their education. For an application or to find out more log on to orgsites.com/mo/whitemanesc/. Applications must be post marked by March 17.

"It's a good place to go to get great items at a reasonable price while supporting the OSC and ESC, who distribute the money back into the base and local community," Avery said.

The Thrift Shop is located on 720 Arnold Avenue and is open Tuesdays and Fridays from 10 a.m. to 2 p.m.

Put your best foot forward



U.S. Air Force photo by Staff Sgt. Alexandra M. Boutte
Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, and Tom Whitaker, the first amputee to summit Mount Everest, smashes a section of cement into pieces during the Air Force Global Strike Command's Never Quit Series 'The Promise' Tour here Feb. 23. The Airmen attending the All Call were asked to take a piece of rock and promise themselves something to achieve in the future and keep their promise. The American300 is a charitable and educational organization which sponsors activities aimed at motivating and honoring service members, their families and the communities they live and operate in.

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www.knobnosterfcc.com

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Wednesday Praise Service 7:00pm

563-4813
charitychristiancenter.org

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826-2918
Pastor Alvin Sipe

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Warrensburg, MO 64093

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WEDNESDAY
7:00 pm - Bible Study

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knobumc@knumc.com

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Sunday School 9:00 & 10:30 am

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Laughlin Airman controls Air Force's busiest airfield



U.S. Air Force photo/Airman 1st Class Nathan L. Maysonet

Staff Sgt. John Hammer, 47th Operations Support Squadron Radar Approach Control section senior watch supervisor, watches a monitor in the RAPCON Feb 15. Hammer and the rest of the air traffic control team control the busiest tower in the Air Force controlling a combined 337,436 operations.

By Senior Airman Scott Saldukas
47th Flying Training Wing Public Affairs

LAUGHLIN AIR FORCE BASE, Texas (AFNS) – (This feature is part of the “Through Airman’s Eyes” series on AF.mil. These stories and commentaries focus on a single Airman, highlighting their Air Force story.)

Like many young boys, Staff Sgt. John Hammer dreamed of growing up and being a professional football star. Instead, the 30-year-old husband and father of three is a senior watch supervisor at the busiest airfield in the Air Force.

Before joining the Air Force in 2005, Hammer lived and grew up in Knob Noster, Mo., where he held a full time job and was enrolled as a full time student.

“Before coming in I was working concrete construction full time while going to school at a community college full time,” he said. “It was tough. It was hard to make ends meet and concentrate on education.”

Hammer explained that he thought about joining the Air Force for nearly two years before finally deciding to cross into the blue.

“Initially I just wanted a stable career and the possibilities to further my education,” he said. “I was looking to get into computer security, HVAC (heating, ventilation and air condition) or something I could think of at that point which would benefit me outside the Air Force.”

That all changed when someone in the Delayed Enlistment Program got cold feet and dropped out, which opened an air traffic controller slot that was leaving sooner than he had anticipated.

“My recruiter said, ‘John, if you take air traffic control, you can be out of here in a few weeks,’” Hammer said. “At that point, I was outside pouring concrete in hundred plus degree weather. That’s when I told him I would love to leave.”

Freed from the unchanging daily routine of laying concrete, Hammer was determined to give his all to the new found opportunity the Air Force would provide.

At the time, Hammer had no idea what would lay ahead.

“It wasn’t until tech school before I actually realized what being a controller would really entail. To be honest, it was quite overwhelming,” he said.

After arriving at his tech school, Hammer went through a strenuous training period for six months learning the basics of his new job where the washout rate was extremely high. From there, he arrived at Laughlin where the training only seemed to get more intense.

“It’s day-in and day-out studying,” he said. “You’ll take 12 to 14 written exams after arriving here within your first year. Then you have to get watched while you’re in position and get mentored by your trainer. I would have to say that is the most stressful part of the job.”

With the intensity and responsibility levels of the job being extremely high, Hammer said there was one person that was always in his corner.

“I had an older brother that I would constantly go to and tell him I can’t do this, I’m not cut out for this,” Hammer said. “He would always tell me don’t quit, don’t give up and would always provide me with words of encouragement.

I would second guess myself and think maybe I do deserve to be out there on a construction site and he would always say that I don’t. If anybody inspired me to get to where I am, it would be my older brother.”

After working his way through training and earning his spot to control, Hammer now runs a shift in the radar approach control section as the senior watch supervisor where at any moment he could oversee up to 23 people.

Hammer and his RAPCON team members control 62 airfields with 10,000 square miles of airspace within 100 miles of Laughlin.

On Jan. 10, Hammer and the rest of the air traffic control team were announced to be in control of the busiest tower in the Air Force controlling a combined 337,436 operations.

“It’s my responsibility as a senior watch supervisor to make sure all of the controllers are doing their job up to par or better,” he said. “It’s a huge responsibility. We have to fly missions and sorties to get pilots qualified to complete Laughlin’s mission. In doing so, graduating pilots ensures we maintain the world’s strongest air power.”

The best part of the job is how there is always something new to discover, he said. A far cry from the life he left behind.

“Essentially, it’s always a new puzzle to figure out, constantly arranging these moving parts so that everything flows smoothly,” he said. “You know when there is nothing to show for your work at the end of the day it’s a good thing.”

Five years in and Hammer still can’t believe how far he has come.

“I never thought when I was pouring con-

crete I would be doing what I do now,” Hammer said. “I remember being outside with guys from the construction team and I would see an aircraft and hope I would be talking to them one day. I really couldn’t even fathom what I would be getting in to let alone dealing with the busiest combined air traffic control tower in the Air Force.”

Knowing he excelled in one of the most stressful jobs in the Air Force is rewarding he said, but couldn’t have done it without the inspiration his brother provided during his journey.

In 2008, John’s big brother and biggest supporter, Joel, was killed by a drunk driver.

“Since, it has definitely given me more motivation to improve and get better,” he said. “Anytime I’m faced with any type of adversity in life I automatically resort to his words of inspiration and wisdom. The motivation factor is always there to do better because of his influence on my life.”

The lessons he has learned from a brother that meant so much are carried with Hammer onto the job each and every day, he said. That positive influence in the air traffic controller field that emphasizes the need to help each other is paramount.

“People think that we are snobbish, but we are like a big family because what we deal with on a day-to-day basis may seem like a different language to other people,” the senior watch supervisor said. “So the way we interact with each other is a lot different than the way we would interact with somebody who is unfamiliar with what we do. We train, we teach and police each other constantly so we are always on our toes and getting better.”

Energy Continued from Page 1



U.S. Air Force photo/Airman 1st Class Bryan Crane

Andrea Goodson, 509th Civil Engineer Squadron chief of asset optimization, and Jack Allen, 509th CES base manager, display a new LED high bay light that they are researching to be installed in several high bays across the installation. The duo is responsible for assessing future and current energy projects, tracking energy consumption and recognizing solutions for projects to save energy.

fective energy conservation measures while supporting the base's mission," Allen said.

The base energy manager also works to promote efficiency and reduce costs as much as possible without jeopardizing mission capabilities or reducing the quality of life for Department of Defense personnel.

Another part of their job is to optimize energy use and emphasize to the base populace the economic and environmental importance of energy conservation.

The energy team continually works to investigate new opportunities to find cost savings and strategically plan for future projects.

The most recent project the pair is overseeing is the replacement of existing overhead lighting in the B-2 Spirit docks with energy efficient light bulbs which began Feb. 15.

"As a result of installing new lighting in the B-2 docks a 45 percent energy savings is expected," Allen said.

"The old lights were becoming a foreign-object debris hazard," Goodson said. "The new lights are instant-on T5 High Output Fluorescent Lighting Technology. They are more energy efficient and produce better quality light."

As part of the project, the dock floors will be cleaned and repainted to improve light reflection and make it easier for Airmen to work while they maintain the aircraft, according to Allen.

"We tied a mission need in with the energy program to capture the energy focus fund and set aside money to help the mission," Allen said. "It will produce a better and brighter light for the maintainers."

As the population rises, the pair recommends and encourages everyone to do their part to reduce energy consumption where they can.

For more information on how to conserve, log on to www.energysavers.gov or contact the base energy manager at 660-687-4936.

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From the Frontlines: Senior Airman Shawn Watters



U.S. Air Force photo/Staff Sgt. Heather Skinkle

SOUTHWEST ASIA -- As an aircraft electrical and environmental systems technician, Senior Airman Shawn Watters, 442nd Aircraft Maintenance Squadron, is currently serving in Kandahar, Afghanistan, and is assigned to phase dock where he and his team conducts more than 500 inspection hours on the A-10 Thunderbolt II.

By Heidi Hunt
509th Bomb Wing Public Affairs

The anatomy of an aircraft system contains miles of wire, thousands of sensors, hundreds of dials, indicators and many switches.

As an aircraft electrical and environmental systems technician, Senior Airman Shawn Watters, 442nd Aircraft Maintenance Squadron, is currently serving in Kandahar, Afghanistan and is assigned to phase dock where he and his team conduct more than 500 inspection hours on the A-10 Thunderbolt II.

"We ensure our systems remain fully operational during inspections and fix any discrepancies," said Watters. "A lot of preventative maintenance is carried out in the phase dock."

Watters departed two days after Christmas in 2011 and said his mission as an E&E technician is to primarily handle the jet's crucial systems such as the flight deck pressurization, landing gear, internal and external lighting and the electrical systems.

"We also assist the fuels and engine shops and help the crew chiefs with various troubleshooting," Watters said.

"Additionally, we run the liquid oxygen farm on base where we fill oxygen tanks for the C-130 Hercules who make medical evacuations," he said.

Watters said he typically works more than 12 hours a day to complete assigned tasks at the phase dock.

"Working on the A-10 is amazing because it directly supports the Soldiers, Sailors, Marines and Airmen on the ground fighting."

If there isn't a lot of work, the team usually checks on their programs such as foreign-object damage ensuring they

are up-to-date.

While his duties at Whiteman AFB differ he said he enjoys what he does.

"At Whiteman I am a flightline environmental and electrical technician, so the job is very different," Watters said. "At home I troubleshoot more often and I have to problem solve quickly. The flightline is more unpredictable than the phase dock, because on the line you never know when work is going to occur."

Watters is set to return to Whiteman AFB this summer and said the best part of his deployment thus far is the mission and the people.

"I know that what I am doing helps ensure my brothers in arms come home safe," Watters said. "I love that my mission is primarily troop support and that is a good feeling."

"I work alongside people from the 442nd Fighter Wing and our unit is like a family; they have been great," he said. "I am fortunate to have met so many new people."

In addition to his deployed workload, Watters said he volunteers as a mail carrier and for litter carrier duty.

"We carry wounded troops from the hospital to the aircraft that is taking them out of the war zone," he said.

Overall, Watters said he feels lucky that he's had the opportunity to serve and said the next chance he gets he wants to return to support the troops and mission overseas.

"It feels good that I'm helping fight against terrorism and now have the opportunity to support Operation Enduring Freedom ... that is why we are here."

Although Watters said he is excited about his deployment he said he misses his family and friends and looks forward to seeing them.

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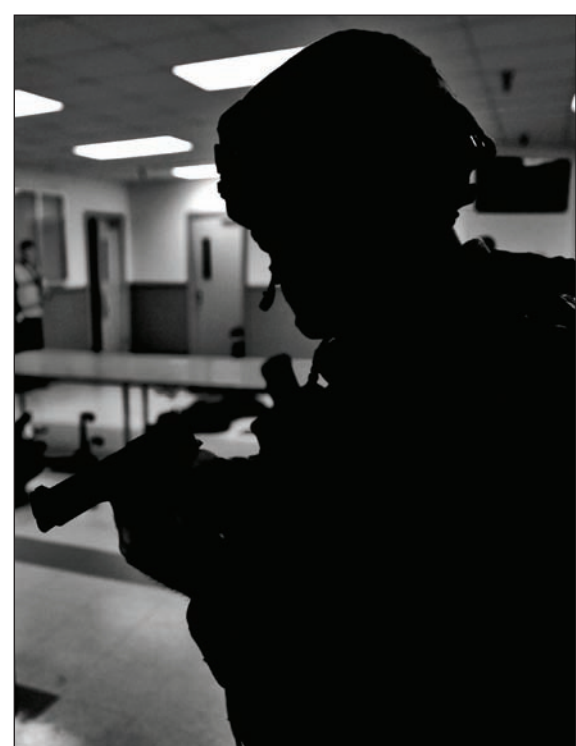
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First responders from the 509th Medical Group arrive on scene to provide medical assistance to a moulaged victim during a Major Accident Response Exercise Feb. 23. The goal of the MARE was to provide an opportunity for first responders and emergency management Airmen to react during an active shooter emergency and evaluate their ability to coordinate with other base agencies.



Airmen from the 509th Medical Group place a moulaged victim on a stretcher so he can be evacuated during a Major Accident Response Exercise Feb. 23. The MARE tested Airmen on proper techniques and procedures when responding to a major accident with mass casualties.



A first responder from the 509th Security Forces Squadron arrives on scene to assist in detaining an active shooter during a Major Accident Response Exercise Feb. 23. The training was designed to instruct security forces members how to quickly find and stop an active shooter.

Exercise increases Airmen's response and readiness

Story and photos by Senior Airman Nick Wilson
509th Bomb Wing Public Affairs

While the unpredictable shootings of the 2007 Virginia Tech massacre and the 2009 Fort Hood, Texas, mass shooting grew from a security threat to a tragedy, many were left wondering how they could have responded.

To help this Air Force Global Strike Command base prepare for real-world active shooter threats in a workplace environment, emergency responders conducted a Major Accident Response Exercise here Feb. 23.

Active shooter training educates Airmen on how they can save lives in unpredictable circumstances when an individual opens fire.

"The threat is real and the possibility exists," said Johnny Goad, 509th Security Forces Squadron evaluator. "It could happen to anyone at anytime."

"It challenged Team Whiteman to really put their

training into play; especially tactics such as small teams moving, searching and clearing buildings in a high stress environment," Goad said.

The exercises gave base agencies an opportunity to work side-by-side with personnel outside their career fields. Medical responders, police forces and Airmen from the fire department all played a role in the exercise.

"We don't get to see the trauma or major injuries you might see during a MARE, so this is an opportunity for our folks to see something a little bit different than they'd see day-to-day in the clinic and keep their skills fresh in the event that something like this might happen," said Maj. James Davis, 509th Medical Group exercise evaluation team chief.

"It is not just about how we do our job as medics but it's how we do our job along with the fire department and security forces."

This exercise forced Airmen to think outside what would be done on a routine basis and focus on how

they'd respond to a major emergency.

"It gets us out of that day-to-day mindset and prepares us to do something in emergency response and in terms of overall mission accomplishment," Davis said.

Because of the time constraints of an active shooter threat, Airmen needed to work under pressure and make fast decisions.

"When you're in an emergency response type situation you don't have the benefit of time," Davis said. "You can't just sit back and deeply analyze everything going on. You have to make split decisions. So attention to detail is certainly important."

Overall, the active shooter exercise enabled first responders to practice moving in quickly and neutralizing threats while treating and evacuating wounded victims.

"If Airmen are put in a situation where an active shooter threat does occur in their workplace, they now know what actions to take and it can become second nature that they know how to react," Goad said.



First responders from the 509th Security Forces Squadron search the area to locate and detain an active shooter during a Major Accident Response Exercise Feb. 23. The exercise forced Airmen to think outside of what would be done on a routine basis to focus on how they'd respond to a major emergency.

A-10s Continued from Page 1



U.S. Air Force photo by Capt. Passion Julinsky

KANDAHAR AIRFIELD, Afghanistan -- Members of the 303rd Expeditionary Fighter Squadron and Royal Australian air force pose in front of an A-10 Thunderbolt II at Kandahar Airfield, Afghanistan, Feb. 14. The RAAF members fly the Israel Aerospace Industries' Heron unmanned aerial vehicles out of Kandahar Airfield.

Worthy Continued from Page 2

Excellence In All We Do: Be excellent at what you do. There is not a single Airman on this base that isn't critical to the Air Force mission. As a previous C-17 Globemaster III pilot, I took off with confidence that maintenance provided a fully mission capable jet as promised. I pushed through the 24-hour mission because my box lunch was truly packed with pride. I was well rested because lodging was top notch and I slept well because I knew defenders were at the gate. There are too many jobs to list them

all, but know whatever part you play, you are critical to mission success and excellence is the only acceptable standard.

So next time you hear the Star Spangled Banner at 5 p.m. or Taps at 9 p.m., don't rush into a building, wait in the doorway or run outside, instead pay your proper military respects. While you are proudly standing at attention think about those that came before us and ask, "did I live today in a way that honored the Airmen that have served before me. Am I worthy?"

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Fire prevention discourages mishaps



Courtesy photo
MINOT AIR FORCE BASE, N.D. -- A recent dryer fire occurred at Minot AFB's housing due to a vent hose being completely stopped up. Members at the 509th Civil Engineer Squadron Fire Prevention Office do not want this to happen here. Each base resident is encouraged to be safe and check their dryer vent and dryer hose quarterly. For more information on fire prevention, contact 660-687-6083/6080.

Do you know if it's an emergency?

Did you know the cost of an emergency room visit is typically as much as 10 times more than an urgent care visit?

Although the emergency room can appear a convenient and available choice, some situations may be best suited for urgent care. Do you know the differences? Take a look:

Urgent care examples

An illness or injury that won't cause disability or death if not treated immediately, but needs medical attention to keep from becoming a greater threat.

- Minor lacerations
- Urinary tract infections
- Earaches
- Migraine headaches
- Sprains
- Rising fever

Emergency room examples

Anything severe enough to reasonably believe life, limb or eyesight could be threatened. This includes maternity

and psychiatric emergencies, as well as:

- No pulse
- Inability to breathe
- Spinal cord or back injury
- Severe bleeding
- Chest pains
- Severe eye injuries
- Broken bones
- Car accident

Besides the extra cost, emergency rooms are normally crowded, which could equal longer wait times for you. So the next time you're getting ready to run to the ER, ask yourself:

Is this really an emergency?

Make the right choice and save space for patients who truly need emergency care.

For more on the differences between emergency room and urgent care, visit www.triwest.com/UrgentCare.

(Courtesy of TriWest Healthcare alliance)

Official Whiteman AFB Facebook launched

Whiteman Air Force Base launched an official Facebook page and invites users to search Whiteman Air Force Base via Facebook and click "Like." Users can access Whiteman AFB news, features, sports, commentaries, photos, videos and more.

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SATURDAY 3/3

Family Bowling Special- 12-4pm- Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sunday now thru April. Call 687-5114 for more info.

Texas Hold 'Em- 6pm- Mission's End

Come to the club for Texas Hold 'Em! Register by 6pm. Free for Members & \$10 for Non-Members. This is a PLAYPASS eligible program. Please call 687-4422 for more info.

SUNDAY 3/4

Family Bowling Special 12 4pm Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and sqda. Only \$25 per package, Sat & Sun now thru April. For more information please call 687-5114.

MONDAY 3/5

SOAR Program- 10-11am- Airman & Family

Whiteman spouses join other spouses at Whiteman Inn for the Spouses Orientation Acclamation and Resources Program. Children are welcome with adults. Contact the A&FRC at 687-7132 for more information.

Seniors Bowling- 10am-1pm- Stars & Strikes

Every Monday! Only \$1 per game. Seniors come enjoy a cup of coffee and bowl a few games! Call 687-5114 for more info.

WEDNESDAY 3/7

Boss & Buddy- 4-7pm- Mission's End

Hang out after work and enjoy the cheapest hot wings around, only .30 cents a wing! Call 687-4422 for more info.

MISSION'S END FRIDAY COOK'S NIGHT OFF! FEED A FAMILY OF FOUR!
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Youth & Teen Events

TUESDAY 3/6

Time to Play- 10-11am- Youth Center

A self-directed play group for ages birth-5 yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are reqd just stop in! Call 687-5586 for more info.

Tee Ball & Coach Pitch
Tee Ball Ages 5-6
Coach Pitch Ages 7-8-9
Practices begin first week of May with season ending last week of June
\$30 members/\$40 nonmembers
Sign up deadline & parent meeting scheduled April 13, 6pm @ Youth Center
SIGN UP TO COACH TODAY!
Coaches needed!
Coach's child play for free!
Angela Anderson, M.S. Certified Youth Sports Administrator
Julianne Al-Khenaizi, ATC Certified Athletic Trainer
Fit Factor Coordinator
facebook.com/whitemanyouthsports
FORCE

FCC NEWS!

HOME COMMUNITY CARE

Guard/Reserve parents who are single, dual Guard/ Reserve, or whose spouse is working, are eligible to use this free program for the primary UTE weekends. Care for the HCC program is provided in a contracted, licensed FCC home. Come to the FCC office to apply prior to participation. Call us for more details about this program!

SUPPLEMENTAL CARE

This program provides free overnight, weekend and holiday care for "emergency responders" or those who work 12 or more consecutive hour shifts and have no other adult at home. This care supplements the regular child care arrangements you are already paying for and is provided in a contracted, licensed FCC home. Come to the FCC office to apply prior to participation.

-Call us at 687-5590
Or 687-1180 for more info



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JOIN EARLY & SAVE MORE!
Call 687-5586 or stop by the Youth Center, to join the 2012 fun!
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509 FSS PAGE EDITOR: KYLE C. HAMRICK
CONTACT US! 687-7929

Ash Wednesday is observed by Whiteman AFB Christians

Chaplain (Lt. Col.) William Bartoul places ashes on the foreheads of base members at the Whiteman AFB chapel Feb. 22. Ash Wednesday is observed as a ceremonial public penance as a devotion of their faith which signifies the 40 days of Lent, leading up to Easter Sunday.



U.S. Air Force photo/Senior Airman Laura Goodgame

TEAM WHITEMAN COMMUNITY

Breastfeeding Support Group — Breastfeeding Support Group is 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

Airmen Against Drunk Driving — AADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-563-1178 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

Palace Chase Briefing — Palace Chase Briefings are held the third Wednesday of every month at 11 a.m. in the Professional Development Center, building 519, room 101. For more information, contact Master Sgt. Rodney Harrell, In-Service Recruiter at 660-687-1868 or 660-460-1041.

Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line — Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line is available 24/7 for safety planning, support and referrals. Victim advocates can be reached during duty hours and for non-emergencies at 660-687-4341.

Retiree Activities Office — The Retiree Activities Office provides an interface between the active-duty and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m.-3 p.m., Monday through Friday. The RAO is looking for volunteers and training is provided. For information, call 660-687-6457 or 1-800-303-5608 or email rao@whiteman.af.mil.

FAMILY ADVOCACY OUTREACH

Shifting Angry Response Patterns (SHARP) — Shifting Angry Response Patterns is a four-session class offered every month on Thursdays from 10-11:30 a.m. for individuals interested in learning effective strategies for understanding and managing anger. Reservations required, call 660-687-4341.

Stress Management — Stress Management is a one-time 90-minute session support group and is offered every Monday from noon-1:30 p.m. in the mental health flight, second floor of the medical clinic. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. Contact 660-687-4341 for more information.

1-2-3 Magic — 1-2-3 Magic is a two-session research-based parenting skills class offered twice a month on the second and fourth Tuesday from 2-4 p.m. It teaches parents easy-to-follow steps for disciplining children ages two-12 without yelling, arguing or spanking. Parents will learn how to get their children to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660-687-4341.

Common Sense Parenting — Common Sense Parenting is offered in three, 90-minute classes every month and is scheduled according to the parent's needs. The Family Advocacy Program offers two different classes. One for parents of children ages 3-5 and another for parents of children ages 6-16. This class will demonstrate how to give clear messages, stay calm and teach child self-control as well as prevent misbehavior. Reservations required, call 660-687-4341.

New Parent Support Program — New Parent Support Program is an educational outreach program available to all expecting parents, and parents with children through the age of two. In-home visits from a registered nurse and a licensed social worker will provide professional advice, educational material and resources for both parents. For more information, call 660-687-4341.

This Weekend at the Movies

Underworld: Awakening
Rated R ~ March 3, 7 p.m.

Kate Beckinsale, Michael Ealy -- When human forces discover the existence of the Vampire and Lycan clans, a war to eradicate both species commences. The vampire warrior Selene leads the battle against humankind. Strong violence and gore and for some language. Genre: Action horror. 88 minutes.

Red Tails
Rated PG-13 ~ March 4, 3 p.m.

Nate Parker, David Oyelowo -- A crew of African American pilots in the Tuskegee training program face segregation while being kept mostly on the ground during World War II and are called into duty under the guidance of Col. A.J. Bullard. Some sequences of war violence. Genre: action, adventure. 125 minutes.

Movie showings are featured at the Whiteman AFB Movie Theater. Call the movie line at 660-687-5110 for more information. Cash or check only.
*Movies are \$4.50 for adults and \$2.25 (3-11 years).
Doors open 30 minutes prior to show time.
*Movies and ticket prices are subject to change without notice.

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- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. *People who are PCSing may place more than one ad and sell the items at any price.

- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

Upcoming Events 27 Upcoming Events 27 Upcoming Events 27



Balfour Beatty Communities GRAND OPENING

Balfour Beatty Communities happily invites you to our Grand Opening celebration!

Come prepared for food, fun, family and friends as we have this wonderful opportunity to see our friends, meet new people and hear about some of the great things for everyone to look forward to as members of the Balfour Beatty of Whiteman community!

This celebration is completely free of charge and loaded with great games and activities for community members of all ages! Don't let the kids miss out on our bouncy castle, balloon artist, face painting and other fun activities!

Also, Balfour Beatty Communities will be kicking off the "Yard of the Month" competition, awarding one lucky resident at our Grand Opening event so make sure you don't miss it as the award could be going to YOU!

A warm thank you is extended to USO Missouri for their lovely contribution to our Grand Opening event.

We, at Balfour Beatty Communities of Whiteman, are so looking forward to getting to know all of our residents and their families!

- **Event Date:** March 10, 2012
 - **Event Time:** 11:00 am - 2:00 pm
 - **Event Location:** Whiteman Elementary School
- Can't wait to see you there!*

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Houses For Sale 249
SALE or RENT: 3303 S. Grand, Sedalia- 3 BR, 2 bath, full basement, deck, 2-car garage, fenced yard, shed-\$130,000. Owner finance possible. No pets. \$1000 /month. Lease. Deposit. 660-826-6172

Lake Property For Sale 267

LAKE OF THE OZARKS - Lots for family fun, reduced to \$3595 each, \$75 down, \$59 per month, owner financing, no credit checks. Beautiful trees, great fishing, swimming, boating, free lake access and boat ramps. Prices good through March 19th. Hwy 135 between Stover and Sunrise Beach, MO. Lake Road 135-12 to the Ivy Bend office. Phone till 7 PM every day (573)372-6493.

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