

WARRIOR

Year of the B-2

Vol. 4 No. 31
August 9, 2013

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thrives after
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Frank Grass,
National Guard
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Physical Therapy

Repairing Airmen one muscle at a time, Pg. 8

June/July 2013 Courts-Martial and Article 15s

In June and July 2013, four Whiteman Air Force Base member were sentenced by Court-Martial, 9 were punished under Article 15; Uniform Code of Military Justice (UCMJ), and 15 members were administratively separated from the Air Force.

Court-Martial (4)

A senior airman from the 509th Civil Engineer Squadron was tried and found guilty by a General Court-Martial for violation of UCMJ Article 124, Maiming, and for violation of UCMJ Article 128, Assault Consummated by a Battery. Punishment was a reduction to airman basic and a bad-conduct discharge.

A senior airman from the 509th Maintenance Squadron was tried and found guilty by a General Court-Martial for three different violations of UCMJ Article 120, Indecent Exposure, Aggravated Sexual Contact with a Child Under 12 years of age, and Indecent Liberties with a Child; violation of UCMJ Article 128, Battery Upon a Child Under the age of 16, and violation of UCMJ Article 134, Communicating a Threat. Punishment was a reduction to airman basic, dishonorable discharge and confinement for 25 months.

A staff sergeant from the 509th Security Forces Squadron was tried and found guilty by a Special Court-Martial for violation of UCMJ Article 92, Dereliction of Duty, violation of UCMJ Article 93, Cruelty or Maltreatment, two violations of Article 120, Indecent Exposure and Abusive Sexual Contact, causing bodily harm to that other person; and violation

of UCMJ Article 134, Other Offenses under Article 134. Punishment was a reduction to airman basic, 60 days restriction to Whiteman Air Force Base, hard labor for 3 months, and reprimand.

An airman basic from the 509th Security Forces Squadron was tried and found guilty by a Special Court-Martial for violation of UCMJ Article 112a, use of controlled substances.

Article 15s (9)

A technical sergeant from the 509th Aircraft Maintenance Squadron received an Article 15 for drunken driving. Punishment was reduction to staff sergeant, forfeiture of \$1,000 pay and a reprimand.

A technical sergeant from the 509th Aircraft Maintenance Squadron received an Article 15 for dereliction of duty. Punishment was reduction to staff sergeant, forfeitures of \$700 pay per month for two months, suspended.

A staff sergeant from the 509th Security Forces Squadron received an Article 15 for dereliction of duty. Punishment was reduction in rank to senior airman, forfeitures of \$400 pay per month for two months and a reprimand.

A senior airman from the 509th Aircraft Maintenance Squadron received an Article 15 for drunkenness and being absent without leave. Punishment was a reduction to airman, reduction below airman first class suspended for six months, forfeiture of \$600 pay, forfeitures in excess of \$300 suspended and a reprimand.

A senior airman from the 509th Aircraft Maintenance Squadron received an Article 15 for being absent without leave. Punishment was reduction to airman first class, suspended, forfeitures of \$300 pay per month for two months and a reprimand.

A senior airman from the 20th Reconnaissance Squadron received an Article 15 for signing a false official statement. Punishment was forfeitures of \$500 pay per month for two months and a suspended reduction in rank to airman first class.

A senior airman from the 509th Security Forces Squadron received an Article 15 for dereliction of duty and being drunk on duty. Punishment was reduction to airman, reduction below senior airman suspended, Forfeitures of \$600 pay, forfeitures in excess of \$300 suspended and a reprimand.

An airman first class from the 509th Maintenance Squadron received an Article 15 for being absent without leave and drunk on duty. Punishment was reduction to airman basic, and 45 days extra duty, suspended for six months, forfeiture of \$500 pay per month for two months, suspended, and a reprimand.

An airman first class from the 509th Aircraft Maintenance Squadron received an Article 15 for being absent without leave. Punishment was reduction to airman, forfeiture of \$500 pay per month for 2 months, 20 days extra duty and a reprimand.

THE WARRIOR

Editorial Staff

Brig. Gen. Thomas Bussiere
509th Bomb Wing Commander

Capt. John Severns
Chief, Public Affairs

1st Lt. John M. Cooper
Deputy Chief, Public Affairs

Airman 1st Class Shelby R. Orozco
Editor

Photojournalists

Staff Sgt. Alexandra Boutte

Staff Sgt. Nick Wilson

Staff Sgt. Brigitte N. Brantley

Airman 1st Class Bryan Crane

Airman 1st Class Keenan Berry

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Layout and Design

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The deadline for article submissions to the **Warrior** is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

For more information, call the **Warrior** office at 660-687-6123, email: Whiteman.Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

To advertise in *The Warrior*, call the *Sedalia Democrat* at: 1-800-892-7856.

On the cover

U.S. Air Force photo/
Airman 1st Class Bryan Crane
U.S. Air Force Maj. Michael Holmes, 509th Medical Operations Squadron physical therapist, uses a model of a shoulder to show U.S. Air Force Staff Sgt. Tim Ferguson, 509th Maintenance Group command chief assistant, his potential injury, Whiteman Air Force Base, Mo., Aug. 6, 2013. The physical therapy clinic devises a program plan unique to each individual and his or her injuries.

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The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment.

To submit an idea, call 660-687-6123, or email whiteman.warrior@us.af.mil

AF Housing

Visit www.Housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for airmen and their families to obtain information about the housing options and support services available to them at Air Force bases world-wide.

Found Property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.



WEATHER

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Air Force Academy cadets participate in Operation Air Force



U.S. Air Force photos/Staff Sgt. Nick Wilson

Cadets from the U.S. Air Force Academy watch a K-35R taxi the flightline from the catwalk of the air traffic control tower at Whiteman Air Force Base, Mo., July 30, 2013. The cadets toured the base as part of Operation Air Force, which allows cadets to familiarize themselves with missions of operational Air Force bases.



LRS pickup times for cargo

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TP-2 cargo needs to be picked up NLT three duty days.

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For more information, customers can reference Air Force Instruction 24-203, "Preparation and Movement of Air Force Cargo," Chapter 3, Paragraph 3.10, Table 3.3. Call at (660) 687-7072. The Deployment and Distribution Flight is available Monday through Friday from 7:30 a.m. to 4:30 p.m. and is located in Bldg. 139.

24/7 fitness center access coming to a base near you



U.S. Air Force photo/Airman 1st Class Keenan Berry

Senior Airman Melissa Givens, 509th Force Support Squadron fitness specialist, spots Senior Airman Senior Airman Adrian Paisley, 509th FSS fitness specialist, with decline bench press at the fitness center on Whiteman Air Force Base, April 22, 2013. It is important to have a person present at all times to assist with weight that is difficult to lift for safety purposes.

By Airman 1st Class Aaron Stout
11th Wing Public Affairs

JOINT BASE ANDREWS, Md. (AFNS)

Getting fit to fight in the Air Force just became more convenient.

As part of an Air Force Services Transformation Initiative test concept, Joint Base Andrews, Md., was one of six installations to implement unmanned hours at their fitness center, making it accessible 24/7.

Since February, there have been roughly 25,000 visits between the test bases and every aspect of the initiative is going well. Now with the test phase at these six bases nearing its end, the program is rolling out Air Force wide.

“The purpose of the initiative is to boost morale and provide access to the gym for service members who work unconventional shifts, such as security forces members,” said 1st Lt. David Smith, the 11th Force Support Services Sustainment Flight officer in charge.

Registration for the test bases has already begun for authorized users of the fitness center who are 18 years and older. Users must have a valid government identification card in to register. Dependents, 16-17 years old must register and be with their registered sponsor to enter.

One member who is taking advantage of this is Staff Sgt. Sean Matiasic, an 89th Aerial Port Squadron Air Transportation specialist. He works second shift and said it more convenient, as he prefers to work out after work.

“I keep fit not because it’s my job, but because I like to be fit; I like to stay in shape and it’s a hobby,” he said.

Daniel B. Ginsberg, the Assistant Secretary of the Air Force for Manpower and Reserve Affairs along with Rosemary Freitas Williams, The Office of the Secretary of Defense Military

Communities and Family Policy director, approved the Services Transformation Initiative to test unsupervised fitness and sports center after-hours use.

“Other test installations include Fairchild Air Force Base, Wash.; Scott AFB, Ill.; F.E. Warren AFB, Wyo.; Tinker AFB, Okla.; and Little Rock AFB, Ark.,” Smith said.

With fitness centers now being available unstaffed after regularly staffed business hours, member’s safety remains a top priority, said Col. Thomas Joyce, the Air Force Personnel Center Services director.

“Entry access and surveillance systems will provide patrons security and safety in their pursuit to get fit in off hours,” Smith said. “Emergency equipment such as a defibrillator and first-aid kits will be readily available as well as phones with emergency number lists and clear procedures for fire department access.”

With safety measures in place, installation commanders will also conduct and document operational and risk management assessments, Joyce said.

Additionally, each facility will have a number of motion-censored, recordable security cameras that are hooked up to a stand-alone computer in the fitness center staff office, Joyce added. This provides the staff and/or emergency personnel appropriate data in case of an incident.

“We also have written standards in place for patrons to understand guidelines for unsupervised use of the facility,” Smith said.

For shift workers like Matiasic, there is nothing more convenient than a 24-hour fitness center.

“There are definitely less people here, which is nice. It’s pretty slow so you don’t have to wait for weights or to get on a machine,” he said.



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Sergeant thrives after overcoming health problems, image challenges

Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

She could not stand to look at herself in the mirror, so she put on her makeup in the dark.

Even though every waking moment caused her pain, she would not accept the reality of who she had become.

It was late in 2012 and throughout the past 25 months, Staff Sgt. Yecenia Caban-Jimenez had failed four physical training tests.

Although her physical limitations had been trying to stifle her dreams since before she was born, there was something greater at risk now -- her Air Force career was on the ropes.

Other Airmen might have given up at that point. But for Caban, these challenges were simply another obstacle to overcome on her path to a new chance in the Air Force.

Born with a congenital hip defect that left her unable to walk until she was 4, Caban was denied many childhood experiences. Soccer, tag at recess, running through the forest ... for her, these were wishes instead of realities.

She had been segregated by her physical imperfections and stigmatized by peers to the point where she could no longer stand the sight of herself.

Her health struggles were crushing. In addition to the lifelong hip defect, she had been diagnosed with a thyroid problem. She had also been injured during a 2009 deployment to Afghanistan.

When she set off for Basic Military Training in 2006, she knew so little English she could not even give a reporting statement.

"I spent most of those six-and-a-half weeks following people around," said Caban. "I was scared, I was always in trouble and I had absolutely no idea what was going on. I knew BMT was a mind game, but it was exhausting and took every ounce of my energy and attention to make it through.

"My entire life, serving in the Air Force was always in the back of my mind, so I could not give up," she said. "They believed in me enough to let me into their Air Force family, and I was so honored. I vowed to always prove myself and do anything I needed to be successful. I didn't want to let my fellow American Airmen down."

In the three years that followed her completion of basic, she struggled to adapt to the rigors and strict expectations of military life while simultaneously striving to learn a new language.

In 2009, she eagerly left for a deployment to Afghanistan, where she worked as a communications specialist.

Just two weeks before heading home, the enemy struck. Her legs, strong enough to propel her through military training but weakened by her hip defect, gave out. Her ankle snapped inward and she went down hard. The fall left her with torn Achilles and peroneal tendons, a pinched sciatic nerve, and four broken discs in her lower back.

"These injuries created a chaotic world



Contributed photos

U.S. Air Force graphic/Staff Sgt. Brigitte N. Brantley

For years, U.S. Air Force Staff Sgt. Yecenia Caban-Jimenez has struggled to hold on to her dream of serving in an Air Force she adores. After being injured during a 2009 deployment, she gained 100 pounds and subsequently failed four PT tests within 25 months. She has now shed the weight and is near the end of her road to recovery.

and endangered my dream of serving my country," Caban said.

In early 2010, she received orders to Lajes Air Base, Portugal, and failed her first PT test just six weeks after arriving.

"The first failure was perhaps the hardest," said Caban. "I knew the standards and tried to meet them, but there was just too much going on. I felt like I had failed everyone who believed in me or gave me a chance, and things spiraled down from there."

During her re-test six weeks later, she failed again.

Without a passing PT score, she would not be allowed to attend Airman Leadership School, a requirement for promotion to staff sergeant. Motivated by the stripe, Caban managed to pass her next PT test and graduate ALS.

She stayed active and maintained a healthy diet, so to her, the sudden influx of pounds was incredibly frustrating.

Almost 100 pounds later, she topped out at 265 pounds, and showed symptoms of pre-diabetes and anemia.

Finally, medical tests revealed she had a severe thyroid problem, but treatment produced minimal results. With the medical problems continuing, her life kept heading in a career-ending direction and she increasingly isolated herself.

When she reported to Whiteman in late 2011, she kept to herself.

"I was so frustrated with everything that I didn't let anyone into my life," Caban said. "I even kept it from my leadership. All they saw was a fat person who couldn't control herself. I had stopped trying and I had stopped caring.

"I wasn't getting the answers I wanted from my doctor, so I got a second opinion," she added. "Finally, my new physician realized my medical problems were real. She looked me in the eyes and told me, 'I am going to help you through this.'"

Caban finally had someone on her side,

so she again braced herself mentally and resolved to finally end this long chain of complications.

But her back problems steadily grew worse, forcing her to live with constant pain she could not escape.

She was diagnosed with hyperthyroidism and since she didn't work to alleviate that problem, the pounds continued to pile on.

In April 2012, she failed another PT test, her fourth in 25 months. Air Force policy is to discharge any Airman who fails four tests in 24 months. Although she had been lucky with the timing, she had little hope for a future in the military.

"It was tough. There were so many nights I was concerned for what my future would hold, but the words of the Airman's Creed helped me through," she said.

She had a final surge of resiliency, and was determined to make it happen this time -- no excuses and no hiatus until she was healthy.

She teamed up with a friend from Puerto Rico who had managed to lose almost 240

pounds.

They developed a strategy of exercise, nutrition and education, and she dropped 47 pounds in six weeks. Her thyroid started functioning properly, and the signs of pre-diabetes disappeared. She felt optimistic now about her career opportunities. She managed to lose another 21 pounds and quit taking all medications.

She joined a support network of other people struggling with similar problems, which she credits for helping her through this tough time.

"They helped me see me for who I really am, not just someone who was so out of shape," Caban said. "If I needed someone to talk to, they were there. We kept each other going and I had the support I needed."

She went on to have back surgery in November 2012 to remove the four discs which had troubled her since her deployment.

"I was told I would be out of work for six months, but I wouldn't accept that," Caban said. "I had a lot of time to make up for and I love my job, so I challenged myself to get better faster. I had to prove to everyone how much I really loved serving my country, and I had to prove I belonged in the Air Force."

She pushed herself through multiple daily sessions of intense physical therapy, determined to get her life back on track. Every day she woke up sore and went to bed exhausted, but it paid off.

She returned to work only two months after surgery.

"I realized I had to accept responsibility for the condition I was in and deal with the cards dealt to me," she said. "More than anything, I had to keep fighting."

Since then, she has slimmed down to 172 pounds and has become a fitness and nutritionist specialist, a passion she said she plans on carrying with her for the rest of her Air Force career.

"If I can inspire even one person to not give up when they are going through a tough time, sharing all the embarrassing details about who I used to be will be worth it," Caban said. "Being in the military is not a tranquil choice, and it requires us to all bounce back from tough situations."

Military Family Scholarship



Melissa Slayton, wife of Christopher Slayton, 509th Maintenance Squadron aircraft recovery maintainer, displays the Military Family Scholarship awarded to her by Park University, Whiteman Air Force Base, Mo., August 8, 2013. Slayton was recognized for her academic achievement with a \$4,000 scholarship from Park University.

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

Up, up and away



B-2 Spirits from the 509th Bomb Wing taxi towards the runway at Whiteman Air Force Base, Mo. July 25th, 2013. The B-2 brings massive firepower to bear, in a short time, anywhere on the globe, through previously impenetrable defenses.

A T-38 Talon from the 509th Bomb Wing prepares to land on the runway during a touch-and-go training sortie at Whiteman Air Force Base, Mo., July 25, 2013. The T-38 is a twin-engine, high-altitude, supersonic jet trainer used in a variety of roles because of its design, economy of operations, ease of maintenance, high performance and exceptional safety record. It is used primarily by Air Education and Training Command for undergraduate pilot and pilot instructor training.



A C-17 Globemaster III from the Memphis Air National Guard's 164th Air-lift Wing, Memphis, Tenn., is parked as a transient aircraft at Whiteman Air Force Base, Mo. July 25th, 2013. The C-17 is capable of rapid strategic delivery of Service members and all types of cargo to main operating bases or directly to forward bases in a deployment area.

*U.S. Air Force photos/
Staff Sgt. Nick Wilson*

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For more information on Dr. Triplett or to make an appointment, please call (660) 829-7792.



Matt Triplett, M.D.

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Repairing Airmen one muscle at a time

By Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

The human body is composed of the cardiovascular, muscular, nervous, skeletal and respiratory systems. As complex as the body is, human beings are constantly building them up and breaking them down.

At Whiteman Air Force Base, the 509th Medical Operations Squadron physical therapy clinic is the group that helps Airmen build their bodies back up by providing orthopedic rehabilitation after injuries and medical procedures.

“Our mission is to rehabilitate patients who have been injured,” said Maj. Michael Holmes, 509th MDOS physical therapist. “We have patients that come in with small injuries, such as sprained ankles and wrists all the way up to larger injuries, including post-operation surgeries on knees and shoulders.”

The physical therapy clinic provides evidence-based care exclusively for Whiteman’s active-duty Airmen in order to expediently reduce pain and restore function following musculoskeletal injury or orthopedic surgery.

“We use a combination of methods to aid in a speedy recovery,” Holmes said. “Some of those methods are therapeutic exercises, joint manipulation and mobilization, electrical stimulation, ultrasound, taping and bracing, microwave diathermy, iontophoresis, spinal traction, and neuromuscular re-education.”

The purpose of physical therapy is to return the body to a pre-injury state.

“We monitor a patient’s progression from the first day he or she comes into our office all the way to the final day of his (or her) injured body part is at full capability,” Holmes said. “Another important part of our job is educating the patients on proper body mechanics and

posture to help prevent future injuries.”

The initial visit with the therapist is crucial for patients to form a plan to get back to top health.

“When a patient first steps into our office, we have an in-depth conversation about how the injury occurred and when the patient feels pain from the injury,” Holmes said. “This information, along with a physical evaluation, will give us an idea on where to begin for our treatment plan. A unique treatment program is designed with your goals in mind, consisting of either home exercises, in-clinic visits with the therapist and technicians, or both.”

The physical therapists in the 509th MDG understand the direct impact their work has on Whiteman’s overall mission.

“It is important for us to get these Airmen back to full health so they can get back to their job and continue the global deterrence mission,” Holmes said.

Patients going through physical therapy have found the Whiteman staff easy to work with and easy to learn from.

“I learned a lot about my injury and how to go from here to getting it back to full health,” said Tim Ferguson, 509th Maintenance Group command chief assistant. “I came in not knowing at all what my injury was and why it has continued to bother me. The staff was great to work with and was very helpful in teaching me how to get back on the road to recovery and prevent future injuries.”

Overall, the physical therapy clinic is a close-knit group that works as a team to complete the rehabilitation process for patients.

“We have a hard working staff here that works very well together,” Holmes said. “We all enjoy coming to work every day to serve the Whiteman community through the rehabilitation process, while also educating patients to prevent further injuries.”



U.S. Air Force Maj. Michael Holmes, 509th Medical Operations Squadron physical therapist, stretches the shoulder of U.S. Air Force Staff Sgt. Tim Ferguson, 509th Maintenance Group command chief assistant, during an initial physical therapy evaluation at Whiteman Air Force Base, Mo., Aug. 6, 2013. The physical therapy clinic employs a variety of methods in providing evaluations, such as joint manipulation and mobilization, electrical stimulation, taping and bracing, and ultrasounds.

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



U.S. Air Force Maj. Michael Holmes, 509th Medical Operations Squadron physical therapist, conducts a strength exercise during an initial evaluation with U.S. Air Force Staff Sgt. Tim Ferguson, 509th Maintenance Group command chief assistant, at Whiteman Air Force Base, Mo., Aug. 6, 2013. The physical therapy clinic devises a program plan unique to each individual and his or her injuries.



U.S. Air Force Maj. Michael Holmes, 509th Medical Operations Squadron physical therapist, writes an initial evaluation on a patient at Whiteman Air Force Base, Mo., Aug. 6, 2013. The physical therapy clinic provides evidence-based care for active-duty Airmen to expediently reduce pain and restore function following musculoskeletal injury or orthopedic surgery.



U.S. Air Force Maj. Michael Holmes, 509th Medical Operations Squadron physical therapist, conducts an initial evaluation with U.S. Air Force Staff Sgt. Tim Ferguson, 509th Maintenance Group command chief assistant, at Whiteman Air Force Base, Mo., Aug. 6, 2013. The physical therapy clinic treats patients with small injuries, such as minor sprains, all the way up to major injuries, such as post-operation surgery on knees and shoulders.



U.S. Air Force Maj. Michael Holmes, 509th Medical Operations Squadron physical therapist, reviews a chart with U.S. Air Force Staff Sgt. Tim Ferguson, 509th Maintenance Group command chief assistant, to explain the diagnosis of his injury at Whiteman Air Force Base, Mo., Aug. 6, 2013. The physical therapy clinic uses a variety of methods in providing evaluations, such as joint manipulation and mobilization, electrical stimulation, taping and bracing, and ultrasounds.

July's Top III MVP award winner



Courtesy photo

U.S. Air Force Senior Airman Kyle Flood, 509th Maintenance Squadron low observable technician, receives the Whiteman Top III Award for July 2013 at Whiteman Air Force Base, Mo., July 30, 2013. Flood was recognized for his working as a volunteer fire fighter, being a first responder to a vehicle roll-over accident where he assisted a passenger, deploying in a tornado recovery effort for Johnson County and serving as an elite Honor Guard member.



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IPE: Equipping warfighters, saving lives

Story and photos by
Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

(Editor's note: This is part two of a three-part series about sections of the 509th Logistics Readiness Squadron Material Management Flight)

When Airmen deploy they rely on training they have received to survive all kinds of hazardous threats.

Without the right equipment, however, that training may prove useless, as that equipment, whether weapons, chemical gear or protection from the elements, has the potential to be the pivotal difference between life and death.

With a mission to outfit warfighter Airmen who deploy to the frontlines, members of the 509th Logistics Readiness Squadron individual protective equipment shop provide these assets to protect and train Team Whiteman's "steely-eyed warriors."

The shop currently houses more than 211,000 total IPE items valued at \$9 million. They also have a weapons cache containing approximately 2,800 weapons, including M16 assault rifles, M4 carbines and M9 pistols valued at \$1.6 million.

The IPE shop's mission is to support members of the 509th Bomb Wing, 442nd Fighter Wing, and 131st Bomb Wing with any gear they need to perform their mission, said Staff Sgt. Patrick First, 509th LRS IPE supervisor.

"We especially have a huge responsibility to our security forces because they use our equipment on a daily basis," he said.

Members of IPE provide numerous vital services to Whiteman's warriors. One of the most important of these is maintaining the shelf life of chemical gear, which includes joint service lightweight integrated technology (JLIST) suits, gas masks, protective gloves, boots, web belts, canteens, helmets and armor.

One major task associated with maintaining the IPE shelf life includes cleaning gear - mainly gas masks. IPE members sometimes spend four to six hours cleaning gas masks each day.

"Our goal is for everyone to have sanitized gas masks to deploy and train with," said Airman 1st Class Jonathan Merry, 509th LRS IPE journeyman. "We have to ensure the masks have no leaks, that they are sealed properly and that they are serviceable and ready for anyone on base who needs them."

Along with cleaning gas masks, IPE members also spend enormous amounts of time cleaning JLIST suits as new customers process in and out

of the warehouse to meet deployment and training requirements.

Without the support of the IPE shop, accomplishing Team Whiteman's mission would not be possible.

"There would be no Whiteman mission if we didn't perform our job because our base has major assets we all help protect," said Master Sgt. Horace Dozier, 509th LRS NCO in charge of IPE. "Part of protecting those assets means providing weapons and equipment for the operations and training of every wing and tenant unit on the base."

In addition to providing equipment, the shop also provides gas masks, canteens, web belts, helmets and other gear to individuals who deploy downrange.

"The gas mask is critical downrange because if there is an attack, you have that as a first line of protection," Dozier said. "We ensure the items they get are saving lives. Every deployer here is protected by equipment that we store and manage."

Keeping deployers safe is always the focus for IPE members. One slip in attention to detail could mean the difference between an Airman returning home alive or becoming a casualty.

"Sending Airmen to the deployed theater without the proper equipment directly hurts the Air Force," First said. "If we don't give people the right equipment, we're failing to protect them when they are put in harm's way."

This understanding brings with it an added weight of duty.

"Working as an IPE journeyman, I feel that we have a responsibility to carry out our mission everyday with excellence," said Airman 1st Class David Reddoch, 509th LRS IPE technician. "Our people need to be safe and prepared while supporting the most feared weapon system on the planet."

Providing IPE equipment to deployers and trainees can be a challenge, especially when individuals come to the shop without appointments to meet short-notice training or deployment requirements, First said.

"Our deployers could be sent to any contingency on Earth," Dozier said. "It could be a black ops operation, a short notice tasking or a deployment to Southwest Asia. Anyone who deploys comes through us to receive their gear before departing."

Whether equipping deployers before they fly out or preparing Airmen for mission-essential training, the 509th LRS IPE shop is prepared 24/7 to tackle each challenge.

"I take a lot of pride in the responsibility given to me to support this mission," Merry said. "Having the lives of others in my hands is something I take very seriously and have a lot of pride in."



U.S. Air Force Airman 1st Class David Reddoch, 509th Logistics Readiness Squadron individual protective equipment technician, uses a joint-service mask leakage tester (JSMLT) to ensure proper fit of a gas mask as part of a routine inspection at Whiteman Air Force Base, Mo., July 29, 2013. In addition to testing gas masks, IPE technicians are trained on a variety of tasks, including the operation of heavy equipment, customer service and maintenance and accountability of more than 211,000 IPE items valued at approximately \$9 million.



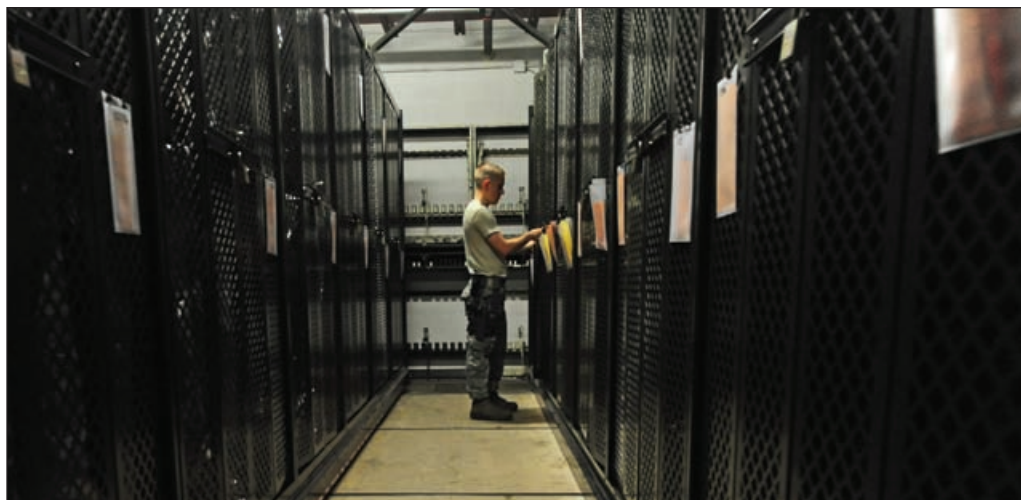
U.S. Air Force Airman 1st Class David Reddoch, 509th Logistics Readiness Squadron individual protective equipment technician, visually inspects a gas mask as part of a routine inspection at Whiteman Air Force Base, Mo., July 29, 2013. The inspections maintain organization and uniformity of equipment in the IPE warehouse and maximize efficiency while also providing accountability of Air Force assets.



U.S. Air Force Airman 1st Class David Reddoch, 509th Logistics Readiness Squadron individual protective equipment technician, inspects a gas mask as part of a routine assessment at Whiteman Air Force Base, Mo., July 29, 2013. Part of Reddoch's assessment includes disassembling the masks and ensuring they are sanitized to guarantee that customers are given clean equipment.



U.S. Air Force Airman 1st Class David Reddoch, 509th Logistics Readiness Squadron individual protective equipment technician, clears an M4 carbine before beginning cleaning procedures at Whiteman Air Force Base, Mo., July 29, 2013. Weapons-clearing procedures include ensuring weapons are set to safe and the chamber is clear of any bullets.



U.S. Air Force Airman 1st Class David Reddoch, 509th Logistics Readiness Squadron individual protective equipment technician, prepares to validate serial numbers of M9 pistols in the armory at Whiteman Air Force Base, Mo., July 29, 2013. In addition to maintaining weapons, IPE technicians also preserve shelf life of chemical gear, including joint service lightweight integrated technology (JLIST) suits, gas masks, protective gloves, boots, web belts, canteens, helmets and armor.



Scan this code with your smartphone to view more photos of the IPE Airmen in action

Stay in the game!

Air Force Safety Center
2013 Critical Days of Summer

KIRTLAND AIR FORCE BASE, N.M. -- Basketball, a sport played by a large number of Airmen, is also the one activity that results in the most reported Class C mishaps.

During the 2012 Critical Days of Summer, there were 40 Class C injuries reported that resulted in lost work days.

While it is incumbent upon each Airman to stay physically fit, it is their responsibility to prepare for participation in every sports activity.

Without the proper preparation, the risk for injury increases. During the fiscal 2012 CDS, 30 percent of all off-duty basketball mishaps were ankle injuries. Be sure to wear the proper foot gear.

Basketball injuries are generally defined as either cumulative (overuse) or acute (traumatic) injuries. Both types of injuries may result from overuse, lack of proper rest, lack of proper warm-ups or poor conditioning. The following safety precautions are recommended to help prevent help basketball injuries:

- Warm up thoroughly prior to play.
- Wear supportive basketball shoes with skid-resistant soles.
- Use protective equipment (mouth guards, knee and elbow pads or eye protection).
- Use good technique and play by the rules.



- Clean courts before play - check for slippery spots or debris.
- Have a first aid kit on hand.
- Get adequate recovery.
- Stay hydrated.

Everyone who enjoys playing basketball reaps many benefits, both physical and mental. However, injuries can result

in lost work days not to mention time away from the sport.

The most common injuries are ankle sprains, jammed fingers, knee injuries, deep thigh bruising, facial cuts and foot fractures.

According to www.stopsportsinjuries.org, here are some additional ways bas-

ketball injuries can be prevented.

- Have a pre-season physical examination and follow your doctor's recommendations for basketball injury prevention

- Pay attention to environmental recommendations, especially in relation to excessively hot and humid weather, to help avoid heat illness

- Maintain proper fitness - injury rates are higher in athletes who have not adequately prepared physically

- After a period of inactivity, progress gradually back to full-contact basketball through activities such as aerobic conditioning, strength training, and agility training.

- Avoid overuse injuries - more is not always better! Many sports medicine specialists believe that it is beneficial to take at least one season off each year. Try to avoid the pressure that is now exerted on many young athletes to over-train. Listen to your body and decrease training time and intensity if pain or discomfort develops. This will reduce the risk of injury and help avoid "burn-out."

- Talk with your coach and/or athletic trainer about an ACL injury prevention program and incorporating the training principles into team warm-ups

- The athlete should return to play only when clearance is granted by a health care professional.

Take care of yourself so you can "stay in the game!"

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Around the Air Force



U.S. Air Force photo/Airman 1st Class Jeffrey Parkinson

Airmen from the 1st Special Operations Security Forces Squadron pay tribute to a prisoners of war/Service members missing in action display during the Senior NCO induction ceremony July 25, 2013, at Hurlburt Field, Fla. The display honors POWs/MIAs who are no longer here to commemorate such occasions.



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ANNOUNCEMENTS

FOR GOD SO loved the world that He gave His only begotten son, that whosoever believeth in Him shall not perish, but have everlasting life. John 3:16 Bible Basics, Box 745, Eldon, MO 65026

THE PHOTOGRAPHER, studio portraits by friendly professional photographer, free photo touchups on request, 105 N. State, Knob Noster, www.2photo.us. 660-747-4211

For Sale By Owner

4 BR, 3 BATH, fireplace, double garage, finished basement, huge fenced backyard, landscaping & patio, just outside of city limits of Warrensburg. Asking \$145K. Call 816-263-1664.

Apartments /Townhouses

AVAILABLE IMMEDIATELY, Warrensburg: 1 & 2 BR with some utilities (2 BR available Aug. 1). \$369 & up. 2 BR house, redecorated. \$499. No Pets/Smoking. 660-624-0276, 715-479-8092 leave message.

Motorcycle Accessories

WARRENSBURG CYCLE 15% to 40% of all Accessories! **MOTORCYCLE and ACCESSORY SALE** Tires - Buy 2 - FREE MOUNTING ON ONE! Low price Guarantee on Honda, Kawasaki, Suzuki Polaris, Can-Am or Sea Doo! Call now 660-747-7713!

Classified Ads Get Results

EMPLOYMENT



Warrensburg Collision is seeking an experienced **Auto Body Estimator**.

The ideal candidate is a proactive, self-motivated and organized individual who takes initiative and has excellent communication skills. Must be able to effectively convert prospective clients into customers and prepare all estimates in an accurate and thorough manner as to provide the production department with a detailed blueprint of the repairs. Being detail oriented and deadline driven is essential.

Send resume to info@WarrensburgCollision.com, or Warrensburg Collision, 220 W Young Ave, Warrensburg, MO 64093.

Warrensburg Collision is a state-of-the-art collision repair center that provides expert collision repair and car painting to customers in Warrensburg and throughout Johnson County.

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Home of the **Jump Start Program**

If you have ever had bad luck with your credit for whatever reason, but need to buy a car, W-K is where you need to be! Come take advantage of W-K's Jump Start Program, just as many of your neighbors have! Call Ron today at 800-382-5088. And remember, we are here to help you!



Beautiful Raised Ranch Home, This 3 Bedroom, 3 bath Approx. 1800 sq. ft. home has a 2 car attached garage, built in dishwasher, wood burning fp and lots of amenities. MLS# 43062. \$164,000 Action Realty, Contact Bryan Jacobs 660-441-5302 www.actionrealtyco.com

DEERBROOK APARTMENTS

710 A. Deerbrook Circle Knob Noster Mo 1 & 2 BR Apartments 3 BR 2 bath Duplexes 2 miles from the Air Force Base Pool, On-site Laundry and Storage Available management@deerbrookapartments.com Call 660-563-3518

FIRESIDE REALTY



TONY R. KENDRICK Owner/Broker

FOR SALE OR RENT 1,2,3,4,5 Bedroom, Various Floor Plans. Call for Availability

211 E. Russell • Warrensburg 660-747-5353 www.4firesiderealty.com

Don't forget to add your e-mail address to your classified ads!

Lots

LAKE OF THE OZARKS-FAMILY FUN. Lots reduced to \$3,595. 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 August 19th. Hwy 135-12 to the Ivy Bend office. Closed Tuesdays. (573) 372-6493 www.ivybendoffice.com



VERSAILLES' SUCCESSFUL TIRE BUSINESS 5,000 sq. ft. building on 240 x 170 lot. Building has 7 bays with the 8th framed in for another door. Has 2 natural gas furnaces and 2 air units. Has office and waiting area with 2 bathrooms. Building has been insulated substantially. Comes with ALL equipment. Call our office for list — Versailles Realty Co. 1-888-999-4246. \$229,000.



Exceptionally nice 4 - 5 bedroom, 2 bath, 2 car garage, finished walkout basement, plus 20'x40' workshop with full bathroom. Less than 5 miles to WAFB. Asking \$249K. 660-864-1689 or 660-563-2623



Open Layout in Warrensburg. This 3 Bedroom, 2 Bath home has a pleasant atmosphere perfect for entertaining, Generous, Walk-in pantry and open kitchen, lots of Amenities. MLS# 42953, \$138,000 Action Realty, Contact Marie Acosta (660)909-1903, www.actionrealtyco.com

OPEN HOUSES SUNDAY AUGUST 11th



1:30 PM - 2:30 PM
109 Jefferson, Knob Noster - MLS# 42826
Split Level on a corner lot, has 4 Bedroom, 2.5 Bath and a fenced back yard, storage shed and a 2 car garage



3:00 PM - 4:00 PM
1003 S. Main St., LaMonte - MLS#43508
Ranch style 3 Bedroom, 2 Bath, with Central Air and basement all on a large corner lot.

LEMAY REALTY

120 N. State Street Knob Noster, MO

TOLL FREE 1-888-548-6001 • (660)563-6000 Joseph LeMay, Broker/Owner

Jerry Baker Auto Sales
600 Industrial Dr. Sedalia, MO
660-826-5451

- 09 Acadia SLT AWD.....16,995
- 06 Yukon Denali AWD.....14,995
- 08 Jeep Commander 4wd.....9995
- 04 Jeep Wrangler 4wd.....7995
- 05 Durango 4wd.....8995
- 02 Jeep Liberty.....5995
- 07 Avalanche LT 4wd.....18,995
- 07 Dodge QuadCab 2wd.....15,995
- 06 GMC Shortbed.....8995
- 99 GMC XCab 4wd.....6995
- 02 GMC Sierra Sharp!.....7995
- 03 Chevy XCab 4wd.....10,995
- 99 Ford F350 DRW V10.....8495
- 09 Pontiac G6 64K.....11,995
- 10 Lincoln MKZ 33K.....19,995
- 08 Pontiac G8 Sharp!.....13,995
- 08 Buick LaCrosse.....9995
- 07 Cobalt SS 76K.....10,495
- 05 Chrysler 300.....8995
- 04 Buick LeSabre.....5995
- 08 Grand Prix.....9995
- 03 Lincoln Town Car 61K.....8995
- 06 Impala.....7495
- 08 Chevy HHR 84K.....8995
- 07 Freestar.....9995
- 08 Grand Caravan.....10,995
- 05 Grand Caravan.....5995
- 06 Freestar.....5995

www.jerrybakerauto.com

S-T-O-P !!!

Don't forget to add your e-mail address to your classified ads!

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KEY REALTY

401 E. Russell Ave. • Warrensburg, MO

Office: 747-7043

Holly Dow: 238-5634

David Roberts: 238-3936

Barb Myers: 624-3026

Bobby Hall: 864-4492

Pat Brasel: 909-5922

Craig Conant: 238-6042

Vance DeLozier: 909-7043

Visit our website for all area listings www.KeyRealtyWarrensburg.com



SEDALIA AUG 8-18

CHICKS DIG IT!



Concerts begin at 7:30 pm

PEPSI GRANDSTAND EVENTS



TOBY KEITH AND KELSEY K
Friday, Aug 16
\$65/\$50/\$45/\$38/\$30

presented by Ford F-Series

THREE DAYS GRACE AND HINDER
Saturday, Aug 17
\$40/\$35/\$25/\$20

- Friday, Aug 9**
FOREIGNER AND STARSHIP FEATURING MICKEY THOMAS
\$40/\$35/\$25/\$20
- Saturday, Aug 10**
GARY ALLAN AND RANDY HOUSER
\$40/\$35/\$25/\$20
- Tuesday, Aug 13**
CHUBBY CHECKER
\$15/\$10
- Wednesday, Aug 14**
THE OAK RIDGE BOYS
40th Anniversary Tour \$20/\$15
- Thursday, Aug 15**
LEE BRICE AND TYLER FARR
\$35/\$30/\$25/\$20

- Sunday, Aug 11 Missouri Association Championship Truck & Tractor Pull Qualifying**
10 a.m. \$12 Adults / \$5 Ages 6-12
7 p.m. \$15 Adults / \$6 Ages 6-12
BEST VALUE: All Day Ticket - \$20 Adults / \$9 Ages 6-12
Ages 5 & Under FREE
- Monday, Aug 12 Missouri Association Championship Truck & Tractor Pull Finals**
1 p.m. \$12 Adults / \$5 Ages 6-12
7 p.m. \$15 Adults / \$6 Ages 6-12
BEST VALUE: ALL Day Ticket - \$20 Adults / \$9 Ages 6-12
Ages 5 & Under FREE

Regular Single Day Gate Admission:

\$8 Adult, \$6 Senior Ages 60+, \$2 for Kids 6-12. Kids 5 and Under FREE

Special Carnival Deals

Unlimited Daily Deal \$27 - \$6 savings!
Available at Breaktime and Walgreen's thru August 17. Includes carnival rides for one day and one-day adult admission

\$15 Unlimited Ride Carnival Wristband - \$15 savings!
Available at Carnival ticket booth only on August 18

Six ATM Locations:

- In Front of Grandstand
- Midway Carnival Entrance
- East side of Coliseum
- Public Campground Exit
- Inside Mathewson Exhibition Center
- Main Ticket Booth at Centennial Gate

Fairgrounds Box Office Hours:

Aug. 8-18 • 9 am - 9 pm Daily

FRIDAY, AUG 9

- MoDOT Day**
- Visit the MoDOT Highway Gardens and MoDOT Expo Center
 - Show-Me State Tailgate Throwdown Barbecue Contest 7:30 am-1:30 pm, Show-Me Tent
 - Queen Coronation 3 pm, Mathewson Center

SATURDAY, AUG 10

- Pepsi Day**
- \$1 off adult admission, today only
 - Coupons available using special Pepsi promo code at www.mostatefair.com/Pepsi

SUNDAY, AUG 11

- Show-Me Salutes-Military Appreciation Day**
Sponsored by I-Land Internet Services
Free gate admission, today only, for active military, veterans and delayed entry recruits with appropriate I.D. \$1 gate admission, today only, for immediate family members-spouse and dependent children. Plus \$5 off carnival ride wristband, today only, for military and immediate family with coupons available at admission gate
- Military Appreciation Ceremony - 2 pm, Mathewson Center

MONDAY, AUG 12

Farm Bureau/Farm Family Day
Celebrate Missouri Farm Families!

DAILY HIGHLIGHTS

- Coupons and tractor pull discounts available at County Farm Bureau offices or in Show Me Magazine
- TUESDAY, AUG 13**
Missouri Farmers Care Food Drive Tuesday, in cooperation with Ford and Missouri Farmers to benefit Missouri Food Bank Association
Save up to half off on gate admission today with canned food donations!
- WEDNESDAY, AUG 14**
Show-Me Bluegrass Festival
Sponsored by AgriMissouri
Enjoy a full day of Missouri's Best Bluegrass Pickers in a variety of locations on the fairgrounds
- Senior Appreciation Day**
Sponsored by Sedalia Democrat
Each adult and senior presenting a special Sedalia Democrat front page Fair banner, today only, will receive \$2 off their gate admission
- THURSDAY, AUG 15**
Governor's, Legislators' and Judges' Day
• Governor's Ham Breakfast 8 am, Director's Tent
- Celebrate Women in Agriculture**
Sponsored by Monsanto
• Free gate admission for women of all ages, today only

- Missouri Travel Council Presents A Celebration of Women Trade Show**
• Booths offering girlfriend retreats, spa packages and special events available in Missouri 10 am-6 pm, Assembly Hall
- FRIDAY, AUG 16**
Missouri Electric Cooperatives Day
• Visit innovative exhibits in the MEC Building
• Free CFL Light Bulbs, While Supplies Last
- SATURDAY, AUG 17**
Youth in Agriculture Day
Sponsored by Tractor Supply Company
\$1 off adult admission, today only with coupons available at County Extension offices
• Sale of Champions 1:30 pm, Assembly Hall
- SUNDAY, AUG 18**
Law Enforcement/Firefighter Appreciation Day
FREE gate admission for Municipal-County-State law enforcement and Missouri Firefighters-EMTs-Paramedics with appropriate I.D., today only.
\$1 gate admission today for immediate family members - spouse and dependent children
- Fair Finale/Half Price Day**
\$4 gate admission all day, age 13 and over, \$1 age 6-12, kids 5 and younger free everyday! \$15 unlimited carnival ride wristband today available at carnival ride ticket booth

