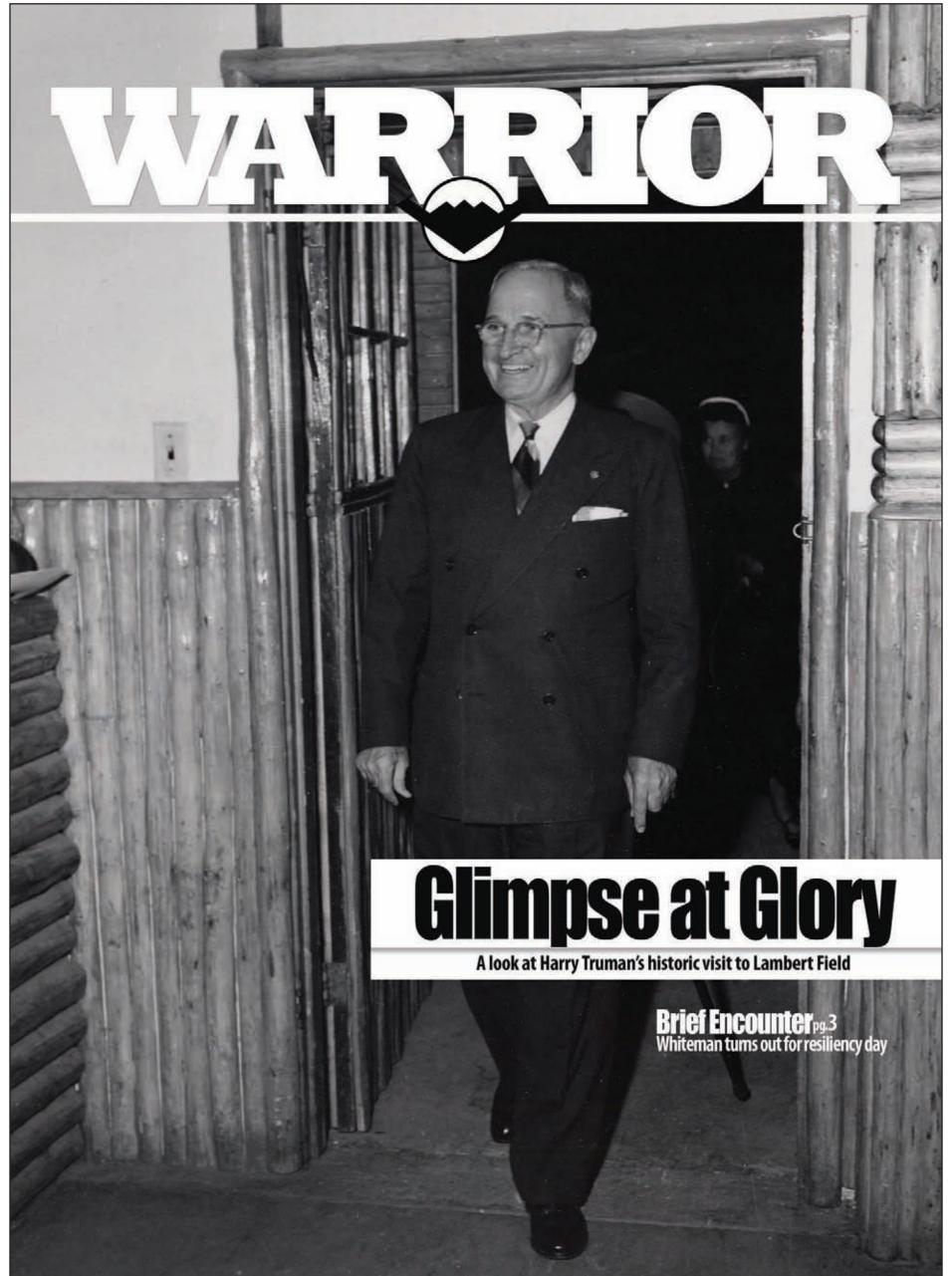
Vol. 6 No. 4/Jan. 30, 2015

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#### **Commentary**

## Equipping our Airmen

### The Power of Airmen



By Lt. Col. Barry Little 90th Operations Support Squadron commander

**F.E. WARREN AIR FORCE BASE, Wyo.** -- When I entered the Air Force 16 years ago, my father-in-law, who is retired Army, shared a bit of service rivalry with me. He said that it's well known the Air Force "mans equipment" while the Army "equips men."

For those of us in blue, it's an insulting idea. When I look in the mirror though, I have to admit that there is some truth to it. We need to better equip our Airmen for the mission and the future by developing them as thinkers and leaders.

Chief Master Sgt. Darrel Shelton, 90th Security Forces Group command chief, challenged the promotees during the November enlisted promotion ceremony to take responsibility for those Airmen junior to them. He didn't focus on taking responsibility for expensive equipment or for ensuring good outcomes; he focused on taking responsibility for the people who will come after you in the Air Force - for their training, their development and their well-being.

This is different from taking responsibility for things. When we take responsibility for things, we try to control them. When we take responsibility for people, we coach them, guide them and prepare them for more.

In our effort to do more with less, we lost this piece. I've been part of a career field focused almost exclusively on equipment and process for the past 16 years. We have been perfecting processes in order to eliminate the potential for human error since World War II.

At initial training, I was taught that perfection was not only possible, but it was "the standard." Perfection could be achieved with an unrelenting focus on technical proficiency. If our processes were good enough, we could guarantee a perfect outcome. Over time, we lost sight of the fact that it takes people to make it happen.

Contrast this with the way the Navy managed its nuclear reactor program during the same period under command of Admiral Hyman Rickover. The Admiral is reputed to have interviewed every applicant for nuclear power training personally. The stories about the grueling interviews he put sailors through are incredible, but behind them is a fundamental difference in approach.

The Admiral recognized once a ship left port, the ship had "sailed." Therefore he had to focus on ensuring he had the right people and they were trained to think and adapt independently.

Over the past few years our nuclear enterprise endured several rounds of scrutiny both internally and externally. In an attempt to deliver the highest level of nuclear surety, our culture has focused narrowly on processes - sometimes to the exclusion of people. In many ways, we have acted as though our tools were the most important part of our profession. We've been manning equipment.

Instead, we need to focus on equipping our Airmen with the right physical and mental tools to do the mission and lead us into the future. We're off to a good start with the Force Improvement Program: we are equipping our security forces with new gear, bolstering our maintenance budgets, and reinventing operations training and evaluation. But this is just a start.

The next change we need is to see ourselves in a new way at every level. Supervisors need to create an environment where Airmen are trusted to make decisions, are mentored when they stumble and are encouraged to take responsibility for people as well as things.

We can't just develop our processes; we have to develop our Airmen. Without their energy, ingenuity and commitment, all the equipment in the world won't matter.

To stay the best in the world, we can't just man equipment; we have to equip our Airmen.

#### **THE WARRIOR**

#### **Editorial Staff**

Brig. Gen. Glen VanHerck 509th Bomb Wing Commander

> Capt. Karl Wiest Chief, Public Affairs

Airman 1st Class Joel Pfiester Editor

Staff Sgt. Alexandra Boutte Staff Sgt. Nick Wilson Staff Sgt. Brigitte N. Brantley Senior Airman Keenan Berry Airman 1st Class Jovan D. Banks Photojournalists

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For more information, call the Warrior office at 660-687-6126, email Whiteman. Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

# On the cover

131st Bomb Wing file photo President Harry S. Truman, 33rd President of the United States, visits the enlisted mess facilities at Lambert Air Field, Mo., circa 1951. Truman, who was born in Lamar, Mo., and grew up in nearby Independence, made vital military decisions throughout his time as president.

### Spiritual fit tip of the week

#### By Chaplain (Capt.) Kenneth Johnson 509th Bomb Wing chaplain

It is my hope in the days and weeks to come, you will take the opportunity for some self-reflection and evaluation. Are you trudging through each day without purpose? What wrong turns have you made morally? Where do you see your life going this year? What are the necessary steps to get where you want to be?

If you haven't already, now's the time to make a New Year's resolution. Take some time to ask yourself these questions. Set



achievable short-term and long-term goals and strive for this year to be better than the last.

"Progress means getting nearer to the place you want to be. And if you have taken a wrong turn, then to go forward does not get you any nearer. If you are on the wrong road, progress means doing an about-(face) and walking back to the right road; and in that case the man who turns back soonest is the most progressive."

– C.S. Lewis, Mere Christianity

#### **NEWS BRIEFS**

Disposition of Personal Effects

2nd Lt. Aaron Hughey is authorized to make disposition of the personal effects of Staff Sgt. Kevin Duckworth, deceased, 509th Maintenance Squadron as stated in AFI 34-511. Any person having claims for or against the deceased please contact 2nd Lt. Aaron Hughey (303) 704 2179.

#### See something? Say something! Report suspicious activity!



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web page at http://www.osi.af.mil How to report an anonymous tip using a smart phone:

1. Use the smart phone app

2. Manually select an agency

3. Choose USA then Federal Agency then select AFOSI

4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

#### 100% inventory

The 509th Munitions Squadron will be conducting a 100 percent stockpile inventory March 2-6, 2015. If you need any munitions issued or have any that need to be turned in, please do so either the week prior or after the inventory. During this week 509 MUNS will only process emergency requests, submitted in writing and approved by the group commander (or equivalent). If you have any questions or concerns please contact Master Sgt. Jason Gebbia at 687-8049 or Tech Sgt. Young at 687-8052.

WEATHER	
Today	Saturday
Mostly Sunny	Rain/Snow Likely
Hi 41	Hi 41
Lo 23	Lo 29
Sunday	Monday
Snow Likely	Mostly Sunny
Hi 30	Hi 28
Lo 26	Lo 13

# Commander's message on 2015 BAH rate changes

Brig. Gen. Glen VanHerck 509th Bomb Wing commander

In the near future, it is likely that we are going to see changes to our Basic Allowance for Housing (BAH) that will impact our military families. These changes will affect members living off-base as well as those in privatized housing.

I don't like surprises when it comes to my family's home and finances and I bet you don't either, so here is what I know right now.

Congress recently voted to trim BAH levels across the Department of Defense. Beginning this year, BAH rates are only designed to cover 99 percent of our housing costs and no longer include renter's insurance. These rate changes will ultimately affect all military members. A secondary effect of this change is the requirement that privatized housing provide renter's insurance for on-base housing residents will be eliminated.

We assume – consistent with past precedent – that members' BAH rates will be grandfathered and changes will only affect newly assigned Airmen. However, the Air Force has not finalized their implementation of these Congressional changes and we have not received any formal feedback on grandfathering BAH rates or renter's insurance.

What that means is that under the proposed Air Force policy, base housing residents may want to consider



Brig. Gen. Glen D. VanHerck commander, 509th Bomb Wing

purchasing their own renter's insurance, similar to off-base renters, if they personally identify a need for this protection. The Army has already implemented a similar policy for their privatized housing. I believe over the coming days/weeks our Air Force will follow suit in order to comply with Congressional directives.

Ultimately, since the new BAH rates are only designed to cover 99 percent of our housing costs, residents of base housing could have to pay monthly rent that is higher than their BAH. If this comes to fruition, this 1 percent difference would mean base housing residents would be responsible for an additional \$6.27 to \$17.04 in rent per month depending on their grade and dependent status.

This is no different than off-base residents whose rent is not tied to their BAH. The decision on whether to live on-base or off-base remains a family decision that is dependent on many factors such as proximity, commute, amenities and finances.

For those of us already assigned to Whiteman AFB, we expect that BAH rates will be grandfathered. Again, however, the Air Force implementation of this policy has not been finalized. Although I do not like this uncertainty any more than you, all I can promise is that I will pass any information along ASAP.

I understand that these new policies may cause some hardship to some members of our military family. Again, this is a policy forged in Congress and manifested in this year's Defense budget. If you do have concerns about this policy, I suggest you reach out to your congressional representatives and let your voice be heard as is your right as an American. That said, remember that our country is currently \$18 trillion in debt and our nation (including the military) needs to take steps to address that debt.

Again, more to follow when more information is available.

### It's time to 'own it'

By Airman 1st Class Joel Pfiester 509th Bomb Wing Public Affairs

Members of Team Whiteman participated in a resiliency-focused down day at Whiteman Air Force Base, Mo., Jan. 26, 2015.

During several 509th Bomb Wing all calls, Brig. Gen. Glen D. VanHerck, 509th Bomb Wing commander, challenged members of Team Whiteman to evaluate ways to mitigate cases of suicide and to identify precursors of someone who might be contemplating taking their own life.

"We need to reinvest in our people," VanHerck told a crowd at one of the seven all calls held throughout the day. "And that starts with all of us and how we communicate with one another, how we treat one another, and how we look out for another. Look to your left. Look to your right. That's your Air Force family and we need to always have each other's best interests at heart – both on- and off-duty."

VanHerck also reflected on the base's many accomplishments over the last year with a goal of refocusing and building the team.

"It is not about me and it is not about you," VanHerck explained. "It's not about yesterday – it's about today. It's about tomorrow. And it's about us – this team right here. Together all of us will continue to refine the way we do business and to do that, each of us needs to be innovative in how we tackle both recurring problems and future challenges."

To make his vision for the 509th BW a reality, the commander stressed several different concepts, including improving interpersonal communication and not walking past a problem.

"Too often we see a problem that may not necessarily be our own," he said, "and we fail to take action. That needs to end and it needs to end now. I want us all to own the problems we see and to take steps to fix them. So if you see a problem, make it your problem. Take the necessary steps toward combating the problem and own it."

VanHerck also explained that throughout the installation, there are drop boxes available for individuals to submit their ideas openly or anonymously as to how the wing can better prepare its members for all the challenges they face.

"I want to know what you think," said VanHerck. "I want to know if you don't have the proper training or the proper resources. I want to know if you're not getting the time you need to focus on our core responsibilities – our mission, our people, and our families. I want to know if there are ways we can accomplish our mission more effectively and efficiently and give more time back to you. You're the folks that can tell me so I can own these problems too and work to fix them."

#### News



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### Eighth Air Force commander's vector

By Maj. Gen. Scott A. Vander Hamm Commander, Eighth Air Force

It continues to truly be an honor to lead The Mighty Eighth and to be part of an amazing, elite team of dedicated professionals. This memorandum supplements the guidance I provided last April and illuminates our way ahead in the upcoming year. Our emphasis for 2015 is: Train for War!

Today, Eighth Air Force is fully engaged in the Bomber Assurance and Deterrence (BAAD) mission. Our presence has been felt in the Atlantic, Pacific and Indian Oceans, the Mediterranean, the Caribbean, the Arctic Circle, and the Yellow and South China Seas. All of these assurance and deterrence missions supported both Geographic COCOMs and messaging for USSTRATCOM.

During this period of great turmoil in our world, American resolve to defend freedom and liberty is as strong as it has ever been. Yet, the potential for more violent extremism, shifting regional balances of power, and the proliferation of advanced technology emboldens our foes. Enemies are once again gathering their strength and attempting to plant the seeds of oppression. This is a dangerous time for those who hold freedom dear.

The Eighth doesn't stand idly by during this turbulent time. Treat today and every day as if it were your last training day before being called to arms ... it may be. The events of the previous year have taught us a daring opponent can appear with little to no warning. Therefore, we must always be ready to answer our nation's call. I need you to be an expert in your field. You must be capable,



Maj. Gen. Scott A. Vander Hamm Eighth Air Force commander

knowledgeable, and efficient. Your expertise and focused dedication to mission success provides our nation the options necessary to respond to our foes. In line with our new emphasis, B-52 aircrew training is undergoing a massive overhaul. The next initial qualification class will be following a revamped syllabus that leads to higher quality combat aviators in a condensed timeline. I charge you to seize upon similar opportunities for improved training in your areas so that we may continue to be the finest fighting force the world has ever known.

Time and time again the Mighty Eighth has been called upon to stop aggression and restore peace.

We will continue to stand ready to resolutely defend liberty.



# Whiteman selected to expand digital library content

#### By Janis El Shabazz

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Airmen at 19 Air Force installations around the world will soon have access to a new 200-title audiobook and eBook digital library, Air Force officials said.

The 19 participating installations will help test digital content distribution using the new Air Force eReader AERO; a single portable device developed by digital content provider Findaway World in collaboration with the Air Force Library Program Office.

"Our mission is to support Airmen and their families around the world through library facilities, resources and tools that enhance their quality of life and build resiliency," said Air Force Library Branch Chief Margie Buchanan. "When we learned what a positive impact the Navy had with their eReader we decided that it would be a great quality-of-life initiative to create one for Air Force personnel."

AERO is a custom-designed, secure device, pre-loaded with items selected by the Air Force Library Program.

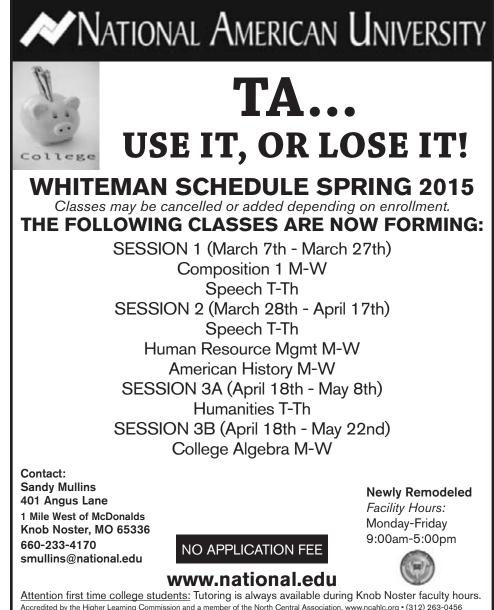
The device augments the Air Force Library services by increasing the size of each library's content catalog without the need for additional base library staff training and physical logistics.



Airmen will access the new digital content, which will include best-sellers, classics, professional development and entertainment titles, via a device a bit smaller than a Kindle<sup>™</sup>, which will be available for checkout next month at the following Air Force bases: Edwards AFB, California; Goodfellow AFB and Laughlin AFB, Texas; Little Rock AFB, Arkansas; Minot AFB, North Dakota; Whiteman AFB, Missouri; Holloman AFB and Cannon AFB, New Mexico; Luke AFB, Arizona; Mountain Home AFB, Idaho, and Joint Base Elmendorf-Richardson and Eielson, Alaska.

Air bases that will help test the new digital media include Kadena AB, Misawa AB and Yokota AB, Japan; Kunsan AB and Osan AB, Korea; Aviano AB, Italy, and Incirlik AB, Turkey.

For more information about the new digital media offerings contact the local base library. For information about personnel issues, go to myPers.



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### The humorous catalyst

#### Story and photos by Senior Airman Keenan Berry

509th Bomb Wing Public Affairs

If a unit's morale is low, their work performance may suffer. Staff Sgt. Joshua Riffe, 509th Operation Support Squadron aircrew flight equipment supervisor, understands the formula to creating an atmosphere for fun while ensuring the mission gets done.

It's not easy maintaining a healthy balance between work and fun during the duty day, but for Riffe, it comes naturally.

"Good morale is an absolute must, especially in our career field," said Riffe. "Morale is needed to motivate Airmen to want to come into work. Morale also enhances camaraderie and attention to detail because it helps the crew work twice as hard to get the job done."

The mission is at the forefront of every shop's goal, but a little humor and fun is what gets it done the right way. On a day-to-day basis, Riffe enjoys bringing that joy, humor and excitement into his crewmembers lives.

"I often like to do animated voices such as the infamous 'Smeagol' voice from 'Lord of the Rings' movies," Riffe said. "I also enjoy making funny faces and re-enacting funny YouTube videos. That's just part of our daily regimen of humor."

While having fun is good for morale, Airmen must remain steadfast and focused on their assignments.

"I have my light switch. I know when to goof around and when to be serious," said Riffe. "There's nothing wrong with having fun, as long as we are accomplishing the task at hand. Everyone knows when it's time to buckle down and when it's time to have fun."

While ensuring guidelines and technical orders are adhered to, Riffe and his crew realize their job plays a major role in pilots' safety.

"I'm the shop training manager," Riffe said. "When I see someone becoming frustrated and having difficulty with a certain task, I like to jump in there and assist them while humoring them. I'll show them the correct way while making it entertaining for them."

Along with his animated voices, Riffe enjoys making humor from hot topics surrounding pop culture. According to the Airmen within the shop, they enjoy coming to work because their leadership makes it worthwhile.

"(Sgt.) Riffe is very hilarious; we often enjoy his shenanigans and antics," said Airman 1st Class Taylor McClelland, 509th OSS AFE technician. "Whenever I'm struggling with a difficult task, he's always quick to assist with humorous comments."

Riffe's humorous personality extends beyond the job and into his personal life.

"My children are just as funny as I am, if not more funny," Riffe said. "My wife and I thrive



Staff Sgt. Joshua Riffe, 509th Operation Support Squadron aircrew flight equipment supervisor, jokes with his coworkers at Whiteman Air Force Base, Mo., Jan. 11, 2015. Morale coexists with the social and mental pillars of comprehensive Airmen fitness. It enhances unit work performance and camaraderie and fosters a well-balanced chemistry between coworkers.

off of humor. Every day in the house we are constantly joking, name-calling and all sorts of stuff. It's a healthy environment when you can come home and have fun with your family after work."

Riffe also has an effect on his coworker's children.

"I can't do the 'Smeagol' voice," said Master Sgt. Damian Bunch, 509th OSS AFE craftsman. "My kids always ask about the guy who can do the voice and it's the only one I can't do. So that makes me jealous just a little bit."

Riffe is quite "the man" around his shop and is the catalyst to maintaining a smooth flow of humor around the office.

"At the end of the day, our job comes first and we know that," Riffe said. "With that being said, as long as we are doing our part, then there is nothing wrong with a little fun!"



Staff Sgt. Riffe, 509th Operation Support Squadron aircrew flight equipment supervisor, assists Master Sgt. Damien Bunch, 509th OSS AFE craftsman, with a sewing machine at Whiteman Air Force Base, Mo., Jan. 11, 2015. Riffe enjoys joking while assisting others to alleviate potential frustration with the challenges at work.

#### **News**

# Modernization is a must for the nuclear enterprise

KNOB NOSTE

ST OUTSIDE WHITEMAN AIR FORCE BASE

#### By Staff Sgt. Torri Ingalsbe

Secretary of the Air Force Public Affairs Command Information

**WASHINGTON (AFNS)** -- The Air Force's priorities for modernization and continuous improvement in the nuclear enterprise were the top of discussion during the Air Force Association's monthly breakfast Jan. 20 in Arlington, Virginia.

"This nuclear deterrent is as relevant and is as needed today as it was in January of 1965," said Maj. Gen. Garrett Harencak, the Air Force assistant chief of staff for strategic deterrence and nuclear integration. "And it will be, until that happy day comes when we rid the world of nuclear weapons. It will be just as relevant in 2025, ten years from now."

To remain relevant, Harencak explained the importance of investing in programs to modernize the two legs of the nuclear triad owned by the Air Force, including the long-range strike bomber and the ground-based strategic deterrent.

"It's not going to be inexpensive, but it's also not going to be unaffordable," he said. "It's something we have to do to protect our nation. In this world, there still is a nuclear threat and our United States Air Force is there to meet it so we can defend our great nation, and our allies."

The Air Force's goal is to develop and purchase 80 to 100 LRSB aircraft. This modernization of nuclear-capable bombers will provide safe, secure and effective forces for generations to come, he explained.

"In what world do we send our grandchildren into combat in 80-year-old airplanes?" Harencak asked. "There are a lot of hard decisions we've got to make out there, but this isn't one of them. We want them (our children and grandchildren) to win: 100 to nothing, not 51 to 49. We can afford this, and it's desperately

Welcome

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needed so the United States Air Force continues to be what it always has been – the force that allows alternatives and options for our president to defend America."

In addition to investment in aircraft, the Air Force is continuously working on increasing morale and mission focus within the intercontinental ballistic missile community, with help and guidance from the Force Improvement Program.

"Our ICBMs have been referred to as America's 'ace in the hole,' for more than 50 years," Harencak said. "They still are. They are still the ante into this game that is so high that no one out there would ever be perversely incentivized to attempt to become a nuclear competitor with us. They make sure no one out there has any illusions that they could accomplish anything through the threat or use of nuclear weapons."

To reinvigorate the ICBM community, the Air Force is on track to modernize the Minuteman III weapon system until the ground-based strategic deterrent is underway. Last year marked many changes in the community, and Harencak said the Air Force will continue to make improvements.

"What we're doing is making sure this is a process of continuous improvement," he said. "I am 100 percent positive we don't have it 100 percent right – but that's okay. We do have the processes and organizations in place to make sure we continually improve and never take our eye off the ball of the needs of Airmen in the nuclear enterprise."

The bottom line is we must move forward to ensure America's nuclear triad is still the best in the world, and the general said modernization and recapitalization is the way to go.

"The triad has been proven and tried and true for decades – because it works," Harencak said. "We need to continue to make the modest investments necessary to make sure we have the absolute best nuclear deterrent going forward."



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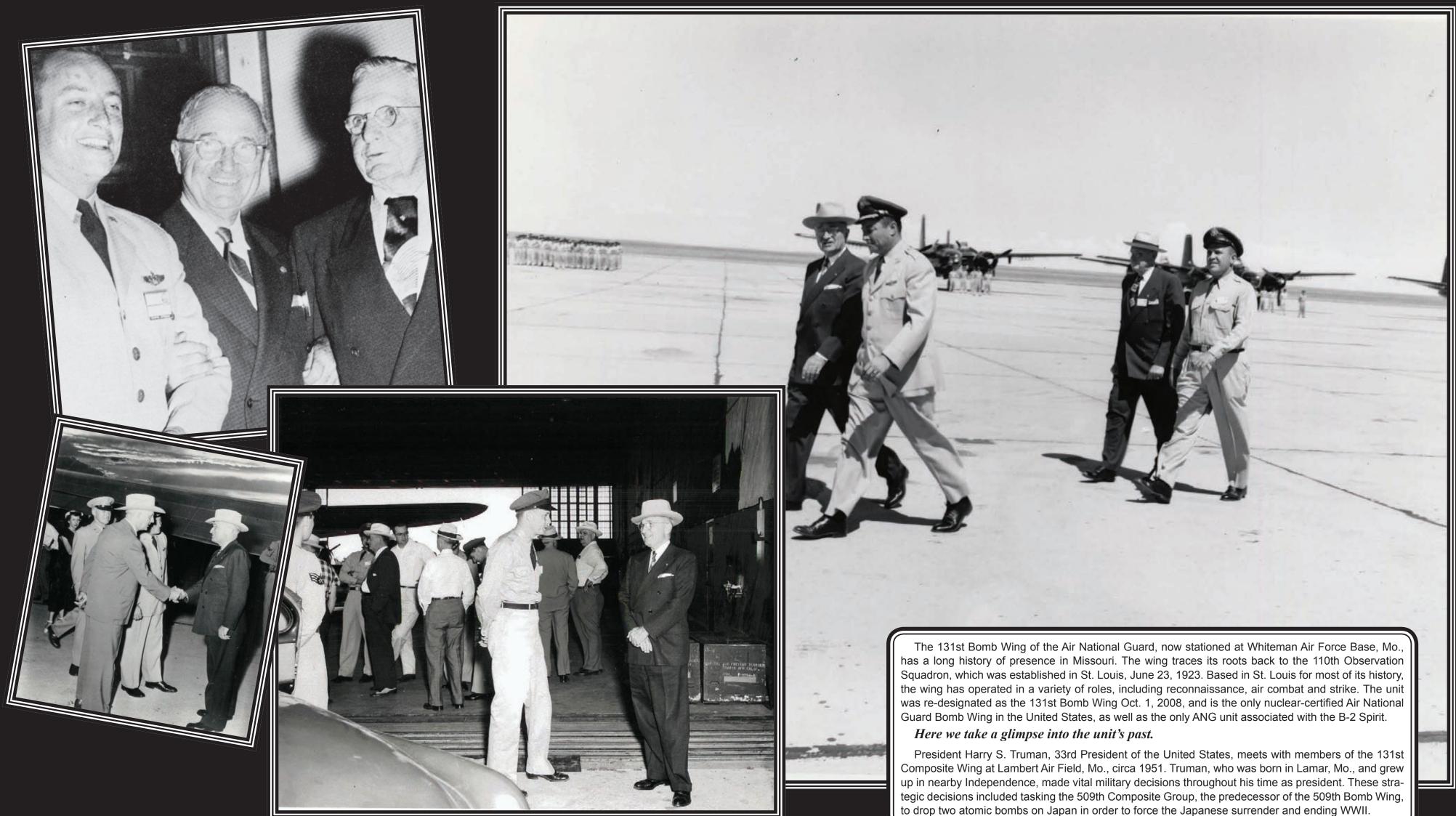
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### A glimpse into 131st history



#### News

# Teachings of Dr. King honored during MLK observance



U.S. Air Force photo/Staff Sgt. Nick Wilson Mark Carter, 509th Force Support Squadron student advisor, gives a rendition of Dr. Martin Luther King Jr.'s "I have a Dream" speech during an MLK observance at Whiteman Air Force Base Mo., Jan. 23, 2015. The focus of the observance was to honor Dr. King's life, legacy and teachings.

### You asked, we listened...



During the January 2015 Spirit Walks, a member of Team Whiteman provided us feedback that the bowling center's Cosmic Bowling was enjoyable but he requested more opportunities for "late-night social gatherings" for single Airmen or married Airmen without children. In response, the Bowling Center will host a quarterly Cosmic Bowling event, starting on Feb. 13, 2015. On event nights, the facility will extend its hours and the Snack Bar will be serving food, but the event will be alcoholfree. Cosmic lights will be on from 11 p.m. -1 a.m.!



## See a problem: Own It!

#### News

Welder teaches commander

Master Sgt. Kristopher Prouty, an aircraft metals technology craftsman, supervises equipment in his shop at Moody AFB, Ga. on Jan. 10, 2015. In addition to hands-on production and repair projects, Prouty programs heavy machinery, which draws on his understanding of trigonometry and chemistry. He is currently completing his master's degree in project management.

Story and photos by Tech. Sgt. Emily F. Alley 442nd Fighter Wing

**MOODY AIR FORCE BASE, Ga.** -- When Master Sgt. Thomas Smith, Fabrication Flight Chief for the 476th Maintenance Squadron at Moody Air Force Base, Ga., was considering who he should nominate for Senior Noncommissioned Officer of the quarter last year, his choice was easy.

"Prouty came here and swept this place by storm," said Smith. "With him, it's simple. There's nothing he can't do. And I don't mean there's nothing he can't make. He can do anything."

Smith is the supervisor of Master Sgt. Kristopher Prouty, an Aircraft Metals Technology Craftsman, who not only won SNCO of the Quarter, but went on to win 2014 SNCO of the



An A-10 Thunderbolt II model hand-welded by Col. James Travis and Master Sgt. Kristopher Prouty sits on the commander's desk at Moody AFB, Ga. The base, cut by Prouty, is in the shape of the state of Georgia. Year for the 476th Fighter Group.

Prouty's responsibilities include repairing and welding aircraft parts as well as programming heavy-duty equipment designed to sculpt pieces from blocks of solid metal.

"I use a lot of trigonometry," explained Prouty, after describing the chemical challenges of welding titanium and other metals.

While most aircraft repairs rely on detailed instructions from thick technical order manuals, Prouty describes what he calls the fun part of his job: designing aircraft repairs for problems that have never been seen before. Troubleshooting is not uncommon, he said, for aircraft that have been active since the 1970s- like his A-10 Thunderbolt IIs that fly out of Moody AFB.

"It's a unique aspect of my job," said Prouty. "I work with key engineers, aircraft designers, when we give input on what we think a repair should be. Anytime we submit an issue we submit a recommended solution design. Ninety-nine percent of the time it's accepted."

For example, several years ago he was part of a team who designed a solution to the problem of heavy wear to the canopy- the clear hatch that covers the pilots' seat- and the proposed solution earned the team ten thousand dollars from the IDEA award.

Prouty was able to extend his creative problem-solving into a recent visit from his commander, Col. James Travis, during a tour of the maintenance shop.

"The commander was intrigued," Smith recalled the colonel's reaction to watching a welding demonstration. "He made a casual statement that he'd like to stop by and try it sometime. We told him, 'anytime, sir.""

The shop was pleasantly surprised when, during the next Unit Training Assembly, only a month later, the commander took himself off flying status to spend half a day with them.

And they were ready.

"We thought up a project, as a group, that incorporated our jobs," Prouty described. "He wanted to be hands-on and see what we do."

He and Smith copied the design of the A-10 from a technical



Master Sgt. Kristopher Prouty, an aircraft metals technology craftsman, welds titanium in his shop at Moody AFB, Georgia. on Jan. 10, 2015. Prouty recently taught his commander how to weld, after he had expressed curiosity in learning. Prouty was awarded Senior Master Sergeant of the Year for the 476th Maintenance Squadron.

order, imposed the outline onto metal sheets, trimmed the sheet into different pieces representing the aircraft's engines, wings and body and left the rest to be finished by the colonel.

During the commander's visit, Prouty taught him how to weld using scrap metal.

"We thought he might get bored, but he seemed to really enjoy it," said Prouty, "that was before he even realized what he was making."

Prouty graduated the colonel up to welding the model outline and when the commander began to piece them together he realized what it was.

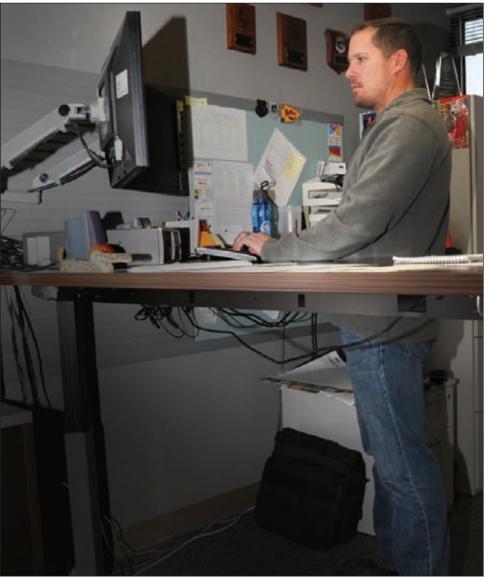
"It was funny to see his face, when the lights came on and he exclaimed, 'It's an A-10!" Prouty recalled.

The shop brought out a pre-assembled base and the colonel welded it to the aircraft figure.

"It seemed to mean something to him," said Smith.

A visitor to the commander's office might agree- back shelves are lined with expensive, professional aircraft models. Sitting at arms' length from the visitors' couch, nearest the doorway, is his hand-welded A-10.

### Stand up for yourself!



U.S. Air Force photo/442nd Fighter Wing

Master Sgt. Justin Johnson, a manager in the 442nd Fighter Wing Safety Office, spends his workday alternating between standing at his desk and lowering it to sit. Johnson advocates considering a standing work center because of the health benefits of avoiding excessive sedentary hours in a day.

#### **By Master Sgt. John Sumner** 442nd Fighter Wing Safety Office

Here in the Safety Office, we keep an eye on millions of dollars' worth of aircraft, facilities and equipment. But today, I want to talk about something even more important:

#### You!

Your health is worth investing in.

Many wing offices are in the process of renovation and as you consider new pieces of equipment I would like to ask you to consider the benefits of a standing work center. Rather than sitting, you could switch to desks that allow you to stand throughout the day. While standing desks are more expensive than traditional sitting desks, the health benefits are substantial. For example, the University of Toronto did a study on sedentary time and its association with risk for disease incidence, mortality and hospitalization in adults. The study showed that sedentary behavior can lead to death from cardiovascular issues and cancer. It can also cause chronic conditions like type 2 diabetes and heart disease.

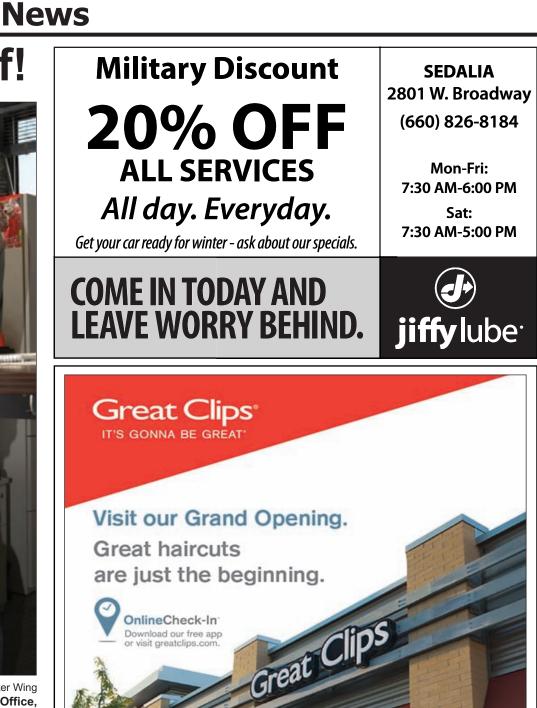
Vanderbilt University found that the average working-age American spends nearly eight hours a day, or 55 percent of their waking hours, sedentary. In addition to sitting at work you might be driving your car, or watching TV, but the hours you spend sitting contribute to your risk of obesity. As soon as you become sedentary you may start to burn as little as one calorie per minute, according to the American Journal of Clinical Nutrition.

The fourth-leading risk factor for death for people around the word is physical inactivity, according to the World Health Organization. If you sit for eight to 12 hours a day or more you increase your risk of developing type 2 diabetes by 90 percent! Sixty-seven percent of Americans hate sitting but 86 percent sit all day long .... what ?! Every two hours spent just sitting reduces blood flow, raises blood sugar and drops good cholesterol by 20 percent. On average we sit about 7.7 hours a day and some studies estimate people sit up to 15 hours a day. How many hours a day do you spend sitting? Use the Sitting-Time Calculator tool at Juststand.org, the results may not "sit" well with you.

Fortunately, the time you spend at work can mitigate your sedentary hours by simply standing up. Even if you're not ready to commit to standing for eight hours, think if it as giving yourself the option. Standing can help increase energy, tone muscles and you may even burn off some extra calories. Standing work centers can easily be lowered to a more traditional height. Or lower. Instead of you adjusting to your desk, let the desk adjust to you.

In the Safety Office, we'd like to be preventative, rather than reactionary. Our goal is to help you live a long, healthy life.

So, when you have the choice to request new furniture, consider all your options and aim high.



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### Hanscom 'pockets' the U.S. to improve homeland defense

By Patty Welsh

66th Air Base Group Public Affairs

HANSCOM AIR FORCE BASE, Mass. (AFNS) -- A new program known as the Pocket J system was recently completed and implemented to connect the nation's continental air defense sectors to aircraft flying the homeland defense mission.

The program, managed under the C3I and Networks Directorate at Hanscom Air Force Base provides the primary tactical data link messaging capability between the air defense sectors, Pocket J ground stations and aircraft to enable the air defense of strategic assets and population centers.

"Tactical data link messaging is a force multiplier that enhances the combat effectiveness and capability of the combat air forces, and leverages our ability to protect the Homeland against airborne threats," said Maj. Gen. Craig Olson, the C3I&N program executive officer.

Pocket J nodes were fielded across the continental United States, establishing direct communication paths for tactical data link messages between airborne tactical aircraft, such as fighters and command and control platforms, and the regional Air Operations Centers.

"The reason it is called 'Pocket J' is because the system establishes 'pockets' of data link messages within the United States to allow for that tactical messaging capability," said David Minior, a Pocket J program manager. The data link technology allows pilots to see, via visual representation, tracks of interest. In addition to providing this near-real time picture, pilots can use it to track and pursue potential threats. Having the digital data link decreases time and the potential for human error.

"Previously, pilots would have to rely on voice information and direction," Minior said. "Pocket J ensures all operators now see the same air picture - at the same time."

Pocket J was fielded in two separate production runs, so some nodes have been operational for years while others were just recently completed in December 2014. The first production Pocket J increment was produced and fielded by Ultra Electronics ProLogic, while later production and fielding of an updated Pocket J was accomplished by Booz Allen Hamilton Engineering Services.

"We are taking a capability that our warfighters who are deployed overseas have and giving it to our homeland defense forces," Minior said. "It provides a tremendous tactical advantage; pilots love it.





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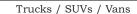
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