

WARRIOR

WHITEMAN WEATHER TEAM

The 509th OSS provides accurate forecasts for mission execution
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Women in Courage
Stories of our female Whiteman warriors
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Spiritual fitness from the Catholic perspective

By Chaplain (Capt.) Nelson Ogwuegbu
509th Bomb Wing

Spiritual fitness occupies an important place in the life of Catholics. It is encouraged to strive to be spiritually fit in order to overcome temptation.

Being born into a Catholic family and community, it was common practice to seek out ways to mortify the flesh and strengthen the body. In other words, Catholic spiritual fitness takes its bearing from Mark 14:38: Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

Catholics believe that we are composed of body and soul; the soul belongs to the spirit realm. Therefore, to get the body to the same level with the spirit, it has to be mortified through fasting, prayer and uniting our suffering with what Jesus had already suffered.

For Catholics, Jesus is the model for their spiritual fitness. Jesus fasted for 40 days before embarking on his public ministry. He endured the pain and suffering of carrying his cross along the way to Calvary, and so he submitted himself to death on the cross. So also, Catholics use fasting and praying to strengthen their spirit. When temptations come their way in forms of suffering or illness, they unify their suffering with what Jesus suffered. This enables them to strengthen



their spirit and keep it fit for the battle.

Catholics believe that we face battle each day. This battle is not physical, but rather a spiritual battle requiring preparation. The season of Lent, for instance, is a special season set aside by the Catholic Church for its members to get fortified for this battle through prayer, fasting, alms giving and many works of charity. The intention of the church for this six weeks practice is that its members will form good habits that could go beyond the six weeks set aside as Lenten season.

As part of their spiritual fitness during Lent, Catholics make sacrifices and,

in addition to individual resolution of giving up certain things, follow the general rule of the church to not consume meat on Ash Wednesday (the first day of Lent). They will partake in only two full meals per day during Lent unless they must abstain for health reasons. Participation in the Stations of the Cross is customary during the Fridays of Lent. Stations of the Cross is a tradition in the Catholic Church where you recount what Jesus suffered from the Garden of Gethsemane to his crucifixion. This is summarized in 14 stations and you stop at each station, read about that station, and then kneel to say prayers.

In addition to giving up things for Lent, Catholics take up other things for Lent as part of their spiritual fitness. They can volunteer in their local church or community. Whatever Catholics save from Lenten fasting they give to charity following the command of Jesus, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Matthew 25:40.

Just as each of us in the Air Force prepares to be "fit to fight," so also, Catholics prepare. They use: fasting, prayer, charity and embracing their situation with total trust in God. Catholics follow the command of Jesus to prepare themselves for spiritual battle, thus maintaining their spiritual fitness.

Cybercrime: How it affects you

Commentary by Special Agent Monte Stephens
Air Force Office of Special Investigations Detachment 221

MOUNTAIN HOME AIR FORCE BASE, Idaho (AFNS)
-- Cybercrime is the fastest growing and most dynamic area of crime. Ever-increasing reliance on cyber technology is allowing criminals to operate with virtual impunity across a range of criminal activities and jurisdictions.

Although the types of crimes are not necessarily new (theft, fraud, extortion, drug proliferation and sex-based exploitation), the technology provides criminals an unprecedented range of targets, increased operational capabilities and a reduced risk of capture and prosecution.

In 2013, cybercriminals defrauded the U.S. public to the tune of more than \$780 million through a variety of online scams ranging in a level of complexity from simple fraud schemes to complex hacking scams, according to the 2013 Internet Crime Report, FBI. In the past few years, there have been numerous online scams where criminals have either directly targeted military personnel or used actual and fictitious information about U.S. military members to defraud the public. These scams range in forms and all are designed to extort information or money from innocent victims by exploiting the public's trust in the U.S. military.

Online scammers use U.S. military members' information, whether real or fake, for three reasons: 1 – credibility; 2 – plausibility; and 3 -- emotional appeal. Appearing attractive to a victim's emotional response the criminal generates trust and loyalty in order to increase credibility once the scam is suggested. The military ties also give criminals a credible reason to solicit money from victims that would normally make such a request seem suspicious. Two of the most common online scenarios are sale scams and the Nigerian Letter scams.

Online sale scams: The scam begins by offering online goods well below their market price, most frequently carried out on an online sale site. Most of such scams involve vehicle sales and generally take the following pattern: a scammer advertises a vehicle for sale at a price almost too good to be true and describes the vehicle in broad terms. The potential victim answers the ad and is soon contacted by the scammer, claiming to be a member with a U.S. military unit that's being deployed abroad. The scammer uses this "deployment" to explain the devalued sales price of the vehicle and they will be unable to test drive it. Often, the scammer insists the transaction take place quickly and requests the potential victim wire the money or transfer funds via the purchase of a money card and then providing the code to the scammer.

Advance-fee online fraud scam or Nigerian letter scams: Seeks to defraud potential victims by promising big profits in exchange for help moving large sums of money. Claiming to be a government official, business person or the surviving spouse of a former government leader, the criminals offer to transfer millions of dollars into victim's bank account in exchange for a small fee. The scammer really wants the victim's bank account information in order to transfer money out of their account.

Air Force personnel appear to be at risk to online impersonation because of the perceived reputability and integrity of service members by the general public. Criminals looking to impersonate service members can find an abundance of personal information from official websites, news articles and social networking sites. Air Force members should be aware their personal information can be exploited by online imposters and must remain vigilant to protect and minimize their Internet footprint.

THE WARRIOR

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On the cover

U.S. Air Force photo/
Senior Airman Keenan Berry
U.S. Air Force Staff Sgt. Franklyn Kapuchuck, 509th Operations Support Squadron weather forecaster, relays the weather status at Whiteman Air Force Base, Mo., March 5, 2015. Once the weather flight receives updates, they report them to agencies around the installation.

NEWS BRIEFS

Temporary interruption to deli & bakery service

Beginning March 20, deli and bakery service at the Commissary will be temporarily interrupted as a new contract is negotiated. Both the deli and the bakery will be closed Saturday through Tuesday; however, they are both tentatively scheduled to reopen with limited service and stock on Wednesday, March 25th. As contract negotiations continue, the deli plans to offer sandwich service as they do now once it reopens on March 25th.



U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

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WEATHER

Today	Saturday
Mostly Sunny	Sunny
Hi 61	Hi 69
Lo 37	Lo 41
Sunday	Monday
Mostly Sunny	Partly Sunny
Hi 60	Hi 52
Lo 40	Lo 36

Our financial status as a country, Air Force and as a wing

By Brig. Gen. Glen VanHerck
509th Bomb Wing Commander

I thought it would be beneficial to discuss with you some pressing topics regarding not only our great nation, but the Air Force and our wing as well. Primarily, I want to talk with you about money: Our financial status in my opinion as a country; as an Air Force; and as a Wing.

Also, I want to help educate members of Team Whiteman on our wing budget. It's important for everyone to understand where our funds come from, how the Financial Management Board (FMB) works, and how the Nonappropriated Funds (NAF) Council works. We all need to understand these things so we know how to more effectively make our voices heard and so we can all participate in the process more effectively.

To begin with, our nation is in debt – serious debt. As I write this our current national debt sits at \$18.1 trillion and that figure is climbing higher each day. I don't tell you this to make a political statement; I'm telling you because it is reality.

The debt our beloved nation currently holds impacts our national security now and in the future. It also directly impacts us as a military force and if nothing is done the current level of national debt will impact our ability to remain the superpower that we are today. It is time that we all recognize this and begin to take steps to do our part to rectify the situation. That said, we as a nation need to bring down our debt smartly. And while sequestration is the law, it is not the smart answer we are looking for.

Sequestration is currently preventing our Air Force and our sister services from executing a defense strategy our leadership believes is in the best interests of the United States. If sequestration continues in 2016 as current law requires, squadrons will be grounded, readiness rates will plummet, Red and Green Flag exercises will be cancelled, weapons school classes will be limited, and many of our frustration-levels will



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

skyrocket all over again.

The good news is that the President's budget proposal for next year includes for the USAF, an additional \$21 billion over last year's request. Almost all of that money is directed towards advanced capabilities and modernization. Again, it is a proposed budget that Congress needs to approve; sequestration, as of now, still remains the law.

As a wing we have not been immune from the effects of budget cuts. There are many things that you and I would like to improve here at Whiteman but we don't necessarily have the money to do so. As such we have been prioritizing what we can do based upon what money is available and what that money can be used for legally.

There are two major types of funds that we receive. First, there are Appropriated Funds (APF). APF are funds (our tax dollars) given to the wing by Congress. These funds must be utilized in accordance with law. Typically these funds are given to us to be used for very specific programs – meaning there is no flexibility on what we can do with that money. Our Comptroller Squadron manages the wing's APF in coordination with the Financial Management Board (FMB). The FMB helps me determine program priorities. The FMB in

coordination with 509 CPTS also ensures the right money gets allocated to fund the proper programs and some specific unfunded requirements.

Unlike APF, NAF provide greater flexibility for us to directly contribute to quality of life initiatives here. NAF money, which is generated by Force Support programs on base, also is what we can use to enact morale, welfare and recreation programs for our Whiteman community. FSS facilities, like our Royal Oaks golf course, the Stars & Strikes bowling alley, and Mission's End, generate their own income to cover their own operating expenses – meaning they sustain themselves. The leftover profits are then reinvested into equipment and facility upgrades, as well as many of the renovation projects you see occurring throughout the base, such as the new bowling center.

The NAF Council, whose voting members are appointed by me and represent every group here, decides which programs to fund with the leftover profits from our FSS facilities. So in order to have your voice heard, you should contact your group's NAF Council representative to ensure they know what your preferences are for how this money should be spent.

Now, I realize I have just thrown a lot of information at you and it's not the easiest process to grasp. I did so because I think it is information all of us need to have and to understand. If you still have questions, that's okay – that's why we all have a supervisor to help us understand new concepts and to help us understand where we fit in the big scheme of things.

As I mentioned earlier, money is tight for our country, for our service, and for our wing. That said, I want you all to be able to provide feedback on the improvements you want to see here at Whiteman. Hopefully, now you have a better understanding on how to do that and how our wing's budget works.

I appreciate your time and I appreciate all that you and your families do for our great nation.

Diamond Sharp Award winner recognized



Airman 1st Class Brett Shanklin, an installation entry controller from the 509th Security Forces Squadron, receives a Diamond Sharp Award at Whiteman Air Force Base, Mo., Mar. 12, 2015. Shanklin was recognized for assisting his peers with annual quality control checks, mentoring 17 new members of Charlie flight, as well as volunteering time to get flight members tours of the base.

U.S. Air Force photo/Airman 1st Class Jovan Banks

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Preventing colorectal cancer

By 509th Medical Group

Colorectal cancer is the fourth most common cancer in the United States and the second-leading cause of death from cancer.

Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older. Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. This year, more than 136,830 people will be diagnosed with colorectal cancer and an estimated 50,310 will die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous.

The best way to prevent colorectal cancer is to get screened regularly, starting at age 50. There are often no signs or symptoms of colorectal cancer — that's why it's so important to get screened.

March is Colorectal Cancer Awareness Month, so talk with your provider and your loved ones about risk factors and how to prevent colon cancer.

COLORECTAL CANCER RISK FACTORS:

- People age 50 and older
- People who smoke
- People who are overweight or obese, especially those who carry fat around their waists
- People who aren't physically active
- People who drink alcohol in excess, especially men
- People who eat a lot of red meat (such as beef, pork or lamb) or processed

meat (such as bacon, sausage, hot dogs or cold cuts)

- People with personal or family histories of colorectal cancer or benign (not cancerous) colorectal polyps
- People with personal histories of inflammatory bowel disease (such as ulcerative colitis or Crohn's disease)
- People with family histories of inherited colorectal cancer or inherited colorectal problems

Everyone can take these healthy steps to help prevent colorectal cancer:

- Be physically active for at least 30 minutes, at least five days a week.
- Maintain a healthy weight.
- Don't smoke. If you do smoke, quit.
- If you drink alcohol, have no more than one drink a day if you're a woman or two drinks a day if you're a man.
- Eat fruits, vegetables and whole grains to help you get and stay healthy. Eat less red meat and cut out processed meat.

Finally, talk to your provider about early colorectal cancer detection:

If you're at average risk for colorectal cancer, start getting screened at age 50.

If you're at higher risk, you may need to start regular screening at an earlier age and be screened more often.

If you're older than 75, ask your doctor if you should continue to be screened. The best time to get screened is before you have any symptoms.

You never know, it might just save your life!

For more information, visit <http://preventcancer.org/prevention/preventable-cancers/colorectal-cancer>

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Women IN COURAGE

Name:

Tara J. James

Rank:

Civilian contractor

Squadron:

509th

Force Support

Duty title:

Ozark Inn

Dining Facility cook

Hometown:

Fresno, Calif.



Have you ever been in the military? If yes, why did you join and how long were you in for?

My father was in the U.S. Army and my oldest brother was in the Marines. I was on active duty from 1983 to 1992. I chose to join the U.S. Air Force as my career. I always knew I would be financially responsible for my future after graduating high school. With a family of eight people, my parents were not in a position to aid in our higher education. I knew the Air Force would teach me a job skill and I could also further my education at the same time.

Why did you decide to work with the military?

My spouse was still active duty military after I was honorably discharged from the Air Force. We resided in base housing. My sons were enrolled at the elementary school located on base, so when a job opportunity became available on base, it was destiny. It allowed me to financially contribute to my household and still maintain my family responsibilities.

How do you, as a woman in today's generation, find strength from those women that came before you?

I have been shown that women can have the entire package. They have opened doors now that provide women opportunities. I can choose to vote, whether or not to give birth or I can choose to have a career, a husband and children, yet still be very successful in all respects.

What woman inspires you and why?

First Lady Michelle Obama and Oprah Winfrey are my inspirations. I view these women as very successful in their trade. Along with overcoming obstacles dealing with gender they also had to deal with racial issues.

What do you think is the most significant barrier to female leadership?

I believe males perceive women to be overly emotional and innate caregivers (mothers) which are not ideal traits for a leader to possess. Also, it is assumed that women can never be as physically strong as their male counterparts so this could also be perceived as a weakness.

What will be the biggest challenge for the next generation?

In my lifetime I have encountered downsizing on a large scale. I was stationed at Carswell Air Force Base, Texas which is now a women's prison. I was employed by a uniform company which is now a furniture store. The company I am currently working for has also been affected. We are doing more with less people which has also affected the military workforce. I am worried what career fields will be available for the future generation. Will they be able to draw social security after they reach retirement? Will this benefit still exist for them?

What does it take to be a female leader?

I feel all leaders must possess qualities that are inherent, such as honesty, loyalty, confidentiality and a strong work ethic. I feel if you have these four basic qualities then education can provide any other abilities required for each job.

What issues have you faced in a predominantly male career field? How did you overcome them?

In this particular career field, my issues have not been based on gender, but on age. When an individual is promoted above a certain rank they are promoted to management and no longer a worker bee, so a new recruit is their replacement. I have encountered some youths that have a sense of entitlement and do not have the same work ethic that I have encountered in my generation. I believe with knowledge and work experience a sense of pride can then be developed and a person can learn that being a hard worker is rewarding.

Name:

Nicky Polidor

Rank:

Maj.

Squadron:

509th Operations Support Squadron

Duty title:B-2 Pilot/T-38 Pilot/509 Bomb Wing
nuclear executive manager**Hometown:**

San Francisco, Calif.

How long have you been in the military?

15 years



What woman inspires you and why?

My mother is the most loyal and determined person I know. Those two attributes have shaped who I am today.

What do you think is the most significant barrier to female leadership?

As with any struggle for a minority, perseverance is the key. It is the cumulative effect of each individual's determination over a long period of time that will ultimately break down the barriers for good.

What will be the biggest challenge for the generation behind you?

To serve without being seen as a woman first, but to be known, first, as an Airman.

What does it take to be a female leader?

It's no different than what it takes to be any leader: integrity and to lead by example.

What issues have you faced in a predominantly male career field, such as the military? How did you overcome them?

Breaking the stereotypes of the 1950s; being asked why I would choose this profession and why wouldn't I spend this time with my children. Facing these stereotypes has ultimately reinforced my confidence in who I am and has made me steadfast in my life decisions.

*U.S. Air Force photos/
Staff Sgt. Alexandra M. Longfellow*

How do you, as a woman in today's military, find strength from those women that came before you?

In the beginning, it never occurred to me that I was doing something unique. When I was fourteen, I started taking flying lessons. My first flying instructor was a female Alaskan bush pilot. Years later, I look back and I am in awe of things she accomplished. Similarly, I am privileged to have had women in my professional career advise me in the ways they did. I am fortunate to have benefitted from their experiences and I hope to pass on my knowledge to future women airmen.

ROTC cadets tour



U.S. Air Force photo/Senior Airman Keenan Berry

U.S. Air Force cadets from Missouri University of Science and Technology's Reserve Officer Training Corps pose for a group photo at Whiteman Air Force Base, Mo., March 12, 2015. The cadets toured the base and attended briefings on Intel, Security Forces and pilot career fields. The company grade officers council provides tours to ROTC detachments and the Air Force Academy to assist the students in making an informed choice about their future career field. In total, 19 CGOs came together to meet the cadets and share their career field experiences.



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Tuning in with a daily forecast



U.S. Air Force Staff Sgt. Franklyn Kapuchuck, 509th Operations Support Squadron weather forecaster, relays the weather status at Whiteman Air Force Base, Mo., March 5, 2015. Once the weather flight receives updates, they report them to agencies around the installation.

By Senior Airman Keenan Berry
509th Bomb Wing Public Affairs

Weather is unpredictable in its nature; aircraft missions, traveling and recreational activities bend to its will. Daily decisions are made by everyone from family members to operators based on the forecast.

That's why it's important to maintain a steady flow of information. The 509th Operations Support Squadron weather flight assumes this mission and aims to provide accurate forecasts at all times.

"The dedicated warriors in the weather flight are here to deliver accurate and effective environmental intelligence," said Staff Sgt. Franklin Kapuchuck, 509th OSS weather forecaster. "This helps shape the global battlespace and enhance the availability of the nation's most feared weapon system."

The weather flight develops mission execution forecasts for the airfield and pilots traveling over long distances.

"We produce a 24-hour forecast every 8 hours, which lets our aviators know exactly what to expect within five miles of the airfield for their local flying operations," Kapuchuck said. "Any time we have an aircraft departing from the local area, the pilots will come into our office to receive a specialized briefing according to their mission."

Briefings consist of weather guidelines for local take-offs and landings, and en route hazards, such as icing, turbulence or thunderstorms. This information lets the pilots know how to deviate as necessary and avoid these hazards.

The weather flight also reviews airfield weather updates to other bases to brief pilots before their departure. Icing is a constant threat for aircraft flying through clouds in freezing temperatures, thousands of feet above the surface of the earth. Most planes are not equipped with de-icing and must be informed of the conditions prior to takeoff.

They also play a dual role in the Whiteman mission. The flight provides weather information for the

installation in addition to briefings they give to pilots.

"If we have any severe weather such as heavy snow and thunderstorms, we must do our best to ensure the base populace is informed," said Master Sgt. Aaron Downing, 509th OSS NCO in charge of mission services. "Whenever there are severe weather outbreaks, we increase the number of Airmen on shift to ensure we analyze each cell and other installation's update the information in a timely manner."

In addition, the weather flight relies on the joint environmental toolkit to issue severe weather watches and warnings. Once they are issued, it makes automated phone calls to other agencies on base.

The weather flight also records surface observations every hour, which entails going outside to view weather conditions. If weather constantly changes, they will go outside often in order to maintain a consistently updated weather report.

Unceasing vigilance and readiness are key to preventing weather discrepancies from happening.

"We conduct training to ensure we are prepared before each severe weather season begins," Downing said. "We review our past information on the upcoming season so we know what kind of severe weather to expect. This allows time to organize briefings and prepare so we aren't caught off guard by severe weather."

Although ensuring pilots and the base populace are informed of weather changes can be challenging, Airmen from the weather flight remain up to the task.

"Every day there is something different in our career field," Downing said. "We are always dealing with something new and in turn, it motivates us to be more effective in what we do. There is always something to learn about this job."

The weather flight maintains a Facebook page that is continually updated Mon.-Fri.

For more information, and weather updates, visit the Whiteman AFB weather Facebook page:

<http://www.facebook.com/#!/pages/Whiteman-AFB-Weather/356837457762139>

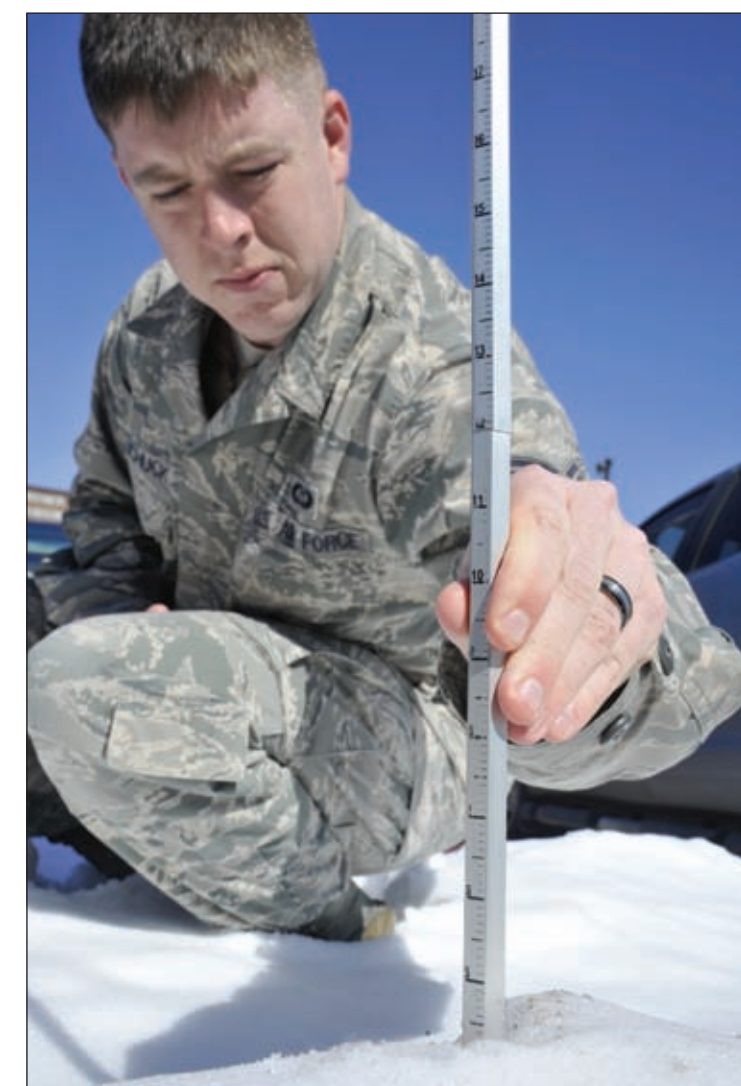


U.S. Air Force Staff Sgt. Franklyn Kapuchuck, 509th Operations Support Squadron weather forecaster, inspects an FMQ-19 weather sensor at Whiteman Air Force Base, Mo., March 5, 2015. The weather sensor measures wind speed, temperature, precipitation, visibility and cloud height.



Senior Airman Christopher Steward, 509th Operations Support Squadron weather forecaster, examines the weather system radar at Whiteman Air Force Base, Mo., March 5, 2015. The radar is used to brief pilots prior to their flights.

*U.S. Air Force photos/
Senior Airman Keenan Berry*



U.S. Air Force Staff Sgt. Franklyn Kapuchuck, 509th Operations Support Squadron weather forecaster, measures snow accumulation at Whiteman Air Force Base, Mo., March 5, 2015. The weather flight records surface observations every hour which entails going outside to view weather conditions.

Air Force waives renters insurance obligation in privatized housing

By Breanne Smith, AFCEC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS) -- Airmen signing a lease to live in privatized homes on base may no longer be covered by a renters insurance provision, due to a recent Department of Defense change in basic allowance for housing.

The Department of Defense opted to eliminate the renters insurance component of BAH, an average of \$20 dollars each month per member, as of Jan. 1.

As a result of the BAH reduction, the Air Force removed requirements to provide renters insurance to military tenants at no cost previously included in privatized housing projects — a decision made to protect both Airmen and the housing program, said Mark Correll, the Deputy Assistant Secretary of the Air Force for Environment, Safety and Infrastructure.

“Cuts to BAH inevitably affect the program in some manner,” he said. “When that happens, it’s our job to ensure adequate funding for the homes, core services and amenities in our housing communities.”

The policy change doesn’t negate current lease obligations to provide renters insurance. It does, however, allow housing project owners the flexibility to independently decide if they will continue to provide renters insurance as part of a new or renewed lease. As a result, Airmen who live in privatized housing may have to purchase renters insurance out of pocket, as their colleagues who live off base currently do.

Although the Air Force doesn’t require Airmen to maintain independent rental insurance coverage, Correll said it has always been highly recommended for all Airmen, whether they live on or off base, to fully cover their personal property and provide liability coverage.



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Women's History Month



Courtesy photo
Col. Hubert Hegtvedt, 442d Fighter Wing commander, poses with his wife Camille and their three children in front of an A-10 Thunderbolt II at Whiteman Air Force Base, Mo. Camille is part of the Key Spouse Program which is a program designed to enhance readiness and establish a sense of Air Force community.

By Lt. Col. Christina M. Abbott Marks
442d FW Public Affairs

"Weaving the Story of Women's Lives," is this year's Women's History Month theme recognizing women and telling their story during the month of March. There are many strong women associated with the military, each one helping pave the way for our military to be the best that it is.

"Women's History Month is a time for all Team Whiteman to reflect upon not only the struggles, but also the successes of women throughout history," said Brig. Gen. Glen VanHerck, 509th Bomb Wing Commander. "I'm incredibly proud to

continue to serve alongside the thousands and thousands of American women who have volunteered to serve our country; it's a privilege to serve alongside such talented and dedicated members of our total force."

At Whiteman, there are many such women, and here are a few of their stories.

Taking care of our Airmen, civil servants and their families -- that's something Ann Beem takes to heart. Since 2005, she has been the base sexual assault response coordinator and in charge of the sexual assault prevention and response program. The SAPR office team is proud to be a Total Force Integrated program that works collaboratively with all units at Whiteman

as well as geographically separated units including Jefferson Barracks Guard base near St Louis. With over 55 trained advocates the team is highly equipped to offer advocacy services to any sexual assault victim/survivor of our diverse Whiteman family.

"I have always worked in people professions, first in rehabilitation, then in Airman and Family Readiness; but when the Air Force stood up the SAPR program, I sought out this position because I wanted the challenge of building something from the ground up," said Beem. "When the Air Force hired us original SARC's, we had no budget, no designated office space, no hotline capabilities and no other personnel. We had to build programs basically with very little."

From there, she has done a remarkable job of transforming the office into one of the benchmark programs that has been recognized by Air Force Global Strike Command as the SAPR Program of the Year for 2013 and again for 2014.

Along with the base programs, there are the unsung heroes that work unofficially. The 442d Fighter Wing Key Spouse Program is a squadron commander's program in which the wing commander's spouse is the key spouse mentor for that wing. For now, that is Camille Hegtvedt.

Mrs. Hegtvedt has been with the 442d since early April 2013, and married to Col. Hubert Hegtvedt, 442d Fighter Wing Commander, for 8 years. With several hundred spouses in the wing, she can be the voice to advocate for the wing's family members.

"I do what I can to help support our Airmen and their families," said Mrs. Hegtvedt. "The Key Spouse Program has been a great avenue in which to reach out to our folks and support their families. I hope I am a voice and advocate for them. I also support my husband as many other military spouses do for their loved ones and take care of things on the home front."

During her time here, several of the wing's squadrons have deployed as well as individual Airmen filling single deployed positions throughout the world. Being the key spouse mentor, she has given guidance and advice to key spouse volunteers as they help take care of the families.

"All of our Key Spouses are volunteers who each have spouses (and during deployments, family members), that they keep in contact with," said Mrs. Hegtvedt. "The Key Spouses help disseminate information to our families as well as provide our families a personal point of contact to the wing should they need help or have questions."

"The Key Spouse program is an outstanding program in the Air Force, and an active, effective program in our wing thanks to the many volunteers who make it that way," said Col. Hegtvedt. "A majority of the people in this program are wives who stay connected with their respective groups helping our Airmen's families stay connected whether during a deployment, family emergency or time of need. They don't get paid, they do this on their own time because they care."

Throughout the month of March, the base hosted a series of lectures discussing and highlighting different women to Airmen on base, sponsored a Whiteman Air Force Base Spouses' Group Self-Defense Course, and had several children's activities both on and off base.

"Our goal is to celebrate the accomplishments and milestones women have achieved in the past and to capitalize on the strengths of females from today to help shape and develop future leaders (male and female of all ages) to better society as a whole," said Senior Master Sgt. Tiffany Bettisworth, 509th Force Support Squadron Superintendent and the base Women's History Month co-chair.

Culminating Women's History Month, a celebratory breakfast will be held March 25 at 8 a.m. at Mission's End. The breakfast will feature retired Chief Master Sgt. Vicki Orcutt who was also a Command Chief Master Sgt. at Whiteman. In addition, there will be a video highlighting women throughout the base and a special presentation. Tickets are \$8 for an All American Breakfast and you must R.S.V.P. by March 23. For more information or to buy tickets, contact Airman 1st Class Kendra Golden, 509th Force Support Squadron, at 687-6468; Bettisworth at 687-6520; or 2nd Lieutenant Lydia Hughey, 509th FSS Food Service Officer, at 687-6991.

Tax season is still in session

Provided by the 509th Bomb Wing Legal Office

Team Whiteman, volunteers are still available to help prepare your state and federal tax returns so long as your gross income is under \$150,000; you have no substantial rental properties/business income; and no bankruptcies, foreclosures, or other type of cancellation of debt as these issues exceed the expertise of this volunteer program.

• **Where:** Building 59, Room 104
• **Phone Number:** (660) 687-7940

• **Hours for appointments:** Monday - Thursday 8-11 a.m. and 1-3 p.m. and Friday 8-11 a.m.

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TRICARE revises compound drug coverage



Starting May 1, 2015, Express Scripts, the TRICARE pharmacy contractor, will screen all ingredients in compound drug claims to ensure they are safe and effective, and covered by TRICARE. This screening process is like the one TRICARE already uses for other prescription drugs, but it will now apply to the ingredients in compound drugs.

Compound drugs are a combination of drug ingredients prepared by a pharmacist for a patient's individual needs. TRICARE beneficiaries taking a compound drug likely to be impacted by the change will soon receive a letter explaining the new process for screening compound drugs, and what steps they should follow.

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The Defense Health Agency's highest priority is to provide our beneficiaries safe and effective care while being responsible stewards of taxpayer dollars. Many compound drugs will still be covered because they include ingredients proven to be safe, and most beneficiaries will experience no delay in getting their prescriptions.

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