



WHITEMAN SPIRIT



Photos by Airman 1st Class Joe Lacdan

Col. Doug Raaberg, 509th Bomb Wing commander, gives a 509th BW coin to Capt. Dat Lam, Environmental Safety and Occupational Health Compliance Assessment Management program coordinator from Langley Air Force Base, Va.

'A total team effort'

ESOHHCAMP team ranks Whiteman among best in ACC

By Airman 1st Class Joe Lacdan
Public Affairs

Whiteman proved itself to be one of the best in Air Combat Command in conducting operations while following environmental safety and health regulations during the 2003 Environmental Safety and Occupational Health Compliance Assessment Management program inspection Nov. 2-7.

Overall, Whiteman achieved the fourth-best rating in ACC, with zero significant findings.

"I think one of the reasons we had a very positive ESOHCAMP, is we had one of the best preparations I've ever seen," said Ken Nugent, 509th Civil Engineer Squadron Environmental Flight chief. "A lot of people got out and inspected their shops. Shops responded by taking care of a lot of the hazardous material issues."

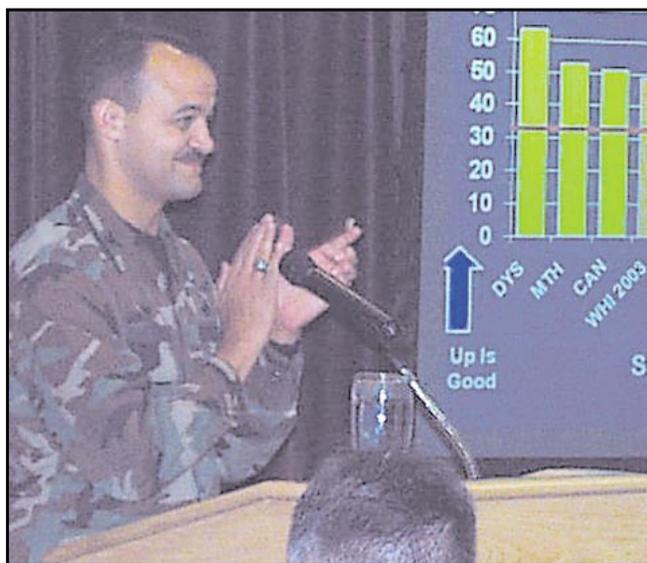
Three Whiteman programs received benchmark status and one received model status. Petroleum, oil and lubricant management, storage tanks management, and waste water achieved benchmark status. The pollution prevention program received model status.

Whiteman's waste water management program, headed by Darrell Tackett, was ranked the best in ACC. Whiteman received zero significant findings.

"We put a lot of effort into the waste water plant with many environmental projects over the years," Nugent said. "We have a super team of employees at the waste water treatment plant that has a lot of pride in what they do."

Another positive result was the evaluation of storage and management of hazardous materials, which was down 50 percent from the previous inspection in 2000.

"There was a lot of work accomplished while preparing for this assessment and the results showed that," Nugent said. "It was a total team effort. There



Col. Drew Jeter, Environmental Safety and Occupational Health Compliance Assessment management program team chief, applauds after posting Whiteman's ESOHCAMP results. The ESOHCAMP inspection took place Nov. 2-7.

are many positive things happening at Whiteman and the team identified them. Our problem areas were identified and we have much work ahead of us."

Nugent said the environmental flight will continue to improve all areas for the next inspection, as the goal will remain the same: to receive the highest rating in ACC. Awareness training and training for specific protocols will be stressed to base members to help achieve that goal.

"An assessment like this helps us set the road map for the next three years," Nugent said.

NSI Countdown 26 Days

See Page 8 for this week's preparation tip

Red Carpet Rollout

This week Whiteman welcomes ...

- Brig. Gen. Gregory Power**
8th Air Force Vice Commander
- Brig. Gen. James Shames**
Director of Air Force Security Forces

News in Brief

Officer calls rescheduled

Brig. Gen. Gregory Power, 8th Air Force vice commander, will hold mandatory meetings today to discuss the service's new Force Development concept. Officer calls take place 10-11:15 a.m. and 12:15-1:30 p.m. in the base theater. For more information about the program, visit the Internet site at <https://www.dp.hq.af.mil/afslmo/fd>.

Supplemental results released

The November in-system supplemental results were announced Monday. The selectees for staff sergeant are: **Senior Airmen Justin Donley**, 509th Aircraft Maintenance Squadron, **Christopher Guertin**, 509th Communications Squadron, **Heather Hayes**, 509th Mission Support Squadron, **Ronald James**, **Jamarr Blackmon**, **Caleb Daugherty**, **Antonio Williams**, **Derek Washburn**, **Miguel Menchaca** and **Eric Melvin**, 509th Maintenance Squadron. The selectee for technical sergeant is: **Staff Sgt. James Baker**, 509th CS. The selectee for master sergeant is: **Tech. Sgt. Craig Langley**, 509th Logistics Readiness Squadron.

BX re-opens today

The base exchange has its grand re-opening at 11:15 a.m. today. Refreshments will be served.

Ozark Inn announces holiday hours

The Ozark Inn's Thanksgiving Day hours will be 7-9 a.m. for breakfast, 11 a.m.-4 p.m. for lunch 11 and 6-8 p.m. for dinner 6-8 p.m. For more details, call the Ozark Inn at 687-5476.

Buy B-2 anniversary gala tickets early

B-2 10th Anniversary Gala tickets go on sale Monday. Tickets are \$25 per person. The gala takes place 7-11 p.m. Dec. 17 at the Central Missouri State University, University Union Ballroom. See your first sergeant to purchase tickets.



Fit to fight

See Pages 10-14 for a special pull-out fitness supplement to the *Whiteman Spirit*. Keep this reference guide to help you meet the new AF standards.

Commander's Corner

By Col. Doug Raaberg
509th Bomb Wing Commander



THE B-2 SPIRIT WILL BE 10-YEARS OLD.

The illustrious history of the 509th Bomb Wing has included almost every bomber in the Air Force inventory. We were born from the atomic age and that is the significance of our unique patch of the Defender Avengers. It was not coincidence that the B-2 and the 509th had a destiny with heritage.

Today, we can look back with somewhat of an amazing retrospect and realize that unlike our predecessors, the Spirit has now fought in not one, two, but in three conflicts. Yet, this modern marvel has yet to reach 10 years of active service to our nation! That is a testimony to the men and women of the 509th — past and present — who made us what we are today — America's Bomber!

On Dec. 17, we'll celebrate the arrival of the *Spirit of Missouri* 10 years ago. We'll celebrate a slice of aviation history that began at Kitty Hawk, N.C., with the Wright Brother's first powered flight and continues with the next 10 years for our B-2.

On that day, we'll re-enact the first B-2 arrival with our guest speaker Lt. Gen. Bruce Carlson, 8th Air Force commander.

We intend to declare a milestone for our aircraft — Full Operational Capability! Please join the throng of past 509ers and community partners who will join us for a gala day here.

Additionally, U.S. Rep. Ike Skelton, Missouri's 4th District, will speak at a kick-off luncheon before the arrival ceremony that afternoon. In the evening, retired Gen. Mike Loh, former Air Combat Command commander and one of the two pilots who originally delivered the aircraft in 1993, will host a gala dinner at CMSU. Please join us for the grand celebration of the B-2's lifetime.

EXCELLENT RESULTS BECAUSE OF TEAMWORK. I would like to personally thank everyone for their teamwork in the recent ESOHCAMP and Safety PME evaluations and inspections. To be concise, Whiteman received top accolades in both inspections. Because of you, the 509th has moved from eighth to fourth place in the command for benchmark and notable environmental programs. My hat's off to the leaders of those efforts ... especially in CE. We also received excellent ratings in all three categories of safety: ground, flight and weapon safety. Congratulations to Lt. Col. Tom Bussiere, chief of safety, and his team for being one of only three bases in the last 26 inspections to achieve an excellent in all three categories. We received a note from

COMACC with a huge congratulations on our results — his final message is spot on, "Your challenge is to keep the safety pace up, and even improve upon it. Well Done."

WHITEMAN APPRECIATION DAY IS OUR DAY. For those 1,000 folks who purchased the reduced-price tickets for the Whiteman Appreciation Day at the University Missouri ... we're going to have a great celebration. A hearty thank you to Joe Scalorns for making this entire event possible for us ... and thank you to the Base Community Council for their support.

This will be an exciting day at Mizzou as we watch the 442nd FW A-10s and the 509th BW B-2 flyover! Please be sure to thank our hosts for the tremendous tailgate party before the game. Personally, I'm excited for the entire team to have a day with the Tigers.

At halftime, stand up proud for the 60 young Americans who will enlist in the Air Force. They will be a big part of a greater team in the months to come. Enjoy the full day of fun ... and drive safely.

THANKSGIVING FOR ALL. Every year, our first sergeants take the lead in helping our needy families. Yes, we have young families who could use your help this Thanksgiving through the Whiteman Thanksgiving Day Food Basket Program. Like a harvest sharing, let's give them what we can so they too can enjoy the graces of the Thanksgiving holiday season. Look for the food collection point at the commissary



Food can be dropped off until Nov. 21 at the commissary's exit and at squadron collection points. For more details or to help build the baskets Nov. 24 at Bldg. 139, call Master Sgts. Giles Silver at 687-6045 or Guy Witt at 687-6047.

and thank you for taking care of our families.

Also, this Thanksgiving is going to be the most significant one we've had in our history as we celebrate the joys of having our AEF deployees home for the holiday ... we celebrated the AEF 7 and 8 return this past Monday! What a welcome home. Remember those who've deployed in recent weeks as they too carry the expeditionary torch of freedom around the world and represent Team Whiteman.

Commander reflects on good customer service values

By Lt. Col. Diane Holmgren
509th Comptroller Squadron Commander

As I shake new squadron members' hands and welcome them to our squadron, I brief them on my expectations and what they can expect from me.

My expectation is simple: give me your best.

In exchange, I promise them a safe working environment, free of discrimination or harassment. I will provide the tools and training they need to perform their mission safely. Finally, I promise to treat each person with respect and dignity, and expect them to do the same.

This is the heart of our customer service philosophy — treat our customers, whether it's an airman basic or a four-star general, with respect and dignity. Every person who walks through our door deserves the best customer service we can provide.

Unfortunately, we can't make all our customers happy all the time. There are times when we must tell them no or give an answer they don't want to hear, because we're bound by the regulations and laws passed by Congress. In addition to this, other challenges hamper us from providing customer support the way we would like to.

We can be held personally and financially liable under Title 31, United States Code, Section 3528, for any payments we certify. In other words, we can be required to repay the government out of our pockets for any improper payments we make. I'm sure you would agree that the information you're certifying is correct when your paycheck is on the line. This is the main reason we may have to ask a question about your voucher or ask for a receipt. It's not because we don't trust you, it's more that we must ensure



Photo by Senior Airman Shawn Clements

Lt. Col. Diane Holmgren, 509th Comptroller Squadron commander, 1st Lt. Jason Williams, Senior Master Sgt. Ken Gold and Master Sgt. Dannette Nail, 509th CPTS, discuss the value of customer service.

there's proper documentation to support the payment or else it could be money out of our pockets.

Another challenge to providing our customers with the best service is our outdated pay systems. Currently, we work with legacy systems that rely on 1970s technology. The system is in the process of being upgraded, but still has many problems. For every change or new entitlement, it's a huge effort to update the system and to ensure proper interfaces with other pay-affecting systems like the Military Personnel Data System. New pay systems will come online in 2006,

but until then we'll do the best we can with our current systems.

There's one last challenge I'd like to mention. Did you know that the base-level finance office no longer has control over the pay process? In 1991, the Secretary of Defense created the Defense Finance and Accounting Service. DFAS provides a variety of finance and accounting services, including payroll for the military services and other Department of Defense entities. Since its introduction, DFAS has consolidated more than 300 installation-level finance and accounting offices into 26, and reduced the work force from about 27,000 to around 16,000 members. This change has resulted in longer processing times with the wing having little control over priorities.

If you have a pay problem, your first step is to stop by the finance office. We will help answer your questions, fix whatever we can at our level and elevate your problem to DFAS if we can't. Rest assured we will track your problem until it's fixed.

The reason I'm telling you this is because we're sometimes as frustrated as you are about fixing pay problems. Even though we're working under a lot of constraints, the men and women of the 509th Comptroller Squadron are committed to providing the best service they can; you have my word on it.

My people have pledged to treat everyone with the respect and dignity they deserve. Finance members will solve any pay problems as fast as they can within their constraints.

In exchange, your patience and understanding will be appreciated as we work through your pay issues.

Editorial Staff

509th BW Commander Col. Doug Raaberg
Chief, Public Affairs Maj. Don Langley
NCOIC, Internal Information Staff Sgt. Francesca Popp
Editor Senior Airman Shawn Clements
Staff writer Airman 1st Class Joe Lacadan

Published by The Sedalia Democrat, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Whiteman Air Force Base.

This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Whiteman Spirit* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.



The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or The Sedalia Democrat of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, age, religion, national origin, political affiliation, marital status, sex, physical handicap, or any other nonmerit

factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Office of Public Affairs of the 509th Bomb Wing, Whiteman AFB, Mo. All photos in the *Whiteman Spirit* are official U.S. Air Force photos, unless otherwise noted. The Services Page is a supplement to the *Whiteman Spirit* and is provided by the 509th Services Squadron.

The deadline for article submissions to the Whiteman Spirit 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. Submission doesn't guarantee publication.

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.af.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111
Whiteman AFB, Mo. 65305



Photo by Master Sgt. Mike Nixon

Star performers

Tech. Sgts. Brad Case and Eric Duffendack, and Brian Tripp, 509th Bomb Wing Weapons Safety Office, pose for a photo with Col. Creid Johnson, Air Combat Command chief of safety. Weapons safety members and others were recognized for exceeding program management standards during the safety inspection Nov. 3-7. Not pictured are: Maj. Jason Marshall, 325th Bomb Squadron, 1st Lt. Laura Maher, 394th Combat Training Squadron, Master Sgt. Danny Andrews, 509th BW, Todd Stewart, U.S. Department of Agriculture, Tech. Sgt. Donald Bertrand, 509th Munitions Squadron, Staff Sgt. Craig Beare, 509th Logistics Readiness Squadron, and Tim Alm, 509th Civil Engineer Squadron.

This space is reserved for advertisements

Maintenance troop follows B-2 from Edwards to Whiteman

(Editor's note: This is the second in a six-part series commemorating the 10th anniversary of the B-2's arrival here and the history of the 509th Bomb Wing.)

By Master Sgt. Dee Ann Poole

Public Affairs



Mike Wright was a B-2 crew chief with the test program at Edwards Air Force Base, Calif., six years before the aircraft made its combat debut in Operation Allied Force in March 1999.

Even in 1993, then-Staff Sergeant Wright said he believed in the bomber's capabilities. "From the beginning, I believed the B-2 would be successful. It was just going to take time to prove it," said Wright, who moved to Whiteman in 1996.

Most of Wright's work on the B-2 at Edwards and here involved the *Spirit of Mississippi*, which was named on May 23, 1998. It's now the most battle-hardened jet on the line with nine OAF missions, one Operation Enduring Freedom mission and five Operation Iraqi Freedom sorties.

Watching the jet take off for its maiden combat flight, Wright said it was awesome.

"It's an experience you can't describe. It's the whole reason I came in the military – to serve my country – and everything gelled," said the technical sergeant referring to when he was the *Spirit of Mississippi's* dedicated crew chief.

However, he's quick to share the success with others because the road to success wasn't paved with gold.

The *Spirit of Mississippi* was just one of nine B-2s on the line shortly before OAF kicked off, and it was out of commission. Six were slotted to fly combat missions, and one of



Photo by Master Sgt. Dee Ann Poole

Tech. Sgt. Mike Wright

those B-2s was the *Spirit of Mississippi*.

The aircraft needed surface repairs to the engine and nozzle bay doors. These repairs ensure the B-2 isn't picked up on radar. Wright and his team spent about 300 hours inspecting and repairing the doors. It was the first time military members did the work and proved it could be done.

However, a cabin pressure check caused the windshield to shatter because of a crack. But once again, the 509th maintainers performed the work with little help from primary contractor Northrop Grumman. And, in March 1999, the *Spirit of Mississippi* made history.

"I was the lead crew chief, but it was the outstanding maintainers who worked with me. This team is what makes

the aircraft what it is," he said.

When the B-2 test program closed at Edwards, Wright chose to move to Whiteman because of his work with the B-2.

"I felt it would be a good move. I liked the (Whiteman) area and knew quite a few of the people, which meant the transition wouldn't be difficult," the sergeant said.

He credits the knowledge and experience he gained at Edwards with the B-2's success in combat.

"I feel it aided me here and gave me an advantage to train those without experience, especially working on 1071 (*Spirit of Mississippi*)," said Wright, who today works as a production expeditor for the 325th Aircraft Maintenance Unit. "I know the aircraft's quirks and passed on that knowledge to the maintainers.

"This is important because I can tell them what things to try when something happens. For the aircrew, I'm their eyes and ears. Knowing the quirks and intricacies reassures them. They're taking our experience, our word and our integrity with them on their flight," said the Fort Fairfield, Maine, native.

Wright said he also tries to reassure the aircrews through his personal appearance, aircraft forms and the way maintenance is performed.

"These are direct reflections of the maintenance crew and it's what I try to instill in the new guys," said Wright, who as production expeditor directs and guides aircraft maintenance.

Despite the B-2's accomplishments, Wright insists on giving credit to the maintainers.

"All the things the aircraft has accomplished is a result of the outstanding maintainers. They're all professionals and they're all committed," he said.

See Page 16 for B-2 trivia contest

This space is reserved for advertisements



Photo by Master Sgt. Dee Ann Poole

Senior Airman Philip Mize, 509th Maintenance Group, reviews technical orders for the Dec. 10-16 Nuclear Surety Inspection.

NSI Countdown: 26 Days

(Editor's Note: The 509th Bomb Wing Plans and Programs Office will provide tips and other information to help 509ers prepare for the Nuclear Surety Inspection Dec. 10-16. This week's topic is management and administration. The last tips will be printed Dec. 5.)

The 509th Bomb Wing will be evaluated on its ability to manage and administer programs under nuclear surety. This area is one where 509ers can control the outcome. Keeping paperwork, technical orders and directives updated are just a few of the many examples in this inspection area.

Some areas that fall under this major area are:

- ✓ Evaluating leadership, guidance and attitude of unit commander and key supervisors. Determine whether deficiencies are individual error or reflect management or supervisory shortcomings.

- ✓ Checking TOs and directives applicable to the NSI. Are they updated and posted?

- ✓ Control and handling of classified plans, manuals, records, reports and components directly associated with the scope of an NSI.

- ✓ Required reports properly maintained and evidence of timely submission of reports pertaining to nuclear weapons.

- ✓ Accountability and/or custody records, stockpile reporting, courier receipts, shipping documents and audit records.

- ✓ Key and Lock Control records.

"As you can see, many of these programs are paperwork-related items that need to be perfect when the team arrives. The wing has spent a great amount of time and effort cleaning up these programs to ensure our very best for the inspection," said Maj. Alan Miller, 509th BW Plans and Programs Office.

"Your unit may have a part in any or all of these areas. When you review these programs, make every effort to ensure your paperwork and program reflect the Whiteman make-it-happen attitude," he said.

This space is reserved for advertisements



This space is reserved for advertisements

Whiteman Spirit Award



Staff Sgt. Jim Moore
509th Contracting Squadron

Staff Sgt. Jim Moore, 509th Contracting Squadron, received the Whiteman Spirit Award from Col. Ned Schoeck, 509th Bomb Wing vice commander, Monday.

Master Sgt. Thomas Yetzer, 509th BW, nominated Moore for the award because of how he handled year-end funding for the wing.

Yetzer said Moore collected the required documents to execute a contract to restore the historic Minuteman Transporter/Erector tractor trailer and re-entry vehicle trailer located at Oscar-1. When contractors came to base to give an estimate for restoring the historic vehicles, Moore dealt with them "professionally and with peerless military bearing."

"He went the extra mile from personally arranging the visit notifications for the contractors to escorting them to Oscar-1," Yetzer said. "His actions reflect greatly on himself and the Air Force."

Personally Speaking

Duty title: Contract administrator

Time on station: 11 years, 3 months

Time in service: 11 years, 6 months

Hometown: Caro, Mich.

Spouse: LeeAnn

Children: Kelsey, 9, and Allyson, 22 months

Hobbies: Playing sports, football video games and sports collectibles.

Goals: Pursue my Community College of the Air Force and bachelor's degrees, and be promoted to technical sergeant the first time eligible.

Best thing about Whiteman: Having the opportunity to work with outstanding people on a daily basis at the 509th Contracting Squadron.

Pet peeves: The Air Force Assignment System.

What motivates your winning spirit? To make my family proud of me.

If I could change one thing at Whiteman? Construct an indoor pool at the base fitness center.

Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the individual making Whiteman a better place to live and work by going far beyond his or her assigned duties to "make it happen."

If you know someone who has the Whiteman Spirit, send the nomination to the 509th Bomb Wing Public Affairs Office, Bldg. 509, Suite 111, or e-mail whiteman.spirit@whiteman.af.mil.

Submitting _____

**Civilian Employee
of the Week**

To nominate a civilian employee,
send an e-mail to
whiteman.spirit@whiteman.af.mil.
Be sure to include why this person
is being nominated.

Fit to Fight

Special fitness supplement

Pages 11-14

Friday, Nov. 14, 2003



Photos by Airman 1st Class Joe Laccan

Staff Sgt. Tracy Wolfe, 509th Logistics Readiness Squadron, practices crunches and push ups at the fitness center.

AF releases new fitness standards

WASHINGTON (AFP) — Air Force leaders released the fitness-scoring charts that will be used beginning Jan. 1.

“The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It’s time to change that,” said Air Force Chief of Staff Gen. John Jumper.

Officials said the fitness score will

include crunches, push-ups, an abdominal circumference measurement and the 1.5-mile timed run. People who aren’t medically cleared to run will continue to take the bike test.

The component scores are then added to get a composite fitness score and determine if the person falls into the excellent, good, marginal or poor category. The charts are

available online at www.af.mil/news/US_AF_Fitness_Charts.pdf.

Fitness categories will determine how often a person must retest. For instance, a composite score of 70 to 74.9 places the person in the marginally fit category. This designation requires retesting at six-month intervals.

A score of less than 70 places a person in the poorly fit category. That score requires a retest every three months. People at the marginal and poor levels also will participate in educational programs.

Air Force leaders encourage commanders to recognize people who attain an excellent fitness level or make substantial improvement.

“The focus of the new fitness program is not the assessment. The program is about integrating fitness into our culture, and our members adopting fitness as a way of life,” said Maj. Lisa Schmidt, the Air Force Surgeon General chief of health promotion operations.

Officials are finalizing the instruction related to the program and plan to publish it by January. It will address unit physical training, testing procedures and programs to facilitate improvement, they said.

The Air Force has established an e-mail account for comments at fitness.program@pentagon.af.mil. Officials said the Air Force fitness program will be reviewed annually for continuous improvement.

F.I.T.T.: Successful recipe includes variety

A complete fitness program should address each component of fitness. By applying the F.I.T.T. Principle to each component, a good basic program can be established. The F.I.T.T. Principle refers to Frequency, Intensity, Time and Type of activity. The four components are:

- ✓ Cardiovascular endurance
- ✓ Muscular strength and endurance
- ✓ Flexibility
- ✓ Body composition

Cardiovascular endurance

These activities help strengthen and condition the heart, lungs and muscles. A regular program helps reduce the detrimental effects of high blood pressure, high cholesterol levels, diabetes, several forms of cancer and stress. It’s the best type of exercise to help promote weight loss.

F = Four to five days per week for basic fitness or five to six days per week for weight loss

I = Exercise within a specific heart rate training zone, usually 60 to 80 percent of your max heart rate.

T = 30 to 60 minutes

T = The exercises can be any type that use the large muscles of the body in a rhythmic and continuous activity

Example: Riding a stationary bike for 30 minutes with your heart rate between 140 and 180 beats per minute. Other activities can include jogging, brisk walking, swimming, rowing or a variety of cardiovascular equipment available at the fitness center.

*As a minimum, members should perform cardiovascular exercise for three sessions per week lasting at least 30 minutes in their training zone.

Muscular strength and endurance



Photo by Airman 1st Class Joe Laccan

Airmen 1st Class Janina White and Deja Merritt look at a running shoe with base exchange employee Tasha Barnett. Choosing the correct running shoe is important for runners. White and Merritt are 509th Operations Support Squadron members.

These exercises help increase lean body mass, protect joints and increase your body’s metabolism. Your goal may be to develop large muscle mass or simply good muscle tone; both can be accomplished with a strength training program.

F = Each major muscle should be exercised between two and three times per week. Rest for 48 hours between each workout to allow the muscle to rebuild.

I = Each lift (repetition) should be accomplished between eight and 12 times with the last repetition performed to muscular fatigue.

T = Each repetition should take at least two seconds on the lifting phase and two seconds to return the weight to

the starting position. (More strength is gained the longer the lifting phase lasts)

T = The type of exercise should be specific to the desired result.

Example: To gain arm strength: Several exercises for the front (biceps), back (triceps) and shoulders (deltoids) should be performed with a weight that allows eight to 12 repetitions.

Flexibility

This involves stretching the major muscles in the body to help reduce the risk of injury. The muscles should be stretched to their full range of motion. People who have extremely inflexible muscles are prone to higher rates of injury and reduced mobility.

F = Can be performed daily but should be completed after each workout. Stretching after the workout helps reduce tension in the muscle caused by the strain of the workout.

I = Each stretch should be held to a point of mild tension. Never bounce or try to overstretch the muscle, this can cause tearing of the muscle.

T = Each stretch should be held 15-30 seconds for maximum benefit

T = Each major muscle should be stretched. Extra attention should be given to areas of the body that are extremely tight.

Body composition

Considered a component of fitness, it relates to the amount of lean muscle tissue and fat tissue contained in the body. High levels of body fat are detrimental to good health. An effort to reduce the amount of body fat should be a priority in any fitness program.

FIT TO FIGHT — HOW DO YOU MEASURE UP?

Males Under 25

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO ₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
9:36	254	50.00	<32.5	30.00	≥262	10.00	≥55	10.00
9:37-9:48	53	47.50	32.50	28.75	61	9.75	53-54	9.50
9:49-10:12	51-52	45.00	33.00	27.50	60	9.50	52	9.00
10:13-10:36	49-50	43.50	33.50	26.25	59	9.25	50-51	8.75
10:37-11:06	47-48	42.00	34.00	25.00	57-58	9.00	48-49	8.50
11:07-11:36	45-46	40.50	34.50	23.75	52-56	8.75	46-47	8.25
11:37-12:12	43-44	39.00	35.00	22.50	49-51	8.50	44-45	8.00
12:13-12:54	41-42	37.50	35.50	21.25	45-48	8.25	42-43	7.75
12:55-13:36	39-40	36.00	36.00	20.00	41-44	8.00	40-41	7.50
13:37-14:24	37-38	34.50	36.50	22.05	37-40	7.75	38-39	7.40
14:25-14:54	36	33.00	37.00	21.90	33-36	7.50	36-37	7.30
14:55-15:18	35	31.50	37.50	21.75	32	7.20	35	7.00
15:19-15:48	34	30.00	38.00	21.60	27-29	7.30	33-34	7.10
15:49-16:24	33	28.50	38.50	21.45	24-26	7.20	32	7.00
16:25-16:54	32	27.00	39.00	21.30	21-23	7.10	30-31	6.90
16:55-17:36	31	25.50	39.50	21.25	19-20	7.00	28-29	6.80
17:37-18:12	30	24.00	40.00	21.00	17-18	6.80	27	2.00
18:13-18:54	29	22.50	40.50	20.80	16-16	6.60	<27	0.00
18:55-19:42	28	21.00	41.00	20.60	14	6.40	14	4.00
19:43-20:36	27	19.50	41.50	20.40	12-13	6.20	12-13	6.00
20:37-21:30	26	18.00	42.00	20.20	10-11	6.00	10-11	5.80
>21:30	<26	0.00	42.50	20.00	8-9	5.80	8-9	5.60
			43.00	19.80	<8	5.60	<8	5.40
			>43.00	0.00				

Males 30-34

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO ₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
9:48	253	50.00	<32.5	30.00	≥252	10.00	≥51	10.00
9:49-10:12	51-52	47.50	32.50	28.75	50-51	9.75	49-50	9.50
10:13-10:24	50	45.00	33.00	27.50	49	9.50	48	9.00
10:25-10:54	48-49	43.50	33.50	26.25	48	9.25	46-47	8.75
10:55-11:24	46-47	42.00	34.00	25.00	46-47	9.00	44-45	8.50
11:25-11:54	44-45	40.50	34.50	23.75	43-45	8.75	42-43	8.25
11:55-12:30	42-43	39.00	35.00	22.50	40-42	8.50	40-41	8.00
12:31-12:54	41	37.50	35.50	22.35	36-39	8.25	38-39	7.75
12:55-13:36	39-40	36.00	36.00	22.20	33-35	8.00	36-37	7.50
13:37-14:24	37-38	34.50	36.50	22.05	30-32	7.75	34-35	7.40
14:25-14:54	36	33.00	37.00	21.90	27-29	7.50	33	7.30
14:55-15:18	35	31.50	37.50	21.75	24-26	7.40	31-32	7.20
15:19-15:48	34	30.00	38.00	21.60	22-23	7.30	30	7.10
15:49-16:24	33	28.50	38.50	21.45	20-21	7.20	28-29	7.00
16:25-16:54	32	27.00	39.00	21.30	17-19	7.10	26-27	6.90
16:55-17:36	31	25.50	39.50	21.25	15-16	7.00	25	6.80
17:37-18:12	30	24.00	40.00	21.00	13-14	6.80	23-24	2.00
18:13-18:54	29	22.50	40.50	20.80	12	6.60	<23	0.00
18:55-19:42	28	21.00	41.00	20.60	10-11	6.40	10-11	6.20
19:43-20:36	27	19.50	41.50	20.40	8-9	6.20	8-9	6.00
20:37-21:30	26	18.00	42.00	20.20	7	6.00	5-8	1.00
>21:30	<26	0.00	42.50	20.00	<5	5.80	<5	5.60
			43.00	19.80				
			>43.00	0.00				

Females Under 25

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO ₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
<11:06	≥47	50.00	<29.5	30.00	≥42	10.00	≥31	10.00
11:07-11:36	45-46	47.50	29.50	28.75	41	9.75	30	9.50
11:37-11:54	44	45.00	30.00	27.50	40	9.50	29	9.00
11:55-12:30	42-43	43.50	30.50	26.25	38-39	9.25	28	8.75
12:31-13:12	40-41	42.00	31.00	25.00	37	9.00	27	8.50
13:13-14:00	38-39	40.50	31.50	23.75	34-36	8.75	24-25	8.25
14:01-14:54	36-37	39.00	32.00	22.50	31-33	8.50	21-22	8.00
14:55-15:18	35	37.50	32.50	22.30	27-30	8.25	17-18	7.75
15:19-15:48	34	36.00	33.00	22.00	24-26	8.00	15-16	7.50
15:49-16:24	33	34.50	33.50	21.80	21-23	7.75	13-14	7.40
16:25-16:54	32	33.00	34.00	21.50	18-20	7.50	10-12	7.20
16:55-17:36	31	31.50	34.50	21.30	16-17	7.40	9	7.00
17:37-18:12	30	30.00	35.00	21.00	14-15	7.30	8	6.80
18:13-18:54	29	28.50	35.50	20.80	12-13	7.20	7	6.60
18:55-19:42	28	27.00	36.00	20.60	10-11	7.10	6	6.40
19:43-20:36	27	25.50	36.50	20.40	9	7.00	5	6.20
20:37-21:30	26	24.00	37.00	20.20	8	6.80	4	6.00
21:31-22:30	25	22.50	37.50	20.00	7	6.60	3	5.80
22:31-23:36	24	21.00	38.00	19.80	6	6.40	2	5.60
23:37-24:48	23	19.50	>38.00	19.60	5	6.20	1	5.40
24:49-26:06	22	18.00	3	2.00	4	6.00	0	5.20
>26:06	<22	0.00			3	5.80	0	5.00

Females 30-34

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO ₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
<11:54	≥44	50.00	<29.5	30.00	≥40	10.00	≥30	10.00
11:55-12:30	42-43	47.50	29.50	28.75	39	9.75	29	9.50
12:31-12:54	41	45.00	30.00	27.50	38	9.50	28	9.00
12:55-13:12	40	43.50	30.50	26.25	37-38	9.25	27	8.75
13:13-13:36	39	42.00	31.00	25.00	36-37	9.00	26	8.50
13:37-14:24	37-38	40.50	31.50	23.75	34-35	8.75	24-25	8.25
14:25-14:54	36	39.00	32.00	22.50	31-32	8.50	21-22	8.00
14:55-15:18	35	37.50	32.50	22.30	27-28	8.25	17-18	7.75
15:19-15:48	34	36.00	33.00	22.00	23-25	8.00	13-14	7.50
15:49-16:24	33	34.50	33.50	21.80	17-19	7.75	10-12	7.40
16:25-16:54	32	33.00	34.00	21.50	14-16	7.50	7-9	7.20
16:55-17:36	31	31.50	34.50	21.30	12-13	7.40	6	7.00
17:37-18:12	30	30.00	35.00	21.00	11	7.30	5	6.80
18:13-18:54	29	28.50	35.50	20.80	10	7.20	4	6.60
18:55-19:42	28	27.00	36.00	20.60	9	7.10	3	6.40
19:43-20:36	27	25.50	36.50	20.40	8	7.00	2	6.20
20:37-21:30	26	24.00	37.00	20.20	7	6.80	1	6.00
21:31-22:30	25	22.50	37.50	20.00	6	6.60	0	5.80
22:31-23:36	24	21.00	38.00	19.80	5	6.40	0	5.60
23:37-24:48	23	19.50	>38.00	19.60	4	6.20	0	5.40
24:49-26:06	22	18.00	3	2.00	3	6.00	0	5.20
>26:06	<22	0.00			2	5.80	0	5.00

Males 25-29

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO ₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
9:36	254	50.00	<32.5	30.00	≥257	10.00	≥53	10.00
9:37-9:48	53	47.50	32.50	28.75	55	9.75	51-52	9.50
9:49-10:12	51-52	45.00	33.00	27.50	56	9.50	50	9.00
10:13-10:36	49-50	43.50	33.50	26.25	54	9.25	48-49	8.75
10:37-11:06	47-48	42.00	34.00	25.00	52-53	9.00	46-47	8.50
11:07-11:36	45-46	40.50	34.50	23.75	48-51	8.75	44-45	8.25
11:37-12:12	43-44	39.00	35.00	22.50	45-47	8.50	42-43	8.00
12:13-12:54	41-42	37.50	35.50	22.35	41-44	8.25	40-41	7.75
12:55-13:36	39-40	36.00	36.00	22.20	37-40	8.00	38-39	7.50
13:37-14:24	37-38	34.50	36.50	22.05	34-36	7.75	36-37	7.40
14:25-14:54	36	33.00	37.00	21.90	30-33	7.50	34-35	7.30
14:55-15:18	35	31.50	37.50	21.75	27-29	7.40	33	7.20
15:19-15:48	34	30.00	38.00	21.60	24-26	7.30	31-32	7.10
15:49-16:24	33	28.50	38.50	21.45	22-24	7.20	30	7.00
16:25-16:54	32	27.00	39.00	21.30	20-22	7.10	28-29	7.00
16:55-17:36	31	25.50	39.50	21.25	17-19	7.00	27	6.90
17:37-18:12	30	24.00	40.00	21.00	15-16	6.80	25-26	2.00
18:13-18:54	29	22.50	40.50	20.80	13-14	6.60	<25	0.00
18:55-19:42	28	21.00	41.00	20.60	11-12	6.40	11	6.20
19:43-20:36	27	19.50	41.50	20.40	10	6.20	9	6.00
20:37-21:30	26	18.00	42.00	20.20	8	6.00	7-8	5.80
>21:30	<26	0.00	42.50	20.00	7-8	5.80	7-8	5.60
			43.00	19.80	<7	5.60	<7	5.40
			>43.00	0.00				

Males 35-39

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO ₂)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
9:48	253	50.00	<32.5	30.00				

Surviving the run when cold winds blow

By Nita Hawk

Fitness Program Manager

Winters can be mean in the Midwest, especially when the cold winds blow from the north. The wind chill factor, snow and ice can make running outdoors uncomfortable and force runners to adjust their training. The winter wind may even force runners to change the frequency, intensity and length of the run.

To overcome ice-covered roads and running into brisk winds, runners will need to slow down. But another alternative exists: work out indoors on the treadmill, stationary bike or cross trainer.

However, when there's no snow, ice or strong winds, runners should bundle up and layer their clothing for maximum warmth. When layering clothing, use moisture-wicking fabrics on the inside and moisture-shedding fabrics on the outside.

A knit hat is essential to trap the heat

that escapes from the head and mittens are needed to protect against frostbite.

The focus of the run should be to maintain a pace that's comfortable and to cover the distance. The extra weight of the clothes will slow you down, but adds resistance to the momentum of the run.

Winter is a good time to add strength training to a fitness regimen. People can use free weights, machines or their own body weight. While alternate activities work well during winter, you'll need to do some running to maintain a balance in your overall fitness and to prepare for the upcoming Air Force fitness program.

As winter approaches, a recommended plan for maintaining and improving your fitness level would be to combine strength training, outdoor running, indoor aerobic training and a consistent stretching program.

For more details, call the health and wellness center at 687-3438.



Photo by Staff Sgt. Francesca Popp

Winter weather can force runners to adjust their training to compensate for ice, snow and winds. Dressing correctly can help people run in these conditions.

Stretching tips help you reach for success

By Nita Hawk

Fitness Program Manager

Here's how to spend the first and last part of every workout for the best results.

✓ Breathe slowly and don't bounce

Flexibility exercises should be performed without movement. Each stretching position should be held for 30 seconds or more to achieve best results. Some stretches will probably be more difficult at first, so it may be necessary to work up to 30 seconds. It helps to move into the stretching position during an exhalation.

Then, continue to breathe slowly as you hold the stretch. Ballistic or bouncing stretches result in activation of the "stretch reflex." This results in contraction of the muscles being stretched. Therefore, ballistic stretching is counterproductive, more likely to result in injury and should be avoided.

✓ Pain? No gain

Like any other type of training, intensity is a basic principle for flexibility. To avoid injury and discouragement, it's important that a stretch doesn't cause pain. While stretching, you should feel tension as the muscles are gently pulled, but there should be no pain.

If you notice the muscle being stretched is shaking uncontrollably then you have stretched too far. Gradually work up to your flexibility goals. Flexibility takes time and persistence.

✓ Warm up before stretching



Photo by Staff Sgt. Francesca Popp

Airman 1st Class Kerri Kellner, 509th Medical Operations Squadron, stretches before a run. Kellner, a seasoned runner, runs six miles a day and has participated in the Air Force Marathon.

There are many appropriate times to stretch. It's helpful to stretch before exercise to prepare the muscles for activity. However, a warm-up (light exercise) should be done first, as stretching cold muscles can cause injury. After exercise,

stretching results in the greatest gains in mobility.

When the body is warm, the muscles are most responsive to stretching. Many people stretch before bed or while watching TV to promote relaxation. Some people enjoy

stretching in the morning to prepare for the day and to eliminate stiffness.

As a minimum, stretching should be performed three days per week and preferably after every exercise session. It's not unusual for people to stretch before and after every exercise session.

✓ Hold for 30 seconds ...

Each stretch should be held for 30 seconds. Stretching sessions before or after exercise should focus on the muscle groups active during the exercise. Therefore, six to 10 stretches in a session include the major muscle groups involved in the exercise.

A simple calculation reveals that this only takes about five minutes per session, a small commitment that will result in great physical benefit.

✓ Other techniques

There are several other ways to improve flexibility in addition to static stretching. Partner stretches, in which another person helps to move the body into a stretching position, are beneficial but require practice and a proper feel.

If done carelessly, this type of stretching can result in injury. Contract-relax techniques are used to increase flexibility and strength at extreme ends of the range of motion.

These techniques are common with gymnasts and dancers who require great flexibility and strength. Passive range of motion exercises are commonly done to increase flexibility in injured limbs.

Tips help people take the safe route when running

Running regularly is new to some people, therefore, these tips will help keep the beginner runner safe.

Environment

✓ Soft and flat running surfaces are recommended; avoid excessive running on cement or asphalt. Uneven ground or slanted roads should be run on with caution.

✓ Alcohol consumption should be discouraged during athletic participation, especially running.

Personal fitness

✓ Before running, participate in a gradual conditioning program. A program consisting of muscular fitness, gradual aerobic conditioning and stretching pre- and post-running is beneficial. Gradually increase your training. For beginning runners, alternate day running is recommended. Excessive distances, hill running and speed work may

cause common overuse injuries such as "runner's knee" and shin splints. Alternate high-effort days with low-intensity days of running.

✓ To reduce the risk of stress fractures, a slow and progressive training program that gradually increases strength and endurance of the back and lower extremities is recommended.

✓ Discontinue training hard if you are tired.

✓ Warm up and stretch at least 5 to 10 minutes before running.

✓ Proper hydration during pre-activity and actual activity is recommended to prevent fatigue and heat illness.

✓ Most fitness facilities provide safety and injury prevention information regarding preparation, conditioning and training, and proper running techniques; imperfections in running style can lead to injury.

Personal protective equipment

✓ Proper fitting running shoes are important; replace shoes every six months.

✓ Wear clothing appropriate for the weather. For cold weather, dress in layers and cover your head and hands. For hot weather, wear porous clothing.

Running during reduced visibility

✓ Wear reflective material or bright reflective clothing if you run before dawn or after dark.

Running in traffic

✓ Don't wear headsets. Use your ears to be aware of your surroundings. Using headphones causes you lose the use of an important sense: your hearing.

✓ Always run against traffic so you can observe approaching automobiles. (Courtesy of the 509th Bomb Wing Safety Office)

This space is reserved for advertisements

B-2 10th Anniversary Trivia

Week One

Test your B-2 knowledge! People with the correct answers at the end of the four-week contest will be entered into a random prize drawing.

The first-place prize is two free tickets to the B-2 10th Anniversary Gala Dec. 17 at Central Missouri State University. The second prize is two free B-2 10th Anniversary Gala coins. The third-place prize is a B-2 holiday ornament. Participants must submit answers for each week of the trivia contest to be eligible for the drawing.

Entries can be e-mailed to whiteman.spirit@whiteman.af.mil, faxed to 687-7948 or dropped off at the 509th Bomb Wing Public Affairs Office in Bldg. 509, Room 111 by noon Dec. 8. Winners and correct answers will be announced in the Dec. 12 issue of the Whiteman Spirit.

1) When did the B-2s first participate in the Red Flag exercise at Nellis Air Force Base, Nev.?

- a) February 1994
- b) October 1995
- c) January 1995
- d) March 1996
- e) None of the above

2) The B-2 Spirit of _____ was the third aircraft to be delivered to Whiteman.

- a) Texas
- b) Missouri

c) Washington

d) Kansas

e) None of the above

3) The B-2 Spirit of Arizona became the 509th's _____ aircraft assigned here.

a) 10th

b) 15th

c) 19th

d) 18th

e) None of the above

4) How long is the longest B-2 flight on record?

a) 44 hours

b) 50 hours

c) 36 hours

d) 40 hours

e) None of the above

5) In June 1995, which former astronaut flew the B-2?

a) Neil Armstrong

b) John Glenn

c) John Young

d) Sally Ride

e) None of the above

Name and rank of person submitting trivia contest answers:

Squadron:

Duty phone number:



On sale Monday

**B-2
10th Anniversary Coins
\$7**

See your unit representative to buy this commemorative item.





Photo by Airman 1st Class Joe Lacdan

Flag finale

Members of the 509th Aircraft Maintenance Squadron 1 flag football team stop for a celebration photo. The 509th AMXS defeated the 509th Security Forces Squadron B team 20-7 Nov. 7 to win the 2003 Whiteman Intramural Flag Football Championship. Trailing 14-7 at halftime, SFS B had chances to score on its opening drive. On the second play of the drive, SFS B tailback Barry Dozier had a 70-yard touchdown run called back by an official because the referee thought his flag had been pulled. SFS B drove deep into AMXS territory, but AMXS 1 player Eric Powell intercepted an SFS pass in the red zone. AMXS then closed out the game when quarterback Corie Hudson threw a touchdown pass to Caleb Watkins. Keenon Green scored the lone touchdown for SFS B. The intramural sports program is sponsored in-part by Fowler's Family Autos.

This space is reserved for advertisements

The Gridiron Challenge is a weekly competition between the 509th Bomb Wing and its groups, the 442nd Fighter Wing and Missouri Army National Guard. A different person from each unit picks for their unit. The winner gets a free meal from the 509th Services Squadron.

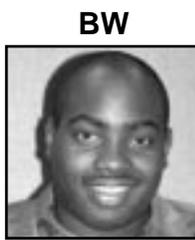
Week 11

NCAA

Texas A&M at Missouri
 Air Force at New Mexico
 Pittsburgh at West Virginia
 Oregon at UCLA
 Purdue at Ohio State

NFL

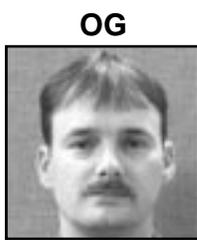
Giants at Eagles
 Packers at Bucs
 Cowboys at Patriots
 Vikings at Raiders
 Steelers at 49ers



**A1C
 William Piper**

Missouri
 Air Force
 Pittsburgh
 Oregon
 Ohio State

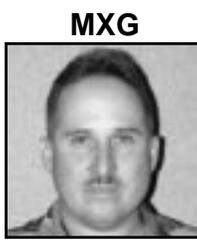
Eagles
 Packers
 Patriots
 Vikings
 49ers



**Tech. Sgt.
 Troy Tapp**

Missouri
 Air Force
 Pittsburgh
 Oregon
 Ohio State

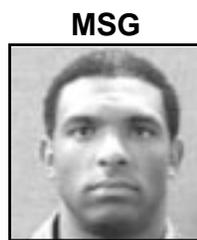
Giants
 Bucs
 Cowboys
 Raiders
 49ers



**Tech. Sgt.
 Garry Walker**

Missouri
 Air Force
 Pittsburgh
 Oregon
 Ohio State

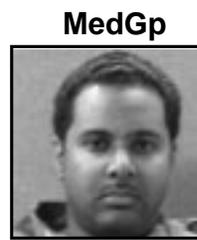
Eagles
 Bucs
 Patriots
 Vikings
 Steelers



**Senior Airman
 Stephen DuBois**

Missouri
 Air Force
 Pittsburgh
 UCLA
 Ohio State

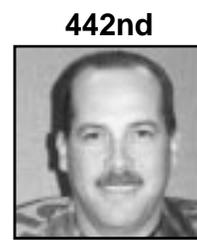
Giants
 Bucs
 Patriots
 Vikings
 Steelers



**Tech. Sgt.
 Teddy Jones**

Missouri
 Air Force
 Pittsburgh
 UCLA
 Ohio State

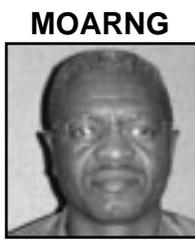
Eagles
 Bucs
 Patriots
 Vikings
 49ers



**Tech. Sgt.
 Donald Greene**

Missouri
 Air Force
 Pittsburgh
 UCLA
 Ohio State

Giants
 Bucs
 Patriots
 Vikings
 Steelers



**Army SFC
 Freddie Harper**

Missouri
 Air Force
 West Virginia
 UCLA
 Ohio State

Eagles
 Packers
 Patriots
 Raiders
 Steelers

This space is reserved for advertisements



Services Page editor.....Beth Ott
509th Services Squadron.....687-3594

***No federal endorsement of mentioned sponsors intended.**

Outdoor Recreation 687-5565

Equipment rental

Rent equipment needed for the holidays at outdoor recreation.

Super-cooker	\$15 per day
Six-foot banquet table with six folding chairs	\$4 per day
Turkey deep vat fryer	\$6 per day

*Rent any item and get a ticket to enter the drawing for a free holiday turkey.

*Santa suits now available. Reservations start Thursday.

Overtime rock climbing

Open climbing is available for certified climbers 5:30-9 p.m. Nov. 21. A certification course takes place 6-8 p.m.

Bass Pro Shop trip

Take a trip 8 a.m.-5 p.m. Nov. 22 to the Bass Pro Shop in Springfield, Mo. There's a \$5 fee for transportation. Get discounted entry to the Wonders of Wildlife Museum at the Tickets and Travel office. Sign up by Thursday at outdoor recreation.

Skills Development Center 687-5691

Etched-glass ornaments

Students can learn to etch glass and make Christmas ornaments 2-3 p.m. Nov. 22. The \$10 fee includes the class and supplies. Sign up by Nov 21.

Framing class

A framing class takes place 6-9 p.m. Thursday at the skills development center. A \$40 fee includes the class and supplies. Sign up by noon Wednesday.

Tickets and Travel 687-5643

German market vacation

Travel to Germany's Christmas markets with Destination Europe Resources for seven days and six nights. There are daily departures Nov. 29-Dec. 19. Visit Stuttgart, Nuremberg, Rothenburg, Munich and Augsburg to experience the German culture. A \$607 charge per person includes accommodations, daily continental breakfasts, rail transportation, taxes and service charges. Airfare is not included. The package may be customized with extra days and discounted transatlantic air. Call 687-5643 to book your package.

Child Development Center 687-5588

Day care openings available

The child development center has full-time openings for 3- to 5-year-old children. The program is accredited through the National Academy of Early Childhood Programs.

Youth Center 687-5586

Thanksgiving feast night

Children in kindergarten-seventh grade are invited to a Thanksgiving feast 6:30-9:30 p.m. Nov. 21 at the youth center. There will be arts and crafts, a movie and more. This event is \$6 for members and \$7.50 for nonmembers. Sign up begins Monday.

Community Center 687-5617

Rubber stamping class

A rubber stamping class begins at 1 p.m. Saturday at the community center in Room C. Learn to design scrapbooks and stationary at this free event. Sign up the day of the class.

Adopt an airman

Adopt an airman for Thanksgiving and give them a day to remember. Host them in your home for the holiday. Sign up by Nov. 25 in the community center.

Jewelry creations

Learn how to make earrings and key rings at a jewelry creation class at 1 p.m. Nov. 22 at the community center. A \$2 fee includes class and supplies. A needle-nosed plier is needed. There's no sign up deadline.

Teen Center 687-5819

Smart moves

Teens can attend a Boys and Girls Club drug and alcohol abuse prevention program 7-8 p.m. today. This event is free for members and \$1 for nonmembers. Learn more about staying safe.

Teen Thanksgiving dinner

A Thanksgiving dinner takes place 6-10 p.m. Nov. 22 at the youth center. Teens can enjoy dinner and a movie. Participants will create a collage of the things they are thankful for, materials will be provided. Teens must bring a side dish to be admitted.

Whiteman Inn 687-1844

Thanksgiving lodging

The Whiteman Inn may have rooms available Nov. 23-30 for family members for \$24-\$28 per night. Call to make reservations within 24 hours of arrival.

Mission's End 687-4422



ACC \$1 dinner

An Air Combat Command \$1 dinner takes place 5-7 p.m. today at Mission's End. Enjoy bean and ham soup, chili, corn bread, baked potatoes, carved beef and more. This event is for club members only.

This space is reserved for advertisements