



## 9-Line Target



**Buckle up! Be safe. Have an enjoyable weekend.**

## News in Brief

### AF members able to carry over leave

Active-duty members who were not able to take annual leave because they were supporting contingency operations will be allowed to accumulate more than the normal 60 days after the fiscal year ends. For more details, see your commander support staff.

### Metallic nametag mandatory Jan. 1

**SAN ANTONIO (AFPN)** — Personnel officials recently announced the new metallic name tag will be mandatory on the service dress uniform and pullover sweaters Jan. 1.

The items, which have been available for purchase since November 2002, will be issued to enlisted airmen by their organizations, according to officials. Officers must purchase their own name tags.

For more information, see your squadron commander support staff.

### Promotion study list now available

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — Promotion-eligible enlisted people can now find out which materials to study for the 2004 testing cycles.

The most current Weighted Airman Promotion System catalog lists the materials used by test writers to develop the 2004 promotion tests. It's now available on the Air Force Personnel Center Web site at <http://www.afpc.randolph.af.mil/testing>.

## Weather

### Saturday

Thunder storms



H 82°

L 63°

### Sunday

Partly cloudy



H 84°

L 63°

For more complete weather information, visit <https://www.whiteman.af.mil/509oss/osw/index.htm>. Courtesy of 509th OSS/OSW

# Officials release fitness test details

By Staff Sgt. Todd Lopez  
Air Force Print News

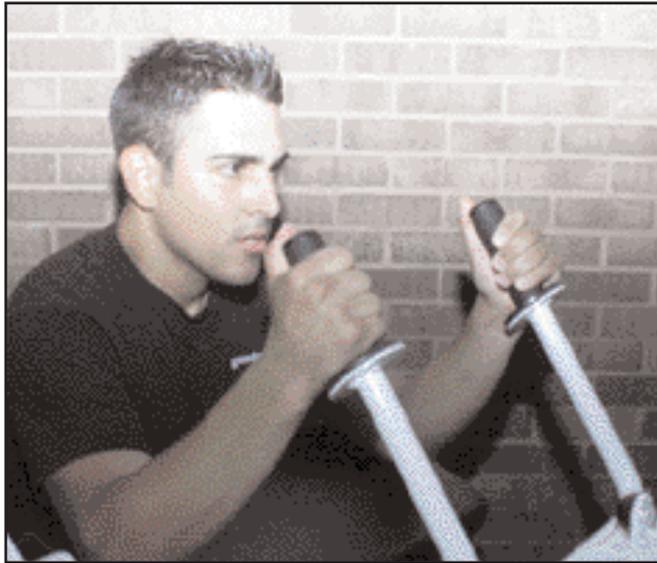


Photo by Airman 1st Class Joe Laddan

**Airman 1st Class Nick Cruz uses a weight machine at the fitness center. Cruz is a member of the 509th Civil Engineer Squadron.**

**WASHINGTON** — Beginning Jan. 1, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It's designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

Nita Hawk, installation fitness program manager, said

See *FITNESS*, Page 3

# Summer wraps up; safety never stops

Lt. Col. Thomas Bussiere  
509th Bomb Wing Chief of Safety

Monday we celebrate Labor Day as we honor America's workforce by doing activities with friends and family. It also closes out Whiteman's 101 Critical Days of Summer Safety Campaign. Tragically, this year's 101 Critical Days of Summer resulted in 29 fatalities in our Air Force family; more than any recent year.

Since Memorial Day, the Air Force lost 11 airmen to motor vehicle accidents, 13 to motorcycle accidents, one to sports/recreation and two from miscellaneous off-duty accidents. Although Air Forcewide our motor vehicle fatalities are down from last year's 101 Critical Days of Summer campaign, motorcycle fatalities have doubled since 2002 and tripled from 2001.

As we reviewed Air Command Command's most recent fatal motorcycle accidents, all indications are that our young airmen were clearly exceeding the posted speed limit. One was under the influence of alcohol, not wearing a helmet and didn't complete the mandatory motorcycle safety training. We must continue to reinforce that failing to follow Air Force policy and society's laws is unacceptable. It's getting our airmen killed.

The most tragic safety statistic is how the majority of these accidents could have been prevented with simple precautions such as wearing seatbelts, obeying the posted speed limits, and not drinking and driving. At a time when we should be celebrating our freedoms, we continue to mourn the loss of members of the greater Air Force family and members of Team Whiteman because of tragic off-duty accidents.

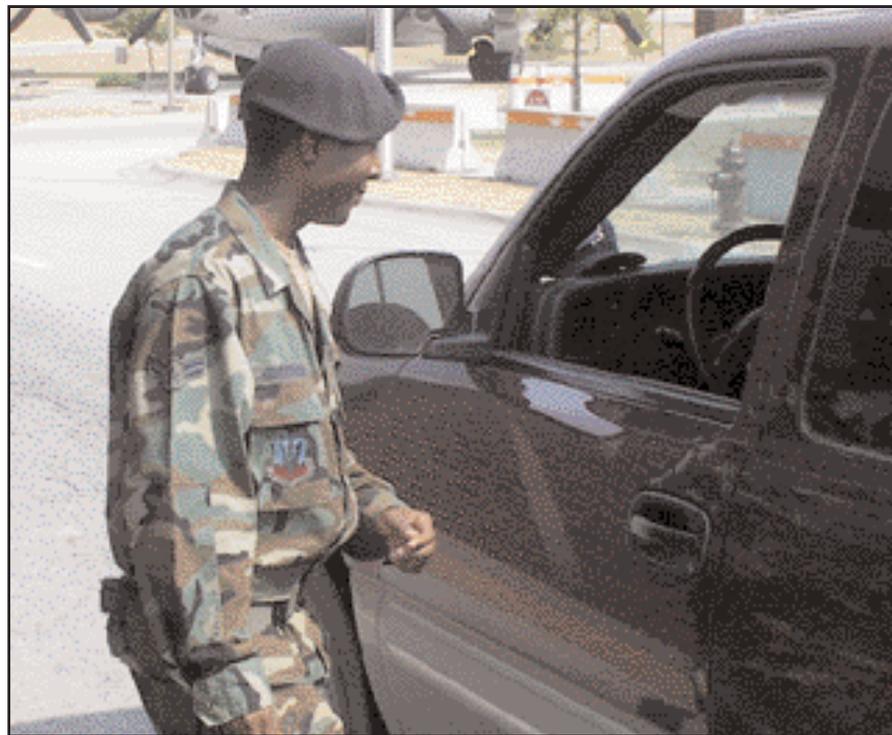


Photo by Airman 1st Class Nick Martin

**Airman 1st Class Kwasi Henderson, 509th Security Forces Squadron, checks drivers and passengers for IDs, seatbelts and signs of intoxication as they enter the Spirit Gate.**

Whiteman needs all ranks, civilians and family members to understand we have an obligation to keep our Air Force family safe. Be proactive, not reactive. If you see something unsafe, stop it. Lead by example and help the Air Force eliminate the wrong notion that there's a distinction between on duty and off duty when it comes to safety. These mishaps are preventable — this mishap trend is reversible!

It's not over yet! As we make plans for this holiday weekend, do some personnel risk management and build safety into your game plan. Think about seatbelts. Think about helmets. Think about life preservers.

Think about designated drivers. Think about cause and effect. Think about taking care of each other!

Be safe this weekend. Team Whiteman and our families want you back safe and sound. As Lt. Gen. Bruce Wright, Air Combat Command vice commander, wrote in a recent letter to unit commanders, "Every airman is a leader on and off duty."

Be forceful in not allowing your family members or your friends to make the same mistakes that have ended so tragically in accidents this summer.

The wing's goal is zero mishaps this weekend. Work together to make that happen.

## Commander's Corner

By Col. Doug Raaberg

509th Bomb Wing Commander

### IT'S GOOD TO BE HOME.

I've been gone for six weeks learning a lot more about our soldiers, sailors, airmen, Marines and Coast Guardsmen. That time away from home pales in comparison to those who have finally returned from Aerospace Expeditionary Force 8 and to those who are still deployed!



The 509th Bomb Wing has given much this year to the war effort, yet we're still waiting for a dozen of our team members, who deployed last year, to return. Equally, we are deploying another contingent of more than 125 folks to support AEF SILVER.

As I traveled around the United States and the Pacific, I was constantly reminded of the sacrifices we make as uniformed military members supporting U.S. engagements around the globe. I was equally reminded how important the B-2 and this wing is to the combatant commanders, of whom I met almost every one. You do make a difference for our nation! From the places I visited on the demilitarized zone in Korea to Baghram, Afghanistan, that constant reminder rang loud and clear. In fact, it was sobering to

step out of the C-17 at Baghram and see a heaped-up pile of mangled MIG-21 fighter jets that we destroyed night one for Operation Enduring Freedom ... and more!

Though I've returned for a short while, it's good to see that you're keeping the mission focus for the next time we'll have to "Kick the doors down, and kill targets!"

**442ND FW: STILL IN THE FIGHT AFTER 60 YEARS.** It's been a proud heritage and lineage for the 442nd Fighter Wing since their activation at Sedalia Army Airfield in 1943 (aka. Whiteman AFB today!). From their move to Europe and direct engagement in the 1944 D-Day into Normandy, they've earned many battle streamers. Their illustrious combat record continues today as they remain engaged in combat operations in Iraq after having been deployed to Afghanistan last year. **HAPPY 60TH ANNIVERSARY TO THE 442ND FW!**

Let's remember, they continue to carry the torch of freedom and have been doing this for 60 years. I particularly want to say thank you and congratulations to their wing commander, Col. Roger Disrud, for his unwavering support of Team Whiteman and upon his retirement in the coming month. Fly safe, "Cub!"

**NUCLEAR SURETY AND SAFETY ARE SECURITY FOR OUR NATION.** In December, the Air Combat Command Inspector General returns for our annual

nuclear surety inspection. They'll evaluate many areas of our nuclear program, but none more important than your personal reliability program.

Simply asked, "Are you competent, qualified and capable of performing your mission?"

This is a kind reminder proves that you are very important to the process; it's your responsibility to the PRP to identify any deficiency that may affect your performance in our nuclear mission. It's serious business and one we want to prove to the IG that we're ready 24/7/365 ... not just for the next inspection!

**LABOR DAY BRINGS SUMMER'S END ... NOT SAFETY'S!** Are you ready for the next seasonal change? This Labor Day weekend we bring closure to our summer season ... not necessarily the weather, but rather the time when schools are out and we take our long-awaited vacations. I know this is the last chance to grab for the "gusto" of a final summer party. Might I suggest a couple things?

First, buckle up! Unfortunately, we have a trend that shows people are not taking their seatbelts seriously. They are your last chance of survival if something goes wrong. Besides, seatbelts are required by law — put them on.

Second, take the time to rest before you "scoot" away in the car. We can't afford a tragic impact with a highway sign that was intended to point the way if you were awake to read it.

Finally, remember how important you are

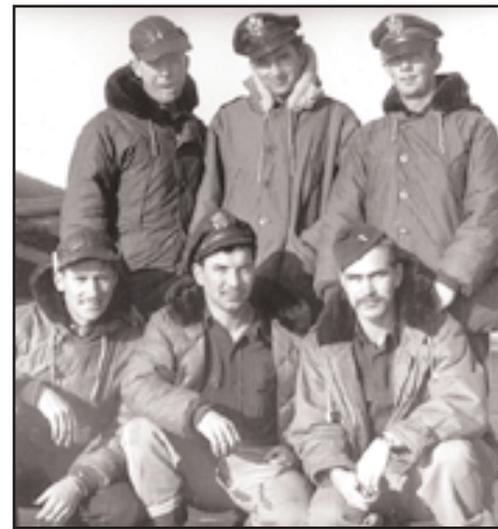


Photo courtesy of George Wirtanen

From top left: John Irby, Norman Moss and Delwin Croom, from bottom left: Phil Andrews, John Sossamen and George Wirtanen, 442nd Troop Carrier Group members, pose for a flightline photo before a mission during World War II. Andrews is returning to Whiteman along with other members of the 442nd TCG for their 60th anniversary reunion on Sept. 5 and 6.

to your family, friends and fellow airmen. Your personal safety doesn't end this Labor Day weekend. If anything, safety is just beginning as the summer comes to a close.

## Gen. Hornburg stresses safety

By Gen. Hal Hornburg

Air Combat Command Commander

I want to thank each of you for your hard work and dedication in providing support to the Global War on Terrorism during the past months. Long duty hours and deployments require the best from all of us, and our people have proven they are up to the task.

As the end of summer nears, Labor Day weekend offers an opportunity to spend some well-deserved time with our families. We want everyone to enjoy the time off, but it's important to remind ourselves of the statistical risks associated with Labor Day.

Historically, Labor Day weekend has been one of the most dangerous holidays for Air Force people. It is a time when many families will take to the highways to get in one last summer activity. Have a good plan, ensure you have adequate rest, wear your seatbelt, and don't drink and drive! Our goal this holiday weekend is zero mishaps.

Our nation is counting on us to help win the Global War on Terrorism — we can't afford to lose anyone. We must all remember, as airmen, our standards of conduct apply 24/7. Operational Risk Management and Personal Risk Management should be a part of all our activities. Every ACC member is important, and we need to do everything we can to ensure we return safely after the holiday, refreshed and ready to continue the fight!

## Volunteers see heroes in mirror

By Maj. Timothy Dennison

509th Maintenance Operation Squadron Commander

This has been a summer of super heroes. They're on the silver screen and in the sports pages.

But, where are all the real-life heroes? Let me tell you about mine.

Bob Hope was an ordinary guy who did something with his God-given talent. Hope, an immigrant who never lost his love, respect or appreciation for this country, was more than a movie star, he was a volunteer. He selflessly gave his time and talent to those who ensured his freedom.

He entertained thousands of troops around the world during war and peace. He touched and perhaps changed thousands of lives, bringing smiles to many and hope to all. He did all of this, expecting nothing in return except the satisfaction of helping somebody in need.

What does it take to be a hero like Mr. Hope? It takes a simple act of volunteering. You don't have to fly through the air, leap tall buildings or swing from spider webs. I'm not going to require you to dominate the Tour de France or NASCAR. Just step forward, like Mr. Hope did, and make a difference, big or small, it all helps.

There are many opportunities in our lives to help others. Some require a lot of effort and may take a long time to see the effect of your effort. Others might need little effort and show immediate, positive change. You can volunteer as a Big Brother or Sister, or in the local hospital and hospice care center. You could volunteer to rake your elderly neighbor's yard and help paint that tired fence in the back for them.

You might want to focus closer to home. Help your squadron. Get involved with the squadron's projects. Not only will you feel more connected with the rest of the squadron, the squadron is better because of you. You get the



Photo by Senior Airman Shawn Clements

**Airman 1st Class Tracy Woods answers a call while volunteering for Airmen Against Drunk Driving. Woods is a member of the 509th Maintenance Operations Squadron.**

satisfaction of knowing you're making a difference while your squadron benefits from the teamwork. Fundraising, picnics, sports, Toys-for-Tots or highway cleanup, every action you take has positive effect in your work center and the squadron.

The next time you're looking for a hero, don't be surprised if that elderly lady sitting next to you on the airplane or the teenage boy who rides his bike to school everyday are real heroes ... they're volunteers. If you're willing to step up to the challenge by volunteering, all you need to do to find a hero is look in the mirror and you'll see a one!

## 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 Nick Martin  
Staff writer ..... Airman 1st Class Joe Lacdan

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 Depart-



ment 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 pur-

chaser, 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

# Our brother's keeper : Letting your buddy drive drunk could land you in prison



Photo by Airman 1st Class Nick Martin

**Airman 1st Class Christina Blache, 509th Communications Squadron, reviews the Airmen Against Drunk Driving roster. Blache schedules drivers and dispatchers for the AADD team.**

**By Lt. Col. Ronald Gregory**  
509th Bomb Wing Staff Judge Advocate

Are you your brother's keeper? In some cases the criminal law says, "yes."

Courts have convicted service members for involuntary manslaughter and negligent homicide where they knowingly allow an intoxicated person to drive a car if the driver dies or others are killed as a result of drunk driving.

In *United States vs. Brown*, the Court of Appeals for the Armed Forces upheld a conviction for involuntary manslaughter, where the accused allowed a fellow soldier to drive his car after seeing the soldier drink alcohol at a party. The facts are an all-too-common scenario.

Brown attended a party at the home of another soldier. He saw his friend, Spc. Darrell Robinson, drink two half-liter beers in a two-hour period, and had no idea how much Robinson had to drink before Brown arrived at the party. Robinson asked Brown if he could borrow his car, and Brown gave him his keys. After leaving the party, Robinson lost control of the car and struck two boys on mopeds. One was killed and the other seriously injured. Robinson had a blood alcohol content of 1.62.

At the trial, Brown admitted a reasonable person would have recognized Robinson appeared drunk when he gave him the keys, and that serious injury or death are foreseen

consequences of letting a drunk person drive a car. The court found Brown guilty and sentenced him to prison for two years, loss of all pay and allowances and a bad conduct discharge. In the majority decision, the judge noted Brown hadn't even asked how much alcohol Robinson drank before turning over the keys to what became, in his words, a "chariot of death."

In a similar case, Chief Judge Sullivan wrote the majority decision in *United States vs. Martinez*. The court upheld a conviction for negligent homicide by letting a fellow service member drive drunk. In that opinion, the judge summarized the duty we have to one another as fellow service members:

*The Bible (Genesis 4:9) asks the question, "Am I my brother's keeper?" In my personal view, within the confines of this case, this question is to be answered in the affirmative. There are instances in military life where the high standards set for membership in the profession of arms require that Armed Forces members not only take care of themselves, but also their fellow warriors. I think these standards are major factors in the high regard that America's Armed Forces enjoy in the world today.*

The criminal law acts when people fail to follow accepted standards. As members of the most powerful and respected armed force in history, we are and must be our brother's keeper.

## FITNESS, continued from Page 1

the new program focuses on the health of our airmen. "I think that's what wellness is all about. By linking weight management and fitness we can get a more global look at how healthy an individual is."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how

much body fat a person has, Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test.

Muscular fitness will be determined by push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to age and gender.

While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.

"If you're not doing anything now and have concerns, see your doctor first," she said. "Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week. Muscular fitness and flexibility also need to be part of a balanced fitness program."

The Health And Wellness Center is working with squadron physical training leaders to help design aerobic and strength training programs, Hawk said. "By allowing the troops time to take care of themselves, they in turn will have increased energy and this ultimately relates to better productivity."



Photo by Airman 1st Class Nick Martin

## Special delivery

**Master Sgt. Rich Jewell, 509th Maintenance Group, verifies technical data regarding the new Enhanced Guided Bomb Unit-28. The inert 5,000-pound bomb was loaded into a B-2 to test the interface between the weapon and the aircraft. The interface is tested for connectivity and to ensure the weapon will be reliable after the weapon is uploaded. The test is part of the post-load validation process. The validation process is also an efficient and practical way to give weapons crews a chance to familiarize themselves with the weapon. The next step of the validation process, is scheduled to take place in September. The EGBU-28, a global positioning system weapon, will replace the GBU-37, a laser-guided weapon.**

## Centennial of flight



**August 1918 — The U.S. Army transfers responsibility for airmail delivery to the Post Office Department. The POD launches the first regular air mail service between College Park, Md., and Chicago.**

## Sortie board



### Monthly

	B-2	A-10	T-38
Goal	630.0	320.0	404.6
Flown	526.4	408.7	362.6

### Fiscal year

	B-2	A-10	T-38
Goal	6,050.0	5,445.0	4,200.0
Flown	5,525.8	4,920.0	3,873.4

Information current as of Wednesday

This space is reserved for advertisements

## Wing honors 64 promotees

The 509th Bomb Wing recognizes 64 people at the promotion ceremony 8 a.m. Tuesday at Mission's End. They are:

**Airmen Nicholas Dvorak**, 509th Civil Engineer Squadron, **Tucker Landerman**, 509th CES, **David Newman**, 509th Logistics Readiness Squadron, **Scott Stevens**, 509th Aircraft Maintenance Squadron, and **David Wooten**, 509th LRS.

**Airmen 1st Class Sheridan Click**, 509th CES, **Joseph Jackson**, 393rd Bomb Squadron, **Ivan Morales**, 509th Comptroller Squadron, **Gregory Sturgis**, 509th Security Forces Squadron, **Dechen Wangmo**, 509th Communications Squadron, **Robert Wilson**, 509th SFS, **Kirsten Wilthew**, 509th Operations Support Squadron, **James Wright**, 509th CES, and **Johnny Yamada**, 509th CES.

**Senior Airmen Thomas Atcheson**, 509th Maintenance Squadron, **Aaron Baldwin**, 509th MXS, **Narcisa Boddie**, 509th OSS, **Jason Brown**, 509th CES, **Ryan Burke**, 509th SFS, **Jason Carter**, 509th CS, **James Casselman**, 509th AMXS, **Logan Clark**, 509th CES, **Bradley Coombs**, 509th Munitions Squadron, **Marcus Equevilley**, 509th SFS, **David Esquivel**, 509th MXS, **Nicholas Fonzo**, 509th MXS, **Donald Frazier**, 509th AMXS, **Rebecca Geiger**, 509th Services Squadron, **David Hamilton**, 509th

SFS, **James Horr**, 509th Mission Support Squadron, **Trisha King**, 509th OSS, **Tze Lai**, 509th SVS, **Wesley McCord**, 509th CES, **Daniel Minor**, 509th AMXS, **Philip Mize**, 509th AMXS, **Gregory Moris**, 394th Combat Training Squadron, **Jorge Negron**, 509th AMXS, **Amelia Nienhaus**, 509th SFS, **David Parks**, 509th AMXS, **Desiree Penn**, 509th CES, **Travis Smith**, 509th Medical Support Squadron, **Joshua Spears**, 509th SFS, **William Toler**, 509th AMXS, **Joshua Varga**, 509th AMXS, **William Waidner**, 509th SFS, and **Eric Windsor**, 509th AMXS.

**Staff Sgts. Scotty Burmeister**, 509th LRS, **Dominic Burt**, 509th SFS, **Kayce Cummins**, 509th OSS, **Nicolas Gomez**, 509th SFS, **Joseph Gould**, 509th AMXS, **Kevin Hemme**, 509th SFS, **Terence Horn**, 509th OSS, **Antwain Mallory**, 509th MXS, **James Moore**, 509th Contracting Squadron, **Rudolph Skultety**, 509th LRS, and **Derrick Vinson**, 509th CES.

**Tech. Sgts. Benjamin Anderson**, 509th AMXS, and **Debra Brinzow**, 509th MXS.

**Master Sgts. Arthur Chesley**, 509th MUNS, **Gregg Gangemella**, 509th AMXS, **David Schnorenberg**, 509th OSS, **Allen Sedwick**, 509th Medical Operations Squadron, and **Blaise Vallejo**, 509th MUNS.



Courtesy photo

### Ready for next challenge

Congratulations to NCO Professional Development Course graduates: **Staff Sgts. David Wiss**, 393rd Bomb Squadron, **Craig Okan**, 393rd BS, **Joseph Clark**, 509th Aircraft Maintenance Squadron, **Kenneth Kahrs**, 509th AMXS, **Dwayne Bolles**, 509th AMXS, **Boyce Berry**, 509th AMXS, **Crystal Norton**, 509th Civil Engineer Squadron, **Melanie Boothe**, 509th Comptroller Squadron, **Shawna Brabandt**, 509th Logistics Readiness Squadron, **Brian McDermott**, 509th Maintenance Operations Squadron, **Jeffrey Raley**, 509th Bomb Wing, **Brian Coffel**, 509th Medical Operations Squadron, **Jeffrey Heying**, 509th Maintenance Squadron, **Jeffrey Grimes**, 509th Munitions Squadron, **Philip Freeman**, 509th MUNS, **Danielle Gresser**, 509th Operations Support Squadron, **Marty Johnson**, 509th LRS, **Andrew Chocha**, 509th AMXS, and **Kellie Duffendack**, 509th MUNS.

## Whiteman Spirit Award



### Maj. Charlene Reith

509th Medical Support Squadron

Maj. Charlene Reith, 509th Medical Support Squadron, received the Whiteman Spirit Award from Col. Doug Raaberg, 509th Bomb Wing commander, Wednesday.

Staff Sgt. Ashley Motley, 509th Medical Operations Squadron Ambulance Services, nominated Reith for the award. Motley said the major often stays late to ensure pharmacy customers receive their medications.

"Major Reith has put a smile on so many patients' faces that it makes me proud to have her on our team," Motley said. "She's a hard charger and always willing to go the extra mile for our patients."

Motley said the extra time Reith takes shows true customer service. "Her compassion is unsurpassed and her loyalty to the mission is golden," Motley said.

### Personally Speaking

**Time on station:** 1 year

**Time in service:** 10 years, 6 months

**Hometown:** Fulda, Minn.

**Hobbies:** Reading, movies and crafts.

**Goals:** Make this the best pharmacy in the Air Force from a customer's point of view.

**Best thing about Whiteman:** It has a fantastic family-based attitude.

**Pet Peeves:** When people don't take responsibility for their actions.

**What motivates your winning spirit?** A crew that goes above and beyond everyday.

**If you could change one thing at Whiteman, what would it be?** Nothing.

## Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed with the superior customer service provided by the nominee.

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](mailto:whiteman.spirit@Whiteman.af.mil).

# This space is reserved for advertisements



Photo by Airman 1st Class Nick Martin

### Pump it up

Harry Hayes, heat plant technician, checks the circuitry in the control box for a sump pump near the base exchange parking lot. The red light on top of the control box is activated when the water level in a sub-pump well rises above a subterranean trigger.



Photo by Airman 1st Class Nick Martin

### Street straighteners

Staff Sgt. Steve Johnson sweeps as and Airman 1st Class T. J. Feildhacker uses a plate tamper to smooth a new asphalt patch in the road. The 509th Civil Engineer Squadron "Dirt Boyz," build, repair and maintain the Whiteman grounds, roads and flightline.

**This space is reserved for advertisements**



## Civilian Employee of the Week

Tember Young was nominated for this award by Master Sgt. Mark Simoneau, 509th Communications Squadron. Young is an office automation clerk assigned to the 509th CS commander's support staff. She's responsible for personnel and administrative support for 172 military members and 14 civilians. She revamped the squadron's ergonomics program, which increased the "percent current" status from 68 percent in June to 90 percent in August. "Tember has greatly increased mission effectiveness within the squadron by increasing enlisted performance review and decoration tracking stats from less than 50 percent to an astounding 100 percent accuracy," Simoneau said. "She has gone well beyond the call of duty on many occasions to include filling in as CS secretary and by training as a squadron fitness assessment monitor." Besides that, Young is a full-time student and maintains a 4.0 grade point average.

## Civilian benefits

Rochelle Cooper, 509th Logistics Readiness Squadron Traffic Management Office customer service representative, reads the BEST Newsletter online. The Benefits and Entitlement Service Team provides benefits, entitlement enrollments and advisory services for Air Force civilian employees. Employees can determine if they receive full or limited services by logging onto <http://www.afpc.randolph.af.mil/dpc/best/menu.htm> and click on "Full versus Limited Servicing," or call 800-997-BEST (2378).



Photo by Staff Sgt. Francesca Popp

# This space is reserved for advertisements

# 1st Sergeant's View

*(Editor's note: The 1st Sergeant's View gives Whiteman first sergeants a chance to remind people of correct uniform wear, customs and courtesies, and proper military decorum. Each week, a different first sergeant will share their view.)*

## Master Sgt. James Delap

509th Maintenance Operations Squadron First Sergeant

Do you ever complain about the way the city, county, state or federal government is run? Have you ever said to yourself, "My vote won't make a difference anyway?" Are you registered to vote? When was the last time you voted?

If you answered "Yes" to the first question, I really hope you answered "Yes" to being registered to vote and exercise your right to vote.

Voting is a right and a privilege everyone should take advantage of. You shouldn't complain about the result of a process if you're not part of it.

Every vote makes a difference. We've seen in the past where a single vote determined the winner of an election. That's one thing that makes this country great: each voice carries equal weight. It doesn't matter if you're rich, poor, male, female or what ethnic background you have, everyone has one vote no more no less.

Now to the registration issue.

For the 2004 election, the Department of Defense, along with several states and counties, will participate in SERVE — Secure Electronic Registration and Voting Experiment — an Internet registration and voting demonstration.

This Federal Voting Assistance Program initiative:

- ✓ Allows thousands of absentee military members, their dependents and overseas U.S. citizens to register to vote and cast ballots from any Windows-based computer with Internet access from anywhere in the world.
- ✓ Ensures the integrity of the electoral process is maintained.
- ✓ Is available in Arkansas, Florida, Hawaii, Minnesota, North Carolina, Ohio, Pennsylvania, South Carolina, Utah and Washington.
- ✓ Is the latest in a series of technological initiatives improving access to the polls for military members and Americans who live overseas.

County election officials will use the SERVE system to receive voter registration applications, provide ballots to voters and accept ballots.

I hope your answer to the last question was, "I vote every time." Remember, you have a voice in this country but the only way it can be heard is to vote.

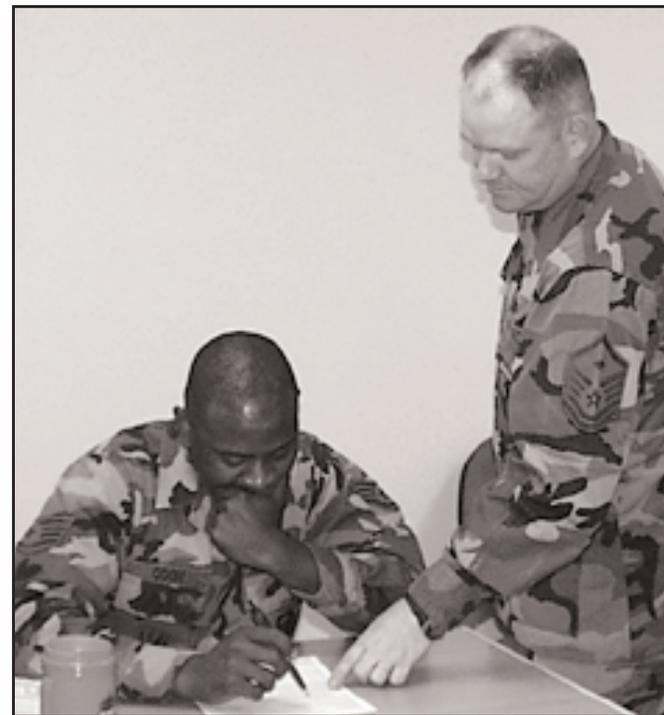


Photo by Senior Airman Shawn Clements

**Staff Sgt. Dione Odom and Master Sgt. James Delap, 509th Maintenance Operations Squadron first sergeant, review a voter registration form. Odom is a member of the 509th MOS.**

## This space is reserved for advertisements

# This space is reserved for advertisements



Wasp



Mud dauber

Photo by Airman 1st Class Nick Martin

## Wasps up?

Tech. Sgt. Darrel Morton, 509th Civil Engineer Squadron Pest Control Office, checks for a wasp's nest in the eaves of a house. Morton said people commonly mistake mud daubers for wasps. Mud daubers are non aggressive and virtually harmless. Wasps are aggressive and will sting if threatened. Members of the 509th CES Pest Control Office remove and spray for household pests and bugs, and weeds on the flight line. As part of their self-help program, they offer free bug and wasp sprays to base residents. The 509th CES Pest Control Office is located in Bldg. 186.



Photo by Airman 1st Class Nick Martin

## Help yourself

Samantha Coffel, self-help store clerk, signs out a closet organizer to April Martin, wife of Airman 1st Class Nick Martin, 509th Bomb Wing. Base housing residents can check out and use water filters, bicycle racks and fencing. Yard equipment is also loaned free to base housing residents. The self-help store is open weekdays 11 a.m. to 6 p.m.



Courtesy Photo

Joshua Bartholomew, 17, and Alyse Dannenberg, 17, "fly" flight simulators during their trip to the Advanced Space Academy. The space camp is held at the U.S. Space & Rocket Center in Huntsville, Ala.

## Two Whiteman youth earn trip to Advanced Space Academy

By Airman 1st Class Nick Martin  
Public Affairs

Two Whiteman youth recently participated in a weeklong space camp at the Advanced Space Academy at the U.S. Space & Rocket Center in Huntsville, Ala.

"Joshua Bartholomew and Alyse Dannenberg were great representatives for Whiteman and the Air Force at the Advanced Space Academy. They demonstrated appropriate behavior, took initiative and leadership roles and showed strong support for their team members," said Karen Rudolph, Air Force Services Agency Family Members Program Branch youth specialist. "They were enthusiastic and terrific students!"

Bartholomew and Dannenberg applied to the weeklong event and were awarded two of the 18 scholarships given to people in their age group.

Applicants were scored on extracurricular activities, awards, community service, an interview and two letters of recommendation.

"The entire week was a great success," said Rudolph.

The students attended history of space flight, orbiter systems, rocketry, micro-gravity science and solar physics classes.

Hands-on experience was also used as a training tool. The students received 1/6 gravity force chair training to simulate walking on the moon, flight simulators, scuba diving, rocket construction and launch, and performed multi-axis training.

The goal of the classes and training was to build the students into a team. The team had to complete a six-hour mission at the end of the week.

"Space camp was a great experience and it was done very well. I recommend it to anyone wanting to go into the space program, engineering or scientific research," said Joshua, son of Maj. Bruce and Christina Bartholomew, 509th Logistics Readiness Squadron.

Alyse's parents are Master Sgt. Eric and Alicia Dannenburg, 509th Civil Engineer Squadron.

The academy instructs up to 1,000 students per week. There were 345 slots available for this scholarship event.

The next program is scheduled to take place during July-August 2004.



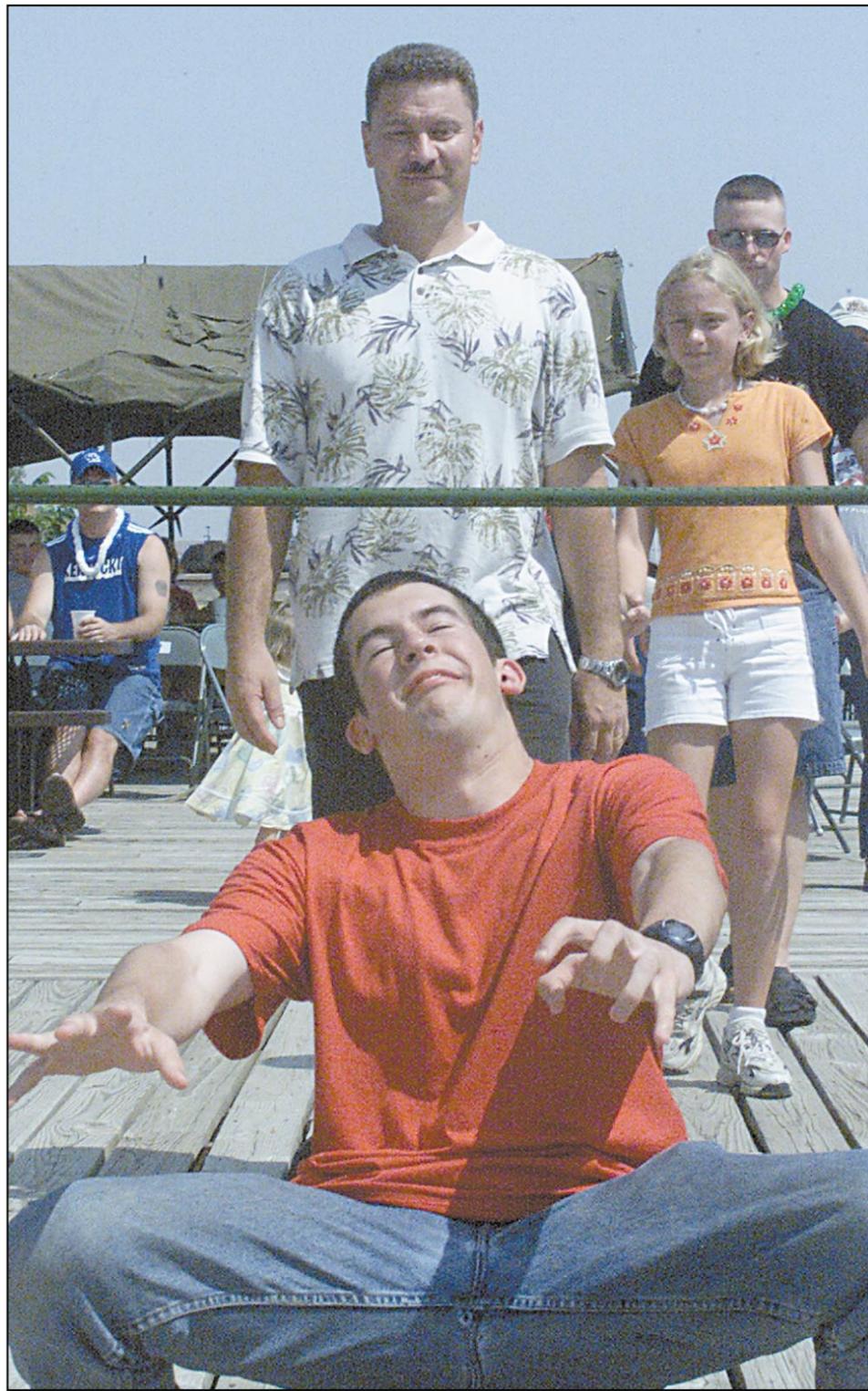
Photo by Senior Airman Kenny Kennemer

## Ragin' raptor

NELLIS AIR FORCE BASE, Nev. (AFPN) — Lt. Col. Jeffrey Harrigian lifts off here during his first flight in an F/A-22 Raptor. He commands the 43rd Fighter Squadron at Tyndall Air Force Base, Fla. The 43rd FS will be the Air Force's first F/A-22 squadron. As the Raptor continues operational tests and evaluations in Nevada, officials plan to train a cadre of pilots from Tyndall to be the initial flight instructors.

# This space is reserved for advertisements

# Aloha! Whiteman treated to day of culture, fun at luau



Airman Jason Hastings, 72nd Test and Evaluation Squadron, stays on his feet during the limbo contest, one of several contests held during the Enlisted Luau Aug. 22. More than \$4,600 worth of prizes were given to the contest winners, including a 20-inch flat-screen TV, a stereo system, a Kansas City Chiefs jacket and a surround-sound system. Also pictured are Staff Sgt. James Keeter, 509th Mission Support Squadron, and his daughter, Chelsea.



Tech. Sgt. Karin Clark, 509th Maintenance Squadron, serves beans to Airman 1st Class Seth Tickle, 509th MXS. More than \$2,480 of ham, pork, beans, coleslaw, rolls and beverages were served. More than 1,000 people attended the event, which was organized by the Whiteman Top 3.



Zella Baclayon performs a traditional Hawaiian dance. Zella and her husband, Airman 1st Class Keola Baclayon, are natives of Hawaii. During the luau, attendants were treated to a series of Hawaiian dance performances from the Baclayons. The yearly luau is intended to boost morale. Keola is a member of the 509th Aircraft Maintenance Squadron.

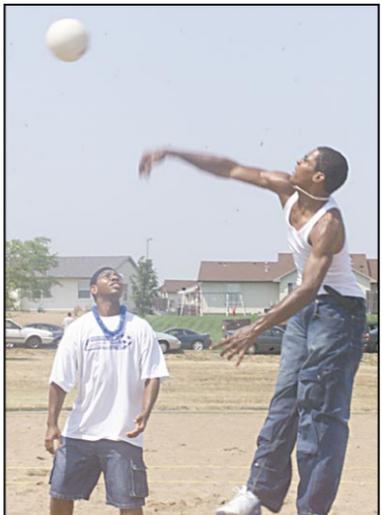


Photos by Airman 1st Class Joe Lacdan

Senior Master Sgt. Teresa Wolfenden, 509th Mission Support Squadron, measures the "guns" of Katie Goeke. Goeke entered the "smallest guns" contest. Katie's father is Tech. Sgt. Bob Goeke, 509th Contracting Squadron. There were also contests for best tattoo and hairiest back for males, and prizes were awarded for each participant. Judges Tech. Sgt. Deb Jackson, 509th Bomb Wing, and Staff Sgt. Jesse Crose, 509th Maintenance Squadron, look on.



Master Sgt. Steve Poole, 509th Munitions Squadron and Top 3 vice president, serves a beverage to Staff Sgt. Mike Gilkeson, 509th Mission Support Squadron. More than 1,000 people attended the yearly event at Skelton Park.



Airman 1st Class James Muskelly, 509th Munitions Squadron, spikes a volleyball. Squadron members played volleyball and horseshoes.

## What's happening

### Education

For more details, visit <https://wwwmil.whiteman.af.mil/509mss/educ/homepage.htm> or call 687-5760.

#### CLEP testing available as alternative

If attending classes conflicts with work schedules, temporary duty assignments and deployments, the Community College of the Air Force accepts up to 30 hours of College-Level Examination Program testing toward the 64 required for the associate of applied science degree program. The base training and education services center has study guides to help prepare for these tests. Call for more details or to have your academic records reviewed by a counselor.

### Community

#### WT2 meeting set

A Whiteman Tier 2 meeting begins at 3 p.m. Wednesday at Mission's End. The speaker is Lt. Col. Michael Wardell, 509th Bomb Wing Inspector General.

#### Sunday school class

Sunday school classes begin Sept. 7 at the chapel. Registration begins today. For more details, call 687-3652.

#### ALS sets class 03-G events

- ✓ The airman leadership school class 03-G retreat ceremony begins at 4 p.m. Sept. 12 at the flagpole at Bldg. 509. Participants must be in place by 3:45 p.m.
- ✓ Reveille begins at 7:30 a.m. Sept. 18 at the ALS drill pad. Arrival time is 7:25 a.m.

#### CPF announces new hours

The civilian personnel office is closed 7:30-9 a.m. Thursdays for staff training. For more details, call 687-6475.

#### Handbell choir members needed

The handbell choir meets 6:30-8 p.m. Thursdays. The choir is comprised of high school students and adults. The home school bell choir's first meeting begins at 12:45 p.m. Sept. 9 for children in third grade and above. For more details, call Kathy Paganoni at 563-3684.

### Family Support

Call 687-7132 for details on these events or other family support center activities. Events take place at the FSC.

#### Food items needed

The food pantry is low on spaghetti sauce, canned meats, boxed meals and boxed potato side dishes. Drop items off in the food bin at the commissary or at the family support center.

#### TAP program available

A three-day transition assistance program for people separating or retiring from the military begins at 8 a.m. Tuesday. Attendees will learn basic resume writing skills, interviewing skills, salary negotiation and receive information on education and Veterans Administration benefits.

#### Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend.



Photo by Airman 1st Class Joe Lacdan

### Hold still

Tony Cox, blood technician from the Community Blood Center in Kansas City, Mo., talks to Senior Airman Yamilet Kerezsi, 509th Communications Squadron. Kerezsi donated at a blood drive held Aug. 21-22 at the community center. Whiteman members donated 45 pints of blood.

# This space is reserved for advertisements



Photo by Airman 1st Class Joe Lacdan

## Football frenzy

Shirley Burse helps Capt. Pete Soto, 509th Maintenance Operations Squadron, choose seats for the Kansas City Chiefs vs. Cleveland Browns game at Arrowhead Stadium in Kansas City, Mo. The annual Chiefs' ticket draft lottery took place Aug. 19 at Mission's End. There were 147 active duty, Reserve, Guard and retired military members who signed up for the event. K.C. Wolf, the Chiefs' mascot, also was on hand. The Chiefs' game against the Oakland Raiders was the only game to sell out that day.

# This space is reserved for advertisements

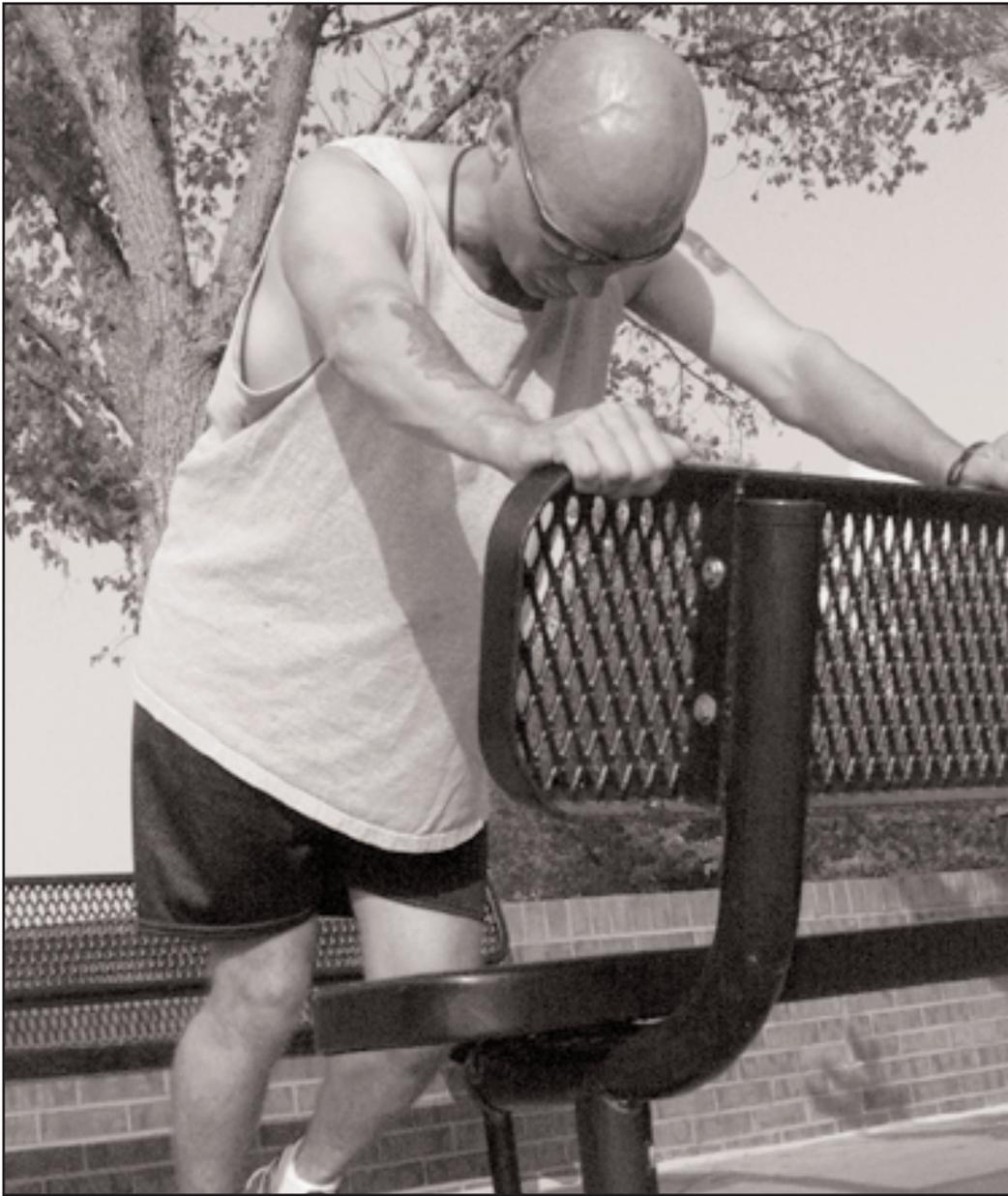


Photo by Airman 1st Class Joe Lacdan

**Teddy Grievebiester, 509th Security Forces Squadron, warms up before a run.**

## AF Marathon approaches

By Brett Turner

Aeronautical Systems Center Public Affairs

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN)** — With the Sept. 5 registration deadline approaching for the seventh annual Air Force Marathon, more than 1,800 people have registered to compete. The event takes place here Sept. 20.

Kerry Kellner, 509th Medical Operations Squadron, Teddy Grievebiester, 509th Security Forces Squadron, Dana Phillips, 509th Aircraft Maintenance Squadron, and Brian Banach, 509th Aircraft Maintenance Squadron, are some of the Whiteman members competing in the event.

Phillips, who competed in the women's race last year, said she looks forward to the chance to set a new personal best.

Phillips finished the race in 5 hours, 29 minutes, and 36.4 seconds to place 224th among 329 runners in the 2002 marathon.

Last year a squad of 393rd Bomb Squadron members placed 19th among 340 relay teams.

"The best thing about the Air Force Marathon is it's the most well organized running event I've ever been to," Phillips said. "It's an opportunity to set and achieve your own goals, and push yourself beyond what you think you can do."

Grievebiester will run in the men's race, and Kellner will participate in the half-marathon.

Marathon officials said 1,832 people had registered to participate as of Aug. 12, including 1,758 in the 26.2-mile marathon, the four-person relay race and the wheelchair race.

“It's an opportunity to set and achieve your own goals and push yourself beyond what you think you can do.”

Dana Phillips

509th Aircraft Maintenance Squadron

Two new races were added this year — a 5k (3.1-mile) race, and a 13.1-mile half-marathon. The figure for the total number of competitors puts it ahead of numbers registered at this time last year.

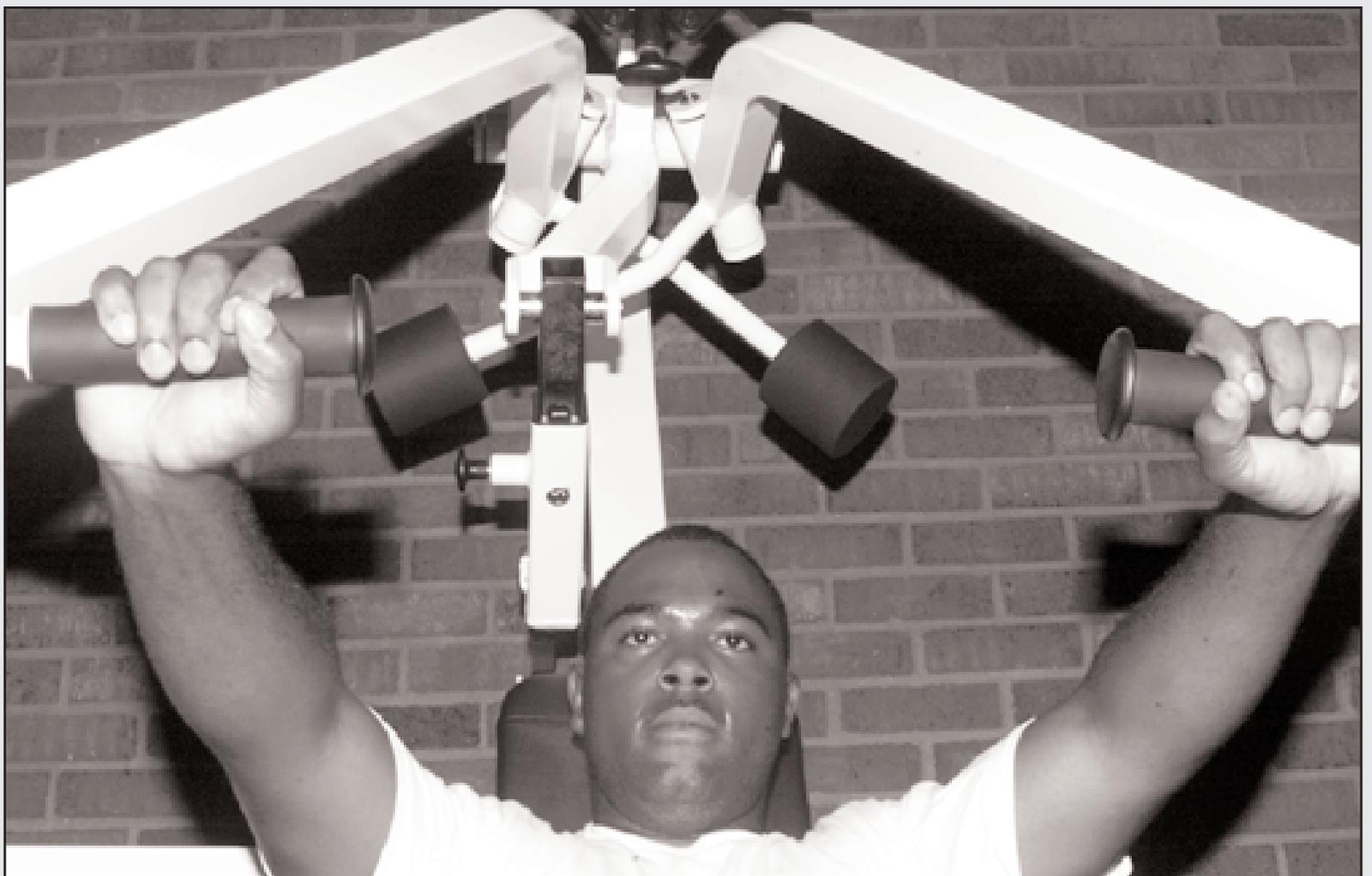
The four-person relay race has reached its maximum number of teams and is closed. However, all other events remain open.

Entries must be postmarked or handed in to the marathon office by Sept. 5.

The registration fee is \$50 for the 26.2-mile and wheelchair races, \$35 for the half-marathon and \$15 for the 5k race. Registered runners will receive a T-shirt and patch, and finishers will receive a medallion.

Register online at <http://afmarathon.wpafb.af.mil>, or mail registration fees to: USAF Marathon, 88 MSG/SBVC, 5215 Thurlow St., Wright-Patterson AFB, OH 45433.

For more information, call 800-467-1823, 937-257-4350 or DSN 787-4350. (Airman 1st Class Joe Lacdan, 509th Bomb Wing Public Affairs, contributed to this report.)



### Pushin'

Jermain Collins, 509th Operations Support Squadron, uses a weight machine. The fitness center hours are 4:30 a.m.-11:30 p.m. Mondays through Thursdays, 4:30 a.m.-10:30 p.m. Fridays, and 9 a.m.-9 p.m. Saturdays, Sundays, holidays and Spirit Days.

Photo by Airman 1st Class Joe Lacdan



Services Page editor.....Andrea Bradley  
509th Services Squadron.....687-3594

\*No federal endorsement of mentioned sponsors intended.

## Outdoor Recreation 687-5565

### Boater safety course

Receive certification to rent a boat at outdoor recreation 11 a.m.-1 p.m. Wednesday. The free class is required to operate boats from outdoor recreation.

### Base pool closes for year

Base pool holiday hours are noon-6 p.m. Monday. The pool closes for the season at 6 p.m.

### Katy Trail bike ride

Ride the Katy Trail from McKittrick, Mo., to Augusta, Mo., 8 a.m.-7 p.m. Sept. 6. The cost is \$7 and a free bike rental is provided if needed. Sign up by Wednesday.

## Child Development Center 687-5588

### Day care openings available

The child development center has full-time openings for 3- to 5-year-olds. Call for more details.

### Part-day preschool

The part-day preschool program has openings Tuesdays and Thursdays in the morning and afternoon for 3- to 5-year olds.

## Community Center 687-5617

### Salsa dancing

Learn to salsa dance free 7-8 p.m. today. No partner is needed. Call for more details.

### Pool tournament

Airmen can participate in a pool tournament at 7 p.m. today. The cost is \$5 a player.

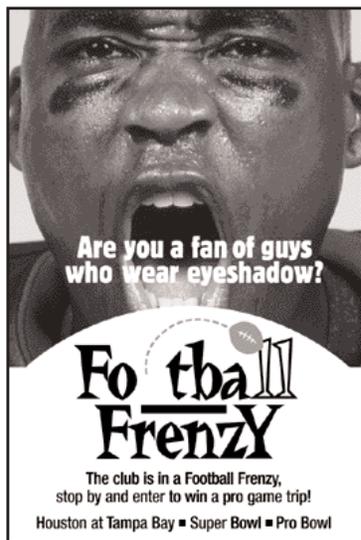
## Mission's End 687-4422

### College football

Watch college football 11 a.m.-6 p.m. beginning Sept. 6 at Mission's End.

### NFL Sunday ticket

Join us to watch your favorite NFL teams on four 42-inch plasma TVs. at 11 a.m. Sept. 7.



## Fall craft bizarre

The fall craft bizarre takes place 9 a.m.-4 p.m. Sept. 20. Vendors can reserve space now. The vendor fee is \$10.

## August sale

Receive 10 percent off in-stock moulding and mats in the frame shop.

## Call to crafters

Crafters can earn extra income by selling handmade arts and crafts. Sign up by Sept. 16 to sell crafts on consignment through skills development.

## September stained glass sale

Receive 25 percent off in-stock stained glass through Sept. 30.

## Skills Development Center 687-5691

### Sewing skills class

Learn the basics of sewing 6-8 p.m. Thursday. Students need to bring fabric, patterns, machine and notions to sew. Sign up by noon Wednesday. The cost is \$27.50.

## Youth Center 687-5586

### C.A.A.P.

Fourth through seventh graders can participate in a children's activity program 3-5 p.m. weekdays during the school year. The daily cost is \$2 for members and \$3 for nonmembers. Registration begins Sept. 8.

### Pioneer days

Kindergartners through fourth graders can take a trip back in time, and experience games and activities from the pioneer days 6:30-9:30 p.m. Sept. 5. Carve soap, make a yarn doll, paint with potatoes, enjoy sack races, three-legged races, wheelbarrow races and more. The cost is \$5 for members and \$6.50 for nonmembers. Sign up begins Monday.

### Pre-teen scene hangout

Fifth through seventh graders can play games and hang out with friends 6-9 p.m. Sept. 6. The cost is \$2 for members and \$3 for nonmembers. Sign up begins Monday.

## Family Child Care 687-5590/1180

### Base residents

Quality child care for military families is an important concern. The Air Force has updated its guidelines in Air Force Instruction 34-276, Family Child Care Programs, requiring anyone providing in-home child care for 10 hours or more a week on a regular basis be licensed. If you're currently unlicensed, you must cease care and apply for a family child care license. Call for more details.

## Tickets & Travel 687-5643

### Special Tickets & Travel hours

Tickets & Travel is open 10 a.m.-6 p.m. today.

### Kansas City Renaissance Festival

Tickets & Travel offers tickets to the Kansas City Renaissance Festival. The festival is open 10 a.m.-7 p.m. weekends and holidays beginning Saturday and ends Oct. 13. Ticket prices are \$12 for adults, \$5 for children ages 5-12 and children five years and younger are free.

## Teen Center



## Women's intramural champions

The 509th Security Forces Squadron women's softball team is the 2003 league champion. Fowler's Family Autos\* sponsored the league this season.

687-5819

## TeenSupreme Keystone Club

The Keystone Club meets 7-8 p.m. Sept. 8. This free leadership Club offers help to others through community service. For more information, stop by the teen center during normal operating hours or call.

## Stars & Strikes 687-5114

### DUI free squadron party

Squadrons can bowl for free for having zero DUI offenses during the quarter. Rental shoes are \$1 per pair. Bring money for food and drinks. Parties begin at 1 p.m. weekdays. Commanders or first sergeants can schedule parties by calling 687-5114.

### Breakfast

Stars & Strikes is open for breakfast 7-9:30 a.m. weekdays starting Tuesday. Breakfast is served 8:30 -9:30 a.m. Saturdays. There will be weekly drawings for a free breakfast.

## Fitness Center 687-5496

### Enduring Freedom run

Runners and walkers can participate in a free 5k run at 7 a.m. Sept. 11. Squadrons interested in forming an 11-member squad should call the fitness center.

### Aerobics instructor needed

Aerobics instructors are needed. Call for more details.

## Whiteman Base Theater

**Friday**  
**Bad Boys II** 7 p.m. R  
Starring — Martin Lawrence & Will Smith  
Miami police detectives Marcus Burnett and Mike Lowrey are back, this time investigating the booming Ecstasy business in south Florida. Their drug busts lead to an evil kingpin who has started a violent turf war throughout Miami. To further complicate matters, Mike begins to fall for Syd, the half sister of Marcus. It's a relationship that threatens Mike and Marcus' friendship, and put Syd's life in danger.

**Saturday**  
**Bad Boys II** 7 p.m. R

**Sunday**  
**Pokemon II** 5:30 p.m. G  
Animated  
In a mysterious city of water called Alto Mare, Ash and Pikachu meet two new Pokemons, Latias and Latios, who protect a treasure called the Droplet of the Heart. This treasure is the target of a pair of thieves named Zanna and Rion. Latias and Latios possess strong psychic abilities and the power to disguise themselves as humans.

Adults \$3 Youth \$1.50  
Movie recording line 687-5110.  
Movies are subject to change due to availability.