



Photo by 2nd Lt. Mary Olsen

## Honorary salute

Members of the Whiteman Honor Guard perform a 21-gun salute at a veteran's memorial dedication service in Boonville, Mo., Tuesday. The Airmen honored Boonville's fallen veterans. A B-2 flew over the event and Col. Chris Miller, 509th Bomb Wing commander, was a guest speaker.

# Whiteman closes out fiscal year

## Wing works around clock to ensure needs funded

By Staff Sgt. Francesca Popp  
Public Affairs

Many people in the 509th Contracting and Comptroller squadrons are feeling a bit less stress since the clock struck midnight Sept. 30. It was then fiscal 2004 ended and the new fiscal year began.

These squadrons, along with the wing resource advisers and the 509th Civil Engineer Squadron, helped ensure all projects, equipment and supplies were funded and that money was obligated before midnight. With more than \$3.2 million netted, that task was successfully accomplished.

"This was a complete team effort. Each of the players had an integral part in ensuring the success of this year's close out," said Sabrina Parsons, 509th CPTS financial analyst. "All those involved, from the resource advisers to the contracting administrators, truly shined. Each organization worked tirelessly to provide the wing with the support required to have such a smooth close out."

Master Sgt. Jim McCoy, 509th CONS Operations Flight chief, agreed.

"This year was a great team effort not only in contracting, but with CPTS and all of the base units," he said. "The planning process started a few months ago, and CPTS did an excellent job in mapping out the close-out strategy for the wing. Close coordination between the resource advisers, CPTS and contracting was key to the success of this

end-of-year close out."

To ensure all funding was committed for wing requirements, the 509th CPTS took control of available dollars Sept 1. Using priorities established by the wing and group commanders, the budget office began to release funding for purchases. While many items can be bought with the government purchase card, others still require coordination with contracting.

The 509th CONS members were ready to buy when the time came. They stepped up to the bargaining table and helped the wing purchase numerous items including land mobile radios, office furniture, computer bulk buys (including 61 computers for Airman Leadership School) and various other mission-sustaining items.

Each year, a goal is set when it comes to spending money from the unfunded or buy down list.

"For FY04, the goal was to purchase \$3 million off the buy down list, which we exceeded as we executed almost \$3.3 million," Mrs. Parsons said.

Sergeant McCoy added, "We didn't want the wing to lose any money because we could not execute contracts."

In addition to discretionary funding for operations and maintenance, more than \$5.7 million of Air Combat Command funds were garnered for targeted quality-of-life projects, Mrs. Parsons said. Included was a \$2.3 million dorm renovation project, \$361,300 for new dorm furnishings and other improvements.

While there is less stress, no job is over until the paperwork is done. The 509th CPTS must still confirm numerous reports with final end-of-year figures to give to ACC, Air Force, and other Department of Defense agencies. Once that is complete, there will be time for a short breather before the process begins again for FY05.

## NORI Countdown: 13 days

### News in Brief

#### Dorm All Call set

A Dorm All Call begins at 4 p.m. Tuesday at the base theater. This meeting is highly suggested for all dorm residents. For details, see your dorm manager.

#### 'Cookie bus' to visit during NORI

Donations are needed for the "cookie bus." The "cookie bus" is a snack service that will provide drinks and snacks to wing members during the NORI exercise October 20-29. Cookies, brownies, muffins, prepackaged snack crackers and granola bars can be donated at the Chapel Annex Oct. 22-29. For more details, call Rhonda Miller at 563-3706 or Joyce Petrek at 563-3119. This event is sponsored by the Whiteman first sergeants, the base chapel and the officers and enlisted spouses' clubs.

#### Seven 509ers picked for captain

The Air Force released the captain select list Oct. 1. Whiteman's selectees are: first lieutenants **Michael Aul**, 509th Operations Support Squadron, **Ryan Baker**, 509th Mission Support Squadron, **Jason Boisvert**, 509th MSS, **Amanda Eigel**, 509th Aircraft Maintenance Squadron, **Mark Kraemer**, 509th Operations Support Squadron, **Darren Reid**, 509th Services Squadron, and **Lee Thomson**, 325th Bomb Squadron.

#### AF selects six base members for O-5

The Air Force released the lieutenant colonel select list Sept. 30. Whiteman's selectees are: Maj. **Bruce Bartholomew**, 509th Logistics Readiness Squadron commander, **David Hadden**, 509th Maintenance Squadron commander, **Chase McCown**, 509th Aircraft Maintenance Squadron commander, **Mark Neulander**, 509th Civil Engineer Squadron, **Raymond Scherr**, 715th Weapons Squadron and **Robert Spalding**, 393rd Bomb Squadron.

#### Mizzou honors military members

The University of Missouri offers discount tickets to the Nov. 6 football game vs. Kansas State.

Game time has not been determined, but the \$12 ticket includes admission to a free pregame tailgate party for Whiteman members. Tickets must be pre-purchased and picked up through first sergeants. Transportation will be provided.

#### Telephone survey records feedback

The 509th Medical Group was selected to participate in a telephone survey to get timely feedback from patients about their outpatient visit. An authorized person will contact patients who visited the MedGp and ask questions about the appointment. The feedback will help the 509th MedGp leaders assess the level of service provided. For more details, call Master Sgt. Steve Chabotte at 687-2123.

## Commander's Corner

By Col. Chris Miller  
509th Bomb Wing commander

**HONORING OUR HERITAGE.** I had the privilege of helping dedicate a veterans' memorial in Boonville, Mo., this week. An on-time, on-target, B-2 flyover began the ceremony and wowed the crowd. Then Whiteman's outstanding honor guard provided rifle volleys during the ceremony to commemorate fallen veterans. They looked sharp, sounded sharp, and represented Whiteman and the U.S. Air Force superbly — hat's off to them. Honor guard is a great way to honor our tradition — I encourage you to join if you can.

**RESPONSIBILITY.** Two Whiteman Airmen damaged their careers and could have taken their lives or another person's life this weekend when they drove while intoxicated. With Airmen Against Drunk Driving always available, there are zero reasons to put yourself and people around you at risk.

**THEY'LL BE HERE TO HELP.** This is a good week to glance around your workplace and make sure it's the way you want it to look. We've been working the basics hard in preparation for the Nuclear Operational Inspection; now's the time to make sure our visiting inspectors see the quality performance that's your hallmark, and see the pride and capability that 509ers bring to work every day. We work as a team; if you do your part to prepare, we'll excel. Thanks for what you do!



Photo by 2nd Lt. Mary Olsen

Col. Chris Miller, 509th Bomb Wing commander, speaks at a veteran's memorial dedication service in Boonville, Mo., Tuesday.

## 'We're a part of something'

By Maj. Bryce Thorpe  
509th Comptroller Squadron commander

With only three months in the community, my wife and I continue to go through the "new guy" routine as we make the rounds of our daily life. Eventually discussion turns to, "What do you do?" and I've discovered a rather interesting phenomenon in the answers.

Most of them are fairly predictable; "I'm a nurse," "I'm a teacher," "I work for the power company" and so on. But the response from military folks is almost always, "I'm in the military." Let me explain.

As a young child I loved to play baseball. At age 7, I played on my first Little League team; the Cubs. That was significant for me because I wasn't just a baseball player anymore, I was a Cub. The privilege of being a Cub didn't come without sacrifice and I was expected to attend practices, exercise, and do what I could to help the team win.

Now I'm proud to say I was a pretty good pitcher. Unfortunately, I didn't enjoy the same success when it came to swinging the lumber. With little faith in the aim of my opposition, I often found myself ducking toward the dugout before the pitch ever reached the plate. That meant in close games "Head for the Hills" Thorpe was likely to be replaced by a pinch hitter.

While it hurt a little, the pain was more than alleviated by numerous victories

earned through the hard work and shared sacrifice of the team. So what's the point of this little story other than never choose me from the player's pool? My experience as a Cub is similar to how most of us view the Air Force. Seldom do we identify ourselves by occupation, we identify ourselves with a team — the Air Force. When we say we're in the Air Force, we're letting folks know we're a part of something. We've made the cut, passed the test, and earned the right to be on the team.

However, like the Cubs, our team comes with a cost and an expectation. The broad support and trust given to service members doesn't come because we're good at our jobs it comes because we have a tradition of being good citizens. We work hard, volunteer in our communities, act responsibly, and have repeatedly shown a willingness to serve a cause higher than ourselves.

I was genuinely touched by the service and death of Pat Tillman, a former Arizona Cardinal football player who walked away from millions of dollars to become an Army Ranger. What made Tillman's decision so compelling was that it wasn't a publicity stunt. He wouldn't even grant interviews about it because he was only doing what many of us are doing — serving his country. His death must linger bittersweet with his family. Bitter because they will now be with-

See *TEAM*, Page 7



Photo by Senior Airman Joe Lacdan

Maj. Bryce Thorpe, 509th Comptroller Squadron commander, talks with Gwendolyn Clarence and Senior Airman Kevin Harris, 509th CPTS about legal payment voucher procedures.

### Editorial Staff

- 509th BW Commander ..... Col. Chris Miller
- Chief, Public Affairs ..... Maj. Don Langley
- NCOIC, Public Affairs ..... Staff Sgt. Francesca Popp
- Editor ..... Senior Airman Joe Lacdan
- Staff writer ..... Airman Jason Burton
- Staff writer ..... Melissa Klinkner

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**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

# DOD expands vaccination programs

WASHINGTON (AFP) — Department of Defense is expanding its anthrax and smallpox immunization programs following an evaluation conducted by the Military Health System. Air Force officials released service-specific guidance recently.

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, announced that the anthrax and smallpox vaccination programs would include selected units within U.S. Pacific Command, people in U.S. Central Command and other selected groups.

“The decision to protect additional personnel with these vaccines reflects our concern for their health and safety, as well as the continuity of essential operations,” Dr. Winkenwerder said.

“When we began these vaccination programs, we stated that we would periodically review them, evaluating the threats to our forces and vaccine availability,” he said. “We recently completed such an evaluation and determined that the threat continues. In light of our successful implementation of these programs and the increased quantities of vaccine, we will include additional forces in the vaccination programs.”

Before the anthrax vaccination program slowdown in 2000 and 2001, caused by an unexpected shortage of anthrax vaccine, servicemembers assigned to certain areas in the U.S. Pacific Command were included in the program. The resumption of the program in 2002, however, focused on the U.S. Central Command.

The expansion of the program announced by Dr. Winkenwerder resumes the anthrax vaccination program and begins the smallpox vaccination program in selected U.S. Pacific Command areas. It also expands the anthrax vaccination program within the U.S. Central Command.

Vaccination offers a necessary extra layer of protection — besides antibiotics and other measures — for servicemembers, emergency-essential civilians and contractors who carry out mission-essential services, DOD officials said.

The program update will continue to include people assigned in or deployed to designated higher-threat areas for 15 or more consecutive days. Officials will offer the vaccinations to family members in the geographic areas on a voluntary basis. They will also pursue vaccination, subject to appropriate people and contractor procedures, of emergency-essential civilian employees and comparable contractors in the specific geographic areas.

Currently, only people deemed to be at higher risk in specified units and/or geographic areas will receive the vaccines. Officials did not rule out vaccination of the total force at a future date. Air Force immunizations under the policy update will begin as soon as units schedule vaccinations. For more information, visit the Commanders' C-CBRNE Resource secure Web site at [https://www.xo.hq.af.mil/xos/xosf/xosfc/CCBRNE\\_resource/index.shtml](https://www.xo.hq.af.mil/xos/xosf/xosfc/CCBRNE_resource/index.shtml).



Photo by Senior Airman Joe Laddan

**Staff Sgt. Kenneth Norris, 509th Medical Operations Squadron, injects Staff Sgt. Devin Sheets, 509th MDOS with a vaccine. The Department of Defense will expand its small pox and anthrax vaccination programs after an evaluation. Whiteman members seeking an anthrax or small pox vaccination or for more details, call the 509th MDOS immunizations clinic at 687-4304.**

## Upcoming summit shapes new DOD sexual-assault policies

By Donna Miles

American Forces Press Service

WASHINGTON (AFP) — Decisions made at a senior-leader summit are expected to have a sweeping effect on the Defense Department's sexual-assault prevention and response efforts, said the task force commander charged with turning the group's recommendations into DOD-wide policies.

The Oct. 6 summit, made up of senior military, civilian leaders and outside experts on sexual assault, will provide a clear definition of what constitutes sexual assault, Brig. Gen. K.C. McClain said Oct. 1.

This will help clear up disagreements and misunderstandings about what behaviors constitute sexual assault — an important starting point in educating the force and preventing sexual assaults, she said.

“Our primary challenge in preventing sexual assault is educating everyone as to what sexual assault is,” said General McClain, commander of DOD's new Joint Task Force for Sexual Assault Prevention and Response.

And, if the mantra for real estate is “location, location, location,” then in sexual-assault prevention, it is “education, education, education,” General McClain said.

“It is imperative that everyone from the unit commander to the most junior member of an organization understand that they have a role in preventing sexual assaults, in responding to sexual assaults and in supporting the victim's recovery,” she said.

Summit participants also will address the challenge of protecting victims' privacy while allowing commanders to maintain good order and discipline and hold offenders accountable, General McClain said.

Specifically, the group will consider how to maintain a victim's confidentiality in reporting what General McClain called “one of the most under-reported crimes.” It will also look at ways to make the military's response to sexual-assault cases more transparent to victims and the general public, within the bounds of the Privacy Act.

It also will focus on ways to standardize DOD policies and programs dealing with sexual assault and will examine unique challenges involving deployed troops.

These challenges include close-living environments, operational and environmental stresses, and the lack of some support resources available at home stations, General McClain said.

The upcoming summit follows a weeklong internal working conference in which more than 150 participants

studied issues laid out by the Task Force on Care for Victims of Sexual Assaults. That task force was formed by Defense Secretary Donald H. Rumsfeld in mid-February in response to reports of alleged sexual assaults in Kuwait and Iraq. It called for a senior summit to develop a plan for DOD-wide policies and programs to address the problem.

Among that task force's recommendations was that DOD officials establish a single office to develop standardized DOD-wide policies regarding sexual assault and to help the services and combatant commanders put them in place. The new Joint Task Force for Sexual Assault Prevention and Response is expected to be fully “stood up” by late October.

The office will take summit results and work with the services to implement the policies, General McClain said.

General McClain said the Defense Department faces hurdles in confronting sexual assault, a problem not only in the military but also in the civilian community.

But she said DOD leaders have demonstrated their commitment to take on the challenge and reduce sexual assaults within the military.

“Our ultimate goal is to prevent sexual assaults,” General McClain said, “and, failing that, when there is a sexual assault, it's to ensure that the victim is adequately cared for and supported.”



Photo by Senior Airman Joe Lacdan

## It's official

Col. Chris Miller, 509th Bomb Wing commander, signs the Fire Prevention Week Proclamation, as "Smokey the Bear," "Sparky," Fire Chief Wayne Mellow, 509th Civil Engineer Squadron, "Wozzle the Clown" and "Chief the Clown" look on. The proclamation officially declared Fire Prevention Week. The FPW Proclamation reads:

- ✓ Whiteman recognizes the significant personal and economic toll fire takes on its citizens.
- ✓ Home fires claimed more than 2,600 lives in 2002.
- ✓ Seventy-nine percent of fire deaths happen in the household.
- ✓ Whiteman understands that safety measures can significantly cut the risk of fire.
- ✓ A fire can spread rapidly and a quick escape from the home increases chances of survival.
- ✓ Smoke alarms have proved to be effective lifesavers. They have helped to cut the home fire death rate by one half since their introduction to the public.
- ✓ Smoke alarms are essential in every household and should be installed on every level of a home including the basement and outside of bedrooms.
- ✓ Whiteman is joining the National Fire Protection Association in reaching out to Team Whiteman members with a message of fire safety.
- ✓ This year's theme is, "Test Your Smoke Alarms."



Photo by Airman Jason Burton

## NORI tips

Maj. Alan Miller, 509th Bomb Wing Plans Office, speaks on a cellular phone. During the upcoming Nuclear Operational Readiness Exercise, wing members are reminded to avoid discussing classified material on cell phones, land mobile radios and Blackberrys. Members must also take care when discussing classified materials, after meetings, briefings and all calls. The NORI takes place Oct. 21-28.





## Checks clear faster under new policy

By Capt. Adam Slaughter

509th Bomb Wing Judge Advocate

Do you ever “float” a check? Floating is writing a check when you don’t actually have the funds to cover the written amount. Sometimes, people float checks when payday nears, knowing the money will be there when the check clears. You know that by the time your check will clear, you will have that money available, right? Well, you should stop that habit.

On Oct. 28, President Bush signed into law “The Check Clearing for the 21st Century Act,” check 21. Check 21 is meant to enhance innovation and efficiency, and will go into effect on Oct. 28, but this law may have a negative impact on many consumers.

This law creates a “substitute check” which reflects the same information found on an original check. The law allows your checks to clear faster — even on weekends or the same day. A “substitute check” permits checks to be processed electronically. However, written checks will clear sooner, meaning consumers are more likely to bounce checks and pay higher bank fees even though banks will save money on processing checks under Check 21. Banks are not required to shorten hold times for the checks you deposit. Bottom line: Don’t write a check unless there is money in your account to cover the written amount.

Writing a check without sufficient funds to cover it can be subject to violations under the Uniform Code of Military Justice — Article 123a violation is with intent to deceive, and Article 134 violation is for failing to place or maintain sufficient funds in the account.

For more information about Check 21, visit the following Web site:  
<http://www.consumersunion.org/finance/ckclear1002.htm>

<http://www.federalreserve.gov/paymentsystems/truncation/default.htm>





Photo graphically enhanced

## Thanks chief

BAGRAM AIR BASE, Afghanistan — Command Chief Master Sgt. Timothy Sydnor, 455th Air Expeditionary Wing, coins Senior Master Sgt. Charmaine Harrison-Graves, 81st Expeditionary Fighter Squadron supply NCOIC, on Sept. 29 for pitching in and constructing shelving and storage spaces for squadron tools, parts and supplies. Sergeant Harrison-Graves is deployed from the 442nd Fighter Wing at Whiteman Air Force Base, Mo. The command chief visited 455th Expeditionary Operations Group troops throughout the day to hear their concerns and share wing information.

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# Air Force revises CJR 'wait list'

**RANDOLPH AIR FORCE BASE, Texas (AFPN)**—The Air Force has revised the career job reservation list to meet end-strength goals under force shaping.

While five new Air Force specialties have been identified as constrained, another six have been released from the list. All constrained Air Force specialties receive quotas and have a ranked wait list established. First-term Airmen will need to apply within the appropriate CJR application windows.

"All first-term Airmen must have an approved career job reservation (before) re-enlisting in the Air Force," said Master Sgt. Dee Wolfe, noncommissioned officer in charge of Air Force re-enlistments at the Air Force Personnel Center here. "That job reservation may now be a little bit harder to get depending on their specialty.

"The list of constrained Air Force specialties and quotas are established by Air Staff," she said.

Limiting CJRs is the latest in a series of Air Force ini-

tiatives to ensure the service keeps people only where they are needed.

First-term Airmen serving in currently constrained career fields may not be allowed to re-enlist, unless they are approved to retrain in another specialty.

"Those who are not approved for retraining or do not receive a CJR will be projected for separation," Sergeant Wolfe said. "We encourage Airmen to continue serving the military with the Air National Guard, Air Force Reserve, through military civilian employment or through an inter-service transfer to the Army via blue to green."

Only first-term Airmen selected for re-enlistment by their commander will be allowed to apply for a CJR.

For further information and a complete list of constrained specialties, Airmen can contact their local military personnel flight's re-enlistment office or visit the CJR Web at [www.afpc.randolph.af.mil/enlskills/Reenlistments/CJR.htm](http://www.afpc.randolph.af.mil/enlskills/Reenlistments/CJR.htm). *(Courtesy of AFPC News Service)*

## TEAM, Continued from Page 2

out a beloved son, husband and father. Sweet because they have tasted freedom and known the sacrifice by which it's held. They've earned a spot on the team.

As you carry on your daily duties, know that your sacrifice is worthy and your cause is just. Whether serving at home or abroad, you have laid aside self in honor of your country's call and earned a spot on the team. Army Spc. Chad Keith paid the ultimate price in our war on terror. His picture adorns his sister's refrigerator showing him in uniform, a large flag in the background. His three-year-old niece, who idolized him, took great pride in it. When folks would visit, she would show it off and say: "That's my uncle, Chad. He is America."

It's pretty hard to top that. You don't just have a job ... you are America.

# Right Healthcare in Right Place at Right Time

By Lt. Col. (Dr.) Edwin Burkett

509th Medical Group

The 509th Medical Group led Air Combat Command with a 98 percent appointment access rate during July. Nearly all patients who called the appointment desk had their need met within the Tricare standard one day for an acute visit, seven days for a routine and 30 days for a wellness or specialty visit.

This success is due to the doctors, providers, nurses and technicians here. These people know their patient's health better than anyone and continue to eliminate barriers giving the best family and mission-focused healthcare around. One of the barriers identified is that the current phone system is not user-friendly. However, a system is in place to improve it.

One way people can help the 509th MedGp improve its service is by understanding the difference between emergency, urgent and non-urgent conditions. Unwarranted emergency room visits cost the MedGp more than \$300,000 per year. That's money spent on care which could have easily been provided right on base.

Under the new Tricare contracts, all beneficiaries will be held accountable for ER use. If a person has a true emergency, then that patient will still get retroactive authorization. However, if people go for a non-emergency without pre-authorization from their primary care manager, then they'll pay the bill.

The 509th MedGp is available 24/7 to address concerns and get people the right care with the right person at the right time. During duty hours, people can call the appointment line at 687-2188 or the new toll-free number at 866-427-6606. If the type of appointment needed isn't available, people should contact their PCM team in the appropriate clinic. The acute care clinic here is also open 8-11 a.m. Saturday. People can call for appointments after 7 a.m. After hours, and during holidays and weekends, the providers on call at 687-2188 or 800-530-0208 can respond to urgent needs. Note: The Tricare nurse advice line was disconnected Oct. 1.

Some people may wonder, "So, how do I know when to go to the ER?" A true emergency requires a 911 call and ambulance transportation to the ER. It involves risk to life, limb or eyesight. These situations include major trauma, excessive bleeding, heart attack and inability to breathe. For everything else, people call their PCM to get help in making the right medical decision. If a certain symptom has been present for more than a couple days without change, then it's probably not an emergency. The PCM can then help determine the type of care required.

Some people seem to use the ER because they think it's more convenient. On the contrary, ERs are very busy and

have even more time variability than our clinics. The average length of stay from sign in to check out at a local ER is more than three hours and the average wait time to see the patient is about one hour. ERs are like this because they are not first-come, first-served; the staff will see the sickest person first no matter if that person came in last.

These true-life examples represent what a person should or shouldn't do:

**What happened:** A mother has a 4 year old with a fever and tried giving the child some acetaminophen (i.e. Tylenol). It's early Friday evening and the clinic just closed. She takes the child to the ER; the child is diagnosed with a viral syndrome.

**What should have happened:** The mother calls the PCM. They discuss the symptoms and the child's history. The PCM determines the proper dosing of Tylenol or Motrin to control the fever and arranges an appointment for Saturday morning.

**What happened:** A 25-year-old Airman turns his ankle playing basketball at the fitness center during lunchtime. The fitness center staff responds to offer assistance and suggests he go to the clinic. The Airman requests to call 911 for an ambulance, which then responds as its staff can't refuse transport to the ER. The patient spends two and a half hours in the ER, is diagnosed with a sprained ankle and sent home.

**What should have happened:** The Airman's friends or first sergeant take him to see his PCM team in the MedGp clinic. X-rays are performed if needed, the proper profile is completed, personal reliability program notification is made if required, and the Airman is sent back to duty or on quarters with a follow-up or physical therapy appointment as indicated.

**What happened:** A parent has a 6-year-old child with a history of recurrent ear infections treated at our clinic in the past. It's Sunday and the child has a fever and an ear-ache, so they go to the ER. An ear infection is diagnosed, antibiotics prescribed, and the child sent home.

**What should have happened:** The parent calls the PCM on call and they discuss the history, symptoms and other factors determining the risk to the child. The PCM determines that the parent's suspicion of an ear infection is well-founded and calls in the appropriate antibiotic prescription to a local pharmacy. The PCM also gives instructions to call back as needed and tells the parent what the signs of a true emergency are.

**What happened:** An Airman, who works the night shift, lives in Warrensburg. On her day off, she decides the headache she's had for the past week is too much to bear and goes to the ER because it's closer. She's given pain medicines and sent home.

**What should have happened:** The Airman arranged an



Photo by Senior Airman Joe Lacdan

**First Lt. Patrick Geml, 509th Medical Operations Squadron, checks the heartbeat of Rylee Grover, daughter of retired Master Sgt. Dave Grover.**

appointment with her PCM first thing in the morning and goes in after work. The PCM has her medical record and history, and selects the best medication that's worked in the past, and prescribes an injection for acute pain relief. The PCM team realizes the stress of her job schedule and discusses sleep and eating habits that might be contributing to the headache.

There are many other examples of patients receiving care in emergency rooms when they could have been cared for by the 509th MedGp providers. People should make every effort to contact their PCM team and see them instead of going to the ER for non-emergent care.

People must ensure they know how to contact the 509th MedGp and spread the word amongst the Whiteman community.

The 509th MedGp can meet patient needs and will continue to do so under Tricare's next generation of contracts which began Oct. 1.

Check out the news online at  
<http://www.whiteman.af.mil/news.htm>

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# From immigrant to Airman: 509er receives citizenship, inspires others



Courtesy photo

**Senior Airman Jade Menchavez receives her certificate of citizenship from Judge Jerry W. Venters, Sept. 23, Kansas City, Mo.**



**By Melissa Klinkner**

Public Affairs

In March 2000, a 19 year-old girl stepped off a plane in Los Angeles, Ca. and onto United States soil for the first time. Feelings of sadness over leaving her father and one of her brothers mingled with exciting thoughts of seeing her mother, another brother and the possibilities that lay ahead.

Arrived from the small island of Cebu in the Visayas Region of the Philippines, she couldn't wait to see her dreams come true. After all, she was in America — the greatest nation.

This young woman, who recently became a U.S. citizen, was Senior Airman Lejhade Menchavez, 509th Bomb Wing.

"I didn't really know what I was getting into when I made the decision to move here," said Airman Menchavez said. She quickly found out that although living in America meant the chance to follow dreams, it meant other things as well.

"I realized it meant that I had to work to pay for college," Menchavez said. "It meant I had to pay for rent and other bills I thought I would never have to pay at an early age."

A year after arriving in America, Airman Menchavez made the decision to join the Air Force, originally because of the promising benefits that it offered.

She said she also hoped that by being in the Air Force she would have more chances of helping and giving aid to those

in need. "That's how I always saw the United States military — always the first country to lend a hand or give others aid."

Although the road has been rocky and her core values tried, the now 23-year-old Airman Menchavez said today she realizes those values have only been strengthened. "The people I've known through the years and the people I work with everyday are the people who've helped me grow."

Master Sgt. Cory Nicolson, 509th BW, said Airman Menchavez has always been one to overcome and rise above whatever challenges or obstacles may get in her way.

"She's an example and a role model as a worker, a human being, a woman — she's truly what an Airman needs to be.

When Airmen Menchavez set the goal of receiving her citizenship, she wasted no time in doing all she could to make it happen. She began the process of paperwork in April of this year and after submitting forms, passing tests and being fingerprinted, Airman Menchavez became a citizen of the United States of America on Sept. 23.

"Becoming a citizen has opened a lot of doors for me," she said. "My dreams are more reachable." And it's the thought of reaching those aspirations and dreams along with her faith and her love for God that gives Airman Menchavez motivation and enthusiasm, she said.

"My prayer every night is for God to lead me to where He needs me to be and for Him to help me always make the right decisions — not only for myself but for others too. My faith in His power, His will and His goodness helps me stay ground-

*See MENCHAVEZ, Page 15*

# Whiteman Spirit Award



**Frank Judkins**

509th Services Squadron

Frank Judkins, 509th Services Squadron, received the Whiteman Spirit Award from Col. Matt Erichsen, 509th Bomb Wing vice commander, Wednesday.

First Lt. Derek Williamson, 509th Logistics Readiness Squadron, nominated Mr. Judkins for this award for filling a void after the law office manager moved.

Due to an upcoming exercise and leave, Lieutenant Williams needed a safety inspection for his car. Mr. Judkins brought his vehicle to life skills.

"I stopped by without an appointment," Lieutenant Williams said. "I talked to Mr. Judkins who readily accommodated me. I have been to the shop several times in the last year and I always look for Mr. Judkins because I know whether I'm there to get my vehicle inspected, have a tire puncture repaired, or work on one of any other number of projects. I can always expect courteous, prompt service and sound, expert advice."

"Mr. Judkins makes Whiteman a better place and truly has the Whiteman Spirit," said Lieutenant Williams.

## Personally Speaking

**Duty title:** Mobile Equipment Servicer

**Time on station:** 11 years

**Hometown:** Powder Springs, Ga.

**Spouse:** Janet

**Hobbies:** Working on old trucks and tractors and fishing.

**Goals:** To see my wife get her master's degree and to see her retire in 12 years.

**Best thing about Whiteman:** The networking abilities to get things done.

**Pet Peeves:** Being unprepared for a job that needs to be accomplished.

**What motivates your winning spirit?** The pleasure of assisting customers to get their vehicles safe and operational.

**If you could change one thing about Whiteman, what would it be?** To install a traffic signal at Spirit Boulevard and Vandenburg Avenue for driver safety.



Courtesy photo

## Pet blessing

Chaplain (Maj.) Pat Beck, 509th Bomb Wing, blesses Pepper, the dog of Pam Copeland Sunday. Also pictured is Georgina and Mary Stasiak. Chaplain Beck blessed more than 20 pets and their care givers at the Whiteman Chapel. The event took place near the feast day of St. Francis of Assisi, who is said to have had great communication with the animals of the woods. The pets and owners were given refreshments.

## Submitting a Whiteman Spirit Award

Individuals are nominated from within their units or by customers impressed by the person 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](mailto:whiteman.spirit@whiteman.af.mil).

# Saving money, one circuit at a time

Story and photos by Airman  
**Jason Burton**  
Public Affairs

Imagine if a major piece of equipment in your shop broke down. How would you test the engine? How would you communicate? How would you be able to efficiently do your job? It used to take a lot of time and money to send the broken item to the manufacturer, and have it repaired or replaced.

But thanks to the Air Force Repair Enhancement Program, formerly known as Gold Flag, many items can be fixed on base for a fraction of the cost and much quicker than sending it off base, said Tech. Sgt. Jonathan Wallenbeck, 509th Bomb Wing AFREP manager.

This program helps make the wing self-sufficient. "In doing so, we save money for the wing," Sergeant Wallenbeck said.

During fiscal 2003, the total savings basewide was \$953,416. The total savings is the combination of cost savings — actual money that can be used for other needs, and cost avoidance — money that a squadron doesn't have to spend. In the third quarter of FY04, AFREP's return on investment was 800 percent. Which means AFREP spent \$68,000 on repair costs, but were able to save \$400,000 by repairing items rather than replacing them.

For example, the 509th Security Forces Squadron needed night vision goggles repaired. They gave AFREP 43 goggles and so far 32 have been repaired. AFREP is waiting for more parts to fix the other goggles. Total repair costs for the goggles was \$10,000.

"If the 509th SFS had gone off base to replace the goggles, it would have cost them around \$140,000," Sergeant Wallenbeck said.

Sometimes AFREP receives items that its technicians have not repaired before. The first person to handle this situation is AFREP's evaluator Staff Sgt. Celialee Fleming 509th Maintenance Group, a circuit card repair technician. Sergeant Fleming researches all of the technical data about the item. Then AFREP's supply liaison, Staff Sgt. Erika Grant, 509th MXG, ensures the resources are available to repair the item.

"After this is done, we can determine whether or not we can fix the item. The evaluating and supply team work hand and hand

with the technicians to ensure each job gets done," Sergeant Wallenbeck said.

Recently, the 509th Maintenance Squadron jet shop brought in a cable from a B-2 engine that needed to be fixed. After Sergeant Fleming gathered all of the information, AFREP technicians were able to fix the cable. This enabled the engine to be repaired 20 days earlier than expected.

While AFREP repairs many items, there are a few things that can't be repaired.

Sergeant Wallenbeck described how the 509th Civil Engineer Squadron Fire Department had a malfunctioning joystick that controlled the extending fire hose boom on a fire truck.

"The fire department called AFREP and asked if a technician could try to repair it," he said.

The technicians went to the fire department and removed the joystick from the truck. After a few failed attempts to break down the joystick, they decided to stop repair before damaging the item further. The fire department replaced the part.

When the new part was received, the company didn't attach the plugs needed to connect the joystick to the truck. The 509th CES fire department staff asked AFREP if it could fix this problem.

"Even though we didn't save the fire department money, we shortened the time a fire truck was not fully operational, (we) got it up and running for protection again," added Sergeant Wallenbeck.

There are certain pieces of equipment we receive that AFREP just doesn't have the knowledge to repair. In situations when AFREP technicians can't fix the item, AFREP tries to find someone who can fix it cost effectively before the wing has to buy a new one.

"It's cheaper to repair something than to have the wing spend a lot more money buying a new one," said Sergeant Wallenbeck.

Saving money is one goal of AFREP Air Forcewide. The AFREP program has saved the Air Force around \$190 million since 1999. Since 1994, Air Combat Command has had a total cost savings of more than \$26 million and was able to avoid spending \$13.1 million.

In FY03, ACC repaired more than 10,578 items that would have been thrown away before AFREP, said Sergeant Fleming.

"Not only does the AFREP here save the



Senior Airman David Parks, Air Force Repair Enhanced Program technician, repairs a connector to a transceiver power unit. This unit is used on B-2s to power a radio which crews use for satellite and ground communication. This repair costs about \$10 for the part and three-four hours of work — saving the wing around \$2,295 per unit in replacement costs.



Staff Sgt. Martin Edrington, 509th MXG and a circuit card repair technician, builds a cable for a situational awareness communication upgrade in the B-2. These cables, which cost \$1,000 per cable off base, only cost AFREP about \$15 and one hour of work per cable.



Tech. Sgt. Jonathan Wallenbeck, 509th Bomb Wing AFREP manager, uses a microscope to repair a circuit card.



Tech. Sgt. J.R. Wilhelm, 509th Maintenance Group, forms a resistor to fit the circuit board. Each technician receives training that teaches them how to analyze, map, troubleshoot and repair both analog and digital circuit cards.

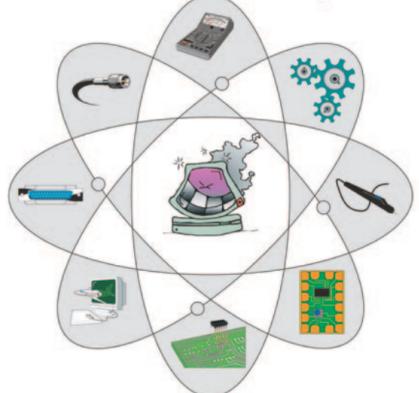


Staff Sgt. Celialee Fleming, a circuit card repair technician, searches for some technical data. AFREP was awarded 509th Bomb Wing Chief of Staff Team Excellence Award for their work on the B-2 situational awareness communications upgrade.

wing money, it's also one of four bases Air Forcewide that performs recertification for circuit card repair technicians," said Sergeant Wallenbeck.

AFREP's motto is "Your trash is our treasure." If base members think they have any mission related items that could be repaired, call 687-2029.

### Air Force Repair Enhancement Program The New Gold Flag



YOUR TRASH IS OUR TREASURE

CALL US NOW  
EXT 7-2029  
FAX 7-2049





## Community

### Commissary sets event

The Whiteman commissary presents a special event Saturday for parents and children. Activities include balloon art, coloring contest and special produce prices

### Wheelmobile spins onto base

All valid DOD ID card holders will receive a chance to audition for "Wheel of Fortune." The Wheelmobile comes here Oct. 18. People can attend a show anytime between 2-6 p.m. that day at the Missouri Army National Guard Armory, 1 Attack Ave. Applications will be distributed beginning at 1 p.m.

In April 2005, Pat Sajak and Vanna White will tape 15 episodes in Kansas City, Mo., which begin airing in May. Watch for more details in the base newspaper and on the Commander's Access Channel, Ch. 99 on base only.

### Fund-raiser fun run/walk

The Warrensburg Veteran's home hosts its second annual Run for Freedom 5K run/poker walk fund-raiser. The event is scheduled to take place 9-11 a.m., Oct. 16 at the Warrensburg Veterans home. All Whiteman personnel are welcome. Funds will be used for a new bus for veterans home. Registration fees for the run are \$15 today, or \$20 dollars at the door. For the poker walk it is \$10 today or \$15 at the door. For more details call Staff Sgt. Richard Clark 687-3915, or Vonda Addleman 660-543-5064.

### Sign up for Cub Scouts

Sign ups are now available for boys in first through fifth grade who are interested in getting involved in Cub Scouts. For more details, contact Sarah Roy at 563-9715.

### Sign up for Boy Scouts

Sign ups are now available for boys in sixth through twelfth grade who are interested in getting involved in Cub Scouts. For more details, contact Sarah Roy at 563-9715.

## Family Support

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

### 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.

### Sponsor training set

A class to learn about being an effective sponsor will be offered Wednesday at 1:00 p.m.

### WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday. WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs. For more details, call the WIC office in Warrensburg at 747-2012

### Mentor Orientation

Training for people interested in mentoring students in the Knob Noster school district will be held at 1 p.m. Wednesday. Guidelines, responsibilities and the application process will be discussed. Reservations are required.

### Class helps with move

A mandatory smooth move seminar for people planning to move overseas in the near future begins at 1 p.m. Thursday. Facilitators will discuss the financial benefits associated with moving and provide a variety of useful resources. PCS orders are not necessary. Spouses are encouraged to attend. Reservations are required.

### Special needs meeting set

A forum for parents, teachers and others who care for special needs children is set for Thursday at 6:30 p.m. in the Whiteman Elementary School library. Learn about the support and community services available and meet others who understand the challenges facing special needs families. Free child care will be provided. For more details, call Jeanette Bachmann at 563-3303.

**Advertising in the *Whiteman Spirit* pays you back!**

# MENCHAVEZ, Contin-

## ued from Page 10

ed," she said.

Tech. Sgt. Sam Stoecklin, 509th BW, said, "Daily, Airman Menchavez exhibits utmost professionalism and maturity beyond her years. She's very goal-oriented and determined to accomplish the goals she sets."

Her next goal — which she's well on her way to accomplishing — is to graduate with her bachelor's degree in computer information systems next year. Afterwards, "I hope to get a good score on the Air Force Officer Qualification Test and begin working on my package for Officer Training School," she said.

Master Sgt. Darlene Buss, 509th BW, said that "Airman Menchavez is a very driven and motivated troop. She has a sheer passion and desire to serve her country that we should all be inspired by."

Airman Menchavez said being a part of this country and "the world's strongest military" has helped her and her family in many ways. She quoted part of a poem by Elena Privalova that she said inspires her to continue serving the U.S. and its military.

"American People, you know,  
For you I can die. I will break  
Without your love. Let me show  
How much I can do for your sake."

"America is the greatest nation," Airman Menchavez said. "All I'm doing is giving back. Even if I get out of the service, my service to this country will not end."



***If you have any  
information concerning  
a crime and wish to  
remain anonymous, call  
Crime Stop at 687-4636.***

Army Air Force  
**Hometown  
NEWS**

Did you know you can fill out a Department of Defense Form 2266, Hometown News Release, for a variety of accomplishments? For more details, call Staff Sgt. Francesca Popp at 687-6130.



Photos by Airman Jason Burton

## Fall football fun

**Top:** Wide receiver Aaron Shirley, 509th Operations Support Squadron, busts loose on a 40-yard touchdown run during the first half of the 49-24 OSS win Monday. Wide receiver/cornerback Kelly Askew, 442nd Fighter Wing, scored three touchdowns and converted on two 2-point conversions in a losing effort for the 442nd, which had only six players available for the contest. **Below:** Kelly Askew, chases Bobby Biley, 509th Operations Support Squadron player, during a first half reception Monday.



Photo by Senior Airman Joe Laddan

**Staff Sgt. Guy Arndt, 509th Aircraft Maintenance Squadron, works out his quadriceps while listening to Tech. Sgt. Richard Bodine, a qualified fitness trainer and 509th Services Squadron member. Qualified fitness trainers are available for fitness guidance 7 a.m.-5 p.m. weekdays and by appointment on weekends. For more details, call 687-5496.**

## Fitness key to health

By Airman 1st Class Christie Putz  
92nd Air Refueling Wing Public Affairs

**FAIRCHILD AIR FORCE BASE, Wash. (AFPN)** — “It makes you feel better.” “It reduces stress.” “It lowers blood pressure.”

“Pick up any fitness magazine, and it’ll give you a bunch of boring definitions of what fitness will do for you,” said John Gahagan, 92nd Services Squadron fitness center director here.

But to him, fitness means something a little different: a higher quality of life.

“When you go home from work, and all you want to do is sit on the couch instead of playing with the kids because you’re so tired, you’re probably out of shape,” he said. “And unfortunately, it’s not only you (who’s) suffering from your bad habits.”

Also, people who are not physically fit can potentially be a hazard to themselves, Mr. Gahagan said.

For example, someone who cannot swim to shore after his or her boat capsized is likely to drown. Someone who cannot jump out of a two-story building to evade a fire is likely to burn. And someone who is too large for emergency medical services to pull out of a wrecked car is likely to die.

Although it may sound frightening, there is help.

“Just as most diseases are preventable, so are a lot of injuries,” Mr. Gahagan said.

For this and the myriad other reasons why fitness is important, fitness center staffs help patrons, whether beginners or seasoned runners or lifters.

Certified physical trainers are available at the Whiteman fitness center, 7 a.m.-5 p.m. weekdays, said Senior Airman Cynthia McMillan. Each trainer will speak to patrons and then devise a training program specifically to suit each person.

“We’re first going to want to know what (a person’s) goal is; whether it’s to lose weight, tone up, bulk up or just feel better,” Mr. Gahagan said. “Then we’ll assess (his or her) health status.”

Their assessment includes a series of questions, body-fat test, weight measurement and a quick test of aerobic capacity, weight training and flexibility. It gives the staff a better idea of what the person’s current fitness level is, and what he or she is capable of.

“Basically, we’ll see where you are, where you want to go, and then we’ll design a program to help you meet your goals,” Mr. Gahagan said.

To assist in this, there are personal fitness trainers on the staff to help beginners get acquainted with the machines and facility. In addition, follow-up visits are scheduled to make sure the person is on the right path, and if necessary, to alter the plan.

“In as little as one hour a day, three times a week, you can be in much better shape than you are now if you don’t workout,” he said. “It’s not that big of a commitment.”

But commitment is what gets most people in trouble. With busy schedules, some people claim they just do not have enough time.

“Make an appointment with yourself” Mr. Gahagan said. “Put it on your calendar, block it off, and don’t let yourself schedule anything during that time. If you treat it like any other appointment on your schedule then you’ll always have time.”

The problem is that most people do not make fitness a priority in their lives, he said.

“I hear it over and over, ‘I want to get in shape,’ ‘I want to tone up,’” he said, “but it’s all ‘want’ and not enough ‘do.’ Unless you put it on your schedule, make it a priority and make it a habit, it’s not going to happen.”

With what fitness does for the body, and most importantly, the higher quality of life someone can get out of it, now is the time to become physically fit, Mr. Gahagan said.

**The Whiteman Spirit wants to feature you.**

Do you, or does someone you know, have a sport story idea you’d like to see in the paper?

Let our staff know about it.

For more information, call 687-6133 or e-mail  
whiteman.spirit@whiteman.af.mil.





## Menus

### Knob Noster Elementary School

- Monday:** Pork steak, salad, peaches and an apple crisp  
**Tuesday:** Sub sandwich, carrot and celery sticks, applesauce and jell-o  
**Wednesday:** Ham, mashed potatoes, green beans, fruit and a roll  
**Thursday:** Chicken and noodles, peas, banana, cake and crackers.  
**Friday:** Beef tamale pie, corn, beets and pears

### Whiteman Elementary School

- Monday:** Pork patty, french fries, pork and beans and a blueberry dessert  
**Tuesday:** Egg roll, rice, salad and a fruit cup  
**Wednesday:** Chicken nuggets, mashed potatoes and gravy, green beans, fruit and a roll  
**Thursday:** Fish, macaroni and cheese, salad and pudding  
**Friday:** Corn dog nuggets, french fries, peas and a cherry dessert.

## Sport shorts

### Hunter education course

Stahl's specialty in Warrensburg will hold a hunters education course 6 p.m. through 10 p.m. Oct. 15, and 8 a.m. through 4 p.m. Oct. 16. Those interested must attend both days, and children under 13 must be accompanied by a parent. Pre-registration is required. For more details, call 660-530-5500.

### Youth deer hunt

Powell Gardens will be holding the second annual youth deer hunt and clinic which is scheduled for 8 a.m. through 4 p.m. Oct. 30 for the clinic. Hunting is 30 minutes before sunrise to 9 a.m. Nov. 6-7. Pre-registration is required by Oct. 15. In order to hunt, participants must attend the clinic. For more details, call the Missouri Department of Conservation at 885-6981.

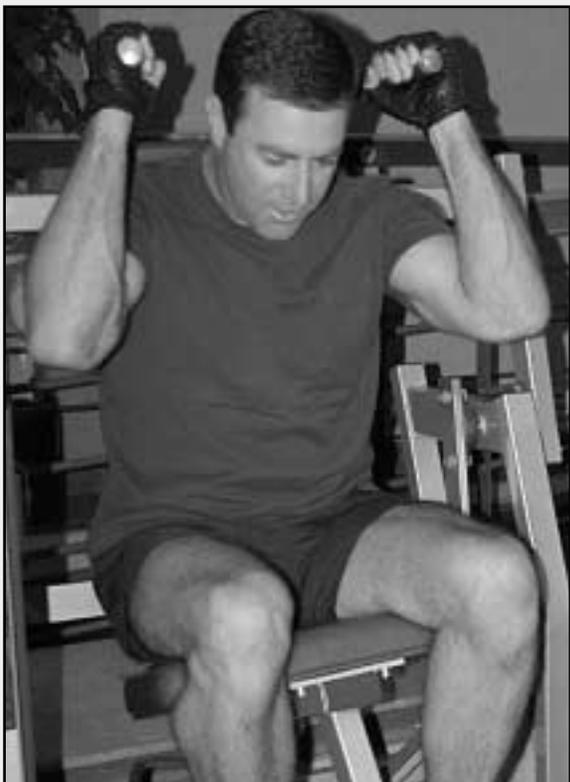


Photo by Senior Airman Joe Lacdan

### Feel the burn

**Tech. Sgt. Stephen Richards, 509th Air Craft Maintenance Squadron, works on his abs. The gym hours are Monday- Thursday 3 a.m.-10 p.m., Friday 3 a.m. -9 p.m., Saturday 9 a.m.-9 p.m., and Sundays, holidays and down days 10 a.m.-9 a.m.**

## 509ers in Mule country

Whiteman members enjoy Military appreciation day at Central Missouri State University in Warrensburg. Whiteman members watched the game between the CMSU Mules football team and Missouri Western and were given free meal vouchers. Col. Chris Miller, 509th Bomb Wing commander, Col. Patrick Cord, 442nd Fighter Wing, were special guests at the event. More than 250 Whiteman members attended the event.



Photo by 1st Lt. Ed Gulick



Photos by Airman Jason Burton

## Pin pushin'

Michael Jennings, 509th Aircraft Maintenance Squadron, picks up a spare in the tenth frame of the first game Wednesday during intramural league gameplay. Jessica Mattes, 509th Civil Engineer Squadron, practices her form during the first frame of the second game Wednesday. Openings are still available to join the intramural league Wednesday at 6 p.m., the mens league Tuesday at 7 p.m., or the womens league Thursday at 6 p.m. For more details, call Stars and Strikes at 687-5114.



## Bowling Standings

Tuesday Night Mens League (Week 5 of 34)

<u>Team</u>	<u>Won</u>	<u>Lost</u>
T.N.L.	24	8
Team 10	23	9
Warrensburg Chrysler	22	10
Dilligas	19	13
Team 8	18	14
Gutter Dusters	18	14
Team 4	12	20
Elliot Electric	12	20
Bastages/R	6	26

Wednesday Intramural League (Week 5 of 34)

<u>Team</u>	<u>Won</u>	<u>Lost</u>
AMXS	26	14
SFS	26	14
SVS	26	14
MDG A	26	14
MXS B	24	16
MSS/BW	24	16
CPTS	22	18
OSS	22	18
CES A	22	18
COMM	19	21
MUNS	18	22
MXS A	18	22
CES B	16	24
CES C (Fire Dept)	12	28
MOS	10	30
MDG B	9	31

Get fit, Stay  
fit  
in 2004

Check out the news online at  
<http://www.whiteman.af.mil/news.htm>



Services Page editor.....Stacey Schindler  
509th Services Squadron.....687-4386  
\*No federal endorsement of mentioned sponsors intended.

## FOOD & FUN

### Mission's End 687-4422

Mission's End is closed Monday for Columbus Day.

### Karaoke

Enjoy karaoke 8 p.m.-midnight Oct. 15 in the Lavene Lounge at Mission's End.

### ACC \$1 breakfast

Members only, bring your family for a \$1 breakfast 6-8 a.m. Oct. 19 at Mission's End. Enjoy scrambled eggs, sausage, hash browns, biscuits and gravy, fruit, coffee and orange juice.

## TRAVEL & LEISURE

### Tickets & Travel 687-5643

#### Crescent Hotel & Spa vacation

Enter a drawing and win two nights at the Crescent Hotel in Eureka Springs, Ark. Sign up by Oct. 31 at Tickets & Travel, the drawing takes place Nov. 1. Call Tickets & Travel for more information.

## SPORTS & RECREATION

### Outdoor Recreation 687-5565

#### Crappie tournament

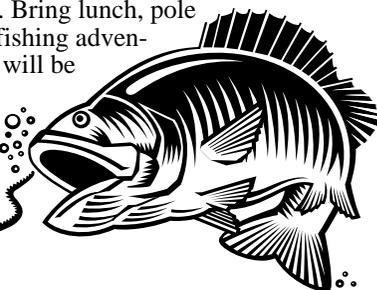
The third annual fall crappie tournament takes place 7:15 a.m.-3 p.m.

Oct. 16 at Long Shoals Marina in Warsaw, Mo.

There is a \$25 registration fee for a two-person team. Cash prizes will be awarded to the biggest fish and to first, second and third places. Call outdoor recreation for more details and to sign up by Monday. Sponsored in part by Speedway Chevrolet.\*

#### Fly fishing

Learn how to fly fish 8 a.m.-5 p.m. Oct. 23 at Bennett Springs State Park in Lebanon, Mo. A \$5 fee includes transportation and a \$3 trout permit must be purchased at the Park. Bring lunch, pole and tackle for the fishing adventure. Chest waders will be available upon request. Call outdoor recreation for more details and sign up by Oct. 21.



### Fitness Center 687-5496

#### Get fit on Route 66

Participate in the quarterly incentive program to get fit on Route 66 now through Dec. 31. Each participant will travel the distance from Chicago to Santa Monica, Calif., using designated cardio equipment: cross trainer, treadmill, stationary bike (up right or recumbent) or the stair climber. Call the fitness center for more information.

### Stars & Strikes 687-5114

#### Opposite-hand tournament

Bowl in a tournament with the opposite hand that you normally use beginning at 5 p.m. Oct. 16 at Stars & Strikes. This \$10 special includes; three games of bowling and shoe rental. People can win the money collected from the tournament; prizes are awarded to first-, second- and third place winners. Call Stars & Strikes for more details.

## HALLOWEEN EVENTS OCTOBER 30TH

### 5-6 P.M. TRICK-OR-TREAT

AT THE WHITEMAN INN, MISSION'S END, FITNESS CENTER, STARS & STRIKES, LIBRARY, OZARK INN, TEEN CENTER, AUTO SKILLS, BX AND COMMISSARY.

### 4:30-5:30 P.M. PUMPKIN KICK AT THE FITNESS CENTER

### 5:30-7:30 P.M. BOO BASH AT THE COMMUNITY CENTER

### 8 P.M. YOUTH COSTUME CONTEST AT STARS & STRIKES

### 11 P.M. ADULT COSTUME CONTEST AT STARS & STRIKES

### 7 P.M.-MIDNIGHT TEEN PARTY AT THE TEEN CENTER

Sponsored in part by Services, UMB, Gatorade and Speedway Chevrolet.\*



## COMMUNITY ACTIVITIES

### Family Child Care 687-5590/1180

#### Return home care

People returning home from a deployment of 30 days or more entitles you to 16 free hours of child care. Call family child care for more information.

### Youth Center 687-5586

#### Youth basketball registration

Kindergartners through seventh graders can register for basketball 6:30 a.m.-6 p.m. now through Oct. 15 at the youth center. There is a \$30 fee for members and \$38 fee for nonmembers. Children must be 5 or older to be eligible to register. Call the youth center for more details.

#### Outerspace night

Kindergartners through fourth graders are invited to make crafts, watch a movie and enjoy other activities 6:30-9:30 p.m. today. There is a \$5 fee for members and \$6.50 fee for nonmembers. Call the youth center for more details.

#### Fall harvest day

While parents are at teacher conferences, kindergartners through 12th graders are welcome for an old-fashioned fall harvest at the youth center 1-4 p.m. Oct. 22. Enjoy hay rides, seed spitting, sack races and more at this free event. Call the youth center for more details.

#### Lights on afterschool open house

Celebrate the importance of afterschool care 4-6 p.m. Thursday at the youth center. Children will display their projects and provide entertainment, snacks and refreshments. This free event is open to base members. Call the youth center for more details.

### Library 687-5614

#### Story writing contest

On Young Readers Day, first through fourth graders can participate in a story writing contest and learn how to make a story into a book beginning at 5:30 p.m. Nov. 9 at the base library. Call the base library or visit their Web site at <http://www.WhitemanAFBlibrary.org> for contest rules.

### Teen Center 687-5819

#### Hobby time

Enjoy activities and games at the teen center Tuesdays-Saturdays in October. Call the teen center for more details about this free event.

#### Congressional Award informational meeting

Parents and teens are welcome to learn more about earning the Congressional Award 6-7 p.m. Wednesday at the teen center. Call the teen center for more details for this free event.

### Community Center 687-5617

#### Salsa dance block party

The hispanic community invites adults 18 years and older to the community center 7-10 p.m. today for an evening of latin dancing. Refreshments will be provided, bring your favorite latino dish to share. Call the community center for more details about this free event.

#### Pool tournament

Pool tournaments will be held 7-10 p.m. Fridays at the community center beginning today. There is a \$3 fee per person, call the community center for more details.

### Skills Development Center 687-5691

#### Spinning and dyeing class

Take a beginners three-session spinning and dyeing wool class 5-7 p.m. Thursday, Oct. 21 and Oct. 28 at the skills development center. The \$30 fee includes supplies. Call the skills development center for more details or stop by to sign up.

#### Stained glass panel class

Take a beginners, open enrollment, six-week stained glass panel class 6-9 p.m. Thursdays at the skills development center. A \$45 fee plus supplies. Call the skills development center for more details or stop by to sign up.

### Veterinary Clinic 687-2667

#### Safety tips for your pets

Halloween can be a hairy experience for pets. These safety tips can protect them during the month of goblins and ghosts: be careful of pets around lit pumpkins; pets can knock it over and cause a fire. Keep posted for more tips in the Oct. 15 issue of the *Whiteman Spirit*. Call or visit the veterinary clinic for more information.

## Whiteman Base Theater

### Today

**Suspect Zero** 7 p.m. R  
Starring — Aaron Eckhart & Ben Kingsley

### Saturday

**Exorcist: The Beginning** 7 p.m. R  
Starring — Stellan Skarsgard & James D-Arcy

### Sunday

**Superbabies: Baby Geniuses** 5:30 p.m. PG  
Starring — Jon Voigt & Scat Baio

Adults \$3 Youth \$1.50  
Movie recording line 687-5110.

Movies are subject to change due to availability.  
For current and future movie listings log on to  
<http://www.aafes.com/ems/conus/whiteman.htm>.





