

WARRIOR

Year of the B2

Ser

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Influenza deals a blow to the nation

Airman 1st Class Brandon Newman
509th Medical Group
Public health technician

If you have watched the news, picked up a newspaper, or browsed the Web recently, chances are you have heard about the current influenza outbreak plaguing the U.S. This is not the first occurrence, and certainly will not be the last. Like all viruses, the influenza strain consistently evolves, resulting in such previous strains such as the bird flu, swine flu, and H1N1. As a population, we need to be knowledgeable of signs and symptoms to help in early detection/avoidance, and practice better prevention methods, like getting vaccinated and washing hands.

As of Friday, Jan. 11, 2013, the seasonal flu is responsible for 20 deaths of individuals below the age of 18. The Centers for Disease Control and Prevention (CDC) does not track flu deaths among adults, likely making the overall number much higher. Individuals with weakened immune systems, such as children, people 65 years and older, and individuals with compromised immune systems are at a higher risk to develop more severe influenza. Since Oct. 1, 2012, 2,257 laboratory-confirmed, influenza-associated hospitalizations have been reported nationwide. 29 states are now reporting high influenza-like illness (ILI), including Missouri.

This flu season, Missouri has reported more than 13,000 flu cases, according to the Missouri Department of Health and Senior Services. These numbers are up 1,894.7 percent compared to the median numbers of the previous five seasons. In Pettis County, 411 individuals have been



Courtesy photo

tested, with 90-95 percent showing positive for influenza B. The most-affected age group is 5-14 years old. At Whiteman, we have had 15 positive influenza cases this season. 95 percent of those individuals have all been diagnosed with influenza B, and have not received the vaccination for the 2012-2013.

Since influenza viruses are always changing, annual vaccinations are recommended for everyone six months and older. There are two types of influenza vaccine – inactivated and live dose. Both of these vaccines are available through the 509th Medical Group Immunization Clinic. The inactivated vaccine, or the “flu shot,” is given by injection, while the live dose, or the “flu mist,” is sprayed into the nostrils. Age ranges and medical conditions dictate what vaccination should be given. For example, pregnant

women or women who are breast feeding will receive a preservative-free, live-attenuated dose of the vaccine. Children between six months and three years old require the pediatric dose of the flu vaccine. Individuals older than 49 are no longer eligible to receive the “flu mist.” The flu vaccines are intended to protect against influenza type-A, H1N1 and H3N2, and influenza type-B.

The 509th Medical Group Immunization Clinic is available to provide flu shots Monday – Friday during the hours listed. They can also be contacted at (660) 687-4304.

Monday - Thursday: 0730-1200
1300-1600

Friday: 0730-1200
1300-1500

Resilience – Overcoming the Past by Looking to the Future

By A1C Lacie Carmody
509th Bomb Wing Public Affairs

They say the road to hell is paved with good intentions. Though this may seem like a cynical perspective, I have always felt it rings true, especially for the generation of airmen our Air Force is bringing up today.

Today’s typical A1C grew up in a society in which trophies and certificates were handed out for participation, discipline was exchanged for redirection, and the stigma created by quitting because something was simply “too hard” gradually softened. The idea of fairness across the spectrum that encompasses child-rearing today, though ideal in theory, can have a negative and lasting impact on young Airmen who have never faced adversity. Growing up in a society that does not allow young people to confront failure creates opportunities for self-doubt to flourish, which can prove more harmful than actual failure.

When young airmen face opposition today, the fallout can be crippling, not simply for them, but for the military holistically; after all, the airmen arriving on bases across the world today are the leaders of tomorrow. Imagine a world where the highest ranking members expected stars on their shoulders but were not willing to go above and beyond to complete the mission. We try to break these attitudes in Basic Military Training and reinforce the importance of hard work, but what airmen learn in eight weeks can be unlearned just as quickly when they are left to their own devices after a long workday. One of the most valuable resources available to the Air Force’s evolution is innovative young airmen; however, if we are to

sustain this resource, we must make it resilient to the daunting tasks that lay ahead.

The Air Force defines resilience as the ability to withstand, recover and grow in the face of changing demands. It is a skill that can be developed and sharpened with practice. What’s more, this quality is key to the survival of not only our core values, but our Air Force. For some of us, the idea of resilience is second nature, particularly those of us who enlisted at a later age. We grew up with the rhetoric of life not always being fair, and faced societal opposition well before we took the enlisting or commissioning oath. We grew from our failures; yet, when an 18- or 19-year-old, fresh from high school, who excelled at every turn, is not recognized for simply doing their job, or are disciplined for a work discrepancy, the result can be less than desirable.

These effects can cause disconnect between NCOs and their younger troops, creating even greater stressors in the workplace. The Millennium generation is often referred to as entitled; more than one study has shown that narcissism is on the rise in high school graduates compared to 30 years ago. There is nothing wrong with self-confidence – indeed, it is necessary to success – but over-confidence can be dangerous in the military, especially when an airman refuses to admit fault, learn from mistakes or seek guidance. When events go awry, the over-confidence is shattered, as the airman seeks to place blame elsewhere and ultimately becomes a liability to himself or herself, his or her wingman and even the mission.

The PT test is a perfect example. Here, when airmen fail, blame

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THE WARRIOR

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The deadline for article submissions to the Warrior 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. Submissions does not guarantee publication.

For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@whiteman.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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NEWS BRIEFS

**2013 African American/
Black History Month
Luncheon**

509th Bomb Wing and 442nd Fighter Wing African American/Black History Month committee are hosting their annual African American/Black History Month luncheon. Date is Thursday, 21 February 2013 from 1100-1300 at Mission's End. Keynote speaker is Col Theresa Rodriguez, 509th Medical Group Commander. Cost of ticket is \$13 for club members and \$15 for non-club members. For tickets please contact MSgt Rodney Brown, 509 LRS, at 687-5331.

FIRST Robotics

Warrensburg High School needs volunteer mentors for its FIRST Robotics Team. Our team is looking for mentors who have experience in engineering, business, and graphics and would be willing to work with high school students. For more information, contact Brian Holmgren at 660-441-5080 or via email at bdholmgren@embarq-mail.com

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

AF Housing

Visit www.Housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for airmen and their families to obtain information about the housing options and support services available to them at Air Force bases world-wide.

**Whiteman Warrior
Story Ideas**

The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment.

To submit an idea, call 660-687-6123, or email whiteman.warrior@us.af.mil

WEATHER

Today	Saturday
Sunny	Partly Sunny
Hi 46	Hi 53
Lo 28	Lo 29
Sunday	Monday
Showers	Mostly Sunny
Hi 59	Hi 42
Lo 43	Lo 32

Courtesy of National Weather Service

January 2013 Court-Martials, Article 15s and Discharges

In January 2013, six Whiteman Air Force Base members were punished under Article 15; Uniform Code of Military Justice and thirteen members were administratively separated from the Air Force.

Article 15s (6)

An Airman First Class from the 509th Munitions Squadron received an Article 15 for underage drinking and disorderly conduct. Punishment was a reduction to Airman suspended, forfeiture of \$100.00 pay per month for two months, and a reprimand.

A Senior Airman from the 509th Force Support Squadron received an Article 15 for wrongful use of a controlled substance. Punishment was a reduction to Airman First Class, reduction to Airman suspended, forfeiture of \$250.00 pay per month for two months suspended and a reprimand.

An Airman from the 509th Logistics Readiness Squadron received an Article 15 for wrongful use of a controlled substance. Punishment was a reduction to Airman Basic, forfeiture of \$200.00 pay per month for two months suspended and a reprimand.

A Senior Airman from the 509th Logistics Readiness Squadron received an Article 15 for failure to obey a general order. Punishment was a reduction to Airman First Class, reduction to Airman suspended, forfeiture of

\$200.00 pay per month for two months and a reprimand.

An Airman First Class from the 509th Security Forces Squadron received an Article 15 for being absent without leave. Punishment was a reduction to Airman suspended, forfeiture of \$250.00 pay per month for two months and a reprimand.

A Technical Sergeant from the 509th Civil Engineering Squadron received an Article 15 for dereliction of duty. Punishment was reduction to Staff Sergeant suspended, forfeiture of \$500.00 pay per month for two months and a reprimand.

Discharges (13)

An Airman First Class from the 509th Aircraft Maintenance Squadron received a general discharge for misconduct and other serious offenses.

A Senior Airman from the 509th Security Forces Squadron received an honorable discharge for failure to meet fitness standards.

An Airman First Class from the 509th Security Forces Squadron received an honorable discharge for failure to meet fitness standards.

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A Senior Airman from the 509th Aircraft Maintenance Squadron received an honorable discharge for failure to meet fitness standards.

A Senior Airman from the 509th Security Forces Squadron received an honorable discharge for failure to meet fitness standards.

A Senior Airman from the 509th Security Forces Squadron received an honorable discharge for failure to meet fitness standards.

An Airman Basic from the 509th Logistics Readiness Squadron received a general discharge for misconduct and other serious offenses.

An Airman First Class from the 509th Security Forces Squadron received a general discharge for minor disciplinary infractions.

An Airman First Class from the 509th Logistics Readiness Squadron received a general discharge for drug use.

An Airman Basic from the 509th Logistics Readiness Squadron received a general discharge for drug use.

A Senior Airman from the 509th Logistics Readiness Squadron received an honorable discharge for failure to meet fitness standards.

A Staff Sergeant from the 509th Air Craft Maintenance Squadron received an honorable discharge for failure to meet fitness standards.

This Week in 509th Bomb Wing History

David Easley
509 Bomb Wing Historian

7 Feb 1995: B-2s dropped the first live bombs in the aircraft's operational history while participating in their inaugural Red Flag exercises at Nellis AFB, Nevada. This was also the first nighttime B-2 sortie during Red Flag operations.

12 Feb 1996: The 509 BW conducted a generation exercise

which included the first ever B-2 taxi exercise in response to an exercise emergency action message.

12 Feb 2002: The first two female B-2 crew members, Captains Kristin E. Goodwin and Jennifer Wilson, flew their first B-2 sorties.

100 Percent MUNS inventory

The 509 Munitions Squadron will be conducting a 100 percent stockpile inventory during the 4th-8th of March 2013. If you need any munitions issued or have any that need to be turned in, please do so either the week prior or after the invento-

ry. During this week we will only process emergency requests, submitted in writing, and approved by the group commander (or equivalent). If you have any questions or concerns please contact MSgt. Torrez at 687-8049 or TSgt. Bailey at 687-8051.

On the cover

U.S. Air Force Photo
Airman 1st Class Bryan Crane
Senior Airman Jake Smith, 131st Aircraft Maintenance Squadron load crew team member, closes the fuse access cover on a mock GBU-131, Jan. 25.



This month, the 509th Bomb Wing Public Affairs Office is launching a new mobile app called MyMC2. MyMC2 is an app that centralizes all of your installation's community events, organizations and services right in your pocket, allowing Service members and their families to easily access all kinds of community and organizational information. More details about how to download and use the app will be coming soon in the Warrior, the Whiteman AFB Facebook page and at www.whiteman.af.mil. Android users can download the app using the QR code on the top and iOS users can use the code on the bottom.



Stressed out? Your mouth could be suffering...

Staff Sgt. Crystal Rucker
509th Medical Operation Squadron
Dental technician

If you are stressed, then your teeth, gums and jaw could be affected. In this article you will learn what types of dental problems are associated with stress and how to combat those issues with the following advice.

Here are a few common problems that people experience:

Frequent Cold Sores: Although you must have the herpes simplex 1 virus to be contagious, they can be set off more frequently by triggering emotions. In other words, you can break-out in cold sores more often if you are frequently stressed-out. See your dentist as soon as possible. He or she may have some treatment options to make you more comfortable during a break-out as soon as it occurs.

Teeth Grinding: Also known as bruxism, this can be caused by grinding or clenching your teeth together during the day or at night. Not everyone stressed grinds their teeth; however, if you are experiencing symptoms such as a sore jaw in the morning, abnormally sensitive teeth, or flattening of teeth, it may be time to make an appointment with your dentist.

Poor hygiene/Gum Disease: Often poor hygiene and gum disease correlate with one another. The best thing to do is make sure that you are getting proper nutrition on a daily basis. If you are eating plentiful in



the fast food department and drinking energy drinks and sugared-coffee, then this can lead to a blossoming flora of bacteria in the mouth resulting in bad breath and mouth sores and cavities. Brushing and flossing two to three times daily will help eliminate poor oral hygiene concerns. Visit your dentist now if you are bleeding while brushing or noticing discoloration in the gums or teeth.

The root-cause solution:

Remove the source of stress. A great way to alleviate stress is to go to the gym, which will also give you endorphins to boost your mood. The most important thing to remember is do not just manage with your dental problems...get help! There may be some solutions that you are unaware of, such as counseling, prescription medications, appliances or perhaps just a great set of brushing and flossing instructions. It is best to go to the dentist when your symptoms are present, so that he or she may complete the best treatment plan for you. Until next time, happy brushing!

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Speech M-W
Principles Of Management T-TH

SESSION 3A (APRIL 17TH - MAY 7TH)

Humanities M-W

SESSION 3B (APRIL 17TH - MAY 21ST)

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College Algebra T-Th

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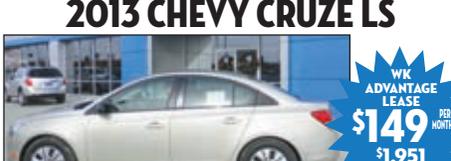
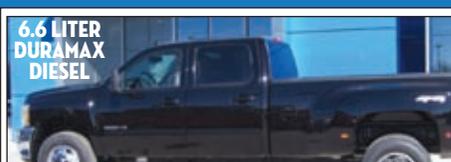
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Airman 1st Class Benjamin Koch, 509th Aircraft Maintenance Squadron 13th Ammunitions load crew member, closes the fuse access cover on a mock GBU-31, Jan. 25.



Tech. Sgt. Johnathan Haynes, Master Sgt. Christopher McFatrige, and Staff Sgt. Stephan Capkovic, 131st Aircraft Maintenance Squadron load crew team members, lock a mock GBU-31 into place during the Load Crew of the Year competition, Jan. 25.



Airman 1st Class Keandre Lowe, 509th Aircraft Maintenance Squadron 13th Ammunitions load crew member, inspects a mock GBU-31 for serviceability, Jan. 25.



The 509th Aircraft Maintenance Squadron's 13 Ammunitions load crew, guides a mock GBU-31 into position for munitions upload, Jan. 25.

Load Competition increases efficiency

Story and photos by Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

From the second the clock starts till the second it stops, the 509th Maintenance Squadron Load Crew of the Year competitors are on their toes trying to be the best.

Three teams went up against each other Jan. 25 for the right to be named 2012's best load crew team.

The competition consisted of load teams from the 393rd Bomb Squadron, 13th Bomb Squadron and the 131st Bomb Squadron. These four-man teams competed in a 45-minute timed load, dress and appearance, and a 25-question written test.

"It's not about how fast they load the bombs," said Jason Biddlecome, 509th Maintenance Group loading standardization crew member. "It's about the efficiency in which they do it. We want these airmen to be able to complete the mission in an efficient time but we really want them to be able to do it the correct way without discrepancies."

The purpose of the load competition is to get the airmen to strive for excellence and to get extra time to practice handling weapons.

"The purpose of the Load Crew of the Year competition is to recognize the best of the best," Biddlecome said. "We want everyone to desire to be the best, because the best naturally rise to the top and become the next generation of leaders."

There is a lot to go into being eligible for the competition. First, the team must win one of the four quarterly competitions from the year. To be eligible for a Quarterly Competition, they cannot have any fails during the monthly loads, no PT failures and no disciplinary actions.

For the winners, it's a chance to say that they are the best loaders of 2012.

"The winners receive a hefty plaque to carry home," Biddlecome said. "Their names will get inscribed in a wall plate in the Weapons Loading Trainer hall to be remembered forever, but it's mostly about pride."

The load competition has been a way to get the shops excited about loading and giving them something to work for, as well as showing the community what makes the B-2 so special.

"It's a chance for us to show people why Whiteman is always prepared to strike at a moments notice if needed," Biddlecome said. "Because without weapons, it's just another airline!"



Staff Sgt. Stephan Capkovic, 131st Aircraft Maintenance Squadron load crew team member, ensures the mock GBU-31 is safely picked up by the bomb-lift truck, Jan. 25.



Airman 1st Class Daniel Villarreal, 509th Aircraft Maintenance Squadron 393rd Amunitions load crew member, ensures the mock GBU-31 is safely picked up by the bomb lift truck, Jan. 25.

New Finance Office in the flightline

By Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

A new finance office has recently opened on the flightline to help airmen. Senior Airman James Clark, 509th Comptroller Squadron Lead Defense Travel Administrator, has been chosen to represent this establishment as a primary customer technician.

He works Mondays and Fridays 6-12 p.m., Wednesdays from 12-530 p.m. every week to ensure airmen on the flightline convenient services.

Clark is a hard-working airman who is knowledgeable, helpful and enjoys doing his job. He is dedicated to what he does and will ensure airmen get the financial assistance they need, according to Master Sgt. William Sander, 509th Comptroller Squadron Financial Services Flight Chief.

"I enjoy this job, I find it very fulfilling and I love helping and interacting with customers," said Clark.

Being on the flightline isn't easy, but Clark still finds pleasure in being around different people and the opportunity to work independently. This requires him to work with many customers, pay inquiries, process travel vouchers and process e-mail pay, according to Sander.

The idea came from the Secretary of the Air Force for Financial Management



U.S. Air Force Photo by Airman 1st Class Keenan Berry

Senior Airman James Clark, 509th Comptroller Squadron Lead Defense Travel Administrator, assists Airman 1st Class Amy Olvitt, 509th Maintenance Operations Squadron Apprentice, with DTS, Jan. 30. DTS, Defense Travel System, allows a member to input their own authorization or vouchers. This system also processes military travel pay.

and is a new concept they are trying to implement within bases. Whiteman is the first base to test out this experiment, according to Sander.

"We are the first base to pilot this operation. As long as people come to the office, it will continue to operate" said Sander, "If not we will have to close it

down."

The positives for Clark are that he can see different people doing his job on the flightline and also hearing good comments about the convenience of the office.

The office on an average gets one customer a day. The office is still fairly

new so not many people on the flightline know about it. Information about the office needs to spread around the base for this shop to continue operation, according to Clark.

The office can assist with many things ranging from W2s to military pay problems pertaining to BAH. The more common issues around this time of year are questions about taxes, according to Clark.

Clark is one of three Lead Defense Travel Administrators in the office who holds an important role in working in the finance office. He started in Defense Travel System as the only LDTA on Whiteman, which has made him more comfortable in his career field. LDTA is a job granted a NCO; Clark is one of a few exceptional airmen to uphold a job because he is diligent with his tasks.

Clark has a lot of customer service experience working the counter of the office to assist members with needs. His experience with different areas of his career field has earned him the special duty of working the flightline finance office, according to Clark, according to Sander.

"Clark is an airman who knows how to do his job and has fun with it," Sander said.

For more information, or to make an appointment for more personalized help, contact the 509th Bomb Wing Comptroller Squadron Office at 660-687-2006.



Mine was earned in Vietnam. By my dad.

Marc M., USAA member

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Getting the word out



U.S. Air Force photo/Airman 1st Class Bryan Crane

Kyle Hamrick, 509th Force Support Squadron marketing assistant, and Alison Lesard, 509th FSS commercial sponsorship coordinator, attach a poster to a foam board at the former Arts and Crafts center, Feb. 1. The FSS marketing ensures that the Whiteman community knows about the services and events offered throughout the year.

By Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

Throughout the year many events take place at Whiteman that a lot of airmen never hear about until they're over. It's the 509th Force Support Squadron marketing office's mission to ensure the Whiteman community knows about the service they offer.

"We are here to let the base population know everything they can about our services," said Kyle Hamrick, 509th Force Support Squadron marketing assistant. "Most of our facilities rely on the business they receive to keep up and running."

FSS marketing supports quality child care, youth programs, library services, dining, bowling, golf, fitness, lodging, recreation and club events.

"We put forth the effort to enhance these services," Hamrick said. "We find it very important that team Whiteman knows about everything the base has to offer so they can get the most out of their experience at Whiteman."

The marketing office has also used social media and mobile applications to increase their ability to reach out to the community.

"We use many ways to share information with the base community," Hamrick said. "That includes print and multimedia advertising, AAFES radio advertising, informational briefings, social-media networking, website management and "ForceCast" mobile broadcasting."

"ForceCast" has been a big step in improving marketing for the squadron Hamrick said.

"ForceCast" is a text message and email broadcast from the 509th FSS that shares in-

formation to the Whiteman AFB community," Hamrick added. "The application allows you to sign up for specific services provided by the 509th FSS, whether you're looking for all of our events, programs and activities or simply trying to receive information about youth sports or Stars & Strikes bowling center for example."

Hamrick said he would recommend "ForceCast" to all members of the base community.

"ForceCast" also provides opportunities to win prizes or participate in contests with our facilities, inform the users of any scheduling changes or updates to specific event, and give users the choice of selecting what they receive," Hamrick said.

The marketing office works with local businesses and major corporations to help provide donations of goods or money to enhance base programs. These donations are what allow FSS to provide this entertainment, prizes and giveaways.

"Whiteman marketing is your one-stop shop to find out about all events and facilities offered," Hamrick said.

The FSS Marketing office will also help squadrons on base with squadron marketing by helping to produce posters and other marketing tools.

For questions or more information you can contact FSS marketing at marketing3@us.af.mil, or by using their contact form available online at whitemanfss.com if you have any program, event or activity idea. You can also find them at facebook.com/whitemanmarketing.



Quick Response codes enable readers to access additional content outside the publication. Most QR code readers are available for free in the Android Market and App Store.



The Official Whiteman AFB Facebook Page



The Official Whiteman Website

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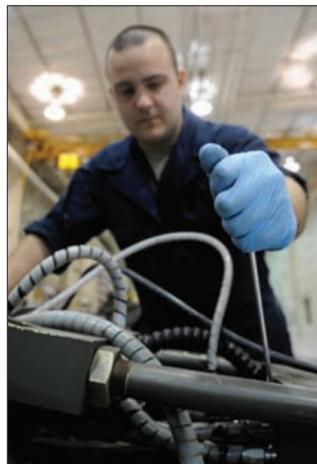
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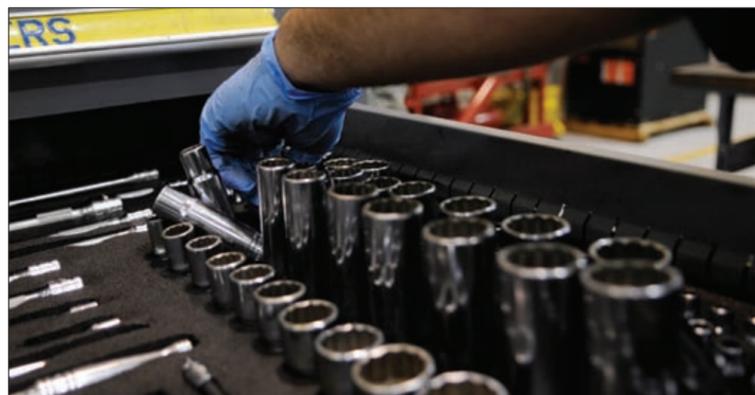
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Staff Sgt. Cole Adams, 509th Maintenance Squadron aerospace ground equipment mechanic, ensures everything works properly on the MHU-83 bomb lift, also known as a Jammer, here Jan. 31. Bomb lifts are a self-propelled munitions handling unit with a diesel driven hydrostatic system. Jammers are Adams favorite piece of equipment to work on.



Staff Sgt. Cole Adams, 509th Maintenance Squadron aerospace ground equipment mechanic, chooses the correct size socket to use on the -95 air cart gas turbine compressor here Jan. 31. The gas turbine is an internal combustion engine that uses air as the working fluid.



Staff Sgt. Cole Adams, 509th Maintenance Squadron aerospace ground equipment mechanic, ensures everything works properly on the MHU-83 bomb lift, also known as a Jammer, here Jan. 31. Adams has worked on bomb lifts for over four years and is his favorite piece of equipment to work on.

By Staff Sgt. Alexandra M. Boutte
509th Bomb Wing Public Affairs

Laughter fills a corner of the aerospace ground equipment bay surrounding Staff Sgt. Cole Adams, 509th Maintenance Squadron AGE mechanic, as several Airmen work on a diesel generator for the B-2 Spirit bomber.

Adams brings amusement to the floor everyday he works.

Adams joined the Air Force in 2008 and the 509th has been home to him, his wife, Katelyn and their two children, Jersi and Colten, since.

He wanted to follow the footsteps of his grandfathers and wear the uniform proudly. One grandfather was a prisoner-of-war in World War II. The other served in Vietnam in 1965 as an airborne radar technician.

His grandfathers had diverse careers but that did not stop Adam's decision to work with wrenches, screwdrivers and engines as his dream job in the military.

"I always knew I would be turning wrenches for a living," he said. "The benefits and people are nice, too."

He says the people make the job and keep him motivated to get the work done.

"I love my job," Adams said. "Seeing people laugh and getting the work done brightens my days, and makes me want to come to work everyday."

His facial expressions and the things he says make everyone laugh, said Staff Sgt. Calvin Grosz, 509th MXS AGE mechanic and co-worker.

Enjoying making people laugh is not the only thing that people see in Adams, said Master Sgt. Brad Burt, 509th MXS AGE Team 2 NCOIC.

"Sergeant Adams is a great mechanic, there is no doubt about that," Burt said. "He is an innovative thinker."

With budget cuts happening Air Force-wide, finding a way to get a job done with limited resources is what Adams often does.

Those in the AGE field are responsible for maintaining the equipment that supplies electricity, as well as hydraulic pressure and air pressure.

The team services, inspects and troubleshoots engine-driven generator sets, air conditioners, hydraulic test stands, air compressors, bomb lifts, heaters and other similar support systems.

"Without us, our planes would be nothing more than a piece of metal," Adams said.

He solved an equipment shortfall by writing an engineering technical assistance securing parts for a bomb lift Burt said.

"Working with Adams is great," Grosz said. "He is a great mechanic and has no problem tackling the tasks at hand."

"Our job is preventative maintenance on the equipment," Adams said. "We want to make sure it doesn't break, but if it is broken, we fix it," Adams said.

This hard work and dedication to his job and co-workers has not gone unnoticed. In 2012, he won flight-level Maintenance Professional of the Quarter and was named Aircraft Maintainer of the Year for the group. His award package has been sent up to the Air Force Global Strike Command.

"It feels awesome getting the recognition for my work," Adams said. "All my hard work is being acknowledged; others are noticing."

"Sgt. Adams is one of the most, well-rounded and dedicated workers this AGE flight has to offer," Andino said. "Without him, work around here wouldn't run as smoothly or efficiently."

AGE Airmen build shop morale with humor



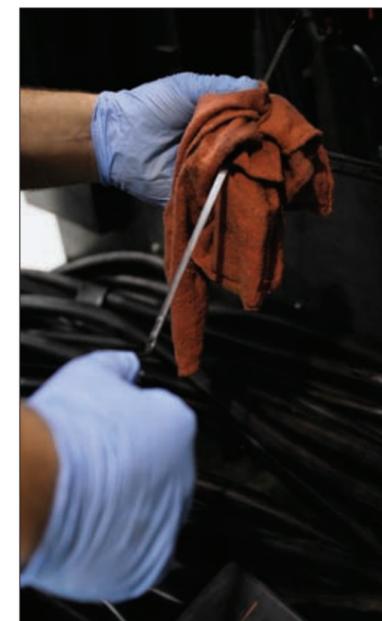
Staff Sgt. Cole Adams, 509th Maintenance Squadron aerospace ground equipment mechanic, applies grease to a tow tongue of the -86 diesel generator set with a grease gun here Jan. 29. The AGE flight washes, performs inspections and lubes designated areas every 6 months or as directed by the technical orders to increase the longevity of the equipment.



Staff Sgt. Cole Adams, 509th Maintenance Squadron aerospace ground equipment mechanic, tightens bolts on a -95 air start cart gas turbine compressor here Jan. 31. The gas turbine is an internal combustion engine that uses air as the working fluid. The engine extracts chemical energy from fuel and converts it to mechanical energy using the gaseous energy of the working fluid to drive the engine and propeller, which, in turn, propel the aircraft.



Staff Sgt. Cole Adams (right) and Calvin Grosz (left), 509th Maintenance Squadron aerospace ground equipment mechanics, lift the top off of a -95 air start cart gas turbine compressor for routine maintenance here Jan. 31. The gas turbine is an internal combustion engine that uses air as the working fluid.



Staff Sgt. Cole Adams, 509th Maintenance Squadron aerospace ground equipment mechanic, cleans the dip-stick of a -86 diesel generator here Jan. 29. The diesel generator supplies power to systems used in support of flightline maintainers.

Whiteman to receive three new buildings



David Benson, Balfour Beatty Communities site superintendent, points out the progress made to Luke LaLiberty, BBC project director during a visit to the site, Jan. 22.

Story and photos by Heidi Hunt
509th Bomb Wing Public Affairs

By this time next year, Balfour Beatty Communities, LLC, is scheduled to open three new facilities here: a fitness building complete with an indoor pool, community office and a maintenance building. The facilities are currently under construction and are ahead of schedule.

The community center was requested by the Air Force and Whiteman AFB as part of its

ongoing commitment to improve the quality of life for Team Whiteman and their families.

An indoor pool in the middle of winter will make exercising and swimming possible year-round, which will help supplement other activity centers already on the base, according to Luke LaLiberty, BBC project director. The building will also include a fitness area, restrooms and locker rooms.

"There will be plenty of room for lap swimming for people who are interested in exercise and also offers a floating-play feature, making it useful for children," said Tana Waldren, BBC community manager interim.

"BBC is committed to providing a safe and fun facility," Waldren said. "We also recognize that there are already wonderful activity and fitness centers on base and we encourage Team Whiteman to use those as well."

In addition to the fitness building, the two other buildings will be located nearby and include the community management office, the future home to BBC staff, and the government housing management office, according to LaLiberty.

"The community management office will have several offices, a conference room and a room to greet residents," LaLiberty said.

The maintenance building will be the new location for the self-help store and provide plenty of storage and office space for the facility management team, according to LaLiberty.

"Balfour Beatty Communities is happy to provide the indoor pool and we are excited to move our community management office and



Balfour Beatty Communities construction workers build on the foundation for a new community management office, Jan. 22. The new facility will have several offices, a conference room and a room for greeting residents.

maintenance building to the new site," LaLiberty said.

"Our aim is for the office and maintenance buildings to function as a consolidated area where residents can have their questions answered, use the self-help store and interact with the community management team."

"The buildings are proceeding nicely ahead of schedule and BBC intends to work through the winter as weather allows," LaLiberty said. "The foundations and slabs are complete and framing is in progress. All of the buildings will have very functional layouts and will serve customers and BBC's team well."

Balfour Beatty Communities' design team is working closely with the Air Force to develop the final approved plans and specifications,

according to LaLiberty.

Construction is scheduled to be complete February 2014 and BBC is hoping for an earlier finish, according to LaLiberty.

"Once the buildings are officially operational, a date for a ribbon-cutting ceremony will be announced and Team Whiteman will be invited to attend," LaLiberty said.

For more information log on to www.housing.af.mil/whiteman or call BBC 660-687-0559.

(Editor's note: BBC is scheduled to begin building a multipurpose neighborhood center to include an outdoor splash park this summer. More details will be announced as decisions are made.)

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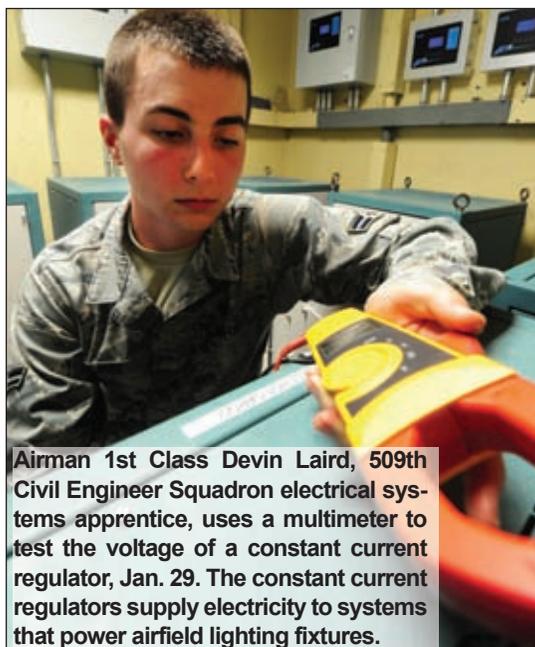
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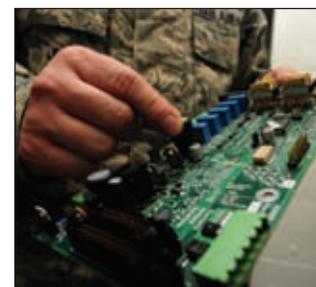
Staff Sgt. Clint Smith, 509th Civil Engineer Squadron electrical systems craftsman, repairs an inoperable taxiway edge light, Jan. 29. Taxiway edge lights are used to assist aircraft as they land and takeoff the runway at night and during adverse weather conditions.



Staff Sgt. Clint Smith, 509th Civil Engineer Squadron electrical systems craftsman, trains Airman 1st Class Henry Fox, and Airman 1st Class Devin Laird, both 509th CES electrical systems apprentices, on maintaining oil filled regulators, Jan. 29. The regulators provide electrical power to various electrical systems on the flightline.



Airman 1st Class Devin Laird, 509th Civil Engineer Squadron electrical systems apprentice, uses a multimeter to test the voltage of a constant current regulator, Jan. 29. The constant current regulators supply electricity to systems that power airfield lighting fixtures.



Staff Sgt. Clint Smith, 509th Civil Engineer Squadron electrical systems craftsman, checks to see if a circuit board is in operable condition, Jan. 29. Visually inspecting circuit boards for defects and damage is part of the routine maintenance electricians perform on electrical systems every day.

Story and photos by Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

B-2 Spirit pilots can't fly sorties if maintainers don't have the electricity needed to open the hangar doors.

Fortunately, airmen and civilians from the 509th Civil Engineer Squadron electrical flight provide members of Team Whiteman the electrical power to accomplish their missions.

"Our mission is important to everyone who supports Whiteman Air Force Base," said Tech. Sgt. Everett Vaughn, 509th Civil Engineer Squadron electrical systems craftsman. "Without electricians, nobody could do their jobs efficiently because they wouldn't have power and lights."

A dedicated team of 40 airmen and civilians work together to maintain electrical systems on base, from office circuit breakers to runway edge lights.

"We also directly support the aircraft maintenance mission and the amount of sorties that fly out on a daily basis," Vaughn said.

The direct support the electrical flight provides requires the team to pay close attention to detail and provide quality work.

"Quality means making sure each wire is in the right place and ensuring every aspect of the job is complete down to the nuts and bolts," Vaughn said. "If any piece of equipment is installed incorrectly or improperly maintained, it could make that equipment faulty and hinder the customer's mission."

Electrical system technician repairs include underground, exterior and interior structures. Exterior system technicians fix electrical fixtures used outside like street lights and light poles.

Examples of interior light fixtures are wall outlets, breaker panels, lights and electrical boxes. The underground lighting systems are circuit lines that run underground to power various items on base, according to Vaughn.

"We have an electrical grid that we work off which tells

us how the electricity runs throughout the base," Vaughn said. "It shows us every line that runs from the power plant to each facility."

Being able to provide repairs to all electrical systems on base requires technicians to use a wide range of tools.

"We use everything from wire strippers to bucket trucks and line trucks," Vaughn said. "We probably use any tool you can think of."

The technicians use the bucket trucks to fix street lighting circuits on base and the line trucks are used to demolish circuits and set overhead lines on utility poles.

Since Whiteman's mission never sleeps, the electric shop is always heavily tasked, according to Vaughn.

"We go out on jobs everyday," Vaughn said. "There is always something to be done whether it's a request to install a system or a request to repair a circuit."

Depending on the severity of the task, the amount of time it takes to perform jobs can range from minutes to days to weeks, according to Vaughn.

"The jobs we work on are broken down to emergency, routine and urgent categories," Vaughn said. "If the request includes a safety hazard or anything that would harm personnel or equipment, it will be categorized as an emergency."

Urgent requests are taken care of within 14 days and routine requests are accomplished within 30 days.

"If the base power plant shut down on us, for example, that would be an emergency," Vaughn said.

The requests the electricians have to work on come from applications put in by building facility managers via AF Form 332.

"The customer would input the type of work that needs to be done with a description of the issue, location and materials needed," Vaughn said.

One of the most important tasks electricians are responsible

for is ensuring there is enough power going to the lighting systems on the flightline.

"If we don't keep the airfield lights up and running then none of the aircraft will be able to take off or land after returning from missions," Vaughn said.

As electricians ensure systems are powered up and maintained, people who work on base can also play an important role in preventing electrical mishaps.

"To prevent mishaps and save energy, people can turn off monitors upon leaving their work centers," Vaughn said. "If someone has a microwave or refrigerator plugged in along with a space heater that pulls more than the required amps for a circuit that could cause the circuit to trip."

Vaughn said daisy-chaining extension cords and surge protectors can also cause a circuit to blow.

The work electricians do saves the Air Force thousands of dollars, according to Bryan Field, 509th CES electrical systems foreman.

"We perform approximately \$125,000 of annual maintenance," Field said. "We can save over 30 percent of the cost of a project that goes out on contract."

In 2012, as part of an energy conservation program, the electricians changed all of the street lights on base to more energy efficient lights. This also saves the Air Force money because the life expectancy of the lights will be longer, according to Field.

Whether it is troubleshooting a malfunctioning wall outlet or repairing components on a flightline lighting system, members from the 509th CES electrical shop are working to ensure the mission is powered up.

"The most satisfying part about our job is knowing that the work we do supports all missions on base," Vaughn said. "Knowing that we allow maintainers and members of the medical group to have light is a very rewarding feeling."

Resilience Continued from Page 2

blame is redirected; perhaps the PTL is to blame, or the individual counting for them during the test. Now the failure looms over those involved, creating distractions at work, bruising egos and in turn, affecting work performance. Without resilience, this airman becomes a financial burden our military can no longer afford.

How can we avoid these situations? Listening and communication are foundational skills when it comes to resilience. By shedding light on difficult situations, NCOs can help their troops find ways to grow and benefit through adversity. Reinforcing the importance of gratitude, even in the most insignificant situations, helps airmen cope with daily stresses, teach them to set realistic goals and add to the idea of the whole-person theory.

This is not an overnight process, but a lifelong lesson. Our time is precious – there is always too much to do in today's Air Force, and often not enough time to do it, but these skills will benefit not only our airmen, but their leaders, as well. Though this may seem like a daunting task, building resilience really comes down to being an active member in a conversation, and not dominat-

ing or destroying the individual who may be sharing with you. Show them the importance of taking responsibility for their actions. Airmen who take pride in their work become an investment that pays amazing dividends, both for themselves and the nation.

If NCOs take a proactive approach to resilience, they are not only helping build a solid foundation for our future leaders, but they are ensuring the future success of the Air Force on the whole. As we teach them these skills, we will enable them to train the next generation, creating a cycle of empathy and excellence. True, there will be airmen who want that trophy for participation, for just showing up. Not every airman will seek to develop these skills, and there will still be those who view supervisors with disregard or enmity. However, by reaching the ears that are open and teaching those eager to learn, we can instill in our service members the value of earning a trophy not for participation, but for being the best they can possibly be. These airmen will not only come to respect you, but treasure the skills you have taught them that make them more resilient and an even greater asset for the United States Air Force.

Whiteman's Niner Line

Do you have a concern, comment or complaint about something at Whiteman Air Force Base?

When traditional methods have failed to get you answers, the Whiteman Niner Line is here to help.

To use the Niner Line, simply visit www.facebook.com/WhitemanNinerLine, and leave a comment, or send a private message

You are guaranteed to receive a response to your comment. If necessary, our staff will contact you for additional information.

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FEATURED EVENTS

FRIDAY 2/8

Mardi Gras Party! - 9:00pm - 1:00am-Mission's End

Join us in celebrating an eventful evening of Mardi Gras fun! Enjoy great food and fun with your friends! Hurricane Drink specials, Maquerade Mask competition, and Karaoke. Don't forget about the great fun available! Call 687-4422.

SATURDAY 2/9

Outdoor Rec is now open on Saturdays!

Visit us to start your adventure! Open from 8am-12pm on Saturdays! Ask us about our rates. Call 687-5565.

Family Bowling Special-12-4pm— Stars & Strikes

A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$30 per package, Sat & Sun For more information please call 687-5114.

WEDNESDAY 2/13

Boss & Buddy-Starts at 4:30pm- Mission's End

Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call 687-4422.

VALENTINE'S DAY/ THURSDAY 2/14

\$7 Steak and Shrimp! -10:30am-1pm

Join us for a Steak & Popcorn Shrimp lunch at Stars & Strikes! Limited supplies so get here fast for this great deal and remember to try some of our new menu items! Call 687-5114.

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FCC NEWS

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509 FSS PAGE EDITOR: KYLE C. HAMRICK
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AT THE MOVIES



Jack Reacher

Saturday, 7 p.m.

When a gunman takes five lives with six shots, all evidence points to the suspect in custody. On interrogation, the suspect offers up a single note: "Get Jack Reacher!" So begins an extraordinary chase for the truth, pitting Jack Reacher against an unexpected enemy, with a skill for violence and a secret to keep.

Rated PG-13, 131 minutes



Rise of the Guardians

Sunday, 3 p.m.

An epic and magical adventure that tells the story of Santa Claus, the Easter Bunny, the Tooth Fairy, the Sandman, and Jack Frost - legendary characters with previously unknown extraordinary abilities.

Rated PG, 92 Minutes

Movie showings are featured at the Whiteman AFB Movie Theater. Call the movie line at 660-687-5110 for more information. **Cash or check only.** Movies are \$5 for adults and \$2.50 for children (ages 3-11). Doors open 30 minutes prior to show time.

Movies and ticket prices are subject to change without notice.

Balfour Beatty Communities

Lifeworks Events!

Join us for an event! All events are FREE and open to all military personnel and families. Events are held at the Lifeworks House, 245 Selser. Like us on Facebook: facebook.com/whitemanhomes



Monday:

Bumps 'n' Babes, 10 a.m.

Playgroup for babies under 1 year!

Join us as we share funny stories, milestones, and let the babies play!

Teething Biscuit Cooking Class, 2 p.m.



Wednesday:

Playgroup 10 a.m.

Creative Crafters 11 a.m.

Fun crafting for children ages 2 and older!



Thursday:

Valentine's Party 11 a.m.

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- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. *People who are PCSing may place more than one ad and sell the items at any price.
- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

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