

2 The Warrior May 31, 2013 Commentary

Safe, secure, effective: Challenges ahead for AFGSC

Lt. Gen. James Kowalski

Commander.

Air Force Global Strike Command

BARKSDALE AIR FORCE BASE,

La. -- About four years ago, the Secretary of the Air Force and the Air Force Chief of Staff tasked us to build a new command around two missions: nuclear deterrence and global strike operations.

From this, Air Force Global Strike Command was formed with a core belief that nuclear weapons area special trust and responsibility. This foundational truth resonates in everything we do and say, and guides us as we approach the challenges ahead.

Global security environment

The world we face today has changed in fundamental ways from the post-Cold War period of U.S. economic and military superiority. We now face challenges in new domains of space and cyberspace, our potential adversaries include groups formed around ideologies instead of states, and the military and economic gaps between the U.S. and other major powers continue to shrink

Furthermore, our optimism that democratic cultures and institutions would flourish following the Cold War has faded as authoritarian regimes continue to thrive, asserting themselves both regionally and globally, proliferating advanced military technologies and affecting regional balances of power

Role of nuclear weapons

Nuclear weapons during the Cold War served as the most credible lever of deterrence between the West and the communist nations of the Soviet Union and China. When the U.S. signed the Non-Proliferation Treaty in 1968, there were five nuclear weapon states, and three of them were western democracies. Today, that number is nine with Iran potentially expanding the nuclear club into double digits. While nuclear-armed nations during the Cold War were driven by the ideological conflict between communism and capitalism, new nuclear-armed nations are driven by regional security concerns more than ideology.

The proliferation of nuclear weapons remains a core challenge for US national security. As stated in the 2010 National Security Strategy, "The American people face no greater or more urgent danger than a terrorist attack with a nuclear weapon. And international peace and security is threatened by proliferation that could lead to a nuclear exchange." With every new nuclear-armed state, the complexity of deterrence increases, as does the risk of theft, accident, or intentional use.

The 2010 Nuclear Posture Review directs nuclear forces to achieve three effects:http://www.defense.gov/npr/

- * Strategic stability with Russia and China
- * Provide a nuclear element to the regional deterrence architecture
 - * Assure allies and partners



Lt. Gen. James Kowalski, commander of Air Force Global Strike Command

As we execute this mission under the orders of U.S. Strategic Command, we are also charged by President Barack Obama to ensure our arsenal has three attributes. The president outlined these in his April 2009 Prague Speech: "Make no mistake, as long as these weapons exist we will have a safe, secure and effective arsenal to deter any adversary and to assure our allies and friends."

These words -- "safe, secure and effective" -- stand out at the heart of the AFGSC mission statement: Develop and provide combat-ready forces for nuclear deterrence and global strike operations ... safe, secure and effective ... to support the president of the United States and combatant commanders.

AFGSC conventional mission

While nuclear deterrence must always have our full attention, we cannot let the conventional capabilities of our forces atrophy. We took the lessons of Operation Desert Storm -- stealth, precision, information technology -- and made our bombers integral to the joint fight. AFGSC bomber forces have contributed to every major combat operation since the end of the Cold War.

Demand for these capabilities will not subside:

- * Long-range precision strike supporting the strategic pivot to the Pacific.
- * Penetrating systems that are effective against advanced enemy air defenses.
- * Flexible and adaptive bombers capable of employing the widest variety of conventional munitions against any target, anytime and anywhere.

2013 flight plan

1. Always better. We will not relent on our vision of "an elite and highly disciplined team in a model command," and we will not be discouraged by fiscal limitations. The special trust and responsibility we have for nuclear weapons demands a culture where we must always seek to be better...always working to be safer, more secure, more effective, and as combat-ready as our resources, hard work, and ingenuity can make us. Our qualitative advantage in each operational and functional area en-

sures our bomb and missile wings remain so deadly to our potential adversaries, they fear the line separating confrontation from conflict.

- 2. Win the fight. AFGSC makes a unique contribution to the joint force, and whether the "fight" is in the area of responsibility, where we have 1,100 Airmen deployed; or in our missile fields where we execute the tough and disciplined day-to-day mission of deterrence, we will sustain both our nuclear and conventional readiness.
- 3. Care for our team. We will continue to push for quality of life improvements and to support our Airmen and their families, focused on the unique demands of our mission and our locations. Our no-fail mission places many stressors on our Airmen; we will continue to foster individual mental toughness within a wingman culture.
- 4. Modernize. We will plan and advocate for modernization across our weapon systems. Our Minuteman III intercontinental ballistic missiles will be sustained to 2030 and we're currently conducting the analysis of alternatives for its follow-on. Anticipating we will fly the UH-1N Huey helicopter for another decade, we are pursuing vital upgrades to ensure nuclear security. Our B-52H Stratofortress will take us to 2040 and beyond as the premier stand-off platform of choice, with a robust payload, unsurpassed range and the greatest variety of munitions in the inventory. The B-2 Spirit will continue to serve as our only long range penetrating strike aircraft through 2030 to deny any adversary the comfort of safe haven. As advanced military technologies evolve and proliferate, the long-range strike bomber will make sure we can continue to hold the global target set at risk. As our air-launched cruise missile becomes obsolete and unsupportable, it will be replaced by the stealthy long range stand-off missile, providing a credible and flexible nuclear deterrent, with the potential for a conventional variant.

Conclusion

On Aug. 7, 2009, Strategic Air Command was renamed Air Force Global Strike Command, and then, with a new name and focused mission, was re-activated. We own Strategic Air Command's rich heritage of discipline, excellence, professionalism and innovation. The warriors who shoulder the burden of nuclear deterrence know the unique logic of the mission--the better we are at nuclear operations and global strike, the lower the risk of conflict for our nation and our allies.

We are facing three challenges:

- 1. Sustain a culture where every Airman understands and embraces the special trust and responsibility of nuclear weapons.
- 2. Evolve our hard-won bomber conventional expertise to maintain superiority over potential adversaries.
- 3. Sustain the current force while modernizing for the future.

Our elite team, working with our joint partners, will meet these challenges and provide our nation with ready forces for nuclear deterrence and global strike operations--safe, secure and effective!

THE WARRIOR

Editorial Staff

Brig. Gen. Thomas Bussiere **509th Bomb Wing Commander**

Capt. John Severns
Chief, Public Affairs

1st Lt. John M. Cooper **Deputy Chief, Public Affairs**

Airman 1st Class Shelby R. Orozco **Editor**

Photojournalists

Staff Sgt. Alexandra Boutte Staff Sgt. Nick Wilson Senior Airman Brigitte N. Brantley Airman 1st Class Bryan Crane Airman 1st Class Keenan Berry

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

To advertise in The Warrior, call the Sedalia Democrat at: 1-800-892-7856.

"Welcome to the AFGSC Inspection Team!"

On the cover

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

Senior Airman Blair Brakebill and Airman 1st Class Dillon Cobb, 509th Medical Operations Squadron ambulance services technicians, simulate placing a patient on a stretcher at Whiteman Air Force Base, Mo., May 29, 2013. Ambulance service technicians constantly train to ensure they are mission ready and fully qualified to complete the job.

News The Warrior May 31, 2013

NEWS BRIEFS

Spirit Gate outbound closure

From May 31 to May 27, minor repairs to the barrier system will prevent outbound traffic from exiting Spirit Gate. The barrier is still active and fully operational. Arnold Gate will assume 24 hour operations and Lemay Gate will be open 6 a.m. to 6 p.m. Monday to Saturday. Pedestrian and bicycle traffic will not be affected.

For questions, please contact Staff Sgt. Jen Winkels at (660) 687-6284.

2013 Community Assessment Survey

The 2013 Community Assessment Survey is your opportunity to contribute to community action plans at your base, MAJ-COM and the Air Force!

Starting 5 April 2013, you may be one of those chosen to receive an email invitation to participate in a survey concerning your experiences as a member serving in the Air Force. Sharing your experiences and opinions in this survey is voluntary and will help us improve life for families in the Air Force Active Duty, Reserve components and DoD Civilian workforce.

The survey's subject line will be '2013 Community Assessment Survey (Survey Control Number AF13-141SGHW)' and it will be from afcasurvey@ipsosresearch.com.

If you have questions about this survey, you may contact this survey's POC, Lt Col Wendy Travis at afmoa.communityassessmentsurvey@us.af.mil.

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-

Whiteman Warrior Story Ideas

Today

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

For more news briefs, visit http://www.whiteman.af.mil/news/announcements/index.asp

WEATHER

Saturday

Rain	Chance of Storms
Hi 78	Hi 75
Lo 65	Lo 65
Sunday	Monday
Mostly Sunny	Mostly Sunny
Hi 69	Hi 73
Lo 54	Lo 53

Air Force Association: What's in it for me?

By Master Sgt. Lafoundra Thompson and Mr. Mel Johnson

Air Force Sergeants Association

On a World War II bombing mission to Bremen, Germany, in December 1943, radio operator Tech. Sgt. Forrest Vosler was hit twice by 20 mm shrapnel after taking the place of one of the gunners.

Despite his injuries, he managed to tend to the wounded tail gunner, repair the damaged radio equipment and send off distress signals before the aircraft pitched into the sea. Vosler was awarded the Medal of Honor for his heroism during the mission.

After the war, Vosler was one of the founding members of the Air Force Association (AFA), and was the first national director of the association. There is a common misconception that the AFA is only for officers, but that is certainly not the case. The AFA has always had a significant representation of enlisted Airmen, and is responsible for the prestigious national recognition given to the Outstanding Airmen of the Air Force each year.

Whiteman Airmen receive AFA recognition at the quarterly and annual awards events, and the opportunity to compete for scholarships offered from the AFA local chapter and national office.

The AFA provides Community College of the Air Force graduates an opportunity to pursue an undergraduate degree by supporting scholarships for deserving applicants during the all schools graduation, which was held here at Whiteman on May 23.

This year, we awarded six individual scholarships valued at \$400 in honor Medal of Honor recipient Airman 1st Class Bill Pitsenbarger. The local chapter also authorized a \$750 scholarship to one graduate at the rank of senior airman or below who is pursuing his or her next degree level in engineering or science.

Mel Johnson is the president of the Whiteman chapter of the AFA. He served as a master sergeant and a captain in the Air Force, and has been a member of the AFA through most of the years from 1967 to the present. AFA membership has dwindled over the last several years and he is looking to remind the organizations and personnel on Whiteman of the importance of belonging to the foremost professional organization working for the continuing existence and mission of the Air Force.

Most people know about the Air Force Sergeants Association and what it does, but they do not know that the AFA has a strong voice in D.C., as well, and is continually pushing for legislation that supports all active duty, reservists, guardsmen and retirees, whether enlisted, officer or civilian.

The membership meets at 7:30 a.m. on the second Saturday of every month at the American Legion Post in Warrensburg. The address is 733 E. Young Ave.

The membership plans to alternate the meetings on-base in the future to increase awareness.

For more information, contact Master Sgt. Lafoundra Thompson at lafoundra.thompson@us.af.mil or (660) 687-5145, or Mel Johnson at mjohnco@yahoo.com or (660) 429-4027.

Chiefs' Choice Award



U.S. Air Force photo/Senior Airman Ariel Nakmanee

Staff Sgt. Jaime Vergara, 509th Medical Support Squadron, accepts the Chiefs' Choice Award from Chief Master Sgt. John Stricklin, 20th Reconnaissance Squadron chief enlisted manager, May 23, 2013, at Whiteman Air Force Base, Mo. Vergara earned the award for kick-starting the Asian-Pacific American Heritage Committee, which had been dormant at Whiteman for the past three years. For the month's festivities, he organized food tasting, martial arts demonstrations and cultural dances.

Whiteman commissary closed Mondays, Tuesdays starting July 8

By Joseph Jeu

Defense Commissary Agency director

FORT LEE, Va. — Beginning July 8 through September 30, your commissary will close on Mondays as a result of furloughs because of sequestration. This is in addition to any day your commissary might normally be closed. For example, commissaries that are normally closed on Mondays will now close on Tuesdays, as well, during the duration of the furlough.

We know that any disruption in commissary operations will impact your community. During this time you may be assured that your commissary staff, with the support of all of us in the Defense Commissary Agency and our industry partners, are doing all that can be done to assure delivery of a commissary benefit that's worth the trip.

To answer, up front, some questions you may have:

- Your commissary is not alone. The deci-

sion to close commissaries on Mondays impacts nearly all commissaries with only a few overseas exceptions – commissaries where there are sufficient Local National employees to remain open. The DeCA Headquarters will also close on Mondays, as part of the furlough.

- Why Monday? Monday is one of our slow sales days. This helps minimize the impact on customers.
- Your commissary customers will still be able to enjoy the same selection of products, savings, sales, and services during the days the store is open.
- Customers can easily find out about changes to their store's operating schedule at www.commissaries.com: use the "Locations" link, then "Alphabetical Listing," to find your store and then check out the "Local Store Information" link

All of us in DoD are facing the challenges of sequestration. We at DeCA are empathetic to the actions, including furloughs, you too must undertake in the daily operations of your installation. In line with DoD direction, DeCA has also imposed a hiring freeze on all outside hires, curtailed official travel for all conferences, training and any other events and activities considered noncritical to the Agency's mission, and cancelled its May case lot sales events for all commissaries.

We are in this together, and though limited in our ability by circumstances we cannot control, I assure you we are doing all we can to mitigate the impact of sequestration on our patrons, employees, industry partners and on our mission to deliver the commissary benefit.

Your commissary store director is your point of contact for questions you may have about your commissary and its operations during this time. Please feel free to contact them with concerns you may have, and we will give them all due consideration.

The Whiteman AFB Commissary can be reached at (660) 687-5655.

Emergency Management safety tips for Whiteman

509th Civil Engineer Squadron

Emergency Management

Thunderstorms, tornadoes and intense rain -- no matter the weather, Emergency Management is there to help alert Whiteman.

Tornado season kicked off with a deadly twister in Moore, Okla., May 20, killing 51 people and injuring 145 more. Because there may be more deadly storms such as this one, it is important to know what to do in case these deadly forces occur.

Here are some helpful tips:

- Conduct tornado drills each tornado season.
- Designate an area in the home as a shelter and practice having your family go there
- Discuss the difference between a tornado watch and a tornado warning. Contact your local emergency management office or American Red Cross chapter for more information on tornadoes.

Have disaster supplies on hand, including a flashlight and extra batteries, portable, battery-operated radio and extra batteries, first-aid kit and manual, emergency food and water, nonelectric can opener, essential medicines, cash and credit cards, sturdy shoes, cellphone

- If family members are separated during a tornado (you might be at work and children might be at school), have a plan for getting back together.
- Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in

the family knows the name, address and phone number of the contact person. Have a backup "family contact" in case the first one is not available.

While at home:

- Go at once to the basement, storm cellar or the lowest level of the building.
- If there is no basement, go to an inner hallway or a smaller inner room without windows, such as a bathroom or closet.
 - Get away from the windows.
- Go to the center of the room. Stay away from corners because they tend to attract debris.
- Get under a piece of sturdy furniture, such as a workbench or heavy table or desk, and hold on to it.
- Use your arms to protect your head and neck, or use a heavy blanket or pillow to help protect you and to cover your head.
- If you are in a mobile home, get out and find shelter elsewhere.

While at work or school:

- Go to the basement or to an inside hallway at the lowest level.
- Avoid places with wide-span roofs, such as auditoriums, cafeterias, large hallways or shopping malls.
 - Get under a piece of sturdy furniture, such as a gency Management" Facebook page.

workbench or heavy table or desk, and hold on to it.

• Use your arms to protect your head and neck.

Outdoors:

- · If possible, get inside a building
- If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area or crouch near a strong building. Be aware of the potential for flooding.
 - Use your arms to protect your head and neck.

In a car:

- Never try to out-drive a tornado in a car or truck. Tornadoes can change direction quickly and can lift and toss your vehicle through the air.
- Leave the car immediately, and take shelter in a nearby building.

Helpful tips to avoiding hailstorms:

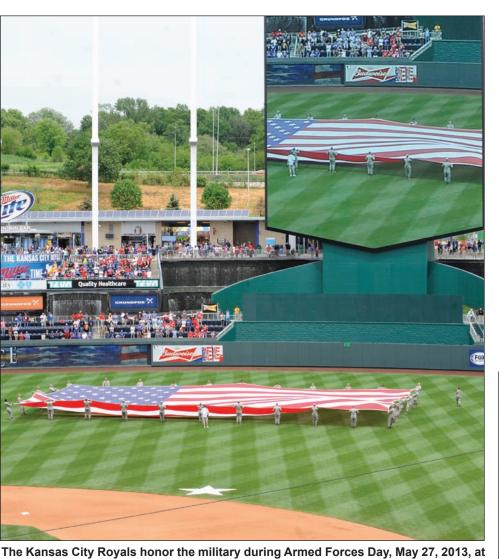
- Take precaution while driving because hail may turn into slush and could cause accidents
- Stay away from windows and find suitable cover to avoid hail. Hailstorms usually come from thunderstorms, so taking cover under trees is not suitable
- Hail can be harmful to pets depending on the size of it.

To stay updated, visit the "Whiteman AFB Emergency Management" Facebook page.



Feature
The Warrior
May 31, 2013

Kansas City Royals honor Service members

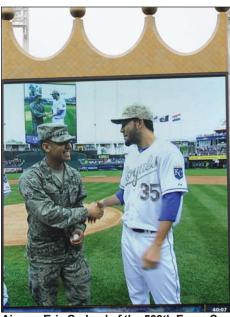


Kauffman Stadium in Kansas City, Mo., before a game against the St. Louis Cardinals. Thirty Airmen from Whiteman Air Force Base, Mo., displayed the flag during the special pregame ceremony.

U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte



Senior Airman Ben Akers, from the 442nd Maintenance Squadron at Whiteman Air Force Base, Mo., proposes to his girlfriend, Kristen Opperman, at the Armed Forces Day game between the Kansas City Royals and Cardinals, May 27, 2013 at Kauffman Stadium in Kansas City, Mo. A special pregame ceremony honored the service of America's men and women.



Airman Eric Sadsad of the 509th Force Support Squadron is given a baseball by Kansas City Royals first baseman Eric Hosmer prior to the start of the Royals' Armed Forces Day game against the St. Louis Cardinals, May 27, 2013 at Kauffman Stadium in Kansas City, Mo. A special pregame ceremony honored Service men and women, and included recognition of veterans, wounded warriors and a military family.



Tech. Sgt. Kyle Douglass, 509th Security Forces Squadron, announces a member of the Kansas City Royals during a special pregame ceremony honoring the military on Armed Forces Day, May 27, 2013 at Kauffman Stadium in Kansas City, Mo. The ceremony included recognition of veterans, wounded warriors and a military family, as well as a tribute to fallen Soldiers and World War II veterans.

Rucking for the Wounded Warrior Project

Senior Airman Jennifer Boll and Nicholas Tapp 509th Contracting Squadron

Barely an hour after the sun rose on May 18, 2013, six members from the 509th Contracting Squadron grabbed their rucksacks, ranging from 50 to 100 pounds, and set off for a six-mile hike around Opossum Trail in Knob Noster State Park.

In reality, though, this was more than a hike -- it was an opportunity to raise funds for the Wounded Warrior Project, which provides unique programs and services to injured veterans.

Altogether, the group lugged a total of 450 pounds for what ended up being a three-hour hike.

Airman 1st Class Austin Meadows organized this unique fundraising event; in fact, he had wanted to ruck march for a few months. It was during this time that he realized he could do something he enjoyed for a good cause.

Meadows said he believes strongly in the Wounded Warrior Project mission to honor and empower wounded warriors, and he has been a regular donor for the past year.

Members of the 509th Contracting Squadron kicked off the fundraising campaign by volunteering to participate in the ruck march. From there, pledges and donations were collected based on the miles to be rucked. The grand total raised for the ruck march was \$270.

Airman 1st Class Jerald Belford, who had never rucked before, ended up carrying a total of 90 pounds on his back.

He said participating in the event was absolutely worth it because team members were able to help injured Service members. Belford also added that he had a good time rucking with his co-workers.

Airman 1st Class Theodore Church-Reeves said, "I was moti-

vated to try something new and challenging while supporting a charity that I strongly believe in and support."

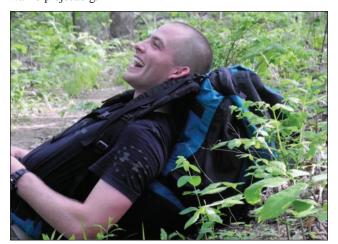
The terrain of the Opossum Trail was much more difficult than any of the ruckers had anticipated.

Church-Reeves added that it was a humbling and exhilarating experience finishing and realizing how much they had accomplished as a group.

It was motivating to see people helping each other through while struggling themselves, said 2nd Lt. Alicia Fleshman.

The Wounded Warrior Project helps injured Service members aid and assist each other, raise awareness and enlist the public's aid for the needs of the injured Service members and provide unique and direct programs and services to injured veterans.

For more information about the project, visit www.woundedwarriorproject.org.





U.S. Air Force photos/Airman 1st Class Jennifer Boll

ABOVE: A group of Airmen from the 509th Contracting

Squadron ruck through Knob Noster State Park near

Squadron ruck through Knob Noster State Park near Whiteman Air Force Base, Mo., May 18, 2013. The six-mile hike was done to raise funds for the Wounded Warrior Project, which provides unique programs and services to injured veterans.

LEFT: Airman 1st Class Austin Meadows, from the 509th Contracting Squadron at Whiteman Air Force Base, Mo., takes a break during a six-mile hike through nearby Knob Noster State Park, May 18, 2013. Meadows organized this march to raise funds for the Wounded Warrior Project.

The Warrior News May 31, 2013

Xylitol: The other sweetener

Tech. Sgt. William Winslow 509th Medical Operations Squadron

Are you health conscious but still desire to have your routine morning coffee? Are your job, family, friends and responsibilities keeping you busy?

Do you need that extra boost of energy to keep you charged, but your daily sugar intake is affecting your dental and physical health? Have no fear,

Being America's frontline defense is an enormous responsibility that calls for working long hours no matter what the job. Using xylitol daily can help fulfill a necessary health responsibility with ease. It fits right in with most busy schedules with no need to change your routine.

Xylitol is not an artificial substance, but is a normal part of everyday metabolism. Our bodies can produce up to 15 grams of xylitol from other food sources using established energy pathways. It is also distributed throughout nature in small amounts in products such as fruits, berries, mushrooms, lettuce, hardwoods and corncobs, and can be produced by hydrogenation of xylose.

This production of xylitol has no known toxicity in humans. It is as sweet as sucrose (sugar) and was first derived from birch trees in Finland in the 20th century. It has been used in foods since the early 1960s.

This "tooth-friendly" sweetener plays a big part in cavity prevention. The U.S. Food and Drug Administration allows xylitol-based products to claim that they do not lead to cavities in consumers.

When a person intakes sugar and it is metabolized, bacteria in the mouth produce an acid that leads to the formation of cavities. Consumption of xylitol eliminates this metabolization and acid production.

In fact, recent research confirms this plaquereducing effect. It also suggests the chemical property in xylitol (similar to sucrose) attracts and 'starves" harmful bacteria, allowing the mouth to re-mineralize damaged teeth with less interruption.

Empirical data shows the benefits of xylitol, as well. Studies from Finland in the 1970s found a group chewing sucrose gum had 2.92 percent of decayed, missing or filled teeth compared to the 1.04 percent in the group who chewed xylitol gum.

This sugar substitute is safe for diabetics and for those with hyperglycemia. Since xylitol is a low-calorie alternative to table sugar, it absorbs more slowly and does not contribute to high blood-sugar levels, which can result in insufficient insulin response.

Another benefit of xylitol is that it is safe for pregnant and nursing women. Regular use of xylitol significantly reduces the probability of transmitting the streptococcus mutans bacteria (responsible for tooth decay) from mother to child during the first two years of life by as much as 80 percent!

How much of this product should be consumed you may ask? Four to 12 grams a day is

This product comes in numerous forms, including mints, breath spray, gum, candy, liquid and crystal, all of which you can find in nutrition and local health food stores around the world.

So do not forget to use xylitol immediately after eating, in-between meals or anytime at your convenience. You can count on xylitol to give you the taste you desire without the harmful effects of

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The Warrior May 31, 2013

Airman 1st Class Joshua Mittelsteadt, 509th Medical Operations Squadron ambulance services technician, practices a routine check on a patient with simulated breathing problems at Whiteman Air Force Base, Mo., May 23, 2013. Whiteman ambulance services respond to approximately seven calls per week, and see an increase in calls during the summer.

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

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

Every day across the world, first responders react to medical emergencies, and are able to save hundreds, even thousands, of lives. This devotion to providing life-saving medical care is why the members of the 509th Medical Operations Squadron ambulance services are always prepared to handle any situation at a moment's notice.

The ambulance services shop maintains 24/7 operations to ensure quick responses at all times throughout the day and night.

"Our shop has at least two Airmen working a 24-hour shift," said Airman 1st Class Joshua Mittelsteadt, 509th MOS ambulance services technician. "Depending on the situation in the shop after our 24-hour shift, we will have either 24 or 48 hours off."

The ambulance services shop currently has nine members, with one deployed. This makes taking down-time tougher for the technicians.

"With such a small shop, taking leave can be hard because we all have to work around each other," Mittelsteadt said. "Because of this and the fact we are a 24/7 shop, we have to work holidays and base down-days as well."

A typical day begins with the shift member immediately performing a function check on the glucometer and an inventory check on the primary

"The shift leader then does an inventory check on the secondary ambulance," Mittelsteadt said. "Throughout the day, the medics perform their individual additional duties, patient emergency room report monitoring, telephone consults, personnel reliability program notifications and assist other clinics with patient care. After clinic hours, the medic performs random checks verifying the building and vehicles are safe and secure."

Ambulance service technicians train continuously to ensure they are prepared for any call.

"We conduct ambulance services-specific training monthly, which consists of equipment and emergency medical technician protocols," Mittelsteadt said. "We also are involved in base exercises that help us stay ready for a variety of situations that can occur. We must ensure we maintain our EMT license and CPR certification, as well.'

Mittelsteadt said that on average they respond to seven calls a week, including fire alarms and in-flight emergencies, but that number increases dur-

"Summer is our busiest time of year," Mittelsteadt said. "During this time the activity level of the base is much higher, more people are out enjoying the weather, children are playing and an abundance of outdoor sports are being played."

Another major factor during the summer is complications from the heat.

"Last summer we saw temperatures above 100 degrees many times," said Tech. Sgt. Benjamin Pennington, 509th MOS ambulance services NCO in charge. "This means we will see a lot of heat-related incidents such as heat exhaustion, heat stroke and dehydration. We want people to ensure they are fully hydrated and follow other tips to be safe during the hot summer."

Ambulance services has two ambulances, a primary and a secondary, and Flight Medicine also has an ambulance that can deploy to situations if

"During a normal shift only one ambulance will deploy to a medical call," Mittelsteadt said. "However, in a mass casualty situation, both ambulances, as well as Flight Medicine's ambulance, can be deployed to the scene."

If there is a situation where an ambulance is on a call and another call comes in, the fire department rescue team will respond.

"As the fire department heads out to the call they will get in contact with Johnson County Ambulance District, who then responds to the base, takes over the medical scene and transports the patient or patients accordingly," Mittelsteadt said

Pennington believes his Airmen are top-notch and prepared to handle any situation that arises.

"Our Airmen are great," Pennington said. "They have a vast knowledge and are capable of making correct decisions under pressure. They complete the job every day at a high quality and respond to incidents with great speed and accuracy to help in any way they can and potentially save lives."



Senior Airmen ten Maskell and Blair Brakebill, 509th Medical Operations Squadron ambulance services technicians, practice applying a splint on a patient at Whiteman Air Force Base, Mo., May 23, 2013. The Whiteman ambulance services has nine Airmen in the shop, with one currently deployed.



Airman 1st Class Joshua Mittelsteadt, 509th Medical Operations Squadron ambulance services technician, drives an ambulance for a mock medical response at Whiteman Air Force Base, Mo., May 23, 2013. Whiteman has two operational ambulances which are always prepared to respond to a call.



Senior Airmen Kristen Maskell and Blair Brakebill, 509th Medical Operations Squadron ambulance services technicians, practice applying a mock splint on a patient at Whiteman Air Force Base, Mo., May 23, 2013. Ambulance service technicians work 24-hour shifts, with either 24 or 48 hours off.



Senior Airman Kristen Maskell, 509th Medical Operations Squadron ambulance services technician, tightens a strap while applying a practice splint to a patient at Whiteman Air Force Base, Mo., May 23, 2013. On-base ambulance services are available 24/7 for all emergencies.



Airman 1st Class Joshua Mittelsteadt, 509th Medical Operations Squadron ambulance services technician, practices putting a breathing apparatus on a patient at Whiteman Air Force Base, Mo., May 23, 2013. Ambulance services technicians attend an 18-week technical training school to learn the facets of the job.

10 May 31, 2013 The Warrior

News

509th LRS change of command



U.S. Air Force photo/Airman 1st Class Shelby R. Orozco Maj. Jason Kalin, right, accepts the 509th Logistics Readiness Squadron guidon from Col. Christopher Darling, 509th Mission Support Group commander, during a change of command ceremony at Whiteman Air Force Base, Mo., May 22, 2013. Before joining Team Whiteman, Kalin was a congressional liaison officer with the Office of the Secretary of the Air Force.

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Feature May 31, 2013

Out with the old, in with the new

Story and photos by Airman 1st Class Keenan Berry als technology or sheet metal shop for manufacturing. 509th Bomb Wing Public Affairs

Airmen are constantly updating aircraft such as the B-2 Spirit as the years go by to enhance or replace parts that are worn out.

Computer research engineers are one group of these Airmen working behind the scenes to bring to life new ideas that will improve the most feared weapon system on the planet.

Any aircraft parts or tools that are worn down, old or damaged are replaced using ideas aircraft personnel or customers present to research engineers, said 1st Lt. Andrew Klausner, 509th Maintenance Operations Squadron flight commander.

These engineers handle both the engineering and assembly sides of the job.

"Parts on an aircraft break or get old, so personnel will come to the office and submit ideas on how to improve the aircraft," said Klausner. "We supply drawings to support the concept of their idea and get it approved through the quality assurance office. Program offices submit their ideas and once we provide them a drawing, they can move forward in the process. Once they approve the drawings, we work off a program called computer-aided design (CAD) to virtually process and develop the idea into a result."

Once the virtual result is finished, research engineers produce a hard copy and supply it to the back shop, met-

After the manufacturing process, the technology undergoes a fit check to ensure it is what the user's needs and prove it fits with the overall project, said Master Sgt. Michael White, 509th MOS B-2 CAD manager.

This process saves Whiteman money since customers do not have to request parts and tools from off-base businesses. The engineers draw, design and create parts that fit the customer's exact needs. If the requested part is obsolete, the engineers research items to help enhance the product.

"With the B-2 there are a lot of new ideas and new programs developing, and so they are looking to organically develop parts to meet the needs of the aircraft," said White. "For instance, the adaptable communications suite rack. Ten years ago, the ACS system was organically created by this office. It allows aircrews to send and receive encrypted data while en route to the theater. This program is always expanding with new ideas to meet mission needs. As new technology evolves, the rack technology also evolves."

Aside from providing engineering, research and development, research engineers sustain the ACS rack with parts funded from special program offices to get the assets they need.

Working with and assisting customers is an exciting experience because they are designing and bringing to life new ideas inspired by personnel involved with the B-2, said Klausner.



Master Sgt. Michael White, 509th Maintenance Operations Squadron B-2 Spirit computer-aided design manager, crimps a pin on the adaptable communications suite keyboard at Whiteman Air Force Base, Mo., May 15, 2013. Research engineers provide repairs for ACS keyboards by making the wires more



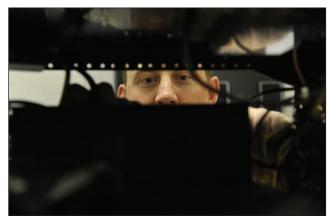
1st Lt. Andrew Klausner, 509th Maintenance Operations Squadron flight commander, solders wiring for the adaptable communications suite keyboard at Whiteman Air Force Base, Mo., May 15, 2013. Soldering makes wires more rigid, preventing them from crimping and presenting a maintenance problem.



1st Lt. Andrew Klausner, 509th Maintenance Operations Squadron flight commander, and Master Sgt. Michael White, 509th MOS B-2 Spirit computer-aided design manager, perform an adaptable communications suite check on the Defense Advanced GPS Receiver at Whiteman Air Force Base, Mo., May 15, 2013. White is programming the DAGR for operation with the communications suite.



1st Lt. Andrew Klausner, 509th Maintenance Operations Squadron flight commander, and Master Sgt. Michael White, 509th MOS B-2 computer-aided design manager, review design drawings at Whiteman Air Force Base, Mo., May 15, 2013. The reviewing engineer ensures the drawings are accurate in building specifications for aircraft or tools.



Master Sgt. Michael White, 509th Maintenance Operations Squadron B-2 Spirit computer-aided design manager, wraps adaptable communications suite cables at Whiteman Air Force Base, Mo., May 15, 2013. This wrapping prevents wires on the ACS rack from becoming tangled.



Master Sgt. Michael White, 509th Maintenance Operations Squadron B-2 Spirit computer-aided design manager, updates a local drawing using a CAD program at Whiteman Air Force Base, Mo., May 15, 2013. The auto-CAD is used for developing approved drawings in support of local ideas in regards to aircraft or tools.

News

Whiteman teen wins 'Youth of the Year'



Courtesy photo/Kimberly O'Brien

Zachary Parsons, Missouri Military Youth of the Year, poses with his mother, Debbie Parsons, April 10, 2013, after being presented his winnings in Jefferson County, Mo. The Youth of the Year award recognizes outstanding contributions to a member's family, school, community and teen center, as well as success overcoming personal challenges and obstacles.

Whiteman AFB Teen Programs

509th Force Support Squadron

Selected among several local outstanding youth, Zachary Parsons will compete against other military teens at the Boys & Girls Clubs of America (BGCA) Youth of the Year in Chicago in July for the regional competition.

Zachary received \$2,000 in college scholarships from businesses including BGCA Military Services. As Missouri Military Youth of the Year, Zachary Parsons, 14 years

old, is a true example of an extraordinary young man recognized by Whiteman Youth Programs and BGCA for his sound character, leadership skills and willingness to give back to the community.

Being named Youth of the Year is the highest honor a Whiteman AFB Teen Programs member can receive. As BGCA's premier youth recognition program, Youth of the Year recognizes outstanding contributions to a member's family, school, community and

See Teen, page 14

2012

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SUNDAY 6/2

Hula Class- 3-4pm - Fitness Center

Learn how to hula, with Sandra Neiman at the Fitness Center every Sunday from 3-4pm! Call 687-5496 for more info.

MONDAY 6/3

Seniors Bowling- 10am-1pm - Stars & Strikes
Join in bowling with your friends, and take time out for a hot

cup of Seattle's Best Coffee. Bowling is only \$1 per game. Shoe rental is not included in game price. Call 687-5114 for more info.

WEDNESDAY 6/5

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.

FRIDAY 6/7

Blue Plate Special- 11am-2pm- Royal Oaks G.C.

Join us for "Fish Friday" at Royal Oak's Duffer's Grill and grab some lunch for only \$6.75. Includes main entree, 2 sides, 1 roll & a fountain soda. For more information please call Duffer's Grill

COMING SOON!

Whiteman AFB Triathlon- June 21- Fitness Center

5K Run, 10K Bike & 432 Meter Swim all included in this great chance to show off your physical strengths. Compete for the top award! For more information please call the Fitness Center at 687-5496

Whiteman's Got Talent- June 21- Mission's End

Show off your talents & compete for 1st prize of \$750! Auditions begin in early June, from 6-8pm at Mission's End. For more information please call Mr. Joshua Bailey at 687-6130.

Family Campout- June 21-23 - Outdoor Recreation

Outdoor Rec has teamed up with the Missouri State Parks for a fun-filled day! Instructional classes for kayaking, archery, paddle boarding and much more. Participants are responsible for providing their own meals and sleeping bags. ODR will provide round trip transportation, tents and a grill to include charcoal and cooking utensils. Friday afternoon/night will be camp set up. Saturday is open to your choice of many different activities. Sunday morning there will be a sunrise hike for those who would like to watch the sun rise. After the hike we will break camp, pack and head back to Whiteman.For more information please call Outdoor Recreation at 687-5565.

Be sure to check out our weekly newsletter at www.whitemanfss.com, or in your email via: a "whiteman all" message at the beginning of every week!

Sign up for "ForceCast" to receive texts about FSS events, programs & activities to your mobile phone by clicking on the "FC" logo at the top of our website's homepage!

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Children of all ages (birth-18yrs) may sign up to participate. Sign ups begin on May 28th. Each child or young adult receives a reading log and sets their own reading goal for the summer. Each title read is written in his/her reading log

Each child or young adult who achieves his/her reading goal receives a certificate of completion, McDonalds/Pizza Hut coupon, and may select one free paperback (Scholastic Inc.) to keep for their own.

Sign up begins May 28th

Sign up by July 1, 2013

Food coupons and paperbacks only while supplies last. Reading logs must be turned in to receive certificate of completion no later than Saturday, August 10, 2013.

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FCC Orientation Class:

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Stop by the FCC office to pick up and application or call the FCC office for more details at 687-5590.

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provides supervision on an exchange basis, Providing less than 10 hours of child care a week on an irregular basis. If you are providing care beyond these opportunities, ask us about becoming an FCC provider. Call the FCC office for more details at 687-5590.

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509 FSS PAGE EDITOR: KYLE C. HAMRICK CONTACT US! 687-7929

News

Leen Continued from Page 12

and teen center, as well as success overcoming personal challenges and obstacles.

Youth of the Year encourages teens to reach their full potential by achieving academic success, leading healthy lifestyles and contributing to their communities. Youth of the Year honorees are shining examples and living proof that great futures start at Whiteman AFB Youth Programs.

"We are very proud of Zach. He has many accomplishments and is goal-driven. Zach is one of our future leaders to watch," said Kimberly O'Brien, Whiteman AFB teen coordinator.

Part of Zachary's speech was about being bullied in school. He said, "I am against bullying of any kind because I was once bullied and I know what it feels like. So when I see kids being bullied or made fun of, I stand up for them, no matter what may happen to me. Sometimes the kids will tell me to stay out of it, but I can't because I know it's not right." Zachary also helped create an anti-bullying video submitted to www.stopbullying.gov.

Zachary is also very involved in 4-H and is the Whiteman Keystone Club vice-president. The Keystone Club is a teen group dedicated to leadership, community service, fundraising, academic success and career preparation. Zachary is also a member of the National Junior Honor Society and is currently working on his silver Congressional Award. Zachary plans to attend college and pursue a career in medicine; his dream is to go to Harvard University.

In July this year, Zachary will now compete for the title of Mid-West Region Military Youth of the Year and an additional \$10,000 scholarship. If he is successful in Chicago, Zach will be one of five regional winners to advance to D.C to compete for the title of BGCA's National Military Youth of the Year.

The National Youth of the Year will receive an additional scholarship of up to \$50,000 from The Rick and Susan Goings Foundation and will have the opportunity to meet with the President of the United States in the White House.

If you would like more information on Teen Programs, please call (660) 687-5586 and find us on Facebook at Whiteman AFB Teen Programs.

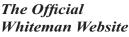


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- 8. Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at http://www.whiteman.af.mil and click on "Whiteman Warrior Classified Ad Form."
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