

# WARRIOR

Year of the B-2

Vol. 4 No. 30  
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# Officers, enlisted members offered early retirement

By Debbie Gildea

Air Force Personnel Center Public Affairs

**JOINT BASE SAN ANTONIO-RANDOLPH, Texas** -- Technical and master sergeants, captains, majors and lieutenant colonels in certain Air Force specialties may apply to retire with fewer than 20 years of active service under the Temporary Early Retirement Authority, Air Force Personnel Center officials announced.

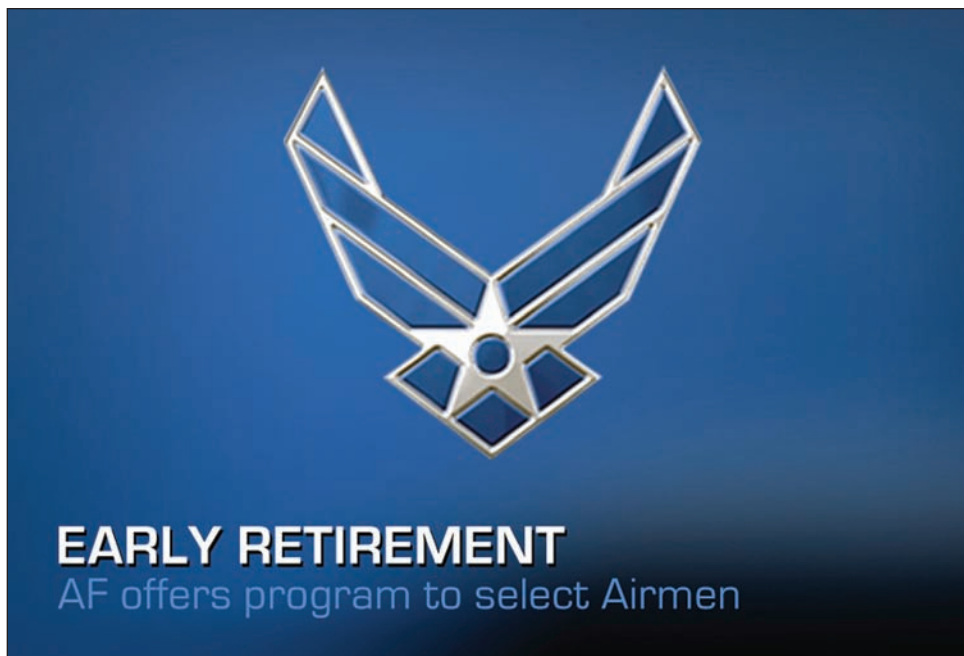
Commonly referred to as the 15-year retirement, TERA is one of several force management programs the Air Force will implement during fiscal 2014 to meet end-strength goals, said Lt. Col. John Barlett, the AFPC operations division chief.

To be eligible for consideration, members must have at least 15, but less than 20 years of total active duty time as of Oct. 31, 2013. Applications will be accepted July 29 - Aug. 15, and those approved must be retired by Nov. 1, 2013.

Interested Enlisted Airmen and Officers who have active duty service commitments or time in grade requirements may be eligible for a waiver, although some waivers may require the member to repay the government.

“ADSCs incurred from technical training attendance can be fully waived with no requirement for repayment, but if you transferred your Post 9/11 GI Bill benefits to a family member and they have used part or all of the benefits, you may be required to repay those funds,” Barlett explained.

Airmen must apply through the virtual military personnel flight, accessible via the Air Force Portal or the myPers website.



U.S. Air Force graphic

After submission, applicants can check the status under “MyStuff” in the virtual Military Personnel Flight, the secure applications section of the Portal and myPers.

Airmen with an approved date of separation or a separation/retirement application pending prior to July 19 are not eligible for TERA. If an otherwise eligible member’s separation or retirement application is disapproved, the member may be eligible to apply for TERA.

In addition, approved applicants who are subsequently selected for promotion will be allowed to withdraw their application, but they will only have 10 weekdays after their promotion notification to do so.

Approved applicants should immedi-

ately contact the local Airman and Family Readiness Center to register for the mandatory transition assistance program seminar.

“TAP is a great benefit for retiring and separating Airmen, and because it is now mandatory, available slots may be limited. Members separating under a force management program should contact their base program managers to ensure that they aren’t delayed by this requirement,” Barlett said.

For full application instructions and eligibility requirements and a list of eligible career fields, go to the myPers website at <https://mypers.af.mil> and search for “PSDM 13-73” for the enlisted program or “PSDM 13-74” for the officer program.

## On the other side of ‘Bundles for Babies’

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

509th Bomb Wing Public Affairs

A few months ago when I first arrived at Whiteman, new to the Air Force and new to the Public Affairs career field, I was tasked with writing a few short stories on the programs available for Airmen and their families.

One such program was Bundles for Babies.

I was excited; I’ve always thought babies were so cute. I took the time to interview a few people, and find out as much as I could. I listened to explanations of shaken baby syndrome, how it affects a child’s development, what to do if a parent is worried they might hurt a child, and numerous others. I wrote a story I was pretty proud of, considering it was one of my first official stories as a photojournalist. I turned it in, saw it published and moved on.

Fast forward a few months and my life has taken a dramatic turn, one I never would have expected. I found out I was pregnant on Father’s Day. Suddenly everything I had learned while writing that article came rushing back to me. I had no idea what I was doing or what to expect.

I spoke with every sergeant in my shop that would listen, and spent some time with my first sergeant, as well. Most of the meetings ended with me in tears. I was scared. My fiancé, also an airman first class, is nearly 2,000 miles away at Travis Air Force Base in northern California. I felt alone, and was overwhelmed with thoughts of failure.

My care-free evenings turned into evenings full of Skype dates with my fiancé, discussing our careers, money and options. Luckily for me, he was completely on my side. He would stand by me no matter what, and that helped keep down the stress.

As the weeks went by, I started developing more and more problems, and trips to my doctor’s office became the norm. I found out I

suffered from sub-chronic hematoma, a blood clot that can only be sorted out by the body itself. Every day was full of worry, until I was scheduled for an ultrasound that showed my tiny baby’s flickering heartbeat. At that point, I knew everything would be okay.

Later, I received an email from my first sergeant, telling me about the next Bundles for Babies class. He recommended I sign up for it and I did.

I went and immediately felt out of place. I sat with women with big bellies, ones who already knew their baby’s gender and some who were on baby number two, but that went away just a few minutes into the first briefing.

I learned about what items I would need for my baby and which ones my baby could do without. I learned about ways to save up for a college education, what will happen with my TriCare during the pregnancy and birth, and how everything down to caring for my teeth can affect my growing child.

We talked about breast-feeding, discussed the difference between crying from pain and crying just because, and practiced swaddling baby dolls. I learned that I should leave the swaddling up to my fiancé though, because dads are good at it.

I walked out a few hours later feeling more confident and ready to handle the cards I was dealt. I also received a few gender-neutral baby outfits and crib bedding.

Now 11 weeks pregnant, I still suffer from the blood clot. Some days are worse than others, and I still visit the doctor on what seems like a weekly basis, but my baby is healthy and growing just like it should.

I have the overwhelming support from my fiancé, our families, my coworkers and my first sergeant.

I know I have a ways to go before I get to meet my baby, but I’m ready for it. I’m young, but my life isn’t over. It’s just beginning.

## THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, email: [Whiteman.Warrior@us.af.mil](mailto: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.

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## On the cover

U.S. Air Force photo/Mike Kaplan  
**Retired Col. George “Bud” Day speaks during a Medal of Honor panel discussion at the Air Force Academy’s National Character and Leadership Symposium Feb. 24, 2011. Colonel Day was a command pilot and prisoner of war during the Vietnam War. Sitting on the panel along with Colonel Day were retired Col. Leo Thorsness and Army Staff Sgt. Salvatore Giunta.**



## NEWS BRIEFS

**2013 Community Assessment Survey**

The 2013 Community Assessment Survey is your opportunity to contribute to community action plans at your base, MAJCOM 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](mailto: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](mailto:afmoa.communityassessmentsurvey@us.af.mil).

**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](mailto:whiteman.warrior@us.af.mil)

**AF Housing**

Visit [www.Housing.af.mil](http://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.

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## WEATHER

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Hi 85	Hi 86
Lo 70	Lo 70
Sunday	Monday
Storms Likely	Chance of Storms
Hi 82	Hi 87
Lo 67	Lo 69

# One of the Air Force's most decorated heroes passes away

**SHALIMAR, Fla. (AFNS)** -- One of the most decorated Airmen in Air Force history, whose career spanned three wars and four decades, and included a Medal of Honor, has passed away.

Retired Col. George Everett "Bud" Day, an Air Force pilot, shot down during the Vietnam War and imprisoned in the infamous "Hanoi Hilton" along with Sen. John McCain, defiantly resisted the North Vietnamese for more than five years, and was awarded the Medal of Honor for his actions. He passed away July 27, in Shalimar, Fla., at age 88.

Day received nearly 70 medals and awards, 50 of them combat-related, during a career that began in 1942 when he enlisted as a 17-year-old in the Marine Corps. Day spent three years in the South Pacific during World War II before returning home to get a law degree.

In 1950, Day joined the Air National Guard and was called to active duty a year later. He went through pilot training and become a fighter pilot in the Air Force, flying sorties during the Korean War.

It was during the Vietnam War that Day would make his most memorable mark on history. In 1967, Day commanded Detachment 1, 416th Tactical Fighter Squadron, an F-110 Spectre unit, whose top secret mission was to fly over Vietnam and Laos as forward air controllers. On Aug. 26, Day's plane was hit by ground fire, and as he plummeted to Earth he ejected and smashed against the fuselage, breaking his arm in three places.

Day was eventually captured and taken to an underground shelter, where he was threatened with a mock execution after refusing to answer the enemy's questions. After five days, he escaped. In spite of his serious injuries and the fact that he was missing boots, he traveled more than 25 miles. During his arduous travel, he ate only local fruit and raw frogs, and he was further injured



Retired Col. George Everett "Bud" Day

when a bomb went off near his location. After about 10 days, Day made it across the Ben Hai River into South Vietnam. A few days later he was about two miles away from the Marine base at Con Thien when he was discovered by Viet Cong insurgents and was shot in the left thigh and left hand.

He was then moved to the "Hanoi Hilton," where his wounds were left untreated, and he suffered from malnutrition and constant torture. There Day endured years of agonizing treatment. Many of his injuries did not heal properly, and his weight dropped to about 100 pounds. Still, Day persevered. In the spring of 1968, he was taken to the "Zoo," a punishment camp for "hard resisters." There, he was beaten so hard his vision became blurred. After Ho Chi Minh died in the fall of 1969, the POWs' situation improved somewhat, but Day was still singled out for especially harsh treatment.

During one instance in 1971, guards

burst in with rifles as some of the prisoners gathered for a forbidden religious service. Day defiantly stared the guards down and began to sing the "Star Spangled Banner" in protest. The other prisoners joined him, including the prison's top ranking officer, Adm. James Stockdale.

In 1973, after 67 grueling months in captivity, he was released. The damage by the enemy permanently scarred Day's body, but he never gave up his quest to get back in the fight. One year later, he was back on flight status and qualified as an F-4 Phantom II pilot. As a colonel, Day became vice commander of the 33rd Tactical Fighter Wing, and he retired from active service in 1976.

On March 4, 1976, President Gerald R. Ford presented Day with the nation's highest award, the Medal of Honor, during a White House ceremony. Fellow prisoner, Sen. John McCain, wrote about Day in his memoir, "Col. Day had an indomitable will to survive with his reputation intact, and he strengthened my will to live."



After the establishment of the Paris Peace Accords of 1973 that ended direct U.S. military involvement with Vietnam, Retired Col. George Everett "Bud" Day (not pictured) and other freed prisoners of war celebrated as they lifted off from Hanoi, North Vietnam, on Feb. 12, 1973, during Operation Homecoming. The mission included 54 C-141 flights between Feb. 12 and April 4, 1973, returning 591 POWs to American soil.



U.S. Air Force photo/Mike Kaplan  
Retired Col. George "Bud" Day, right, receives a commemorative National Character and Leadership Symposium plaque from his grandson, Cadet 1st Class Josh Day, after the NCLS Medal of Honor panel at the Air Force Academy's Arnold Hall Theater Feb. 24, 2011. Colonel Day was a command pilot and prisoner of war during the Vietnam War. Cadet Day is assigned to Cadet Squadron 21.





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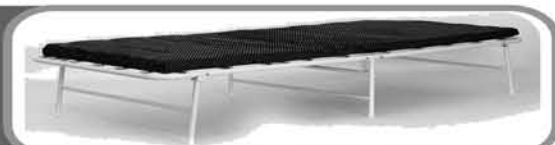
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# What's in your shoppette bag?



Maintaining proper nutrition is tough. Temptation and excuses are everywhere, and the offices and halls of Whiteman Air Force Base are no different. Contrary to what most people may like to think about their dietary choices, both young and old Airmen often buy bags of unhealthiness. For more information on coming up with a healthy dieting plan, visit [www.MyPyramid.gov](http://www.MyPyramid.gov).

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

Grandma's lima beans. Breakfast burritos from a local Mexican restaurant. Sushi from the coast. Homemade lasagna. A bowl of banana bread pudding. Auntie's chocolate chip pound cake. Double cheeseburger. These are just a few of the foods that Airmen I talked to tagged as their favorites.

Maintaining proper nutrition is tough. Temptation and excuses are everywhere, and the offices and halls of Whiteman Air Force Base are no different.

Most Airmen know the feeling – it is 10 in the morning, or 2:30 in the afternoon, and that snack or sugar rush seems absolutely critical. Moments later, an Airman announces “I’m going to the shoppette. Anyone need anything?” From airmen first class to majors and lieutenant colonels, a majority of the office add their choices to the colored sticky note being passed around. Everyone craves a break in their morning and afternoon routines, even just the chance to run to the shoppette to dump their dollars on a 22-ounce can of sugar and caffeine.

Contrary to what most people may like to think about their dietary choices, both young and old Airmen often buy bags of unhealthiness.

A 24-year-old opens his white plastic bag and reveals a Cherry Coke, chocolate-covered Rice Crispy Treats, strawberry wafers and two Tornadoes, for a grand total of 1,182 calories consumed as a snack in less than 30 minutes.

A 34-year-old Airman's bag contains an energy drink, a pack of gum, sunflower seeds, a bag of chips, a chocolate bar and a sandwich. According to the Food Guide Pyramid, the bag alone should last a whole week.

With hectic schedules, sports, school and family, it is possible to stay healthy no matter what life throws your way each day by maintaining a health lesson plan.

In addition to coming up with a healthy eating plan, anyone seriously interested in losing weight and developing a healthier lifestyle has to look carefully at the labels and be willing to compare different brands and items.

For example, a 20-ounce bottle of Coke contains more than 70 grams of sugar; the American Heart Association suggests women consume no more than 25 grams, and men no more than 37 grams, every day. Just one bottle of Coke represents at least double the recommended sugar intake, and that is not including all the other sugars a person will ingest on a typical day.

In contrast, options such as Naked Juice or Sobe's Lifewater provide a sweet, less-sugary alternative.

In addition to shopping smarter, battling the extra pounds also means battling some popular perceptions of junk food.

“I don't care what I eat because it does not affect my body in a negative way,” said Staff Sgt. Michael Boutte, 509th Security Forces Squadron combat arms instructor. “I can eat whatever kind of fast food I want because it doesn't make me fat. Family and work are

my number-one priorities, so if I don't work out, I will be okay.”

Tech. Sgt. Tabetha Coley, Airman Leadership School instructor, provides more tactical advice to Boutte.

“When you are younger, it is easier to choose foods that are convenient,” Coley said. “However, as you start to age, you realize that you are at risk to develop health issues and you can't lose the weight as easily as you did in your 20s. I would rather spend more money on my food than on health problems later in life.”

Coley's food temptations are carbs and sugars. To resist, she ensures she has plenty of fresh fruits and vegetables on hand, whether at work or at home.

“I avoid them by simply not buying them,” she said. “If I don't have them in my household, then I'm not tempted by them. I also pay attention to calories, fat and sugars. I like to look at things and put them in perspective of how much physical exercise I would need to do to get rid of those calories.”

Apples. Bananas. Green beans. Turkey burgers. Fresh salads. Whole-grain pasta. Baked fish. Rice. These foods may not be on the top of everyone's list of favorites, but making them consistent staples of a balanced diet can lead to major health benefits, both now and in the future.

For more information on coming up with a healthy dieting plan, visit [www.MyPyramid.gov](http://www.MyPyramid.gov).

*\*Listing of different products in this article does not constitute an endorsement of those products on the part of the DOD or the Air Force.*

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



## 509th MDOS change of command



U.S. Air Force photo/Airman 1st Class Shelby R. Orozco  
Col. Theresa Rodriguez, 509th Medical Group commander, hands the guidon to Lt. Col. Joel Dixon during the 509th Medical Operations Squadron change of command ceremony at Whiteman Air Force Base, Mo., July 26, 2013. Dixon took command from Lt. Col. David Olson.



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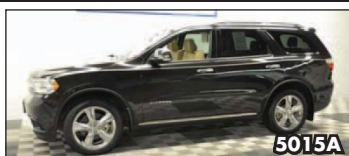
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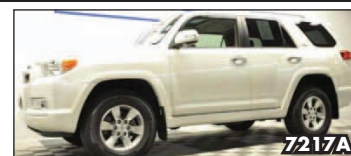
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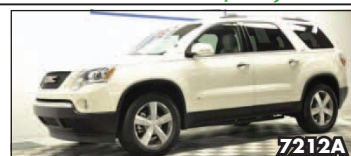
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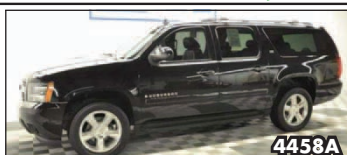
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## From Jennies to jets to stealth bombers:

# 90 years of the 131st Bomb Wing and 110th Bomb Squadron

Senior Master Sgt. Mary-Dale Amison  
and Tech. Sgt. Christopher Boehlein  
131st Bomb Wing

(Editor's note: This is the conclusion of a five-part series.)

At a Lambert Field ceremony on June 13, 2009, more than 2,000 people watched the launch of the "Blues Jet" (tail number AF 81-043) and the wing commander's jet "Spirit of Saint Louis IV" (AF 78-025) to their new home with the Hawaii ANG at Hickam AFB. With the launch of the remaining Eagles, flight operations at Lambert Airport ceased after 86 years. It was the "End of an Era."

On April 11, 2011, a category EF-4 tornado swept across Lambert International Airport, the south side of Lambert ANG Base, and down the I-70 corridor past the city of



U.S. Air National guard photo/  
Senior Master Sgt. Mary-Dale Amison

The "Spirit of Kitty Hawk," piloted by members of the 131st Bomb Wing, Missouri Air National Guard, taxis at Whiteman Air Force Base, Mo., Oct. 7, 2009.



131st Bomb Wing file photo

The "Spirit of Pennsylvania" becomes the first B-2 to ever land at Lambert Air National Guard Base, Sept. 9, 2006. Missouri Air National Guardsmen had the opportunity to see the aircraft up close and be introduced to the wing's mission.

Bridgeton, Mo. Thankfully, no lives were lost, but property suffered heavy damage in the area, including more than \$10 million of damage at the guard base and the total loss of the base community center, the supply warehouse and the Lambert headquarters building. Guardsmen banded together for cleanup efforts and brought operations back online quickly with no major disruptions to service for members of the 131st stationed at Whiteman AFB.

This tradition of excellence is not limited to recent history however. Many members of the 131st have left a distinguished legacy. Charles Lindbergh is the most famous, but the 110th FW had the distinction of having three air-to-air World War II aces serving at the same time. Maj. Gen. Charles DuBois had five kills, Brig. Gen. Glennon Moran racked up 17 ½ kills and Maj. Robert Garlich had six kills; all served in the years following

World War II. Brig. Gen. Jon Kelk, an F-15 Eagle pilot, scored the first air-to-air kill in Operation Desert Storm and in 2009 became the first U.S. pilot to reach the 5,000-flight hour milestone in the F-15. Currently, seven Missouri ANG B-2 pilots hold 1,000-plus flying hour records.

To this day, various unit members continue to serve in roles supporting operations around the globe, as well as accompanying active duty Airmen on deployments to Anderson AFB, Guam, Eielson AFB, Alaska, and Nellis AFB, Nev.

In 2011, 131st wing members were full participants in Operation Odyssey Dawn over Libya. Most recently, 131st Guardsmen have played key roles in support of Missouri state-sponsored agricultural development teams in Afghanistan.

At a ceremony held at Lambert Field in the 1970s, Maj. Gen. DuBois spoke of the

history and future of the ANG, the wing and general aviation.

"The spirit of the 110th, like its equipment, was originally inherited from the Airmen of World War I who first fought from the sky and from men like Billy Mitchell, Jimmy Doolittle, Eddie Rickenbacker, and many others," said DuBois. "Like all aviation, its roots are in the recent past, but its eyes look to the future of aerospace. Our squadron grew up with general aviation and it is this theme that we intend to stress, that it is a part of a broad based civil and military aerospace program. Our purpose is to recognize the richness and glory of the past as generating the future of all phases of aviation and contributing to the health of every segment of flight."

Indeed, the 131st has a rich tradition rooted in the past, and is ready to face the call of the future.

To read the complete history visit: <http://www.131bw.ang.af.mil>



131st Bomb Wing file photo

A McDonnell Douglas F-4-E of the 131st Tactical Fighter Wing flies high in 1989. It is painted in celebration of the 30th anniversary of the F-4 Phantom.

(Mr. Charles Machon, Missouri National Guard Museum Curator, contributed to this story).

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# Delicate electronics create massive firepower

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

The B-2 Spirit is the most feared weapons system on the planet, but it would not be if not for the 509th Maintenance Squadron avionics back shop team.

The avionics team works around the clock repairing equipment to ensure the B-2's internal system maintains the capabilities needed to perform mission-essential tasks.

"We test any and everything the maintainers bring to us," said Staff Sgt. Reagan Dunagan, 509th MXS avionics back shop team leader. "They will pull a little black box out of a plane, give it us and we see what's wrong with it. We discover why the plane is not working properly and we send it to the supply shop. Whenever they need a new box, they directly contact supply to get it."

Once the maintainers pull the box from the B-2, it takes up to two days for the avionics team to receive it. Upon delivery, they will test it for any failures. If any are found, avionics techs will perform repairs until the issue in question is fully resolved. Any parts that do not fail are returned to the flightline and the maintainers will have to troubleshoot the aircraft to find the issue.

The work of the avionics back shop team is incredibly detailed and involves a high level of technical proficiency.

"We repair line replacement units (LRUs) and circuit card assemblies (CCAs) that come from the B-2," said Airman 1st Class Michael Touchette, 509th Maintenance Squadron B-2 Avionics back shop team member. "We also isolate and repair malfunctions using our test stations and calibrate our test systems every 180 days to ensure they are able to tolerate any damage. If they were out of tolerance, it would cause them to fail. We also build and repair triaxial cables, coaxial cables and cannon plugs."

Test stations are used to test any electronic equipment that allows the B-2 to fly, including the flight control computer or the fuel control relay panel.

Touchette added that the triaxial cables (three slots) and the coaxial cables (two slots) are used as an interface for test stations to assist with communication between adaptors and line replaceable units, depending on how well the signals are being transferred through the cables.

The test stations are unique to Whiteman and are specifically designed to test the B-2s, which are worth roughly \$1.5 million each, said Dunagan.

The avionics team also gets parts such as the pilot's stick

grip, which allows the pilots to maneuver and make minor adjustments to their flight, said Dunagan. There is only one or two in supply at all times, so if more than two stick shifts break at once, then there will be a downed jet because there are not enough parts. As long as the avionics shop constantly produces the parts, then the B-2's flight will continue.

There are many hazards associated with working in an avionics shop, including electrical, chemical and noise threats, said Dunagan.

"There are electrical hazards because we operate with systems that have a voltage high enough to cause death if we are not careful," he said. "Chemicals can be absorbed into the skin and through inhalation, causing internal damage and possibly death. Noise hazards from loud machinery could cause permanent loss of hearing. Because of these potential hazards, we follow all safety guidelines to prevent injury or death."

Despite daily hazards, Touchette said his passion for the job stays strong day in and day out.

"I really enjoy my job," he said. "I get enjoyment out of troubleshooting line replacement units and fixing aircraft parts. All the things that go on behind the scenes are what keep the B-2 in the air."



Airmen 1st Class James Lott and Michael Maluk, 509th Maintenance Squadron avionics back shop team members, remove and replace the back shell on a cannon plug at Whiteman Air Force Base, Mo., July 25, 2013. Stress over time, as well as normal wear, can cause back shells to break, requiring removal and replacing.



Staff Sgt. Reagan Dunagan, 509th Maintenance Squadron avionics back shop team leader, and Tech. Sgt. Jeffrey Holmes, 509th MXS avionics back shop section chief, examine a pin map at Whiteman Air Force Base, Mo., July 25, 2013. The pin map is used to help isolate faults and show where signals from test stations are coming from.



Airman 1st Class Michael Touchette, 509th Maintenance Squadron avionics back shop team member, inspects a tap and die set at Whiteman Air Force Base, Mo., July 25, 2013. The tap and die set must be inspected to ensure there are no damaged or missing tools. These tools are used to re-thread screws on line replaceable units and to prevent personality modules threads from stripping.



Airman 1st Class Samantha Bruton, 509th Maintenance Squadron avionics back shop team member, loads software for an actuator remote-terminal line-testing replaceable unit at Whiteman Air Force Base, Mo., July 25, 2013. Before the unit is used, it must be tested to ensure there are no system failures. If there are system failures, the avionics team will isolate the failed component from the test unit to prevent overall system failure.



Staff Sgt. Reagan Dunagan, 509th Maintenance Squadron avionics back shop team leader, verifies the actuator remote terminal self-test setup connection at Whiteman Air Force Base, Mo., July 25, 2013. Avionics team members must make sure every cable between the test station and adaptor is properly connected before testing a line replaceable unit.



Senior Airman Christopher Prescott, 509th Maintenance Squadron avionics back shop team member, verifies inventory on portable calibration equipment at Whiteman Air Force Base, Mo., July 25, 2013. The avionics team performs semi-annual inspections to ensure no equipment is missing or damaged, and they recalibrate equipment every 180 days to verify the test station's serviceability.

*U.S. Air Force photos/Airman 1st Class Keenan Berry*



# MyMC2: Connecting Airmen with their base

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

In the age of smartphones and mobile apps, Airmen can find nearly everything they need right at their fingertips. Since May 2012, the Air Force has offered an app that puts a list of base events right in their hands.

The app is called "My Military Community," or MyMC2 for short. The app is a free download in both the Android Market and the Apple App Store.

"The app works by using a live Facebook feed from base organization's pages," said Brian Kirby, 509th Force Support Squadron Health and Wellness Center director. "You open the app and it gives you the next five events at your base and you can change the settings to your preference, whether it's by day, organization or type of event."

Currently, 45 bases use the app, and Airmen are able choose the base for which they would like to view events.

"With the multiple bases that use the app, it can also help Airmen who are on temporary duty assignments find activities while they are at a new base," Kirby said.

Here at Whiteman, Airmen can browse events put on by 28 different organizations. All of these organizations' events load straight to the app; these groups include Outdoor Recreation, Youth Programs, Health and Wellness Center and the Base Exchange. The app also allows users to visit many of the organizations' Facebook pages and contact them directly.

"I feel like this is the perfect app for Airmen who live in the dorms and the new Airmen who arrive on base," Kirby said. "It allows them to easily find different activities where they can get involved in the Whiteman community and also meet new people."

Easy access to contact information is another benefit the app provides.

"One of the neatest parts of the app is easily finding phone numbers for the organizations," Kirby said. "Right from the homepage you can access the 509th Public Affairs phone number, as well as the 509th Medical Group number. If you go to the directory you can find 20 other useful phone numbers. This eliminates having to find a base phone number or call the base operator. All these numbers are right at your fingertips."

Members of the base who have already downloaded the app have expressed how useful it is.



"I downloaded the app a few months ago when I heard about it through a friend," said Senior Airman Kevin Kingsley, 509th Maintenance Squadron radar cross section technician. "Getting the app has helped tremendously in finding phone numbers fast and also finding different events on base I might want to attend. I like the information I can get from Outdoor Recreation about the different trips they offer for Airmen."

With more and more people now using smartphones, the MyMC2 app allows the Air Force to use technology to cater to a new generation of Airmen.

"The majority of military members who have a smart phone nowadays is extremely high," Kirby said. "With so many Airmen using this advanced technology, it only made sense to give them a platform to instantly and easily access all this information."

To download the app, Airmen can scan the available QR codes shown above or search "MyMC2" in their phone's app store. For more information and updates on the app go to the MyMC2 Facebook page, Facebook.com/MyMC2Support.

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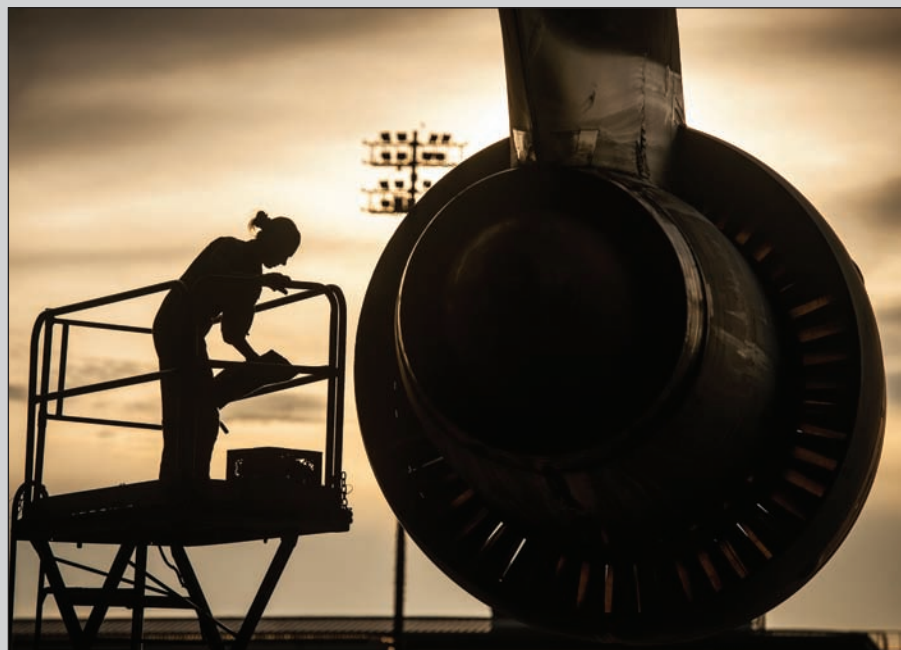
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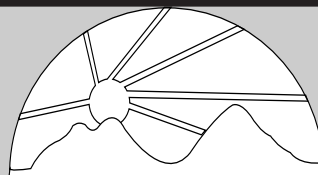
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U.S. Air Force photo/Senior Airman Dennis Sloan

**Tech. Sgt. Laura Moseley performs an engine check on a C-5 Galaxy after landing July 22, 2103, at Joint Base Charleston, S.C. The C-5 crew loaded cargo to assist with Operation Enduring Freedom. The C-5 is one of the largest aircraft in the world and the largest airlifter in the Air Force inventory. Moseley is a West Virginia Air National Guard member and 167th Maintenance Squadron C-5 crew chief from Martinsburg, W. Va.**



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Increasing the level of activity, especially if you have not been keeping a regular fitness regime all year, puts added force on the body and can be harmful. Start slowly with a conditioning program to prepare your body for action.

Many muscle and joint injuries have occurred because the body was not conditioned for a particular activity.

When people start to exercise or participate in an athletic activity, they often push their bodies too far. The more often you take part in an activity, the higher the risk of overuse and traumatic injuries. Moderation and preparation is the key to safe exercise. Care should be taken not to jump into additional sports or activities too soon. Safe exercise programs should always start slowly and gradually build up speed, force, and intensity.

To make sure you stay safe, follow these safe exercise guidelines from [www.sportssafety.org](http://www.sportssafety.org).

**\* Use proper equipment.** Replace your athletic shoes as they wear out. Wear comfortable, loose-fitting clothes that let you move freely and are light enough to release body heat.

**\* Warm up.** Warm up to prepare to exercise, even before stretching.

Run in place for a few minutes, breathe slowly and deeply, or gently rehearse the motions of the exercise to follow. Warming up increases your heart and blood flow rates and loosens up other muscles, tendons, ligaments and joints.

**\* Stretch.** Begin stretches slowly and carefully until reaching a point of muscle tension. Hold each stretch for 10 to 20 seconds, and then slowly and carefully release it. Inhale before each stretch and exhale as you release. Do each stretch only once. Never stretch to the point of pain, always maintain control, and never bounce on a muscle that is fully stretched.

**\* Take your time.** Move through the full range of motion with each repetition. Breathe regularly to help lower your blood pressure and increase blood supply to the brain.

**\* Drink water.** Drink enough water to prevent dehydration, heat exhaustion, and heat stroke. Drink one pint of water 15 minutes before you start exercising and another pint after you cool down. Have a drink of water every 20 minutes or so while you exercise.

**\* Cool down.** Make cooling down the final phase of your exercise routine. It should take twice as long as the warm-up. Slow your motions and lessen the intensity of your movements for at least 10 minutes before you stop completely. This phase of a safe exercise program should conclude when your skin is dry and you have cooled down.

**\* Rest.** Schedule regular days off from exercise and rest when tired. Fatigue, soreness and pain are good reasons to not exercise.

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#### WEDNESDAY 8/7

**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 8/9

**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 at 687-5573.

**JOIN US FOR BREAKFAST  
AT STARS & STRIKES!**



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## Niangua River Float Trip

**AUGUST 24 8AM-6PM**

### SINGLE AIRMAN INITIATIVE: Sign Up By August 16!

Come and enjoy a relaxing 4 to 8 mile float down the Niangua River. The Sand Springs Resort will have a meal cooked and waiting for us as soon as we get off the river.

There is a limited amount of seats and payment is due upon sign up.

The cost is only \$35 per person.  
Transportation, meal, kayak & supplies provided.

Cancellation must be made no later than 24 hours prior to receive a full refund.

This trip is partially funded by the Single Airman Initiative.

687-5565

## ORIENTATION CLASS

### FAMILY CHILD CARE AUGUST 19-23 8AM-4PM

Anyone interested in becoming an FCC  
provider is more than welcome to fill  
out an application prior to this  
class session.

**CALL THE FCC OFFICE  
FOR MORE INFORMATION  
AT 687-5590**

## FCC NEWS

### Home Community Care

Guard/Reserve parents who are single, dual Guard/Reserve, or whose spouse is working, are eligible to use this free program for their primary UTE weekends. Care for the HCC program is provided by in a contracted, licensed FCC home. Come to the FCC office for an application prior to participation. Reservations need to be made a week prior.

### Supplemental Care

This program provides free overnight, weekend and holiday care for emergency responders or those who work 12 or more consecutive hour shifts and have no other adult at home. This care supplements the regular child care arrangements you are already paying for and is provided in a contracted, licensed family child care home. Come to the FCC Office to apply prior to participation.

**Family Child Care  
687-5590**



KANSAS CITY  
**CHIEFS**  
TICKET LOTTERY  
AT THE COMMUNITY CENTER  
**AUGUST 7 - 6PM**

The lottery drawing will be held at 6pm on August 7, at the Information, Tickets & Travel Office.

This will be your chance to have your name drawn to have first choice on the purchase of 2 Chiefs tickets for the game of your choice. All tickets must be paid for in full the night of the drawing.

**SIGN UPS BEGIN JULY 22!**

687-5618



## BACK TO SCHOOL "SPLASH BASH"

August 9, 6:30-8:30pm

Join the Youth Center for a fun evening at the base pool!

Back to school prizes will be given out.

New to the base? Welcome to Whiteman!  
Youth Center staff will be on hand to talk about  
programming available for youth.

Free event for all families to enjoy!  
Youth 8 and under must be accompanied by an adult.  
Sign ups begin August 1  
Water, soda & snacks will be available for purchase.



Like us on facebook  
Whiteman AFB Youth Center



## THE WHITEMAN AFB POOL RATES

**Season Passes:**

**Family \$75 : Single \$45  
Day Pass: \$2 per person**

Call Outdoor Recreation at 687-5565,  
to order your pool pass or plan  
your pool party today!

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



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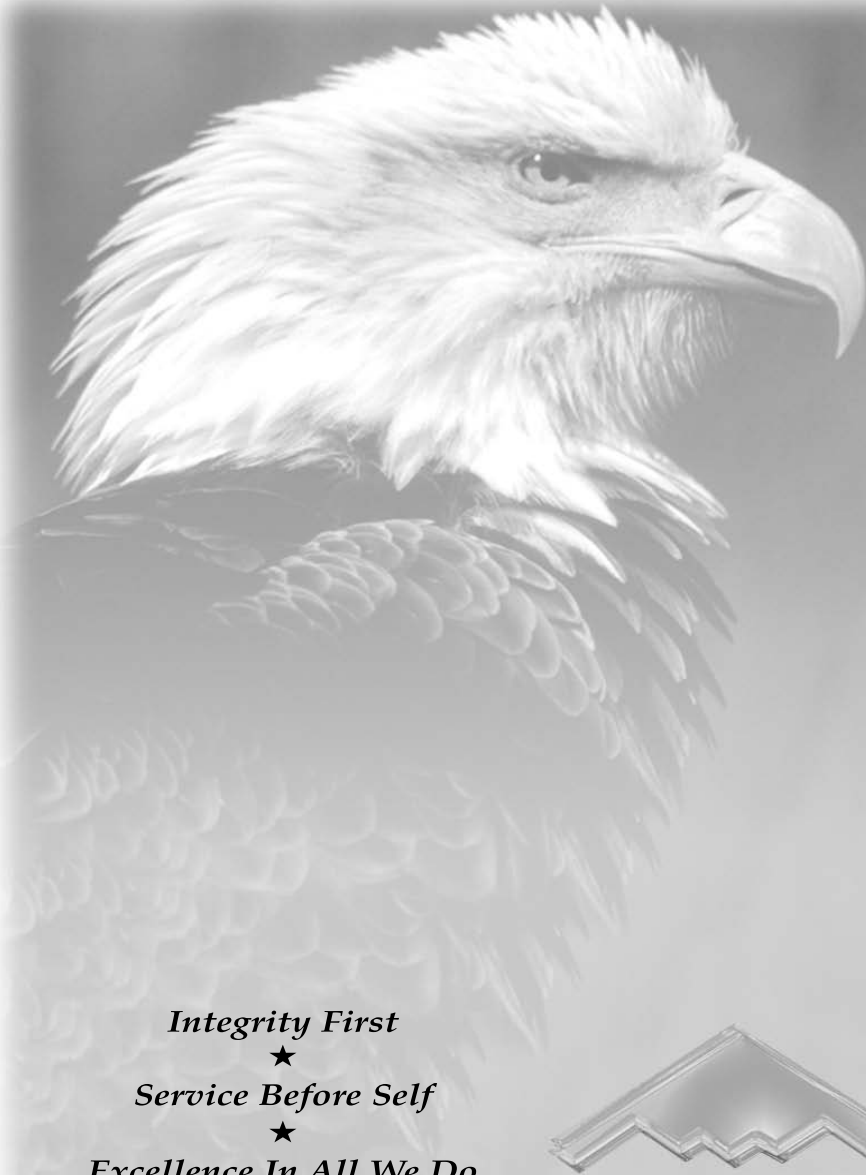


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## ANNOUNCEMENTS

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**THE PHOTOGRAPHER**, studio portraits by friendly professional photographer, free photo touchups on request, 105 N. State, Knob Noster, www.2photo.us. 660-747-4211

## REAL ESTATE SALES

### For Sale By Owner

**2802 STATION**, Katy Trail, Sedalia. 2 BR, 2 full baths, full basement, 2-car garage. \$170,500. Call 660-620-5635.

### For Sale By Owner

**4 BR, 3 BATH**, fireplace, double garage, finished basement, huge fenced backyard, landscaping & patio, just outside of city limits of Warrensburg. Asking \$145K. Call 816-263-1664.

### Houses For Sale

**BY OWNER- AS IS:** 3 Bedroom, 2 bath, formal living & family room, double garage, fenced back yard, unfinished basement. Best offer. 660-429-2395, 660-864-3472.

### Land (Acreage)

**PRIVATE AIRPORT** for sale \$169,000, 10 acres, 2950' runway 29/11. Clear on both ends. Double hangar, one insulated with air/heat. Two electric bifold doors. Includes two home building sites. Nice area on US 50 Hwy. La Monte, MO. Call Larry 660-460-0414 <https://plus.google.com/photos/100975391255160848939/albums/5886421449520304737>

### Lots

**LAKE OF THE OZARKS-FAMILY FUN.** Lots reduced to \$3,595. each, \$75 down, \$59 per month, owner financing, no credit checks, beautiful trees, great fishing, swimming, boating, free lake access and boat ramps. Prices good through July 29th. Hwy 135-12 to the Ivy Bend office. Closed Tuesdays. (573) 372-6493

### Apartments /Townhouses

**AVAILABLE IMMEDIATELY,** Warrensburg: 1 & 2 BR with some utilities (2 BR available Aug. 1). \$369 & up. 2 BR house, redecorated. \$499. No Pets/Smoking. 660-624-0276, 715-479-8092 leave message.

### Houses For Rent

**3 BR 2 BATH** 2-car garage, washer, dryer, basement, back deck, fenced yard, \$1300/month, Lake Ridge subdivision in Warrensburg. 816-590-5080 or 816-698-9190.

### Lots

**LAKE OF THE OZARKS-FAMILY FUN.** Lots reduced to \$3,595. each, \$75 down, \$59 per month, owner financing, no credit checks, beautiful trees, great fishing, swimming, boating, free lake access and boat ramps. Prices good through July 29th. Hwy 135-12 to the Ivy Bend office. Closed Tuesdays. (573) 372-6493

### Rentals

**4 BR, 3 BATH**, screened in porch, 2 car garage, washer & dryer, located in Warrensburg. \$1250 month. Call 816-590-5080 or 816-698-9190.

## AUTOMOTIVE

### W-K Home of the Jump Start Program

If you have ever had bad luck with your credit for whatever reason, but need to buy a car, W-K is where you need to be! Come take advantage of W-K's Jump Start Program, just as many of your neighbors have! Call Ron today at 800-382-5088. And remember, we are here to help you!

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03 Grand Cherokee.....	5995
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08 Pontiac G8 Sharp!.....	13,995
09 Pontiac G6 64K.1.....	1,995
07 Cobalt SS 76K.....	10,495
08 Buick LaCrosse.....	9995
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05 Chrysler 300.....	8995
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08 Ford Fusion.....	8995
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04 Impala.....	5995
03 Grand Prix.....	5995
00 Buick Regal.....	3995
08 Chevy Crew 3500 4wd Diesel.....	19,495
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03 Chevy XCab 4wd.....	10,995
06 GMC Shortbed.....	8995
02 GMC Sierra Sharp!.....	8495
99 GMC XCab 4wd.....	6995
08 Grand Caravan.....	10,995
07 Freestar.....	9995
05 Grand Caravan.....	6995
06 Freestar.....	5995

[www.jerrybakerauto.com](http://www.jerrybakerauto.com)



**Open Layout in Warrensburg.** This 3 Bedroom, 2 Bath home has a pleasant atmosphere perfect for entertaining, Generous, Walk-in pantry and open kitchen, lots of Amenities. MLS# 42953, \$138,000 Action Realty, Contact Marie Acosta (660)909-1903, [www.actionrealtyco.com](http://www.actionrealtyco.com)



**Beautiful Raised Ranch Home,** This 3 Bedroom, 3 bath Approx. 1800 sq. ft. home has a 2 car attached garage, built in dishwasher, wood burning fp and lots of amenities. MLS# 43062. \$164,000 Action Realty, Contact Bryan Jacobs 660-441-5302 [www.actionrealtyco.com](http://www.actionrealtyco.com)



**Horse or Cattle Farm.** 50 acres with 40+ acres open. Large barn w/ stalls and tack/feed room. Welded pipe working chutes, sorting pens & riding arena. Western decorated home w/ 5 bedrooms, 2 baths & partial basement. County road borders almost 3 sides. \$199,000. Versailles Realty 888-999-4246.



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02 Chevy Malibu	V6, 4 Dr., Air	\$3,995
00 Chevy Blazer	V6, 4x4, Air, Nice	\$3,195
99 Ford Ranger	4 Cyc. STK, Air	\$3,995
99 Plymouth Voyager	V-6, AT, Air	\$2,895
04 Ford F-150	V6, AT, Air, Work Box	\$4,195
98 Dodge Caravan	113k, Air	\$2,895
97 Ford Expedition	V8, AT, 3rd Seat, 4x4	\$3,295
97 Ford Explorer	V8, 4x4, Moon Roof	\$2,695
08 Dodge Ram 1500	Crew Cab, 4x4, Bank	\$18,500

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**CHARMING** 3 Bedroom, 2 Bath Ranch style home, South of Sedalia on paved county road. Vaulted/Tray ceilings, outdoor deck and Pergo flooring/carpet. All electric. 1 acre lot. Sedalia school district. \$129,900. Call 660-460-0996



**Terrific 3 Bedroom** 3 bath with walk-out basement. Sits on 5.4 wooded acres on quiet cul-de-sac. Located outside Knob Noster city limits. 2 miles from Whiteman entry gates and schools. 74 SE 951 Rd. \$209,900. 660-563-3953



Exceptionally nice 4 - 5 bedroom, 2 bath, 2 car garage, finished walkout basement, plus 20'x40' workshop with full bathroom. Less than 5 miles to WAFB. Asking \$249K. 660-864-1689 or 660-563-2623



Lake Ozarks Home, 1800 Ft. 3BR 2.5 Bath, Dock, new roof on blacktop, \$153,500. Can Add adjacent lot 3 BR 1200 sq. ft. home, \$85,000. Retiring - both \$235,000. Want to travel. Consider RV Trade. Call 1-660-438-9593

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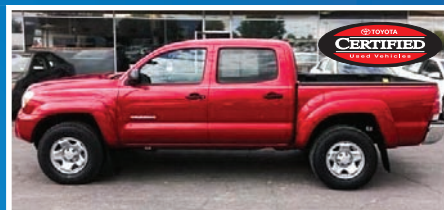
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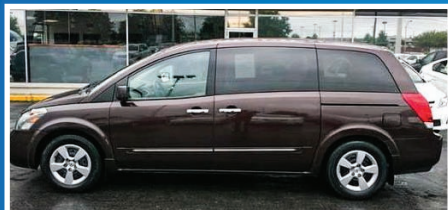
**2001 GMC Safari**  
Stk# P20983



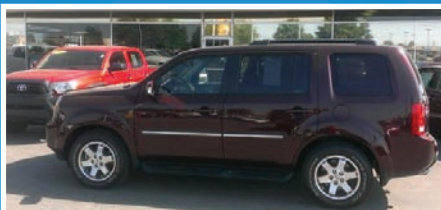
**2011 Toyota Prius II**  
Stk# X12333A TOYOTA CERTIFIED



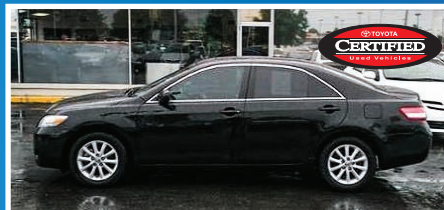
**2012 TOTOTA TACOMA 4X4**  
Stk# X12297A TOYOTA CERTIFIED



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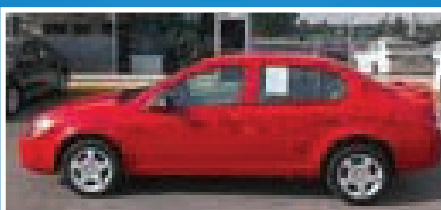
**2010 TOYOTA RAV4**  
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