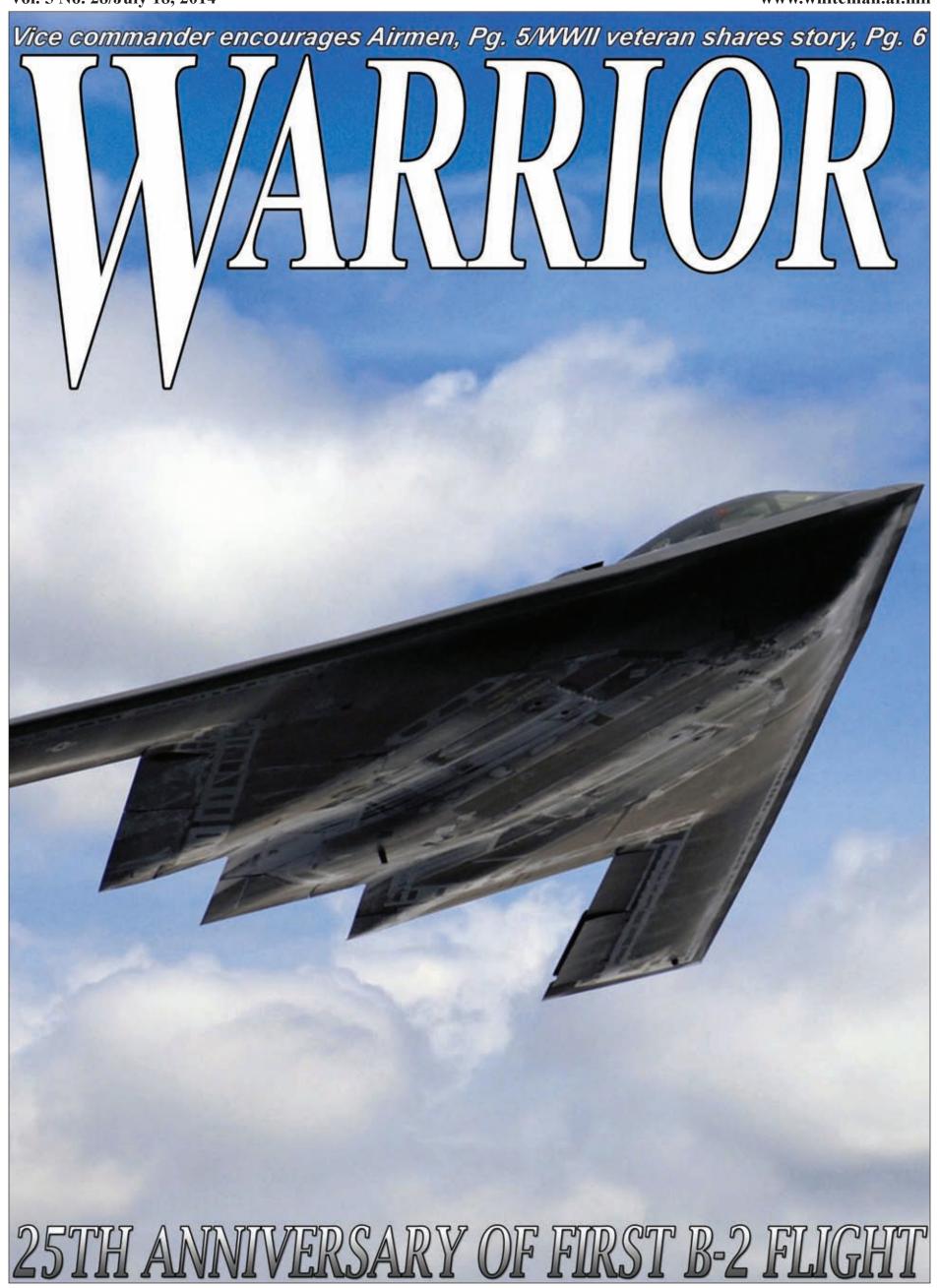
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### Commentary

# Don't Just Stand There.... Do Something

#### By Ann Beem

Sexual Assault Response Coordinator

Are you a bystander? A bystander is someone in a crowd who "stands by" and does not do anything when they notice a problematic situation or behavior even though they may find the behavior to be offensive. A bystander does not protect the values of safety, trust and honor that are central to our community.

Sexual Assault does not happen in a vacuum. How many times have you been at a party or with a group of friends and witnessed something that made you feel uneasy? Maybe it was someone pushing another person to leave with them, or someone encouraging someone else to drink way more than they should, or maybe you saw a friend slap his/her date. What would you do?

You might be thinking, "That's none of my business." Or, you may think saying something would mean "sticking your nose in someone else's business." Many people feel reluctant to intervene in a situation because:

They are afraid of making a scene or feel as though a person would ask for help if it were needed.

■ No one else is helping; it must not be a problem

■ People who are sober don't think this is a problem, maybe I'm wrong?

■ My friend is really responsible and he's not intervening... why should I?

■ Many people do not intervene in a potentially dangerous situation because

they are looking to others for cues on how to act or they believe someone else will intervene.

If you stay silent you may be part of the problem.

Survivors of sexual assault and interpersonal violence are often silent about the abuse they endure. Abuse rarely happens in a room full of people, but bystanders often understand warning signs or see red flags that a situation is about to become violent or abusive. Stepping in, distracting the abuser could possibly prevent or minimize the abuse, keep the person safe from escalating danger and let him or her know that help is available.

Be on the look-out for potentially dangerous situations and learn how to recognize indications of potentially dangerous situations. Here are some examples of "red flag" behaviors related to sexual assault:

- Inappropriate touching
- · Suggestive remarks
- Testing boundaries
- Disregarding set boundaries
- Inappropriate intimacy
- Attempts to isolate someone
- Pressuring someone to drink
- Violent behaviors
  - Targeting someone who is visibly impaired

A good way to assess the situation is to ask yourself, "if I were in this situation, would I want someone to help me?"

• If a situation makes us uncomfortable, we may try to dismiss it as not being a problem. You may tell yourself that the other person will be fine, that he or she is not as intoxicated as you think, or that the person is able to defend him/herself. This is not a solution! The person may need your help more than you think!

• When in doubt, TRUST YOUR GUT. Instincts are there for a reason. When a situation makes us feel uncomfortable, it is a generally a good indicator that something is not right.

• It is better to be wrong about the situation than do nothing.

To be clear: Intervening is not about making decisions for people or it doesn't mean that you have to physically separate the individuals or get in a fight. It could be as simple as interrupting the situation by asking something as non-threatening as "Where is the bathroom?", "Could you tell me what time it is?" or even asking directly "Are you OK?" This interruption could provide an opportunity for someone who is feeling cornered to slip away from the situation or change the course of events that might have been about to happen. Your concern and action may be all that needed in that situation to prevent that person from becoming a victim.

The point is, if you see or know of a violent or abusive situation do something? BREAK the SILENCE!!!! It could change the course of someone's life forever.

For more information on bystander intervention, sexual assault prevention, or to report a sexual assault call the Whiteman Sexual Assault Program Response Hotline at 687-7272 or call 1-877-995-5247 to reach the 24/7 DoD Safe Helpline

# <u>Drive out fear:</u> Of failure, of embarrassment, of not knowing what to do

**Commentary by Col. Hans Ritschard** 90th Medical Group commander

**F.E. WARREN AIR FORCE BASE, Wyo.** -- We've all felt that sinking, gut-wrenching sensation telling us, "You don't have what it takes," or in the worst case, "I'd be better off somewhere else." Fear is a natural reaction to uncertainty, danger, and unexpected change.

Fear in the duty section can shut us down, even today. I recall a day, when I was a captain, when my boss screamed at me, turning red in the face in a misguided attempt to correct my behavior. Not only was I instantly done being productive for the day, I was fearful I could no longer work for him.

Such fear in the workforce is not new. In the fearsome aftermath of World War II, Dr. W. Edwards Deming, an American statistician and leadership expert, proposed 14 leadership rules for putting Japanese industry back on its feet. Rule number eight was simple: drive out fear!

By this he meant eliminating management practices that relied on fear to motivate people, whether by threats, intimidation, retaliation, angry outbursts, or by any other means. He recognized that fear in the workplace could lead to a loss of confidence, a loss of productivity and, perhaps most concerning, a loss of trust and teamwork among coworkers.

What should we do if we sense fear among our Airmen? We must build a culture of trust. To build trust, leaders must listen, encourage followers' ideas, listen some more, throw away the hammer when honest mistakes are made, and continue to listen and interact. Leaders must keep high standards for excellence, knowing that Airmen are most engaged and fulfilled when their work is challenging and rewarding. A culture of trust leads to a culture of confidence. A culture of confidence leads to a culture of trust.

In Global Strike Command, we are undergoing significant cultural changes--we are resisting micromanagement, pushing authority to those who have the information, recognizing mistakes as opportunities to improve, and building integrity and transparency with honest self-assessments and determined process improvements.

As Lt. Gen. Wilson, Commander of Air Force Global Strike Command, said during a recent visit, "We start with good people, we give them training and experience which builds their pride and confidence, they become personally and professionally fulfilled and engaged in executing the mission. And we [as leaders] get out of the way so they can do their jobs."

Whether leading a group, a squadron, a flight, or just one junior Airman, we build confidence in our subordinates by driving out their natural fears and anxieties. We want them to take pride in their work.

Like my high school swim team coach Bob Johnson used to do, we try to catch them doing the right thing, and cheer them on. Coach "J" only signed us up for two kinds of races: those we could win and those that would challenge us.

As leaders, we do the same with those we lead by giving them two kinds of tasks: those we know they can do already and those that challenge and help them learn along the way. When they succeed, we boost our team confidence by celebrating together.

Like a good coach, a great leader invests in Airmen by demonstrating true concern for their well-being while pushing them to perform beyond their own expectations. We drive fear out of our units with genuine praise for a job well done, with a vision for the future that instills pride and confidence, and with persistent trust that Airmen will rise to meet the thrilling adventure of serving our great United States Air Force.

### THE WARRIOR

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The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday.Articles will be published on a space-available basis. Submissions does not guarantee publication.

For more information, call the Warrior office at 660-687-6126, 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.* 

# On the cover

U.S. Air Force photo/Kenn Brown COLUMBUS AIR FORCE BASE, Miss. --A B-2 Spirit performs a fly-over during the 14th Operations Group semi-annual career day fly-in at Columbus Air Force Base, Miss., May 5, 2007.

### **News**

### **NEWS BRIEFS**

### Did you know???

What the qualifying and disqualifying factors are to apply for Palace Chase. To be eligible for this opportunity, you must: Be a U.S. citizen, complete at least 2/3 of the initial Active Duty Service Commitment for officers and 24 months of a 4-year contract or 36 months of a 6-year contract for enlisted members, be medically qualified worldwide, meet fitness standards.

If you have any questions regarding this program, you can contact your unit First Sergeant or Master Sgt. Stephen Thomas, the AFRC In-service Recruiter, at 687-1868.

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It sounds so good I want to go to the Spirit Café too! So, don't waste time. Tell a friend and take a friend to the Spirit Café today!

## Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

### **CCAF GEM Program**

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.



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# **FIP visits team Whiteman**

**By Airman 1st Class Joel Pfiester** 509th Bomb Wing Public Affairs

Air Force Global Strike Command's Force Improvement Program team recently paid a visit to Team Whiteman as part of their tour of the command's bomber bases.

The FIP team gathered an immense amount of data from the Airmen out in the field, conducting more than 1,700 interviews and nearly 4,500 surveys throughout the command. These efforts were designed to give leadership a grass-roots perspective on the state of the command.

"I believe it was successful in that we were able to put Airmen in direct contact with representatives from the MAJCOM to address mission-related and quality-of-life issues that they feel need to be addressed," Lt. Col. Timothy Hale, 509th Operations Group deputy commander, said. "I think the FIP will also identify issues for leaders at all levels that they may not have necessarily been otherwise aware of."

Several hundred Airmen from Whiteman had the opportunity to meet with the FIP team and offer insight on issues that they deal with on a daily basis.

"I think Airmen can expect to see some changes in the near term," Hale said. "I think the most important take-away is not how quickly changes are made, but how the long-lasting changes will directly affect our culture and subsequently enhance our mission readiness."

Hale said Airmen who participated in the FIP interviews should be proud of their participation, because it will bring lasting changes for the bomber community.

"We also owe a debt of gratitude to our fellow Airmen that volunteered to go out on the road as a member of the AFGSC FIP team," he said. "On very short notice, they made a significant sacrifice in time and effort to make things better for all of us in AFGSC."

# AF moves forward with future bomber

### By Ed Gulick

Secretary of the Air Force Public Affairs

**WASHINGTON (AFNS)** -- The U.S. Air Force released its Long Range Strike Bomber, or LRS-B, request for proposal to industry July 9 with a contract award expected in spring 2015.

The new bomber is a top modernization priority for the Air Force and will provide the United States with the option to hold any target at risk at any point around the world.

"The LRS-B will be an adaptable and highly-capable system based upon mature technology," said Secretary of the Air Force Deborah Lee James. "We have established an achievable and stable set of requirements that should make this capability a hallmark for the future. We've set a realistic target cost for the system and have a procurement strategy which allows us to affordably field a new bomber fleet. The program's strategy will ensure we get the best possible deal for the taxpayer."

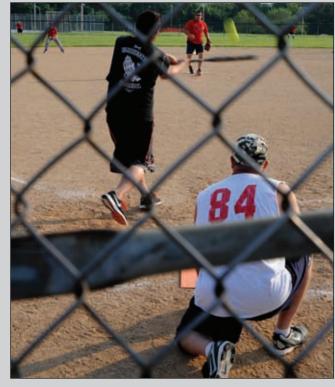
The new bomber will be a long-range, air-refuelable, highly survivable aircraft with significant nuclear and conventional stand-off and direct-attack weapons payload. The LRS-B will provide operational flexibility across a wide range of military operations. "The long range strike bomber will be essential to our ability to win a full-spectrum conflict in the future.

It is a must-have capability," said Air Force Chief of Staff General Mark Welsh.

The Air Force plans to purchase 80-100 LRS-B aircraft at a \$550 million average unit procurement cost in base year 2010 dollars with an initial capability in the mid-2020s.

A request for proposal, or RFP, defines a future contract's requirements and informs industry on how to respond in their proposals. Release of the RFP precedes competitive selection based on contractor proposals.





# Take me out to the ball game

LEFT: A member of the 509th Communications Squadron makes contact against the 131st Bomb Wing during an intramural softball game at Whiteman Air Force Base, Mo., July 9, 2014. Games are played Monday and Wednesday on Field 1 and Tuesday and Thursday on Field 2.

ABOVE: A member of the 509th Communications Squadron gets a base hit during an intramural softball game at Whiteman Air Force Base, Mo., July 9, 2014. The Intramural softball season runs through August 18th.

U.S. Air Force photos/Senior Airman Bryan Crane

#### The Warrior July 18, 2014

### **Feature**



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# **Prescription:** Joy in treating Whiteman



U.S. Air Force photo/Airman 1st Class Keenan Berry U.S. Air Force Senior Airman Nickolas James, 509th Medical Support Squadron pharmacy technician, caps a medication at Whiteman Air Force Base, Mo., June 18, 2014. The childproof safety lids prevent children from gaining access to the medication.

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

The 509th Medical Support Squadron Pharmacy Element works behind the scenes to provide cures to fight against many common ailments and keep the base populace in good health.

The Pharmacy Element processes 125,000 prescriptions per year for active-duty members, dependents and retirees.

Pharmacy technicians counsel patients on what their medications are used for, how to take them and what type of medications can be used in conjunction with them.

"Our technicians have to know what medications we carry, what they are used for and what the trade names are," said Master Sgt. Jason Christianson, 509th Medical Support Squadron NCOIC of diagnostics and therapeutics flight. "While they are taking in those prescriptions, they have to look at the patients profile, know what medications can be taken with other medications, and the interactions between them."

Technicians also have to know what the standard dosing is on a wide variety of medications.

They must know over 300 different medications, to include interactions, uses and typical dosage. When the fillers receive the prescriptions, they take a second look at them to make sure that all quantities match up with the directions. If it is a written prescription, they have to match it up with what is typed onto the labels. They have to know what it is for or what type of resources to use in order to find out the information.

The pharmacy element on Whiteman AFB stocks approximately 900 different medications. The pharmacy staff deals with approximately 300 medications more often than the others. These "fast movers" include drugs such as Nexium, Lipitor and allergy medicines.

"Ordering technicians manage \$4 million of medications a year at Whiteman Air Force Base, ensuring the medications are reasonably priced and we are within budget," said Maj. Rachel Casey, 509th Medical Support Squadron pharmacy element chief. "I oversee the process and review it every month to verify everything is done correctly.'

The pharmacy element has a quality control role in the PRP process to make sure it is done correctly as well.

After a quality control check is completed on PRP, prescriptions for those active-duty members are processed the same as other prescriptions. They are typed if they arrive from off base or activated if they are seen on base. The prescriptions are accurately filled with the correct medicine and are reviewed by at least three different individuals. One staff member types and prints, one fills the prescription and a final person verifies that the order was filled with the correct medication and is appropriate for each patient.

Pharmacists and technicians must always be cautious when dealing with patient prescriptions.

"One thing that we must consider as pharmacists is that we hold people's health care in our hands," Casey said. "We have a responsibility to do everything we can to get patients the medicine their doctor has prescribed for them. We must be careful not to put a person's health in jeopardy by giving them the wrong medication. Attention to detail and timeliness are critical in this career field."

The Pharmacy Element takes pride in ensuring patients' needs have been met to the highest standard.

"This job never gets boring," Casey said. "There's always something new every day; I absolutely love assisting patients, answering questions and taking care of their needs. It's very satisfying to say the least."



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# Effective leadership -- taking care of Airmen

**By Airman 1st Class Joel Pfiester** 509th Bomb Wing Public Affairs

The formula for being an effective leader – start by identifying with and understanding the people you are leading, and then add in being honest and authentic with them. Add loyalty, trust and integrity to the equation, and one will be starting down the right path to dynamic leadership.

One individual at Whiteman who has walked down that path, connecting with Airmen and learning numerous lessons along the way, is Col. Kristin E. Goodwin, 509th Bomb Wing vice commander.

For Goodwin, her family military background helped establish the foundation for her success, providing her with an understanding of military culture.

"I grew up in a military family," Goodwin said. "My dad was 30 years Coast Guard and my mom retired as a 20-year Air Force reservist, so I had the great fortune of traveling to many different places."

Goodwin set her sights high at an early age; she aspired to follow in her father's footsteps but along a slightly different path.

"When I was 10 years old, I had the goal to go to the Air Force Academy and become a pilot," Goodwin said. "I saw my father and his classmates from the Coast Guard Academy and how they interacted. It was something that I knew I wanted to be a part of – not only a special family like that but also the opportunity to serve. I was very passionate about going into the Air Force and flying."

Fast forward several years - having

achieved her goal of attending the AFA, earning her wings and piloting numerous different air frames including the B-2 Spirit, Goodwin reached a major milestone when she became the Air Force's first female bomber squadron commander.

"The (509th) OSS was a turning point in my career because at the time when you're a young officer you want to be on the front line," Goodwin said. "The OSS was the absolute right place to be because [I worked with] such a diverse group of Airmen that I otherwise wouldn't have had the opportunity to work with."

Goodwin's leadership skills surfaced in the early years of her career and she found many opportunities to lead, as she oversaw approximately 300 Airmen as the OSS commander.

"I was honored and humbled to have the opportunity to lead. I was fortunate because they taught me something new every day," Goodwin said. "When you have that many troops, you are faced with real-life challenges that people have every day and one of those challenges was fitness."

A devoted athlete and frequent Iron Man competitor herself, Goodwin recently saw an opportunity to connect with and help Whiteman Airmen through engaging in physical fitness training, enabling both them and her to reach their physical fitness goals.

"I wanted to work with Airmen, get to know them better, and take advantage of the opportunity to share my passion for fitness with them," Goodwin said. "My vision was to help us all achieve our own unique fitness goals, while also cultivating a team atmosphere in which we knew regardless of rank, we were we were looking out for each other and inspiring one another to reach those goals."

Goodwin emphasized that the Airmen she trained with played an important role in her physical fitness.

"I had recently had a baby, and even as someone who regularly trains and exercises, I needed inspiration, that extra push from my fellow Airmen, in attaining the fitness goals I had set for myself," she said.

The diligent work by this group of Airmen of different ranks has paid off – Goodwin recently maxed her PT test, and seven of her fellow Airmen achieved their PT test goals.

Goodwin's philosophy toward helping Airmen excel physically extends to all other aspects of her leadership mentality.

"The most important thing is to take care of people," Goodwin said. "There's always that debate, "people or mission first," but I feel strongly [that it's] people first. If you don't take care of your people and their families, then you will not execute the mission."

In order to ensure her Airmen are taken care of, Goodwin also upholds the Air Force standards and treats everyone equally.

"Taking care of your Airmen also means being real with them, positive and upholding standards by giving them honest and fair feedback," Goodwin said. "I think that's sometimes where people struggle the most, because it's not necessarily the hip thing to do to sit there and provide constructive criticism to a colleague."

Growing into a successful and efficient



The Warrior **5** July 18, 2014

Courtesy photo

Col. Kristin Goodwin, 509th Bomb Wing vice commander, made history in 2010 when she became the Air Force's first female bomber squadron commander.

leader takes time and development. As new Airmen are constantly joining our ranks, it is important to remember that they are also the future leaders of the Air Force. It is up to the leaders of today to develop the leaders of tomorrow by guiding them down the right path, engaging and working with them, whether on the job or doing things like PT together.

"As you advance through your career you also grow as a leader and as a person, and I feel very fortunate that I've had the opportunities to work with outstanding Airmen," Goodwin said. "That's a privilege and an honor and it's something that I'm very grateful to have."



Col. Kristin Goodwin poses for a picture in personal protective equipment (PPE) with fellow Airmen. For Goodwin, taking care of Airmen and their families is the key to effec-

### Feature

# Military memories: WWII veteran shares story



U.S. Air Force photo/ Senior Airman Sarah Hall-Kirchner

Dale VanBlair, a World War II veteran, addresses the crowd that honored him for his 93rd birthday June 17, 2014, in Belleville, Illinois. VanBlair thanked everyone for coming to his birthday party and told them that it felt amazing to be appreciated.

**By Senior Airman Sarah Hall-Kirchner** 375th Air Mobility Wing Public Affairs

SCOTT AIR FORCE BASE, III. (AFNS) -- Twenty-five B-24 Liberators were lost during his last mission during World War II.

His airplane had been among those that went down when his crew had to ditch their plane over the North Sea. Luckily, he was rescued from the waters by an English air-sea rescue ship.

Dale VanBlair sat and told me about his experiences during the war and beyond in a busy restaurant on his 93rd birthday.

Children brought him birthday cards and a seemingly endless stream of service members and civilians walked up to thank him for his service.

"It feels good to know the town would take the time to do this for me," VanBlair said. "It feels good to be appreciated."

Over and over again I heard people tell him how grateful they were for his service, for his generation's service -- and I couldn't have agreed more.

My grandfather served during World War II in the same aircraft as VanBlair, the B-24. Like VanBlair, he had also been a tailgunner and survived after his aircraft was shot down while fighting the axis powers during the war.

Unlike VanBlair, my grandfather was not rescued until after the war was over. He was held in a German prisoner-of-war camp for 18 months and was taken on a death march as the war ended.

Listening to VanBlair recount his stories made me feel as if I was speaking to my grandfather, who died when my father was young. I could not think of the words to tell VanBlair how overwhelmed and appreciative I was to be able to speak to him.

I soaked up every bit of what VanBlair, a pillar in the community of Belleville, had to say.

He told me about his favorite military memories. First he joked that his favorite memory was getting out, but then he got serious and said that he truly enjoyed the camaraderie and the family he found in his fellow crew members.

"I enjoyed the fellowship I had with my crew," he said. "And I liked flying, except when they shot at us."

VanBlair had a sense of humor through the entire conversation. He joked about his service, and about his life.

He also had a serious side, as he explained to me how hard it was for him when he transitioned from being a G.I., to being a civilian.

"I grew up during the great depression, so I sought a teaching degree and then taught for 33 years," he said. "I wanted job security, and I knew I'd always have a job."

VanBlair taught English at Belleville West High School for the last 17 years of his teaching career and lived in the Belleville area since 1956.

While we discussed his life after the war, VanBlair told me about his wife of 53 years, Mary, who died in 2002.

"I still miss her every single day," he said, with tears in his eyes and a gleaming wedding band on his left ring finger.

Speaking in a muted tone he told me about his favorite memories of his wife Mary, of which he had many, but his favorite was when they were discussing the possibility of taking a vacation.

"I thought we could bring friends along for the trip," he recalled. "But she looked at me and said, 'We don't need friends, I like being with you.""

Later during our conversation, I realized how lucky I was to be able to speak to a World War II veteran. He lived through one of the worst conflicts the world has ever seen, and experienced the horrors of war.

It's been 69 years since Victory in Europe day, when the war ended on the European front. VanBlair is still willing to share his stories with anyone who inquires. He was kind, and explained things I did not understand.

Wrapping up our conversation, I walked VanBlair to his car. He thanked me for talking to him and emotions overwhelmed me. Tears welled up in my eyes as I thanked him for his courageous service and for sharing his memories with me.

As he left, all I could think about was my grandfather, and how I never had the opportunity to ask him the questions. I count myself lucky because I got to speak with a true American hero on his 93rd birthday.

Happy Birthday, Mr. Dale!



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Western Missouri Medical Center (WMMC) is pleased to announce that board-certified obstetrics and gynecology (OB/GYN) physician Traci Johnson, MD, returned to Western Missouri Women's Health Center on July 8, 2014. Appointments are now being accepted.

Dr. Johnson earned her medical degree from Drexel University College of Medicine in Philadelphia and completed her obstetrics and gynecology residency at Barnes-Jewish Hospital/Washington University School of Medicine in St. Louis. Dr. Johnson is board certified by the American Board of Obstetrics and Gynecology. While in training, she served as an administrative Chief Resident. She has particular interest in maternal-fetal medicine and teen health.



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The B-2 taxis down the runway in preparation for its first flight, July 17, 1989.

### By Staff Sgt. Nick Wilson 509th Bomb Wing Public Affairs

Whiteman Air Force Base and Air Force Global Strike Command are celebrating a milestone in Air Force and aviation history this week by marking the 25th anniversary of the B-2 Spirit's first flight.

On July 17, 1989, Bruce Hinds, Northrop Grumman chief test pilot, and Col. Richard Couch. B-2 combined test force director, flew the first B-2 mission in the skies above California. The two-hour, 20-minute flight took both pilots on a mission from Air Force Plant 42 in Palmdale, to Edwards Air Force Base.

Twenty-five years later, the B-2 Spirit is known as what many call "the most feared weapons system on the planet."

"Even 25 years after the flight of the first B-2, we're still a very effective part of the mission. The technology of the B-2 is still unmatched by any other country," said Lt. Col. Eric Lapine, 509th Opera- pabilities. tions Support Squadron commander. "The B-2 has been able to penetrate enemy air defenses that other aircraft have not been able to."

Lapine has been a pilot in the Air Force for 19 years, 11 of which were as a B-2 pilot.

"Every day I come into work and never question whether or not the job I do is important," he said. Without the hard work of a dedicated team of pro-

fessionals, the B-2 mission would not be possible. It is the teamwork of Airmen in maintenance, communications, finance, security forces and many other functional areas that enables this aircraft to do things today that were unimaginable 25 years ago, said Master Sgt. Neil Fowler, 393rd Aircraft Maintenance Unit lead production superintendent.

Fowler has been providing maintenance support to the B-2 since the early 1990s.

"I'm incredibly proud to have this as my life's work," Fowler said. "We have transformed this aircraft into a weapons system that is versatile and devastating. It speaks to the quality of people that design, build, maintain and operate this aircraft."

A few of many significant achievements flown by B-2 Spirit crews include participation in Operation Allied Force, Operation Enduring Freedom, Operation Iraqi Freedom and Operation Odyssey Dawn,

"The B-2 has totally changed the way we fight said Senior Master Sgt. Daniel Lauseng, 509th Operations Support Squadron wing intelligence super- and the way our enemies defend," Fowler said. "The idea that we can fly into contested airspace, destroy intendent Fifteen years ago, the B-2 participated in comthe most valued and heavily defended targets and bat for the first time during Operation Allied Force, leave before our enemies have had time to rub the sleep from their eyes is a pretty heavy contribution." the NATO campaign over Kosovo in the late 1990s.



Three B-2 Spirit Bombers prepare for flight at Whiteman Air Force Base, Mo., April 25, 2013. The B-2 is a strategic bomber, featuring low-observable stealth technology designed for penetrating dense anti-aircraft defenses. The bomber has a crew of two and can drop up to eighty 500-pound joint direct attack munitions (JDAMS). The B-2 is the only aircraft that can carry large air-to-surface standoff weapons in a stealth configuration.

During its first operations in combat, the B-2 and the Airmen operating it proved the uniqueness and capability of the airframe. B-2 crews were able to complete 100 percent of their take-offs on time, with a 98-percent Joint Direct Attack Munition (JDAM) effectiveness rate. With a total of more than 1,400 flight hours, the B-2 was a major factor in the NATO campaign

Two years later, following the terrorist attacks of Sept. 11, 2001, B-2 crews received the call to participate in OEF. During OEF, Whiteman Airmen completed the longest airborne combat mission in history, taking off from Whiteman and flying around the world to Afghanistan and back during a 44-hour sortie

"The B-2 opened the battle in OEF," Lapine said. The mission was to take out whatever air defenses the Taliban had.

Later, in 2003, Lapine flew in Operation Iraqi Freedom, as part of a mission to degrade enemy ca-

During OIF, the B-2 was used for a total of 43 sorties totaling 1,246.3 flight hours.

"It was very exciting to be part of the mission," Lapine said. "It's pretty incredible that we had aircraft crossing the globe like that to strike."

Another significant contribution the B-2 made to Air Force history was its participation in Operation Odyssey Dawn. During the operation over Libya in 2011, three B-2 sorties flew on a 25-hour combat mission from Whiteman to destroy hardened aircraft shelters.

"OOD demonstrated the B-2's awesome capability to conduct global strike operations," Lauseng said

One of the B-2's most important contributions to America's leaders is the deterrence capability it provides.

"When we pick this machine up and move it in support of our allies and interests, the world pays attention "Fowler said

The B-2, as the most technologically advanced aircraft in the world, and operated, supported and maintained by the most professional and competent Airmen in the service, provides the president and combatant commanders with unparalleled global strike and nuclear deterrence capabilities.



HILL AIR FORCE BASE, Utah -- A B-2 Spirit drops 32 inert Joint Direct Attack Munitions at the Utah Testing and Training Range here.



An F-16B Fighting Falcon chase plane accompanies the B-2 on its first flight at the Air Force Flight Test Center, in the skies over California, July 17, 1989.

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

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# Air Force Critical Days of Summer 2014 May 23 – Sept 2

Contributed by the 509th Bomb Wing Safety Office

Chapter 8: American Flyers

#### Air Force Summer Bicycling Losses:

(Jun-Sep) 2009-2013

- 1 fatality
- 140 injuries
- 1,529 lost work days
- Total cost, lost work days: \$865,427

Civilian population risk data:

- Adults aged 45 years and older have the highest bicycle death rates.

- In 2010, 800 bicyclists were killed and there were an estimated 515,000 injuries.

- For 2010 alone estimated losses exceeded \$5B.

The Airman's Creed says, in part, "I will never falter, and I will not fail." Commitment to the Creed also includes how Airmen behave off-duty. Airmen will not fail when participating in leisure activities when: you wear all the proper protective gear; follow the rules of the activity; and apply risk management techniques.

Bike riding is a popular summer activity. Whether you prefer a mountain bike or a road bike, the great outdoors is perfect for riding. According to the Centers for Disease Control, "only 1% of all trips taken in the U.S. are by bicycle, bicyclists face a higher risk of crash-related injury and deaths than occupants of motor vehicles do. In 2010 in the U.S., almost 800 bicyclists were killed and there were an estimated 515,000 emergency department visits due to bicycle-related injuries. Data from 2005 show fatal and non-fatal crash-related injuries to bicyclists resulted in lifetime medical costs and productivity losses of \$5 billion."

During 2012, the Consumer Product Safety Commission's National Electronic Injury Surveillance System reports an estimated 556,660 bicycle injuries. These numbers are hard to ignore. We are not immune in the Air Force. AFI 91-207 applies to bicycles as well as other vehicles. Review section 3.6 if you're required to ride a bicycle on-duty.

The American League of Bicyclists lists these five rules of the road:

#### 1) Follow the Law

• Your safety and image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the right-most lane headed in the direction you are going.

2) Be Predictable

■ Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

#### 3) Be Conspicuous

■ Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

#### 4) Think Ahead

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride

outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

#### 5) Ride Ready

Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

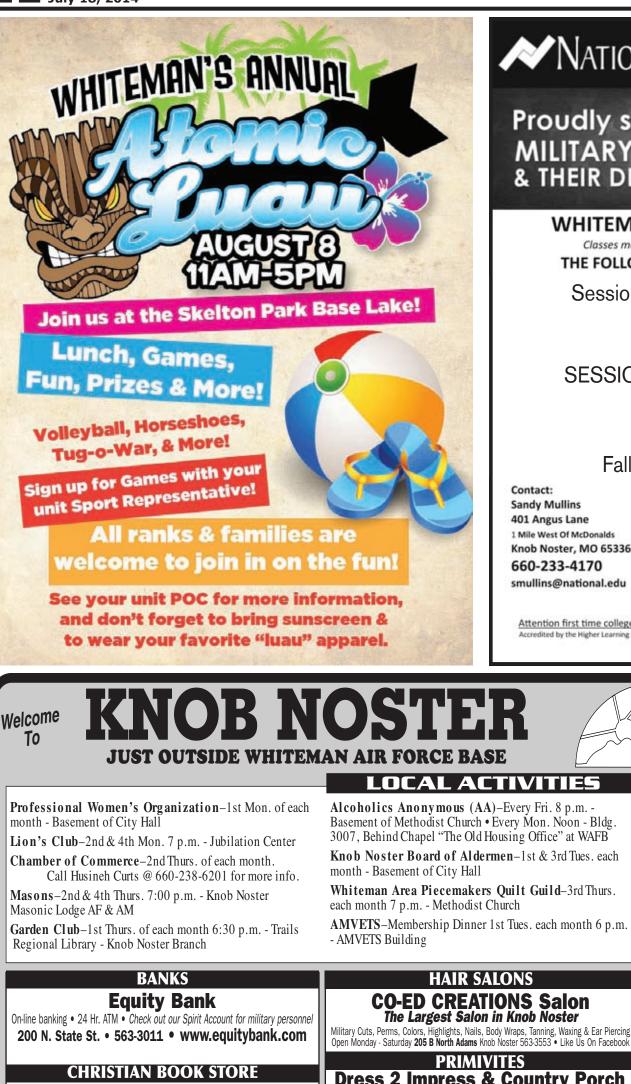
An Airman experienced what can happen if you disregard safety and ignore personal risk management when bike riding. He failed to stop for a red light in his direction and was struck by a car. He was thrown over the car as a result of the collision. His injuries included a skull fracture, concussion and a fractured right upper and lower leg. He was hospitalized for three weeks and spent an additional three months on convalescent leave. The investigating officer could never determine if the Airman was wearing a helmet because he claimed amnesia. The almost four months this Airman spent unable to perform his duty cost the Air Force a lot of money.

The links below provide a wealth of data and media for your use:

http://www.bicycling.com/training-nutrition/

- injury-prevention/ride-smart
- http://www.nhtsa.gov/Driving+Safety/Bicycles/
- Be+a+Roll+Model
- http://exchange.aaa.com/safety/bicycle-safety/ riding-skills-tips/
  - https://www.bikeleague.org/

http://www.cdc.gov/HomeandRecreationalSafety/ Bicycle/



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WHITEMAN SCHEDULE SUMMER 2014 Classes may be cancelled or added depending on enrollment. THE FOLLOWING CLASSES ARE NOW FORMING:

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Knob Noster Board of Aldermen-1st & 3rd Tues. each

Whiteman Area Piecemakers Quilt Guild-3rd Thurs.

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Cub Scouts - Pack 405 Bill Sander 687-1154

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Girl Scouts - Jo Ellen Elwell 563-3514

Freedom of Road Riders, Local 33 - 3rd Sun. 1 p.m. -**AMVETS Building** 

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The Warrior July 18, 2014

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	(after hours, weekends & holidays, please use	
	Emergency Entrance)	
Pulmonology Clinic	Outpatient Entrance	Now Open!
(Dr. Woldaregay)	(same location as Cancer Center)	
Pulmonary/Cardiology Department	Outpatient Entrance	Now Open!
(ONLY EKG, PFT, Holter Monitor Testing)		
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of Warrensburg	(Third Floor)	
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