

The Warrior News June 24, 2016

Fourth of July Safety Tips

Grilling Safety

Have a water hose available for flare-ups.

Never leave your grill unattended.

Keep your grill clean by removing grease or fat buildup.

Never grill too close to a home or deck railing, and keep out from over-

Keep children and pets away from the immediate area.



Firework Safety

Never point a firework toward people, animals, vehicles, buildings or flammable areas.

Don't mix alcohol and fireworks.

Never give fireworks to small chil-

Make sure the person lighting fireworks always wears eye prote-

Never attempt to re-light a "dud."

Heat Exhaustion

Drink plenty of water.

Seek shade as often as possible.

Avoid alcohol during the hottest parts of the day.

Limit your outdoor activity to morning and evening hours.

Wear loose fitting, lightweight, light-colored clothing.

THE WARRIOR

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The Sedalia Democrat

Layout and Design

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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 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

Beat the Boss

The Beat the Boss program is a monthly PT test competition between 509th Bomb Wing units that will recognize outstanding teamwork and devotion to fitness at the Squadron level. Active duty 509th Airmen who score the same or higher than the commander's score of 95.4% will earn a one-day pass, and those who score a 100% win a one-day pass and one of the commander's coins.

Here are the latest Beat the Boss results:



Senior Airman Nicholas Lavaring

509th CES • 100%

Senior Airman Alec Lawlis 509th CS • 98.8%

Master Sgt. Douglas Vines 509th CES • 98.6%

> Capt. Randall Ott 358th FS • 98.5%

Tech. Sgt. Andrew Curtis 509th MXG • 97.9%

Staff Sgt. Kevin Durham 509th CS • 97.9%

Senior Airman Austin King 509th AMXS • 97.4%

Maj. Jason Shemchuk 303d FS • 97.3%

Staff Sgt. Melinda Coffin 509th SFS • 97.1%

Senior Airman Paolo Salomon

509th MXS • 96.4%

Master Sgt. William Winslow

509th MDOS • 96.3%

Staff Sgt. Jesus Lua 20th ATKS • 96.1%

2nd Lt. Alexander Clawson 509th LRS • 95.9%

2nd Lt. Jonathan Dahm 509th SFS • 95.7%

Senior Airman Ace Estiamba 509th AMXS • 95.7%

Staff Sgt. Chelsea Fulham 509th CONS • 95.7%

Airman 1st Class Brandon Door 509th CS • 95.5%

> Tech. Sgt. Eric Eldred 509th MUNS • 95.4%

Chief Master Sgt. Kevin Shane 20th ATKS • 95.4%

On the cover

U.S. Air Force photo/ Senior Airman Danielle Quilla

Trish Yasger, left, a fisheries biologist with the Missouri Department of Conservation (MDC), and Ty Cravens, right, a resource assistant with MDC, inspect a fish from the Ike Skelton Lake at Whiteman Air Force Base, Mo., June 21, 2016. The team used electrofishing, which is a scientific survey method designed to sample fish populations to determine abundance, density and species composition.

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June is Men's Health Month

NEWS BRIEFS



U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to http://www.tipsubmit.com/WebTips.aspx?AgencyID=1111 or the AFOSI web page at http://www.osi.af.mil

How to report an anonymous tip using a smart phone:

- 1. Use the smart phone app
- 2. Manually select an agency
- 3. Choose USA then Federal Agency then select AFOSI
- 4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

Air Force Housing website

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 worldwide.

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more fun. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Friday at 4:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Please like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

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.

WEATHER

Today Saturday
Chance of Storms Mostly Sunny
Hi 89 Hi 92
Lo 70 Lo 72

Sunday Monday

Sunday Monday
Partly Sunny Mostly Sunny
Hi 91 Hi 91
Lo 73 Lo 72

By Senior Airman Jovan Banks

509th Bomb Wing Public Affairs

June is Men's Health Month and presents an opportunity to increase awareness about men's important men's health issues such as hypertension; obesity and heart disease; and skin, colon, prostate and testicular cancers.

During this time, the Air Force Medical Service (AFMS) and Military Health System (MHS) focus on preventive care by opening the dialogue between the defense community and their health care providers and promoting early detection and treatment of diseases and injuries.

To help ensure medical readiness, the Air Force and MHS encourage men to monitor their blood pressure, blood sugar, cholesterol, weight and body mass index. These numbers can provide a baseline for the state of one's own health and an early alert to the potential for diseases or health risks.

Acknowledging the relationship between poor habits and poor health is the initial step to toward optimal health.

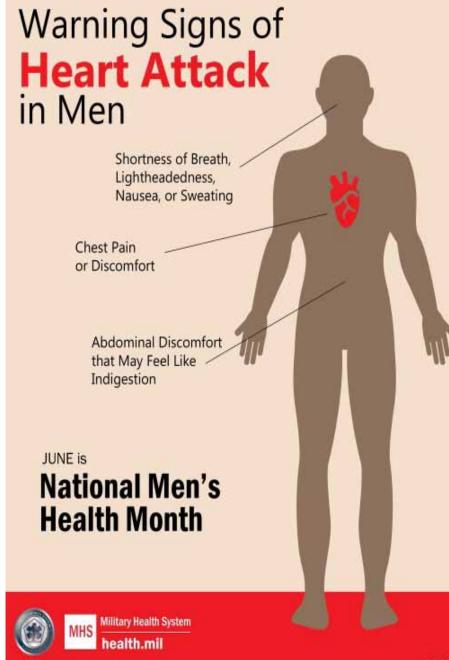
"It's back to the basics for these health risks, the same as all others," said Brian Kirby, the health promotions director assigned to the 509th Medical Operations Squadron. "Good nutrition, proper sleep, managing stress wisely and living physically active and tobacco-free can reduce the risk for health concerns."

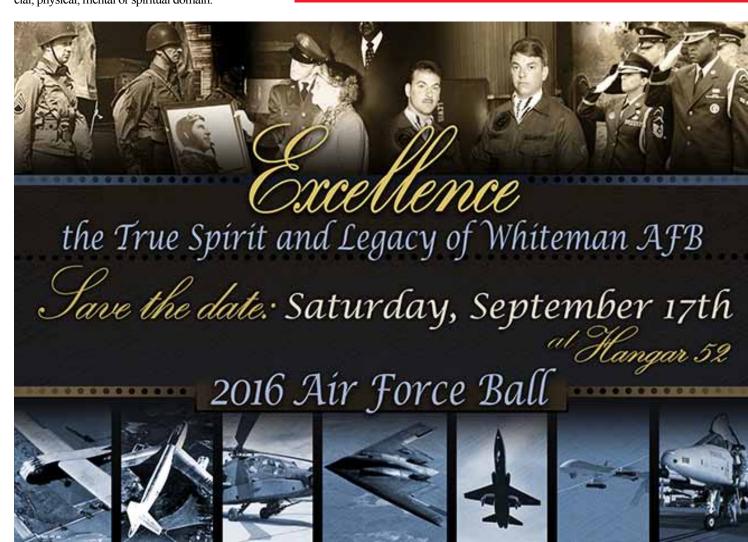
There are many resources to help with forming and keeping new healthy habits.

There are more than a dozen agencies that work hard to provide assistance for all of Team Whiteman.

"One of our favorite resources for all things related to health and performance is the Department of Defense's Human Performance Resource Center located at http://hprc-online.org," said Kirby. "It's a very extensive set of content that is kept very fresh each week that includes topics ranging from the latest dietary supplement alerts and recalls to honest discussions on family and relationship issues."

Accepting the challenge to find healthy habits to work into a daily routine could be the difference in changing ones overall health for the better, whether it is in the social, physical, mental or spiritual domain.





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FRIDAY, JUNE 17 • 7 p.m. Finding Dory (PG) Adults - \$6.25, children - \$4.00 **SATURDAY, JUNE 24 • 7** p.m.

The Nice Guys (R) Adults - \$6.25

SUNDAY, JUNE 26 • 3 p.m. Neighbors 2 Sorority Rising (R) Adults - \$6.25

May 2016 Courts-Martial, Articles 15 and discharges



Below is a summary of some of the more serious disciplinary actions that have occurred on base in May of this year.

Non-Judicial Punishment

- A Senior Airman from the 509th Aircraft Maintenance Squadron received an Article 15 for violations of Article 92, UCMJ, for failure to properly register, store, and transport personally-owned firearms. For these offenses, the member received a reduction to the grade of Airman 1st Class (suspended), forfeiture of \$250 pay per month for two months, 45 days restriction to base and 45 days extra duty (15 days suspended).
- A Senior Airman from the 509th Civil Engineer Squadron received an Article 15 for violation of Article 86, UCMJ, for absenting himself from his unit. For this offense, the member received a reduction to the grade of Airman 1st Class (suspended), 30 days extra duty (15 days suspended) and a reprimand.
- A Senior Airman from the 509th Maintenance Squadron received an Article 15 for violations of Article 107, UCMJ, for signing and making false official statements. For these offenses, the member received a reduction to the grade of Airman 1st Class (suspended), forfeiture of \$485 pay, seven days extra duty and a reprimand.
- An Airman 1st Class from the 509th Maintenance Group received an Article 15 for violations of Article 86, UCMJ, for absenting himself from his unit and Article 107, UCMJ, for making false official statements. For these offenses, the member received a reduction to the grade of Airman, forfeiture of \$409 pay (suspended), seven days extra duty and a reprimand.
- An Airman 1st Class from the 509th Munitions Squadron received an Article 15 for violations of Article 112, UCMJ, drunk on duty and Article 86, UCMJ, for absenting himself from his unit. For these offenses, the member received a reduction to the grade of Airman, forfeiture of \$878 pay

per month for two months (suspended), 60 days restriction to base (suspended), and a reprimand.

• An Airman 1st Class from the 509th Security Forces Squadron received an Article 15 for violation of Article 92, UCMJ, for cheating on an upgrade training test. For this offense, the member received a reduction to the grade of Airman (reduction to Airman Basic suspended) forfeiture of \$391 pay per month for two months (suspended), 14 days restriction to base, 14 days extra duty and a reprimand.

Courts-Martial

• Senior Airman Thomas J. Neill from the 509th Logistics Readiness Squadron was found guilty at a General Court-Martial of two violations of Article 121, UCMJ, for larceny, and one violation of Article 130, UCMJ, for breaking into an off-base business and stealing from the business. Senior Airman Neill was sentenced to reduction to the grade of Airman Basic, four months military confinement and a bad-conduct discharge.

Discharges

- A Senior Airman received an involuntary administrative discharge for failure to maintain physical fitness standards.
- Two Airman 1st Classes received involuntary administrative discharges for minor disciplinary infractions, which include removing their gear while on post, leaving post before being relieved, sleeping on duty, and failing to report for duty on time, for which the members received an under honorable conditions (general) service characterization.
- An Airman 1st Class received an involuntary administrative discharge for conditions that interfere with military service, for which the member received an honorable service characterization.



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Whiteman EOD Airmen earn air assault badge



U.S. Air Force photo/Senior Airman Danielle Quilla

An explosive ordnance disposal team member assigned to the 509th Civil Engineer Squadron wears the air assault badge on his Airman Battle Uniform at Whiteman Air Force Base, Mo., June 21, 2016. Only Army and Air Force personnel are authorized to wear the badge upon graduating from the 10-day Army Air Assault School.

By Senior Airman Danielle Quilla

509th Bomb Wing Public Affairs

Active Duty explosive ordnance disposal (EOD) Airmen assigned to the 509th Civil Engineer Squadron (CES) at Whiteman Air Force Base, Missouri, had the opportunity to join Army National Guard, Air National Guard, Army Reserve and Air Force Reserve members at Camp Crowder, Mo., for the Army Air Assault School Course from May 2-13, 2016.

The 10-day course is designed to prepare candidates for insertion, evacuation and pathfinder missions that call for the use of multipurpose transportation and assault helicopters.

"The course provides an opportunity to increase skill sets we rarely get to use," said U.S. Air Force Staff Sgt. Matthew Workoff, the NCO in charge of EOD training with the 509th CES.

Most personnel attend the Sabalauski Air Assualt School at Fort Campbell, Kentucky; however, the Army Air National Guard Warrior Training Center Mobile Team also brings the training to installations across the country.

Although the majority of the mobile course attendees are guardsmen or reservists, Workoff and two other EOD team members decided to try out their luck at "day zero." This day is packed with exercises and obstacles, and determines whether the candidate earns the right to be called an air assault student or goes home.

"We showed up risking the chance of not getting a slot," said Senior Airman Justin McCaleb, an EOD team member with the 509th CES. "The day started with us getting smoked at 3 a.m."

The exhausting group physical training session, known as "getting smoked" at the Air Assault School,



test the candidates' endurance and push them to muscle failure. Yet, that is just the introduction. After getting smoked, candidates are required to pass a timed two-mile run before continuing onto an obstacle course that consists of nine sections.

"It wasn't as bad as we thought it would be," said Workoff. "We were the only active-duty Air Force members there, and it felt pretty amazing to get a slot!"

With day zero behind them, the students began the classroom portion of the course: the combat assault phase. This portion of the course familiarizes the students with aircraft orientation and pathfinder operations, which provide navigational aid and advisory services to military aircraft.

After two days of classroom training, the students were required to pass an exam in order to move on to the next phase: sling-load operations.

In this phase, students learn how to rig equipment

onto aircraft with a sling to bypass obstacles and allow rapid movement of heavy oversized loads and emergency supplies.

"Historically, this is the phase they say you lose people left and right," said Workoff. "You only have two minutes to inspect and find deficiencies, but once you get passed this phase it's all downhill from there."

In the third phase, students receive instruction on ground and aircraft rappelling procedures.

"Once you pass the initial rappel training you know the next day is helicopters, and that's what everyone looks forward to," said Workoff. "You rappel from a UH-60 Blackhawk that is hovering at 90 feet."

The last obstacle standing between the students and receiving their air assault badges was completing a 12-mile ruck march in less than three hours on graduation day.

"At the six-mile turn-around point they give you your air assault wings, and that's the motivator!" said Workoff.

After running the first six miles, the EOD team members ended up finishing in the top five for the

"The biggest thing you get out of air assault is how to sling load equipment, and with the mission we have at Whiteman we support with aircraft response," said Workoff. "If something happens out in the middle of nowhere, we have the capability and training to take all our equipment and personnel, load onto a helicopter, drop it off on scene and cut our response time by 75 percent."

In July 2016, the EOD team members are scheduled to participate with the Missouri Air National Guard in Operation Thunder Weasel, which is a major exercise that will require the Air Assault School graduates to use the skills they obtained from the training.

U.S. Air Force Academy cadets visit Team Whiteman



U.S. Air Force photo/Senior Airman Jovan Bank

U.S. Air Force cadets receive an egress briefing while visiting Whiteman Air Force Base, Mo., June 3, 2016. The cadets had the opportunity to visit Whiteman through the OPS Air Force program offered at the Air Force Academy, which gives them the opportunity to visit units to help them decide their future career fields.

THINK SAFETY

WHITEMAN AIR FORCE BASE

2015 Annual Water Quality Report (Consumer Confidence Report) MO1079501

This report is intended to provide you with important information about your drinking water and the efforts made to provide safe drinking water.

Under the Consumer Confidence Reporting Rule of the federal Safe Drinking Water Act (SDWA), community water systems are required to report this water quality information to the consuming public. Presented in this report is information on the source of our water, its constituents, and the health risks associated with any contaminants.

Your drinking water comes from the Whiteman AFB Water Treatment Plant operated by 509th Civil Engineer Squadron. Our system has been assigned the identification number MO1079501 for the purposes of tracking our test results. The plant treats water from the Ozark Aquifer pumped from groundwater wells located on base. Your water is filtered and treated with chlorine to disinfect the water. These wells have been tested and the results are available from the 509th Medical Operations Squadron, Bioenvironmental Engineering Flight. If you would like to observe the decision-making process that affects your drinking water quality or if you have any further questions, the water plant can be reached at 660-687-1984.

The sources of drinking water (both tap water and bottled water) includes rivers, lakes, streams, ponds, reservoirs, springs, and groundwater wells. As water travels over the surface of the land or through the ground, it

> dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

We continually monitor the drinking water for contaminants. Our water is safe to drink.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

In order to ensure that tap water is safe to drink, the Department of Natural Resources prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Department of Health regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Contaminants Report

The state has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Records with a sample year more than one year old are still considered representative.

Regulated Contaminants

Microbiological	Result	MCL	MCLG	Typcal Source
N	5			

Disinfection Byproducts	Monitoring Period	Highest LRAA	Range (low- high)	Unit	MCL	MCLG	Typical Source
TTHM	2015	14	13.7-13.7	ppb	80	0	Byproduct of drinking water disinfection
(HAA5)	2015	0	0-0	ppb	60	0	Byproduct of drinking water disinfection

Lead and Copper	Date	90th Percentile	Range of Results (low-high)	Unit	AL	Sites Over AL	Typical Source
Copper	2012- 2014	0.171	0.0047-0.272	ppm	1.3	0	Corrosion of household plumbing systems
Lead	2012- 2014	6.4	6.4-16.9	ppb	15	1	Corrosion of household plumbing systems

operations, and wildlife. Inorganic contaminants, such as salts and metals, which can be

Contaminants that may be

present in source water include:

Microbial contaminants, such as

come from sewage treatment plants,

septic systems, agricultural livestock

viruses and bacteria, which may

naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or

Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

Organic chemical contaminants, including synthetic and volatile organic chemicals, which are byproducts of industrial processes and petroleum production, and can also, come from gas stations, urban storm

water runoff, and septic systems.

Radioactive contaminants, which can be naturally-occurring, or be the result of oil and gas production and mining activities.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Whiteman AFB is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (800-426-4791) or at http://water.epa.gov/drink/info/lead/index.cfm.

You can also find sample results for all contaminants from both past and present compliance monitoring online at the Missouri DNR Drinking Water Watch website http://dnr.mo.gov/DWW/indexSearchDNR.jsp. To find Lead and Copper results for your system, type your water system name in the box titled Water System Name and select Find Water Systems at the bottom of the page. The new screen will show you the water system name and number, select and click the Water System Number. At the top of the next page, under the Help column find, Other Chemical Results by Analyte, select and click on it. Scroll down alphabetically to Lead and click the blue Analyte Code (1030). The Lead and Copper locations will be displayed under the heading Sample Comments. Scroll to find your location and click on the Sample No. for the results. If your house was selected by the water system and you assisted in taking a Lead and Copper sample from your home but cannot find your location in the list, please contact Whiteman Air Force Base Bioenvironmental Engineering at 687-4324 for your results.

Regulated Contaminants	Collection Date	Highest Value	Range of Results (low-high)	Unit	MCL	MCLG	Typical Source
Barium	5/13/2014	0.0404	0.0404	ppm	2	2	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
Chromium	5/13/2014	2.1	2.1	ppb	100	100	Discharge from steel and pulp mills
Fluoride	5/13/2014	0.58	0.58	ppm	4	4	Natural deposits; Water additive which promotes strong teeth
Nitrate-Nitrite	5/21/2015	0.041	0.041	ppm	10	10	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits

Optional Monitoring (not required by EPA) **Optional Contaminants**

Monitoring is not required for optional contaminants.

Secondary Contaminants	Collection Date	Your Water System Highest Value	Range (low-high)	Unit	SMCL
Alkalinity, CACO3 Stability	5/13/2014	211	211	MG/L	
Aluminum	5/13/2014	0.0344	0.0344	MG/L	0.05
Calcium	5/13/2014	38.8	38.8	MG/L	
Chloride	5/13/2014	36.7	36.7	MG/L	250
Hardness, Carbonate	5/13/2014	187	187	MG/L	
Magnesium	5/13/2014	21.8	21.8	MG/L	
рН	5/13/2014	8.2	8.2	рН	8.5
Potassium	5/13/2014	3.71	3.71	MG/L	
Sodium	5/13/2014	36.4	36.4	MG/L	
Sulfate	5/13/2014	42	42	MG/L	250
TDS	5/13/2014	296	296	MG/L	500
Zinc	5/13/2014	0.00578	0.00578	MG/L	5

Secondary standard are non-enforceable guidelines for contaminants that may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor or color) in drinking water. EPA recommends these standards but does not require water systems to comply.

Population: 9,670. This is the equivalent residential population served including non-bill paying customers.

MCLG: Maximum Contaminant Level Goal, or the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety

MCL: Maximum Contaminant Level, or the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology. SMCL: Secondary Maximum Contaminant Level, or the secondary standards that are non-enforceable guidelines for contaminants and may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor or color) in drinking water. EPA recommends these standards but does not require water systems to comply.

AL: Action Level, or the concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow

TT: Treatment Technique, or a required process intended to reduce the level of a contaminant in drinking water.

90th Percentile: For Lead and Copper testing. 10% of test results are above this level and 90% are below this level.

Range of Results: Shows the lowest and highest levels found during a testing period. If only one sample was taken, then this number equals the Highest Value.

RAA: Running Annual Average, or the average of sample analytical results for samples taken during the previous four calendar quarters

LRAA: Locational running Annual Average, or the locational average of sample analytical results for samples taken during the previous four calendar quarters

TTHM: Total Trihalomethanes (chloroform, bromodichloromethane, dibromochloromethane, and bromoform) as a group.

HAA5: Haloacetic Acids (mono-, di- and tri-chloracetic acid, and mono- and di-bromoacetic acid) as a group.

ppb: parts per billion or micrograms per liter. ppm: parts per million or milligrams per liter.

n/a: not applicable.

NTU: Nephelometric Turbidity Unit, used to measure cloudiness in drinking water.

nd: not detectable at testing limits

For more information please contact the 509th Medical Operations Squadron, Bioenvironmental Engineering Flight (660-687-4324).

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News





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

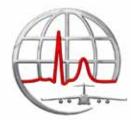
Quick Response codes enable readers



The Official Whiteman AFB Facebook Page









Behavioral Health Optimization Program

- For Active Duty, Dependents, and Retirees
- Services within the Family Health Clinic
- Provided by a Licensed Clinical Social Worker
- Variety of areas addressed
 - Sleep, Stress, PTSD, Depression, Anxiety, Parenting, Relationships, Weight Loss, and MANY more...
- Quicker access to appointments
- Short term treatment alternative to Mental Health



Call 660-687-2188 Ask for a **BHOP** appointment



Strengthen your Physical & Mental CAF pillars

Electrofishing: balancing out the ecosystem



Keith Donaldson, left, a natural resource manager assigned to the 509th Civil Engineer Squadron, and Ty Cravens, right, a resource assistant with the Missouri Department of Conservation, collect fish from Ike Skelton Lake at Whiteman Air Force Base, Mo., June 21, 2016. From the data they collected, the team determined which fish needed to be added to the lake to balance out the ecosystem.



Members of the 509th Civil Engineer Squadron and Missouri Department of Conservation prepare to inspect fish samples they collected from Ike Skelton Lake using electrofishing at Whiteman Air Force Base, Mo., June 21, 2016. Electrofishing uses two electrodes, a cathode and an anode, which draw the fish closer to the boat, making it easier for them to be caught with a net.



Ty Cravens, a resource assistant with the Missouri Department of Conservation, measures a fish from Ike Skelton Lake at Whiteman Air Force Base, Mo., June 21, 2016. Craven released the fish back into the lake once its species was identified.

U.S. Air Force photos/ Senior Airman Danielle Quilla

Uphold the legacy of EX



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Upholding the Legacy of Excellence -- your legacy!

Public Affairs is offering the opportunity for you, members of Team Whiteman (to include active duty, Guard, Reserve, civilian and retired military), to submit commentaries about your personal experiences with or reflections on the 509th Bomb Wing's Legacy of Excellence and what it means to you.

Submissions must be 250-1200 words in length and will be reviewed for content, grammar and style before publication by the Public Affairs staff. Once approved, one commentary will be posted in the Whiteman Warrior base newspaper weekly.



To make a submission, please email the 509th Bomb Wing PA office at 509.bw.pa@us.af.mil. Please include "UTL Commentary" as the subject line. Lastly, please ensure that you include information about yourself, such as your name and rank, job title, and any information that could help tie you to the Legacy.

Photos are accepted! Please ensure that they are either official military photos or scans/digital copies of personal photos.

We look forward to publishing your story!

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Whiteman AFB Thrift Store

Did you know.....

....anyone with base access can shop there?

....the store is open Tuesdays and Fridays except for holidays?

....daily specials are posted on Facebook "Whiteman AFB Thrift Store".

....donations are accepted anytime by drop off in the shed behind UMB Bank?

Volunteers Needed!!!

Mondays, Tuesdays and Fridays.

Discount on merchandise.

Childcare for volunteers is offered on Fridays

For more information call: 660-563-3910

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