

**Mohawk**  
442 **WIK**



**Citizen Airmen serve in  
Whiteman Honor Guard**

## Deployments at a glance

### Citizen Airmen make sacrifices, put mission in perspective for others

By Senior Master Sgt. Rodney Kennedy  
442nd Logistics Readiness Squadron plans and integration superintendent

**A**s the senior logistics planner for the 442nd Fighter Wing, I have seen a lot of people deploy.

The sense of pride, patriotism and service before self is always evident.

These individuals exemplify the Air Force core values. It instills in me why I come to work and why I wear the Air Force uniform.

I get to be part of one of the greatest teams ever.

There are some downsides to seeing people deploy. I would say that leaving is the hardest on those who are staying behind. They are fearful of what is going to happen to their loved one once the member leaves or what is going to go wrong at home as something usually always breaks or needs to be replaced. The members deploying are professionals, and they know they have a job to do and generally are anxious to get at it.

I get to see the tearful goodbyes along with kind words and wishes. The fact is, I cannot be cold-hearted enough to not be affected by seeing a small child cry because their mother or father is leaving them. This part of deployment is, emotionally, the hardest part to endure.

#### BEFORE YOU DEPLOY

If you are tasked to deploy either by volunteering or by being involuntary mobilized, here are some things that should help you:

**Training:** Be ready to endure hours of CBT's and hands on courses that are preparing you for your deployment.

You should be getting your family ready. The Airman and Family Readiness Center has multiple resources to assist you even before you are gone.

Your employer will need to know about how long you are going to be gone. If your employer supports you in your reserve duty, make sure you recognize him. The Employer Support of the Guard and Reserve has several recognition programs for your employer. They can also assist you if you are having issues with your employer.

Finally, be ready and able to adjust to change. The one thing I always tell members is something about your deployment will change. This can be caused by airlift problems, commercial transportation delays and sometimes Mother Nature.

All travel to and from any area of responsibility is con-



trolled by the Transportation Command at Scott AFB. You will usually have your exact departure date seven to 10 days before you are required to be at the deployed location.

#### WHILE YOU ARE DEPLOYED

You will need to stay in touch with your loved ones that are left behind. They are adjusting to life without you while you are adjusting to your new home without them. If you communicate with them, it serves several purposes. It reassures them that you are all right and keeps the line of communication open. In some locations, however, there are few places that do not have full communications capabilities.

When you are scheduled to return home let your home unit know the details. This will allow them to make all the necessary arrangements to take care of you and your loved ones.

The installation personnel readiness chief, Tech Sgt. Shannon Kennedy, will schedule all of your inprocessing for you. This process takes two days because of multiple requirements. Several requirements are mandated by Congress and the rest are mandated by the Air Force.

#### RETURNING HOME

I started off telling you about when you leave and what it is like. When the airplane taxis up to the gate at the airport or taxis to a parking spot on the ramp at Whiteman I get to be a part of the fun and see the welcome-home signs, the tears of joy and the overall sense from both the members and loved ones that it's over, and you're home safe and sound. You have also proven that a person from the 442nd FW can take the fight to any enemy, any place we are asked to go.

Thank you for your sacrifice and service.

# MOHAWK

442nd Fighter Wing

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## 442nd Fighter Wing Tip of the Spear

**TECH. SGT. KENNY KEPHART**  
**442ND OPERATIONS GROUP**

Tech. Sgt. Kenny Kephart (photographed prior to promotion) is the noncommissioned officer in charge of the 442nd Operations Support Flight aircrew equipment fabrication section.

Sergeant Kephart was reassigned to the 442nd Operations Group in May 2008 during a higher headquarters' reorganization that integrated the 442nd Maintenance Group survival shop and the 442nd Operations Support Flight life support section. His impact has been immediate, direct and positive.

In addition to his previous skill set, he is rapidly acquiring additional skills needed in the life support career field. Sergeant Kephart's performance proved invaluable during the wing's operational readiness inspection.

As the section's consolidated tool kit monitor, his strict compliance and attention to detail contributed to the program receiving a discrepancy-free evaluation. His program management was key to the flight equipment section receiving the operational readiness inspection team's Superior Team Award. Additionally, as a team member of the life support section, he was instrumental in the section receiving an outstanding rating for combat operations support and excellent ratings for deployment packages, equipment serviceability and configuration. Sergeant Kephart continues to impress his supervisors with unmatched job performance, work ethic, professionalism and positive attitude. He is an integral component in the operations group's drive for perfection and readiness. The group is proud to honor Sergeant Kephart as March's "Tip of the Spear."

## March 2010 Charge-of-quarters



### SENIOR MASTER SGT. TIM STORMS

#### 442ND MAINTENANCE SQUADRON

Call the CQ from on-base at 99-1 (660) 238-7428. From a local off-base number (i.e., Concordia, Warrensburg, Sedalia, etc.), dial (660) 238-7428. To call toll free from off-base, dial (800) 260-0253 and press seven after the prompt.

**COVER PHOTO: Staff Sgt. Joseph Embrey, 442nd Aircraft Maintenance Squadron crew chief, is a full-time member of the Whiteman Honor Guard, working side-by-side along active-duty Airmen representing the 442nd, along with Staff Sgt. Zachary Walker and Senior Airman Adam Catts. (Photo by Senior Airman Jessica Snow)**

## MOHAWK

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442nd SFS  
returns from  
deployment

## 14 Airmen return to family, friends, employers after 6 months in Iraq

By Senior Airman Tracy Brown

Fourteen security forces Airmen returned from Kirkuk Regional Air Base, Iraq in January after a 6-month deployment.

The Airmen were mobilized in May and then reported to Camp Bullis, San Antonio, Texas to begin a combat skills training course.

“(The training) basically hones in on an Airman’s warrior skills,” said Senior Master Sgt. Rodney Kennedy, plans and integration superintendent of the 442nd Logistics Readiness Squadron.

Following combat-skills training, the Airmen came home for a week before departing for Kirkuk Regional Air Base, Iraq in June.

### TEAMING UP

Sergeant Kennedy and his wife, Tech. Sgt. Shannon Kennedy, personnel readiness chief of the 442nd Mission Support Flight, work as a team during the deployment process.

Each member deploying with the Security Forces Squadron received two days of training, organized by the Kennedys, prior to the deployment. The training included a wide variety of topics from wing-commander and command-chief briefings to information about Tricare and travel vouchers.

The Airmen departed Whiteman AFB along with 51 members of the security forces squadron from Tinker AFB, Okla.

PHOTO BY SENIOR MASTER SGT. RODNEY KENNEDY  
**Staff Sgt. Michael Hall, 442nd Security Forces Squadron, hugs his daughter in the Kansas City International Airport after returning from his deployment.**

*“The Yellow Ribbon Reintegration Program is the Air Force’s best effort to come and stand beside the Air Force families before, during and after a deployment.”*

- Maj. Todd Riddle, YRRP coordinator

For more information on the Yellow Ribbon Reintegration Program, visit <http://www.442fw.afrc.af.mil/yellowribbonreintegration.asp>

## CARING FOR AND PREPARING FAMILIES

Master Sgt. Vickie Chambers, Airman and Family Readiness noncommissioned officer in charge of the 442nd Mission Support Flight, focuses on the Airman and their families during deployments to ensure proper preparation among them and then continues communication with spouses throughout the deployments.

Sergeant Chambers talks to deployers and their spouses about issues concerning the family, the reservist and the employers during a deployment.

“The more we can educate, the better the spouse will be while their loved one is gone,” she said.

The mission of the 442nd Airman and Family Readiness team is to provide a critical lifeline and assistance to reservists and Department of Defense civilians. The members and their families are briefed on family preparedness, to include deployment support, crisis assistance, referral information and any other support available through the Airman and Family Readiness office.

It’s important, Sergeant Chambers said, for the family to be prepared for an emergency. Family members should have lists of contacts to the family support office, the Red Cross and have a unit roster, she said.

Sergeant Chambers also stresses the importance of financial and legal readiness. Each member and his spouse must have access to money during deployment as well as MyPay, she said. The service-members’ group life insurance is also updated for the family prior to deployment. Sergeant Chambers goes over legal issues with members and their families to include procuring a will, if necessary, and a power of attorney.

For single military members, Sergeant Chambers covers items such as designating a person to handle their finances while they are away, contacting their utility providers, mail pick-up and pet care.

Every deployer is briefed on items from car maintenance and housing maintenance to chaplain services.

Throughout the deployment, Sergeant Chambers keeps in contact with most

spouses on a weekly, if not a daily basis, she said. She keeps them updated about possible scholarships or assists with housing maintenance.

Emotional support is an important factor during a deployment and delivers a peace of mind, by keeping in touch with the family members during the time of separation, Sergeant Chamber said.

“I now have 12 new friends,” she said of the recent 442nd deployers’ spouses.

During the security forces’ deployment, Sergeant Chambers had the opportunity to help one spouse repair her home and assisted the family member of another security forces member to repair a leaky roof.

Airman and Family Readiness is available 24 hours a day, seven days a week for family members with questions or those who need assistance.

## RETURNING FROM DEPLOYMENT

Although preparing for the deployment may appear to be a daunting task, coming home from a deployment is a process itself.

The Kennedys and Sergeant Chambers work together to organize transportation and arrival information to members and their families – something they found challenging during the security forces’ recent return.

Originally, the Airmen were scheduled to fly into Whiteman AFB, but instead plans changed and they were diverted to Kansas City International Airport.

“The biggest issue when dealing with a last minute change like this is trying to get a hold of deployers and let them know the changes,” Sergeant Rodney Kennedy said.

Sergeant Chambers kept in contact with the family members concerning the change in arrival of the security forces squadron members.

Despite the challenges they faced trying to get back, the deployers were greeted at the airport by family and friends holding signs welcoming their Citizen Airmen home.

Following the return, the deployers underwent two days of inprocessing, including equipment turn in and briefings on pay and medical benefits.

## 7 tips for helping children deal with deployments

Regardless of your child’s age, deployments can be hard on all families. The Army, whose soldiers are certainly not strangers to deployments, offers the following tips to help children of deployed servicemembers understand and cope with the temporary loss of a parent.

1 Be careful about sharing your emotions with your children. Some parents share too much (losing control in front of kids) or share too little (no emotion or giving the message that you can’t talk about it.) Children take their cues from you.

2 Keep up the routine. Activities such as games, schooling and bed times are important to keep regular. Continue to celebrate birthdays or other special occasions with enthusiasm.

3 Have your spouse, before or while deploying, record chapter books on a cassette recorder to be played back to young children. This helps with separation and attachment issues. Likewise, help your children create scrapbooks, videos or journals to send or share upon return.

4 Listen to your children and their concerns. Children may think a lot and have worries/concerns about their parents that are difficult to express. Be available when they are ready to communicate.

5 Limit television and other media coverage of the war to help reduce anxiety and worries.

6 Take care of yourself. Find time to rest, see a movie or do something just for you. Accept help from family or friends if feeling overwhelmed or in need of time out. We are all more vulnerable to stress when we are tired, and can manage better when we are rested and in tune with ourselves.

7 Seek professional help from your military or civilian community in the event of special circumstances such as serious injury or death of loved ones. Help is available from people who are experienced in such matters and care.

If you are facing an upcoming deployment or have recently returned and would like more information on reintegration for yourself and your family, you may discuss this with a first sergeant, representative from Airman and Family Readiness or the Yellow Ribbon Reintegration Program, or a chaplain.

# 7 smart ways to use

*Some people wait all winter to see what they are getting back on tax days, but these easy investments and a little help from Airman and Family Readiness Center can help you get ahead.*

By Heidi Hunt

Taxpayers wait up to a year for their refunds, and with tax season upon us, many often have a good idea of what they want to do with their refund, but some are undecided on how to put their dollars to good use.

"There are so many options, depending on where you are in your life," said R.D. "Smitty" Smith, 509th Force Support Squadron community readiness consultant. "Each situation is on a case-by-case basis, so there is no 'one way' we can advise customers on how to spend or save their funds wisely."

"There are several individual aspects on how people prioritize finances and how they spend or save their refunds," said Heather Wojciuch, 509th Force Support Squadron community readiness technician. "Age and dependent status have a lot to do with it. (Airman and Family Readiness) can guide you through questions and provide the tools you need."

For more information and to seek financial guidance on how to save or spend your refund, can contact the Airman and Family Readiness Center at (660) 687-7132. Consultations are free.

## **ELIMINATE DEBT.**

Pay off credit cards and revisit past bills. Airmen and Family Readiness consultants are available to customers.

"If you have a heavy debt load, you may want to put it toward eliminating debt," Smitty said. "We have tools and calculators to help."

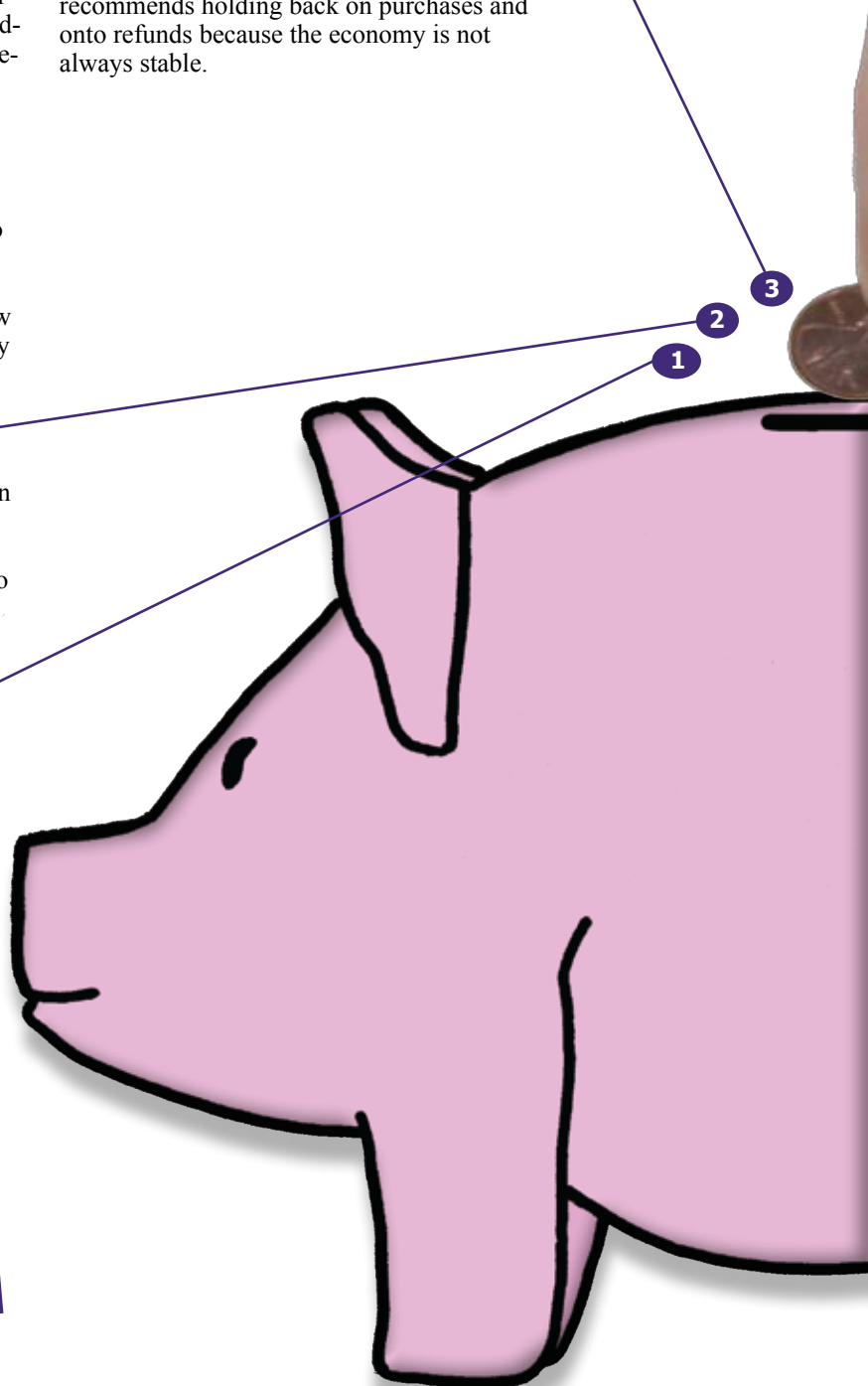
## **PREVENT HOLIDAY FINANCIAL STRESS.**

Instead of paying a large amount during the holiday months, plan ahead, which will eliminate stress during the season, according to Smitty.

## **START A SAVINGS PLAN.**

Discuss options with a financial planner to determine which savings plan works best.

"Nowadays, people are really looking more at saving versus spending," Smitty said. He recommends holding back on purchases and onto refunds because the economy is not always stable.



**FACT: According to the Associated Press, 54 percent of taxpayers planned to use their tax return to pay bills in 2009.**

# Use your tax refund

back from Uncle Sam, just to say goodbye to it within a few months. Smart money and Family Readiness can benefit you all year long.

## **SPEND WISELY.**

Sometimes you just want to splurge a little, but spend wisely.

“If you can afford to, then purchase that something special you’ve been eyeing, but I recommend not going overboard and winding up in financial trouble,” Smitty said.

## **MAKE A HOME INVESTMENT.**

Homeowners may want to channel refunds towards home expenses, making sure the money is applied to the principle of the mortgage, Smitty said.

## **PLAN FOR YOUR FUTURE.**

It’s never too early to start a retirement fund or start an education fund for military dependents. Education opens doors.

“Today’s job market competition is stiff, the more education you have, the more employment opportunities will be available and that means better job opportunities,” Smitty said.

## **CREATE AN EMERGENCY FUND.**

Reserve funds for a rainy day.

“Sometimes unexpected occasions arise and it’s a good idea to have a back-up system,” said Wojciuch. “For example, if the washer stops working or the car breaks down, you’ll be glad you planned ahead.”

# Honor the fallen

Staff Sgt. Zachary Walker (then a Senior Airman) practices folding the flag for a funeral during Honor Guard practice.

PHOTOS AND ILLUSTRATION BY SENIOR AIRMAN DANIELLE WOLF



## STAFF SGT. JOSEPH EMBREY

As a reservist, Sergeant Embrey, originally from Kansas City, Mo., is a crew chief in the 442nd Aircraft Maintenance Squadron.

Sergeant Embrey, a prior service active-duty Airman, joined the 442nd Fighter Wing nearly two years ago. When the Whiteman Honor Guard began accepting reservists from the 442nd Fighter Wing in August 2009, he knew he wanted to be a part of it.

“Being in the Honor Guard gives me the chance to bestow honor on the family of a fallen member,” he said.

Sergeant Embrey is also a team leader for 22 Honor Guard Airmen.



## STAFF SGT. ZACHARY WALKER

Sergeant Walker of the 442nd Services Flight joined the 442nd Fighter Wing in December 2009. Prior to his enlistment in the reserves, he was an active-duty Airman with the 509th Bomb Wing, serving in the Honor Guard for eight months.

Sergeant Walker, originally from Myrtle Beach, S.C., is the lead trainer for the Whiteman Honor Guard.

Sergeant Walker said being part of the Honor Guard as a reservist shows that the 442nd FW is assisting with helping the Air Force mission. He said he hopes the 131st Air National Guard unit at Whiteman can eventually participate in the Honor Guard as well to provide base unity.



## SENIOR AIRMAN ADAM CATTS

Airman Catts, originally from Warrensburg, Mo., is a supply technician with the 442nd Logistics Readiness Squadron. He joined the 442nd Fighter Wing in August 2008.

“I thought the Honor Guard would be a great opportunity to render honor to those who deserve it,” he said.

During the week, Airman Catts works with the Honor Guard as a team leader for 22 Airmen.

He said it has helped him develop leadership skills that, as a senior airman, he may not have otherwise had the opportunity to develop so early in his career.



## Whiteman Honor Guard facts:

- Responsible for Kansas and Missouri
- Covers 117 counties total; 70, 495 square miles
- Travels about 100,000 miles annually
- Comprised of 45 Airmen, split into two teams
- Three full-time reserve positions
- In 2009 the Whiteman Honor Guard performed at 637 funerals and 208 civic events.



## ORDER OF THE SWORD CEREMONY

By Staff Sgt. Jason Barebo

Two members of Whiteman's Honor Guard teamed up to participate in a ceremony inducting retired Gen. John D. W. Corley into Air Combat Command's Order of the Sword Jan. 13.

Tech. Sgt. Dave Giberson, non-commissioned officer in charge of Whiteman's Honor Guard, selected Senior Airman Zach Walker, 442nd Services Flight, and Senior Airman Cory Todd, 509th Bomb Wing Public Affairs, to represent the Whiteman Honor Guard at the event.

"It was a great honor to be hand-picked to support this prestigious event," Sergeant Giberson said. "Training is key to perfect all movements throughout every drill and ceremony that we perform. As an honor guard member we are driven by a strong sense of dedication and pride; we are Ceremonial Guardsmen."

The primary mission of the honor guard is to provide military funeral honors for military members, retirees and veterans who have served honorably.

"It was an honor to be selected to represent the 509th Bomb Wing in the Order of the Sword ceremony," Airman Walker said. "Participating in this event was one of the most memorable moments in my career."

"It was a lot of hard work and long hours," Airman Todd said. "We put in more than 12 hours of practice a day to make sure every movement was fluid and perfect."

The honor guard team for the Order of the Sword ceremony was comprised of 42 Airmen from different Air Combat Command bases. Members of the Air Force Honor Guard and Air Force drill teams provided extensive training for the ceremony.

"In the end it was worth it," Airman Todd said. "Bringing so many honor guard members together from different bases and creating a harmonious event was inspiring."

The Order of the Sword is the highest honor the enlisted corps can bestow on an individual and recognizes someone for significant contributions to the enlisted force.

## Citizen Airmen work with active duty in Whiteman Honor Guard, represent 442nd Fighter Wing with pride

By Senior Airman Danielle Wolf

Three Airmen from the 442nd Fighter Wing are far from "traditional reservists."

For Staff Sergeants Zachary Walker and Joseph Embrey, and Senior Airman Adam Catts, being a reservist means working every day, in uniform, with active-duty Airmen from the 509th Bomb Wing in the Whiteman Honor Guard.

On the weekends, Sergeant Walker works as a services specialist in the 442nd Services Flight; Sergeant Embrey is an A-10 crew chief in the 442nd Aircraft Maintenance Squadron and Airman Catts is a supply technician in the 442nd Logistics Readiness Squadron. During the week however, their main mission is to honor the fallen.

In addition to the Honor Guard's primary mission of providing funeral services for servicemembers, veterans and retirees who have served honorably, they also attend civic events and encourage community support.

"We have performed at football games before," Sergeant Embrey said, "and we get to tell kids about the Air Force and leave an impression on them."

It's important to remain sharp and professional when representing the Air Force, he added.

Not only do these Airmen try to represent the Air Force honorably, but their supervisor, Tech. Sgt. Dave Giberson, 509th Forces Support Squadron non-commissioned officer in charge of the Whiteman Honor Guard, said they also represent the 442nd with pride.

"We try to show camaraderie (with the active-duty Airmen)," Sergeant Walker said. "Working together, we realize that we have the same mission and goals in mind."

For Sergeant Embrey, also formerly an active-duty Airman, it helps unite the two wings.

"Active duty and reservists are all on

the same team and we can see each other's jobs as just as important as our own," he said.

Not unlike most reservists, the lives of the three 442nd Honor Guard Airmen can get hectic at times.

Airman Catts serves as a team leader to 22 Honor Guard Airmen, a responsibility that few lower-enlisted Airmen have.

"I had to become a leader," he said. "It required me to develop leadership skills much quicker than I would have otherwise had to."

Additionally, he helps new active-duty Airmen get acclimated to the area, an advantage, he said, since he's lived here his entire life – something active-duty Airmen are usually unfamiliar with.

Sergeants Walker, Embrey and Airman Catts also have responsibilities beyond leading their teams. They are responsible for ensuring the vans are maintained for safe travels; they ensure weapons accountability and they assist Sergeant Giberson with coordinating funerals. A few times a year, they are also responsible for being role models, such as on Veterans' Day when they attend nearby schools to perform and answer questions about the Air Force.

Sergeant Walker said that although it feels like he's still on active duty sometimes, it's different now that he's a reservist on the weekends and the lead trainer for the Honor Guard during the week.

"Like most reservists, I feel like I'm still balancing two different jobs," he said.

Airmen familiar with that concept are those from the 131st Bomb Wing, the Air National Guard unit at Whiteman, who have also been extended an invitation to join the Honor Guard.

"I think it will be good if they join, because it will (more easily unite) the National Guard, reserve and active duty," Airman Catts said.

Those interested in the Honor Guard should contact Sergeant Giberson at [Whiteman.honorguard@whiteman.af.mil](mailto:Whiteman.honorguard@whiteman.af.mil).

# Operation Unified Response aids earthquake victims

**442ND LRS MEMBERS SUPPORT AF MISSION**

By Senior Airman Danielle Wolf

Two members of the 442nd Fighter Wing returned Feb. 17 from Homestead Reserve Base, Fla. where they supported Operation Unified Response, which provided support for humanitarian relief in Haiti.

Tech. Sgt. Adam Lambert and Tech. Sgt. Clifton Briggs, vehicle maintainers from the 442nd Logistics Readiness Squadron, volunteered for the mission and within 36 hours had their bags packed and were headed to Homestead Jan. 19.

"I wanted to do my part to help out," Sergeant Lambert said. "The first two weeks I worked in the deployment control center dispatching vehicles while (Sergeant Briggs) worked as the only vehicle maintainer there at the time."

For 12 hours a day, Sergeant Lambert dispatched vehicles, buses and ambulances to aircraft full of Haitian refugees while Sergeant Briggs single-handedly maintained the vehicles.

While Sergeant Lambert had the opportunity to meet some of the refugees, he said he wasn't able to communicate with them because of the language barrier.

"Still, it makes you feel good about helping," he said. "(The Air Force) is helping speed up the process to get life back to normal for the Haitians."

Citizen Airmen from many different bases played a vital role in moving essential medical supplies, equipment and military support to Port-au-Prince, Haiti, said Lt. Gen. Charles E. Stenner, Jr., commander of the Air Force Reserve Command.

Within the first week after the Jan. 12 earthquake, reserve aircrews had flown 57 missions in support of the operation, and General Stenner said he expected the pace to increase in the following weeks.

More than 580 active-duty, reserve and National Guard Airmen played a role in supporting the mission.

Sergeants Lambert and Briggs were not the only 442nd Airmen interested in helping with Operation Unified Response.

Many called and offered to volunteer in support of the mission, said Tech. Sgt. Shannon Kennedy, 442nd LRS installation personnel readiness chief.

"Depending on what is going on, 442nd members volunteer to help," Sergeant Kennedy said. "When there were wildfires in California, we had firefighters who were calling and wanted to volunteer; they definitely called us during 9/11 offering to help – people in the 442nd really step up."

**Top photo: An Air Force reservist from the 482nd Fighter Wing, Homestead Air Reserve Base, Fla., gives some food and a smile to a young boy recently transported from Haiti. (Photo by Master Sgt. Chance Babin) Center photo: Staff Sgt. Johann Gomez, 482nd Fighter Wing Civil Engineering Squadron, assists American survivors of the Haiti earthquake into the Homestead gymnasium, Jan. 15. (Photo by Senior Airman Lou Burton) Bottom photo: People of all ages have been affected by the devastation caused by the earthquake in Haiti. Men, women and children have been evacuated to Homestead in order to process through customs. After providing proper citizenship documentation they are escorted home. (Photo by Tech. Sgt. Robert D. Gibson)**



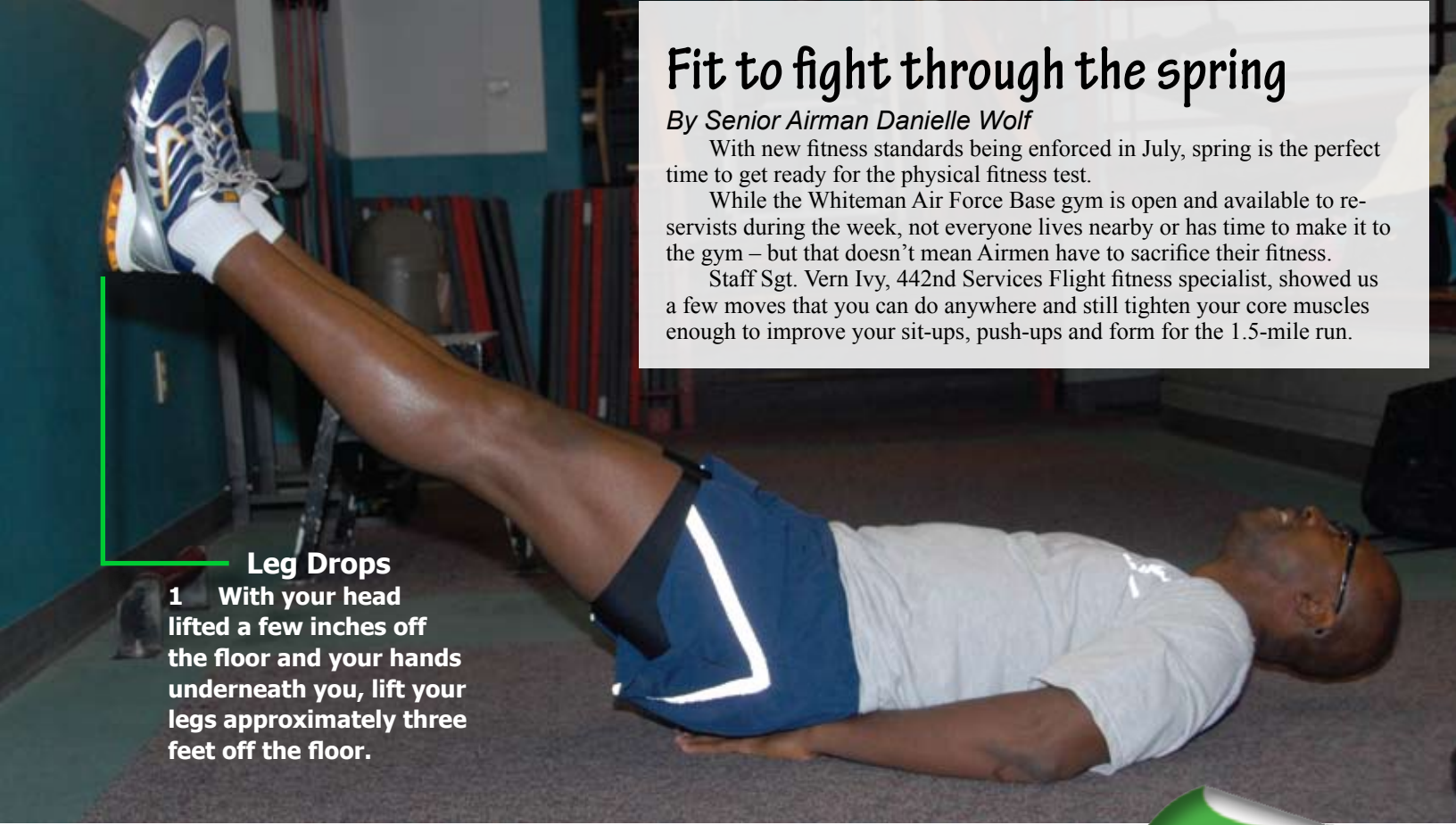
# Fit to fight through the spring

By Senior Airman Danielle Wolf

With new fitness standards being enforced in July, spring is the perfect time to get ready for the physical fitness test.

While the Whiteman Air Force Base gym is open and available to reservists during the week, not everyone lives nearby or has time to make it to the gym – but that doesn't mean Airmen have to sacrifice their fitness.

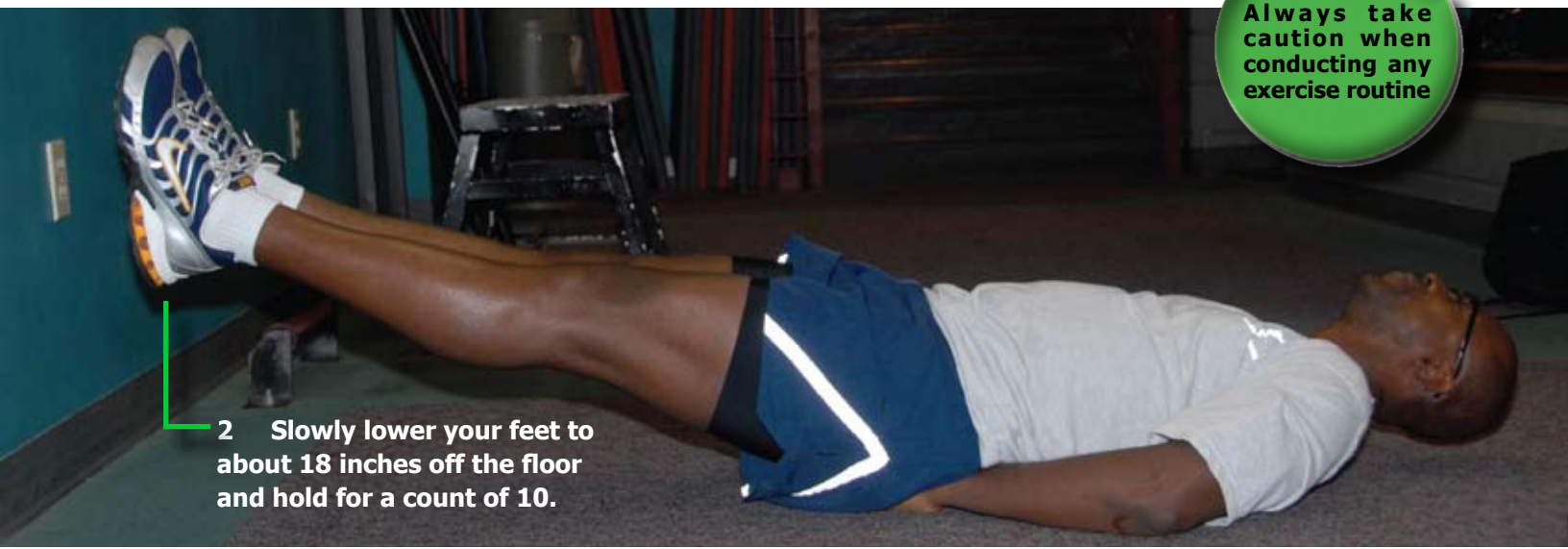
Staff Sgt. Vern Ivy, 442nd Services Flight fitness specialist, showed us a few moves that you can do anywhere and still tighten your core muscles enough to improve your sit-ups, push-ups and form for the 1.5-mile run.



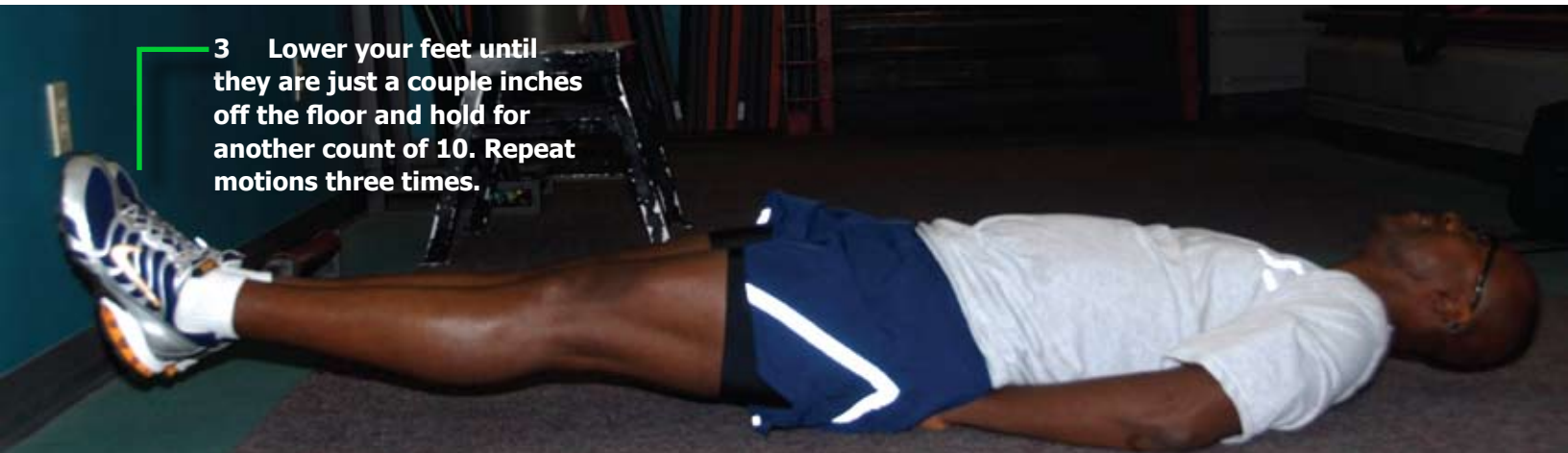
## Leg Drops

**1** With your head lifted a few inches off the floor and your hands underneath you, lift your legs approximately three feet off the floor.

Always take caution when conducting any exercise routine



**2** Slowly lower your feet to about 18 inches off the floor and hold for a count of 10.



**3** Lower your feet until they are just a couple inches off the floor and hold for another count of 10. Repeat motions three times.

DEPARTMENT OF THE AIR FORCE  
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## TO THE FAMILY OF:

Tech. Sgt. Eddie Norton, 442nd Services Flight technician, practices CPR on a mannequin for annual training, provided by the medical group, during the February unit training assembly. (Photo by Staff Sgt. Tom Talbert)



**What is success? I think it is a mixture of having a flair for the thing that you are doing and knowing that it is not enough. You have got to have hard work and a certain sense of purpose.**

**-Margaret Thatcher**