

Counting sheep

- First Sergeant steps up

- Spring weather

MOONWALK

4 Wing

**Airman saves life
on way to UTA**

FIRST AID KIT

Air Force Reserve Command

- Vol. 62, No. 4

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PHOTO BY STAFF SGT. JASON HULLSTON

3 A-10 facts for kids



1. The wingspan of an A-10 is longer than the width of a basketball court.
2. It would take 13 average American cars to be the same weight as an A-10.
3. The A-10 is 2.5 times faster than the world's fastest recorded bird.

Cub Scouts inspire Airmen, symbolize freedom

*Commentary by Senior Airman Tracy Brown
442nd Fighter Wing Public Affairs*

The B-2 is an amazing example of the Air Force's power but, as we all know, the security surrounding the aircraft is tight, to say the least.

There is something to say for the A-10 displayed by the fact that our visitors may get up close and personal to our aircraft and put their hands on such a powerful instrument in the Air Force's arsenal. Allowing such contact makes the A-10 not only aesthetically pleasing but tangible.

Recently I was given the opportunity to participate in a tour of Whiteman AFB for several local Cub Scout troops and their leaders. The 509th Bomb Wing organized the tour and requested the 442nd Fighter Wing's support with a display of the A-10 Thunderbolt II.

I was overwhelmingly proud to see the participation from the servicemembers who volunteered for this event. Our pilots were extraordinarily accommodating to the children and were more than happy to answer any questions that arose during the tour. The continuity of the tour was a sight to see; the dedicated members of the 442nd worked together beautifully.

Because of the large size of the tour group, there were several speakers and to watch each of them individually was astonishing. Each servicemember involved in the tour had a smile on their face and was a wealth of knowledge;

you could see the pride in their expressions as they went over the undeniably impressive facts about the A-10.

Working with children is not only my passion but my career choice as well. My civilian career allows me to bring a little different perspective to this experience. As I watched the children interact with members of the 442nd, I could not help but to think of what we must represent to these impressionable young minds. To children, the military represents many things.

Our uniforms are initially what set us apart but it is our mission that makes the greater impact; integrity, service and excellence. To these children we symbolize freedom, strength, courage, safety and comfort among many other admirable traits.

These children, if not brought up in a military home, may have limited contact with military members throughout their early years. This window of opportunity we are given puts us in a very unique position.

They say it takes a village to raise a child and I believe that through our contacts with these children we have been given the exceptional opportunity to instill memories and possibly nurture dreams. For some, this may not be a life changing experience however, this may be the very moment that places the foot print of the United States Air Force on

their susceptible young minds.

The A-10 maintenance hangar has never appeared more promising to me than it did that day. There were 176 members of the tour group to grace the presence of our beautifully maintained facility and there was not a single face in the crowd that did not reflect respect and awe for the members of the 442nd, our aircraft and our mission. Children are our most valuable natural resource.

We have all been children. Some people are fortunate enough to know who and what we want to be and achieve it; others crave guidance and encouragement to become leaders.

I have hopes that the 442nd planted a seed that day to encourage children to become leaders and foster aspirations of becoming members of an elite team – the United States Air Force. I see potential in these children and I have respect for what they are – and what they have the potential to become.

It may be all too easy for us, as military members, to grow humble and forget what we exemplify and just how important our jobs really are.

I have faith that through our contact with the community on occasions such as this, we will harbor relationships that will ensure the success of the 442nd Fighter Wing and its members and possibly even recruit the faces of our future.

MOHAWK

442nd Fighter Wing

*'inside * inside * inside * inside'*

April 2010
Charge-of-quarters

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BASKETBALL CHAMPS

Men's over-30 team wins 6th title in 8 years

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Crew chief uses SABC training to save man's life after highway accident leaves driver stranded.

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FIRST SERGEANT

1st Sgt. Don Butler goes beyond the call of duty to help Airmen

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442nd Fighter Wing Tip of the Spear

**SENIOR AIRMAN RINDI RANDOLPH
442ND MUNITIONS FLIGHT**

Senior Airman Rindi Randolph is a munitions controller in the 442nd munitions section. Her dedication, willingness and desire to go above and beyond all norms are a few of the reasons she is this month's Tip of the Spear.

Airman Randolph's exceptional efforts resulted in the flight meeting demanding mission objectives in ordnance deliveries and the timely support of rapidly changing mission requirements for the October operation readiness inspection. Her stand-out efforts to thoroughly perform her taskings were identified by the inspection team as exemplary.

Upon accomplishment of her assigned responsibilities each unit training assembly, Airman Randolph seeks additional responsibilities with other functional areas within the currently short-staffed munitions flight in order to gain additional knowledge and to ensure the workload is accomplished.

She sets high standards upon herself in both military appearance and attitude; she is a very professional Airman who reflects pride in being a member of the Air Force Reserve.



**MASTER SGT. MICHAEL CONARD
442ND MEDICAL 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:

Senior Airman Jesse Farris used his self aid and buddy care training, a wingman and an Airman's manual to save the life of a stranded driver on a snow-covered highway on his way to the February unit training assembly. (Photo by Staff Sgt. Tom Talbert)

MOHAWK

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**COMMANDER, 442ND FW
Col. Mark Clemons
CHIEF, PUBLIC AFFAIRS
Maj. David Kurle**

**EDITOR
Senior Airman Danielle Wolf**

**PA STAFF
Staff Sgt. Kent Kagarise
Staff Sgt. Tom Talbert
Staff Sgt. James Emerich
Senior Airman Tracy Brown**

For more information, call Public Affairs at commercial voice number: (660) 687-3842 or fax at: (660) 687-2985. DSN: 975-3842/3844, or fax: DSN: 975-2985. E-mail submissions or questions to: danielle.wolf@whiteman.af.mil
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442nd Fighter Wing wins again

Over-30 men's team wins 6th title in 8 years

Photos and story by Senior Airman Danielle Wolf

The 442nd Fighter Wing over-30 men's basketball team won the championship title for the second year in a row Feb. 16.

With a season record of 6-7, it looked like the 442nd wasn't going to continue holding the record as the basketball champions.

"It was tough not to have all the players there all the time," Kelly Askew said. "Plus, we are getting older now; most of us could probably even play in an over-40 league really."

Due to mission requirements and temporary duties, the team struggled to have the majority of its players at many of the games.

"We didn't have all our players at first, but it was definitely easier at the end of the season when more people were able to make it," Carl Clark said. "We have played for eight or nine years with pretty much the same players; we know each other well by now, which helps."

With a swift lead throughout the final game however, the 442nd defeated the 509th Civil Engineers Squadron 52-31.

Beginning with a 5-point lead in the second quarter, Kelly Askew and Mark Ernewein assisted in several turnovers, which led to successful shots, keeping the 442nd several points ahead throughout the game.

"Even though I was out most of the season, once I got on the court with Ernewein, it was like we never even missed each other," Askew said.

Less than three minutes into the second quarter the 442nd had taken the lead 21-8.

By half-time the team had secured a comfortable lead.

"Everybody stepped up and played way above their potential," Askew said.

Despite the season record, the team clearly has respect in each other's abilities, frequently attributing a win to fellow teammates.

"(Askew) and (Ernewein) are really good together," Clark said. "But you put anybody with (Askew) and they play a lot better."

Askew on the other hand, attributed much of the team's success to his fellow



Kelly Askew performs a jump shot during the first quarter of the basketball game. Askew assisted the team by scoring several times throughout each half of the game. Although he was out for most of the season due to an injury, Askew was determined to participate in one game during the season and each play-off game leading to the championship. He has participated on the men's over-30 basketball team for several years, and despite this year's injury, plans to recover in time for next season. The basketball season runs from November through February and is open to anyone with base access.



Mark Ernewein dribbles down the court looking for a teammate to pass the ball to. Ernewein has played on the over-30 men's basketball team for several years and has been a major contributor to its success, according to several of his teammates.



teammates.

“(Preston McConnell) for me, was a big plus,” Askew said. “He’s a good ball player who makes the game easier for everybody.”

“The most valuable player for me this season, was Keith Yersak. He amazed me this season. He makes the rest of the team play better and he’s a beast at the boards,” Askew said, referring to the frequent rebounds contributed by Yersak.

Not only did the season instill a respect for each player’s athleticism, but also built new friendships and enforced existing ones.

“We know each other pretty well now, because we also play (other seasonal sports) together,” Clark said. “When you say, ‘Hi’ to a teammate, he’s your friend, not just another coworker.”

For Askew, a flight line maintainer, interaction with other Airmen throughout the wing can be minimal due to heavy mission requirements and demanding work schedules.

“It’s neat to play with people from other shops you normally wouldn’t work with,” he said. “Plus, winning builds morale among you.”

While this team has a strong history and an equally as strong championship record, they are always looking for new players to share their success.

“We welcome everybody,” Askew said. “I’ll recruit anybody over 30 to play.”

Clark added that traditional reservists who may live in the area are also welcome to join the team.

Fighter Wing Sports Coordinator Vernessa Stoudemire said that while basketball may be over for the year, there are other upcoming sports Airmen can get involved with on base.

Although the 442nd FW will not have a volleyball team this year, members can register to join other teams at the Whiteman Fitness Center. Volleyball season is March through May.

Following volleyball, softball season will begin June through August. Members interested in participating may contact her at vernessa.stoudemire@whiteman.af.mil.



The 442nd Fighter Wing 2009-2010 Over-30 men's basketball team: James Rice, Keith Yersak, Steve Miller, Troy Mott, Mark Ernewein, Kelly Askew, Mark Mock, Earl Dundas, Vernessa Stoudemire (fighter wing sports coordinator), Carl Clark and Terry Gostomski. Not pictured: Todd Riddle, Steve Nester, Chad Rogers, Paul Amey, Preston McConnell, Nathan Hooton.

442nd crew chief saves man's life after highway accident

By Staff Sgt. Kent Kagarise

A twist of fate found Senior Airman Jesse Farris, 442nd Fighter Wing crew chief, saving the life of a crash victim on the side of a hazardous wintry road in February.

Airman Farris was on his way to Whiteman Air Force Base from his home in Iowa, to work for the alternate unit training assembly weekend.

After a few months of being away from the 442nd to pursue other military interests, he was returning for the first UTA since October 2009.

Midwest weather had taken the roads captive in February, leaving Airman Farris driving on an icy highway that had already cast many vehicles into the adjacent ravines.

But one of the vehicles caught his eye.

"I saw a tractor and trailer lying on its side with its lights strangely flickering rather than the standard four-way flashing hazard lights," Airman Farris said.

It was at this time Airman Farris remembered a bit of wisdom his uncle, a truck driver, once shared with him.

"He told me if you ever see a truck's lights doing that, there might be someone in danger inside the vehicle."

When Airman Farris approached the crash site he noticed the front windshield was broken and the driver was unresponsive inside the cab of the truck.

"His radio was broken and he couldn't find his cell phone, and nobody had stopped to help him," Airman Farris said. "Were it not for the warmth of the truck's engine block he'd have gotten frostbite and probably wouldn't have made it."

Upon calling for rescue, 911 operators asked Airman Farris if he could move the man into the warmth of his vehicle due to the frigid temperatures and potential long wait for the ambulance to arrive.

"Before I joined the Air Force I wouldn't have



known what to do," Airman Farris said. "Being a crew chief we're always aware of our surroundings and all the self aid and buddy care training really paid off."

Although the crash victim could not speak audibly, Airman Farris was able to communicate with the man, who moved his arms to answer yes and no questions.

Airman Farris drove his four-wheel-drive SUV through the snow to the wrecked truck and gently removed the stranded man through the frame of the front windshield.

"He had a broken leg that I splinted with a wrench and a tire iron," Airman Farris said. "I stabilized the tools with a seat belt I cut out of the truck."

The injured truck driver and Airman Farris then waited in the warmth of the SUV where he wrapped the man in a blanket kept in the vehicle

"The 911 operator called me back and informed me the first ambulance had slid off the road and they were sending a second one. At this time I figured I'd call my supervisor and let him know what was happening and ask him to look through the Airman's Manual with me just to make sure I didn't miss anything while treating the injured man."

When Senior Airman Jesse Farris was presented with a life-saving opportunity, he turned to his self aid and buddy care training and turned to the Airman's manual. There, he followed some simple instructions:

- Always check and treat for shock. Airman Farris used a blanket from his SUV to cover the injured driver.
- Improvise when equipment is not available. He used a wrench to act as a splint and a seatbelt to secure it to the man.
- Seek medical attention. Airman Farris called 911 immediately after he saw the driver, and waited until help arrived.



PHOTO BY STAFF SGT. TOM TALBERT

Senior Airman Jesse Farris, 442nd Aircraft Maintenance Squadron crew chief, inspects an A-10 shock strut during the March unit training assembly under the supervision of Tech. Sgt. Dave Demma. Airman Farris saved a driver's life when he saw a stranded truck on the side of the road during a winter storm. His self aid and buddy care training assisted him in giving medical care to the injured driver and staying calm while awaiting rescue assistance.

for just this type of emergency.

"The 911 operator called me back and informed me the first ambulance had slid off the road and they were sending a second one," Airman Farris said. "At this time I figured I'd call my supervisor and let him know what was happening and asked him to look through the Airman's Manual with me just to make sure I didn't miss anything while treating the injured man."

It was a Friday afternoon when Senior Master Sgt. William Muth, 442nd Aircraft Maintenance Squadron flight chief, took the phone call from what he described as an excited Airman.

"The first thing I asked him was if he had called 911 and then we just went through the Airman's Manual and made sure Jesse hadn't skipped any steps," Sergeant Muth said.

Sergeant Muth was impressed by the young Airman's composure in the stressful situation and as they talked, he realized Airman Farris had done all the right things.

"We get a lot of training here at the wing and I definitely think it paid huge dividends in this situation," Sergeant Muth said.

The next day Airman Farris received a phone call from the truck driver's wife, who told him the man and his vehicle were

passed by other embattled winter travelers for 13 hours before Airman Farris came to the rescue.

"He's a conscientious kid," Sergeant Muth said, "The big thing is, he took the time to go down there and look when most people just kept on going. I'd like to think most Airmen would've done the same thing Airman Farris did," he said.

Airman Farris' heroic efforts came as no surprise to those who know him and work with him on a monthly basis.

"He's a very intelligent individual with a good work ethic and pays attention to detail, so news of his good deed didn't shock me at all," said Tech. Sgt. Elgin Cline, 442nd Aircraft Maintenance Squadron crew chief.

From the time Airman Farris came upon the accident scene and the time the second ambulance arrived was approximately one hour, and due to Airman Farris' situational awareness, the victim is expected to make a full recovery.

Airman Farris said he plans to continue pursuing his dream, which entails enrolling in the University of Iowa's Air Force ROTC program – something he said will continue to prepare him to lead fellow Airmen down a hazard-free path as an Air Force officer.



First Sergeant goes beyond call of duty

Photo and story by Staff Sgt. Kent Kagarise

In October 2009 the 442nd Fighter Wing added 1st Sgt. Donald Butler to its mission support group staff communications and services flight.

Sergeant Butler, a United States Department of Agriculture employee and a pastor in the civilian world, believes his 11 years of active-duty Air Force service (1992-2003), prepared him for the challenges that face an Air Force Reserve first sergeant.

"I learned various techniques and tools from Air Force leadership courses that have helped me in all aspects of my life," Sergeant Butler said.

Sergeant Butler attended Airman Leadership School at Whiteman Air Force Base as a Senior Airman in 1995 and has carried the lessons he learned throughout his Air Force career into his office.

"An Airman's perspective is their reality," he said. "In order to get an individual where you want him to go in his profession you've got to know where his start point is."

Sergeant Butler said his ministry flows over into every aspect of his life and regards his Christian principles as his standards, which aid him in applying a different leadership style and approach.

"As a pastor, my immediate instinct is to alleviate ten-

sion, but sometimes people have to go through trials to achieve growth," Sergeant Butler said.

His character and desire to help Airmen further their career in a highly motivated manner has been noticed by those who work with him.

"In addition to having great personal character he's a knowledgeable professional whose door is always open," said Chief Master Sgt. Alyn Brown, 442nd Mission Support Group superintendent.

Senior Airman Sherry Brainard, 442nd MSG orderly room information manager, was particularly impressed with Sergeant Butler on a cold unit training assembly morning.

"I live in Sedalia and couldn't get my car started that morning," Airman Brainard said. "He offered to come get

me so I wouldn't be late for duty."

"He cares a lot about his Airmen and takes his job to a deeper level than the stripes on his arm," she said.

This degree of care translates into Sergeant Butler's ability to assist Airmen in problem-solving scenarios.

"Some Airmen need a pat on the back while others are jump starters who may only need a nudge," Sergeant Butler said.

"Many folks just need a nonjudgmental atmosphere where they can talk and a lot of times that allows them to find their own solutions. In the end — they just needed an outlet."

“ He cares a lot about his Airmen and takes his job to a deeper level than the stripes on his arm.”

- Senior Airman Sherry Brainard

“ First sergeants must be available 24 hours a day, seven days a week, to respond to the needs of their people. The first sergeant must mix discipline, compassion and mentorship, oftentimes switching gears between hard-nosed rule monger and empathetic parental figure at a moment's notice. First sergeants are expected to be subject matter experts in limitless subjects including drill and ceremonies, pay and travel allowances, financial and marital counseling, dress and appearance, career progression, on and off-duty education, performance reports and decorations, investigations and the law and personnel programs, to name a few. It can be the most difficult yet most rewarding job you will ever hold. ”

- 1st Sgt. Jeffrey Urbanski, 39th Communications Squadron
Incirlink Air Base, Turkey

Weather threats imminent as spring arrives

Tornadoes - Hail storms - Flash floods - Severe thunderstorms

By Airman 1st Class Torey Griffith

It's not uncommon in the spring to see a Missouri afternoon sky darken as a thunderstorm rolls in with a vengeance, spouts its sound and fury and rolls out in a matter of minutes.

While tornadoes may be the most infamous among severe weather phenomena, the truth is, other events such as flash-flooding and hailstorms cause more deaths and damage to property per year.

Flash-flooding events kill an average of 140 people per year, making it the most lethal of the Spring weather threats. The majority of these deaths occur at night, when people try to cross running water in their vehicles and are swept away.

Hailstorms occur much more often than tornadoes and account for more than \$1 billion in damage to crops and property each year, on average. Some larger stones fall at a rate of more than 100 miles per hour.

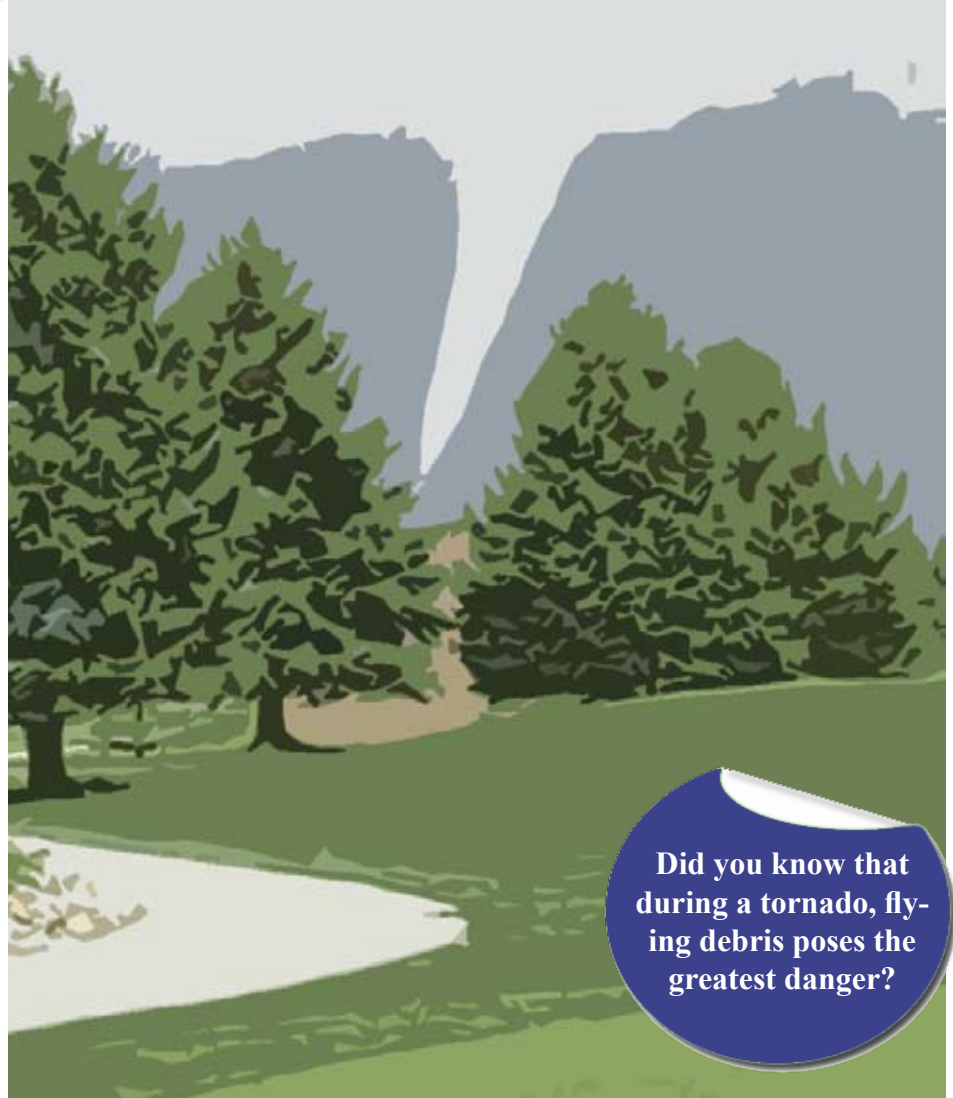
Spinning winds are dangerous, but when wind blows in a straight line at more than 100 miles per hour, the effects can become more wide-spread. Straight-line winds can be as dangerous as tornadoes, and aren't as visible, adding to their lethality.

The National Weather Service classifies weather threats and issues advisories to TV and radio stations to broadcast. Here are the terms and their meanings:

Tornado - A violently rotating column of air, usually pendant to a cumulonimbus, with circulation reaching the ground. It nearly always starts as a funnel cloud and may be accompanied by a loud roaring noise. On a local scale, it is the most destructive of all atmospheric phenomena.

Severe thunderstorm - A thunderstorm that produces a tornado, winds of at least 58 mph, and/or hail at least three-quarters of an inch in diameter. Structural wind damage may imply the occurrence of a severe thunderstorm. A thunderstorm wind equal to or greater than 40 mph and/or hail of at least a half inch is defined as approaching severe.

Flash flood - A flood which is caused by heavy or excessive rainfall in a short period of time, generally less than six hours. Also, at times a dam failure can cause a flash flood, depending on the type



Did you know that during a tornado, flying debris poses the greatest danger?

PHOTO ILLUSTRATION BY SENIOR AIRMAN DANIELLE WOLF

of dam and time period during which the break occurs.

A tornado watch means tornadoes are possible in your area. Remain alert for approaching storms. Know what counties are in the watch area by listening to local radio or television outlets.

A severe thunderstorm watch tells you when and where severe thunderstorms are likely to occur. Watch the sky and stay tuned to know when warnings are issued.

A flash flood watch is issued to indicate current or developing hydrologic conditions that are favorable for flash flooding in and close to the watch area, but the occurrence is neither certain or imminent.

Tornado warnings are issued when a

tornado has been sighted or indicated by weather radar.

Severe thunderstorm warnings are issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

A flash flood warning is issued to inform the public, emergency management, and other cooperating agencies that flash flooding is in progress, imminent, or highly likely.

When the sky turns black on what seems to be a perfect, spring day, keep a careful eye on the weather.

The Red Cross offers weather safety and supply preparation tips at www.redcross.org.



PHOTO BY STAFF SGT. HUENHO MU

Effectively counting sheep

Commentary by Staff Sgt. Kent Kagarise

I have been working the proverbial graveyard shift for 10 years as a security guard, attending college as a full-time student the past 16 months, raising a 12-year-old son and maintaining the demands of an Air Force Reserve career, which has made sleep an absolute luxury.

With the clocks springing forward and the sun rising earlier every day, I thought I might share some helpful tips I have learned over the years to afford fellow Airmen a sound night's sleep.

There was a point in time when I would sip on coffee throughout the night to stay awake, which would do just that when I finally put my head on the pillow.

Now I may drink one large cup of coffee at the beginning of my shift and allow the caffeine to do its job while I do mine, rather than when I am attempting to slip off to never-never land.

I don't know what it is about the darkness of night that seems to turn

inanimate objects like the refrigerator into alluring creatures that beckon us, but I also had to stop eating anything at all four-to-six hours before bedding down.

This allows your digestive system to not have to work so hard while it breaks down the family size bag of corn chips and the liter of cola you may have ingested before timing out at the quarry.

In the past, I would sit and watch reruns of "Wings" before trying to go to sleep. The best thing that happened to my sleep schedule was when the TV channel changed its programming, which led me to lying down without all the extra brain stimulation.

I found if I "plan" to sleep rather than, "hope to go to sleep in the near future," I can achieve a healthier nightly rest. Therefore, when I get off work at 5:30 a.m., I am on a mission to be asleep by 6:30 a.m.

This can be achieved by designing your sleeping area for optimal rest. My bedroom looks like the wee-small hours

of the morning at any hour. The windows are blacked out, reading lights are dim and the coup de gras is a fan, which provides white noise to drown out any bothersome outside noises that might derail a delightful night of sleep.

As any good Airman, physical fitness is very important to me and making exercise a priority in your life can assist in healthier sleep.

There was a time when I had a few extra pounds. As a result, my bedroom sounded like the set of a horror movie, complete with a chainsaw-wielding, hockey-masked monster (so I was told about my snoring.)

I would wake up exhausted as if I had been fighting for each breath. Once I had lost the unwanted weight, my snoring ceased and my energy levels went through the roof.

We live in a fast-paced world where sleep seems to be of less importance as we add to our already-busy schedules. Take some time and plan your own sleep ritual and your body will thank you.

Fit to fight despite the rain

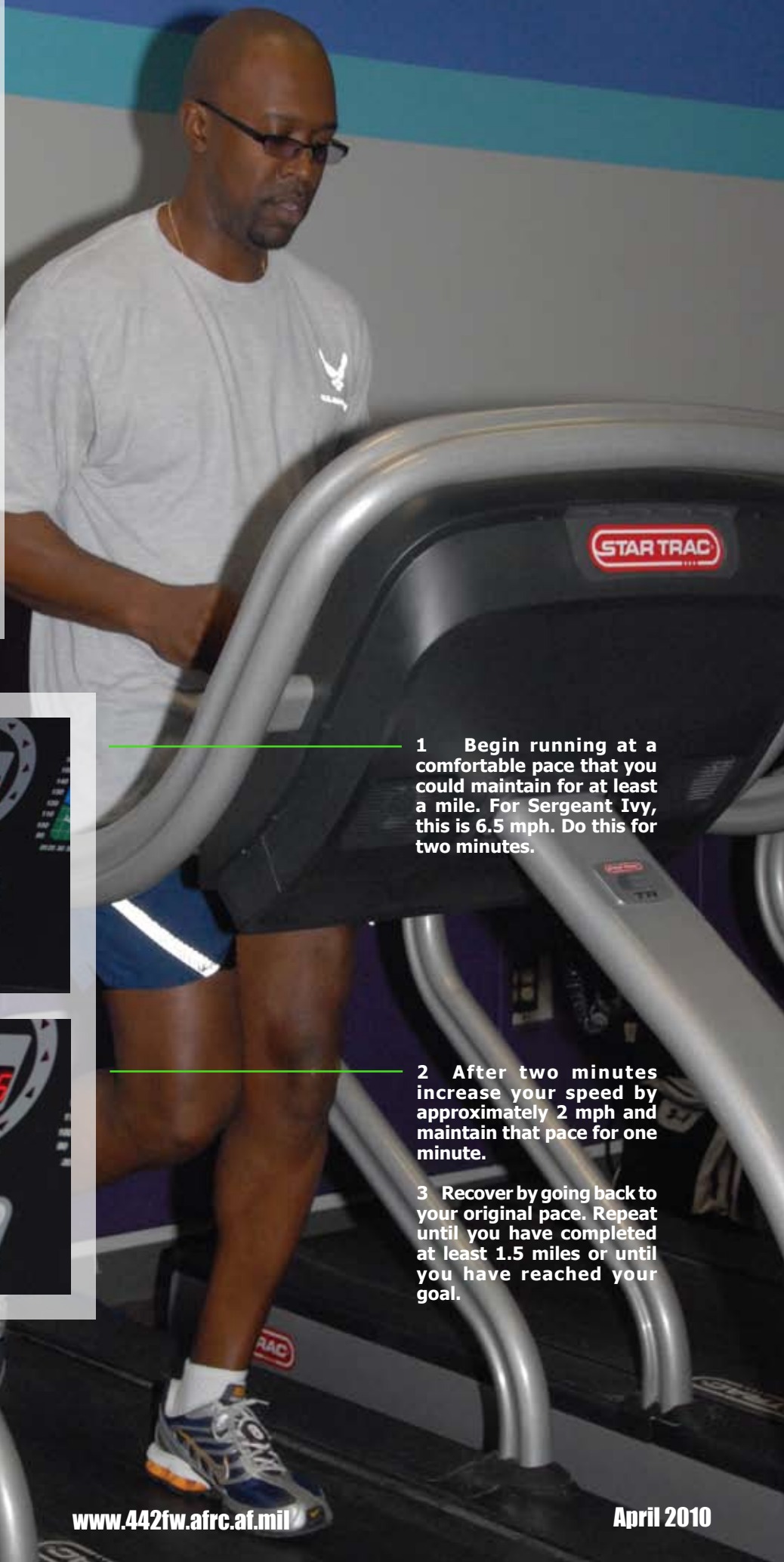
By Senior Airman Danielle Wolf

While April may be one of the rainiest months in Missouri, it doesn't mean you have to take a break from preparing for your upcoming physical training test.

New PT standards, set to be enforced in July, shorten the amount of time an individual has for the 1.5-mile run. Fitness specialist and Staff Sgt. Vern Ivy, 442nd Services Flight, showed the *Mohawk* how he has learned to comfortably increase his running speed, and ultimately, decrease his running time for the PT test.

While Sergeant Ivy sometimes chooses to use a treadmill for his practice runs, he said you can complete the routine just as easily on your regular jogging route.

Instead of increasing your miles per hour for one minute, you can sprint from one point to another, which may be an advantage, because you won't have a treadmill on the PT test.



1 Begin running at a comfortable pace that you could maintain for at least a mile. For Sergeant Ivy, this is 6.5 mph. Do this for two minutes.

2 After two minutes increase your speed by approximately 2 mph and maintain that pace for one minute.

3 Recover by going back to your original pace. Repeat until you have completed at least 1.5 miles or until you have reached your goal.



DEPARTMENT OF THE AIR FORCE
442ND FIGHTER WING PUBLIC AFFAIRS
931 ARNOLD AVE.
WHITEMAN AFB MO 65305-5070

TO THE FAMILY OF:

Senior Airman Kirk Moore, 442nd Aircraft Maintenance Squadron weapons loader, performs routine maintenance on an A-10 Thunderbolt II during the March unit training assembly. (Photo by Staff Sgt. Tom Talbert)



“Don’t worry when you are recognized,
but strive to be worthy of recognition.”

-Abraham Lincoln

442nd Fighter Wing on line -- www.442fw.afrc.af.mil