

MOHAWK

Mohawk
442



**Staff sergeant assists Airman
after car accident near base**



PHOTO BY KAREN MCKEE

At dawn they ran

Reservists compete in the 37th Annual Kansas City Hospital

Sgt. Kenneth McKee, Tech. Sgt. John Straka, Joni Woods

Hill half-marathon June 5 in Kansas City, Mo. In attendance:

and Senior Airman Jessica Womrath. The 13.1-mile run

Senior Airman Tracy Brown, Capt. Scott Avery, Master

challenged the runners with grueling hills and humidity.

*By Capt. Scott Avery
190th Aerial Refueling Wing, former 442nd Aircraft Maintenance Squadron weapons loader*

Some say the most difficult half marathon in the United States is right here in the heart of Kansas City, Mo.

For yet another year I set out to run the 37th Annual Hospital Hill half-marathon.

The race began just before 7 a.m., June 5 and concluded 13.1 incredibly hilly miles later. The atmosphere was hot, humid and sticky, but nothing could dampen the spirit of the runners.

I ran the half-marathon with five Airmen from the 442nd Fighter Wing, Whiteman Air Force Base, Mo. – my former wing.

So, why did we set out to conquer “the hill?”

In one word: Camaraderie.

The camaraderie that resulted from this incredible challenge was really unforgettable.

It was terrific being able to meet

prior to the race and cheer each other on throughout the grueling 13.1 miles.

Some of us trained together and discussed our training plans to aid in keeping each other on track. We all encouraged one another along the way, but the real celebration was reserved for the finish line. We all had our different reasons for taking on the challenge but in the end, we all accomplished the same goal; we dominated “the hill.”

The health benefits alone are one main reason to take on a challenge like this. Being physically active affects the body and the mind – not to mention resulting in lower body fat, increased oxygen delivery throughout the body and a decreased risk of heart disease, breast cancer, colon cancer, stroke and dementia.

Although in most perspectives the physical benefits are enough to encourage a healthy habit, the mental advantages are equally as impressive. Exercise reduces the symptoms of depression and anxiety. Being active also improves your positive mental attitude and your general

well being.

All that, combined with the new Air Force regulations for physical training standards, should be reason enough to exercise to get in shape – and to stay in shape.

We’ve all been guilty of waiting until the month before the PT test to begin training. With the new standards beginning July 1, we could all use a little help staying focused. Training for a run, or any physical activity that involves setting, and keeping goals, will help you stay ready for the test. Keeping yourself PT-test ready can result in better run times, weight loss and may aid in procuring that diminishing waistline we all desire.

Setting goals that span throughout the year may be a good way to ensure your top performance during your PT test. You don’t have to be slim, trim, and running six-minute miles to run a 5K, 10K or even a half-marathon. Anyone can enjoy the benefits of running if he is willing to put in the time and effort to accomplish a goal.

MOHAWK

442nd Fighter Wing

** inside * inside * inside * inside **

Commentary page 2

CAR ACCIDENT

Staff Sgt. Debra Watson responds to a car accident to assist an Airman

PAGES 6 AND 7



PT TEST

New incentives for those who score 90 percent or higher

PAGES 10 AND 11



AWARDS

Three maintenance group Airmen and one public affairs officer awarded

PAGES 4 AND 5

July 2010
Charge-of-quarters



MASTER SGT. KENNETH KOYLES
ACTING FIRST SERGEANT FOR MAINTENANCE
OPERATIONS FLIGHT

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 Sergeant Debra Watson, 442nd Medical Squadron emergency medical technician, assists an active-duty Airman after accident near Whiteman Air Force Base, Mo. (Photo by Senior Airman Danielle Wolf)

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442nd Fighter Wing Tip of the Spear

TECH SGT APRIL DAHNE
OPERATING LOCATION 442ND MISSION SUPPORT FLIGHT SATELLITE PERSONNEL ACTIVITY

Tech. Sgt. April Dahne is the acting noncommissioned officer in charge of the education and training office for the 442nd Mission Support Flight, Satellite Personnel Activity, servicing the 476th Fighter Group, Moody AFB, Ga.

Sergeant Dahne was reassigned to the Satellite Personnel Activity in February 2009 when she moved to the local area with her family. She accepted a position in the education and training office and quickly integrated herself to the team making huge impacts on the newly activated 476th Fighter Group — a Total Force Integration organization. Her impact to the education and training office and the men and women of the 476th Fighter Group has been positive and well beyond reproach. Sergeant Dahne's talents quickly became apparent with the departure of the senior education and training air reserve technician in January 2010. She took over all education and training tasks for a growing 250-person unit as a recent retrainee. Sergeant Dahne's dedication and attention has assisted her in this position. She was recognized as providing "outstanding customer care and support" by the command chief. The group is proud to honor Sergeant Dahne as March's "Tip of the Spear."

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
This newspaper is printed on recycled paper.

Lieutenant General Leo Marquez Award

This award recognizes base-level military and civil-service aircraft, munitions and missile maintenance personnel who perform hands-on maintenance or manage a maintenance function.



Tech. Sgt. James Gum

442nd Aircraft Maintenance Squadron crew chief

Sergeant Gum received the 2009 Air Force Crew Chief of the Year in recognition for his outstanding contributions while assigned as an A-10 crew chief at the 442nd Fighter Wing, Whiteman Air Force Base, Mo. While serving as a critical en-route support team member, he ensured the successful employment of 12 aircraft to Bagram Air Base in support of Operation Enduring Freedom. His expertise contributed to more than 900 hours of combat-effective flight. His initiative, while deployed, led to significant improvements in crash-recovery capabilities. At home, his unequalled expertise proved critical to the successful response to a ground emergency on aircraft 79-111. His resourceful decisions led to a rapid and safe recovery with zero injuries and no further damage to the aircraft.

Airman Bounds received the award as the Outstanding Maintenance Management Production Technician of 2009. Early in 2009 the A-10 fleet was critically diagnosed with severe wing cracks. Airman Bounds worked with the maintenance teams who pioneered many of the time-compliance technical order wing crack repairs and then scheduled and completed all repairs in house ahead of the entire fleet. Numerous management innovations continue to produce outstanding savings in time and resources and solidify the 442nd Maintenance Group as a leader in the A-10 maintenance community.



Airman 1st Class Matthew Bounds

442nd Maintenance Operations Flight production controller



Capt. Lisa Gaines

442nd Maintenance Group munitions flight commander

Captain Gaines received the award as the Outstanding Company Grade Manager of 2009. During this period, Captain Gaines simultaneously recovered personnel, aircraft and equipment from the unit's air expeditionary force deployment, hosted an international A-10 gunnery competition, directed munitions maintenance activities and prepared for an Air Combat Command-directed operational readiness inspection. Her leadership was a key factor in the buildup and successful delivery of more than 206,000 munitions. While preparing for the unit's upcoming operational readiness inspection, Captain Gaines quickly identified deficiencies in the unit's highly visible nuclear mishap reporting procedures and immediately resolved them by developing a quick-response "dull sword" checklist.

Deployed public affairs officer recognized for achievements

By Senior Airman Danielle Wolf

The 442nd Fighter Wing's deployed public affairs officer was named the May 2010, field-grade officer performer of the month for the Air Force Forces staff at the Combined Air and Space Operations Center in Southwest Asia.

During his deployment, Maj. David Kurle, who has been gone since December, acts as the chief of media operations for U.S. Air Forces Central Command. He oversees news-media coordination, response and outreach for 14 subordinate units in six countries. He also serves as a media spokesperson for U.S. AFCENT area of responsibility.

"Of course I was honored," Major Kurle said. "The entire PA staff at the CAOC works extremely hard in a very demanding, command-level environment – and to be recognized for that is gratifying."

One of the events Major Kurle was recognized for was his coverage of the command's close-air-support mission in Afghanistan by a major television network in May, which included the reporter riding along on two combat missions in an F-15E Strike Eagle.

"Helping plan and coordinate the visit by ABC News was probably my major accomplishment during this deployment," he said. "As far as I know, this type of in-depth coverage of combat air operations has never been done before – especially when you factor in the ABC reporter actually flying in the back seat of a fighter."

"Responding to the news media at this level is tricky," he said. "There are political implications, security considerations and other challenges I just don't deal with on a daily basis at the wing or unit level."

Planning for the visit took months and was more than just the work of one person, Major Kurle said.

"The hurdles and coordination it took to do this were daunting," he said. "Our entire staff was involved, and without the support and leadership provided by my boss and the senior leaders here, it wouldn't have been successful."

Other accomplishments the major was cited for in May include, embedding nine journalists, coordinating 18 media flights on military aircraft, editing more than 60 hours of weapon-system video and documenting a visit by the speaker of the House of Representatives.

"I've learned a lot working here, thanks to a great staff and great mentors," Major Kurle said. "I think anyone who wants to learn how airpower is managed by senior leaders needs to deploy to the CAOC."

The AFFOR staff supports the combined-forces air-component commander, whose job is to lead and manage the air war in Afghanistan and Iraq.

"Working at this level is extremely interesting," Major Kurle said. "We're operating from a strategic, top-down perspective I haven't been privy to on my prior deployments."

The award was announced June 12.

He is scheduled to come home in July.



Maj. David Kurle, 442nd FW public affairs officer, was announced the May 2010, Field Grade Officer Performer of the Month during his deployment to Southwest Asia.

"Major Kurle is a shining example of Air Reserve Airmen supporting the wartime mission," said Col. Mark Clemons, 442nd FW commander. "He provides a seamless gap. Major Kurle is arguably (Air Force Reserve Command's) premier public affairs officer. He brings a lot to the fight from the comments I have observed and obviously made a definite impact during his tour."

"There is a shortage of public affairs personnel in the theater and Major Kurle brings it all, plus some. Major Kurle has a lot to be proud of with his many accomplishments in theater."

"I thank him, as well as his wife and family for a job well done and the 442nd Fighter Wing anxiously awaits his arrival back to Whiteman."

Responding to the call

Photo and story by Senior Airman Danielle Wolf



Staff Sgt. Debra Watson assists an active-duty Airman after a car accident near Whiteman Air Force Base, Mo.

It was just another Monday for Staff Sgt. Debra Watson. She woke up that late-May morning, got her three kids ready for school and got dressed in her freshly pressed Air Force blues.

She spent the next four hours on readiness-management-period orders in the 442nd Medical Squadron before heading back home to Warrensburg, Mo.

As she drove through the Knob Noster State Park, she had no idea of the situation ahead of her. Within just a few minutes, Sergeant Watson came upon a car accident at the corner of DD Highway and SE 611th Road.

Sergeant Watson had arrived at the two-car accident less than a minute after it had happened. In one car: Two active-duty Airmen headed eastbound toward Whiteman AFB; in the other car, a civilian who had attempted to pull out onto the highway.

As an emergency medical technician for the 442nd FW and a Licensed Practical Nurse, who specializes in geriatrics in her civilian job, Sergeant Watson was required

to stop.

“I got out and immediately asked if anyone had called (911,)” she said. “They said they had, so I began to assess the situation.”

The active-duty Airman driving the

“She was just an Airman who was doing her job, and she was doing it well.”

- Maj. Timothy Eaton
509th Bomb Wing flight safety chief
.....

car told her he was OK and the civilian also said she was OK. But the other Airman, who was sitting on the ground at the time, told Sergeant Watson she was having chest pains.

“I got on the ground with her and she told me she was having difficulty breathing,” she said. “The airbags had deployed, so that’s pretty common.”

After a thorough assessment of the Airman’s condition, Sergeant Watson had established the Airman had no broken

bones, so she began to calm her down.

“Her pulse started racing when she finally realized that if she had not had her seatbelt on, she would have gone through the windshield,” Sergeant Watson said. “But I had to calm her down, so I tried to keep her focused on the positives. I told her, ‘Vehicles can be replaced; lives cannot.’”

She said sometimes the most important thing someone can do is keep the victim calm. If the Airman’s blood pressure became elevated enough, she could have gone into shock, Sergeant Watson said.

Within about 10 minutes the fire department had arrived at the scene. With Sergeant Watson in control of the situation, a technician handed her a stethoscope and blood pressure cuff so she could keep track of the Airman’s vital signs.

It was at that time that Maj. Timothy Eaton, 509th Bomb Wing flight safety chief, was coming back from lunch.

“When I got there, Sergeant Watson was all business,” Major Eaton said. “She was talking to the Airmen at the scene and trying to make them feel better while she

was writing down the female Airman's vital signs."

Major Eaton said he knew Sergeant Watson was an Airman because she was in uniform, but had no idea that she only dealt with traumas and trauma scenarios one weekend a month as a reservist.

"To me, she was just an Airman who was doing her job, and she was doing it well," he said. "There were no life-threatening injuries, but it's good she was there because the accident was pretty scary."

When the ambulance arrived a few minutes later, Sergeant Watson had already briefed the Airmen about what to expect. She suggested that both Airmen go to the emergency room and get checked for possible injuries.

Sergeant Watson knew the not-so-apparent effects an accident could have on people, from her own experience – and she was right.

Sergeant Watson said she hasn't spoken with either of the Airmen in the accident since it happened, but she later found out the Airman she had assisted was diagnosed with a dislocated hip.

It's situations like this, Sergeant Watson said, that led her to the career path she has today in the medical field.

"Several years ago, my son had a seizure and stopped breathing," she said. "I didn't know what to do. Luckily, we were traveling with my parents at the time and my mom was a nurse, so she knew what to do. I felt helpless and never wanted anything like that to ever happen again."

That's when she decided to cross train from the transportation career field to the medical field in the Air Force Reserve.

A few years later, Sergeant Watson had another scare when her daughter started choking. This time she was prepared though.

"Thankfully, I was able to take care of my daughter when that happened," she said. "This medical training has come in handy on the outside."

Whether it's to help her family, fellow Airmen or complete strangers, Sergeant Watson said she knows she's called to the medical field.

"It's my job, and I have to stop and help – whether I'm on duty or not," she said. "I hope someone would stop for me if I needed it."

Sergeant Watson, who is returning to school to become a registered nurse, with hopes of working in an emergency room, said helping people – especially fellow Airmen – is her duty.

"They're our people," she said.

That was not the first car accident Sergeant Watson has stopped to assist, and she said it certainly won't be her last.



In February an active-duty Airman was killed in a car accident on Highway 23 about one mile north of Whiteman AFB. Also involved in the accident were two active-duty Airmen assigned to another unit at Whiteman, who were on their way to the base at the time. Their vehicle was disabled in the head-on collision, and both were transferred to local hospitals with non-life threatening injuries.

Seat belt facts

Motorists are **25 times** more likely to be

- killed or seriously injured when they are "ejected" than when they remain inside their vehicle.

In a **30-m.p.h.** collision, an unbelted **160-lb. person** can slam into the vehicle's interior with a **4,800 lb.-force**

● Approximately **35,000** people die in motor vehicle crashes every year. About **50 percent** of these people could be saved if they wore their seatbelts.

More than **90 percent** of all motorists believe safety belts are a good idea, but less than **14 percent** actually use them.

● **Seventy-five percent** of crash deaths and injuries occur within **25 miles** of home.

Safety belts reduce serious traffic injuries by **50 percent** and fatalities by **60-70 percent**.

● Statistics courtesy of the 442nd Fighter Wing Safety Office

Health con cookout cu

By Senior Airman Danielle Wolf

This Fourth of July many Airmen and their families will be tempted at cookouts by hotdogs, potato salad and baked beans.

But if you're concerned about getting in shape for new physical training standards, you don't have to resort to tasteless foods and miniature portions. Instead you can bring a dish that will provide a healthy alternative for you, your friends and your family.

Mypyramid.gov offers some tips on how to maintain a healthy diet, including the suggestion to bake, broil or grill meats. It also suggests eating dark green and orange vegetables because they provide the most nutrients. According to the Web site, whole grains, should be selected at least 50 percent of the time.

For more recipes like the ones listed here, visit <http://www.nhlbi.nih.gov/health/public/heart/other/syah>.



Calories: 176
Total fat: 6g
Saturated fat: 2g
Cholesterol: 66 mg
Sodium: 240 mg

Spicy southern barbecued chicken

Ingredients:

- 3 lb. chicken breast, skin and fat removed
- 1 large onion, thinly sliced
- 3 tbsp vinegar
- 3 tbsp worcestershire sauce
- 2 tbsp brown sugar
- 1 tbsp hot pepper flakes
- 1 tbsp chili powder
- 1 cup chicken stock or broth
- black pepper to taste

Directions

1. Place chicken in a 13x9x2-inch pan. Arrange onions over the top.
2. Mix together vinegar, Worcester-shire sauce, brown sugar, pepper, hot pepper flakes, chili powder and stock.
3. Pour over the chicken and bake at 350° for 1 hour or until done.
4. Baste occasionally.

Makes 8 servings

conscious business



Scallop Kabobs

Ingredients:

3 medium green peppers, cut into 1 1/2 inch squares
1 1/2 lb. scallops

1 pint cherry tomatoes

1/4 cup dry white wine

1/4 cup vegetable oil

3 tbsp lemon juice

dash garlic powder

black pepper to taste

Directions

1. Perboil green peppers for 2 minutes
2. Alternately thread first three ingredients on skewers.
3. Combine next five ingredients
4. Brush kabobs with wine/oil/lemon mixture, place on grill or under broiler
5. Grill 15 minutes, turning and basting frequently

Makes 4 servings

Calories: 224
Total fat: 6g
Saturated fat: < 1g
Cholesterol: 43 mg
Sodium: 355 mg

Caribbean Pink Beans

Ingredients:

1 lb. pink beans

10 cups water

2 medium plantains, finely chopped

1 large tomato, finely chopped

1 small red pepper, finely chopped

1 medium white onion, finely chopped

3 cloves garlic, finely chopped

1 1/2 tsp salt

Directions:

1. Rinse and pick through beans. Put the beans in a large pot and add water. Place the pot in the refrigerator and allow the beans to soak overnight.
2. Cook the beans until they are soft. Add more water as needed while the beans are cooking.
3. Add the plantains, tomato, pepper, onion, garlic and salt. Continue cooking at low heat until the plantains are soft.

Makes 16 servings

Calories: 133
Total fat: < 1g
Saturated fat: < 1g
Cholesterol: 0 mg
Sodium: 205 mg



PHOTO ILLUSTRATION BY SENIOR AIRMAN DANIELLE WOOLY

Airmen with a physical training score of 90 or above will only be required to test once per year under the revision to the fitness test.

AF fitness revision program rewards excellent Airmen

*By Beth Gosselin
Secretary of the Air Force Public Affairs*

Based upon service-wide feedback, Airmen who earn an “excellent” on the new fitness test will now only have to test once a year according to a new revision to the Air Force Fitness Program.

“We believe this will recognize fitness excellence and serve as an incentive for more Airmen to improve their fitness,” said Col. Joan Garbutt, the chief of military force policy division.

The revision, which takes effect the same day the new program kicks-off on July 1, allows those Airmen who test in all four components of the test and receive an overall score of 90 or better to test only once a year. The four components of the new fitness test include a 1.5-mile timed run, abdominal circumference, push-ups and sit-ups. Prior to this revision, all Airmen were required to test twice a year.

Approximately one of every five fitness scores documented in 2009 was “excellent” for those Airmen who tested in all four categories, said Capt. Sean Brazel, the chief of officer promotions, evaluations and fitness policy.

“Factoring in these numbers, we forecast a reduction in the fitness testing workload when this new policy takes effect,” the captain added.

Airmen must test under the new standards to qualify for this change. Therefore, only Airmen who test after June 30 will be able to earn the opportunity to do their fitness test once a year. Airmen who score an “excellent” but were medically exempt from testing in one or more of the four components will still need to test twice a year. In other words, Airmen must successfully complete all four components of the fitness test to qualify for the once a year testing.

“We believe this is another step in the right direction towards cultivating a fitter Air Force,” Colonel Garbutt said.

Frequently Asked Questions

1

THE OTHER SERVICES RUN LONGER DISTANCES AND ALLOW MORE TIME FOR PUSHUPS AND SITUPS. WHY DIDN'T THE AF CHANGE THESE ASPECTS OF THE TEST TO BE MORE IN LINE WITH THE OTHER SERVICES?

Answer: Air Force officials could have increased running distance to two or three miles, and changed the pushup and sit-up times to two minutes instead of one minute. However, all it would have accomplished was creation of a longer test. Consensus among fitness experts indicates that we can adequately gauge a member's fitness with a one-and-a-half-mile run and one minute each of pushups and sit-ups.

2

I'VE HEARD THAT THERE WILL BE "RANDOM" OR "NO-NOTICE" FITNESS TESTS. IS THAT TRUE?

Answer: No, that is not true. Members will be required to test twice a year. However, members may be required to complete an "out of cycle" test in order to ensure currency for a deployment, assignment, etc. Commanders may institute "practice" or "diagnostic" tests in order to gauge a member's progress, but these tests will not count as an "official" test or entered into the Air Force Fitness Management System for documentation purposes. Members will always know when their next scheduled test is required.

3

CAN AN AIRMAN HAVE A DOCUMENTED FAILED FITNESS TEST AS OF THE CLOSE-OUT DATE OF THEIR EVALUATION AND STILL RECEIVE AN OVERALL "5" ENLISTED PERFORMANCE REPORT?

Answer: No. The revised AFI 36-2406, Officer and Enlisted Evaluation Systems, will ensure no Airmen with a referral report, for fitness or other reasons, will receive an overall "5" rating.

4

WHAT IF I HAVE A PROFILE THAT PREVENTS ME FROM DOING ONE OR MORE COMPONENTS OF THE TEST?

Answer: Effective July 1, the Air Force will no longer use the ergo cycle, the three-mile walk, or the STEP test as alternate aerobic tests. Instead, members who cannot run based on a profile will perform a one-mile walk that will determine VO2 max capability. Also, if an Airman is exempt from any component, they will only be categorized as "pass" based on an adjusted composite score of 75 or higher or "fail" based on an adjusted composite score below 75.

Information provided by the Air Force Personnel Center



MINIMUM COMPONENT REQUIREMENTS

Airmen must have a composite score of 75.0 and meet all minimums to pass the test.

MALE

AGE	ABDOMINAL CIRCUMFERENCE	RUN TIME	SIT UPS	PUSH UPS
30	39.0"	13:36	42	33
30-39	39.0"	14:00	39	27
40-49	39.0"	14:52	34	21
50-59	39.0"	16:22	28	15
60+	39.0"	18:14	22	14

FEMALE

AGE	ABDOMINAL CIRCUMFERENCE	RUN TIME	SIT UPS	PUSH UPS
30	35.0"	16:22	38	18
30-39	35.0"	16:57	29	14
40-49	35.0"	18:14	24	11
50-59	35.0"	19:43	20	9
60+	35.0"	22:28	11	7

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

TO THE FAMILY OF:

The 303rd Fighter Squadron is comprised of 40 pilots, both active duty and reserve. All 40 A-10 Thunderbolt II pilots are now c-model qualified. (Photo by Staff Sgt. Tom Talbert)



Nothing warms the heart of a soldier more than hearing the sound of a warthog overhead.

**The Honorable John McHugh
Secretary of the Army**

442nd Fighter Wing Online - www.442fw.afrc.af.mil