

# KANZA SPIRIT

## 931ST AIR REFUELING GROUP



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August 2005

McConnell AFB, Kansas

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PHOTOS BY TECH. SGT. JASON SCHAAP

## Desert Bound

931st ARG cops leave  
for six-month Iraq tour



Staff Sgt. Jared Arrington says goodbye to his wife, Charlene, before leaving for a six-month tour in Iraq. Sergeant Arrington and five other members of the 931st ARG's Security Forces volunteered for the deployment. (Below) Madelyn Strange, 2, gets a ride on the shoulders of her father, Senior Airman Patrick Strange, at the airport before he leaves for Iraq.

TECH. SGT. JASON SCHAAP  
931ST ARG PUBLIC AFFAIRS

Six members of the 931st ARG's security forces left Aug. 12 for a six-month tour in Iraq. They were destined for Kirkuk Air Base, about 140 miles north of Baghdad. Their duties while deployed will include air base defense, mobile patrol, entry control and internal security.

They were headed for dangerous work. But they didn't go because they had to. They went because they wanted to. The six Airmen weren't ordered to the hazards played out everyday in the mainstream media. They volunteered.



"It's my job," Staff Sgt. Tyrel Askren said about why he raised his hand to go.

"This is why I signed up," Senior Airman Luke Mahoney reiterated, sitting with Sergeant Askren just after an intelligence briefing they received a few days before leaving for Iraq. Intelligence briefings are often where troops find out just how dangerous their destination is.

Besides a strong commitment to serve, Sergeant Askren and Airman Mahoney share another common characteristic with the men they are deploying with: youth. High school graduation isn't a very distant

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## All Airmen to see SGLI premium hike

Servicemembers Group Life Insurance coverage is scheduled to automatically increase to \$400,000 for all servicemembers Sept. 1. The monthly premium for servicemembers who do not opt out of the automatic increase is also scheduled to rise to \$26.00.

By law, all servicemembers will receive the coverage and cost increase, even if they previously declined or elected lesser coverage. Those who still desire no coverage or less than the maximum will be required to make a new election.

A new form, SGLV 8286, is scheduled to be available Sept. 1 for making changes to coverages after the mandatory increase takes place. The form will be available for 931st ARG Airmen at the Military Personnel Flight and online at the Web address listed below.

Airmen who complete the SGLV 8286 before Sept. 30 will not be liable for the September premium associated with the reduced or declined portion of coverage. Airmen who do not make an election to reduce or decline coverage before Oct. 1 will be charged for the full \$400,000 coverage for September as well as for any other month in which the level of coverage remains in effect.

Call the MPF at (316) 759-3587/3673 for more information. More information about SGLI is available online at:

[WWW.INSURANCE.VA.GOV](http://WWW.INSURANCE.VA.GOV)

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#### Deadlines

The deadline to submit articles and newsbriefs for publication is close of business of the UTA.

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The *Kanza Spirit* is mailed each month to all 931st ARG members on file with Personnel. Members not receiving their copy should check with their administration section to ensure their filed address is correct.

## COMMANDER'S MESSAGE

Welcome to the August unit training assembly! By now six of our security forces troops should be in Iraq. Special thanks to Master Sgt. Gary White, Staff Sgt. Tyrel Askren, Staff Sgt. Jared Arrington, Senior Airman Luke Mahoney, Senior Airman Patrick Strange, and Senior Airman Ryan Jarboe for stepping up and volunteering. Thanks to all our folks in the desert. Everyone in the 931st is proud of you.

Speaking of deployments, I will be deploying for around 120 days beginning the first week of September. I will be headed off to Manas, Kyrgyzstan to be the Vice Wing Commander. My son, who is in the Army, passed through Manas about a year ago and said the country is beautiful. Col. Clay Childs will run the group in my absence. He has volunteered for active duty so he can be here full time. Thanks Colonel Childs.

The October UTA will be here before you know it. Please make sure you are getting ready for the "Fit to Fight" test. It has been almost a year since we had our first big test. If you are having trouble with the test please get out there and strive for improvement. There will be consequences for not making Air Force standards so don't risk your career.

Be sure and sign up your employer for the Employer Flight in November. Last year's flight was outstanding. I could tell the employers really had a good time. The flight is an opportunity to let your boss learn about what you do in the Reserve. It lets him or her visualize what you are doing when you need to take time off for your Air Force job. Sorry I'm not going to be here but I'm sure Colonel Childs will enjoy meeting your employers as much as I do.

This will be his column starting next issue of the *Kanza Spirit*. See you in five months 931st ARG. Take care.



Karl J. Hurdle, Colonel  
931st ARG Commander

## Fraud, Waste & Abuse

To file a fraud, waste or abuse complaint with the Air Force, call (316) 759-3192 or toll free (800) 424-9098.

## UTASCHEDULE

Next UTA: August 20-21

September 17-18  
October 15-16  
November 5-6

# Air Force changes fitness test criteria

STAFF SGT C. TODD LOPEZ

AIR FORCE PRINT NEWS

Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 19 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after scoring marginal.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.



Capt. Brian Collins knocks out 75 push-ups during the fit-to-fight portion of Rodeo 2005 at McChord Air Force Base, Wash. During the event, three members from each team perform push-ups, sit-ups and the 1.5-mile run as they do on the annual Air Force fitness test. Captain Collins is assigned to the 62nd Operations Support Squadron at McChord AFB.

"That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

Changes to the AFI will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic Association," he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the pro-

gram has proven successful.

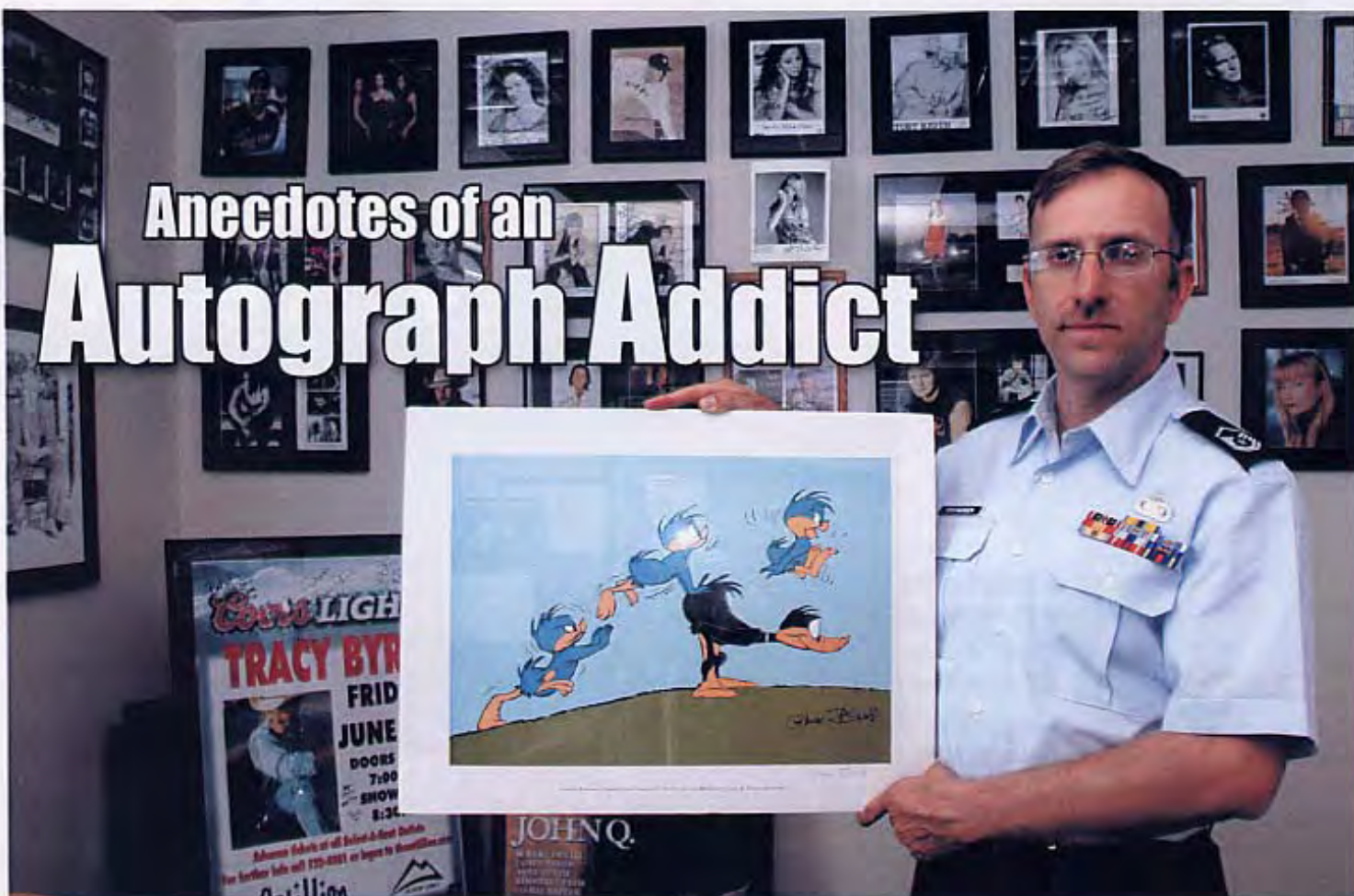
"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fitness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John P. Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture. "More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard—an essential part of your service."

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September. Airmen who have questions about the changes should contact their unit fitness monitor.

The 931st ARG's next Group-wide **FITNESS TEST** is scheduled for the **OCTOBER UTA**. Contact your section fitness monitor for more information.



# Anecdotes of an Autograph Addict

Master Sgt. Johnny Stephenson holds a print signed by Chuck Jones, creator of Daffy Duck, Bugs Bunny and other cartoons. The print, one of many autographed items that adorn Sergeant Stephenson's office in the 931st Standardization and Evaluation section, is his favorite.

STAFF SGT. DAVID SEVART  
931ST ARG PUBLIC AFFAIRS

It started at a car dealership in Mulvane, Kan., about three years ago. His wife wanted to see an up and coming country band, Rascal Flatts, who was there doing a "meet and greet."

The band members signed pictures for Master Sgt. Johnny Stephenson and he has been bitten by the autograph bug ever since.

Sergeant Stephenson is an administration assistant for the 931st Standardization and Evaluation office. His office is a testimonial to his collecting. The walls are covered with only a small part of his total collection of autographed memorabilia, including signed pictures of Sting, Denzel Washington, Toby Keith and various well-known and not-so-well-known celebrities. He enjoys collecting, no matter how big the star.

"It is great to meet people and not know if they will make it big or not," he said. Much of his collection is from the country music world. "Country singers

seem to be more willing to give autographs," Sergeant Stephenson said. One of his best memories took place after a concert given by upcoming country singer Dierks Bentley. Sergeant Stephenson asked a security guard about getting an autograph.

"When he told him I was in the military, Bentley said he wanted to meet me," Sergeant Stephenson said. In addition to an autograph, he thanked Sergeant Stephenson for serving his country.

Another rising country act who met Sergeant Stephenson through his autograph hunting has decided to thank not only him, but all McConnell AFB military members for their service. Lori Franke, a former U.S. Marine, is scheduled to perform during a free concert at McConnell AFB in September (see *Spirit Shorts* on page 6 for more information).

Sergeant Stephenson loves music and movies. Sports star autographs also drape his wall. But his favorite autograph isn't a singer, actor or athlete. The picture isn't even a human. Sergeant Stephenson's most prized wall decora-

tion features Daffy Duck. It's signed by Chuck Jones, the creator of Daffy, Bugs Bunny and other cartoons.

"His cartoons were based on history in a time of innocence," he said. "I like the time frame that it represents."

Sergeant Stephenson's collection is the real thing. He knows that because he's there when items are signed.

"There a lot of fakes on the market. This way I know the autograph is genuine," Sergeant Stephenson said. "Plus, (buying autographs) would also take away the thrill of meeting people."

The hunt may be rewarding but it isn't always easy. It takes "patience, lots of patience," Sergeant Stephenson. He's waited hours after concerts by back doors and tour buses to get autographs. He said it's worth it.

"This is a great way to meet interesting and famous people," he said.

Sergeant Stephenson said he doesn't know how valuable his collection is. He had no desire to sell it. The autographs are like the memories of getting them; priceless.

# 931ST AIR REFUELING GROUP

# EMPLOYER APPRECIATION DAY

## NOVEMBER 5, 2005

*RANK & NAME*

*SQUADRON/SECTION*

*WORK/HOME/CELL PHONE NUMBERS*

*EMAIL ADDRESS*

*EMPLOYER'S NAME/TITLE*

*COMPANY NAME*

*ADDRESS*

*PHONE NUMBER*

*EMPLOYER'S EMAIL ADDRESS*

Employer Appreciation Day is scheduled for Nov. 5, the Saturday of the November unit training assembly. This event offers the employers of the Group's Airmen the opportunity to see their employee's mission and military job up close.

Scheduled activities include a mission briefing, a flight on a KC-135 Stratotanker during an actual refueling mission, lunch, and time to visit employee work areas.

Participating Reservists are required to be in duty status, in uniform, pay for their own lunch and provide their employer a tour of their duty section and specific work area.

Reservists wishing to nominate their employer to participate should

complete this form and submit it to the 931st ARG Public Affairs Office, Suite 221 in the Group headquarters building. Forms may also be faxed to (316) 759-3393, requested by email sent to [david.fruck@mccconnell.af.mil](mailto:david.fruck@mccconnell.af.mil) or mailed to:

*Maj. David Fruck, Public Affairs Officer  
53280 Topeka St., Ste. 221  
McConnell AFB, KS 67221*

The selection of employers to participate is subject to mission requirements is not guaranteed. Priority is given to employers who have not participated in previous employer events.

*This form is for 931s ARG PA use only. Completion of this form is completely voluntary. Cooperation is appreciated.*



## SPIRIT SHORTS

### AGR positions available

Air Force Reserve officials are looking for officers and enlisted people to fill full-time Active Guard and Reserve positions. In the past 15 years, the number of slots has increased from 400 to more than 1,900 authorizations.

Opportunities exist in many specialties with a large concentration in security forces, combat rescue, intelligence, maintenance, space, pilot and personnel.

Reservists in the AGR program serve under the authority of Title 10 of the U.S. Code and receive most of the benefits afforded to the active force. They qualify for an active-duty retirement, provided they attain career status and can serve 20 years active federal military service.

More information and application procedures, as well as more details on the program, is available on the AFRC Web site under job opportunities at:

[WWW.AFRC.AF.MIL](http://WWW.AFRC.AF.MIL)

### Free concert at McConnell

Three country music acts are scheduled to perform for free at McConnell AFB Sept. 10 from 4 to 9 p.m. Lori Frank, Two Way Traffic and Dan Colehour are using the concert to say thank you to all the mili-

tary members stationed at or near McConnell AFB for their service.

Call Master Sgt. Johnny Stephenson at (316) 759-3587 for more information or visit:

[WWW.LORIFRANKE.COM](http://WWW.LORIFRANKE.COM)  
[WWW.TWOWAYTRAFFIC.COM](http://WWW.TWOWAYTRAFFIC.COM)  
[WWW.DANCOLEHOUR.COM](http://WWW.DANCOLEHOUR.COM)

### United offers discount airfare

Members of the U.S. armed forces are being offered discount airfare by United Airlines through Jan. 31, 2006. Calling United Reservations at (800) 241-6522 is the only option for purchasing the reduced fares. Spouses and dependent children are also eligible for the discount. All eligible passengers are required to carry proper identification.

### Tanker Conference

The Airlift Tanker Association conference is being held Oct. 28-31 in Nashville, Tenn. The Group can send up to four members. Airmen interested in attending should submit their name to their commander. Nominees should be submitted to the 931st executive officer, Maj. Rebecca Fox no later than Aug. 22. Call Maj. Fox at (316) 759-4736 for more information.

### Web site offers high-tech, hands on cardio education

Making the transition to a healthier lifestyle can make the difference between life and death for patients with cardiovascular disease. Through detailed illustrations, testimonials from other patients and other cutting-edge technologies, the CardioConnection Web site takes patient education well beyond the doctor's office. The site gives patients access to comprehensive health education tools from their home computers.

The CardioConnection site was created by the Air Force's Center for Excellence in Medical Multimedia and features 3-D animations of cardiac-related symptoms and procedures, personal testimonials from patients and heart-healthy dietary tips. The Web address for the new site is: [WWW.CARDIOCONNECTION.ORG](http://WWW.CARDIOCONNECTION.ORG)

### Job site for spouses

Spouses of military members looking for employment are encouraged to visit a Web-site designed to enhance their opportunities. The site includes employers committed to hiring military spouses and seeks to connect employers with a talented, global, diverse workforce. [WWW.MILITARYSPOUSEJOBSEARCH.ORG](http://WWW.MILITARYSPOUSEJOBSEARCH.ORG)

## — SPIRIT SPOTLIGHT —

**Airman 1st Class Sara Cox** is a Wichita, Kan., native who has been in the Air Force for 4 months.

**Job Title:** Medical Administrator

**Civilian job:** Forklift and Computer Operator

**Favorite way to relax:** Sleeping in front of the TV

**What annoys me:** Singing out of key to the radio

**Most influential person in my life:** My brother. He's a tanker in the Army and currently is in Iraq. He has seen a lot of terrible things and continues to remain positive.

**What I'm listening to:** Anything and everything

**What I'm reading:** A ton of magazines, all kinds

**If I won \$1 million, I would:** Invest a little. Buy a new car and a new home. Remain the Reserve but quit my full-time job.



Aerospace Medicine Flight

Desert Bound from page 1

## Welcome Newcomers

TSgt Cynthia Edwards  
Operations Support Flight

SrA Patty Gillespie  
Aerospace Medicine Flight

SrA Matthew Pracht  
Aircraft Maintenance Squadron

SrA Scott Scurlock  
18th Air Refueling Squadron

A1C Sara Cox  
Aerospace Medicine Flight

A1C Neil Parks  
Aircraft Maintenance Squadron

A1C Timothy Porter  
Civil Engineer Squadron



PHOTOS BY TECH. SGT. JASON SCHWAB



(Above) Senior Airman Luke Mahoney sits with five other 931st Security Forces Airmen on a bus taking them to the airport Aug. 12. The Airmen were on their way to Kirkuk Air Base, Iraq, where they were scheduled to be stationed after volunteering for six months in Iraq. (Left) Security forces troops practice firing weapons at night before deploying for their six-month tour.

## New commander of MSF takes over

Maj. Kerry Lehman took command of the Military Support Flight during a ceremony last unit training assembly. His predecessor, Capt. Martha Kuder is now in Maj.. Lehman's former position, 931st ARG performance planner.



Maj. Kerry Lehman

Before he was the performance planner, Maj. Lehman was the executive officer of the 18th Air Refueling Squadron, the flying squadron of the 931st ARG.

He was also a KC-135 Stratotanker navigator with the 18th ARS before all KC-135 navigators were replaced by onboard computers.

Maj. Lehman has been in the Air Force for 17 years and is an Arkansas native.

memory for most of them. Even their leader, Master Sgt. Gary White, 31, looks especially young for a master sergeant.

Two of the deployed Airman, Staff Sgt. Jared Arrington and Senior Airman Patrick Strange, are young husbands and fathers. Airman Strange's wife, Tianna, is due with their second child a month after he gets to Kirkuk.

On the day he left, Airman Strange turned back one last time to see his family before getting on the airplane. His face was red and his eyes watered. Tianna could be heard crying throughout the gate area, reminding everyone her husband and his comrades weren't the only ones "volunteering" to help U.S. efforts in Iraq.

"She supports me," Airman Strange was quoted in the largest newspaper in Wichita, Kan., that day. "She supports everything I do."

Families of several security forces Airmen from Seymour Johnson AFB, N.C., also were saying goodbyes that day. The Airmen were on their way to team up

with the 931st Airmen to form a security squad at Kirkuk AB. The Seymour Johnson Reservists also volunteered for duty in Iraq. Sergeant White, the 931st's security forces chief, will be in charge of the combined squad.

"We already know them. They joined us for predeployment training in Nevada a few months ago," Sergeant White said. "I have a good team. We work well together."

One of Sergeant White's troops, Senior Airman Ryan Jarboe, said he's confident in the Airmen he's deploying with because of what he saw at the security training in Nevada. "Some of the Airmen there kept messing up (during the security training). They didn't want to be there," he said. "We got things right the first time."

Airman Jarboe and the rest of his squad are scheduled to return in February. More information about the air base they will help keep secure is available at: [WWW.AFNEWS.AF.MIL/IRAQ/KIRKUK.HTM](http://WWW.AFNEWS.AF.MIL/IRAQ/KIRKUK.HTM)

# WICHITA WEEKEND

## Wranglers' Baseball

**Aug. 19-20** — The antics of the Zooperstars, live music and refreshment specials accompany the Wranglers against the Corpus Christi Hooks Friday. Gates open 5 p.m. The Wranglers host the Hooks again Saturday with post-game fireworks to celebrate one last game before school starts. Games begin 7 p.m. Call (800) 677-4824 for tickets or go online to:

[www.wichitawranglers.com](http://www.wichitawranglers.com)

## VeggieTales Rockin' Tour

**Aug. 20** — "If you like to talk to tomatoes, if a squash can make you smile," then the Kansas Coliseum has a show for you. Classic VeggieTales characters, as well as new and old friends, put on a show for the young and old featuring everyone's favorite silly songs. Show starts 7 p.m. Call (800) 362-3247 for tickets or go online to:

[www.selectaseat.com](http://www.selectaseat.com)

## Kansas City Chiefs

**Aug. 20** — The Chiefs host the Arizona Cardinals in exhibition football at Arrowhead Stadium in Kansas City at 7:30 p.m. The ticket office in the Robert J. Dole Community Center is offering a limited number of tickets through Aug. 17. Buy one ticket for \$27 and the second ticket is free. Call ITT at (316) 759-6007 or Outdoor Recreation at (316) 759-4432 for more information.

## At the Movies



### BAD NEWS BEARS

**FRIDAY, AUG. 19 7pm**  
1 hr. 51 min. A lawyer forcing the Little League to accept all players regardless of talent convinces a washed-up pro to become the coach of the worst team in league history.

**MPAA Rating:** PG-13 for rude behavior, language throughout, some sexuality and thematic elements



### CHARLIE AND THE CHOCOLATE FACTORY

**SATURDAY, AUG. 20 7pm**  
1 hr. 52 min. Johnny Depp is the eccentric candy maker in this remake of the classic tale of a boy from an impoverished family who wins a tour, along with four other children, through the Willy Wonka factory.

**MPAA Rating:** PG for quirky situations, action, mild language

*Movies are shown at the McConnell Air Force Base Theater and are subject to change.*

*Admission is \$3.50 for adults, \$1.75 for children 11 and under. Doors open 30 minutes prior to showtime.*

**McConnell Movie Line - (316) 759-4181**

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