

WARRIOR

Vol. 1 No. 32
November 19, 2010

Healing Power

Tech. Sgt. Eva Graney (left), 509th Medical Group physical therapy NCO in charge, works physical progression with a patient, Nov. 5. Sergeant Graney works with the physical therapy staff to ensure patients make strong recoveries, regardless of how mild or severe the injury. See Pages 10-11 for story and more photos.



U.S. Air Force photo by Senior Airman Kenny Holston



CFC extended

The 2010 Combined Federal Campaign has been extended to Dec. 15 to offer Department of Defense employees an additional chance to donate to a charity of their choice. Unit representatives are still available to offer assistance and collect donations. See Page 3 for a complete list of unit CFC representatives.

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Whiteman Airmen to receive new gas masks

Whiteman recently received sufficient supply of the new M-50 Joint Service General Purpose (gas) Mask to begin the replacement of the MCU-2 A/P mask to emergency responders.

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509th CES prepares snow removal equipment for winter

It's that time of year again. Trees are engulfed with golden leaves or bald limbs. Winds are getting colder causing stinging-rose cheeks. These signs foreshadow the coming Midwest winter.

WEATHER

Today	Sunday
Sunny	Partly Sunny
Hi 58	Hi 66
Lo 39	Lo 55

Saturday	Monday
Mostly Sunny	Rain
Hi 58	Hi 66
Lo 50	Lo 42

Weather courtesy of the National Weather Service

509th BW team brings Fairchild Trophy back to Whiteman



Courtesy photo

"The Dark Knight," the 509th Bomb Wing mascot, represents Team Whiteman among base leadership at the first Global Strike Challenge at Barksdale AFB, La., Nov. 16 and 17. Read next weeks Whiteman Warrior for the results and photos of the challenge. During score posting events, teams displayed team spirit and mission heritage by donning competitive gear representative of their unit traditions as well as incorporating team mascots into activities.

BARKSDALE AIR FORCE BASE, La. — Airmen from the 509th Bomb Wing whooped and hollered in celebration late into Wednesday evening as Air Force Global Strike Command announced the overall winners of the first-ever Global Strike Challenge.

The 509th team brought home several individual and team honors including the top bomber category, the Fairchild Trophy, for the fifth time in the trophy's history and capping the months long bomber, missile and security forces competition with trophy presentations honoring historical events and leaders.

The host, AFGSC commander Lt. Gen. Frank Klotz, was also joined by Under Secretary of the Air Force Ms. Erin Conaton, Air Combat Command commander Gen. William M. Fraser III, 8th Air Force commander Maj. Gen. Floyd Carpenter, 20th Air Force commander Maj. Gen. C. Donald Alston, command chiefs, industry leaders, community leaders and past winners for the culminating event at historic Hoban Hall here, Nov. 17.

Teams from the 509th Bomb Wing were recognized in the first-ever Global Strike Challenge for superior technical and weapons system expertise in the following award categories:

Fairchild Trophy for Best Bomb Wing, 509th Bomb Wing, Whiteman AFB

Charlie Fire Team Trophy for Best Security Forces, 509th Bomb Wing, Whiteman AFB

Best Bomber Crew Chief Trophy, 509th

Bomb Wing, Whiteman AFB

Best Bomber Conventional Load Team Trophy, 509th Bomb Wing, Whiteman AFB

Best Security Forces Firing Trophy, 509th Bomb Wing, Whiteman AFB

Individual members from the 509th were also recognized in the following categories:

Tibbets Trophy for Best B-2 Operations Squadron: 13th Bomb Squadron, Whiteman AFB, Mo. Crew: Maj. Matthew Newell and Capt. Daniel Knerl.

Best M203 shooter: Senior Airman James Doan, 509th SFS.

Best M9/M4 shooter: 2nd place, Airman 1st Class Warren Smith, 509 SFS; 3rd place, Tech. Sgt. Christopher Camara, 509th SFS.

Best Security Forces Firing Team: 509th SFS, Tech. Sgt. Roy Chavez, Tech. Sgt. Christopher Camara, Staff Sgt. Brandon Bendele, Senior Airman Chung Richmond, Senior Airman James Doan and Airman 1st Class Warren Smith.

Participants included Air Force Global Strike Command's six wings, in addition to units from Air Combat Command, the Air Force Reserves and the Air National Guard. See the Nov. 26 edition of the Warrior for complete coverage and images of the event.

Pet purchase tips for the holidays

By Dr. Joanna Kuecker
Whiteman Veterinarian

As the holiday season approaches, some may think about purchasing a puppy or kitten as a special present. Whether a new pet is expected or unexpected, there are factors to consider before purchasing a new pet.

First is whether to purchase from a breeder or adopt from a humane society or rescue organization.

Breeders are either licensed by the State of Missouri or are unlicensed. Not all unlicensed breeders are bad, but there is no guarantee that the animals are treated humanely or have been given adequate veterinary care. Humane societies fall under the same animal care requirements as licensed breeders.

Breeders must adhere to the Animal Care Facilities Act of Missouri. Breeders in Missouri can be identified as one of four types

Blue Ribbon Licensed Breeders meet requirements above and beyond those that the law mandates for animal care

Standard licensed breeders meet all of the requirements of the animal care laws in Missouri.

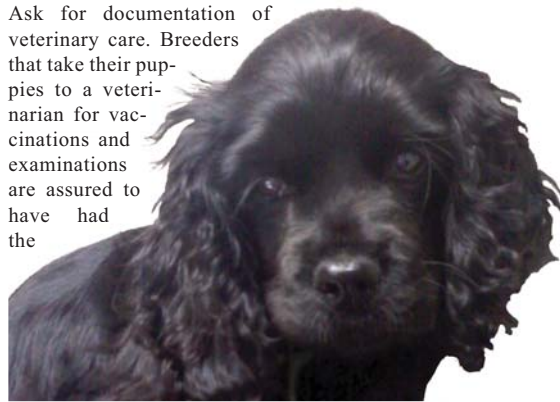
Exempt breeders either have three or less breeding females or breeds only for show or competition.

Unlicensed breeders do not meet the requirements of Missouri State Law and are operating illegally.

There are other considerations for purchasing from a breeder. Make a site visit to the facility. Breeders who do not allow visits may have something to hide. The breeder may make a claim that people bring disease into the facility. When appropriate measures are taken, the risk of disease transmission is minimal.

Once there, ask to see the parents of the puppy. This can give insight into possible size and temperament, and may show obvious signs of some genetic diseases. Breeders should not be breeding puppies from parents that have some eye conditions, hip problems, knee problems or skin conditions. Ask for documentation of

veterinary care. Breeders that take their puppies to a veterinarian for vaccinations and examinations are assured to have had the



proper immunizations and preventative medicine procedures. This is one of the big reasons a puppy should cost several hundred dollars.

Many breeders administer their own vaccinations. They should provide documentation of the vaccinations that include the date of vaccination and the stickers from the vials that show the expiration date and serial number.

Handwritten or computer generated reports can be completed by anyone and do not ensure the vaccination was actually given.

Ask to see a copy of their state license. The license is only good for one year, so check the date as well.

To report an unlicensed breeder or any cases of suspected animal abuse, go to the State of Missouri Department of Agriculture website, <http://mda.mo.gov/animals/ACFA/barkalert>, and complete an anonymous report.

Another option is adoption. This service is not free, buyers are paying for veterinary procedures completed like vaccinations, parasite treatment and examinations. Patrons are also helping to off-set housing and feeding costs. These are typically less than purchasing from a breeder.

Many facilities have pure-bred animals that meet breed standards, but will not have "papers" that define parental lineage. Some facilities even have breed wait lists that a person can register with to be contacted when that breed comes in.

One common misconception with shelter animals is they are damaged. The vast majority are perfectly adaptable to becoming a pet. Many are surrendered from owners who passed away or could not afford the care of an animal anymore.

There is an application procedure to ensure that the adopter will be a good pet owner. They may even ask to speak with a personal reference. This is only to help ensure the animal's welfare once it leaves the facility.

With the Internet, finding a homeless pet is even easier. One popular website is www.petfinder.com. Petfinder consolidates information from several different animal shelters to help refine searches. People can search by the area of the country, pet breed, size, age and gender to find animals available for adoption.

Many larger humane societies have their own websites.

Some local stray facilities include Wayside Waifs in Kansas City, Mo., (816) 761-8151, the Warrensburg, Mo. Animal Shelter, (660) 747-7156, and the Central Missouri Humane Society in Columbia, Mo., (573) 443-3893.

Once patrons have chosen their new pet, the Whiteman Air Force Base Veterinary Clinic is available to ensure that all vaccinations and preventative medicine care is current for dogs and cats of active duty and retired military members.

For more information contact the veterinary clinic for an appointment, Monday through Wednesday and Friday from 8:30 a.m. to 3:30 p.m. at (660) 687-2667. Patients should bring record information with them on their first visit.

Showing AF pride with service before self

By Master Sgt. Aaron Mulder
319th Logistics Readiness Squadron first sergeant

GRAND FORKS AIR FORCE BASE, N.D. -- As a first sergeant, I am continually amazed at the dedication and selflessness of my fellow Airmen in the 319th Logistics Readiness Squadron and the men and women here.

In the last week, I have seen Airmen volunteer to support the Northland's Rescue Mission serving Thanksgiving meals, cleaning up the Ralph and Alerus Centers to support squadron holiday parties, gathering items for deployed personnel overseas, supporting the veteran's stand down, cleaning up the Grand Forks Chamber of Commerce in Grand Forks, N.D., and the list goes on.

We all lead busy lives and it is easy to go to work and go home without noticing everything going on around us. Nevertheless,

as Air Force members, we understand that we are part of something bigger, which is the Profession of Arms. Despite all of our other commitments like family, mission and many more, giving back is just something we do.

During the holidays, I have noticed that most of us are in an especially giving mood. A friend of mine started a new Thanksgiving tradition of going to the Rescue Mission to serve meals to the homeless.

When I was a kid, I remember a Thanksgiving tradition my mom would do. She would bake cookies and my six siblings and I would deliver them to the elderly in our neighborhood.

As you spend time with your families during the upcoming holiday season, think about what you might do to give back to the community. Here are some things you might consider:

- Visit a nursing home and spend some time with the residents

- Offer to assist the local Veteran's of Foreign War with projects

- Serve meals at a local homeless shelter
- Put together care packages for deployed co-workers

- Invite a deployed co-worker's family over for Thanksgiving or Christmas dinner

These are just a few examples of how you can give back during the holiday season. As Air Force members, one of our core values is "service before self." This applies to our personal lives as well as our careers in the Air Force. This time of year can be especially hectic, but what I have learned in my life is that material gifts fade over time, but giving of yourself will last long after those material gifts end up in the summer garage sale. Please remember our fellow servicemembers during this holiday season and take care of their families here at home as well. Thank you for all that you do every day, HUA!

THE WARRIOR

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The deadline for article submissions to the Warrior is Noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions does not guarantee publication.

For more information, call the Warrior office at (660) 687-6123, e-mail: Whiteman.Warrior@whiteman.af.mil, fax us: (660) 687-7948, or write to us at:

509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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

NEWS BRIEFS

CFC Representatives

To make a contribution to the CFC, contact the following assigned unit project officers or the installation project officers:

Staff Sgt. Maurice Ingram, 509th Bomb Wing; **Capt. Dan St. Clair**, 509th Operations Group; **Master Sgt. Gary Lustig**, 509th Maintenance Group; **1st Lieutenant Amanda Patton**, 509th Mission Support Squadron; **Capt. Christopher Hollis** and 509th Medical Group; **Master Sgt. James Bradley**, 131st Bomb Squadron; **Tech. Sgt. Davey Mohn**, 72nd Test; **Capt. Keith Yersak**, 442nd Fighter Wing; **Tech. Sgt. Joseph Linstedt**, 19th Munitions; **Technical Sgt. Jason Parent**, 372nd Training Squadron; **Senior Airman Brian Thomas**, 325th Weapons Squadron; and **Chief Warrant officer Tom East**, Army.

Department of Defense employees can also log onto to www.heartlandcfc.org to donate or for more information.

Whiteman Inn renovations

The Whiteman Inn is currently upgrading all rooms in Bldg. 3200 and two temporary living facilities today. Upgrades include new beds with pillow top mattresses, sofas, lounge chairs, carpet, flat screen TVs and wireless Internet service.

Road closure

Arnold Avenue will be closed between 8th and 9th Street, and one block west, Sunday from 7 a.m. -7 p.m. to refurbish the B-47 static display.

Uniforms needed

The moulage team requests old battle uniform, desert camouflage uniform, battle dress uniform and flight suits for upcoming exercises and inspections. Those who have uniforms can donate them to Staff Sgt. Amanda Richardson in the Optometry Clinic. For more information call (660) 687-3937.

Pitsenbarger award nominees

The Air Force Sergeants Association is seeking nominations for the 2011 Pitsenbarger Award. The AFSA Pitsenbarger Award annually recognizes an Air Force enlisted servicemember who has performed a heroic act, on or off duty, that resulted in saving a life or preventing serious injury to another person or persons. The heroic act must have placed the nominee in risk of personal danger and been a legitimate attempt to save life or prevent serious injury to another person or persons. The award period is Jan. 1 through Dec. 31. Nominees must be Air Force enlisted active-duty, Guard or Reserve. Organizations and base-level personnel must contact their MAJCOM, FOA or DRU for applicable suspense dates and additional information regarding nomination procedures. Mail nominations directly to Air Force Sergeants Association, ATTN: Military and Government Relations, P.O. Box 50, Temple Hills, Maryland, 20757-0050 (if you use express mail, send nominations to 5211 Auth Road, Suitland, Maryland 20746) by: March 1, 2011. For more information on this and other Air Force recognition programs, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil> or call the Total Force Service Center at (800) 525-0102.

Parade of our own



U.S. Air Force photo by Senior Airman Carlin Leslie

Jeffery Throop (left), 2011 Tournament of Roses president and his wife, Angel, receive a tour from Staff Sgt. Steven Bussey, 509th Bomb Wing historical property manager of the Oscar-01 missile facility, Nov. 10. The B-2 Spirit bomber will fly over the Rose Bowl Parade, Jan. 1, 2011.

Whiteman Airmen to receive new gas masks

By Airman 1st Class
Montse Ramirez
509th Bomb Wing Public Affairs

Whiteman recently received a sufficient supply of the new M-50 Joint Service General Purpose (gas) Mask to begin the replacement of the MCU-2 A/P mask to emergency responders.

Training at this Air Force Global Strike Command base is already ongoing at the 509th Security Forces Squadron.

At this time, only those who are required to maintain a personal gas mask will receive training and have one issued in December.

"We are currently drafting a training plan for the entire base populace that's integrated with a chemical, biological, radiological, nuclear and high yield explosives survival skills training," said Staff Sgt. Aaron Morris, 509th Civil Engineer Squadron NCO in charge of emergency management logistics and training. "The training will be implemented around the first of the year."

Currently, all branches of the Armed Forces are not using the same mask. The JSGPM will be used by all services and will ease difficulties down range by requiring only one type of mask and replacement parts to maintain.

M50 JOINT SERVICE GAS MASK



"This mask is lighter and has better functionality than the current MCU-2 A/P," said Capt. Sandra Roley, 509th CES readiness and emergency management flight commander. "This will make it easier for servicemembers to perform their duties while donning a gas mask."

According to Captain Roley, some of the superior functions of the M-50 JSGPM are: improved field of vision, drinking system, helmet and sighting systems and speech capability.

The mask has two filters which provide a 50 percent improvement in breath-

ing resistance and more than 24-hour protection against chemical agents. Additionally, the filter system allows the capability to change filters in a CBRNE environment.

The gas masks were inspected upon receipt and will have to be returned to 509th LRS every two years to be re-tested.

Training on the new gas masks for Airmen who are not first and emergency responders will be performed at the CBRNE classroom.

For more information contact emergency management (660) 687-6222.

Whiteman Airmen help bring Thanksgiving dinner to families

By Airman 1st Class Montse Ramirez
509th Bomb Wing Public Affairs

Airmen at this Air Force Global Strike Command base are supporting Whiteman families by helping put together Thanksgiving baskets and plan to distribute them Monday. Through the Turkey Basket program, families who wouldn't otherwise be able to afford it, can have a traditional Thanksgiving dinner.

The base collected canned goods as well as monetary donations from Oct. 28 through Nov. 18.

"The program is very important because it gives Airmen the opportunity to take care of each other in a simple way," said 2nd Lt. Jessica Zencey, officer in charge of distribution section, 509th Logistics Readiness Squadron.

"It doesn't take a lot to donate a few items before walking out of the commissary," said Lieutenant Zencey. "It's a meaningful way to give back and be helpful."

Lieutenant Zencey said with the help of about 20 squadrons and 45 Airman Leadership School students putting the baskets together, they can achieve the same or greater outcome than last year.

Some goods available in the baskets are: turkeys, stuffing, gravy, pumpkin pie filling and pie crusts.

Each squadron has a point of contact responsible for putting boxes throughout their squadron to collect canned goods. There is also a big blue bin at the commissary to



U.S. Air Force photo/ Staff Sgt. Jason Huddleston
Airman Leadership School students bag canned goods to put together Thanksgiving baskets for the Airmen Families Program here, Nov. 21, 2009. This year, ALS students are expecting to put together nearly 200 baskets to be delivered to families Monday.

collect donations as well. Additionally, the ALS students will assemble the baskets.

"Last year we raised \$3,000 and a total of 210 baskets were given to families," said Lieutenant Zencey.

Squadron first sergeants are scheduled to pick the baskets and deliver them to their troops the Friday and Monday before Thanksgiving.

Master Sgt. Rob Jackson, 509th Force Support Squadron first sergeant, says the program is about giving thanks to Whiteman families.

"It's important to ensure our families are taken care of and remembered during the holidays," he said.

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To make an appointment with Dr. Hasek, please call Western Missouri Family Healthcare at (660) 563-5555.

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Rey Barajas, Auto Hobby Shop service mechanic, loosens the oil plug to drain the oil from a customer's car during an oil change service, Nov 6.



Rey Barajas, Auto Hobby Shop service mechanic, checks the tire pressure on the customer's car during the oil change service, Nov 6.



Rey Barajas, Auto Hobby Shop service mechanic, pours new oil into the engine of the customer's car to complete the oil change service, Nov 6. The Auto Hobby Shop provides low priced light mechanical service for the Whiteman community and services more than 2,800 cars annually. For more information or to schedule an appointment, call (660) 687-5689.

U.S. Air Force photos/Staff Sgt. Jason Huddleston



Rey Barajas removes the oil filter from the customer's car as part of the oil change service, Nov 6.

From the Frontlines: Senior Airman Ricky Mahaney

By Airman 1st Class Cody H. Ramirez
509th Bomb Wing Public Affairs

A 509th Force Support Squadron force management operations representative here left the comfort of his desk to face the challenge of the frontlines of Southwest Asia, Feb. 22.

Senior Airman Ricky Mahaney said his deployment wasn't as much of a change as he expected, but the experiences he received there will never be forgotten.

Leaving Air Force Global Strike Command, he worked directly under the 609th Air and Space Command Center as a commander's support section staff member.

"I worked enlisted and officer performance reports and decorations," he said. "The difference was I worked directly for the commander there. I was basically his personal CSS member."

Airman Mahaney said his main deployed duties were similar to work here, but he had the opportunity to work hands-on. He built Individual Battle Armor kits and arranged T-walls, or concrete road blocks. He also painted squadron insignias on the walls which identified nearby buildings.

"I used my hands a lot. I had never built anything until this deployment," he said, describing the difference between his work here and while deployed. "I was outside a lot more than I am here and I got away from the normal personnel jobs that I do here."

"I put together 15 sets of IBAs for distinguished visitors," he said. "I also made the wooden crosses to put their gear and helmet on."

Lt. Gen. Mike Hostage, U.S. Air Force Central Command, Southwest Asia commander, coined Airman Mahaney for his work put toward building IBAs.

"Airman Mahaney being coined isn't surprising," said Senior Airman Lindsey Jaxel, FSS force management opera-

tions representative who was deployed with Airman Mahaney. "He's a hard worker with a positive attitude and deserves the recognition."

Using his hands was a new concept Airman Mahaney became accustomed to. His deployment was also the first time he worked with the other military branches.

"I worked with the Marines, Navy and Army," Airman Mahaney said. "It was definitely a good experience to work in a joint environment."

Airman Mahaney had to work with Airmen in South Carolina to receive paperwork for EPRs and OPRs. He said the difference in time zones between the home station and his location gave him the opportunity to work on non-personnel related jobs.

"With my position, I had the luxury to do a variety of things," he said. "Since I was directly under the commander, I observed command meetings a few times a week. I sat amongst a handful of high ranking individuals along with important distinguished visitors, such as senators."

Along with visiting other bases on business, he said he was able to see the local downtown area; the malls, museums and castles.

"The most memorable part of the deployment was experiencing the culture and mingling with the local people," he added. "It was awesome. There is a big difference between our cultures, but it seems like it's becoming very westernized. Almost every local I met spoke English."

The area provided unique experiences for Airman Mah-



Courtesy Photo

Senior Airman Ricky Mahaney, 509th Force Support Squadron force management operations representative, holds a display-sniper rifle at an air show while deployed. Airman Mahaney said the show was a morale booster for deployed Airmen.

aney, but his family was still thousands of miles away.

"I missed my kids and wife. It's hard going without them for any amount time, and six months was difficult," he said. "I missed my son's second birthday, but thankfully I had the internet to stay in touch."

One hundred and seventy-eight days on the frontlines gave this Airman many opportunities and new experiences. He said he learned a lot in the short amount of time and looks forward to his next deployment.

"I've never experienced anything like it before," Airman Mahaney exclaimed. "When I get the opportunity, I'd like to go back."

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VALUABLE COUPON



Air Force photo by Senior Airman Jessica No
The 509th Civil Engineer Squadron pavements and equipment shop uses 8-foot
plows to clear snow off the airfield, an.

509th CES prepares snow removal equipment for winter

By Airman 1st Class Cody H. Ramirez
509th Bomb Wing Public Affairs

It's that time of year again. Trees are engulfed with golden leaves or bald limbs. Winds are getting colder causing stinging-rose cheeks. These signs foreshadow the coming Midwest winter.

The 509th Civil Engineer Squadron pavements and equipment shop has been preparing equipment to remove snow when it blankets Whiteman's streets and airfield.

The shop has 21 pavement and construction equipment operators, 29 augmentees of the 509th CES and nine ground equipment technicians, who can be called in to remove the white dust. Depending on the severity and amount of snow, the shop can split into two shifts, each working 12 hour days, said Tech. Sgt. Fred Denne, 509th CES pavements and equipment shop NCO in charge.

"We've already checked our snow equipment and ordered all the necessary replacement parts, such as broom bristles and blades, needed to clear the snow," said Sergeant Denne. "Having the proper equipment ready at a moment's notice is important with our job because the Air Force Global Strike Command's mission can't continue without the airfield being clear."

Clearing the flight-line for a variety of aircraft requires the use of heavy equipment, heavy being the key word. An 18-foot-wide snow broom, 20-foot-wide plow and 54,000-pound roll-over plow allow the airfield to be cleared in a timely manner, Sergeant Denne said.

"The Airmen and civilians maintaining the mission also need to be able to get to the airfield, so the streets are also important," he said. "It's a huge safety concern when you have people driving on ice and snow packed streets."

Dump trucks and pick-up trucks with plows and sanders clear the streets and parking lots.

Equipment isn't enough to keep Whiteman's airfield and streets cleared. Potassium acetate and sodium formate are snow melting chemicals used on the airfield. They have a lower corrosive reaction, compared

to the sand and sodium used in melting snow on streets and parking lots.

The last winter season brought 36 inches of snow, well above the winter average of 26.

"Our guys worked 39 straight days of 12 hour shifts during last year's winter," he said. "The mission can't continue if snow covers the flight line, so we work hard to ensure it's clear for take-off."

Removing snow is easier with the help of the community, said Sergeant Denne. The 509th CES pavements and equipment shop asks the Whiteman family to do a few small favors to ensure snow removal is done efficiently.

□ People who live or work on base and drive vehicles should not park on the streets when snow is in the forecast.

□ Yield to snow removal equipment. Heavy machinery requires a lot of power to accelerate, if they are allowed to continue at a constant speed, snow removal procedures run smoothly.

□ The shop only sands intersections and sharp corners, so ALL base personnel should be cautious while driving through ice or snow-packed roads.

In addition, the 509th Bomb Wing safety office recommends winter safety tips on local driving conditions and snow removal tips for the upcoming winter season.

"If you are driving slowly on U.S. Highway 50 during adverse weather, stay in the right lane," said Max Lafferty, 509th Bomb Wing safety office. "Driving extremely slow in the left lane actually increases risk of accidents."

Don't make abrupt steering or braking movements, look down the road to be aware of upcoming situations, watch for black ice and deer. Drive on the powdery portion of the roadway and avoid using your cell phone while driving during adverse weather, Mr. Lafferty added as local driving condition tips.

"As for snow removal; avoid strenuous shoveling activity, warm-up before shoveling or chipping at ice, bend your knees and be weary of slippery conditions," Mr. Lafferty concluded.

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A backs 19 million home loans

WASHINGTON (AFNS) — With mortgage rates at historic lows, veterans and military members continue to use the Department of Veterans Affairs home loan program in record numbers to purchase a home or refinance their existing loans.

Home ownership is one of the foundations of the American dream, said Secretary of Veterans Affairs Eric S. Shinseki.

A officials are honored to administer a benefit that, for two-thirds of a century, has profoundly affected the lives of our veterans, our military servicemembers, and their families.

Since the A Home Loan program began in 1944 as part of the Montgomery GI Bill, A officials have helped veterans by guaranteeing more than 19 million home loans, valued at more than 1 trillion. During the past four years, the number of veterans A officials have helped purchase a home has risen by 63 percent.

The A's foreclosure rate for the last nine quarters and serious delinquency rate for the last six quarters have been the lowest in the housing industry, even when compared to prime loans, according to a Mortgage Bankers Association's National Delinquency Survey.

In a time where other no-downpayment programs are almost non-existent and mortgage credit can be difficult to obtain, veterans and servicemembers have an avenue to obtain financing and take advantage of historically low rates through the A home loan program.

Most veterans, servicemembers, Reservists and National Guard members, as

well as some surviving spouses, are eligible for the program, which provides an opportunity for borrowers to qualify for no-downpayment home loans as well as regular and interest-rate-reduction refinance home loans.

A-guaranteed home loans are made by banks and mortgage lenders, with A ensuring payment of a portion of the loan if the borrower fails to repay the balance.

A unique aspect of the A's program is a commitment to help borrowers keep their homes if they encounter financial difficulties. During the past decade, A loan specialists have helped more than 150,000 families hold onto their homes when threatened by foreclosure.

Mr. Shinseki attributed the professionalism and savvy of A employees and the unshakeable sense of responsibility among veterans and military personnel as key factors for maintaining a low foreclosure rate on A-backed home loans.

As loan specialists can intervene on a veteran's behalf with the loan servicer to explore home-retention options, including repayment plans, loan modifications and forbearance. When home retention is not an option, A can help arrange a compromise sale or a deed-in-lieu of foreclosure, both of which are less detrimental to borrowers than foreclosure.

More information about the A Home Loan program is available online at www.homeloans.va.gov or by calling toll-free at 1-888-828-3022.

(Courtesy of the Department of Veterans Affairs)

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Officials stand up enlisted cyberspace defense operations career field

By Master Sgt. Raheem Moore
secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — Air Force officials added a new enlisted career field for cyberspace defense operators Nov. 1.

The new specialty code, 1B4 1, is a retrain-in only specialty focused on computer network operations. The initial 1B4 1 cadre will comprise Airmen who are retraining from intelligence and cyberspace support specialties.

The 1B4 1 cadre will solidify and strengthen our ability to establish, control, defend and leverage cyberspace, said Lt. Gen. William T. Lord, the chief of warfighting integration and chief information officer. Their expertise is vital to achieving information dominance in the cyber domain.

Air Force officials are investing in its cyberspace professionals, cultivating career fields that are trained and equipped as robustly as air and space forces, and this restructuring helps with that process.

Individuals were identified by their major commands based on current or past

duties, special experience identifiers and training courses they attended such as undergraduate network warfare training, said Senior Master Sgt. William Shaw, the cyberspace assistant career field manager.

The first enlisted course of undergraduate cyberspace training starts in January 2011 at Hiesler Air Force Base, Miss., and will comprise 12 students retraining into the 1B4 1 career field. Fifty Airmen per year are scheduled to attend UCT in fiscal 2011 and 2012.

The officer cyberspace defense operator AFSC stood up in May and the first class of 16 officers

will graduate from officer UCT in December.

Airmen in the 1B4 1 career field will also have the opportunity to attend professional continuing education for cyberspace. Officials will release guidance shortly on how Airmen can crosstrain into the 1B4 1 AFSC.

Major command officials will have to complete the identification and conversion process of enlisted members to the 1B4 1 career field by Nov. 30.



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Tech. Sgt. Eva Graney, 509th Medical Group physical therapy NCO in charge, works with Tech. Sgt. (ret.) Ben Anderson during a physical therapy session to help him recover from a torn rotator cuff. Nov. 5. Sergeant Anderson has been in therapy for two-and-a-half months and will continue therapy for another three months before making a full recovery.

By Heidi Hunt
509th Bomb Wing Public Affairs

The inner workings of the human body consist of a physical atlas designed to work together to give people life. The cardiovascular, muscular, nervous, skeletal and respiratory systems are complex and can be unpredictable. When a body's map experiences a road block, certain systems can require special attention.

Physical therapy technicians are here to ensure Whiteman Airmen are physically fit to complete the Air Force Global Strike Command mission. "Our mission is to rehabilitate patients who have been injured," said Tech. Sgt. Eva Graney, 509th Medical Group NCO in charge of the physical therapy clinic. "Whether it's an acute sprain, post-operative shoulder or a knee reconstruction, we focus on returning the body to a pre-injury or pre-surgical state. We instruct and monitor patient's progression through exercise and educate them on their body mechanics and posture."

The job of a physical therapist is to plan, develop and manage physical therapy programs and activities to ensure military members receive the quality of care they deserve.

"We try to figure out what generates their pain and depending on the diagnosis we will strengthen or stretch the soft tissues surrounding the joint," she said. "We facilitate the body's healing process."

"For instance if you sprain your ankle, we will put you through the acute ankle rehab which consists of treating the pain and swelling. This is done to increase your range of motion and once your joint returns to functional range, we focus on strengthening the surrounding muscles to keep the injury from happening again."

Additionally, physical therapists evaluate and treat patients by implementing research activities, conducting training, establishing professional standards and serving as a consultant to the medical staff.

A typical appointment at the physical therapy clinic brings about initial paper work, followed by a visit with the therapist so they can perform a manual evaluation on the concerned area.

From there, the therapist will make determinations about the patient and create a personal treatment plan if appropriate.

"The physical therapy evaluation involves a thorough manual evaluation using orthopedic special monitoring the joint throughout its full range of motion," she said. "There is a lot to be learned from listening to patient complaints and visually watching the joint move. From this evaluation, physical therapists make a diagnosis and determine what physical therapy can help. The objective is to get the patients from their point of pain to the point where their pain is gone or controlled, ultimately returning them back to a physically fit lifestyle."

"We know the Airmen have to get back to their jobs and we can help get them better so they can return to the mission," Sergeant Graney said.

Overall, the unit's work section encompasses their mission of team work, good communication and an optimistic attitude towards the patients.

"The physical therapy staff here works phenomenally well together," Sergeant Graney said. "We have fun and strive to make the rehabilitative process enjoyable and educational for the patient."



Staff Sgt. Lismarie Linares, 509th Medical Group physical therapy technician, props Senior Airman Matthew Richards, 509th Aircraft Maintenance Squadron, for his physical therapy appointment. Nov. 5. Sergeant Linares works to ensure patients make strong recoveries, regardless of how mild or severe the injury.



Tech. Sgt. (ret.) Ben Anderson undergoes intense physical therapy with Tech. Sgt. Eva Graney, 509th Medical Group physical therapy NCO in charge, after having surgery for a torn rotator cuff. Nov. 5. Sergeant Anderson has been in therapy for two-and-a-half months and will continue therapy for another three months before making a full recovery.



Tech. Sgt. Eva Graney, 509th Medical Group physical therapy NCO in charge, (left) helps a patient strengthen his shoulder during a physical therapy session. Nov. 5. The staff works together to treat patients recovering from both severe and minor injuries.

Deployed service members can read to their children a bedtime story it's a united routine reading routine

By Tech. Sgt. Scott Farley
5th Airlift Wing Public Affairs

DOVER AIR FORCE BASE, Del. (AFNS) — United Through Reading offers parents the chance to read to their children every day, an opportunity many servicemembers haven't had in the past.

The reading is recorded onto a DVD and sent with a copy of the book to the servicemember's child.

United Through Reading's partnership with the USO has led to a program that encourages children to read, but also encourages a family to read together, said Tech. Sgt. David Danner, a USO Delaware volunteer and coordinator of the local United Through Reading program. This program is available to any deployed or deploying troops.

Deployed servicemembers can go to more than 60 USO locations, or 200 other Department of Defense sites, to record themselves reading a book to their children. USO officials encourage servicemembers to be animated and personalize the book as much as possible.

It's very simple, Mr. Danner said. We have a small camera that records right to a DVD. We try to give the servicemembers some privacy and let them read. No one else sees the DVD but you and your family.

Deployed servicemembers are not limited to just one

book on one occasion.

According to Mr. Danner, servicemembers can read a book for each of their children, and participate at as many locations as they like.

Tech. Sgt. David Aceveda, a 44th Communications Squadron member at Joint Base Andrews Naval Air Facility, Md., read books to his children Sept. 24, before deploying in October.

This is wonderful for anybody who has a child and is going to be gone for a while, Sergeant Aceveda said. This means a lot to me, because this will really help them remember who Daddy is.

Sergeant Aceveda, whose two youngest children are both under two years old, said he wasn't nervous with the video camera and had done something similar in the past but had recently heard of this USO reading program during his pre-deployment briefings.

He added his older children, who were toddlers when he deployed to Kuwait in 2000, were able to speak to him on the phone, but it wasn't the same as being able to see him in the video.

They didn't correlate my voice to my face, Sergeant Aceveda said. That's why a DVD is especially important for kids, because they can watch Mom or Dad

as many times as they want. It's a very personal way for a deployed parent to keep a connection to his or her kids.



Air Force photo Tech. Sgt. Scott Farley. Tech. Sgt. David Aceveda reads a children's book in front of a video camera Sept. 24, 2010, inside the 5th Community Center on Dover AFB, Del., as part of the United Through Reading program.

White man can exchange cars up prices for post-holiday savings

By Emma-ayne Swan
Whiteman Base change

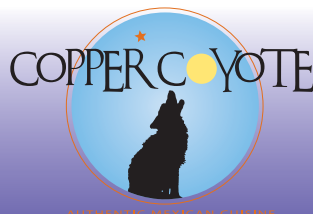
The Whiteman Exchange will be open from Nov. 26-27, beginning 4 a.m., for post Thanksgiving shopping, often referred to as Black Friday.

Items for sale include electronics, jewelry, clothing and everything in between. Shoppers will find a Sony 52" LED TV for just 1,499, a savings of 500. Hewlett Packard desktop bundles for 349 and 400 savings on a one-and-a-half karat Moissanite stud earrings in 14 white or yellow gold. Additionally, all Coach Handbags will be 25 percent off from 5-7 p.m.

"On Nov. 27, beginning at 6 a.m., sales will include 55" Sharp LED TVs for 1,399, 25 percent off all fashion jewelry, Sony Blu-ray players for 99, two karat 14 white gold black diamond stud earrings for 199, a 60 percent savings, Magellan RoadMate 1420 GPS units on sale for 59 and more," said Becky Stover, Whiteman Exchange manager.

The first 200 shoppers to visit the Whiteman Exchange Nov. 26-27 receive scratch-off cards offering a variety of specials including 100, 50 and 25 gift cards, 10 off any purchase of 100 or more and 25 percent off Nike apparel.

"Pricing is going to be dynamic through the end of the year," said Ms. Stover. "We are going to be making adjustments throughout the holidays to ensure the Exchange is providing the best possible value for authorized patrons."



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Safety First attentive winter driving

By Airman 1st Class Jose Hernandez
inot Air Force Base Public Affairs

INO AIR FORCE BASE, N.D. — With freezing temperatures right around the corner, it is essential for Air Force Global Strike Command drivers to take precautionary measures to ensure their vehicle is well prepared to handle the wintry weather conditions ahead.

Staff Sgt. Joshua Dehoet, 5th Security Forces Squadron police services noncommissioned officer in charge, stressed the importance of maintaining a sharp level of awareness and caution while on the road this winter.

He explained one of the biggest mistakes drivers commit during the wintertime is continue their normal driving habits despite the accumulation of snow on the roads.

Driving the speed limits is often faster than what weather conditions allow for in the wintertime, he added.

He stated that during the first snowfall there is an average of seven snow related vehicle accidents on base.

They usually involve drivers who have never driven in the snow before, he said. Many will need to adjust and learn how to control their vehicle properly in these conditions.

One of his biggest recommendations to drivers is to winterize their vehicles before the snow season is in full swing.

Ray B. Utter, 5th Force Support Squadron auto hobby center supervisor, agrees with Sergeant Driskell in that preventative maintenance for the winter is essential.

Drivers should visit their local tire shop and see if they can install either snow, studded or all-weather tires on their vehicles, Mr. Utter said. These all help with braking grip.

Ensuring vehicles are equipped with all the proper fluids to handle winter conditions is also important, he said.

He recommends using synthetic motor oil designed for winter conditions. Drivers can consult their manufacturer's manual to figure out the correct oil viscosity level that should be used.

A good mix of 50/50 antifreeze and water is also recommended, continued Mr. Utter. Straight antifreeze in a vehicle's system will slush up if there is no water mixed into it.

Furthermore, Mr. Utter advised having a winter survival kit if traveling long distances or just as a precautionary measure.

A good safety kit includes a flashlight, blanket, candles, matches, shovel, snacks, metal coffee can, a gallon of potable water and a bright flag, Mr. Utter said.

These items are useful for travelers if they become stranded out in the middle of the countryside, explained Mr. Utter. A lit candle inside a metal coffee can will act as heater and a shovel can be used to prevent the exhaust pipe from clogging up which will guard against the buildup of carbon monoxide inside the vehicle.

Whether drivers choose to ride in a four-door sedan or a four-wheel drive pickup truck this winter, it is important they take the necessary precautions to ensure the safety of not only themselves but of their colleagues as well.

Socially acceptable



Air Force photo by Senior Airman Carlin Leslie

iera Coleman left, daughter of Ake and Staff Sgt. Angela Ooden, Airman Family Readiness Center C in charge and Yla Ellington, daughter of Christi Atkins, stare intently before devouring an ultimate sundae at the AFRC Cream Social, Nov. 1. More than 100 children and their parents attended the social honoring spouses and children, of deployed members with pie and ice cream.

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Military youths set a liability of deployment

By Master Sgt. Brandon Neil
Goodfellow Airman and Family Readiness Center

OODFE O AIR FORCE BASE, e (AFNS) — More than 60 military children experienced first-hand what it's like for their parents to deploy thanks to a group of more than 100 joint service volunteers during Goodfellow Operation IDS 2010 Nov. 13 here.

Operation IDS gave youths ages 5 through 18 the opportunity to play the role of their military parents for the day. The participants, most accompanied by a parent, started the day with a telephone recall instructing them to report to the primary deployment location, the event center, at their respected chalk times.

The new recruits then presented their deployment orders and were issued identification cards, dog tags, a mobility bag backpack and a uniform T-shirt. They also processed through a mobility line where they spoke with base representatives from the chapel, finance, legal, Airman and family readiness center and medical group. They were issued money from finance and immunization tablets candy, much like the mobility line their parents go through.

The troops were then given a specific intelligence mission brief covering flight plans and enemy threats before proceeding to a deployed air base. At the deployed location, each troop conquered a Marine Corps obstacle course, confined space tunnel and were instructed on proper use of various fire rescue vehicles. Members of the 1st Security

Forces Squadron also presented a military working dogs demonstration to show how the -9s apprehend and subdue enemy intruders. Before leaving the deployed air base, the troops got a glimpse of the top secret Norma Brown Trainer; specific mission details remain G-14 classified.

After counterinsurgency training, the troops departed for forward operating base Camp Discovery. After arriving at Camp Discovery, they were welcomed and briefed by the deployed commander and first sergeant. Each troop was also given specific rules of engagement and preceded to the next stage of their training.

The troops received hands-on weapons training from the 1st SFS members, special techniques by Air Force Office of Special Investigations special agents, moulage treatment from medical and hand-to-hand fighting techniques from Soldiers. All of this training came together as the troops embarked on a humanitarian mission to a local village when the squads came under fire by hostile enemies armed with high-pressure chemical and biological assault weapons Silly String. Thankfully, the squads were able to squash the ambush and arrive safely back to Camp Discovery.

Upon arrival back to Goodfellow Air Force Base, the veterans were greeted by a crowd of cheers, waving flags and a welcome home party. After a traditional American lunch, all deployed members received a certificate of deployment, American flag and a military brat coin for heroism in the face of adversity.



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Food & Entertainment

TODAY 11/19

Traditional Drawing Class Deadline ~ Arts & Crafts

Sign up by noon today for this single session class scheduled November 20, 10 a.m.-2:30 p.m. Cost is \$40, supplies included. Call 687-5691 today!

Sharing a Christmas Cheer Deadline ~ Arts & Craft

Today is the sign up deadline for the Christmas ornament class hosted by the Arts & Craft and Community centers. Make a Christmas ornament to keep for yourself or to give to that special loved one. Cost is \$3 per ornament. Event is scheduled November 22, 4-5:30 p.m. at the Community Center. Call 687-5691 to reserve a spot today!

Stained Glass Class Deadline ~ Arts & Crafts

Learn the art of stained glass. Six-week open enrollment class scheduled every Tuesday, 5:30-8:30 p.m. Cost is \$95, supplies included. Sign up by noon the Friday prior to class. Call 687-5691 to reserve a spot.

SUNDAY 11/21

Football Frenzy ~ 11 a.m.-7 p.m. ~ Mission's End

Football Fans! Join us every Sunday to watch your favorite team on the big screen TVs. Club members can enter to win a trip to the Super Bowl or one of two regular season games! Plus, End-of-Season bonus drawing for \$5,000 in gift certificates. Call 687-4422 for more details.

MONDAY 11/22

"Fall Back" Prices ~ Royal Oaks Golf Course

Monday through Friday from 8 a.m.-2 p.m., for the remainder of the season, play 18 holes at the nine hole rate. Sorry, no rain checks, refunds or reduced rates for just playing nine holes. Call 687-5572 for more information.

Blue Plate Special ~ 11 a.m.-1 p.m. ~ Mission's End

Today's special: chicken Cordon Bleu, rice pilaf, green beans, a side salad and a roll. Just \$6 for members; \$8 nonmembers. Call 687-4422 for more details.

Grill Specials ~ 11 a.m.-1 p.m. ~ Mission's End

Check out November's grill specials Monday through Friday during lunch. Your choices this month are Terriyaki pork and pineapple sandwich or Chorizo crusted Tilapia sandwich. Cost is \$6.50 for members; \$8.50 nonmembers. Call 687-4422 for more information.

Family Night ~ 5-7 p.m. ~ Mission's End

Members, join us for a kid friendly buffet. This is a club members only event. Call 687-4422 for more details.

TUESDAY 11/23

Free Bowling Days ~ 3 p.m.-Closing ~ Stars & Strikes

Purchase \$6 from the snack bar, receive three free games and shoe rental when you present your receipt at the bowling counter. Can't make it today, stop by Thursday, same time, same place. Call 687-5114 for more details.

WEDNESDAY 11/24

Wire Jewelry Class Deadline ~ Arts & Crafts

Sign up by noon today for this single session class scheduled November 30, 9-11 a.m. Cost is \$20, supplies included. For more information, please call 687-5691.

Cook's Night Off ~ 4-7 p.m. ~ Mission's End

Call in your order to 687-4422 anytime before 3 p.m.; pick up between 4-7 p.m. It's that easy! A perfect meal that feeds a family of four! November's menu is chicken fried steak with mashed potatoes and gravy, sauteed vegetable blend, buttermilk biscuits and red velvet cake. Cost is \$15.95 for members; \$18.95 nonmembers. Call 687-4422 for more details.

THURSDAY 11/25

Federal Holiday ~ Thanksgiving Day

Please visit www.whitemanforcesupport.com or the back of the Connection for facility hours of operation.

FRIDAY 11/26

Air Force Global Strike Command Family Day

Please visit www.whitemanforcesupport.com or the back of the Connection for facility hours of operation.

Family Bowling Day-All Day! ~ Stars & Strikes

All day today, bowling and shoe rental are 50 cents each. Includes Cosmic Bowling! Contact the Bowling Center at 687-5114 for more details.

Thanksgiving Sweeper
Nov. 20, 1-5pm

S-game sweeper

- 1 game bowled on 5 pairs of lanes
- Handicap is based on 80% of 210
- Entry fee \$20 per person:
 - \$7.50 for bowling
 - \$12.50 prize fund

Prizes

- 1st place \$110
- 2nd place \$85
- 3rd place \$70
- 4th place \$47.50
- ** Based on 25 entries

Enter early or sign up at event.

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A Touch of Class
AT ROYAL OAKS GOLF COURSE

December 3, 2010
6 to 9 p.m.

Menu choices: Prime Rib or Tomato Basil Stuffed Chicken Breast
Dinner includes a pre-set salad with house dressing, roasted red potatoes, green beans, a dinner roll and dessert, coffee and tea.

Social hour: 5:30-6:15 p.m.

Dinner: 6:30 p.m.

Seating: Ten tables for four & ten tables for two
Table assignments will be made in the order of the reservations received. If you wish to sit with another couple, please specify when you make your reservation. This event is limited to the first 30 paid couples.

Cost: \$30 per couple; \$25 for E-4 and below

Reservations: Please reserve your table Nov. 1-20. Your R.S.V.P. is your pre-paid reservation.

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Holiday Tree Lighting, 5:15 p.m.
& Open House, 5:30 p.m.
November 30 @ Missions End

THE POLAR EXPRESS
Pajama Party!

After the Tree Lighting, jump on the Polar Express in your PJs at the club to kick-off the Holiday Season!

Make a free craft; enjoy music, children's bingo, entertainment & yummy hot chocolate and cookies!

Santa is available for the children & photos; a chance to capture the family Christmas card photo so **BRING YOUR CAMERA!**

Plus, we draw the winners of the FitFamily campaign—a \$500 Visa card!

Do you believe? Can you hear the bell?

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Youth & Teen Events

Before & After School Openings ~ Youth Center

School Age Program currently has openings for Before & After School Program. Please call the Youth Center at 687-5586 to enroll your child today!

SATURDAY 11/20

Turkey Shoot & Cheer Camp ~ 9:30-11:30 a.m.

Youth, ages 5-18, join the Youth Center for a free turkey shoot competition beginning at 9:30 a.m. Score the most baskets and win a turkey just in time for Thanksgiving! In addition, youth ages 5-12, can join in on a free cheer camp during the Turkey Shoot beginning at 10:30 a.m. Call 687-5586 for more details.

MONDAY 11/22

National Fine Arts Program ~ Youth Center

The Youth Center is accepting artwork from youth ages 6-18 years old throughout November. The Youth Center is one of more than 4,000 clubs and military organizations across the country joining in the search to identify talented young artists. Youth may submit artwork to the Youth Center for selection. Selected artwork will then be sent to the Boys and Girls Club headquarters for judging at the national level. Interested youth may contact the Youth Center at 687-5586.

Basketball & Cheerleading Deadline ~ Youth Center

Today is the registration deadline for youth basketball, ages 5-9 & grades 4-8, and cheerleading for ages 5-12. Cost is \$35 for members; \$45 nonmembers. Call 687-5586 for more details.

Dentokan Karate ~ 4-5 p.m. ~ Youth Center

Classes are offered every Monday and Wednesday for youth ages 6-18. Cost is \$35 for members; \$45 nonmembers per month. For more information, please call 687-5586.

TUESDAY 11/23

Torch Club Meeting ~ 4-5 p.m. ~ Youth Center

Preteen, ages 9-12, learn to work together to plan and implement activities. Torch Club meets every Tuesday during the school year. Cost is free. Call 687-5586 for details.

Keystone Club Meeting ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, meet to discuss leadership and community involvement. Nonmembers are welcome to join! Call 687-5586.

WEDNESDAY 11/24

Teen Sports Club ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, enjoy basketball, flag football, indoor soccer and more in the Youth Center gym every Wednesday. Cost is free! Call 687-5586 for more information.

THURSDAY 11/25

Federal Holiday ~ Thanksgiving Day

Please visit www.whitemanforcesupport.com or the back of the Connection for facility hours of operation.

FRIDAY 11/26

Air Force Global Strike Command Family Day

Please visit www.whitemanforcesupport.com or the back of the Connection for facility hours of operation.

FCC NEWS!

Returning Home Care

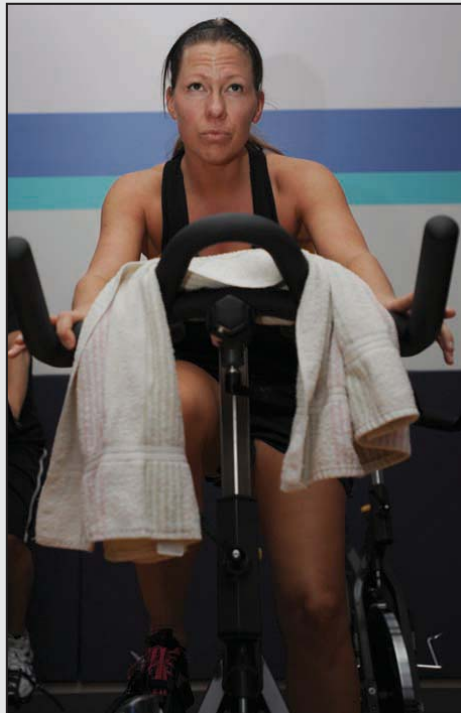
Military members returning home from a 30 day or longer deployment are entitled to 16 hours of FREE child care for each child 12 years old and younger. Come to the FCC office for an application prior to participation.

Home Community Care

Guard/Reserve parents who are single, dual Guard/Reserve, or whose spouse is working, are eligible to use this free program for the primary UTE weekends. Care for the HCC Program is provided in an EDC or EDC-temp home. Come to the FCC office for an application prior to participation.

For more information about any FCC programs, please call 687-5590.

Along for the ride



Air Force photo by Senior Airman Carlin Leslie
Heather Crist, wife of U.S. Army Chiefarrant Officer Allen Crist, concentrates on speed and form during her spin class. The Fitness Center's Spin Class is offered Monday through Saturday throughout the day and is just one of the multiple workouts offered on the aerobic schedule. For more information call 660-4341.

NAF le — Non-Appropriated Funds sale is Tuesday at Whiteman Inn, Bldg. 3200 from 8 a.m.-2 p.m. Items for sale include bed frames, box springs, mattresses, lounge chairs, ottomans, love seats, dining chairs, comforters, curtains, and televisions. Customers are responsible for moving items at time of sale. Cash or check only.

C l e , D e — You, Your Children Divorce is a 90-minute class is offered twice a month on the second and fourth Tuesday from 11 a.m. 12 30 p.m. It is for individuals with children who are in the process of divorcing. Class content focuses on helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. Call 660 68 -4341 for additional information.

N e e S — New Parent Support Program is an education outreach program available to all expecting parents, and parents with children through the age of two. In-home visits from a registered nurse and a licensed social worker will provide professional advice, educational material and resources for both parents. For more information call 660 68 -4341.

D e B — Dad's the Basic's is a four-hour workshop for new dads to learn about caring for

their new baby. The workshop is taught by other dads. It will be held on a Saturday morning from 8 a.m. to noon every three months. Call 660 68 -4341 for next workshop date and location.

S A R e e (S AR) — Shifting Angry Response Patterns is a four-session class offered every month on Thursdays from 10-11 30 a.m. for individuals interested in learning effective strategies for understanding and managing anger. Reservations required, call 660 68 -4341.

e e R e l E — Prevention Relationship Enhancement Program is a communication workshop for couples married, engaged and or dating) who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a Friday from 9 a.m. 3 p.m. Call 660 68 -4341 for the next workshop date and location.

— 1-2-3 Magic is a two-session research based parenting skills class is offered twice a month on the second and fourth Tuesday from 2 4 p.m. It teaches parents easy-to-follow steps for disciplining children ages 2-12 without yelling, arguing or spanking. Parents will learn how to get their kids to stop doing what they don't want them to do and encourage them to start doing what they

want them to do. Parents will also learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660 68 -4341.

C S e e e — Common Sense Parenting is a research-based class offered in three, 90-minute classes every month and is scheduled according to the parent's needs. The Family Advocacy Program offers two different classes. One for parents of children ages 3-5 and another for parents of children ages 6-16. This class will demonstrate how to give clear messages, stay calm and teach your child self-control as well as prevent misbehavior. Reservations required, call 660 68 -4341.

IC — A nutrition education, health promotion and supplemental food program aimed at assisting women, infants and children who have special nutritional needs. WIC office personnel will be at the Airman Family Readiness Center on Tuesdays and Thursdays at 8 30 a.m. First time attendees, who want to sign up for WIC, must call their office first for details at 660 4 -2012.

S l O e The School Liaison Officer is available to assist military families with questions or issues in regards to kindergarten

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Saturday
7 p.m.
Secretariat

Diane Lane, John Malkovich — Penny Chenery is a devoted mother and housewife whose ailing father is the proprietor of Meadow Stables in Virginia. Penny prepares to prove that gender has no bearing on one's ability to breed a fast race horse. As Secretariat blasts out of the gates to leave his competition in the dust the whole world watches in amazement, and a legend is born. Rated PG (brief mild language) 105 min

Sunday
3 p.m.
Case 39

Reene Zellweger, Ian McShane — In her many years as a social worker, Emily Jenkins believes she has seen it all, until she meets 10-year-old Lilith and the girl's cruel parents. Emily's worst fears are confirmed when the parents try to harm the child, and so Emily assumes custody of Lilith while she looks for a foster family. However, Emily soon finds that dark forces surround the seemingly innocent girl, and the more she tries to protect Lilith, the more horrors she encounters. Rated R (violence and terror, including disturbing images) 109 min.

Happenings Continued from page 1

through 12th grade schooling options. The SLO works to develop partnerships with the local school districts. The SLO is located in the Airman Family Readiness Center, and can be reached at 660 68 - 132.

e I — The Whiteman Inn is open 24 hours a day. All active duty, retired, Reserve and Guard members and Depart-

ment of Defense civilians, including family members of authorized personnel, are eligible for space-A lodging reservations throughout the military. Reservations can be made up to 120-days in advance, space permitting. Call 660 68 -1844 to make a reservation. For more information on lodging at any AFB, call 1-888-AFLODGE 235-6343 .

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2. Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
3. Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
4. Only one free ad*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. *People who are PCSing may place more than one ad and sell the items at any price.

5. Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
6. Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
7. Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
8. Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
9. Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
10. Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
11. The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
12. Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

Public Notices 6 Public Notices 6 Help Wanted 90 Misc. For Sale 135 Apartments For Rent 207 Apartments For Rent 207 Apartments For Rent 207 Houses For Rent 209

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125 W. Pine St., WSBG (next to Fitter's)

Hair & Nails

HAIR DYNAMICS Stylist needed. Part or full time. Commission or booth rental offered. Call Angela at 660-747-3033.

Pets & Supplies 117

FREE TO GOOD HOME:
3 Month old male kitten, long striped coat, very loving & sweet. Good with children & other pets. Accessories included. Call 301-281-3927. sa

Misc. For Sale 135

LIGHT TAN COUCH, \$30. BBQ grill with propane tank, \$30. Smoker grill with propane tank, \$50. Call 660-864-4802. sa

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Warrensburg
660-747-8419

**Your Ad
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Apartments For Rent 207

303 S. STATE ST. 2 BR apt, stove & refrigerator, newly remodeled, laundry facilities available, water & trash paid, 12x30 garage, no pets. Available now! \$370/month + \$370 deposit, military discount. 660-563-9051

**DEERBROOK
APARTMENTS**

1 & 2 Bedrooms
from \$365
Water,
Sewer &
Trash
Included!

• Laundry • Pool
• Free Wireless
Internet

2 miles from WAFB
563-3518
deerbrookapartments.com

Don't forget to add your e-mail address to your classified ads!

Apartments For Rent 207

NEWER DUPLEX
3 BR, 2 full baths,
very nice.
Very close to Base.
Easy access to 50
Hwy. Appliances
included, all electric.
2 car garage.
\$725 per month.
Pets OK.
Call 816-522-3922

**VISIT OUR
WEB SITE
AT:**

**WSBGHOME
RENTALS.
COM**

*Then call to see
the insides.*

660-747-6969

Apartments For Rent 207

STUDIO Appliances, trash paid, laundry facilities, 12x30 garage, all utilities paid, 303 S. State St., Knob Noster. \$375/month + \$375 deposit. NO PETS. 660-233-6107 or 660-563-9051 for appointment.

CUTE 1 & 2 BEDROOM APTS. in 4-plex. Some utilities included. Laundry. Off street parking. Military discount. \$379-\$399 rent/deposit. No smoking and no pets. 660-429-6455

Houses For Sale 249

LAKE RIDGE, WARRENSBURG MO
7 miles to Whiteman AFB



Beautiful 5 Bedroom Home
Living Room, Family Room with Fireplace, Dining Room, Kitchen with Appliances, 3 Full Bathrooms, Large Deck and Concrete Patio. Large Corner Lot with Backyard, Privacy Fence.
Priced under appraised value - \$258,000
660-890-4898

Houses For Rent 209

COUNTRY Home, 3 BR, 1 bath, garage & studio apt., stove, re-frig, large deck. Pets ok with deposit. \$750 rent + deposit. 775-722-6951, 775-722-2213

**PEOPLE WHO READ
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PARENTS**
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Houses For Sale 249

Services Offered 69

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Guaranteed Stress-Free
Finals! Covering
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for over 14 years!
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work. Short notices
possible. Only 1 day
needed! Call
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Services Offered 69


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Local Shuttle
Service. Great Rates!
660-232-5230
Anytime Night or Day


S-T-O-P !!!
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address to your classified ads!

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MLS realtyatwhiteman.com
"Serving the area for over 25 years"
 600 South State Street (Across HS Athletic Field)

HOMES OF THE WEEK

 1201 SE 125 Road
\$119,900

 204 Bluebird
\$134,900

 1120 S. Windsor St.
\$100,000

 2806 South Street
\$78,900


Wendy Anderson 660-441-5349
 Milton James 660-233-3021
 Kathy Zink 660-563-3812
 Robert Palomo ~ Broker/Owner

Duplexes For Rent 210
 IN LEETON, 2 BR with garage, utility room, 15 minutes from WAFB, excellent school system, small town living. Call (660)351-2201

Houses For Sale 249

Townhouses For Rent 213
 LARGE 2 BR (1165 sq.ft.) & 3 BR (1265 sq. ft.), 1-level, all appliances, garage, security system, no smoking or pets. Sedalia. (660)826-4509 or 460-0779.

Houses For Sale 249



Log Home on 3 Wooded Acres in Oakshire 3 BR, 4 full baths, vaulted great room/kitchen combo, large dining area/sun room, walk-in tiled shower in Master, loft area & 2 bedrooms up, family room & bath down, pine floors throughout, possible tax credit for VA qualifiers. \$209,900.

Karen - Realty Executives 816-697-4000

Houses For Sale 249

Houses For Sale 249

FOR SALE BY OWNER



8 ACRES, 2300+ SQ. FOOT HOME
 3 bedrooms, family room with fireplace, living room, large deck, 2 outbuildings, chain link fenced backyard, drilled well. Property sets on blacktop 3 miles west of Windsor, MO
\$113,000
660-890-4898

Houses For Sale 249
 3 BEDROOM, 2 BATH, Split-level home, recently renovated, including roof, interior/exterior paint, flooring & bathrooms. 816 E. Market, Warrensburg. (660)229-1969.

UPDATED + NEW ELECTRICAL + plumbing. 9' Ceilings, custom oak cabinets & Italian tile in master bath. Close to school, 2-car garage with shop area + 2nd storage shed. Price: \$135,000. Location: Smithton. 5 BR + office, 2 baths, 2394 sq. ft. Call 660-619-5823. sa

Lake Property For Sale 267
LAKE OF THE OZARKS - Fall special! Building lots starting at \$3950 - \$69 down, \$69 per month. 3 +/- acre tracts starting at \$7950 - \$99 down, \$99/month. Beautiful wooded areas, no credit checks, owner financing. Free lake access and boat ramps. Sale ends Nov. 22nd. Hwy 135 Between Stover & Sunrise Beach, Missouri. Take Lake road 135-12 to Ivy Bend office. Closed Tuesdays, Wednesdays and Thursdays. Call till 7 pm everyday. (573)372-6493 www.ivy-bend-landoffice.com

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 1:00 - 3:00
 816 Laurel



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 3 Bedroom Ranch with Finished Walk out Basement.
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OPEN HOUSES
 Sunday, Nov. 21st from 1pm-3pm

 **RANCH HOME IN QUIET SUB DIVISION**
 Directions: North on Hwy 23 left on Irish Lane, right on Angus Lane Right on W 7th Street Terrace to 1501
 MLS 39308

 **RANCH HOME ON BASEMENT**
 Directions: North on Hwy 23 left on Irish Lane, right on Angus Lane, Left on 7th Street Court to 1807
 MLS 39139

 **IDEAL STARTER HOME**
 Directions: South on Hwy 23 to signal light, left on McPherson to Grant, Left on Grant to 111
 MLS 38372

 **UNIQUE SPLIT FOYER HOME**
 Directions: South on Hwy 23 to Division Road left on Division Road, left on 961 Road, right on 10 Road to 964
 MLS 39469

Joseph LeMay, Broker/Owner
 Marty Harrison • Cheryl Maimer
 Roger Schwenneker • Kim Neer



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