509th Bomb Wing

442nd Reserve Fighter Wing

Serving the Whiteman Community Maritime Expeditionary Scenrity Squadron 11 Det. D

IIII

1-135th Attack Battalion

131st Guard Bomb Wing

Vol. 2 No. 18 May 6, 2011



Staff Sgt. Edwin Origel, 509th Medical Operations Squadron bioenvironmental technician, samples the level of alpha particles in the air here May 3. These samples are part of a study to see how far radiation has reached from the Fukishima Dai-ichi nuclear plant meltdown. All readings have been normal and radiation spikes are not expected, however, in support of the study bioenvironmental sampling will continue until further notice.

WAFB Bioenvironmental assists in worldwide radiation study

Story and photos by Airman 1st Class Cody H. Ramirez 509th Bomb Wing Public Affairs

The Air Force is currently sampling air radiation levels globally in a study to assess the effects of the Fukushima Dai-ichi nuclear plant melt down.

The 509th Medical Operations Squadron bioenvironmental engineering shop is measuring alpha particles in the air around Whiteman in support of this study.

"We are checking to see if the alpha radiation readings are within the normal limit here," said 1st Lt. Ken Kirk, 509th MDOS environmental health and readiness element chief. "Basically we're seeing if any of the effected air from Fukushima is reaching as far as Missouri and if there is anything different from our usual background readings.

"An abnormal amount of alpha particles inhaled could lead to health concerns, so we want to ensure the levels of radiation in the air are safe"

Team Whiteman welcomes the Honorable Andrew C. Weber, Assistant to the Secretary of the Defense for Nuclear, Chemical and Biological Defense Programs.

the lieutenant added.

Lieutenant Kirk said they set out air monitoring equipment with filter paper attached. They start by testing the fresh filter to get a background reading. Then they measure it in 5 minute segments for the next 15 minutes and then at 50 minutes.

"There is always naturally occurring radiation," said Capt. Crystal Brown, 509th MDOS occupational health element chief. "What we are getting right now is radon, which is a radioactive breakdown of rock.

"Things as simple as hu-

midity and wind can cause radiation fluctuation in the air, so multiple readings under the same conditions give us a more accurate average to record," the Captain added.

The alpha particle counts from the filter paper have been normal since the tests began and no increased radiation levels that would pose a health risk are expected according to Lieutenant Kirk.



Staff Sgt. Edwin Origel, 509th Medical Operations Squadron bioenvironmental technician, adjusts air monitoring equipment to sample alpha particles in the air here May 2.

Lieutenant Kirk said that without inhaling, ingesting, or absorbing through open wounds large amounts of alpha radiation, they don't pose much of a threat.

"Alpha particles are stopped by your skin and your clothes, its radioactive dust," he said. "It has very little hazard unless exposed to in large doses. The risk is low due to the fact that alpha radiation only travels a very short distance through air."

Whiteman Exercise

Whiteman AFB is conducting an exercise the first half of this month in support of a Department of Defense program that reviews policy for the safety and security of U.S. military resources. Local residents may see and hear exercise activity, which will include the use of blank ammunition, noise producing simulators and smoke; however, exercise operations will not inconvenience local residents.

ON THE INSIDE

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Nuclear enterprise relies on its personnel

Air Force Global Strike Command and Whiteman Air Force Base provide combat ready forces for nuclear deterrence and global strike operations.

8-9

Team Whiteman celebrates **National Nurses and** Medical Technician Week

509th The Medical Group is joining the American Nurses Association in celebrating National Nurses and Medical Technician Week at this Air Force Global Strike Command base May 6-12

1 ()



From the Frontlines: Master Sgt. Shane Lacaillade

Master Sgt. Shane Lacaillade, 509th Medical Operations Squadron, NCO in charge of clinical operations flight and functional manager, returned from his deployment to Southwest Asia Feb. 26.

WEATHER	
Sunday	
Partly Cloudy	
Hi 85	
Lo 67	
Monday	
Partly Cloudy	
Hi 85	
Lo 69	
Weather Service	

Commentary



Eighth Air Force Office of the Commander Barksdale Air Force Base, LA 71110-2279

Commander's NOTAM - Nuclear Weapons-Related Materiel

Mighty Eighth,

It's critical to maintain the accountability and serviceability of sensitive equipment associated with our most

powerful weapons. Nuclear Weapons-Related Materiel (NWRM) are nuclear combat delivery components that are design-sensitive and necessary to authorize, arm, rearm, launch, release or target nuclear weapons. While you may not deal with NWRM on a daily basis, you still need to know what equipment needs to be accounted for and be vigilant in identifying and reporting NWRM discrepancies should the occasion arise. In other words, every Airman is ultimately responsible to ensure positive control of this equipment and materiel.

Misplacing or damaging NWRM can have serious implications for our nuclear readiness. Our maintenance and munitions Airmen handle NWRM daily, as do our material management and distribution experts, and they do outstanding service for our country. Solid communication at all levels is needed to prevent loss or damage of NWRM. While your Logistics Readiness Squadron (LRS) commander is the appoint-

ed NWRM Accountable Officer, accountability is not his or her job alone ... all of our Airmen must work together and ask questions when ambiguity exists. You must report any discrepancy to the LRS commander as soon as you identify a problem.

The bottom line is this: NWRM is a zero-defect business. Everyone must ensure 100 percent accuracy to maintain security of this important materiel.

Maj. Gen. Floyd L. Carpenter

The things people say...

By Col. Kathleen Dunn-Cane 509th Medical Group Commander

Have you ever thought about the things people say and the impact it has?

I am the youngest of five and have lessons learned from my family. I vividly remember my first visit to the dentist. Imagine being surrounded by four kids telling you that you were going to be tortured. My siblings took great pleasure in telling me this and I believed every word. I wouldn't even open my mouth for the exam. Even being threatened by the dentist that he was going to bring my mother into the room couldn't convince me to open my mouth.

My parents had to resort to bribery to get me to consent to an exam. Bribery wouldn't work for fillings; I had to be sedated for any dental work until I was 10 years old. All as a result of my siblings playing a joke on me. I won't even mention how bad I was for having blood drawn or getting immunizations.

It used to embarrass my parents to bring me into the hospital for any care. Luckily, as I got older, I too was embarrassed and decided I needed to get over my fears and learned to calm down. Who would have thought I would later become a nurse or have anything to do with medicine? In my family, my two oldest sisters were considered smart. The rest of us always felt like we were not smart or would ever achieve anything. It's nothing my parents ever did or said; it was a feeling we had from the day we started school.

The belief was so strong that when my sister went to college to become a home economics major, she refused to take any chemistry or math classes because she felt she could not pass them. When she graduated, she had very few opportunities because she did not focus on any specific specialties.

When I went to college, I knew I wanted to become a nurse, but I honestly never thought I was smart enough to graduate. I went thinking I will give it a try with a backup plan of becoming a nurse's aide if I was not able to graduate. In fact my grades my first two years were not good because I didn't believe I would pass.

Sometime during my junior year, I had an epiphany and it occurred to me that I might actually graduate and become a nurse. From that day on, my grades improved. I started studying and focusing on doing well in my classes versus just trying to get by. I graduated and passed my nursing boards. To me that felt like nothing short of a miracle. All those years of believing I was not smart convinced me I would not be successful. I can't say enough that I never heard that from my parents. They thought all of us could be anything we wanted to. It was the years of thinking I was not smart.

Once I realized I was capable of graduating my world opened up. Think of the possibilities, maybe I could do anything just like my parents told me all of those years.

I think we can all go back to a time when someone said something that changed our lives, both positively and negatively. Have you ever made that comment in a joking matter and thought nothing of it? In one instant, we can change some one's life.

As the Bible mentions in James 3:4, "A bit in the mouth of a horse controls the whole horse. A small rudder on a huge ship in the hands of a skilled captain sets a course in the face of the strongest winds. A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it!" We all need to consider what we say, to whom we say it and when. Have your words build people up versus bringing them down.

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

Join the marrow registry

The Western Missouri Medical Center is holding a marrow registry Tuesday from 7:30 a.m.-12:30 p.m. Donors must be between the ages of 18 and 60 and be willing to donate to any patient in need and meet the health guidelines. For more information contact (660) 563-3271.

Officers' Spouses' Club

The Whiteman Officers' Spouses' Club is holding their last social before the summer at 6:30 p.m., May 12 at the Montserrat Vineyards and invites all Team Whiteman officers' spouses' to join. Contact Chris Templin for information, (660) 687-0113 or visit www. orgsites.com/mo/whitemanosc/

Youth Center book drive

The keystone club is sponsoring a book drive for the women's shelter. Drop off new or gently used children's books by May 13 at the youth center, to support their national project "Educate 2 Elevate," a national campaign aimed to bring awareness to inequalities in education. The keystone club is dedicated to promoting academic success, career preparation and community service among its teen members. Interested teens can contact Kim O'Brien at (660) 687-5586.

Base-wide yard sale

The base-wide yard sale is May 20-21. Those planning to participate in the yard sale, must contact Kisha Hunter-Brown at the housing office, (660) 687-7692 and provide name and address no later than May 13.

B-2 Static display dates

A B-2 Spirit will be on display at Base Operations from 9 a.m.-1 p.m., May 20, June 10, June 24, July 15, Aug. 5 and Aug. 20, which allows members of Team Whiteman to bring their families to see the B-2 Spirit. Static displays are weather permitting and members are responsible for their guests while on the flightline. Security Forces will be on post and can answer questions about regulations and photograph guidelines. The aircraft will be roped off and patrons cannot enter restricted areas. For questions, contact public affairs at (660) 687-6121.

Whiteman Top Three announces scholarship grant

The Whiteman Top Three Association will award their annual program providing two-\$250 scholarship grants to Whiteman Air Force Base enlisted personnel and their families (E-1-E-6). Applications for the scholarship grants are available at the Whiteman Education Office. The application package consists of the application form and transcripts from previous classes and a single-page essay are due by June 30. For more information call Master Sgt. Nathan McCoy at (660) 687-5331.

Bomb Wing NCO receives STEP promotion



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

Brig. Gen. Scott Vander Hamm (right), 509th Bomb Wing commander, and Catherine Ingram "tack on" technical sergeant stripes to Maurice Ingram, 509th BW Equal Opportunity, during a Stripes for Exceptional Performance promotion presentation May 2. STEP promotions provide an opportunity to recognize some of the most deserving and hardest working people in the Air Force.

Nuclear enterprise relies on its personnel

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

Air Force Global Strike Command and Whiteman Air Force Base provide combat ready forces for nuclear deterrence and global strike operations. To en-

sure these forces are ready at a moment's notice, the Personal Reliability Program is set in stone here.

PRP is located in the base clinic and is dedicated to those who work with critical components and weapons here. PRP ensures those members are in top working condition, so they can provide safe, secure and effective handling of the nuclear enterprise.

There are two types of positions that require Airmen to be on the PRP program: critical and controlled. Critical positions are made up of bomb plosive ordnance disposal

Airmen and communications security personnel. Controlled positions consist of all armed security forces, logistics handler and transport personnel.

"The point of PRP is for the person to be responsible," said Staff Sgt. Jaime Vergara, 509th Medical Operations Squadron PRP monitor. "It is the patient's job to stay mentally and physically healthy and inform the clinic of any problems they might be experiencing."

Any change to a patient's health status is reported to the PRP monitor who decides



U.S. Air Force photo by Senior Airman Kenny Holston A Personal Reliability Program Airman fills out paperwork at the clinic here April 18. PRP ensures those who work with critical components here are in top working condition to provide crews, aircrew members, ex- safe, secure and effective handling of the nuclear enterprise.

> what choice of action should be made from there

> "Say someone has had headaches for more than a week and is taking over-the -counter drugs, but the medicine isn't working," Sergeant Vergara said. "If his headaches are still persistent, he may come into

the PRP clinic where the problem is evaluated. We find what the problem is, try and find a cure for it and ensure the medicine isn't going to adversely affect his working functionality"

The confident medical authority (CMA) here finishes evaluating the patient's health and sends his recommendations to the patient's commander, according to Sergeant Vergara.

"If the medicine could affect the member's alertness or motor skills, (basically daily function) then the CMA will recommend a temporary duty-suspension to the commander," the sergeant added.

The commander can either follow the recommendations or turn them down. If a suspension is passed, it lasts until a follow-up appointment at the PRP clinic.

Sergeant Vergara said the clinic doesn't want anyone working on critical components if they are mentally or physically unstable.

All of these precautionary measures ensure Team Whiteman forces are ready at a moment's notice to provide nuclear deterrence and global strike operations.

The PRP clinic has re-instatement hours Mondays through Thursday 7:30-8:30 a.m., and Fridays 7:30 a.m. to 4:30 p.m. For more information, call the (660) 687-5633.

Warrior correction

As many of our readers have pointed out, last week's issue of ing would be delayed due to logistical issues caused by the flood-The Warrior incorrectly reported that Highway DD would open by the end of the day April 29. After the paper went to press, the Missouri Department of Transportation announced that the open-

ing in southern Missouri. The Warrior apologizes for the inconvenience this has caused to our readers.



Where are you going?

Discover your direction.

All roads lead to State Fair Community College–Whiteman Air Force Base for an affordable and convenient education. SFCC is an accredited community college and you can earn an Associate of Arts degree with us—on-base or online. Classes are offered in convenient eight-week sessions.

Are you working on your CCAF degree? You can complete your degree online with SFCC! SFCC is an approved GEM educational partner. Visit www.sfccmo.edu/GEMlaunch for program details, approved classes, course start dates, and how to apply and enroll.

Get headed in our direction today! Summer classes start June 1.

NAVIGATION

3

60

Call us at (660) 563-3358 or stop by the Professional Development Center on base.







Above: A Bell Contracting Inc. employee tightens his grip as he scrapes between grooves of the concrete slabs that make up Whiteman's flightline ensuring any old silicon and foam has been removed before placing new silicone and foam April 26. Right: A Bell Contracting Inc. employee endures dirt and grime being blasted into his face as he sprays a pressure washer in the grooves of the concrete slabs that make up Whiteman's flightline ensuring any old silicon and foam has been removed before placing new silicone and foam April 26. BCI contractors are repairing large portions of Whiteman's flightline over the next several weeks in order to keep it in operational condition for flight operations.

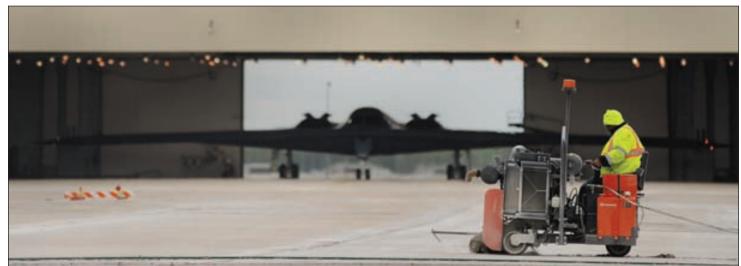


Flightline facelift





Far left: Bell Contracting Inc. employees discuss construction operations on the Whiteman flightline April 26. Left: A Bell Contracting Inc. employee looks across the Whiteman flightline as him and his co-workers make progress resealing the grooves between the concrete slabs that make up Whiteman's flightline April 26. Below: A Bell Contracting Inc. employee operates a high powered circular saw to ensure the last bits of old silicone and foam have been removed from the grooves in between the concrete slabs that make up Whiteman's flightline before resealing them April 26.



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

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Advertisements



PLACE YOUR AD

YOU GET RESULTS!

Say YES to youth volunteer programs

By Kimberly O'Brien

509th Force Support Squadron Youth Programs Teen Coordinator

Youth Employment Skills (YES) program is an onbase volunteer program for high school students and is offered through Whiteman AFB Teen Programs.

This program, underwritten by the Air Force Aid Society (AFAS), is a joint effort between AFAS and Air Force Services to offer high school students an opportunity to learn valuable work skills, "bank" dollar credits toward their post-secondary education and have a positive impact on their base community.

YES allows high school students to "bank" \$4 in grant funding for every hour volunteered in an on-base function. Students may accumulate as many as 250 hours over 4 years of high school combined, for a potential maximum of \$1,000 toward their future vocational-technical or academic endeavors.

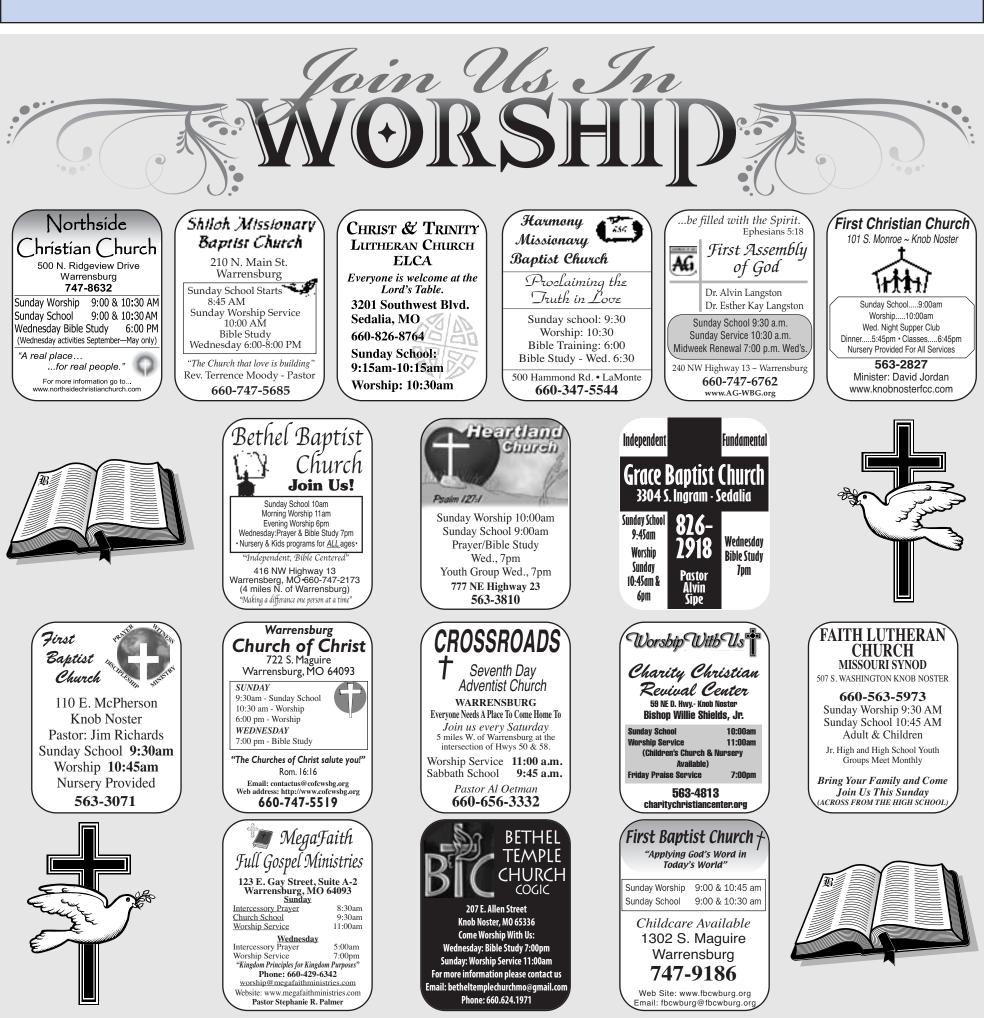
Additionally, the base is credited with \$2 for every volunteer hour; to be used in support of Whiteman AFB Teen Programs (up to \$10,000 per year).

Teen Programs is looking for base agencies that would like teen volunteers to learn various skills that will help them in future careers.

Student volunteers are interviewed for positions coordinated by youth director and base agencies appropriate for the YES program. YES volunteers are not be placed in the following positions: thrift store, cashier positions, chapel positions (administrative, childcare, choir, altar server, religious education, Bible School) base retail operations, waitressing, school program or any Red Cross position.

If there are agencies interested in the YES program, contact Kimberly O'Brien at (660) 687-5586.

(Submission courtesy of the 509th FSS Youth Center)



Team Whiteman celebrates National Nurses and Medical Technician Week



Above: Senior Airman Allison Bell, 509th Medical Operations Squadron pediatrics technician, listens to Kirsten Jamieson's heart beat May 3. Kirsten, age 2, is the daughter of Capt. Michael Jamieson and Mrs. Jamieson. The 509th Medical Group applauds their nurses and medical technicians during National Nurses and Medical Technician Week. Right: Staff Sgt. Bernard Greene, 509th Medical Operations Squadron immunizations technician, draws fluid from a syringe before administering a shot to a patient May 3.

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

By Heidi Hunt 509th Bomb Wing Public Affairs

Medical Technician Week at this Air Force Global Strike geant Lay. Command base May 6-12. The national theme of the week-long celebration is "Trusted to Care" and the purof nurses and medical technicians and educate the public cording to Sergeant Lay. about the role they play in meeting heath care needs.

The role of medics and nurses in the health care protogether seamlessly.

Since World War II, more than 99,000 nurses have served in the Army and Navy. This year marks the work harder," the airman said. 62nd anniversary of the Air Force Nurse Corps, which emerged from the Army Nurse Corps in July 1949.

U.S., but across the globe, nurses and technicians are MDG utilization manager and registered nurse. working tirelessly to provide quality care, seven days a week, 365-days a year," said Staff Sgt. Barbara Lay, and technicians put forth efforts year-round to ensure 509th MDG aerospace medical technician. "Illness nev- patients are provided with quality medical care yearer takes a holiday."

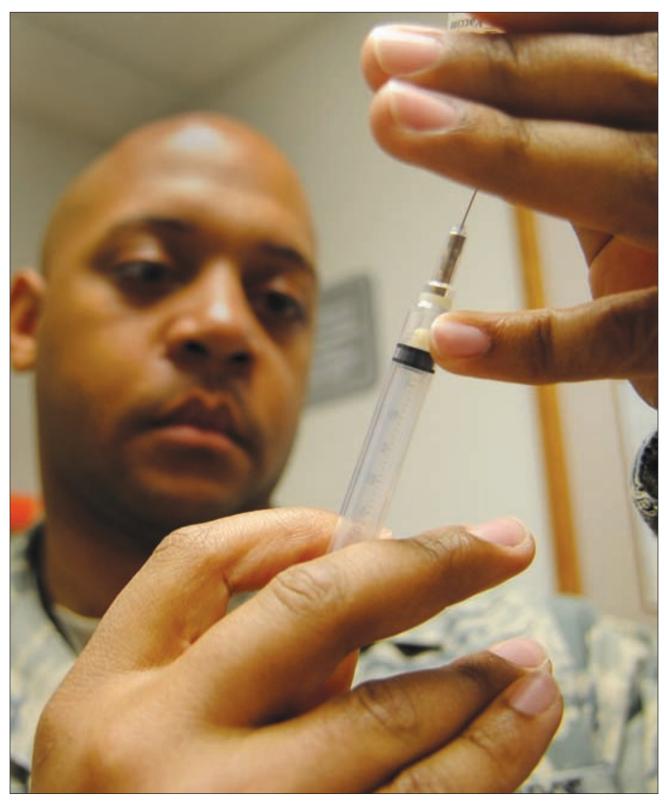
The 509th MDG employs more than 60 military and civilians nurses and technicians who dedicate and focus on the care of individuals, families and communities so The 509th Medical Group is joining the American they may promote or maintain optimal health and qual-Nurses Association in celebrating National Nurses and ity of life from conception to death, according to Ser-

As part of the celebration, the clinic will honor the 'every day heroes' with various events such as a lunpose of this celebration is to raise awareness of the value cheon, special treats and team building exercises, ac-

Airman 1st Class Holly Kimble, 509th MDG medical technician, said that the celebration lets her know fession is to embrace and treat patients while working that her work doesn't go unnoticed and shows how much they are appreciated for the hard work they do.

"We invite all Team Whiteman members to help honor these heroes by extending their gratitude and thank "It is important to remember that not only here in the a nurse or medic today," said Danellie Wilson, 509th

round



The Warrior 9 May 6, 2011

"I believe that when you are recognized, it makes you

Although the annual celebration is one week, nurses



Senior Airman Heather Reidenbach, 509th Medical Operations Squadron flight medicine technician, administers an eye exam to a patient May 3. The 509th Medical Group applauds working nurses and medical technicians during National Nurses and Medical Technician Week.



(From left) Senior Airman Jake Rosko, Tech Sgt. Sonya Kenck and Airman 1st Class Tessa Meyers, 509th Medical Operations Squadron ambulance services work together to ensure any of Whiteman's ambulance needs are met.



Kathy Cox, 509th Medical Operations Squadron licensed practitioner nurse, works in the referral management center ensuring all military and civilian personnel that need to be referred off-base for medical treatment are taken care of May 3. The 509th Medical Group applauds their nurses and medical technicians during National Nurses and Medical Technician Week.

Feature

From the Frontlines: Master Sgt. Shane Lacaillade



Courtesy photo

SOUTHWEST ASIA -- Master Sgt. Shane Lacaillade, 509th Medical Operations Squadron, NCO in charge of clinical operations flight functional manager with members of the first Jordanian Special Forces Medic class during his deployment to Southwest Asia. He returned Feb. 26 after deploying for six months as part of the Coalition Forces Special Operations Command Component (CFSOCC) as the senior enlisted medical advisor and independent duty medical technician.

"From the Frontlines" is a weekly column highlighting currently deployed Team Whiteman members, or those who have recently returned from deployment. If you or someone you know is deployed or recently returned from a deployment, contact Public Affairs at (660) 687-6123 or e-mail whiteman.warrior@whiteman.af.mil.



By Heidi Hunt

509th Bomb Wing Public Affairs

Master Sgt. Shane Lacaillade, 509th Medical Operations Squadron NCO in charge of clinical operations flight and functional manager, returned from his deployment to Southwest Asia Feb. 26. He deployed as part of the Coalition Forces Special Operations Command Component (CFSOCC) as the senior enlisted medical advisor and independent duty medical technician.

During his six month deployment, he acted as the principal advisor for medical issues to the command surgeon for all matters related to Special Operations Command Cental. He provided medical technical oversight for more than 8,500 members, enabling more than 2,000 combat missions in more than 20 countries, according to the sergeant.

"I coordinated material support, request for information and combat assigned and apportioned forces on force health protection issues and ensured interoperability of force health protection related personnel and equipment," said the Air Force Global Strike Command sergeant.

His efforts helped solidify a joint environment by building country partnerships through the use of medical education and training.

"I traveled many times between partner

nations conducting medical training which helped forge stronger relationships and reduce coalition combat deaths," he said.

Although each day brought new challenges, Sergeant Lacaillade responsibilities were different to those here at Whiteman.

"Within the 509th Medical Group I have a full staff to rely on to help meet the demands of our medical population and those we support elsewhere," he said. "There, however, I was it.

"While deployed, I trained as an IDMT to ensure that safe and reliable care was delivered to our patients in all environments," he said. "I acted as my own provider and in 14 other functional areas that typically make up a hospital staff."

The sergeant said the best part about his deployment was building country partnerships and getting the opportunity to travel to several different nations and develop and train new medics.

"I took soldiers whom had no medical knowledge to functional medics," he said. "I was able to watch reports of these medics in action and was proud of the success they had saving their own."

Although he enjoyed his deployment, Sergeant Lacaillade said he missed his wife and watching his children grow-up.

"I am fortunate to have their support because they make it easy for me to do what I love," he said.

Annual tournament benefits WAFB



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

Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, prepares to teeoff at the Royals Oaks golf course during the Base Community Council's fifth annual R.E. Harris Memorial Golf Tournament April 29. The BCC financially supports activities on base to promote the morale, health and welfare of military members and their families throughout the year.

Whiteman hosts May photo contest

May 2011 has been labeled as National Photograph Month and in honor of this the Whiteman Warrior is hosting a photography contest!

All military members and their spouses, civilian workers and retirees here can submit photos for the contest (no professional photographers.) Photos should be tailored to one of the following four categories: people, travel, landscape or animals. Photo submissions must have been taken between May 1, 2010 and May 20, 2011 and be appropriate for publication in a family newspaper. Submissions will only be accepted through email at whiteman.warrior@whiteman.af.mil. Photo file sizes should be under 5Mb.

Please include a brief description of the who, what, when and where of the photo.

The only acceptable changes to raw images are cropping and minor adjustments such as spotting, dodging and burning, sharpening, contrast and slight color adjustments.



The Warrior May 6, 2011



Advertisements



FSS — Keeping You Connected

FOOD & ENTERTAINMENT

Family Days ~ 4 p.m. ~ Royal Oaks Golf Course A family of four (two adults/two children) can golf every Sunday for four green fees, two carts for nine holes, four hot dogs and drinks! Military family \$30; Civilian guest family \$45. Call 687-5572 for tee times.

MONDAY 5/9

Katy Trail Deadline ~ Outdoor Recreation

Today is the sign up deadline for the Katy Trail ride from Booneville to Rocheport. Trip is scheduled May 14, 7 a.m.-6 p.m. Cost is \$15 per person; \$20 if bike rental required. Call 687-5565 for more details.

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

Today's special: Chicken Fettuccini, tossed salad and garlic bread. Cost is \$6 members; \$8 nonmembers. Call 687-4422 for more details

Weekly Grill Specials ~ 11 a.m.-1 p.m. ~ Mission's End Enjoy this month's grill special Monday through Friday during lunch. May's special: bacon Jack chicken sandwich or roast beef avocado wrap. Cost is \$6.75 members; \$7.75 nonmembers, Call 687-4422.

TUESDAY 5/10

Theatrical Extras Needed! ~ Arts & Crafts

The Arts & Crafts and Community Center is arranging a play this Summer! Adult extras are needed for theatrical performances. Interested individuals may call 687-4765.

WEDNESDAY 5/11

Chain Mail Bracelet Class Deadline ~ Arts & Crafts Sign up by Noon today for this single session class scheduled May 12, 9 a.m.-Noon. Learn to make beautiful chain mail jewelry using various sizes of jump rings. Cost is \$25 plus supplies. Estimate cost of supplies is \$25. Call 687-4792 for more information.

Cook's Night Off ~ Mission's End

Call in your order to 687-4422 by 2 p.m.; pick up 5-8 p.m. A perfect meal that feeds a family of four. May's menu: sliced pork loin with Rosemary gravy, savory green beans, roasted potatoes, dinner rolls, macaroni and cheese and chocolate cake. Cost is \$15.95 for members; \$18.95 nonmembers.

Y 5/13

Machine Patchwork Quilting Deadline ~ Arts & Crafts

The Arts & Crafts Center is offering a new class beginning May 17 for six weeks! Learn to make a machine pieced patchwork quilt from our new quilting instructor. Several pattern designs available to choose from. Students need to bring a sewing machine, notions and fabric to class. This is an open enrollment class. Sign up by noon, Friday prior to class. Call 687-4765 for more details.

5K Wing Run ~ 7 a.m. ~ Fitness Center

Get your PT on bright and early! Show time 6:30 a.m., go time 7 a.m. New running route due to road closure. Call 687-5496 for new routing details.

Watercolor Class Deadline ~ Arts & Crafts

Noon, today is the deadline to attend this two session class scheduled May 14 & 21, 10 a.m.-Noon. Learn to paint and blend with beautiful watercolors. Cost is \$45, supplies included. Call 687-4792 today!

Couples Night ~ 4 p.m. ~ Royal Oaks Golf Course

Where can you go for two and half hours of entertainment with your spouse or significant other on Friday Nights? Military rate \$20 per couple; civilian guest rate \$30 per couple. Price includes two green fees, a cart for nine holes, two hot dogs and fountain drinks! Call 687-5572 for more details

Friday Social Hour ~ 5-7 p.m. ~ Mission's End

Come to Mission's End for great music, bar bingo, Wii Dance, Spades and Domino tournaments! Free Hors' douvres and drink specials served. Club members free; nonmembers \$7 at the door. Must be 18 years or older to enter. For more information, please call 687-4422.

Sing it Like a Star Karaoke ~ 9 p.m. ~ Mission's End Join us at the Lavene Lounge and "Sing it Like a Star!" Prizes awarded to 1st, 2nd & 3rd place. Member only may compete for prizes. Call 687-4422 for more details.



Stars & Strikes/687-5114

till 3pm

for Mom

TISKET, A TASKE I MADE MOM A BASKETI MAY 7, 1:00PM

@ COMMUNITY CENTER

Youngsters and adults can join together to weave a one-of-a-kind basket for Mother's Day! Individual instructions offered to each veaver. A fun, creative reed basket, mom will love! Complete with a personalized





Choice of pulled pork, pulled chicken, barbeque beef or burnt ends sandwich. Lunch also comes with chips and a drink.

Cost for the half hour lesson --PRICELESS!-- Yes that's free!

687-5572



Does your squadron have what it takes to be the best? PROVE it! Esprit de Corps at its finest!

- Large & small squadron trophies for 1st, 2nd & 3rd places
 Winners are based on points collected from events
 More competitions entered = More points toward your
- squadron's <u>Quest for Glory</u>

RULES: Pre-Sign up ONLY! Deadline is May 13.

- Sign up with your squadron sports representative
- · Active Duty or Civilian personnel assigned to work center ONLY are authorized to participate. All participants will be representing their own squadron
- Multiple teams representing the same squadron will NOT be permitted.
 Both genders must be represented for team events. . For Men's & Women's events, ONE representative from you
- squadron is authorized to compete in each of the categories. Iunteers may be required for certain events. Contact your squadron
- sports representative or the Fitness Center for more information.

For questions and more info, call Andrea at 687-5496



WWW.WHITEMANFORCESUPPORT.COM

YOUTH & TEEN EVENTS MONDAY 5/9

Base Bunny Hop Photos ~ Community Center Remember to pick up your photos from the Bunny Hop displayed at the Community Center between 10 a.m.-6 p.m., Monday through Friday. Call 687-5617 for more details.

Outdoor Picnic & Play Night ~ Youth Center

Preteens, ages 9-12, sign up today for the Outdoor Picnic and Play Night scheduled May 13, 6:30-9:30 p.m. Cost is \$5 for members; \$6 nonmembers. Call 687-5586 today!

Out of the Ordinary Adventure Week ~ Youth Center

Sign up now for Adventure Week scheduled June 13-16, Noon-5 p.m. each day for ages 9-12. Cost is \$40 for members; \$50 nonmembers for four days. Call 687-5586 for more details.

Preteen Part Day Camp ~ Youth Center

Preteens, ages 9-12, sign up for the Preteen Part Day Camp scheduled June 27-30, Noon-5 p.m. Cost is \$40 for members; \$50 nonmembers for four days. For more info, call 687-5586.

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 5/10

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

Preteens, 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.

FRIDAY 5/13

Free Teen Shuttle Service ~ 2:30 p.m. ~ Youth Center Attention teens attending Warrensburg middle & high

schools! Need a ride to Whiteman AFB Youth Center to hang out with friends? The Youth Center provides free shuttle service every Friday! Pickup time is at 2:30 p.m. at the middle school then the high school. Permission slip (military ID card if 16 years and older) required. Must have access to the

FCCC NIEW/SSI

FCC Orientation Receive training to become a licensed Family Child Care (FCC) provider on Whiteman AFB. The class is approximately one week long and runs from 8am-4pm. The classes are scheduled once four applications are received and there is a need for new providers. Providers with chronic health problems are accepted. The program needs providers who are willing to care for infants and children during swing and evening shifts and children with special needs. Stop by the FCC office to pick up a registration package. Registration needs to be received by the Wednesday prior to the class.

Base Residents

Doing child care to help support the AF mission? Licensing is not required if you are:

- Providing occasional care for a friend or neighbor.
- Baby-sitting on an occasional basis for other families A teenager doing evening or weekend baby-sitting for families.
- Providing child care in the parents' own home. Parent cooperative where one of the parents provides
- supervision for other parents' children on an exchange basis and no fees are involved.
- Providing less that 10 hours of child care a week on a irregular

Come to the FCC office to apply prior to participation or call 687-5590 for more information about any FCC programs.

WHITEMAN INN

The Whiteman Inn is open 24 hours a day. All active duty, retired, Reserve and Guard members and Department of Defense civilians, including family members of authorized personnel, are eligible for space-A lodging reservations throughout military installations. Reservations can be made up to 120 days in advance, space permitting. Call (660) 687-1844 to make a reservation. For more information on lodging at any AFB, call 1-888-AFLODGE (235-6343).

Events & Morale

This Week at the Movies

Sucker Punch Saturday, 7 p.m.

Emily Browning, Abbie Cornish—A young girl's dream world provides the ultimate escape from her darker reality. Unrestrained by the boundaries of time and place, she is free to go where her mind takes her, and her incredible adventures blur the lines between what's real and what is imaginary. Locked away against her will, Babydoll has not lost her will to survive. Determined to fight for her freedom, she urges four other young girls to band together and try to escape their terrible fate at the hands of their captors. Led by Babydoll, the girls engage in fantastical warfare with a virtual arsenal at their disposal. Together, they must decide what they are willing to sacrifice in order to stay alive. But with the help of a wise man, their unbelievable journey – if they succeed – will set them free. Rated PG-13 for thematic material involving sexuality, violence and combat sequences, and for language. 120 minutes

The Lincoln Lawyer Sunday, 3 p.m.

Matthew McConaughey, Marisa Tomei—(Matthew McConaughey, Marisa Tomei)—Mickey Haller is a Los Angeles criminal defense lawyer who operates out of the back of his Lincoln sedan. Haller has spent most of his career defending garden-variety criminals, until he lands the case of his career: defending Louis Roulet, a Beverly Hills playboy accused of rape and attempted murder. But the seemingly straightforward case suddenly develops into a deadly game of survival for Haller. Rated R for some violence, sexual content and language. 118 minutes

> Movie showings are featured at the Whiteman AFB Movie Theater. For more information call (660) 687-5110.

AIRMAN AND FAMILY READINESS

Divorce Survival — Divorce survival is aimed at helping individuals who are going through or have recently gone through divorce. Ideas and tools will be available to help the transition in dealing with emotions, children and unique challenges. The course is held every Monday, noon-1 p.m. and participants are encouraged to bring a lunch. For more information, call (660) 687-7132.

School Liaison Officer — The School Liaison Officer is available to assist military families with questions or issues in regards to kindergarten through 12th grade schooling options. The SLO works to develop partnerships with the local school districts and is located in the Airman & Family Readiness Center, and can be reached at (660) 687-7132.

WIC — WIC is 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 first call (660) 747-2012 for details.

<u>TEAM WHITEMAN COMMUNITY</u> Air Force Reserve Recruiter — The Whiteman Air Force Base Reserve Recruite

Whiteman Air Force Base Reserve Recruiter is Master Sgt. Rodney Harrell and can be reached at (660) 687-3317 or DSN 975-3317 for questions.

FAMILY ADVOCACY OUTREACHPrevention&RelationshipEnhancementProgram—Prevention &RelationshipEnhancementProgram—Prevention &RelationshipEnhancementProgram is acommunication workshop for couples (married, engaged and/or dating) who have a goodrelationship and want to make it better. Thisis a six-hour workshop and will be held everythree months on a Friday from 9 a.m.-3 p.m.Call (660)687-4341 for the next workshopdate and location.Hereit and a for the state of the state

Common Sense Parenting — Common Sense Parenting is 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 child self-control as well as prevent misbehavior. Reservations required, call (660) 687-4341.

Dads: The Basics — Dads: The Basics is a four-hour workshop for new dads to learn about caring for their new baby. The workshop is taught by other fathers and is held on a Saturday morning from 8 a.m.-noon every three months. Call (660) 687-4341 for next workshop date and location.





CHEVROLET HONORS AMERICA'S MILITARY

GM MILITARY DISCOUNT EXPANDED!

From May 1st – 31st, 2011, the GM Military Discount is being expanded to include Military Retirees and their spouses. So for May, Active Military, Reservists, National Guard & Spouses plus **Retired Military Members & their Spouses** will be eligible for the special Military Discount toward the purchase or lease of a new Chevrolet – It's simply the best Military Discount of any car company!

For additional information, go to www.gmmilitarydiscount.com.

HONOR BADGE TO RECOGNIZE YOUR SERVICE

In addition, every eligible Military customer that purchases, leases or orders a new Chevrolet during Chevrolet's Military Appreciation Month (May 1st-31st) can also order a complimentary Honor Badge which can be placed on your new Chevrolet vehicle at no additional charge. This Honor Badge will be shipped to you separately after you take delivery of the vehicle. You may contact your Chevrolet dealership's service department to schedule a convenient appointment to have your Honor Badge installed.



For each Honor Badge that is ordered with a vehicle, Chevrolet will make a \$100 donation to "Cell Phones for Soldiers", enabling troops far from home to keep in touch with their loved ones. The charity collects used cell phones and recycles or resells them. The proceeds of these sales are used to purchase prepaid calling cards for U.S. troops stationed overseas.

For additional information, go to www.gmmilitarydiscount.com.



Hwy. 50 West ~ 1 Mi. West of Warrensburg www.Lotspeichauto.com

Classifieds



FREE Classified Advertising in the Whiteman Warrior READ ALL RULES BEFORE PLACING AN AD

1. Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.

2. Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-athome 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@sedaliade-mocrat.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 REGULA-TIONS.

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.



16 The Warrior May 6, 2011

Classifieds



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700 S. Massachusetts • Sedalia, Missouri 65301

Offer valid only for households who have not received home delivery of The Sedalia Democrat within the past 90 days.