

WARRIOR

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Missouri Guard's attack battalion officially transitions to Apache Longbow



U.S. Air Force photo/Airman 1st Class Bryan Crane

The spouses of current and former 1-135th Attack Reconnaissance Battalion commanders christened the first Longbow, a tradition continued by the aviation community to protect their aviators as they meet the challenges faced daily in the unforgiving sky. From left, Barbara McNeal, Deanna Burson, Julie Hausman and Julie Schreffler.

Airman's Attic finds are one of a kind

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

The Airman's Attic here is a place where Airmen and their families can make donations and find needed items.

"We are a service for Airmen E-5 and below and their dependents," said Corey Kmon, senior spouse advisor. "We provide free items to low income airmen who need everyday items but have a limited budget. At the end of the day we are a money saver."

The goal of the Airman's Attic is to improve the welfare of Air Force ID card holders assigned to this Air Force Global Strike base. The attic carries furniture, household appliances, and clothing for all ages, seasonal decorations, electronics, books, toys, games and uniform items.

The attic is open Tuesdays and Fridays from 10 a.m. to 2 p.m. The program is manned by volunteers who are mostly spouses of active duty members.

"During the days we are not open we go through donations," Kmon said. "If we were open more often, the items would be picked

See Attic, page 8

By Rachel Knight
Ngmo.pao@us.army.mil

The Missouri National Guard's 1-135th Attack Reconnaissance Battalion held a roll out ceremony that officially transitioned the battalion to an AH-64D Apache Longbow unit Sunday.

The battalion, overseen by the 35th Combat Aviation Brigade in Sedalia, has a rich history as an Army Aviation Battalion within the Missouri National Guard. The battalion has flown the UH-1 Huey, OH-58A/C Kiowa Warrior and the AH-1 Cobra.

In 1999, the battalion was designated as one of eight National Guard battalions to receive the AH-64A Apache. In 2002, the first AH-64A helicopter arrived at Whiteman Air Force Base. In August 2009, the National Guard Bureau designated the battalion as the sixth Army National Guard Longbow battalion and began fielding it with aircraft in October 2011.

"What a great day for the Attack Battalion and for the CAB as a whole," said Maj. Gen. Stephen L. Danner, adjutant general of the Missouri National Guard. He continued that he looks forward to a great long history with the Longbow aircraft in a great new building on a premiere active duty

base.

Col. Shane Openshaw, U.S. Army Apache Program manager, said it was hard to believe that three years ago, this battalion had no plan, no money and no direction where it was going from the A Model Apaches.

"Team Apache is strong today, but it's getting stronger tomorrow," Openshaw said.

Mike Burke, director of business development for Boeing's Attack Helicopter Program, echoed Danner and Openshaw on how important the day was for both Boeing in Mesa, Ariz., and for the Missouri National Guard.

During the ceremony, the tradition of exchanging the AH-64D logbook signifies the transfer of the aircraft. David Koopersmith, vice president of Boeing's Attack Helicopter Program, presented Openshaw with the logbook. Openshaw passed it onto Danner. Danner passed it onto the 35th Combat Aviation Brigade's Commander Col. Mark McLemore with the logbook ending in the hands of Lt. Col. James Schreffler, 1-135th ARB commander. Schreffler then tossed the key to Lt. Col. Thomas Burson, Army Aviation Support Facility commander, as the manager of the flying hour pro-

See Longbow, page 9

Meet and Greet with George Brett and Kansas City Royals

Team Whiteman is invited to come out and meet George Brett and other Kansas City Royals players today, from 1:30-3 p.m. at Base Operations. A B-2 will also be towed for the occasion.



Team Whiteman
welcomes the AFGSC
Inspector General Team

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Lt. Gen. James Kowalski, Air Force Global Strike Command commander, visited Whiteman Airmen during a base visit Jan. 6 here.

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Housing privatization mass lease signings

Housing Privatization Mass Lease signings are scheduled Jan. 30 through Feb. 1 at Mission's End from 8 a.m. - 8 p.m.

WEATHER

Today	Sunday
Mostly Sunny	Sunny
Hi 33	Hi 51
Lo 25	Lo 35
Saturday	Monday
Partly Cloudy	Cloudy/Wind
Hi 49	Hi 58
Lo 23	Lo 32

Celebrate Dr. Martin Luther King Jr.'s birthday by helping others

By Jerald A.S. Alexander
509th Bomb Wing Equal Opportunity

"I am not interested in power for power's sake, but I'm interested in power that is moral, that is right and that is good." -- Martin Luther King Jr.

Dictionary.com defines History as "the record of past events and times, especially in connection with the human race."

Our nation is 236 years old. Numerous historians from various backgrounds have celebrated the accomplishments of the United States. However, within the archives of this country there are stories containing vile atrocities placed on citizens because of their race, color, national origins, religion and gender.

This is why millions of Americans between 18-40 years old cannot envision a time within the American landscape where unlawful discrimination was visible.

Signs were posted stipulating the use of a park bench, lavatory, or water

foundation for a specific race, ethnicity or color. There were veterans returning from serving in brutal military campaigns denied their rights to vote, seeking employment, purchasing or leasing homes, accessing public transportation, or enrolling at public colleges and universities. That is why it is easy to displace these foul viewpoints from our memories.

A study conducted in 2010 by Professor Cathy Cohen, University of Chicago, based on surveys and conversations with the youth (18-24 years old) shared that 69 percent of black youth believe that racism still remains a major problem. This is compared to 32 percent of whites and 51 percent of Latinos.

So, why is it necessary to celebrate Dr. Martin Luther King Jr.'s birthday? We honor a man who cultivated his qualities of dignity, compassion, leadership and strength to confront segregation and social injustice. This observance is an opportunity for all Americans to remember what motivates each of us to do what is right for

serving and helping others.

Prior to her passing in 2006, Coretta Scott King, said, "...Martin Luther King Jr. Day is not only for celebration and remembrance, education and tribute, but above all a day of service."

All across America on this holiday, there are people regardless of their age, color, religion, origin, race or social economic status that are performing service in hospitals and shelters and wherever people need some help. There are approximately 30 active duty members and civilians partnering with University of Central Missouri Office of Student Activities Jan. 16, upholding King's dream of serving others.

Let us remember King's inspiring words and his vision which guided our country to truly understand the principles of democracy. Mrs. King said, "We commemorate on this holiday the man of action, who put his life on the line for freedom and justice every day, the man who braved threats and jail and beatings and who ultimately paid the highest price to make democracy a reality for all Americans."

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.

Commander's Corner

Team Whiteman,

The Nuclear Surety Inspection will begin Jan. 18 — a day that has been marked on our calendars for several months. We have exercised, polished, put in long hours, studied, and tested ourselves for this...we are ready.

As you recall, last week I held two commander's calls and visited all the Security Forces Guard Mounts. I focused on the NSI and our mindset/attitude. In less than 10 minutes, I gave you 10 guidelines to keep in mind for the duration of the NSI. We are five days out and I want to reiterate those points to keep us focused and sharp.



1) Be positive. This is YOUR base that YOU have put hours of effort into to make it successful--be positive!

2) Make a good first impression. We never get a second chance to make a good first impression--make it count —

smile, look sharp!

3) Don't be surprised by anything. If there is a problem, don't panic, think it through.

4) Don't vent or whine to the IG about another unit/organization even IF they are not supporting you. This is not the time for it.

5) Remain professional and vigilant. The IG will be everywhere, not just in our workspaces.

6) Brag about your people. It is all about the those individuals who make it happen, who maintain readiness in our B-2 fleet. Be proud of them and show them off!

7) Take responsibility for your area and programs. Excuses are not a good answer; instead give solutions to how the problem can be fixed.

8) Know the big picture — SAFE, secure and effective!

9) Know the enemy, i.e. what has been noted at other bases. Utilize information and reports from them because the IG has already been through this with others.

10) Finally, kick b*#! Show how good you are. Do what you do every day to make me, your higher headquarters and your country proud.

Defensor Vindex,

-Brig. Gen. Scott Vander Hamm
Commander

Do you have what it takes to be a 'new monkey'?

By Staff Sgt. Brian Stives

Air Force Global Strike Command
Public Affairs

BARKSDALE AIR FORCE BASE, La. -- My boss sometimes calls me the new monkey.

I hope that sentence has you asking, "What in the world does that mean?" If it does, I can't think of a better time to explain it, so here's the story.

Some scientists put three monkeys in a big cage. The monkeys are placed on one side of the cage without food, while some savory monkey snacks are placed on the other side. I'm assuming those snacks were chocolate, since it's a scientific fact that every living being on our planet loves chocolate, but that's beside the point.

Anyway, the three monkeys play around for a while, but then they get hungry and decide to jet over to the other side of the cage to grab some snacks. However, as soon as they start going that direction, the scientists douse them with roughly 35 million gallons of water.

Dripping wet and slightly confused, the monkeys momentarily forget about the food and stay put. Not much longer, their stomachs start growling and they decide to go after the snacks again, only to be doused once more. After a few more attempts, the monkeys decide they can't take the chance of ruining perfectly good chocolate with all the water in the cage, so they give up. Just kidding. Actually, they de-

cide they dislike the blasts of water more than the pain in their stomachs and give up their quest.

The scientists then decide put a fourth monkey in the cage. Sure enough, Monkey #4 decides the snacks would be better off in his stomach, so he begins walking toward the other side of the cage. After a few steps, the three monkeys who'd already given up on the snacks get another unwelcome wash from the scientists. Monkey #4 is slightly confused by what's going on behind him, but he continues heading for the snacks on the other side of the cage, until the other monkeys sack him like a quarterback.

Now, Monkey #4 is lying on the ground, whimpering ever so slightly and somewhat puzzled by his friends unexpected lesson in slam dancing, but still hears the snacks calling his name. So being a tough monkey, he gets up and makes another attempt. By now, you know the story. Water. Whipping. Whimpering. Again and again, until the fourth monkey gets the point.

Then the scientists add a new twist: they pull out one of the old monkeys, put a new monkey in, and try the experiment without water. Sure enough, Mr. New Monkey goes after the food, only to be assaulted by the other monkeys until he also gets the point and gives up. Now, all the monkeys are doing what they've been trained to do,

New Monkey, page 14

NEWS BRIEFS

Nominations open for 2012 military child of the year award

Operation Homefront announced the opening of the 2012 Military Child of the Year Award nomination period. The award will be given to an outstanding military child from each Service – Army, Navy, Air Force, Marine Corps, and Coast Guard. The winners, who each will receive \$5,000, will be flown with a parent or guardian to Washington, D.C., for special recognition ceremony April 5, 2012. Nominations are being accepted online until Jan. 15 at www.Operation-Homefront.net/MCOY.

13th annual MLK Gospel Concert at UCM Jan. 16

Team Whiteman is invited to attend the University of Central Missouri's celebration of the legacy of Dr. Martin Luther King Jr. with the 13th annual Dr. Martin Luther King Jr. Gospel Concert, planned for 7:30 p.m. in Hendricks Hall Jan. 16.

Exchange closed for inventory

The Exchange is scheduled to conduct inventory and will be closed Jan. 23. The Express, food court and mall will remain open during this time. Normal hours of operation will resume 9 a.m. Jan. 24 or upon completion of inventory. For more information call 660-563-3001.

AF Club Membership Drive

The Air Force Club Membership Drive is in full-swing now through Jan. 31. During this period, those who join any Air Force club will automatically receive three months of free dues, be enrolled in the free cash back rewards program and will win \$5 to \$100 instantly upon application. For more information contact Mission's End at 660-687-4422.

Missouri to honor 70th anniversary of Bataan Death March

A Missouri Bataan Death March is scheduled in April 2012 (anniversary of event) to honor more than 50 Missourians who marched in the Bataan Death March in World War II. The VFW and American Legion posts, ROTC and Jr-ROTC units, dignitaries and citizens who wish to register can do so by logging on to www.missouribatamarch.com. This is a free, state-wide, 8-mile march to honor them. The website provides a history, list of Missourians who marched and additional details. For more information call 660-422-4200 between 6-9 p.m.

Found property

Keys, wallets, bicycles, jewelry, cellular telephones and other items have been turned in as found property to Security Forces Investigations. To inquire about lost property, go to building 711, room 305, or call 660-687-5342. Vehicles have been identified as suspected abandoned and will be towed at the owner's expense. For more information about vehicles, contact Steven Scott at 660-687-5342.

AFGSC commander visits Whiteman

U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte
Lt. Gen. James Kowalski, Air Force Global Strike Command commander, speaks to Whiteman Airmen during a base visit Jan. 6 as Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, looks on. Kowalski answered Airmen's questions about deployment taskings, training experience and military force structure reshaping.

Afghanistan airdrops surpass record levels in 2011

By Master Sgt. Scott T. Sturkol
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AFNS) -- In 2011, mobility Airmen delivering airdrops reached a new annual record with 75,956,235 pounds of cargo delivered. That's nearly 16 million more pounds delivered than the previous record set in 2010 of 60,400,000.

At more than 75.9 million pounds - that's the equivalent of standing on a mountain top and watching 553 Army M1 Abrams tanks -- or even 11,868 Chevrolet Silverado trucks -- floating down from the sky with parachutes to a landing zone.

The record number, as recorded by Air Forces Central's Combined Air Operations Center at a non-disclosed base in Southwest Asia, is also larger than the total number of pounds delivered in Afghanistan by airdrop from 2006 to 2009 which combined is 60,525,969 pounds.

On average mobility Airmen airdropped 6,329,686 pounds of cargo each month in 2011. Mobility Airmen completing the airdrops flew C-130 Hercules and C-17 Globemaster III aircraft from various deployed bases. They also completed the airdrops in various forms - from the the use of the traditional Container Delivery System, or CDS, bundles to the Joint Precision Airdrop System, or JPADS.

In November 2011, one U.S. Army

discussed the importance of airdrops and how good they are getting after receiving a JPADS airdrop at Combat Outpost Herrera.

"I was real skeptical (of JPADS) at first," said Army Capt. Brandon Kimbrel, COP Herrera commander, in a Nov. 27 report by Staff Sgt. David Salantri and Senior Airman Patrick McKenna of U.S. Air Forces Central Public Affairs in Southwest Asia. "After the drop, I was real impressed. We didn't see or hear the 'bird' at all. All of a sudden, we looked up and saw parachutes above us."

In the same AFCENT Public Affairs report, Army Staff Sgt. Denton Poe, 1st platoon sergeant at COP Herrera, said airdrops are vital.

"We're surrounded by mountains -- the snow sets in. The helicopter passes are impassible by helicopter and the roads could be clogged up," Poe said in the report. "Utilizing airdrops with the GPS-guided parachutes allows us that avenue to use in case we can't get resupplied by helicopters or vehicles by the road, which is a typical case come winter here."

Perfecting the use of airdrops for combat resupply as well as for humanitarian purposes continues to grow in the Air Force. In July 2011, Air Mobility Command led an international communication effort by holding the first International Airdrop Symposium at Joint Base Lewis-McChord, Wash.

According to Maj. Patrick Linson, symposium chairperson from St. Joseph, Mo., where he serves as a combat tactics instructor in the Advanced Airlift Tactics Training Center, or AATTC, the symposium was important "to build international partnerships in the airdrop and airlift communities."

The goal of the organizers, Linson said, was to have participating international partners share their ideas and techniques. For the Air Force, the lessons learned from Afghanistan airdrops were particularly important.

"Sharing these techniques was naturally beneficial to all involved," Linson added.

Numbers aside, the most important factor behind the high number of airdrops may be the possible lives saved by keeping convoys off the road in the remote, landlocked areas of Afghanistan and the future potential for Air Force airdrop operations.

(Air Forces Central Public Affairs contributed to this report.)

Editorial correction

An editorial error was printed in the Jan. 6 *Whiteman Warrior*. An article misspelled the name of the recipient of the academic award for the B-2 Weapons Instructor Course and was its distinguished graduate as B-2 bomber pilot. His name is spelled Maj. Ryan "Poacher" Bailey, 131st Bomb Wing, Missouri Air National Guard. We apologize for any inconvenience.

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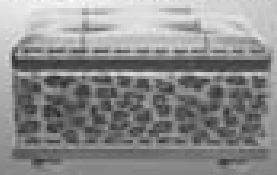


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Fitness Center hosts Wing Fitness Day

By Senior Airman Nick Wilson
509th Bomb Wing Public Affairs

The 509th Force Support Squadron's fitness center hosted the annual Wing Fitness Day event Jan. 6. The event introduced new instructors and their classes and demonstrated various fitness center activities.

"We as military members need to be fit to fight and Wing Fitness Day promotes that by offering classes that spark interest in fitness," said Master Sgt. Robert Cerda, 509th FSS fitness center section chief. "Everything that the fitness center offers, we will have on that day."

Some of the classes that were held included Zumba, Psycho Blast, Lunchtime Blitz, Boot Camp and Ex-

treme Military Training.

Representatives from various base agencies, such as the Airman and Family Readiness Center, the Health and Wellness Center, the Sexual Assault Response Coordinator and Family Advocacy, presented display boards to demonstrate their missions and provided points of contact.

Wing Fitness Day also showed what members of the base community can look forward to on a daily basis, according to Cerda.

"There are many fitness exercises and fitness classes that are enjoyable to take," Cerda said. "You can come get fit and enjoy yourself in the process."

The event was free and open to both military and civilians.



U.S. Air Force photo/Airman 1st Class Bryan Crane
Chief Master Sgt. Anna Collins, 509th Force Support Squadron section supervisor, does an arm exercise during the Wing Fitness Day at the Fitness Center Jan. 6.



U.S. Air Force photo/Airman 1st Class Bryan Crane
Bain Walling, 509th Medical Group contract manager, does an arm exercise during Wing Fitness Day at the Fitness Center Jan. 6. Right - Senior Airman Jessica Allison, 509th FSS, gets information from the Family Advocacy display in the Fitness Center Jan. 6. Family Advocacy was at the Fitness Center to support Wing Fitness Day and spread awareness of child abuse and promote offered classes.



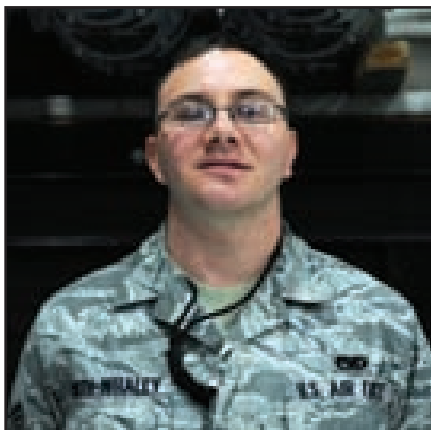
U.S. Air Force photo/Airman 1st Class Bryan Crane
Kelly Perry, 509th Force Support Squadron fitness center personal trainer, teaches a reverse sit up exercise during Wing Fitness Day at the Fitness Center Jan. 6. Wing Fitness Day gave people a chance to become familiar with resources the base offers to help members get in shape and stay healthy.

Man on the Street: Why is your job mission critical?

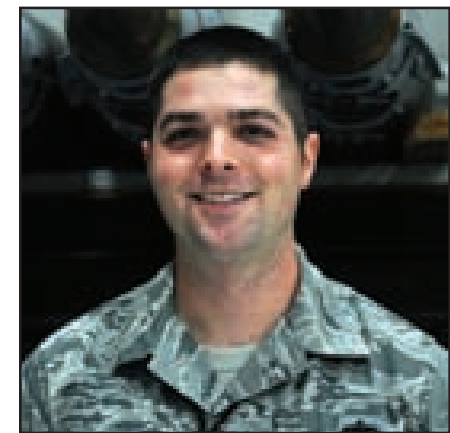
By Senior Airman Laura Goodgame
509th Bomb Wing Public Affairs

Each Team member at this Air Force Global Strike Command base is an asset to the Total Force Integration Team. Members of Team Whiteman tell why their job is mission critical.

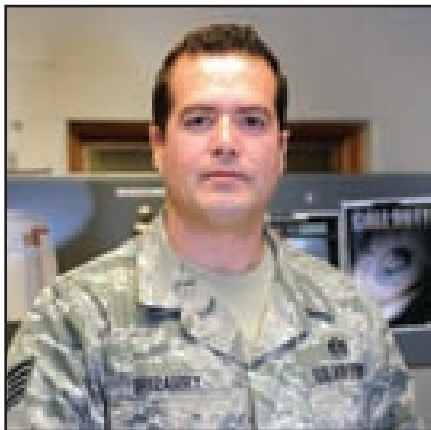
Without weapons load crew Airmen, there would be no Air Force deterrent.” -- Senior Airman Lee Smith-Whaley, 509th Aircraft Maintenance Squadron weapons load crew.



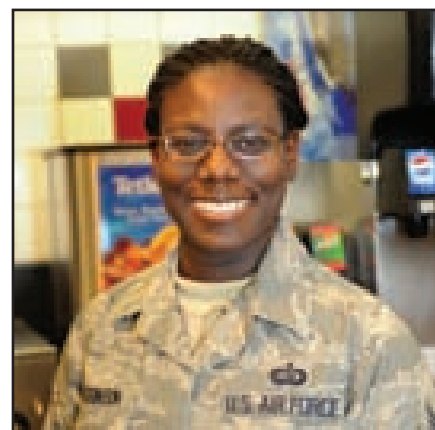
“We load deterrents onto our aircraft.” -- Staff Sgt. James Merrell, 509th AMXS NCO in charge standardized load crew.



“We in-process each Airmen assigned to Whiteman. We work closely with the first sergeants making sure the quality of life is standardized for our Airmen.” -- Staff Sgt. William Irizarry, 509th Civil Engineer Squadron dorm leader.



“It is important to sustain our Airmen. For us at the Ozark Inn, we like to give Airmen a home cooked meal and provide them a safe place to hang out while their away from home.” -- Tech. Sgt. Tamika Robinson, 509th Force Support Squadron Ozark Inn operations manager.



“My job is mission critical because everybody needs to eat to stay alive.” -- Airman 1st Class Laketha Cooks, 509th Force Support Squadron.



“We keep Airmen fit to fight by maintaining the health and welfare of our Whiteman community.” -- Capt. Kenneth Person, 509th Medical Squadron registered nurse.

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From the Frontlines: Senior Airman Piara Swank



SOUTHWEST ASIA – Senior Airman Piara Swank, 380th Contracting Squadron (holding paddle), with members of the 380th Air Expeditionary Wing during the Fourth of July activities July 5, 2011. The team won first place in the boat races.

By Heidi Hunt
509th Bomb Wing Public Affairs

When it comes to individual responsibility for mission success, one Air Force Global Strike Airman helped get items and services that an expeditionary unit needs during her recent deployment to Southwest Asia.

Senior Airman Piara Swank returned Nov. 13, 2011, after spending six months deployed as a contingency contracting officer with the 380th Expeditionary Contracting Squadron construction flight.

“We were force multipliers,” said Swank. “We provided support by awarding and administering contracts to fulfill commodities, services and construction requirements.”

Swank worked on contracts such as adding fence to secure the flight line, moving the fuel station to U.S. Controlled area to ensure that only DoD personnel can have access to the fuel that we are paying for, building a new communication tower for the Navy and building a new fitness sprung for those who do crossfit training.

Her day-to-day duties included processing passes for contractors, processing material submittal forms, updating project statuses, site visits, meeting with contractors and customers and sources for potential vendors.

Swank said while deployed she had a different responsibility from her job duties at Whiteman.

“Here we have contracting officers who review and sign contracts,” she said.

“There, the pace was faster and the workload was heavier,” she continued. “I had to be both the administrator and contracting officer. Most of my experience dealt with purchasing supplies and services.

Swank’s effort to help boost morale among servicemembers during her deployment was tailored to building friendships and networking, she said. “I was the secretary of the First

Four Council (Airman’s Council) and teamed up with Force Support Squadron and the USO for our version of America’s Got Talent, haunted house and luau,” she said.

“Being able to experience a different culture, meeting awesome people and learning a lot of new things were the best part of my deployment,” Swank said. “It also made my day when I received a care package.”

According to her supervisor, it was not uncommon for Swank to step up and hit the ground running with minimal guidance.

“She did a great job,” said Capt. Dawud K. Shillingford, 633rd Contracting Squadron Flight Commander specialized contracts. “Typically, her position was filled by a seasoned staff sergeant or higher (her counterpart had eight years of construction experience under his belt.)

“What Swank lacked in experience she made up with in common sense, organizational skills, keen research of the regulations and maturity,” he said. “I personally shadowed Swank (at the time) for her first week and quickly realized that she left her quiet demeanor in the office when meeting or negotiating with a predominately male dominated contractor base and held her own. Swank is the number one Airman I’ve had the pleasure to lead and work with in my 21 plus years in the contracting career field.”

While Swank said she made the most of her first deployment, she said she missed her family and friends.

Now more than ever, Swank said her deployment made her appreciate the sacrifices and work that deployed members and their families have to make.

“It also made me realize the importance of the work and training that we do at our home station,” she said. “I am also honored to have worked with such amazing people who truly exemplify Air Force core values.”



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442nd Fighter Wing MDS upgrades facility

By Staff Sgt. Danielle Wolf
442nd Fighter Wing Public Affairs

The 442nd Medical Squadron recently received upgrades to its facility at the Whiteman Air Force Base, Mo. clinic. These upgrades included moving walls and offices, narrowing hallways for more office space and purchasing new furniture.

During a time when budget cuts are common, it was important for the wing to upgrade its facilities in an economical way.

The facility, which used to be an active-duty operation room back when the clinic was a hospital, had non-functioning operating equipment trapped behind walls and hallways. This posed a space and electrical-efficiency concern.

"It wasn't economical for us to build a new facility, which could have cost us \$2-3 million," said Tim Storms, 442nd Fighter Wing financial management officer. "But to renovate the current facility cost less than \$600,000. In the long run, they have a more functional facility to accomplish the current mission, and because the new facility is more energy efficient, it will save us money."

The mission of the 442nd MDS is to provide administration support and train reservists. The new facility provides a better utilization of space with new furniture that allows more efficient workspace. The operational equipment trapped in the walls was no longer functional, so by removing it, contractors were able to create more space for offices and training.

"The renovation really helped morale," said Senior Mas-

ter Sgt. Rachel Grant, 442nd Medical Squadron. "Before, the office wasn't very user friendly. You'd have four desks crammed in a small space and not enough room for computers to complete our training on the weekends. The new office is a lot nicer and more effective for our reservists."

The new facility also provides additional storage for office equipment and medical records - something the squadron is now seeing more of with the additional personnel in the wing.

"The medical squadron itself has grown, and it was no longer a functional facility for the current mission," Storms said. "With budget constraints, we're no longer going to be able to build new facilities; we're going to have to work with what we already have. Restoring facilities is the wave of the future for the Air Force Reserve."



The 442nd Medical Squadron recently moved to an upgraded facility in December 2011. The squadron medically clears 442nd FW reservists before they deploy. The 442nd FW is an A-10 Thunderbolt II Air Force Reserve unit here.

U.S. Air Force photo/Senior Airman Wesley Wright

Attic

over and we wouldn't have as much of a selection to offer our Airmen."

In order to give everyone a fair chance at getting what they need, there is a limit to the number of items they can take. This also helps to ensure items are actually being used and not taken elsewhere for profit.

"Getting an item is as easy as walking through the door," Kmon said. "As long as they have an ID indicating that they or their spouse is E-5 or below then they can sign in and can take the items they want."

"The items come from donations community members give us," Kmon said. "We receive every item that could be useful to others except for large furniture due to lack of space. The items we can't use are donated to Big Brothers Big Sisters."

In addition to the attic having household, clothing items and toys, it also has a room with uniform

Continued from page 1

items for male and females and a program called the Cinderella Project.

"The Cinderella Project is a dress on loan program for all active duty ranks and their dependents," Kmon said. "We offer formal and semi-formal gowns of all colors, styles and sizes. Some dresses are brand new but most of them are donated. The only obligation of the borrower is to bring the dress back cleaned."

On a weekly basis, Kmon said they serve on average 300 to 350 Airmen.

"Unfortunately the building we are housed in right now is on a demolition list," Kmon said. "Although there is no date for demolition, we worry because we are non-profit so we might not get re-housed somewhere else on base."

The Airman's Attic is located in building 410 between clothing sales and the post office. For more information call 660-687-9020.

Housing privatization mass lease signings

Housing Privatization Mass Lease signings are scheduled Jan. 30 through Feb. 1 at Mission's End from 8 a.m. - 8 p.m.

The transition to privatized family housing is currently scheduled to occur March 1.

In preparation, BBC will hold mass lease signings from Jan. 30 to Feb. 1 at Mission's End from 8 a.m. to 8 p.m. daily.

Everyone living in on-base family housing on March 1 or beyond, regardless of projected move-out date, is required to sign a lease with BBC. BBC has made special provisions for those members who have already scheduled to move out shortly after March 1. (i.e. those with PCS orders, signed contracts to purchase homes off base, etc.)

Prior arrangements, however, must be coordinated through the Housing Management Office and approved by BBC. Bottom line: If the on-base home will be occupied for any period of time on or after March 1, a lease must be signed.

Leases and resident guides will be made available for review as soon as possible, pending final Air Force and BBC approval. Projected release date is the week of Jan. 16

Members currently residing on base who do not intend to sign a lease with BBC may visit the Housing Management Office beginning Jan. 17, to receive orders for off-base relocation. Per Air Force policy, members who chose to move off base instead of signing a lease are entitled to a funded move (either commercial or DITY) and a partial dislocation allowance. Due to the amount of time involved in generating orders, scheduling TMO, and final out-processing of Military Family Housing, it is critical that residents electing not to sign a lease visit the Housing Office beginning Jan. 17, or as soon as possible thereafter, to begin the process.

Questions for BBC may be directed to the BBC Whiteman Community Manager, Ms. Shelly Fischer at (off-base line) 660-687-0560, or the Assistant Manager, Lynn Meline at (off-base line) 660-687-0561. Dial 99-1-660 before either of these numbers since they are off-base numbers.

Questions can be directed to the Air Force Housing Management Office at 660-687-1840.

Missouri Guard's attack battalion officially transitions to Apache Longbow



U.S. Air Force photo/Airman 1st Class Bryan Crane
Soldiers from the 1-135th Attack Reconnaissance Battalion clap as the AH-64D Apache Longbow Helicopter unveils Sunday. The unveiling was part of the AH-64D Apache Longbow Helicopter Roll Out Ceremony, which also included a christening, helicopter tour, and passing of the logbook, a long-standing tradition in the U.S. Army.



U.S. Air Force photo/Airman 1st Class Bryan Crane
Maj. Gen. Stephan Danner, Missouri National Guard adjutant general receives the logbook from U.S. Army Col. Shane Openshaw, Army Apache program manager Sunday. Danner then passed it onto the 35th Combat Aviation Brigade's Commander Col. Mark McLemore with the logbook ending in the hands of Lt. Col. James Schreffler, 1-135th ARB commander.



U.S. Air Force photo/Airman 1st Class Bryan Crane
A child sits in the cockpit of an AH-64D Apache Longbow Helicopter during a tour Sunday. The battalion, overseen by the 35th Combat Aviation Brigade in Sedalia, has a rich history as an Army Aviation Battalion within the Missouri National Guard. The battalion has flown the UH-1 Huey, OH-58A/C Kiowa Warrior and the AH-1 Cobra.

Longbow

gram and maintenance of the aircraft.
“We have kicked off this year by breaking in our new aircraft, and beginning the progression program for our aircrews,” Schreffler said.
Schreffler told Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, “I’m sure you have appreciated the sound

of helicopter rotors over Whiteman again after somewhat of a lull in activity as we turned in our dated Alpha model aircraft.
The last A Model Apache aircraft left Whiteman Air Force Base Tuesday. The battalion is on schedule to receive the remainder of the new D Model aircraft by this spring.

Boeing presented Danner with an Apache model and Schreffler with a framed photo of the first three Apache Longbows delivered to Boeing in Mesa, Ariz., prior to coming to Whiteman Air Force Base.
Concluding the ceremony, the spouses of current and former 1-135th ARB com-

Continued from page 1
manders christened the first Longbow, a tradition continued by the aviation community to protect their aviators as they bravely meet the challenges faced daily in the unforgiving sky.
For more information about the Missouri National Guard, visit www.moguard.com.

Airman wins big on 'The Price Is Right'



Courtesy photo

Tech. Sgt. Armando Galaviz II, a fire battalion chief from Vandenberg Air Force Base, Calif., talks to game show host Drew Carey and rapper Snoop Dogg at the "The Price is Right" studio in Burbank, Calif., Aug. 24, 2011. Galaviz won the show's grand prize, worth more than \$33,000.

By Jennifer Green-Lanchoney
30th Space Wing Public Affairs

VANDENBERG AIR FORCE BASE, Calif. (AFNS) -- "Come on down!"

This simple request ended with a big pay-off in a showcase showdown for a Vandenberg Fire Department member and his family.

Tech. Sgt. Armando Galaviz II, the VFD North battalion chief, attended a showing of "The Price is Right" in August and won the grand prize worth more than \$33,000.

The episode, which aired Jan. 2, featured rap artist Snoop Dogg and was part of a celebrity series.

Galaviz, his wife Sarah, and his parents had tickets to attend the showing together, but a time conflict left his wife at home.

"I almost didn't go because my wife could not attend," Galaviz said. "But she encouraged me to go anyway."

With his wife's blessing, he and his parents made the trip to "The Price is Right" studios.

"I had a feeling that I was going to get chosen during the auditions; everyone was commenting on my uniform," said the Southern California native. "Sure enough, we sat down, and I was the first one called."

Galaviz bid on two PlayStation Portables that included games and accessories.

"I was waiting for someone to underbid me," he said. "Luckily, no one did, and I got on stage."

His next challenge was to play "Lucky Seven," a game in which the contestant is given seven \$1 bills and asked to guess the price of an item. The contestant loses \$1 for each digit of difference between his guess and the correct digit. If the contestant guesses the correct price before running out of money, he wins the prize.

"I lost the first game, but was able to sit in the front row until I was called up to spin

the wheel," Galaviz said. "I started cutting it up with the other contestants and had a really good time."

Galaviz, who has attended other shows with his family, was excited to find himself at the final stages of the game.

"I started spinning the wheel, and all I thought was to start giving shout outs to Vandenberg fire, Vandenberg Air Force Base and family," he said. "I ended up winning the spin with a 75."

A 75 was enough to get the sergeant to the showcase showdown, the final event of the show.

"I wished the other contestant best of luck," Galaviz said. "When it was my turn, everyone from the crowd was yelling and it was super distracting. If people could get out of their seats and get on stage, I am sure they would."

With all the distraction, Galaviz came up with a bid of \$33,000, which was the winning amount for the grand prize of the show.

"At first, I was in shock, I was like 'there is no way,'" Sarah said about finding out her husband had won. "His parents told me because he had to sign a disclosure agreement; I thought they were just joking with me."

After the shock wore off, reality set in for the Galaviz family.

"I thought that he would get on the show because he was wearing his uniform and he has a great personality," she said. "But I didn't think he would actually win anything."

Along with the two video game systems, the sergeant also won a three-day vacation to New Orleans with backstage passes to hang out with Snoop Dogg at his concert and a Chrysler 300 limited-edition sedan.

"It was a definite blessing for us," Sarah said. "We are going to be debt free and able to do what we want when we want."

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**LivingFit helps Airmen, families
reach weight loss goals**



U.S. Air Force photo/Senior Airman Nick Wilson
Kelly Perry, 509th Force Support Squadron fitness center personal trainer, leads a fitness training session at the fitness center basketball court Dec. 22, 2011.

By Erin Tindell

Air Force Personnel, Services and Manpower Public Affairs

SAN ANTONIO – A new year often begins with resolutions to lose weight and get in shape. Air Force services officials recently launched a new program designed to help Airmen and families accomplish this common goal through proper nutrition and activity.

The "USAF FitFamily" website now includes "LivingFit", an online interactive tool that allows participants to set weight loss goals, monitor their progress and receive tips and tools to help them stay on a healthy track.

"LivingFit" expands the resources on www.usaffitfamily.com and provides another tool for Airmen and families to stay fit and motivated, said Condredge Fisher, Air Force Services Agency youth specialist.

"The "LivingFit" program identifies a key component in being resilient, which is being healthy," he said. "I believe when families watch their nutrition and maintain healthy body-weight they will be in better physical and mental shape to face challenges caused by deployments, separation, permanent change of station moves."

To sign up, users must register at www.usalivingfit.com to create a profile. They will enter their current weight, goal weight, the date they'd like to achieve their weight loss and

their activity level. Once a profile is created, users can design custom meal plans as well as goal activities. Activities are categorized as bronze, silver and gold, ranging from non-vigorous to challenging.

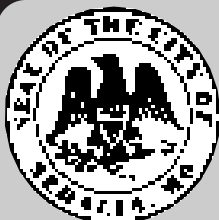
"LivingFit" will keep users on track through automated emails to remind them to record their weight each week. Fisher said the meal plans and nutritional guidelines are two of the most useful tools the program offers.

"Included in the meal plan is an option to choose your ideal weight, meal options, and menu ideas to support your meal choices," he said. "The nutritional guidelines include nutritional tips, an 'eat this not that' section and a fast food healthy option section."

Once users meet their goals, they can set new goals or just come back to the site to continue maintaining their healthy lifestyle.

"The hope is Airmen and families form healthy habits and they continue to visit the site to view new content or add their own content such as photos and stories," Fisher said.

For more information about "LivingFit" visit www.usalivingfit.com; it can also be accessed from the "USAF FitFamily" site www.usaffitfamily.com that contains additional resources on proper nutrition, sports and fitness, educational projects and other ideas to keep Airmen and families fit.



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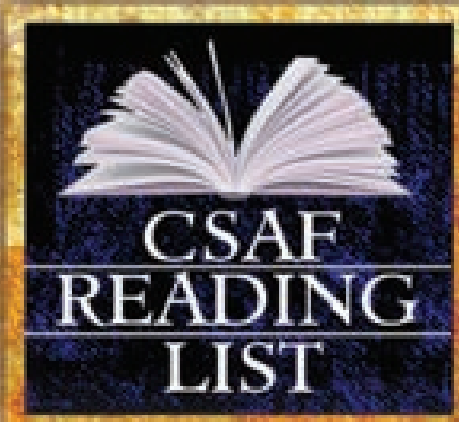
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Air Force chief of staff releases 2012 reading List



CSAF PROFESSIONAL READING PROGRAM
New website helps Airmen expand education

WASHINGTON (AFNS) -- The Air Force chief of staff announced his latest professional reading list Jan. 6.

In a letter to all Air Force personnel, Gen. Norton Schwartz said today's Airmen are among the military's best educated and most inquisitive.

"We Airmen are innovators because we embrace the word 'why' and mine it for better, smarter ways to operate," Schwartz said.

The Air Force's history is full of examples of Airmen who have embodied this attitude, facing daunting challenges with little more than their minds and fortitude, the general said.

"Their experiences are one of the cornerstones of the 2012 Reading List," Schwartz said.

This year's list contains 13 books and, for the first time, supplementary films, treatises and Internet-based resources. Schwartz will highlight these books throughout the year, and for the first quarter recommends these three:

"Airpower for Strategic Effect," by Colin Gray, provides a critical, strategic history of airpower as well as a new general theory.

"Unbroken: A World War II Story of Survival, Resilience, and Redemption," by Laura Hillenbrand, is the inspiring true story of a man who lived through a series of almost too incredible catastrophes.

Finally, "Start with Why," by Simon Sinek, looks at the leaders who have had the greatest influence in the world and describes how they all think, act and communicate in the exact same way, something the author calls "The Golden Circle."

The other books in this year's reading list are:

"**The Forever War,**" by Dexter Filkins

"**Paradise Beneath Her Feet,**" by Isobel Coleman

"**The Words We Live By: Your Annotated Guide to the Constitution,**" by Linda Monk

"**The Party: The Secret World of China's Communist Rulers,**" by Richard McGregor

"**Adapt: Why Success Always Starts with Failure,**" by Tim Harford

"**Catch-22,**" by Joseph Heller

"**Freedom Flyers: The Tuskegee Airmen of World War II,**" by J. Todd Moyer

"**Physics of the Future,**" by Michio Kaku

"**A Country of Vast Designs: James K. Polk, the Mexican War, and the Conquest of the American Continent,**" by Robert Merry

"**The Hunters,**" by James Salter

More information on the 2012 reading list can be found at <http://www.af.mil/information/csafreading/index.asp>




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Food & Entertainment

SATURDAY 1/14

Family Bowling Special- 12-4pm- Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sunday now thru April. Call **687-5114** for more info.

SUNDAY 1/15

Family Bowling Special- 12-4pm - Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sun now thru April. For more information please call **687-5114**.

MONDAY 1/16

SOAR Program- 10-11am- Airman & Family R.C.
Whiteman spouses join other spouses at Whiteman Inn for the Spouses Orientation Acclamation and Resources Program. Children are welcome with adults. Contact the A&FRC at **687-7132** for more information.

Seniors Bowling- 10am-1pm- Stars & Strikes

Every Monday! Only \$1 per game, Seniors come enjoy a cup of coffee and bowl a few games! Call **687-5114** for more info.

WEDNESDAY 1/18

Boss & Buddy- 4-7pm- Mission's End

Hang out after work and enjoy the cheapest hot wings around, only .40 cents a wing! Call **687-4422** for more info.

THURSDAY 1/19

Operation Comfort Cake- 6-8pm- A&FRC

For spouses whose sponsors are getting ready to deploy, on a remote/TDY, currently deployed or have just returned. Learn valuable information and ask questions about the processes involved. Bring and share your cake recipes! Contact the A&FRC at **687-7132** for more information.

FRIDAY 1/20

Cook's Night Off!- Call in by 2pm- Mission's End

Call in your order before 2pm, to pick up between 5-8pm. Feed a family of four! 10 pieces of Fried Chicken, Cajun Rice, Fried Corn, Cole Slaw, 4 Rolls and 4 Red Velvet Cupcakes for less than \$20. Call **687-4422** for more info.



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Youth & Teen Events

TUESDAY 1/17

Time to Play- 10-11am- Youth Center

A self-directed play group for ages birth-5 yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are reqd. just stop in! Call **687-5586** for more info.

WEDNESDAY 1/18

Teen Money Matters!- 6-7pm - Youth Center

Invest in your future! A free event with a special guest speaker from the Airman & Family Readiness Center will brief teens. Ages 13-18. For more information please call **687-5586**.

FRIDAY 1/20

Fun Night!- 6:30-9:30pm- Youth Center

Youth will take part in a variety of activities throughout the night including games in the gym, lobby games, minute 2 win it challenges, newspaper fashion show and more. Sign up now! Cost is \$10 for members/\$12 for non-members. Call **687-5586** for more info.

There are many sports, classes, and lessons provided at the Whiteman AFB Youth Center please contact them at **687-5586**, for a number of opportunities for your children. There are also coaching opportunities for volunteers. If you are interested please contact Youth Sports at **687-3199**.

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-Call us at **687-5590**
Or **687-1180** for more info



**Airman & Family Readiness Center
Breastfeeding Support Group**

Breastfeeding Support Group is a 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. - 1 p.m. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

**Team Whiteman Community
Airmen Against Drunk Driving**

AADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense identification card, (Active Duty, Retirees, Guard, Reserves, Cadets, and Dependents) a free safe ride home 24/7 in the local area by dialing 660-563-1178 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

Palace Chase Briefing

Palace Chase Briefings are held the third Wednesday of every month at 11 a.m. in the Professional Development Center, building 519, room 101. For more information contact Master Sgt. Rodney Harrell, In-Service Recruiter at 660-687-1868 or 660-460-1041.

Retiree Activities Office

The Retiree Activities Office provides an interface between the active-duty and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m.-3 p.m., Monday through Friday. The RAO is looking for volunteers and training is provided. For information, call 660-687-6457 or 1-800-303-5608 or email rao@whiteman.af.mil.

**Family Advocacy Outreach
Prevention & Relationship
Enhancement Program**

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 660-687-4341 for the next workshop date and location.

New Parent Support Program

New Parent Support Program is an educational 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 660-687-4341.

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.

**Shifting Angry Response
Patterns (SHARP)**

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 660-687-4341.

Stress Management

Stress Management is a one-time 90-minute session support group and is offered every Monday from noon-1:30 p.m. in the mental health flight, second floor of the medical clinic. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. Contact 660-687-4341 for more information.

'New Monkey'

Continued from page 2

without stopping to ask themselves, "Why are we doing this?"

My point is simple: I take the "you're the new monkey" comment as a compliment. I know I've been guilty of being the "old monkey" who just falls in line and does what everyone else in my office is doing because "that's the way it's always been done," but I think we all have a responsibility to be the "new monkey" every now and then.

That doesn't mean we should see our more experienced leaders as "old monkeys" and ignore their directions; nor does it mean we should be "boat rockers" who just cause trouble all the time. What it does mean is that sometimes we need to ask ourselves, "Why are we doing this?" or, "Why are we doing this a certain way?"

Sometimes those questions are easily answered by Air Force instructions or by orders from our leaders, but at other times, the answers aren't so clear.

Simply put, if you're knowledgeable in a task and can see a flaw in the process, don't just ignore it because someone says, "That's the way we've always done it." Our commanders, especially here within Air Force Global Strike Command, set excellent examples for us in that area. When someone assumes command of a unit, their goal usually isn't to leave it the way they found it, but to leave it better than when they took command.

In broader terms, our Air Force isn't the best in the world because we're doing everything the same way we've done it for the last half century; I believe it's the best in the world because we continue building on the foundation the first Airmen laid more than 60 years ago.

To sum it up, here's my advice: take a chance at being the "new monkey" - sometimes. Like me, you'll probably make mistakes and learn some lessons the hard way. You may even get "whipped" every now and then, but just remember your reward is chocolate, and that is so worth the effort.

This Weekend at the Movies

**New Year's Eve
Jan. 14, 7 p.m.**

Sarah Jessica Parker, Jessica Biel -- The lives of several couples and singles in New York intertwine over the course of New Year's Eve. PG-13 - language including some sexual references. Genre: Romantic Comedy. 117 minutes.

**Arthur Christmas
Jan. 15, 3 p.m.**

James McAvoy, Jim Broadbent -- On Christmas night at the North Pole, Santa's youngest son looks to use his father's high-tech operation for an urgent mission. PG - some mild rude humor. 97 minutes.

*Movie showings are featured at the Whiteman AFB Movie Theater. Call the movie line at 660-687-5110 for more information. Cash or check only. *Movies are \$4.50 for adults and \$2.25 (3-11 years). Doors open 30 minutes prior to show time. *Movies and ticket prices are subject to change without notice.*

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- 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.
- 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.
- 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.
- 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.

- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- 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.
- 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."
- 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.
- 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.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- 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.

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Apartments For Rent 207

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