

WARRIOR



SPEC. PREP.

509TH OSS SSGT PHYSICALLY PREPARES AIRMEN TO CROSS TRAIN INTO SPECIAL OPERATIONS
PG.8

TAX SEASON PG.11
WHITEMAN TAX CENTER OPENS ITS DOORS

Looking forward: Whiteman celebrates Black History Month

By Master Sgt. Dennis Caldwell
Whiteman African American
Heritage Association president

I have always looked forward to February since I was a kid. While it is the shortest of all months, it is the loveliest with Valentine's Day being in the middle of it. Throughout the month I and others get to reflect on the many contributions African Americans have given to our nation.

I remember when I was in elementary school we would have programs dedicated to Black History. Many of the students would dress up and recite poems or speeches written by or originally delivered by famous African Americans. Our parents and other loved ones would be in the audience cheering us on. It all made me more proud of my heritage.

Years later, I still get that excitement about this month. Now, with me being in the military, I can share my same excitement with those not just from my elementary school or hometown, but with many different people from all walks of life.

Recently, I read a blog where the author, Jemar Tisby, wrote about why people should celebrate Black History Month. He mentioned five reasons, but I would like to discuss three of those he listed: First, Black History Month honors historic leaders of the black community; second,

the month highlights the best of Black History and culture; and third, Black History Month creates awareness for all people. Of the five reasons he listed, these resonated with me the most.

During the month of February, we as a nation get to honor leaders in the African American community who help advance our race and our country. I understand many people celebrate these outstanding individuals throughout the year, but during this month, the nation as a whole is paying tribute.

Black History and culture is put in the forefront during the month of February. Many people who may not have knowledge about Black History are able to access to this information. For things like food, dances, and even attire are often displayed, which allows other races to become more diverse and able to relate on another level with black culture.

This ties into the third reason for celebrating Black History Month: It creates awareness for all. I too have learned a few things over the years during this month. While it is a month about African Americans, the events held during the month are not just for African Americans, but for everyone.

Black History Month 2018 is here, and it is my hope that everyone on Whiteman Air Force Base learn something about African Americans they did not know before. I hope some of the events that will take place this month will assist in this endeavor.

THE WARRIOR Editorial Staff

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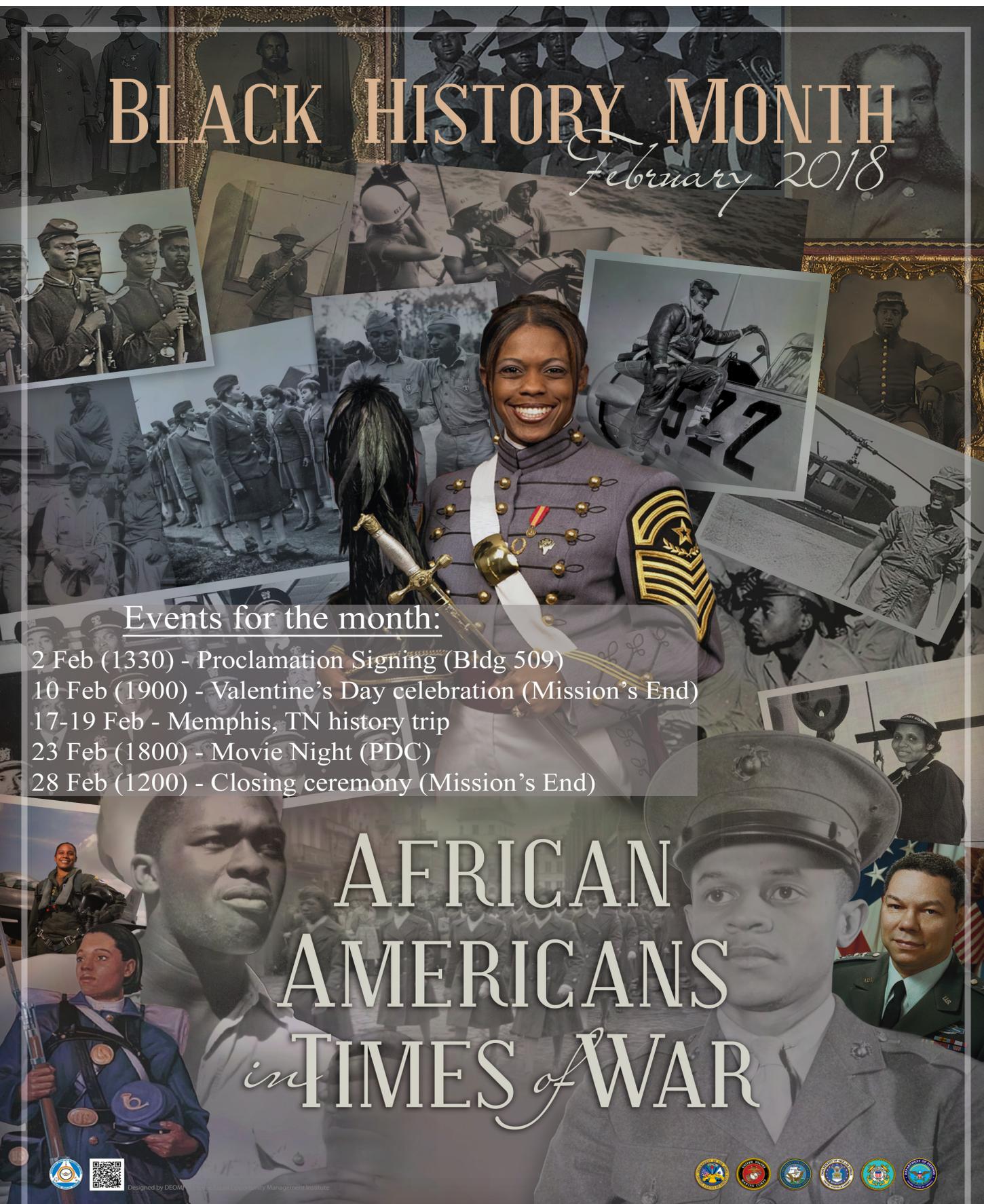
The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions do not guarantee publication.

For more information, call the Warrior office at 660-687-5727, email 509.bw.pa@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509th Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

On the cover

U.S. Air Force photo by Airman 1st Class Taylor Phifer
U.S. Air Force Staff Sgt. Eddie Fore, center, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, Senior Airman Tyler McConnell, left, and Senior Airman Matthew Cline, right, both Explosive Ordnance Disposal team members assigned to the 509th Civil Engineering Squadron, pose in their gear at Whiteman Air Force Base, Mo., Jan. 24, 2018. Fore trains with multiple Airmen to help them cross train and prepare for a special operations career field, such as pararescue and combat control.



NEWS BRIEFS



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EagleEyes
WATCH.REPORT.PROTECT.

U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to the AFOSI web page at <http://www.osi.af.mil>.

How to report an anonymous tip using a smart phone:

1. Open the smart phone app
2. Manually select an agency
3. Choose USA then Federal Agency then select AFOSI
4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip via text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

Air Force Housing website

Visit www.housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

WEATHER

Today	Saturday
Cloudy	Mostly Cloudy
Hi 34	Hi 46
Lo 10	Lo 27

Sunday	Monday
Snow Likely	Partly Sunny
Hi 29	Hi 39
Lo 25	Lo 14

Clinic complete: 509 MDG renovated



U.S. Air Force photo by Airman 1st Class Taylor Phifer

From left, U.S. Air Force Col. Mark Ely, the 509th Bomb Wing vice commander, Robin Wankum, an engineer from the U.S. Army Corps of Engineers, Col. Chrystal Henderson, the 509th Medical Group commander, and Col. Jeffrey Calder, the Air Force Global Strike Command Surgeon General, cut the 509th MDG ribbon at Whiteman Air Force Base, Mo., Jan. 30, 2018. The ribbon was cut to celebrate the completion of the clinic's renovation project. Calder provides medical programs to Combatant Commanders to build and uphold combat ready forces to carry out global strike operations and nuclear deterrence.

Missouri DNR distinguishes ties with Whiteman

By Airman 1st Class Taylor Phifer
509th Bomb Wing Public Affairs

The Director of the Missouri Department of Natural Resources, Carol Comer, visited Whiteman Air Force Base, Missouri, on Jan. 31, 2018.

"The purpose of Ms. Comer's visit was two-fold," said Glenn Golson, the environmental element chief assigned to the 509th Civil Engineer Squadron. "She visited the base to become familiar with our mission at Whiteman while also getting a more in-depth look at our environmental programs that her department regulates."

As the Director of the Missouri DNR, Comer leads her department to help protect Missouri's air, land and water, and the natural and historic areas.

Comer's visit was essential to Whiteman and the Missouri DNR because it helped to spread information and an understanding of both the department's and Whiteman's mission while also building a strong relationship.

"The visit will build good relations in the near future with the new leadership of the Department of Natural Resources," said Golson. "Which is important because they are the state regulatory agency that enforces environmental regulations."

Along with building good relationships between the base and the Missouri DNR, Comer's visit also helped to build a partnership between the state and federal government.

"The goal for both the state and federal government was to build a partnership that accomplished the Air Force mission while protecting the resources of the state," said Golson.

As Comer learning about the base's specific



U.S. Air Force photo by Senior Airman Jovan Banks

The Director of the Missouri Department of Natural Resources (DNR), Carol Comer, visited Whiteman Air Force Base, Mo., on Jan. 31, 2018.

mission, she met some of the Airmen who play a part in completing the mission every day. She was also given a more comprehensive look at Whiteman's impact on the economy and Missouri.

"While becoming aware of our mission, Ms. Comer was also able to understand the economic benefit the installation brings to the state of Missouri," said Golson.

With her past experience, Comer realize that the protection of the environment and the growth of the economy go hand-in-hand with one another.

"You can't have a healthy environment without a healthy economy, and you can't have a healthy economy without a healthy environment," said Comer.

Comer's visit to Whiteman helped to hone in on the importance of the Air Force's overall environmental protection processes and establish a better working relationship between the installation and Comer's department.

"The Air Force is diligent about protecting the environment," said Golson. "With the assistance of the state agency, assures that Whiteman is providing a suitable place to work and live."

Reel Time Theaters

We're saving a seat for you.

FRIDAY, FEB. 2 • 7 p.m.

Molly's Game (R)
Adults - \$7.00

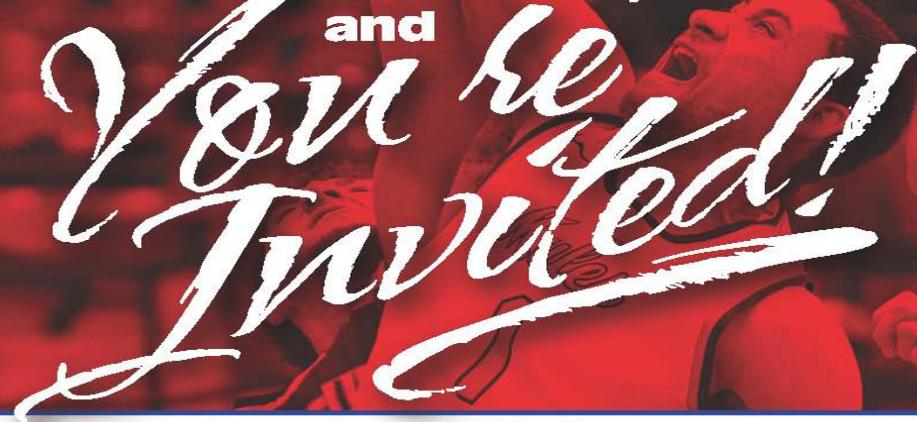
SATURDAY, FEB. 3 • 7 p.m.

Insidious: The Last Key (PG-13)
Adults - \$7.00, children - \$4.75

SUNDAY, FEB. 4 • 3 p.m.

Lady Bird (R)
Adults - \$7.00

Saturday, February 3, will be
MILITARY APPRECIATION DAY
at UCM Basketball,
and



**Jennies & Mules vs.
Northeastern State RiverHawks**
February 3, 1:30 and 3:30 p.m.
UCM Multipurpose Building

**Free Admission for all active and
retired Military members and
their families, plus a food voucher
for a beverage and a hot dog!**
(courtesy of UCM Concessions by Sodexo)

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WHEN: February 10, 2018 FROM: 7:00PM to 10:00 PM

Tier 1
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All Meals \$40 for Club members and \$50 for non-members
Choice of Chicken, Fish, or Vegetarian

Tier 2
Appetizers and champagne
\$20 members \$30 non-member

Tier 3
Entry Only : Free for Club members \$10 non-members

PURCHASE TICKETS AT Mission's End 7AM-2PM

ENTERTAINMENT
DJ Thunder
Spoken Word
Dance Performance
and
many other surprises*

*Exclusive club member drawing for a bottle of champagne

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by Feb 2nd for Tiers 1 & 2 and Feb 7th for Tier 3

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December 2017 Justice Review

Over the last year at Whiteman Air Force Base, there were seven courts-martial, 46 Article 15s, 56 involuntary administrative separations and 13 active duty DUIs. Of these cases, two courts-martial, 22 Article 15s, and 27 discharges were in the fourth quarter of 2017. For the month of December, Whiteman addressed the following misconduct:

COURTS-MARTIAL:

- A senior airman was discharged in lieu of court-martial for assault consummated by battery on divers occasions, violating a no contact order and adultery. His service was characterized as Under Other Than Honorable Conditions.

ARTICLE 15S:

- An airman first class from the 509th Logistics Readiness Squadron received an

Article 15 for wrongful use of marijuana. For this offense, the member received a reduction to the grade of airman basic, restriction to base for 60 days, and a reprimand.

- A senior airman from the 509th Maintenance Squadron received an Article 15 for wrongful use of a controlled substance (Percocet). For this offense, the member received a reduction to the grade of airman first class and a reprimand.

INVOLUNTARY SEPARATIONS:

- An airman basic received an involuntary administrative discharge for wrongful use of marijuana, for which the member received a General Service characterization.

- An airman basic received an involuntary administrative discharge for wrongful

use of marijuana, for which the member received a General Service characterization.

- An airman received an involuntary administrative discharge for fitness failures, for which the member received an Honorable service characterization.

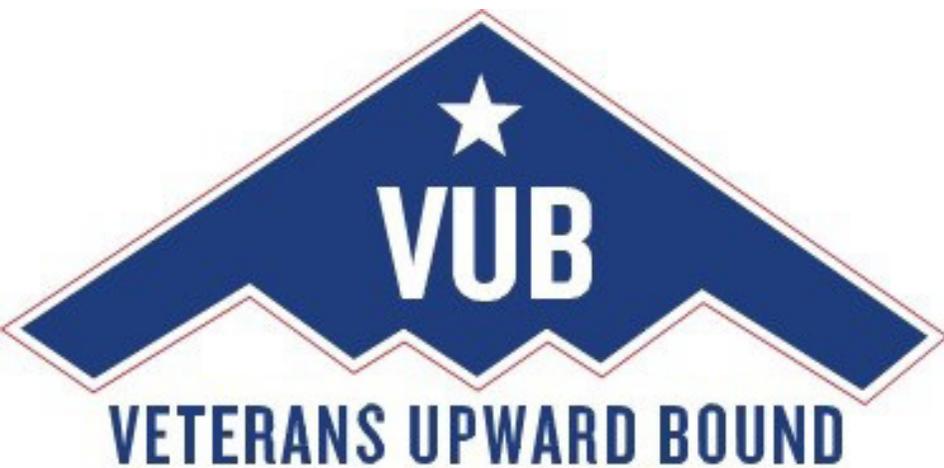
- An airman first class received an involuntary administrative discharge for fitness failures, for which the member received an Honorable service characterization.

- An airman first class received an involuntary administrative discharge for minor disciplinary infractions, which included failure to report to duty on time on multiple occasions, failure to maintain proper grooming standards, failure to report on time for mandatory uniform inspection, underage possession of alcohol in the

dorms, and failure to obey direct orders. For this misconduct, the member received a General Service characterization.

- An airman first class received an involuntary administrative discharge for minor disciplinary infractions, which included failure to report to duty on time on multiple occasions, not wearing the proper uniform on multiple occasions, failure to go to appointed place of duty on multiple occasions, failure to go to mandatory training and briefings, driving at a high rate of speed, failure to adhere to the personal appearance regulation by showing up for work without a clean shave (twice), and failure to report an arrest for operating a motor vehicle on a suspended driver's license to leadership as required by his PRP status. For this misconduct, the member received a General Service characterization.

UCM Launches New Veterans Upward Bound Program



The University of Central Missouri recently received a new grant that creates opportunities designed to help veterans succeed in college. Veterans Upward Bound (VUB) is a free U.S. Department of Education program designed to help veterans refresh their academic skills and give them the confidence they need to successfully obtain a college degree.

Veterans Upward Bound can assist a veteran by offering:

- Basic skills development to help veterans successfully complete a high school equivalency program (if needed) and gain admission to college education programs.
- Short-term remedial or refresher classes for high school graduates that have put off pursuing a college education.

Areas of interest: Math, science, reading, literature, composition, and computer basics.

- Assistance with applications to college or university of choice, financial aid, and scholarships.
- Personalized counseling for degree and career selection.

- Connecting veterans with outside available resources.
- Providing each veteran with an

individualized academic plan that is developed based on personal needs and desires.

Eligibility Criteria:

- Be a U.S. Military veteran with more than 180 days of active duty service, and discharged under conditions other than dishonorable. *Veterans with fewer than 180 days of active duty service may apply.

- Meet low-income criteria, according to guidelines published annually by the U.S. Department of Education, and/or a first-generation potential college graduate.

- Demonstrate academic need for Veterans Upward Bound.

The Next Step:

The next step is to contact your local Veterans Upward Bound Program. Your local VUB office will help you get started on the process and answer any questions. Let us help you make your educational dreams a reality.

If you need more information, please contact:

Tonya Kuranda, or Shomarri Taylor,
Telephone: 660-543-8124 or 660-543-4785
e-mail: kuranda@ucmo.edu



20th ATKS Airman receives Diamond Sharp Award



Courtesy photo

U.S. Air Force Senior Airman Scott, an intelligence analyst assigned to the 20th Attack Squadron, received the First Sergeant Diamond Sharp Award for the month of December at Whiteman Air Force Base, Mo., Jan 24, 2018. Scott demonstrated exceptional mentorship to new 20th ATKS Airmen by dedicating time to share with them different opportunities found in the intel career field, allowing them to shadow him, and escorting them to listen to intel briefs when the opportunity arose. This ultimately led to an increase in morale in the section and helped the Airmen better understand their role in the mission.



View the *Whiteman Warrior* online
by logging onto
www.whiteman.af.mil

Spec. Prep.: 509th OSS Airman trains potential special operations Airmen

By Airman 1st Class Taylor Phifer
509th Bomb Wing Public Affairs

Another day with hours spent in the gym running, swimming, lifting and sweating, doing all he can to help change Airmen's lives. Staying focused on their fitness programs in order to get them where they need to be. Seeing the Airmen progress from the constant work and dedication. Pushing these people to their limits to prepare them for what's to come in their future careers.

U.S. Air Force Staff Sgt. Eddie Fore, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, spends his personal time training with Airmen at Whiteman Air Force Base, Missouri, to help them get the opportunity to cross train into a special operations career field.

"I started helping people cross train into special operations careers back in 2010 at Nellis Air Force Base, Nevada, and immediately starting training Airmen when I moved to Whiteman," said Fore.

Fore trains Airmen to take a Physical Ability Stamina Test that includes fitness aspects like running, swimming and physical strength. When someone is ready to take the PAST, Fore will time and record their results. Airmen must meet the specific requirements of the specialty they are applying for.

"It is the first thing members need to complete in order to qualify for applying to a special operations career," said Fore. "Even though the standards are low in comparison to what they will actually be doing in selection and in their various pipelines, it is still a difficult process and prepares them for what they will be doing down the line."

Being a noncommissioned officer, husband, father, trainer and a graduate student, Fore stays busy. He balances his time between work, family and school to ensure he accomplishes everything, while still reserving time to help Airmen with their cross training goals.

"At any given time I am working with around two to five people on how to properly train," said Fore. "I'll be writing strength and conditioning plans, mentoring members on the rigors of the different battlefield Airmen or the other service's special operations jobs, getting them into the right career field for them and their families, as well as preparing them to have the resiliency to make it

through training and be ready for the lifestyle." The people Fore trains with are dedicated to taking the time to improve themselves and to become ready for a special operations career.

"I've been training with Fore for about seven months to prepare to cross train into special operations," said Airman 1st Class Levin Wilson, a security forces member assigned to the 509th Security Forces Squadron. "Training with him has helped me learn how to push through and get ready to try to cross train."

Not even below freezing weather and a snow covered track will stop Fore from mentoring and working out with Airmen. He uses every day to help and better prepare Airmen to cross train into a special operations career.

To prepare members both mentally and physically, Fore works with them to build strength, stamina and mental perseverance by rucking with 40 to 60 pounds on the member's back.

"Depending on the career field the member wants to get into, we can work on running and rucking programs, overall strength programs in the gym, land navigation in the field with map and compass work, and pool sessions," said Fore. "Pool sessions are always a lot of fun and really test the people I train. It helps them get ready for selection and ultimately dive school."

No matter the special operations career, combat control, pararescue or any other, it takes a lot of mental preparation in order to be ready.

"Preparing mentally is everything," said Fore. "Having the resiliency to push through and understand not only what the pipeline is like, but more importantly what the career field will demand of you is the most important part. I always tell people the training is the easy part, be ready to work hard for the duration of your career."

While training Airmen to cross train is something Fore does off-duty, it's something that makes him proud. He enjoys doing it to help the special operations community and his fellow wingmen.

"Seeing people progress mentally and physically is my favorite part of all this," said Fore. "When I write training plans for people and they truly push themselves and get into career fields they want, it's a win in my book. I feel like I owe it to the guys and gals who want to dedicate their lives to help others and I can do my part by getting them started on the right path to make it through to a special operations career."



U.S. Air Force Staff Sgt. Eddie Fore, right, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, begins to time Staff Sgt. John Mapes, a desk sergeant assigned to the 509th Security Forces Squadron, on a mile and a half run Jan. 17, 2018, at Whiteman Air Force Base, Mo. Mapes took a physical ability stamina test in order to see if he is physically qualified to cross train into Tactical Air Control Party specialist's training.



U.S. Air Force Staff Sgt. Eddie Fore, a Survival, Evasion, Resistance and Escape (SERE) specialist assigned to the 509th Operations Support Squadron, displays his gear at Whiteman Air Force Base, Mo., Jan. 24, 2018. Fore is one of two SERE specialists at Whiteman who train Airmen to be prepared for any situation that can range from water survival to parachuting classes.



U.S. Air Force Staff Sgt. Eddie Fore, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, counts the number of sit-ups Staff Sgt. John Mapes, a desk sergeant assigned to the 509th Security Forces Squadron, does during a qualifying physical ability stamina test Jan. 17, 2018, at Whiteman Air Force Base, Mo. Mapes was tested on multiple areas of fitness like pushups, sit-ups, pull-ups and running in order to qualify to cross train into Tactical Air Control Party's training.



U.S. Air Force Staff Sgt. Eddie Fore, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, counts the number of push-ups Staff Sgt. John Mapes, a desk sergeant assigned to the 509th Security Forces Squadron, does during a qualifying Physical Ability Stamina Test (PAST) Jan. 17, 2018, at Whiteman Air Force Base, Mo. The screening involved testing Mapes with a timed 1.5 mile run along with timed strength exercises. The purpose of the PAST is to ensure Airmen qualify physically who are trying to cross train into a special operations career field.



U.S. Air Force Staff Sgt. Eddie Fore, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, records the physical ability stamina test results of Staff Sgt. John Mapes, a desk sergeant assigned to the 509th Security Forces Squadron, Jan. 17, 2018, at Whiteman Air Force Base, Mo. Fore trains Airmen so they can physically qualify to cross train into a special operations career field's training of their choice like Tactical Air Control Party specialists, Explosive Ordnance Disposal technicians and more.



U.S. Air Force Staff Sgt. Eddie Fore, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, poses with his gear at Whiteman Air Force Base, Mo., Jan. 24, 2018. As a SERE specialist, Fore trains Airmen by leading parachuting, water survival and field survival classes to ensure the Airmen are prepared for different situations they could be faced with.

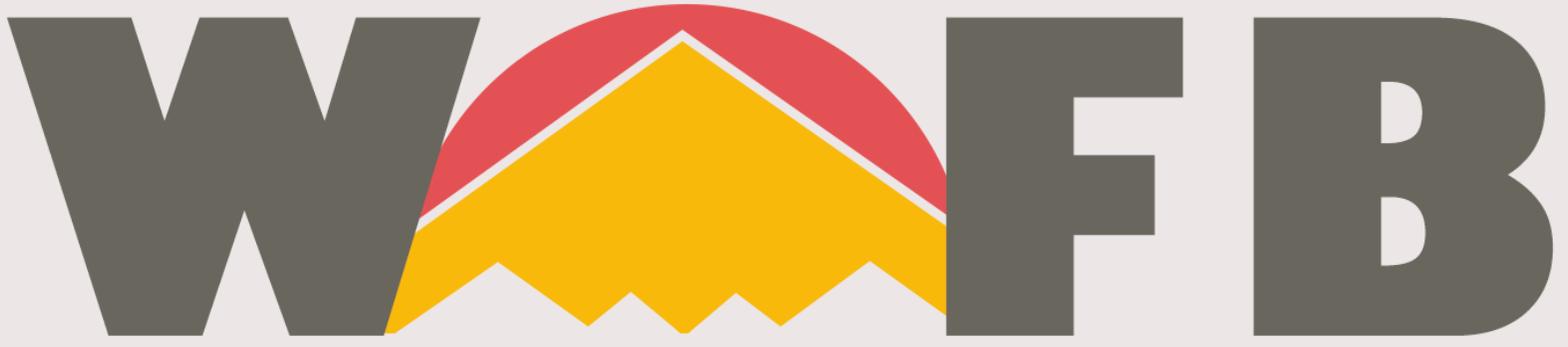


U.S. Air Force Staff Sgt. Eddie Fore, center, a Survival, Evasion, Resistance and Escape specialist assigned to the 509th Operations Support Squadron, Senior Airman Tyler McConnell, left, and Senior Airman Matthew Cline, right, both Explosive Ordnance Disposal team members assigned to the 509th Civil Engineering Squadron, pose in their gear at Whiteman Air Force Base, Mo., Jan. 24, 2018. Fore trains with multiple Airmen to help them cross train and prepare for a special operations career field such as pararescue and combat control.



U.S. Air Force Staff Sgt. Eddie Fore, a Survival, Evasion, Resistance and Escape (SERE) specialist assigned to the 509th Operations Support Squadron, poses while wearing his green beret Jan. 24, 2018, at Whiteman Air Force Base, Mo. The green beret with the device is specific to the SERE career field. Specialists in other careers such as security forces, pararescue and combat control wear a different colored beret with a different device or patch on it.

*U.S. Air Force photos by
Airman 1st Class Taylor Phifer*



W H I T E M A N A I R F O R C E B A S E



Bases Participating:

-  Barksdale AFB
-  Ellsworth AFB
-  F.E. Warren AFB
-  Malmstrom AFB
-  Minot AFB
-  Whiteman AFB

The base with the best overall average meters will be the first recipients of the rowing challenge traveling trophy.

Squadron trophy for furthest distance rowed & individual prizes will be awarded.

- Kick off begins @ 0500 on February 1st.
- Participants may only compete during normal Fitness Center hours of operation.
- Participants must check in and out with a Fitness Center staff member.



Contact SSgt Torderra or SSgt Lavaring at (660)687-5496 or for more information find us on Facebook [/WhitemanAirForceBaseFitnessCenter/](#)



WAFB tax center now open



The Whiteman Air Force Base Tax Center opened Thursday, Feb. 1, 2018, for free advice, assistance, preparation and electronic filing of federal and state income tax returns through the Internal Revenue Service's Volunteer Income Tax Assistance program.

Active duty military members, retirees, military dependents, and Department of Defense civilians may receive assistance.

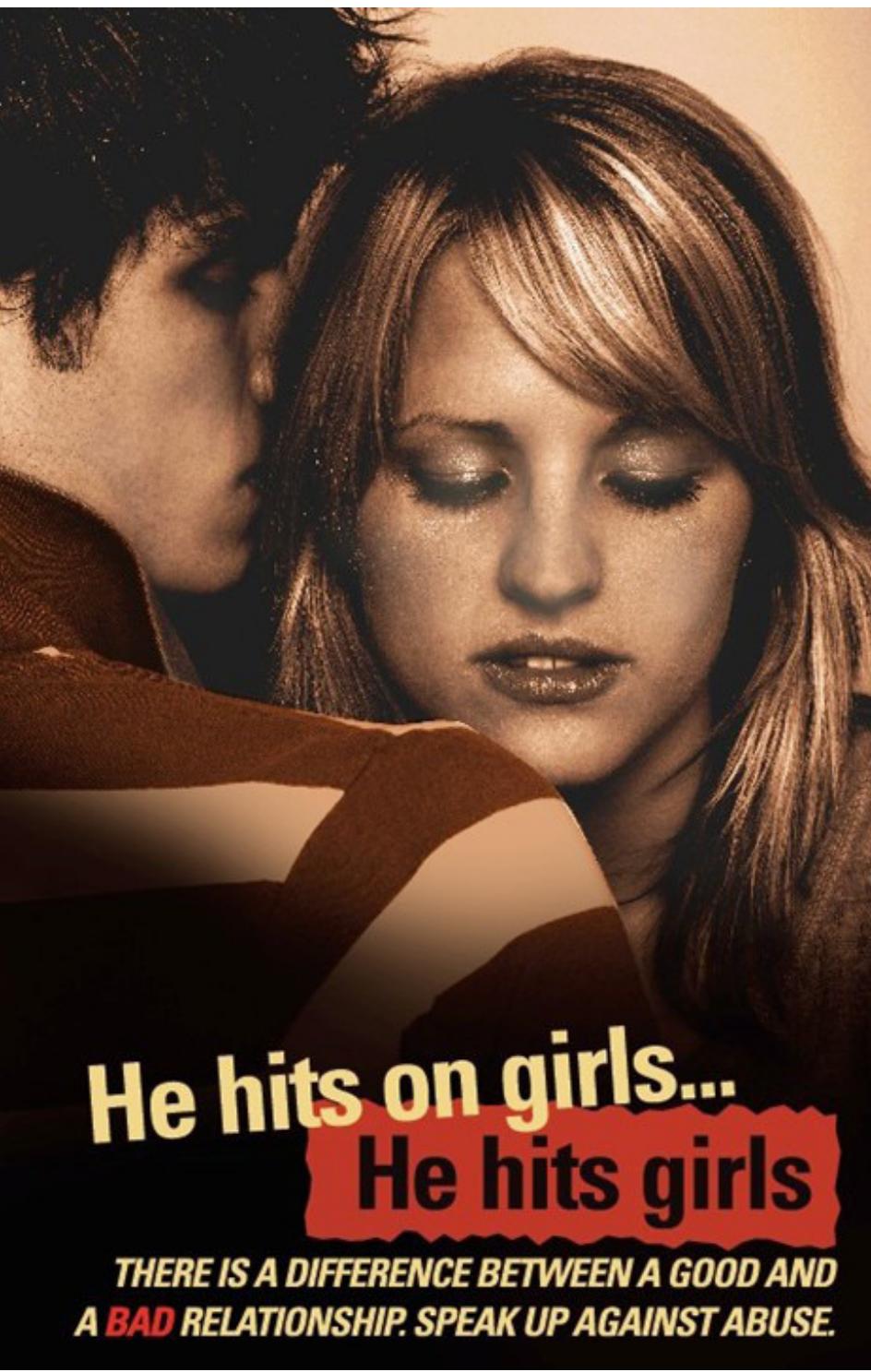
Location: The Tax Center is located in the Professional Development Center building 515, Room 209. A satellite location will also be open at The University of Central Missouri's Whiteman Veteran's Center, located on the ground floor of Elliot Union.

Tax Center hours of operation: The Base Tax Center will be open for appointment only Monday to Thursday from 8 a.m.-3 p.m. and will accept walk-in's on Friday from 10 a.m.-3 p.m. until April 17, 2018. The satellite location at UCM will be open on Tuesday and Thursdays from 5-8 p.m. by appointment only.

To receive tax preparation/e-filing assistance, you must bring:

- Photo IDs – Proof of identification (taxpayer/spouse)
- Social security cards (or ITIN card, if applicable) (taxpayer/spouse/dependents)
- Birth dates (taxpayer/spouse/dependents)
- Prior year tax return (they no longer have copies of prior returns for previous clients)
- Wage/income statements (i.e. W-2s, W-2G, 1099-B, 1099-R, 1099-G, 1099-Misc.)
- Interest and dividend statements (1099-INT, 1099-DIV)
- Affordable Care Act healthcare documents (IRS Form 1095-A, 1095-B or 1095-C)
- Dependent care information (daycare provider name, address, tax ID # and amount paid)
- Education credit information (1098-T and receipts for out-of-pocket expenses)
- Proof of bank routing and account number (for direct debits or direct withdrawals)
- Any other forms applicable to your return (i.e. "1098-E Student Loan Interest Paid", 5498 IRA contributions, 1098 Mortgage Interest Paid, real estate taxes)

To ask questions or schedule an appointment, call Airman 1st Class Tayler Griffin, 509th BW Legal Office, at 660-687-3672



**He hits on girls...
He hits girls**

THERE IS A DIFFERENCE BETWEEN A GOOD AND A BAD RELATIONSHIP. SPEAK UP AGAINST ABUSE.

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

Warning Signs That Your Date Is or May Become Abusive

- Blames you of flirting/cheating with others.
- Tells you how to dress, what to say and how to act.
- Threatens to hurt self or others if you break up.
- Dislikes your friends and family, therefore, tries to limit the time that you can spend with them.
- Breaks or hits things to intimidate you.
- Humiliates, insults and belittles you and your opinions, especially in front of others.
- Unpredictable mood swings and cannot control his/her anger.
- Believes in rigid sex roles and/or pressures you to have sex or forces you to do things that you don't want to do by saying, "if you really loved me you would..."
- Wants you to limit your extra curricular activities so you can spend more time together.

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LET A FRIEND KNOW
TALK TO A TRUSTED ADULT





BHOP

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BHOP appointment



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Balfour Beatty Communities Foundation accepting applications for annual scholarship program



Applications are now being accepted for the Balfour Beatty Communities Foundation scholarship program for the 2018-2019 academic year. All residents living in Balfour Beatty Communities housing – including spouses and children – who are pursuing a degree are eligible to apply. Applications must be submitted no later than March 30, 2018.

The Balfour Beatty Communities Foundation Scholarship Program recognizes those residents who are students or aspiring students excelling academically and looking to make a difference both in and out of the classroom.

Scholarship applicants must currently reside in Balfour Beatty Communities housing and plan to attend or already attend an accredited college or university on a full-time basis in the fall of 2018, or be enrolled in a program of study designed to transfer directly into a four-year program.

The Balfour Beatty Communities Foundation is a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty community. About 300 academic scholarships have been awarded to residents, including active duty service members and their dependents, since the program was established in 2009.

Scholarship awards range from \$1,000 to \$2,500, with the potential for being larger for exceptional submissions. Achievements made by our applicants, both in academics and community participation, consistently inspire us every year. We're honored to be able to assist them in their academic endeavors through our scholarship program.

For more details regarding scholarship requirements and to complete an online application, please visit the Foundation's website,

www.bbcommunitiesfoundation.org.

**Sleep
Fact #1**

SLEEP SUPPORTS RESILIENCY

Studies show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change.

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