

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

Team Whiteman commanders and Airmen applaud 4th U.S. Congressional District Rep. Ike Skelton after his speech during a farewell ceremony at the Whiteman Professional Development Center Dec. 9. The 17-term congressman and Chairman of the House of the Armed Services Committee used his time to thank Air Force Global Strike Command members and community

Rep. Skelton bids Team Whiteman farewell

By Heidi Hunt

509th Bomb Wing Public Affairs

Congressman Ike Skelton, U.S. Representative to Missouri's 4th District, met with a standing-room, only crowd of Airmen, Sailors and Soldiers Dec. 9 to thank Team Whiteman members and community leaders for their support and service.

The 17-year Congressman visited this Air Force Global Strike Command base during a farewell tour of his district

"I want to take this opportunity to thank you for what you do, to thank your predecessors, to those who flew the B-47, for those who man the missile and for all the missions you hold [at Whiteman] today," said Representative Skelton. "Over the span of my career, I have had the opportunity to be with, work with and work for the men and women in uniform. It's been the highlight of my career."

Brig. Gen. Scott Vander Hamm introduced Representative Skelton and expressed his appreciation for the man whose name can be recognized throughout the base.

"He has served us in many, many ways," General Vander Hamm said. "He has provided resources to us in uniform and has been an advocate for the men and women in uniform who serve around the world. We would not be where we are today without him."

In addition to his gratitude, Representative Skelton shared a deep concern and cautioned servicemembers and civilians.

"You have a great challenge ahead of you, keep doing what you're doing to get better at what you are doing because there are adversaries out there," Representative Skelton said. "We must always be prepared. George Washington once said if you want peace, prepare for war. I fully believe that is solid advice."

His farewell speech was followed by a reception hosted in his honor by the Whiteman Base Community

During the reception, Representative Skelton continued his theme by reminding base personnel to stay focused on the mission and continued to thank military members for their service

"We have the finest military this world has ever seen," Representative Skelton said. "I can't thank you enough for what you have done, what your predecessors have done, and for all that those that follow you will do," Representative Skelton said.

"You today are setting the example for future young men and women who will be here. Many of you have been deployed, some several times. That is a real stress on families and on yourselves. A little appreciation is needed."

ON THE INSIDE



This is the last edition of the 2010 Whiteman Warrior. The first edition of the New Year hits stands Jan. 7, 2011.

Congratulations to Protocol office for winning Air Force Global Strike Command Best Protocol Office award for 2010

3 Congratulations Graduates

Congratulations are in order for one hundred and fourteen members who recently received their degrees from the Community College of the Air Force, Park University and Webster University.

4 CFC wrap-up

The 2010 Combined Federal Campaign, iCare, wrapped up Dec. 15 and Whiteman, an Air Force Global Strike Command base, exceeded its goal of \$125,000 by raising more than \$131,000.

From the Frontlines: Staff Sgt. Ruby Cornejosalas

The life of a servicemember today requires mulitple deployments to various areas of responsibilty in support of wartime missions.

WEATHER

Today	Sunday
Partly Sunny	Mostly Cloudy
Hi 29	Hi 37
Lo 17	Lo 26

Saturday Monday Mostly Sunny Mostly Cloudy Hi 33 Hi 40 Lo 21 Lo 28

Weather Courtesy of the National Weather Service

The Warrior Dec. 17, 2010

Commentary

Air Force leaders issue holiday message

WASHINGTON (AFNS) — Secretary of the Air Force Michael family and loved ones are particularly worthy of the deep and abid-

Donley, Air Force Chief of Staff Gen. Norton Schwartz and Chief Master Sgt. of the Air Force James Roy send the following holiday message to the Airmen of the U.S.

As we celebrate the holidays, please take the opportunity to reflect on our many blessings as Americans, and to remember the people who most enrich our lives. We also should contemplate our broader aspirations that, given the many demands of very busy lives, we often neglect to consider throughout the year.

Also, especially while many remain engaged in combat operations across the globe, we are thankful for the men and women who have answered our nation's call, and selflessly

serve to defend our country and preserve our precious liberty. Those who are spending this special time of the year away from friends,

ing respect of fellow Airmen and of a grateful nation. We look forward to their safe return home.

We also honor the quiet sacrifice of family members who sustain and bring great personal meaning to the service of their loved ones. Those of us with the good fortune to be able to celebrate the holidays at home amongst family and friends remember our deployed Airmen and their family members who miss them. We ask that you reach out to these families as well as our single Airmen, and in the spirit of giving and support that makes our Air Force so special, we ask that you welcome them into your holiday celebrations.

In all of the joyous ways that we celebrate this holiday season, we wish you and yours the very best during this special time, and throughout the new year.

Holiday successes, a new year of promise

By Lt. Gen. Frank Klotz

Air Force Global Strike Command commander

BARKSDALE AIR FORCE BASE,

La. — The year 2010 witnessed many successes for Air Force Global Strike Command. As the first full year of the Air Force's newest major command comes to a close, the new year awaits with the promise of even more opportunities and challenges

You, the men and women of Air Force Global Strike Command, support a vitally important and enduring mission each and every day -- always vigilant, always ready. It's no exaggeration to say that whether they know it or not, billions of people across the world can enjoy a peaceful holiday season because you are there to deter potential adversaries and to assure our friends and allies, thereby contributing stability to a turbulent and uncertain world.

Over this past year, it seems every day has presented a challenge, every week another event. As we look back, we see an impressive list of accomplishments. We have been able to sharpen the focus on the nuclear and global strike missions. From infrastructure improvements, to flying operations, to convoy security, to an appreciation for our proud heritage, we have established a command dedicated to giving you the guidance and the resources you need to do your jobs. You have responded magnificently.

Your tireless efforts, skill and dedication have allowed us to reinvigorate and strengthen the nuclear enterprise. I know that the

hard work you put in often takes up your free time, evenings and weekends. So try to find the time to celebrate the holidays with your friends, coworkers and families. I know that in my quiet moments I will reflect on how each and every one of you has enabled the Command's success. You have shown that if you are given what you need to do your jobs--the training, the tools and the technical orders--you make it happen.

The holidays are a time of giving, and of giving thanks. In this Command we are fortunate to be a part of the most superb and



Lt. Gen. Frank Klotz

caring local communities one can imagine, and we are thankful for them. The holidays are also a time of nostalgia for the year that ends and excitement for the possibilities of the year that begins. Along with that excitement, let's resolve to remain safe, secure and effective, as a command and as individuals.

During the holidays, we must also re-double our daily efforts to be good wingmen. Many of our Airmen and family members will be away from

their friends and loved ones during this holiday season. And, while the days ahead can be a time of great joy, they can also be a time

As you gather for special meals and other festivities over the holidays, please ensure that those who are alone and who live in the dorms are also included. And, check in with them from time-to-time to see how they're doing, and to let them know how much we all care for them.

Happy holidays and many blessings in the New Year!

There is no shame in being an enlisted Airman

By Senior Master Sgt. Howard Teesdale HQ AFSOC/A3 Airfield, Ranges, Airspace

HURLBURT FIELD, Fla. — While standing in line at an offbase post office recently, mailing Christmas presents to my family, I overheard a woman talking to a man about her son. Apparently her son had recently enlisted in the Air Force against her better judgment. She told the man, who agreed with her, that commissioning as an officer is the best way to serve because "enlisted Airmen" just aren't respected and are considered second-class. Others who were waiting in line picked up on her conversation the same as I, and unfortunately agreed with her.

The gist of this conversation took me back to my childhood where I grew up as the son of a dedicated, retired enlisted Airman who stubbornly mentored me just before I stepped on the bus at the local military entrance processing station by saying, "Son, stay true to yourself, the Air Force, and remember, no matter what you become, I'm proud of you!"

Well, what I've become is a chief master sergeant-select, which ultimately means I've reached or I'm about to reach the pinnacle of my career. Looking back over the years, the opportunities I've seized, the accomplishments I've made, the accolades I've earned and most importantly, the pride that has overwhelmed me while serving my country as an enlisted Airmen are definitely nothing to be ashamed of.

I have no doubt that what the woman in line at the post office was mainly referring to with whom the others were agreeing, had to do a lot with pay, allowances and a valid perception of prestige when it comes to being a commissioned officer. Let's face it, she's right! But I think what she and the others fail to realize is that today's enlisted Airmen aren't a bunch of rocks. We are doing some fairly amazing things that no others could and or would!

Depending on Air Force specialty, today's enlisted Airman aren't just standing on the frontlines in defense of our great nation. We're leading, advising, coordinating and deciding how to shape the airbattlesphere, which I must remind you, isn't limited to a single di-

From ensuring proper placement and orbit of satellites that control and monitor our position, controlling and sequencing an airspace full of multiple weapon systems and platforms, liaising with partners from countless countries in hopes of lessoning our nation's burden and forming lasting peace and friendships, to clearing unexploded ordnance and roadside bombs to help pave the path of freedom and securing the base perimeter from unauthorized entry while simultaneously protecting our freedom of movement. And we cannot forget those enlisted Airmen who embed themselves in obscure and unsafe locations to direct the weapons fire of overhead aircraft, prep unimaginable landing strips for aircraft to infiltrate cargo and personnel and ready a landing zone for the extrication of the injured and at times mortally wounded. We leave no Airman behind!

Although I stood quietly in line that day, my thoughts and pride of being enlisted Airman were about as high as ever. Knowing that there is more accuracy in the truth about being an enlisted Airman than she and the others in line are led to believe, there is no shame in her son enlisting in the Air Force.

I wish him well.

THE WARRIOR

Editorial Staff

Brig. Gen. Scott Vander Hamm 509th Bomb Wing Commander

> Capt. Matt Miller Chief, Public Affairs

Tech. Sgt. Kenya Shiloh NCOIC, Internal Information

> Ms. Heidi Hunt **Editor**

Airman 1st Class Cody Ramirez **Assistant Editor**

Airman 1st Class Montse Ramirez Journalist

> The Sedalia Democrat Layout and Design

Photography Staff

Tech. Sgt. Charles Larkin, Sr. Staff Sgt. Jason Huddleston Senior Airman Kenny Holston Senior Airman Carlin Leslie

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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 Dec. 17, 2010

NEWS BRIEFS

Wing Fitness Day

Wing Fitness Day is Jan. 7, 2011, from 10 a.m. - 3 p.m. at the fitness center. There will be 30-minute MicroFit and equipment orientation classes, health and fitness fair, representatives from the HAWC, Family Advocacy and Airman and Family Readiness Center and a free personal training demonstration. For more information call (660) 687-5496.

K.C Chiefs tickets

The Kansas City Chiefs invites all members of the armed forces and their families to Arrowhead Stadium for the Tennessee Titans game Dec. 26 at noon. Tickets are available for \$25 each. There are a limited number of seats. To purchase tickets visit www. kcchiefs.org/register/newamilitaryapreciationday/.

DBIDS registration

The Defense Biometric Identification System for checking IDs at the gates is 100 percent implemented for Whiteman. Those who have not registered their ID cards will be denied base access until they register. To register, go to the visitor center, outside the Spirit gate, which is open 24 hours a day, seven days a week. For questions, contact Master Sgt. Craig Vorhees at (660) 687-4257.

Caring for People Survey

Air Force members looking to voice their concerns about community support programs and services can complete the 2010 Caring for People Survey. The survey allows total force Airmen, civilians, retirees and spouses an opportunity to tell Air Force leaders how they can better address services within health and wellness; Airmen and family support; education and development; and housing and communities. Members may complete the survey at http://www.cfigroup. com/cfpsurvey/.

Uniforms needed

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

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 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 Air Force Base, call 1-888-AFLODGE (235-6343).

Surgeon General visit



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

Col. Mark Koeniger, Air Force Global Strike Command Surgeon General, briefs the 509th Medical Group during his visit here Tuesday.

New government travel card on the horizon

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

Citibank Controlled Spend Account government travel cards will replace the current government travel card through Spring 2011 in an effort to minimize delinquencies and misuse, now through Spring 2011.

'The CSA is the most innovative solution to the government travel card since its inception, and it allows the Air Force to better manage cash flows," said Mike Bilbrey, the Air Force banking officer. "Since the card won't have any value until a travel order is approved, Airmen can count on higher levels of security, lower delinquency rates, and best of all, instant approval, since there is no credit check required to have a CSA."

Tech. Sgt. Joni Mcgriff-Howard, 509th Comptroller Squadron NCO in charge of customer service, said Air Force Global Strike Command Airmen might have a hard time adjusting to some of the changes that come alongside with the transition.

"There will no longer be a split payment option. All funds will be loaded directly onto the card," she said. "Any residual balance from the travel can be used the same way as a preloaded credit card."

The CSA program will begin the transition through an auto-enrollment. The first people to receive a new card will be those who are on temporary-duty travel less than three times a year and those whose GTC expires in December.

"The transition process will continue based on GTC expiration dates," Sergeant Mcgriff-Howard said. "All personnel should be transitioned to CSA by the end of March 2011, unless their GTC has a balance or the individual has orders in the system."

If auto-enrollment is missed, an application can completed manually through the finance office, she added.

Additional information can be found on the AF Portal under the "Finance and Travel" link. Click "Money-Welcome to Virtual Finance" and then the "Tools" tab to access the information

For additional information, call Sergeant Mcgriff-Howard at (660) 687-2754.

114 Whiteman members earn degrees

Congratulations are in order for the following 114 Team Whiteman members who recently received their degrees from the Community College of the Air Force, Park University and Webster University:

Gary Fanning

CCAF

Kevin Armstrong Jason Barber Richard Barker Mark Beasley Michael Beck Kevin Blose Daniel Bolduc Shaney Bowlds Felicia Boxley Tyler Brantley Rebecca Bright Zell Chad Britton Ethan Buck **Brad Burt** Joseph Buyson Derin Cash Robert Clark Tyler Clemens Tabetha Coley Tyler Cresap **Shelby Crites** Kelly Doran

Estiven Gonzalez Brian Harmon Steven Hays Tanner Heaton John Herndon Eddie Hill Nicole Horsley Angel Houston Michael Howard John Hume Marty Johnson Steven Johnson Whitney Johnson Kenneth Kahrs Marcus Karl Erika King Jeremy Kneipp Andrew Kolesar Joseph Laxson

Michael Little

Jason Lopez

Gary Lustig

Dana Macmillan Timothy Maher Justin Mandeville Tiffany Mathews Darren McCrory Daniel McPartlin Sean Miller Marcus Murrell Zachariah Nauman Robert Pearsall Cory Philp Steven Pierce Jeremy Pierson James Powell Morgan Quijano Robert Ragsdale Nino Ramos Robert Randall Cody Reich Kevin Richmond Barry Roach Mark Rosa

Douglas Ross

Michael Schoenberger Adam Scott Jason Sem Jason Shaffer Leah Simpson James Steenburg Joseph Stroud **Broch Travis** Troy Trimnal Christopher Vessella Kevin Wade Patrick Walterich Curtis Wells Mona Wendzillo Scott West Christopher Williams Derrick Willis Kevin Wilson Tyesha Wilson William Wiltrout **Zachary Wirfs** Kevin Wolfe

Park University Nicholas Adams

Randolph Wyatt

John Belt Eric Boling Ryan Bryson **Donald Davison** Kimberly Elms Shellie Hewitt Tabitha Moore Van Salgado Sunny Scrivener Jessica Serpa Aaron Williston Amanda Yurko

Webster University

Erin Connolly Samuel Ezernack William Free Jessica Galle Lattrice Goldsby Janet Hanson Peter Mauro Chad McNally Katrina Milton Nicole Wiley

(Courtesy of the 509th FSS Education Flight)

From the Frontlines: Staff Sgt. Ruby Cornejo-Salas

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

Vigilant and focused on the mission-athand, she ensures third-country-nationals are performing their job. Without her, information could fall into the wrong hands and the war-time mission would be at stake.

Staff Sgt. Ruby Cornejo-Salas, 509th Medical Operation Squadron, NCO-incharge of dental radiology and Air Force Global Strike Command member returned from Southwest Asia in May. During her four-month deployment, she observed TCNs work on construction, maintenance and cleaning of the base.

She said each morning the escorts would pick up TCNs from a local town and take them through security before moving onto their work sites. Ultimately, ensuring security violations didn't happen.

"Staying vigilant was our main goal," she said. "We had to stay aware; there was no room for mistakes."

With this in mind, Sergeant Cornejo-Salas was able to find nearly 500 operations security violations while inspecting more than 280 dumpsters that TCNs would take off base.

"Overseeing workers on a day-to-day basis was completely different from dental assisting," Sergeant Cornejo-Salas said. "It was something out of my comfort zone, but I

Sergeant Cornejo-Salas said at the beginning of her deployment she had a bit of a culture shock but she enjoyed learning about different cultures.

"It made me realize to be thankful for what I have," said Sergeant Cornejo-Salas. "Especially being a woman; it put things in perspective."

Sergeant Cornejo-Salas set herself apart by volunteering her free time.

According to Staff Sgt. Jennifer Niblick,



Staff Sgt. Ruby Cornejo-Salas, 379th Air Expeditionary Wing, at the beginning of her shift. Sergeant Cornejo-Salas returned from her four-month deployment in May.

379th Expeditionary Civil Engineer Squadron force protection security escort flight dispatcher, Sergeant Cornejo-Salas ensured more than 720 Individual First Aid Kits and blood transshipments were serviceable to be sent downrange.

Hearing Sergeant Cornejo-Salas performed well while on her deployment didn't surprise her supervisor here.

"She's a dependable, reliable and consistent hard worker," said Master Sgt. Carolina Ramirez, 509th MDOS NCO in charge of dental services. "I knew she would be able to perform above standards at any task that was given to her."

Overall, Sergeant Cornejo-Salas said she enjoyed her deployment and would love the opportunity to go back.

"It was a great experience," she said. "It helped me understand what it means to defend your country.'

Nurse commissioning program officials seek enlisted applicants

RANDOLPH AIR FORCE BASE,

Texas (AFNS) — Air Force officials are seeking active-duty enlisted Airmen to apply for the fall 2011 Nurse Enlisted Commissioning Program.

The program offers enlisted members an opportunity to earn a bachelor's degree in a high-need academic major.

AFPC officials will conduct the annual NECP board May 9 to 13 and select up to 50 enlisted members.

NECP students will complete their degree at a college or university with an Air Force ROTC detachment or a college or university with a cross-town agreement.

Students will commission after passing the National Council Licensure Examination and then attend commissioned officer training and the nurse transition program. Students will attend school year-round for up to 24 consecutive calendar months, including summer sessions.

Eligibility requirements:

- ☐ Be active duty, E-4 and above
- ☐ Be a citizen of the United States
- ☐ Be commissioned by age 42
- ☐ Be worldwide qualified
- ☐ Meet all of the requirements for commissioning
- ☐ Meet all prerequisites to complete an academic review

Applicants should have completed 59 semester hours of graded college coursework from a regionally accredited college or university and completed general psychology, nutrition, statistics, anatomy and physiology I and II with labs, microbiology with lab and chemistry I and II with

Interested Airmen must notify AFPC officials of intent to apply no later than Feb. 28. Transcripts for an academic evaluation should be sent no later than March 28, with a final application submitted by April 25.

For more details on application procedures, visit a local base education office.

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Fundamental

Wednesdav

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Independent

Sunday School

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Worshin

Sunday

10:45am &

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10:00am 11:00am

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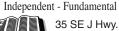
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News Dec. 17, 2010





Thunderbolts

Whiteman crews practice hot-pit refueling A-10s



(Far left) A jet fuel hose for refueling is discarded after a hasty hot-pit refuel for a 442nd Fighter Wing A-10 Thunderbolt Dec. 8. (Left) Tech. Sgt. Dewayne Magnuson, 442nd FW, Air Reserve technician, attaches a fuel hose to an A-10 Thunderbolt II. (Below) The 442nd FW Air Reserve technicians, and the 509th LRS fuels operators work together conducting hot-pit refuels for A-10 Thunderbolt Il pilots.



The Warrior News Dec. 17, 2010

Combined Federal Campaign wraps up, surpasses goal

By Heidi Hunt

509th Bomb Wing Public Affairs

The 2010 Combined Federal Campaign, iCare, wrapped up Dec. 15 and Whiteman, an Air Force Global Strike Command base, exceeded its goal of \$125,000 by raising more than \$131,000.

Each year, the CFC allows servicemembers and civilians to make monetary contributions to their choice of more than 1,800 agencies, charities and organizations.

"I'm proud of Team Whiteman members for their heartfelt generosity. We have so many reasons to be grateful... it is encouraging to see the spirit of giving so vibrant in our people" said Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander. "It's important to remember even the smallest of donations make a big difference for our Airmen and our local communities.'

One hundred percent of Team Whiteman's contributions will go directly to the organization as indicated by the person who donated.

The CFC kicked-off Sept. 29 and ran for 11 weeks with

1st Lt. Robby Gallegos, 509th Maintenance Squadron, spearheading the campaign along with co-chair Master Sgt. David Chase, 509th Aircraft Maintenance Squadron weapons section superintendent.

"Team Whiteman did very well and we appreciate the support from everyone," said Lieutenant Gallegos. "Each CFC coordinator made this year's campaign a success and I appreciate the time and effort they put into this campaign. I am pleased with how well everyone worked together."

Sergeant Chase echoed his praise.

"To all volunteers assisting in this year's campaign drive, I thank you and extend my heartfelt gratitude for all you contributed in making this CFC drive a success," he said. "I know it may not have been easy to come out of

> pocket to support this year's drive, but know that your contributions will mean a lot to those in need during these economic times. Additionally, I would

like to say that each of you should be proud of the humanity you have shown to those in need and in what we have accomplished as a base community."

For those who were deployed or who would like to donate and can do by logging on to the CFC website at (www. heartlandcfc.org).



Gen. Mark A. Welsh III speaks to those in attendance after accepting command of U.S. Air Forces in Europe during a change of command ceremony Dec. 13, 2010, at Ramstein Air Base, Germany. Gen. Roger A. Brady relinquished command of USAFE during the ceremony after providing command and control for air, space and missile defense for activities in an area of operations covering almost one-fifth of the world which included 51 countries in Europe, Asia, the Middle East, and the Arctic and Atlantic oceans.

USAFE welcomes new commander

By Capt. Tristan Hinderliter U.S. Air Forces in Europe Public Affairs

RAMSTEIN AIR BASE, Germany (AFNS) — U.S. Air Forces in Europe Airmen welcomed a new commander with the arrival of Gen. Mark A. Welsh III, who as-

sumed command during a ceremony here Dec. 13.

"This command is in great shape," General Welsh said. "My goal is just to make things even better than they have been in the

General Welsh comes to USAFE from Washington D.C., where he served as associate director for military affairs at the Central Intelligence Agency. He has held a variety of command and staff jobs during his 34-year career, including commander of the 8th Fighter Wing at Kunsan Air Base, South Korea, and vice commander of Air Education and Training Command at Randolph Air Force Base, Texas.

The general said his priorities fall into two areas: people and mission.

"We have to take care of the Airmen who we are privileged to lead in this command," he said. "I know that supervisors, commanders and command chiefs in USAFE have been doing this, and I just want to make sure we stay focused on it.'

Anything that affects Airmen or their families is worth paying attention to, he said, whether it's adjusting to a new cultural dynamic or living in a new community.

"Those are the kinds of things that affect people's behavior and performance at work, so we have to make sure that our Airmen and their families are as comfortable as we can make them in that regard," General Welsh said. "If they feel well cared for, our Airmen perform better. It's really that simple.'

The general's first priority goes hand-inhand with his "other first priority": accomplishing the mission.

"We need to make sure that we never lose sight of the fact that the only thing we will be graded on by the people who task us, and the public that they represent, is how well

See USAFE Page 7





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USAFE Continued from Page 6

we do the job," he said. "So, taking care of people is the cornerstone of good leadership. Good leadership creates pride. Those people and that pride create performance, and, for us, performance is the bottom line.

In addition to commanding USAFE, General Welsh will serve as commander of the Allied Air Command at Ramstein and as director of the multinational Joint Air Power Competence Centre at Kalkar, Germany.

"This is my first NATO assignment, and I'm really excited to be part of the alliance," he said.

This is General Welsh's third assignment in Europe. From 1981 to 1984 he was stationed at Royal Air Force Woodbridge, England, as an A-10 Thunderbolt II instructor pilot, and again from 2001 to 2003 as director of plans and programs at USAFE headquarters.

"I love everything about being stationed in Europe," said General Welsh, who is accompanied on this assignment by his wife, Betty, and their dog, Rillo. "I love the partner nations and the cultures. I love learning about a history that dates well beyond our own. Europe is a beautiful and historic place, so it's exciting to be here."

General Welsh said he is looking forward to meeting the Airmen of USAFE as he travels around the theater in the coming weeks and months.

"I came into the Air Force because I was in love with the airplanes," General Welsh said. "I stayed in because I fell in love with the people. And I'd like them to know that I believe that leadership is a gift. It's given by those who follow. But you have to be worthy of it. And my job is to

General Welsh assumed command from Gen. Roger A. Brady who retired during a ceremony following the change of command.

New technology could save base millions

By Tech. Sgt. Vann Miller

78th Air Base Wing

ROBINS AIR FORCE BASE, Ga. (AFNS) Engineers here could soon be using an emerging

technology to help clean the environment and save the Air Force money.

Officials with the Robins Air Force Base Energy Office are conducting feasibility studies on the use of plasma arc technology, which offers environmentally safe measures for waste disposal.

"The process can take nearly any material and convert it to energy," said Judith Middlebrooks, an engineer with the Energy Office. "It uses extremely high temperatures to turn products into mostly hydrogen and carbon monoxide. Plastics are really great, but most any organic compound will work.

Base officials believe the technology could yield savings in the long term. They've also begun discussions with manufacturers who are on the leading edge of the technol-

"We are currently just gathering information to see what is possible," Ms. Middlebrooks said.

The base currently spends more than \$2 million annually to dispose of approximately 6,500 tons of waste, according to Susan Green, the solid waste program manager in the 78th Civil Engineer Group Environmental Management Office.

The waste includes non-recyclables, non-hazardous solid waste and hazardous solid waste. It also includes disposable construction debris.

The plasma arc technology could help the base reduce the amount it pays each year for waste disposal, and would likely yield clean energy, or elements, the base could use or reuse elsewhere. One possible element is synthetic gas, which the base could use to power things such as heating and cooling systems, generators, and some vehicles. One is a compound which could be used in the construction of



The technology is promising, Ms. Middlebrooks said.

"Plasma arc is fascinating," she said. "It could also help us reduce our dependency on fossil fuels, reduce pollutant emissions and reduce landfill space."

The technology is being tested at various locations in the U.S., including St. Lucie County in Florida. County officials have teamed with engineers to develop the nation's first large plasma gasification plant, which has the potential to generate enough electricity to power 50,000 homes.

The technology has been used sparingly for about 10 years in Europe and Japan.

Robins AFB officials started evaluating the technology as a way to help waste reduction efforts here after learning about it from another base, according to Nancy Manley, the director of the 78th Civil Engineer Group's Asset Manage-

Base officials have since learned if the technology is used here, Robins could produce more energy than the amount of energy it would cost to operate the system.

"It certainly looks exciting at this time," Ms. Manley



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The Warrior News Dec. 17, 2010

Prevention month highlights dangers of drunken driving

50th Space Wing Public Affairs

SCHRIEVER AIR FORCE BASE, Colo. — As the end-of-year holidays approach, Airmen, like the rest of America, are busy planning, shopping and preparing for those few days when family and friends gather to relax

Some may not care to think about tragedy at this time, but December is National Drunk and Drugged Driving Prevention Month, also called 3D Month, for a reason.

Thirty-six people are killed in alcohol-related traffic crashes every day in the United States, according to the National Highway Traffic Safety Administration, and three out of every 10 people will be involved in an alcohol-related crash at some point in their lives.

Despite the staggering numbers, Eddie Roski, the drug demand reduction program manager here, says there's no reason why drunken and drugged driving can't be prevented in every case.

"The first thing to remember is to create a plan before you start drinking," Mr. Roski said. "If you wait until after, your judgment and thought process have already been compromised, so your plan has a better chance of failing."

Airmen who know they will be drinking should plan to have a designated driver, who will not consume alcohol, take them home at the end of the night or event, he said. It's also a good idea to carry the phone number of a company that provides rides.

"I always tell people that it's cheaper to pay for a cab than for a DUI," Mr. Roski said. "I even recommend calling a tow truck. Think about it -- a tow truck driver will pick you and your car up, and take you home. Even if members need to call their first sergeant, that's a better

pick you up any place, than pick you up from jail.

"Airmen need to understand the heavy consequences they face by deciding to get behind the wheel after drinking," Mr. Roski said. "We can help prevent drunken and drugged driving by making responsible choices, identifying sober designated drivers and educating young people

Even if members are nondrinkers who like to host gatherings for families and friends, they need to understand their responsibilities, and that they can take steps to prevent others from driving after drinking, he said.

"You don't want to let anyone who has been drinking at your place leave drunk," Mr. Roski said. "If they kill or hurt someone or themselves, then the party hosts can be held liable.'

Tara Wafel, the health education program manager here, attacks the issue from a health stand point.

"There is a significant health aspect to alcohol," Ms. Wafel said. "Airmen can act responsibly by consuming alcohol in moderation and by being a good Wingman. It's shocking to think about how many people are affected by impaired drivers. We all know 10 people. To think that three of those will be involved in an alcohol-related crash in our lifetime is unreal."

Ms. Wafel often drives home the Wingman message with Airmen who visit the health and wellness center, something Mr. Roski also stresses when talking to both first-term Airmen and seasoned servicemembers.

"You may be responsible and have your plan and then go somewhere and see another Airman whose not making the right choice," he said. "It's easy to exercise your wingman philosophy and intervene before that person does something they'll regret. '

Official seek enlisted for AFIT degree program

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Air Force Institute of Technology officials are offering six NCOs the opportunity to pursue an advanced science, engineering or management degree at Wright-Patterson Air Force Base, Ohio.

The NCOs will be selected in February to attend the Enlistedto-AFIT program. The program is designed to provide commanders with a diverse and renewable source of highly proficient and educated career NCOs.

Nominations are due to the Air Force Personnel Center here by Feb. 4 and can be sent to afpc.dpafe.orgbox@randolph.af.mil.

Airmen interested in applying for the 18- to 24-month program must be at least a technical sergeant select with a minimum of eight years time in service, 24 months time on station and three years retainability upon graduation. They must have completed the appropriate skill-level upgrade and in-residence Noncommissioned Officer's Academy, officials said.

Applicants must also possess a bachelor's degree from a regionally accredited college or university and a Community College of the Air Force degree.

Besides academic transcripts, applicants have to provide test scores from either the Graduate Record Examination or Graduate Management Admission Test, depending upon the specific AFIT degree-program requirements.

AFIT is the Air Force's graduate school of engineering and management and its institution for technical professional continuing education. Since residence degrees were first granted in 1956, more than 16,000 master's and 350 doctorate of philosophy de-

Since the Enlisted-to-AFIT program began in 2002, 67 servicemembers have graduated, including 57 Air Force and 10 Marine NCOs. There are presently 18 enlisted Airmen attending AFIT.

For more details on nomination procedures visit the Air Force Personnel Services website or call the Total Force Service Center at (800) 525-0102.

(Air Force Personnel, Services and Manpower Public Affairs)

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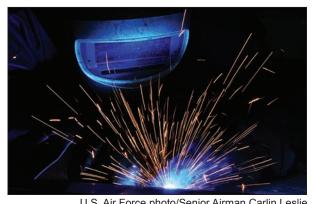
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News Dec. 17, 2010

Editor's Picks



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

Staff Sgt. Kevin Monfreda, 509th Maintenance Squadron aircraft metals technologist, performs a practice weld Nov. 1, before moving on to a C-1 maintenance stand he will be replacing metal supports for, Airmen complete a practice weld before working on each piece of equipment to ensure the weld settings are correct.



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

Five-year-old Hayden Booze, son of Tamara Booze, a Warrensburg Mo. native, plays with his toy B-52 Bomber at the 2010 Wings Over Whiteman Air Show and Open House, Sept. 19. More than 75,000 people attended the event.



U.S. Air Force photo/Tech. Sgt. Charles D. Larkin Sr.

Staff Sgt. Donnecha Blackmon, 509th Maintenance Group, Air Force Repair Enhancement Program lead circuit card repair technician, looks through a magnifying glass used repair circuit cards, July 21.



evacuate victims during a major accident response

exercise, Aug. 31.

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

(Left) Army Staff Sgt. Aaron Figel (left) and Sgt. 1st Class John Berentis, U.S. Army Golden Knights demonstration team parachutists, observe the Whiteman airfield during the ascent to 12,500 feet for their jump, Sept. 18. (Right) Senior Airman Elizabeth Shook and Airman 1st Class John McLaughlin, 509th Maintenance Squadron Aerospace Ground Equipment technicians, change the clutch of an air conditioner unit on Aug.18. AGE mechanics ensure the equipment is operational to support the daily missions



U.S. Air Force photo/ Tech. Sgt. Charles Larkin Sr. Airman 1st Class Carlos Solorza III (top) and Airman 1st Class Seth Hendershott, 19th Munitions Squadron, unhook a training weapons trailer from a tow vehicle Nov. 8. Airman Solorza and Airman Hendershott, special weapons team members, performed a variety of tasks designed to refine skills required to accomplish their mission.





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

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

(Above) A 442nd Fighter Wing A-10 Thunderbolt II pilot sits on the ramp in the cockpit of his A-10 while crew chiefs perform a hot pit refuel for his aircraft, Dec. 8. Hot pit refueling is a procedure usually performed in a combat situation to rapidly refuel aircraft while their engines are running resulting in a speedy refuel to thrust pilots right back into the fight. The 442nd Air Reserve technicians practice this procedure to keep their skills sharp.

(Right) Airman 1st Class Craig Scott, 509th Maintenance Squadron metals technician, trains on welding two pieces of aluminum together in the welding shop, April 6, 2010. Metals technology Airmen design and fabricate multiple pieces for the Team Whiteman evervdav.



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



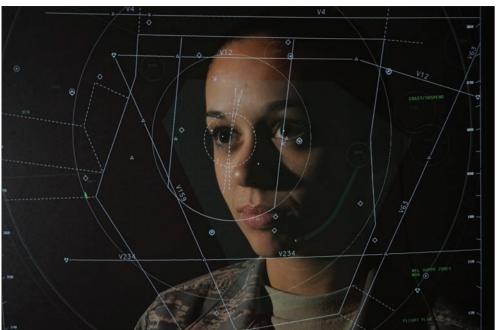
U.S. Air Force photo/Senior Airman Carlin Leslie

Senior Airman Rocky Vasquez and Airman 1st Class David Pacheco, 509th Civil Engineer Squadron firefighters, man a hand line to extinguish a simulated aircraft fire at the Whiteman fire pit, Aug.23.

2010 Hear in photos



The U.S. Air Force Thunderbirds streak over the crowd at the 2010 Wings Over Whiteman Air Show and Open House, Sept. 18.

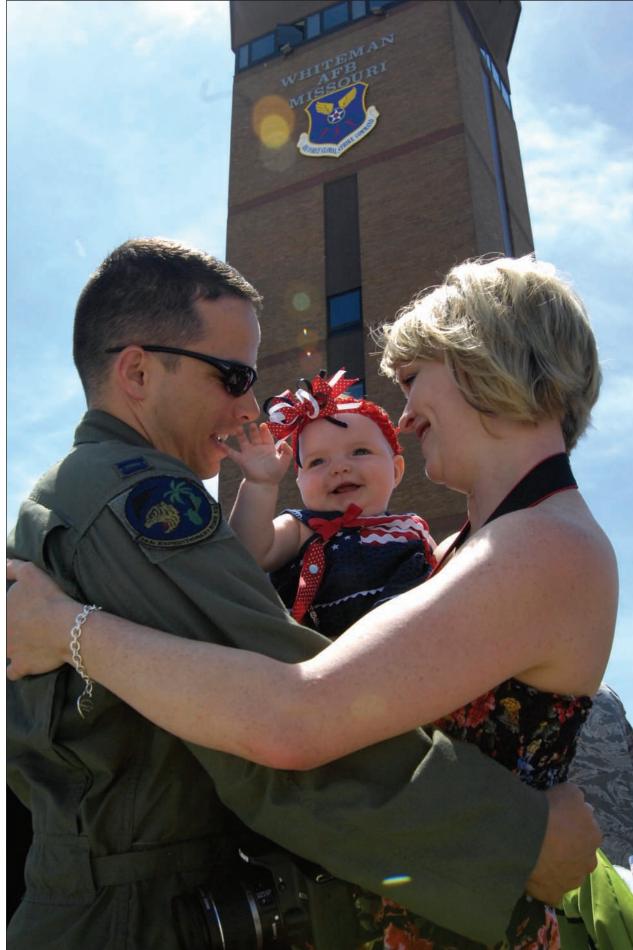


Staff Sgt. Michelle Salyer, 509th Operations Support Squadron air traffic controller, works the approach position, ensuring the safety of air traffic in her airspace. Approach controllers guide aircraft during instrument flight.



Fitness Center Triathlon June 18.

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



U.S. Air Force photo/Senior Airman Jason Barebo

Capt. Brian Palmer, 393rd Bomb Squadron, embraces his wife, Michelle, and 7-month-old daughter, Dulaney, Mark Shinery, swims six laps at the base pool, as part of the first leg of the Whiteman June 4 upon returning from a four-month deployment to Andersen Air Force Base, Guam.

STEP'd up!



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

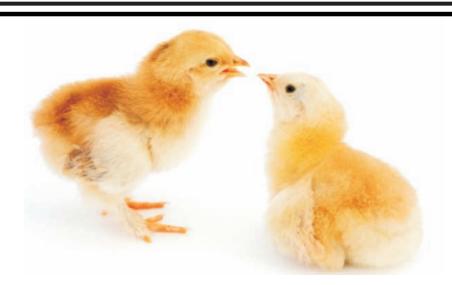
Master Sgt. William Couey III, 509th Maintenance Squadron, (center) poses for a with Congressman Ike Skelton, U.S. Representative to Missouri's 4th District and Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, during a surprise promotion, Dec. 10. Sergeant Couey was promoted to master sergeant under the Stripes for Exceptional Performers program.

Tech. Sgt. Sharon Catana, 509th Medical Operations Squadron, (center) poses with Representative Ike Skelton and General Vander Hamm, 509th BW commander, during a surprise promotion Dec. 10. Sergeant Catana was promoted to technical sergeant under the Stripes for Exceptional Performers program.





Tech. Sgt. Blake Enneking, 509th Force Support Squadron, (center) poses for a photo with Representative Ike Skelton, General Vander Hamm, 509th BW commander, and Staff Sgt. Shelby Nowosielsky, 509th Operations Support Squadron, during a surprise promotion, Dec. 10. Sergeant Enneking was promoted to technical sergeant under the Stripes for Exception Performers program.



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The Warrior Dec. 17, 2010 **13** News

Spice illegal for Airmen, produces dangerous side effects

By Airman 1st Class Brigitte N. Brantley-Sisk 23rd Wing Public Affairs

MOODY AIR FORCE BASE, Ga. — Although it is banned from use by Airmen and scheduled to soon become illegal for all U.S. citizens, not much is known about the drug known as "spice."

Spice, considered by some to be a marijuana alternative because it has the same effects, is a mixture of potentially dangerous herbs coated with chemicals and is often smoked

According to U.S. Drug Enforcement Agency officials, a ruling will be made in late December classifying spice and five of its ingredients as illegal.

"While we were previously worrying about what stores might be selling spice, soon it will be illegal for all stores to sell it," said Capt. Michelle McAdoo, the 23rd Wing legal office assistant judge advocate. "To put it simply, military members are not allowed to use it at any time. Doing so is not only a failure to follow orders, it is a violation of federal

According to Air Force Instruction 44-121, Alcohol and Drug Abuse Prevention and Treatment Program, Airmen are directly prohibited from using spice.

Gen. William Fraser III, the ACC commander, further emphasized the restriction of use in a memorandum released April 15.

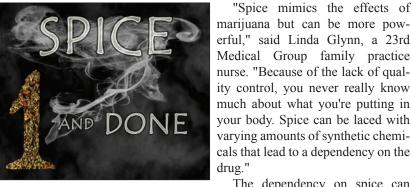
General Fraser forbade all servicemembers from using or possessing spice in all of its forms, including incense.

If an Airman uses spice, disciplinary or adverse administrative actions will be pursued under Article 112a of the Uniform Code of Military Justice, which is wrongfully using a controlled substance, Captain McAdoo said.

One of the most important reasons Airmen are restricted from using spice is because of the potentially dangerous side effects it can cause.

"Aside from the fact it's not permitted for use by Air Force personnel, using spice can be dangerous," said Capt. Laura Boylan, the 23rd Wing ADAPT program manager. "The manufacturing of it isn't closely controlled, and there can be dangerous ingredients in it that you won't know

It is this lack of control during manufacturing that makes



The dependency on spice can

lead to many negative physical and psychological side effects, Ms Glynn said.

"Side effects include a very fast heart rate, nausea, paranoia, hallucinations, headaches and anxiety," she said. "I've dealt with patients who have gone to the emergency room because their symptoms were so severe they thought they were having a panic attack. We want to keep our Airmen healthy and not using spice can be a part of that."

According to the Royal Society of Chemistry, the active ingredient in spice is JWH-018 and can be four to five times more potent than tetrahydrocannabinol, the main ingredient

VA's homeless intervention program nears roll out

WASHINGTON (AFNS) Department of Veterans Affairs homelessprevention program, which seeks to help veterans and families who are on the verge of becoming homeless, has moved closer to implementation. The program marks the first time that VA officials will fund services for the spouses and children of veterans at risk of becoming homeless.

"The problems that lead to homelessness begin long before veterans and their families are on the streets," Secretary of Veterans Affairs Eric K. Shinseki said. "By putting more resources into intervention programs for people at risk of becoming homeless, we can reduce suffering and increase the opportunities for turning around

Secretary Shinseki's comments came as VA officials formally announced that they are taking applications from private nonprofit organizations and consumer cooperatives interested in providing needed services to at-risk veterans and their families.

With funding from VA for the program, called Supportive Services for Veterans Families, community organizations will be better able to provide counseling, training, education assistance, direct time-limited financial assistance, transportation, child care, rent, utilities and other services to participating veterans and family members.

In January, VA officials are sponsoring free grant-writing workshops for community organizations interested in applying for funds under this program. The workshops will be held in Chicago, Los Angeles, Seattle, Houston and New York City.

When the "Notice of Funds Availability" applications are available, they will be posted on the VA Web site at www1. va.gov/homeless/ssvf.asp.

Details about the workshops and other information about the program are available on the Internet at www1.va.gov/

Community organizations can also contact VA at 1-877-737-0111.

Operation Christmas Drop



U.S. Air Force photo/Senior Airman Nichelle Anderson

Staff Sqt. Keo Khamone prepares a box of humanitarian goods for take-off during Operation Christmas Drop Dec. 14, at Andersen Air Force Base, Guam. Airmen from the 36th Wing at Andersen AFB and the 36th Airlift Squadron at Yokota Air Base, Japan, come together each year as a part of a training exercise to drop thousands of pounds of donated supplies over the Micronesian Islands. This year more than 20,000 pounds of supplies, worth more than \$93,000 will be dropped throughout the week. Sergeant Khamone is a loadmaster assigned to the 36th Airlift Squadron.

Select CDCs become available online

By Airman 1st Class Christopher S. Stoltz

Air University Public Affairs

MAXWELL AIR FORCE BASE, Ala. (AFNS) — Airmen in select career fields can now complete their career development courses through Air University's AU Online website -- a derivative website of Air Education and Training Command's Advanced Distributed Learning System -that provides course access from work or home computers.

Electronic CDCs for select career fields were made available Nov. 16 and are available as an alternative to paper CDCs for approximately 60 Air Force specialty codes. The number of courses available on-line is slated to increase in mid-December.

"The online course mirrors the paperbased CDC," said Toni Robertson, an academic adviser at the Air University. "We're using an enhanced Adobe PDF format that enables commenting, highlighting and printing. When an Airman enrolls in one of the select CDCs, the enrollment card will provide instructions on how to access their CDCs online."

Upon receiving an enrollment card, the Airman's unit training manager will provide the CDC briefing to the Airman and supervisor. With the supervisor present, the Airman will access the course. Together, they will review the course orientation material, which must be completed before the course can be accessed.

Once the orientation is completed, the Airman will have access to the available

CDC volumes. Online CDCs follow the same guidance as paper-based CDCs for study and completing the course. The course exam process remains the same and is administered at the Airman's respective base education or base training office.

"We're excited about AU Online delivery of CDCs" said Lt. Col. James Varitz, a division chief at the Air University. "Our vision is that AU Online will eventually become the primary delivery mode for CDCs, with paper as the exception. AU Online delivery will provide trainees access to their courses much quicker, mitigate annual funding challenges and enable the recapitalization of printing and shipping costs to lay the groundwork for enhanced course content through interactive multimedia instruction."

They are continuing to work aggressively

with Air Force career field managers and other stakeholders to coordinate and communicate this initiative, he said.

"This is only the beginning," said Col. Tony Zucco, the Education Logistics and Communications director at the Air University. "In the coming year, we hope to have all 250-plus CDCs online. Then, with the right advocacy and funding, hopefully we can begin converting these PDF files into courseware our Airman really need and want: interactive CDCs which allow for quicker, deeper and more exciting mastery of their Air Force skills."

Visit the AU e-campus support website https://auecampussupport.com for more information to include frequently asked questions and a list of CDCs currently approved for on-line delivery.

1 4 The Warrior Dec. 17, 2010

Most housing rates dip for 2011 as pay, subsistence increase

News

By Karen Parrish

American Forces Press Service

WASHINGTON (AFNS) — Most military housing allowance rates will decrease slightly for 2011, but servicemembers will receive, on average, as much or slightly more money than they did this year, Defense Department officials said Dec. 15.

Cheryl Anne Woehr, a housing allowance program analyst, said overall rates are fairly stable.

"On average, they'll decrease about six tenths of a percent," she said.

The 2011 Basic Allowance for Housing rates take effect Jan. 1.

A provision ensuring against rate decreases for servicemembers already stationed at a location means Soldiers, Sailors, Airmen and Marines will receive an average 1.1 percent increase, Ms. Woehr said.

That overall increase is "because of the effects of individual rate protection and the distribution of servicemembers throughout the (United States)," she explained.

Individual rate protection ensures that members who have made lease or contract commitments for housing aren't penalized if an area's costs decline. Any decreases apply only to members who move to a location after rates change. Even if housing allowance rates decrease over two or more years, military members stationed in the same location are assured their previous, higher rate, Ms. Woehr said.

"They receive the higher of what they were paid Dec. 31, or the new rate," she said. "If the rates go down one year, the servicemember receives the previous year's rate. If the rates go down again, the servicemember would continue to get that year-one rate."

The allowance covers housing costs for servicemembers living off military installations in the United States; those who live in government housing don't receive the allowance. Servicemembers stationed overseas who live in private housing receive the overseas housing allowance. Rates for that allowance are reviewed at least every six months, defense finance officials said.

"The reality is, the (BAH) rates vary, and the changes in the rates vary across the country, with some housing areas decreasing as much as 8 percent and others increasing more than 10 percent," Ms. Woehr said. "Rent is the largest component of the BAH rates, so that has the most influence on what rates do."

The allowance rate is computed annually for each military housing area and is based on three factors: median

current market rent; average utilities, including water and sewer, electricity and heating costs; and average renter's insurance.

Total costs are assessed for six housing profiles, based on dwelling type and number of bedrooms, in each military housing area. Housing allowance rates are then determined for servicemembers in each pay grade, with and without dependent family members. The department will pay its more than 1 million active-duty

servicemembers an estimated \$19 billion in housing allowance over 2011.

Jerilyn Busch, the director of military compensation, said servicemembers also will see an increase in pay and subsistence allowances in January. A 1.4-percent basic-pay raise takes effect Jan. 1 by operation of law, and it reflects the change in the employment cost index,

raise will be in effect until Congress passes the National Defense Authorization Act, which currently contains a 1.9 percent pay raise. But the final raise milimembers receive will be accordance with the defense authorization act as signed by the president, Ms.

she said. That

Busch said.

The basic allowance for subsistence in 2011 will increase 0.36 percent, Ms. Busch said. The new rates will be \$223.04 for officers and \$323.87 for enlisted service-members.

Since 2002, defense officials said, military pay has risen 42 percent, housing allowances have risen 83 percent, and the subsistence allowance has risen 40 percent. By comparison, private-sector salaries have risen 32 percent over that time, officials said.



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Some areas will see hike

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Recruiting, retention stay high throughout services

cruitment and retention remained high throughout the services for the first two months of the fiscal year, with only the Air National Guard missing its accessions goal, according to numbers released by Pentagon officials Dec. 15.

All four active-duty services met or exceeded their numerical accession and retention goals for October and Novem-

The number of new recruits is 14,108 for the Army, 4,807 for the Navy, 4,785 for the Air Force, and 4,447 for the Marine Corps. The numbers reflect 100 percent of the recruitment goal for the Air Force, the Navy, and the Marine Corps, and 102 percent for the Army.

All four of the active-duty services also met or exceeded their goals for retaining members during October and No-

Five of the six reserve components met or exceeded their recruitment goals, with the Marine Corps Reserve coming in the highest with 1,953 accessions, or 124 percent of its goal. The Army Rewith 5,514 accessions, while the Army National Guard brought in 108 percent of its goal with 9,563 accessions. The Navy Reserve maintained 100 percent of its goal by bringing on board 1,305 accessions, and the Air Force Reserve had 1,524 accessions, or 101 percent of its

The Air National Guard fell short of its goal of 1,203 accessions by having 1,048 new recruits, or 87 percent of its goal. National Guard Bureau spokesman Rick Breitenfeldt said the miss was intentional, because the Air National Guard has been over its authorized end strength for a couple years.

"What they're trying do here is realign themselves with where they need to be, which is 106,700 (Airmen)," he said. "What they've not done yet is readjust the (accessions) goal."

All of the reserve components were considered to be within acceptable limits of attrition, officials said.

(Courtesy of American Forces Press

New 3-D retina imaging equipment improves care

By Airman 1st Class Brigitte N. **Brantley-Sisk**

23rd Wing Public Affairs

MOODY AIR FORCE BASE, Ga. (AFNS) — Members of the 23rd Aerospace Medicine Squadron optometry flight here recently conducted training with a new piece of equipment that helps them diagnose ocular diseases and announce Airmen as ready

The high-definition optical coherence tomography machine allows optometrists to clearly see the retina.

"The HD-OCT machine lets technicians clearly see what is going on behind and beneath the eye, so a proper diagnosis can be made," said Kevin Ott, a representative from the manufacturer, Carl Zeiss Meditec, Inc. "The way it functions can be best compared to an ultrasound, but instead of using sound, the machine uses light to provide an accurate image."

Features of the machine include the automatic selection of the clearest images and determination of which eye is being scanned, allowing optometrists to be even more proficient in patient care.

"Having this machine provides two

benefits to patients," said Tech. Sgt. Kristina Singley, the 23rd AMDS optometry flight NCO in charge. "It prevents us from having to give them a referral to see a provider downtown, and it also means one less appointment they have to go to.

"Fewer appointments can lead to a quicker diagnosis, which can be especially important for patients with diabetes," Sergeant Singley said.

Though flight members rarely see patients with diabetes, they strive to provide an overall positive medical experience for all patients.

"We aim to provide quality eye care for everyone who comes through our doors," said Capt. Michael Tommolino, the flight commander. "The most common situations we deal with are routine eye exams, but we also see a lot of infections caused by contact lens

"To help decrease the amount of infections and problems overall, we also aim to educate the base populace on protecting their vision," Captain Tommolino said. "I find everything in my job very rewarding, especially helping the patients enhance their vision as much as possible.'

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Food & Entertainment

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Family Bowling ~ Noon-4 p.m. ~ Stars & Strikes

Join us for fun family bowling! One hour bowling, shoe rental, a large 1-topping pizza and a pitcher of soda, all for \$20. Up to six people per lane. Can't make it today? Join us Sunday, same time, same place. For more information, call 687-5114.

SUNDAY 12/19

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

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

TUESDAY 12/21

Stained Glass Class ~ 5:30-8:30 ~ Arts & Crafts

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

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

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

WEDNESDAY 12/22

Air Force Art Gallery Deadline ~ Arts & Crafts

Today is the last day to submit your actual or electronic copy of your artwork and photo to the Arts & Crafts Center for submission to the Air Force Gallery. Cost is FREE! Call 687-5691 for more info.

Boss-n-Buddy Night \sim 4- 7 p.m. \sim Mission's End

Bring your boss and/or buddy over for wings, brews and bingo. 20-cent member wings; 35-cent nonmember/carry-out wings. Stick around for our members only bingo at 5:30 and 6:30 p.m. Call 687-4422 for details.















Force Support page editor.......Cathy Sison 509th Force Support Squadron......687-4386 WWW.WHITEMANFORCESUPPORT.COM

Youth & Teen Events

TODAY 12/17

Start Smart Basketball Registrations ~ Youth Center

The Youth Center is accepting youth basketball registrations for ages 3-5. Season begins January 12, 2011. Cost is \$25 without a kit; \$61 with a kit. Sign up deadline is January 7. Contact the Youth Center at 687-5586 for more details.

Preteen Dinner & Christmas in the Park Trip \sim 5-10 p.m. \sim Youth Center

Preteens, ages 9-12, today is the dinner and Longview Lake Christmas in the Park trip. Cost is \$6 for members; \$8 nonmembers. Bring extra money for dinner. Call 687-5586 for more details.

MONDAY 12/20

School is Out Bowling ~ 9 a.m.-3 p.m. ~ Stars & Strikes

Youth, 18 and under, come to Stars & Strikes bowling center anytime school is out. Cost for bowling and shoe rental are 50 cents each. Call 687-5114 for more information.

Open Rec--Holiday Break \sim 1-6 p.m. \sim Youth Center

School is out for the Holidays. Join us each day December 20-23 and 28-30 at the Youth Center for Open Recreation. Choose from a wide range of activities to participate in throughout the day. Cost is \$1 for members; \$2 nonmembers. Call 687-5586 for more details.

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

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

TUESDAY 12/21

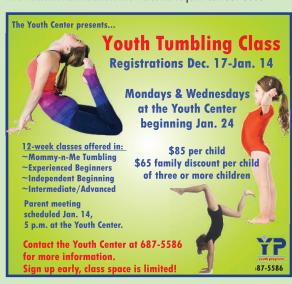
Time to Play \sim 9:30-11 a.m. \sim Youth Center

Parents, you provide the toys, we provide the place! Bring your child age birth to five years to the Youth Center gym every Tuesday for play time! A great opportunity for your child to socialize with other children and for parents to network with each other. Cost is FREE! Please contact the Youth Center at 687-5586 for more info.

Torch Club Meeting \sim 4-5 p.m. \sim Youth Center

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

Keystone Club Meeting ~ **6-8 p.m.** ~ **Youth Center** Teens, ages 13-18, meet to discuss leadership and community involvement. Nonmembers are welcome to join! Call 687-5586.



FCC NEWS!

Returning Home Care

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

Home Community Care

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

Come to the FCC office to apply prior to participation or call 687-5590 for more details.

News The Warrior 17

Holiday Cheer



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

Mason Grosz, 4, son of Amanda and Senior Airman Calvin Grosz, poses with the Polar Express conductor, Gerald Torres, 509th Force Support Squadron youth center director, after receiving a \$250 gift card during the Holiday Tree Lighting and Open House Nov. 30.



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This Week at the Movies

Due Date

Saturday, 7 p.m.

Robert Downey Jr., Zach Galifanakis — Peter Highman is an expectant first-time father whose wife's due date is a mere five days away. As Peter hurries to catch a flight home from Atlanta to be at her side for the birth, his best intentions go completely awry when a chance encounter with aspiring actor, Ethan Tremblay, forces Peter to hitch a ride with Ethan on what turns out to be a cross-country road trip that will ultimately destroy several cars, numerous friendships and Peter's last nerve. Rated R (language, drug use and sexual content) 100 minutes.

Movie showings are featured at the Whiteman AFB Movie Theater. For more information, call (660) 687-5110 Megamind Sunday, 3 p.m.

Will Ferrell, Brad Pitt Megamind is the most brilliant super-villian the world has ever known ... and the least successful. Over the years, he has tried to conquer Metro City in every imaginable way -- each attempt, a colossal failure thanks to the caped superhero known as "Metro Man," until the day Megamind actually defeats him in the throes of one of his botched evil plans. Suddenly, the fate of Metro City is threatened when a new villain arrives and chaos runs rampant, leaving everyone to wonder: Can the world's biggest "mind" actually be the one to save the day? Rated PG (action and some language) 121 mintues.

AADD — AADD offers rides to servicemembers, dependents, retirees and Department of Defense civilians who have consumed alcoholic beverages. For a ride home, contact (660) 687-RIDE. To volunteer, call (660) 687-5469.

Retiree Activities Office — The Retiree Activities Office provides an interface between the active-duty force and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m. - 3 p.m., Mondays through Fridays. The RAO is always looking for volunteers and training will be provided. For more information, call (660) 687-6457 or 1 (800) 303-5608 or e-mail rao@whiteman.af.mil.

You, Your Children, & Divorce — You, Your Children, & Divorce is a 90-minute class offered twice a month on the second and fourth Tuesday from 11 a.m. – 12:30 p.m. It is for individuals with children who are in the process of divorcing. Class content focuses on helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. Call (660) 687-4341 for additional information.

Dad's the Basic's — Dad's the Basic's is a four-hour workshop for new dads to learn about caring for their new baby. The workshop is taught by other fathers. It will be held on a Saturday morning from 8 a.m. to 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.

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 sixhour 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.

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. The SLO is located in the Airman & Family Readiness Center, and can be reached at (660) 687-7132.

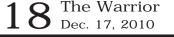
1-2-3 Magic — 1-2-3 Magic is a two-session research based parenting skills class is offered twice a month on the second and fourth Tuesday from 2 – 4 p.m. It teaches parents easy-to-follow steps for disciplining children ages 2-12 without yelling, arguing or spanking. Parents will learn how to get their kids to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will also learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call (660) 687-4341.

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 your child self-control as well as prevent misbehavior. Reservations required, call (660) 687-4341.

WIC — WIC is a nutrition education, health promotion and supplemental food program aimed at assisting women, infants and children who have special nutritional needs. WIC personnel will be at the Airman & Family Readiness Center on Tuesdays and Thursdays at 8:30 a.m. First-time attendees who want to sign up for WIC must call their office first for details at (660) 747-2012.

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.

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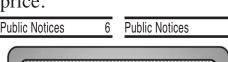
- 1. Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- 2. Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-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
- the classifieds @sedaliademocrat.com. They accept VISA, Master Card, 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 PC-Sing may place more than one ad and sell the items at any price.

- 5. Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- 6. Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- 7. Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948. 8. Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or,
- 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.

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click on "Whiteman Warrior Classified Ad Form."

- 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.





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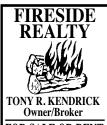
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