

# WARRIOR

Vol. 2 No. 2  
January 14, 2011



U.S. Air Force photos by Master Sgt. Corey Clements  
Air Force Chief of Staff Gen. Norton Schwartz passes the Air Force Global Strike Command guidon to Lt. Gen. James Kowalski Jan. 6, at Barksdale Air Force Base, La., as General Kowalski assumed command, becoming responsible for organizing, training and equipping all U.S. ICBM and nuclear-capable bomber forces. Command Chief Master Sgt. Jack Johnson serves in his role as guidon bearer.

## AF Global Strike Command gets new top leader

By Maja Stevanovich

Air Force Global Strike Command Public Affairs

**BARKSDALE AIR FORCE BASE, La.** (AFNS) — Lt. Gen. James Kowalski assumed command of Air Force Global Strike Command here Jan. 6, becoming the second commander of the organization. As such, he is responsible for all of the nation's ICBMs and nuclear-capable bombers.

Presiding over the ceremony, Air Force Chief of Staff Gen. Norton Schwartz said General Kowalski, who commanded Global Strike Command when it was a provisional unit, has "done remarkable work from the earliest days of Air Force Global Strike Command and he is poised for success."

"I have complete confidence that he'll perform well," General Schwartz said.

In Barksdale's historic Hoban Hall, General Kowalski addressed the crowd which included a military formation led by the commanders of 8th Air Force, 20th Air Force and all six of the command's wing commanders. Also gathered were hundreds of Airmen and distinguished military and civilian leaders from North Dakota, Wyoming, Montana, Missouri, Louisiana and throughout the Air Force.

"From our deployed Airmen who stand

ready in the AOR, to our Airmen who stand ready in the missile fields, to our Airmen who stand ready to fly, fix, fuel, (and) arm B-2 (Spirit) and B-52 (Stratofortress) bombers, this command is 23,000 American Airmen and civilians, committed to the defense of our nation," General Kowalski said. "To those warriors, I pledge to stand ready with you, and to give you the best leadership, guidance and example I possibly can."

The new commander highlighted three challenges for Global Strike Command.

The first challenge, the general said, is to consolidate the gains across the nuclear enterprise and complete the restoration of a culture that embraces "the special trust and responsibility of nuclear weapons."



Air Force Chief of Staff Gen. Norton Schwartz and Mrs. Julie Kowalski pin the third star on Lt. Gen. Jim Kowalski Jan. 6. About an hour later, General Kowalski assumed command of Air Force Global Strike Command, becoming responsible for organizing, training and equipping all U.S. ICBMs and nuclear-capable bombers.

departed and walked outside, a crew from Barksdale's 2nd Bomb Wing piloted a B-52 in a flyover, in honor of the occasion.

General Kowalski comes to the top position after serving as the command's vice commander since the organization's activation Aug. 7, 2009. He was promoted to his three-star rank in a ceremony about an hour before the change of command.

Second, he said, "We have to be agile enough to maintain an intense focus on our nuclear deterrence mission while also aggressively supporting the current conventional fight."

Third, General Kowalski said, "We must be innovative so we can sustain and enhance our current force while preparing to meet the challenges of the future."

As the crowd

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#### Wing fitness day encourages Whiteman to be fit to fight

The 509th Force Support Squadron sponsored the 2011 Annual Wing Fitness Day at the base fitness center Jan. 7.

### WEATHER

Today	Sunday
Partly Sunny	Mostly Cloudy
Hi 33	Hi 30
Lo 25	Lo 17
Saturday	Monday
Partly Sunny	Partly Cloudy
Hi 34	Hi 26
Lo 25	Lo 18

Courtesy of National Weather Service

# MLK Day turns 25-years-old

By Staff Sgt. Maurice Ingram  
509th Bomb Wing equal opportunity

What are your plans for the upcoming Dr. Martin Luther King, Jr. day? How about volunteering in your community? Yes that's right --volunteering.

The main theme for this observance is "Remember! Celebrate! Act! A Day On, Not a Day Off!" We can transform our communities and make a difference by doing for others. This observance is the perfect opportunity to make a difference by serving people in various aspects in the coming year.

The federal holiday was first observed in 1986. In 1994, Congress designated the Martin Luther King, Jr. federal holiday as a national day of service and charged the Corporation for National and Community Service with leading this effort. The Corporation for National and Community Service



is a federal agency that engages more than five million Americans in service through Senior Corps, AmeriCorps, and Learn and Serve America. Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service. Martin Luther King, Jr. Day is a part of "United We Serve," President Obama's national call to service initiative. It calls for Americans from all walks of life

to work together to provide solutions to our most pressing national problems.

Martin Luther King, Jr., day is a way to transform his legacy into community action that helps solve social problems. That service may meet a tangible need or desire to inspire generosity. On this day, Americans of every age and background celebrate Dr. King through service projects that strengthen communities, empower in-

dividuals, bridge barriers and create proactive solutions.

Some of you may be saying, "Okay, but what can I do around here to make a difference?" The following is a list of activities in the local area commemorating the 2011 MLK Day observance:

**Jan. 17** – MLK Day community service projects with the University of Central Missouri is 8:30 am to 5 p.m. For more information contact Mrs. Kristie Brinkley, assistant director of campus activities at (660) 543-4007.

Martin Luther King, Jr. gospel concert at UCM in Hendricks Hall at 7:30 p.m. and is free and open to the public.

**Jan. 18** - Dr. Martin Luther King Jr. Freedom Scholarship dinner begins at 6:30 p.m., in the UCM's Elliott Union ballroom. Featured keynote speaker for the annual dinner is Arun Gandhi, grandson of Mohandas Gandhi and founder of the M. K. Gandhi Institute for Nonviolence, from the University of Rochester in Rochester, N.Y. Call the UCM office of community engagement at (660) 543-4156 for tickets. Tickets is \$20 per person.

## Six months wasted? No, not really

By Senior Airman Melissa B. White  
451st Air Expeditionary Wing public affairs

**KANDAHAR AIRFIELD, Afghanistan (AFNS)** — I'm young and I have a family; I should be at home with them. Instead, I'm on a six-month deployment to Afghanistan. I can't get much farther from them than 8,000 miles. I missed my sister's birthday, Labor Day picnics, seeing my little girl dressed up like a princess for Halloween. I also missed Thanksgiving, my mom's birthday, Christmas, New Year's Day, and worst of all, my only daughter's third birthday.

Not only does it seem like I've missed almost every holiday and special event in the book, but there have been many struggles along the way. My husband has dealt with depression and stressful situations, so bad that our daughter had to go live with my parents in Pennsylvania -- more than a three-day drive, or a really expensive plane ticket away from where we both are based at in Lackland Air Force Base, Texas. He hasn't gotten to see her very often.

I also realize that, wow, it has been such a long time since my parents have cared for a toddler. I get exhausted taking care of her every day, and I can't even begin to imagine how they are even able to keep up with her at their age. I keep asking them if they are hanging in all right, and with a smile, they say they are fine. And my daughter -- it is such an up and down rollercoaster every time I talk to her. She doesn't realize where I am, she doesn't know when I am coming back and she doesn't know why I left. Sometimes she doesn't even want to talk to me. Ouch! Sometimes she really tugs at my heartstrings.

So, is it all worth it?

I had just come up on my fourth year in the Air Force when I arrived at Kandahar Airfield in August 2010 to start my first deployment. My first night here, I felt lost and alone as everything swirled around me while people showed me around and told me what it would be like in my new home away from home. Then, I had the chance to talk on the phone with my husband, whom I'd already been separated from for a couple of weeks since I began combat training. I talked to him and my daughter on an online video chat a few days later, while my parents were visiting my family in Texas.

That was the last time my husband and little girl were going to be together in our house until I came home because my husband was dealing with an unhealthy amount of stress. I cried. For the first time, I felt like my career was tearing apart my family.

But, it did not. It made us stronger. It takes a special type of per-

son to love someone in the military and an equally special person who is willing to step up to this challenge, so other people don't have to go through the same hardships.

Sure, there have been a lot of tears and tough times in the past five months, but there have been just as many great moments and people who have made these months bearable and even special.

First of all, I didn't know how many people cared. I've always been the type of person to think there is a little bit of good in everyone, but my husband's always thought the opposite, being skeptical of everyone's intentions until they prove he's wrong. He has come to realize that, even though he never has and probably never will meet them, there are good people and friends here helping me through the tough times, just like I lend them the same support. He's also

experienced the same kindness on his side, sometimes from where he least expects it.

Friends, relatives, neighbors and even his commander have reached out to him. His commander sup-

ported him when he needed it most by seeking him out, knowing his name and just asking him how things were going while also not showing any type of favoritism. She even helped rearrange his work schedule to help eliminate any undue stress, allowing him to recover before his illness got the best of him. That type of leadership is inspiring.

Now, my daughter being separated from her father is both a sweet and sour experience. Both my husband and I were upset with the decision, but it was a decision that needed to be made until he was able to get his life together a little more, so that he could be the best dad he can be. My parents, who don't get to see their granddaughter as much as I'd like, also got to experience moments with our daughter they probably never would have gotten to savor with the short visits they usually got here and there.

Yes, a two-year-old can really test your patience sometimes, but it's the moments -- like when she dresses herself, and the pants and shirts are on backwards but her face is still beaming with pride -- that makes it all worth it.

Though this was my first deployment, it certainly isn't my last. I know other people have experienced similar situations, or even worse situations. No matter who experienced what, a deployment is what you make it. We can either gripe about everything every day, or we can learn from it and appreciate what each assignment has to offer, even the painful growing experiences. I've learned to cherish every moment I have at home with my family and that, no matter how bad something seems when you first look at it, there is a way to find a silver lining in that dark cloud.

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**"It takes a special type of person to love someone in the military ..."**

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### THE WARRIOR

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

For more information, call the Warrior office at (660) 687-6123, e-mail: Whiteman.Warrior@whiteman.af.mil, fax us: (660) 687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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

## NEWS BRIEFS

### College financial aid workshop at KNHS

Knob Noster High School is holding a 90-minute college financial aid workshop Jan. 26 at 6:30 p.m. Parents and students interested in information about how to correctly complete the Free Application for Federal Student Aid form used to apply for Federal and Missouri grants, loans and employment assistance are invited to attend this free event. For more information, call Karen Taylor at (660) 563-2283.

### 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 or Staff Sgt. Kyle Larson at (660) 687-4254.

### 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).

### 2011 Financial Fair

The Airman and Family Readiness Center is holding a financial fair Feb. 23. See the Jan. 21 Whiteman Warrior issue for more information.

## 1-135th change of command



Photo by Rachel Knight

Lt. Col. James P. Schreffler, commander of the Missouri National Guard's 1-135th Attack Reconnaissance Battalion, addresses his Soldiers during a change of command ceremony Jan. 8 at Whiteman Air Force Base, Mo.

## How will you spend your tax refund?

By Heidi Hunt

509th Bomb Wing Public Affairs

Tax season is upon us and many have either filed or have yet to file. As some taxpayers await their refunds, many Air Force Global Strike Command members may have a good idea on how they will put their dollars to use while others are still undecided.

"Your situation may depend on what you will do with your return," said R.D. Smith, 509th Force Support Squadron community readiness consultant. "Each person's situation differs, so there is no 'one way' we can advise customers on how to spend their funds."

The Airmen and Family Readiness Center staff offers the following tips:

#### ❑ Pay down credit card(s)

Those credit card bills will inevitably keep arriving in your mail box if the balance doesn't get paid. This may be the perfect opportunity to put money towards eliminating it. The A&FRC has tools available to assist customers.

#### ❑ Make a rainy-day fund

"Since the future is not predictable, it is a good idea to create an emergency fund for the unexpected," Mr. Smith said. "If that day comes and you are prepared, then you will have something to fall back on."

#### ❑ Invest in your future

Finances should be planned out and if done correctly, will benefit one's future according to Mr. Smith. "It is never too late to start a retirement fund or save for your dependents' education," he said. If people want to invest, the consultants at the A&FRC can help explore options according to Mr. Smith.

#### ❑ Make a memory

"If your refund includes a larger sum that you were not anticipating and you can afford to purchase that big-ticket item you have been

wanting, then do so, but without going overboard," Mr. Smith said.

#### ❑ Christmas from January through November

It's been said that Christmas sneaks up way too soon and in order for this year to go smoothly, Smith suggests starting a holiday fund now because it will help eliminate financial stress in 11 months.

#### ❑ Make a home investment

Homeowners should channel refunds towards expenses, making sure the money is applied to the principle of the mortgage, said Smith.

"Saving strategies vary from person-to-person and situation-to-situation," he said. "In order to choose what works best for you, consult the A&FRC; we can help guide you through your financial questions."

Beginning Jan. 24, active-duty Air Force can access their W-2s by logging onto the Air Force Portal. Active-duty, Guard and Reserve on title 10 orders, dependents and retirees who need assistance preparing their taxes can contact the base legal office at (660) 687-6807 until further information is announced. The tax office will open Feb. 1, but the location is yet to be determined.

Items to bring to the tax center are:

-W-2 and/or 1099R, social security card, dependent care information (employee's identification number, address and total amount paid per dependent).

-1099 INT (bank interest or other type of interest earned.)

-Bank check (used to get routing number and account information for direct deposit)

-Last year's tax return.

-General or Special Power of Attorney if both members cannot be there to sign the return.

-Those needing a copy of a current or previous year's W-2 and do not have access to [www.mypay.com](http://www.mypay.com), may contact base finance for assistance.

## December 2010 Courts-Martial, Article 15s, discharge

In December, one Whiteman Airman was convicted by a General Court-Martial; two members were punished under Article 15, Uniform Code Military Justice; and one member has been administratively separated from the Air Force.

### General Courts-Martial

An airman first class from the 509th Security Forces Squadron was tried and convicted by a general court-martial of one specification of drunken operation of a vehicle in violation of Article 111, UCMJ and one specification of resisting apprehension

in violation of Article 95, UCMJ. Punishment included a reprimand, reduction to the grade of airman, forfeiture of \$300 pay per month for two months, and 30 days confinement.

### Article 15s

❑ A senior airman from the 509th SFS received an Article 15 for negligent dereliction of duty. Punishment was a suspended reduction to the grade of airman first class, a suspended forfeiture of \$961 pay per month for two months, and a reprimand.

❑ An airman first class from the 509th

SFS received an Article 15 for negligent dereliction of duty. Punishment was a suspended reduction to the grade of airman, a suspended forfeiture of \$811 pay per month for two months and a reprimand.

### Discharge

An airman from the 509th Aircraft Maintenance Squadron received a general service characterization discharge for minor disciplinary infractions.

(Courtesy of the 509th Bomb Wing Legal Office)

# Survey will assess Air Force community well-being

SAN ANTONIO (AFNS) — Invitations to take the 2011 Air Force Community Assessment will be sent out Jan. 25.

The assessment is designed to assist chaplains and people working in installation-level Airman and family readiness centers, family advocacy programs, health and wellness centers, mental health clinics and child and youth programs to better meet the needs of service members and their families.

"This important survey provides ... a means to ensure that community interventions are timely, focused and data-driven," said Lt. Gen. (Dr.) Charles Green, Air Force surgeon general. "In its 20-year history, the Community Assessment has been instrumental in determining the strengths and needs of Air Force communities and tailoring programs at the installation, major command and Air Force levels."

Topics covered in the survey include personal and family adjustment, individual and family adaptation, community well-being, deployment, resiliency, post-traumatic stress and help-seeking stigma.

Approximately 160,000 active duty members, 40,000 reservists, 160,000 spouses of active duty members and 10,000 spouses of reservists will be randomly selected to participate in the survey. All appropriated fund civilians also will be asked to participate in the survey. The survey will be available through March 25 and is anonymous.

A notification letter including a link to the Web-based survey will be sent out to the

work e-mail address of each service member selected to participate. Spouses will be sent a postcard in the mail with the Web link. Everyone selected is encouraged to participate to aid in the success in the project.

The survey should take service member and spouse participants 30-45 minutes to complete.

Data collected from the survey will be analyzed and briefed to wing and Air Force leaders. The information will help make community-wide program planning and resource allocation decisions, which ultimately enhance the quality of life, readiness and retention of Air Force personnel.

During an address to members of the Air Force Sergeants Association, Secretary of the Air Force Michael Donley noted that Airmen perform to their highest potential if they are unencumbered by home-front or family issues.

"The Air Force has long been recognized as the service for its exceptional commitment to people and to families," he said.

Previous survey results are credited with expanding financial counseling programs to members and their families, developing a user-friendly support network for Air Force single parents and setting up marriage-support seminars for junior enlisted members and their spouses.

This survey is not to be confused with The Caring For People Survey which assesses quality of life and base support programs. The Caring For People Survey ended Dec. 31.

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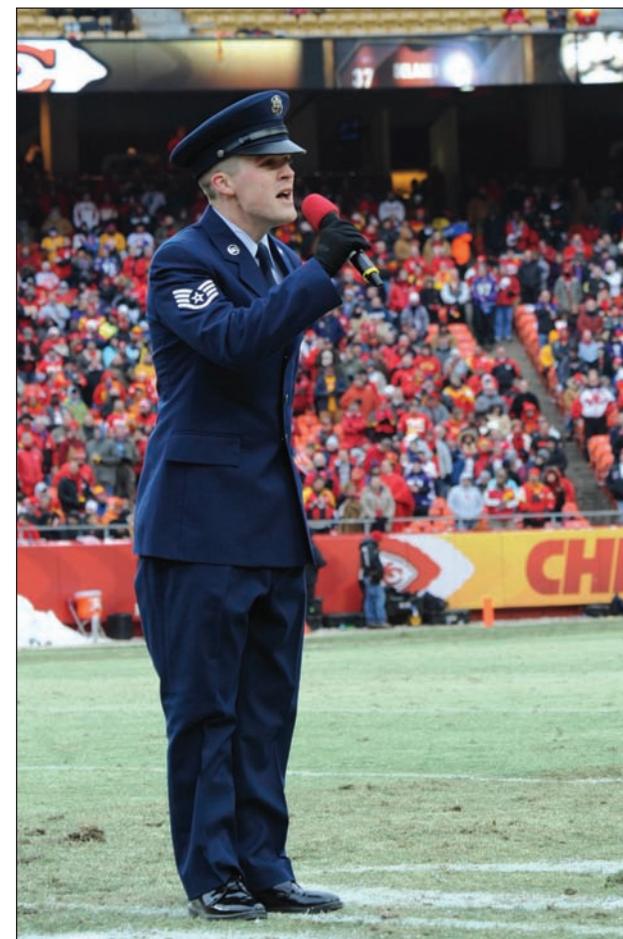
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# 19th MUNS Airman performs at KC Chiefs game



An overall view of Arrowhead Stadium showing the "Sea of Red" Jan. 9. The Kansas City Chiefs took on the Baltimore Ravens in the opening round of the National Football League playoffs. The Ravens beat the Chiefs 30-7.



Staff Sgt. Nathan Tawbush, 19th Munitions Squadron weapons maintenance team chief, sings "God Bless America" during the half-time show.



Members of the Kansas City Chiefs team huddle with their coordinator, during a National Football League Wild Card game Jan 9.



*U.S. Air Force  
photos by  
Senior Airman  
Carlin Leslie*



Mike Vrable, a linebacker for the Kansas City Chiefs, takes the field as a B-2 stealth bomber from the 509th Bomb Wing flies overhead during the opening ceremonies .

Michael Oher, a tight end for the Baltimore Ravens blocks Tamba Hali, a linebacker for the Kansas City Chiefs, during the opening round of the National Football League play-offs Jan 9.



KC Wolf, the official mascot of the Kansas City Chiefs, ramps up fans before the opening kick-off of the Chief's Wild Card game against the Baltimore Ravens.



Courtesy photo

**SOUTHWEST ASIA — Senior Airman Dustin Chandler, Combined Security Transition Command-Afghanistan higher headquarters, awaits his name to be called at a commander's call. Airman Chandler was recognized with the Unsung Heroes Award for his effort in training Afghans and organizing the headquarters' supply shop.**

## From the Frontlines: Senior Airman Dustin Chandler

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

Born and raised in Murphysboro, Ill., and now stationed here, Senior Airman Dustin Chandler, 509th Logistics Readiness Squadron, material management journeyman, has lived comfortably in the Midwest all his life.

Airman Chandler said he had an experience like no other when he left this Air Force Global Strike Command base for a recent deployment to Southwest Asia in support of Operation Enduring Freedom.

Airman Chandler worked under the Combined Security Transition Command - Afghanistan higher headquarters company when deployed. His company was a supply shop, which handled all office supplies for the entire base.

"When we arrived there wasn't a set supply system," he said. "We came up with an organized way to track and store our inventory.

"We assigned locations for designated supplies, created a tracking system and a shared database, and recorded our supply quantities into a consolidated inventory," he said.

When it came to work in Southwest Asia compared to Whiteman, Airman Chandler said there were a lot of differences.

"The job was different out there because we dealt with standard office supplies, where as my shop here focuses on aircraft and vehicle parts," Airman Chandler said. "We also had conexes, or steel trailers, to store our supplies compared to having a warehouse here.

"The tempo was definitely high [out there]," he said. "[But] overall it was the same concept; we inventoried and organized our assets."

Airman Chandler said once the supply shop was organized, they could focus on the camp's NATO mission.

"We were training the Afghans to replace NATO troops," Airman Chandler said. "Two Afghans worked in our supply shop. I trained them on the ins and outs of my

supply job, so when we leave they can run a system without [our] assistance."

Airman Chandler said working with the Afghans was a unique experience.

"The Afghans who worked in our shop were well-educated, great workers and very willing to learn," he said. "They knew English, which helped, but there were still challenges. When it came to slang words, I really had to explain them in depth."

Airman Chandler said he worked with the Afghans day-in and day-out throughout his deployment.

"There was definitely a bond by the time I left," he said. "They were all very loyal soldiers. If anything was asked of them, they'd be willing."

The dedication and focus required to teach the Afghans was a rewarding challenge, according to Airman Chandler, but working at a joint NATO base was the best part of his deployment.

"It was a pretty neat experience to work alongside all the branches and see how they dealt with matters," he said. "I also worked with British, Australian and a variety of foreign soldiers.

"Sometimes it was a little stressful," Airman Chandler added. "For instance, most servicemembers outside the Air Force don't like being called 'sir.' Memorizing all the ranks and job titles was also a handful. Once I got used to the differences, the experience was great."

He said he made his work his life while deployed, which led to Airman Chandler being awarded the "Unsung Heroes Award" during his deployment. Each shop at his deployed location chose one hard-working individual to showcase their excellence. He was recognized for his excellence in training Afghans and his hard work organizing the supply shop, according to his nomination package.

Expanding from the comfort of the Midwest region, Airman Chandler said his deployment opened his eyes. He looks at the world differently now and is thankful for the experiences that came hand-in-hand with his deployment.



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## Kicking the habit



Col. Rickey Rodgers, 509th bomb wing vice commander, presents the award for the smokeless tobacco to the 19th Munitions Squadron Airmen for their participation in the challenge Jan. 11. 19th MUNS was recognized as the squadron with the highest attempted quit rate for the base.

U.S. Air Force photo by Tech. Sgt. Charles Larkin Sr.

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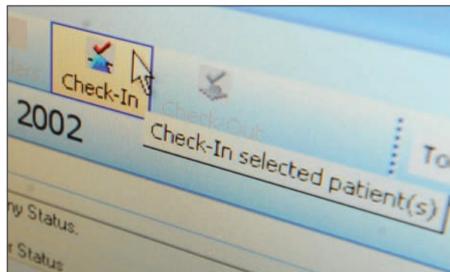
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A patient checks in at the 509th Medical Operation Squadron pediatric clinic Jan. 6. The pediatric clinic sees children ranging from birth to age 18.



(Above) Handfuls of lollipops lay ready for a lucky child who enters the 509th Medical Operations Squadron pediatrics clinic. (Right) Isabella D'Amico, four-month-old and daughter of Marie and Tech. Sgt. William D'Amico, 509th Aircraft Maintenance Squadron, receives a check-up from Erin Hartman, 509th Medical Operation Squadron pediatric nurse practitioner.



Staff Sgt. Steven Dennison, 509th Medical Operation Squadron pediatric patient technician, pulls records for upcoming appointments.



Makayla Stafford, nine-year-old daughter of Danielle and Master Sgt. Scott Stafford, 19th Munitions Squadron first sergeant, plays in the waiting room of the pediatric clinic while awaiting her appointment.

# Pediatric Pals: Providing health care for our young

By Heidi Hunt  
509th Bomb Wing Public Affairs

When it comes to a child's health, many parents are concerned for their well-being. The 509th Medical Operations Squadron pediatrician clinic at this Air Force Global Strike Command base specializes in just that, and serves military families by providing health care for children ranging from birth to 18-years-old.

The 509th Medical Group's mission statement is to provide health system support to our wing, care for our nation's warriors past and present and prepare competent-expeditionary medics to excel anytime, anywhere.

"Under the 509th MDG mission statement, the pediatric clinic works to provide care for the children of active-duty, Guard and Reserve at Whiteman," said Tech. Sgt. Sha-

ron Catana, 509th MDOS NCO in charge of the pediatric clinic. "If we ensure the children are healthy and doing well, then parents can do their job supporting the mission, instead of being home, worrying about their sick child."

The staff is manned by 10 members who collectively handle more than 1,400 patients a month.

"We stay busy all year long," Sergeant Catana said. "Many of the patients we see are at daycare during the day where they may catch germs which lead to sickness."

"The most common calls the clinic receives are for upper respiratory infections such as the cold or flu," Sergeant Catana said. "We also get calls for acute ears, eyes and throat problems and perform strep cultures."

When a child visits the pediatric clinic, the staff makes every effort to put the child in a comfortable environment according to Tonya Billingsley, 509th MDOS

registered nurse.

"We do whatever the child needs to be comforted to include, playing with them, singing to them, turning on the TV, whatever it takes," said Ms. Billingsley. "We try to explain, at an age-appropriate level, what we are planning on doing because not knowing often makes their experience worse."

When it comes to team work, Sergeant Catana said her staff does not hesitate to jump in to assist.

"Everyone here helps and does as much as they can," she said. "It helps that we are a close-knit group of individuals. Even though we have our own individual jobs, we still help one another."

The pediatrician clinic is open Mondays through Fridays from 7:30 a.m. – 4:30 p.m., and military ID card holders can call (660) 687-2188 to make an appointment.



Isabella D'Amico, four-month-old and daughter of Marie and Tech. Sgt. William D'Amico, 509th Aircraft Maintenance Squadron gets her head measured by Julie Durham, 509th Medical Operation Squadron licensed practical nurse to ensure proper growth Jan. 6.

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

# This Week at the Movies

## Burlesque

Saturday, 7 p.m.

*Cher, Christina Aguilera* — Ali is a small-town girl with a big voice who escapes hardship and an uncertain future to follow her dreams to L.A. Stumbling upon The Burlesque Lounge, Ali lands a job as a cocktail waitress from Tess, the club's proprietor and headliner. Ali builds a friendship with a featured dancer, finds an enemy in a jealous performer, and gains the affection of Jack, a bartender and fellow musician. With the help of the stage manager and host, Ali makes her way from the bar to the stage. Her spectacular voice restores The Burlesque Lounge to its former glory. Rated PG-13 (sexual content, partial nudity, language and some thematic material) 119 min.

## Tangled

Sunday, 3 p.m.

*Mandy Moore, Zachary Levi* — When the kingdom's most wanted — and most charming — bandit Flynn Rider hides out in a mysterious tower, he's taken hostage by Rapunzel, a beautiful and feisty tower-bound teen with 70 feet of magical, golden hair. Flynn's curious captor, who's looking for her ticket out of the tower where she's been locked away for years, strikes a deal with the handsome thief and the unlikely duo sets off on an action-packed escapade, complete with a super-cop horse, an over-protective chameleon and a gruff gang of pub thugs. Rated PG (brief mild violence) 90 min.

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

**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.

**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 and is held on a Saturday morning from 8 a.m. to noon every three months. Call (660) 687-4341 for next workshop date and location.

**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., Monday through Friday. The RAO is always looking for volunteers and training is provided. For more information, call (660) 687-6457.

**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. for individuals with children whose parents are in the process of a divorce. 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.

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# Undefeated basketball team wins again

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

The 509th Security Forces Squadron Team-B rallied in the final 45 seconds of intramural basketball competition to gain a 4-point lead over 509th Aircraft Maintenance Squadron Team-A for a 58-54 win and continue their undefeated streak Jan. 6, at the Whiteman Air Force Base Fitness Center.

AMXS-A lead in the first quarter 13-12, but SFS-B took over the lead early in the second quarter. AMXS-A had a tight zone defense, forcing SFS-B to shoot from the outside. SFS-B had a 14 point lead before the end of the first half of competition, forcing AMXS-A, to rethink their strategy.

"The competition was intense," said Alex Jones, B-Team member. "We were ahead most of the game but it was a close one."

Shane Truman, B-Team guard, stole the ball from James Mendrop, a key player for AMXS-A several times, finishing the play with a lay-up each time, changing the game's momentum.

Mendrop tried to lead the AMXS-A team to victory by scoring 16 points

throughout the game, but in the end, it was SFS-B's team effort that gained the lead.

"We have a lot of individual talent on this team," said SFS-B guard, Antonio Fleet. "The challenge is to combine that into team effort. Sometimes it's hard with our schedules to practice and come together, but we try our best."

With 10 seconds left on the clock and the score 56-54, Fleet intercepted a pass from an AMXS team member and scored two points, securing the win.

"This was a great win for SFS-B," said Troy Young, SFS-B team captain. "We hope to bring the trophy back to our squadron and by being undefeated; we might actually get that chance this year."

Catch the SFS-B team in action 6:30 p.m., Wednesday at the fitness center.

Intramural Basketball Standings		Over 30 League Basketball Standings	
Team	Record	Team	Record
SFS-B	8-0	MXS	5-0
AMXS-A	4-1	CES	3-0
SFS-C	5-0	FSS/BW	5-0
FSS	7-1	CS	3-0
AMXS-B	6-1	442nd FW	4-0
MDG	5-3	LRS	2-0
CES	3-3	131 BW	0-0
CS	6-3	SFS	2-0
OSS	4-5	OSS/OG	3-0
SFS-D	1-5	AMXS	3-0
MUNS	2-6	MDG	0-0
MXS	1-6		
LRS	1-8		
131 BW	2-6		
SFS-A	1-8		

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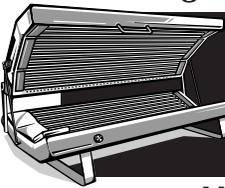
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## FOOD & ENTERTAINMENT

### TODAY 1/14

#### Fuel Up at the Club Drawing ~ Mission's End

Today is the first of two drawings this month for a chance to win a \$50 gas card. Club members may enter anytime during lunch by filling out the back of their receipts. Call 687-4422 to learn more about this program.

#### Wire Jewelry Class Deadline ~ Arts & Crafts

Noon, today is the sign up deadline for this single session class scheduled January 18, 9-11 a.m. Cost is \$20, supplies included. Call 687-5691 to reserve a spot today!

#### Cosmic Color Pin Bowling ~ 7:30-10:30 p.m. ~ Stars & Strikes

Come out every Friday or Saturday night to enjoy Cosmic Color Pin bowling with a chance to win a free game every time you bowl. Games are just \$2. Call 687-5114 for more details.

#### Karaoke ~ 9 p.m.-1 a.m. ~ Mission's End

Enjoy a night of fun singing to your favorite tunes! Hungry after you sing? We have the solution to your late night cravings. Grill will remain open until 11 p.m. during Karaoke night. Call 687-4422 for details.

### SATURDAY 1/15

#### 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 1/16

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

Football Fans! Join us today to watch your favorite team battle it out for a Super Bowl spot. Club members, there is still time to enter to win a trip to the Super Bowl. Plus, end of season bonus drawing for \$5,000 in gift certificates. Call 687-4422 for more details.

### MONDAY 1/17

#### Federal Holiday ~ Martin Luther King Jr. Day

Please visit [www.whitemanforcesupport.com](http://www.whitemanforcesupport.com) or the back of the Connection for facility holiday hours of operation.

### TUESDAY 1/18

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

Check out January's grill specials Monday through Friday during lunch. Your choices this month are red pepper and pesto chicken sandwich or BBQ pulled pork sandwich. Cost is \$6.50 for members; \$8.50 nonmembers. Call 687-4422 for more information.

#### 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.

#### Club Coin Special ~ 4 p.m.-Closing ~ Mission's End

Enjoy a delicious drink at the club. This month's special is Alaskan Ice Tea. A mixture of Vodka, Blue Curacao, Rum, Gin, Sprite and Sweet & Sour. Cost is \$2.50 a drink. Call 687-4422 for more info.

#### Stained Glass Class ~ 5:30-8:30 p.m. ~ 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.

### WEDNESDAY 1/19

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

Call in your order to 687-4422 anytime before 3 p.m.; pick up between 4-7 p.m. It's that easy! A perfect meal that feeds a family of four! January's menu is fried chicken, mac & cheese, buttered corn, rolls, and banana pudding. Cost is \$15.95 for members; \$18.95 nonmembers. Call 687-4422 for more details.

#### Boss-n-Buddy Night ~ 4-7 p.m. ~ 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.

### THURSDAY 1/20

#### Low Country Crab Boil ~ 6-8 p.m. ~ Mission's End

Get a full bucket of snow crab, Dungeness crab, succulent jumbo shrimp, smoked sausage, corn on the cob and red potatoes. Members price \$19.95; nonmembers \$21.95. Can't handle a full bucket? Keep it simple with two pounds of peel and eat shrimp for a low price of \$15.95. Contact 687-4422 for more details.

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**JAN. 22, 1 p.m.**  
**@ the Community Center**

Challenge your pals to the latest & greatest HALO game yet! Rated M, "Halo REACH" promises to be the competition of your gaming season, with "2 on 2," "Free for All" and more to fill your afternoon.

CC community center 687-5617

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Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly-ill children. Air Force offers a subsidy for providers for all children under age 3 and any child who falls in the critical needs areas. Providers who hold a license are subsidized \$160 a week per qualifying child. Providers with chronic health problems are accepted.

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

## YOUTH & TEEN EVENTS

### TODAY 1/14

#### Preteen Talent Night Sign Ups ~ Youth Center

Preteens, ages 9-12, sign up for the Youth Center's talent night scheduled January 21, 6-9:30 p.m. Cost is \$6 for members; \$8 nonmembers. Contact the Youth Center at 687-5586 for contest rules and information.

#### Tumbling Deadline & Parent Meeting ~ Youth Center

Parents of children ages 3-12 years old, today at 5 p.m. is the parent meeting and last day to register your child for tumbling classes scheduled to begin January 24. Cost is \$85 per child; \$65 per child for three or more children registered. Please contact the Youth Center at 687-5586 for more details.

#### Teen Free Shuttle Service ~ 2:30 p.m. ~ Youth Center

Teens attending Warrensburg Middle & High Schools, need a ride to get to the Whiteman Air Force Base Youth Center to hang out with friends? The Youth Center is providing shuttle service every Friday for free! Pick up will be at 2:30 p.m. at the middle school then the high school. Permission slip (military ID card if 16 years and older) required. Must have access to the base. Call 687-5586 for details.

#### Pajama Party ~ 6:30-9:30 p.m. ~ Youth Center

Youth, ages 6-12, join us for Fun Night Pajama Party at the Youth Center! Youth will take part in closely supervised activities throughout the evening. Cost is \$8 for members; \$10 nonmembers. Call 687-5586 for more information.

#### Teen Cosmic Bowling ~ 7-10 p.m. ~ Youth Center

Teens, ages 13-18, meet at Stars & Strikes bowling center for an evening of fun bowling with friends. Bring money for bowling, shoe rental and concessions. Call 687-5586 for more details.

### SATURDAY 1/15

#### Teen Time ~ 3-10 p.m. ~ Youth Center

Teens, ages 13-18, come hang out with other teens. We offer pool, ping-pong, Xbox 360, PS3 and the Wii. Computers and internet access are also available. Cost is FREE! Call 687-5586 for more info.

### MONDAY 1/17

#### Federal Holiday ~ Martin Luther King Jr. Day

Please visit [www.whitemanforcesupport.com](http://www.whitemanforcesupport.com) or the back of the Connection for facility holiday hours of operation.

### TUESDAY 1/18

#### Teen Ice Skating Trip Sign Ups ~ Youth Center

Youth, ages 11-18, sign up for the skating trip at Independence Events Center scheduled January 22, 10:30 a.m.-4:30 p.m. Cost is \$12 for members; \$15 nonmembers. Call the Youth Center at 687-5586 for more information.

#### Glow in the Dark Lock-In Sign Ups ~ Youth Center

Teens, ages 13-18, sign up for the Keystone Club teen lock-in scheduled January 28, 10 p.m.-7 a.m. Glow in the dark scavenger hunt, games & prizes planned. Cost is \$20 members; \$23 nonmembers. Breakfast & snacks provided. Sign up deadline is January 26. Call 687-5586 for more details.

#### Time to Play ~ 9:30-11 a.m. ~ 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 ~ 4-5 p.m. ~ Youth Center

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

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

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

### WEDNESDAY 1/19

#### Story Time ~ 11:30 a.m. ~ Library

Children, ages 3-5, come to the library and listen to exciting stories and make a craft! Cost is free! Call 687-6217 for 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.

# Wing fitness day encourages Whiteman to be fit to fight

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

The 509th Force Support Squadron sponsored the 2011 Annual Wing Fitness Day at the base fitness center, Jan. 7.

"A lot of people aren't familiar with all the resources we have to offer to help members get in shape," said Master Sgt. Maria Machado, 509th FSS fitness center section chief. "If we showcase the classes, people are more likely to participate."

Sergeant Machado said this Air Force Global Strike Command unit exceeds Air Force standards by offering about 170 classes per month when the requirement is only 60.



Jill Wade, wife of Master Sgt. Jason Wade, 509th Maintenance Squadron metals technician, participates in Nate Berkley's power interval class during the 2011 Annual Wing Fitness Day, Jan. 7.

"We want to eliminate excuses for not coming to the gym by taking the 'work' out of 'workout,'" said Michael Taylor, 509th FSS fitness center director. "Especially during the winter months when it seems difficult to work out, we help people achieve their New Year's resolutions."

Mr. Taylor said there's something for everyone, all free of cost; from boot camp class and circuit training to Zumba and spinning, all given by a variety of devoted trainers.

These devoted trainers not only facilitate fitness but foster trust and camaraderie to support their students with their fitness goals.

"Class members often develop a bond or friendship with the instructors, making the workout more fun and enjoyable," said Sergeant Machado. "Trainees sometimes feel that they don't want to let the trainers down by not attending the class. It's almost like going to spend time with a friend."

Mr. Taylor says that by attending the classes, people don't just create friendships but also obtain all the benefits of



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

Whiteman fitness center "boot camp" instructor, Farrah Thompson, leads Airmen and civilians attending her class in an arm burning push up session during Whiteman's wing fitness day, Jan. 7. Wing fitness day provided Airmen and their families with an array of physical activities to participate in, while also informing them the classes in session during that day are also available on a regular basis throughout the week.

working out such as relieving stress, having less idle time, better health and an overall feel-good feeling.

"I enjoy all the benefits fitness brings me, so I'm constantly at the gym" said Jessica Kuhlman, 509th Communications Squadron client services technician. "I think it's great the fitness center is letting people know of the importance of health and fitness so they are involved year-round."

In addition to classes, the fitness center had displays providing members with nutritional information.

"Fitness and overall health doesn't just come with exercise, but it's also important to have a balanced nutrition and a reduction of bad habits," said Sergeant Machado. "We are here to aid those who want to more fit and healthy."

For more information, contact Sergeant Machado or Mr. Taylor at (660) 687-5496.



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