

# WARRIOR

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March 9, 2012

## Airman shares experience at president's home



Official White House Photo/Lawrence Jackson

President Barack Obama shakes hands with Master Sgt. Shane Lacaillade, 509th Medical Operations Squadron clinical NCO in charge, during a White House tribute to Iraq War veterans and their families Feb. 29 to honor them for their service, sacrifice and commitment to the nation. Lacaillade was nominated by his squadron to attend the event and was selected based on his accomplishments while deployed to Iraq.

**By Heidi Hunt**  
509th Bomb Wing Public Affairs

President Barack Obama and First Lady Michelle Obama hosted a White House tribute to Iraq War veterans and their families Feb. 29 to honor them for their service, sacrifice and commitment to the nation.

Vice President Joe Biden, his wife, Dr. Jill Biden, Defense Secretary Leon E. Panetta, Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, along with senior officials from each branch of service joined the president and first lady at an event titled "A Nation's Gratitude: Honoring Those Who Served in Operation Iraqi Freedom and Operation New Dawn."

Master Sgt. Shane Lacaillade, 509th Medical Operations Squadron clinical operations NCO in charge, and the Missouri representative at dinner, was among 60 service members who were chosen to represent Iraqi war veterans.

Lacaillade was nominated by his squadron to attend the event and was selected to attend based on his accomplishments while deployed to Iraq, according to Chief Master Sgt. Tim Cooley, 509th Bomb Wing command chief. Lacaillade and his wife, Christy, said it was an amazing evening they will never forget.

"I am very appreciative to have received

this opportunity to represent my fellow Airmen, medics and those I served alongside during Operation Iraqi Freedom," Lacaillade said.

The Lacaillades were seated at a table with Mrs. Obama and highly decorated service members and their families.

"We did not know we would be at the same table with the first lady until we met her and the president in the receiving line and she informed us that we would be sitting together," Lacaillade said.

"It was quite entertaining sitting with Mrs. Obama," he said. "She immediately made us comfortable by telling a few jokes and talking to us like we were friends. Mrs. Obama does a lot of work with military families and was very interested in how we, as families, cope during deployments. She said it has been her visits to military bases and speaking to families that has enlightened her most to issues that are unique to the military family.

"We were also curious about her family life at the White House and she shared some hilarious stories that had us all laughing through dinner," Lacaillade said.

Lacaillade said Mrs. Obama was warm, genuine and frequently expressed her gratitude to everyone sitting at her table.

"Our evening at the White House was one filled with pride and awe," said Lacaillade."

**See Lacaillade, page 7**



Daylight saving time begins  
March 11 at 2 a.m.  
Remember to set clocks forward

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As part of Military Saves week, the 509th Force Support Squadron Airman & Family Readiness Center hosted three challenges to emphasize and encourage savings to Team Whiteman Feb. 19 through Feb. 27.

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### WEATHER

Today	Saturday
Sunny	Mostly Cloudy
Hi 54	Hi 59
Lo 34	Lo 44
Sunday	Monday
Rain	Mostly Cloudy
Hi 59	Hi 72
Lo 46	Lo 54

Courtesy of National Weather Service

### "TAP": Helping Airmen ease the transition from military to civilian

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

Life after the military can be full of unanswered questions and insecurities about what the future holds for military members and their families transitioning into the civilian workforce.

Aid from the Transition Assistance Program is provided to Department of Defense service members, DoD federal civilians facing restructuring or force reductions and eligible family members.

Alan Stachowiak, 509th Force Support Squadron community readiness consultant and former Air Force member, said participating in TAP can provide an excellent 'roadmap' for members and families to focus on while they contemplate what's important for their transition.

"There are two important tracks to follow in TAP: Pre-separation or pre-retirement counseling and attending the TAP workshop," said Stachowiak. "The counseling aspect serves as a foundation for all

**See TAP, page 6**

# Balance; learning to prioritize

By Lt. Col. Ron Bodine

394th Combat Training Squadron Commander

Balance: a fairly basic word that we're all familiar with, but how many appropriately apply it to their life? I'd like to offer a couple methods toward achieving and maintaining balance in your work and at home. The first is to determine what is important and what is urgent.

We are all faced with choices on a daily basis: Do I stay at work to get a task done or save it until tomorrow and press home? Should I volunteer for an additional duty or continue with my current work load? How we respond affects our quality of life at work and at home.

Getting a task done early may look good, but also may cause you to miss an important event with your family or friends. An additional duty may take more time away from home, but may also lead to an early promotion and a better financial situation. How do you decide?

I offer something I learned a few years back regarding the difference between what's "important" and what is "urgent". Many issues at home and work may seem urgent - 'I have to do this now, I just can't miss this'.

In order to make the right decision, decide if it's important with

these qualifiers: 1. It's significant to someone who's important to you. 2. Your personal presence makes a difference and 3. The opportunity is not going to present itself again.

If those three conditions are satisfied, the event is important and you should think twice before missing it. When the theory is applied to events pulling you to work or home, one will stand out.

The second method is channeling your focus. Many of us have busy jobs that demand our attention, so much so that when we get home we continue to 'work'. We may talk with our spouse or children, but we're not really there. You may have decided that being home was 'important', but you're not seizing the moment. Whether you are at home or at work, focus on the event at hand and you will be more efficient with your time. When you are at home turn off the television, truly listen to your children, get outside and throw a ball around. When you are at work establish your priorities, focus on the task at hand, and reduce your distractions. We've all had days at home and on the job where we've looked back and asked "what did I really do today?" Sharpen your focus skills and you'll look back with satisfaction.

Current constraints on budgets and personnel will inevitably lead to more demands of your time. Ensuring you have the appropriate balance in your life is, and will be, more important now than ever.

## THE WARRIOR

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## Commander's Corner

Team Whiteman,

Congratulations to all of Team Whiteman's senior master sergeant selects--see page three for the list.

Almost a year ago we achieved a great feat when we launched B-2s into action over Lybia, bringing the jet out of an eight-year hibernation from real-world operations.

Operation Odyssey Dawn effectively showcased the B-2 on an international level, sending a loud message to our enemies we remain ready, and reassuring our allies we can hold at risk any target in the world, wherever and whenever called.

Over the next few weeks as you go about your daily routines, remember this part of our 509th Bomb Wing history--YOU were an integral part making those Operations a success. Many logged long hours in support of the mission which lasted a days, and the message still resonates that Whiteman Airmen are among the finest.



This was highlighted a few weeks ago when we flew a B-2 to Barksdale Air Force Base in support of Secretary Panetta's All Call. The purpose of the event was to bring all long-range strike aircraft together in one forum while he addressed long-term plans for the military, to

include the need for our bomber fleet. After the event, he personally stopped and thanked all Whiteman Airmen in attendance for their on-going dedication and focus on the B-2 mission.

This is just another example of the level of excellence you maintain--it noticed on many levels, all the way to the SecDef and above. Continue the legacy you've helped create.

Today we are focusing our preparedness with a Natural Disaster Readiness Exercise--what do we do in the event of a tornado? You might remember my commentary a few weeks ago centered on tornados due to the fact we are located in "tornado alley," and as we press further into March, the issue is even more critical as seen recently in the news.

Tornado season typically stretches from March until late June, therefore remain alert and vigilant.

Defensor Vindex.  
-Brig. Gen. Scott Vander Hamm,  
Commander

## Innovation key to Air Force future

By Col. Riz Ali

Air Force Network Integration Center Commander

**SCOTT AIR FORCE BASE, Ill. (AFNS)** -- Our nation is facing a number of challenges that affect our government. As a result, change is happening all around the Air Force.

The institution of the Air Force will survive, but there is no doubt we'll be operating differently. Over the past several years we have implemented a number of efficiency efforts to shape the force while maintaining ops tempo. Efficiency is important, but it is not enough.

Innovation is what will get the Air Force through these tough times. John Kotter, regarded as an authority on leadership and change, and professor at Harvard University said, "Anything that is creating change outside a company adds a premium to innovation within the company." If this is the case, there has never been a better time for innovation in the Air Force.

When one thinks of a military organization, "creative" is not usually a word that comes to mind. We are trained to be regimented, by-the-book and disciplined. Good order and discipline are critical traits that contribute to our being the greatest Air Force in the world.

Creativity has its place though. There are always new ways of doing things or using an existing tool differently. Just because we have always done something one way doesn't mean it is still the best way. Our world is changing quickly and we must stay a step ahead. This requires a culture change and new way of thinking.

You may be familiar with Air Force Innovative Development through Employee Awareness program. The IDEA program has been a

catalyst for some remarkable process improvements and savings in our Air Force. Innovation is not just big, ground-breaking ideas though. It is about constantly assessing yourself, being adaptive, reinventing when needed and moving forward.

Innovation differs from invention because it looks at new ways to do things. It can be something as simple as finding a new use for product or tool. It can also be a change in strategy or processes that completely reinvents the way an organization functions. It is taking what you already have and doing it differently, better. James Dyson, founder of the Dyson Company, perhaps best described where innovation comes from when he said, "Where does the impetus for product innovation come from? Frustration!"

Think of the last time you were frustrated at work. Was it with a process? Bureaucracy? Perhaps another instance of trying to fit a square peg into a round hole? If you are frustrated with something, there has to be a way to do it better!

At the Air Force Network Integration Center, we are encouraging new ideas through our internal innovation program. Through this program, AFNIC personnel can submit their ideas to improve center operations, the Air Force enterprise network, or both. An innovation committee made up of senior leaders reviews each proposal and the plan to achieve it. If approved, the submitter is given resources and time to bring their idea to life.

Of course, not every idea can be implemented, and that is okay. An innovative culture understands and accepts that not every idea will work. The goal is to get the ideas flowing.

See Innovation, page 6

## NEWS BRIEFS

**WMMC to host Bone Marrow Match Drive for Employee**

Western Missouri Medical Center is hosting a "Be The Match" Bone Marrow Drive, with support from the Be The Match Foundation in Kansas City, from 7 a.m. to noon March 12, in WMMC's LDR waiting room (located in the new main entrance of the medical center) in support of WMMC employee, Marla Harris, BSN/CDE/CES, of the cardiac rehabilitation department. For more information call, 660-262-7371 or visit [bethematch.org](http://bethematch.org).

**Upcoming Mobility and Commissary paving projects**

The south parking lot of the commissary is scheduled to close for full-depth repair starting March 12. The parking lot to the west of building 706 (Mobility) is scheduled to close for full-depth repair starting March 19 and is expected to take roughly 60 days to complete. Team Whiteman is asked to remind their children to stay away from all construction equipment and materials. For more information contact Paul Day, 509th Civil Engineer Squadron at 660-687-6388, or Jerry Whitford at 660-687-7761.

**2012 Women's History Month**

In honor of Women's History Month, Whiteman AFB is hosting the 2012 Women's History Month Observance at Mission's End from 2-4 p.m. March 22. This year's theme is "Women's Education--Women's Empowerment". Stop by to listen to local speakers, a presentation on featured women in history, and for free refreshments.

**Volunteer opportunities for High School Students (dependents)**

High school sons or daughters of active duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1,000 toward college or vocational-technical school. The Youth Employment Skills Program is an Air-Force-wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community and receive money toward their educational endeavors. For every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other programs. For more information about the YES program, contact Whiteman Youth Programs at 660-687-5586 or search Whiteman AFB Teen Programs via Facebook and click "Like".

**Whiteman Tax Center**

The Whiteman Air Force Base Tax Center is open for business in building 509, suite 215. Tax assistance is available to active duty, guard, reservists on Title 10 orders, dependents and retirees, free of charge with a valid military ID. Clients can call 660-687-2896 to schedule an appointment. Taxpayers are asked not to contact base legal.

**AF Surgeon General visits Whiteman**

U.S. Air Force photo/Airman 1st Class Bryan Crane  
Lt. Gen. Christopher Green, Surgeon General of the Air Force, visited here Feb. 28. Green toured the 509th Medical Group facility and was briefed on the mission of each section. The tour concluded with Green visiting the B-2 Spirit and maintainers.

**Whiteman's newest senior master sergeant selects**

Nineteen master sergeants were selected to promote to the rank of senior master sergeant here Thursday. Those selected represent 13.78 percent of the 12,351 eligible, with an average score of 670.44, 4.12 years average time in grade and 19.27 years time in service. The average score was based on the following point averages: 134.99 for enlisted performance reports, 20.66 for decorations, 70.62 for the Air Force supervisory exam and 392.56 board score.

Promotions are scheduled to begin in April, depending on selectee promotion sequence numbers.

**Marshall Stafford,**  
72nd Test and Evaluation Squadron  
**David Grisdale,**  
509th Force Support Squadron  
**Carl H. Collins Jr.,**  
509th Maintenance Squadron  
**Jeremy Shay,** 509th MXS  
**Dustin Green,**  
509th Civil Engineer Squadron  
**Benjamin Huseman,** 509th CES  
**Michael Shumate,** 509th CES

**Michael Sterling,**  
509th Communications Squadron  
**Nolan Hildebrand,**  
509th Operations Support Squadron  
**Thomas Scheving,** 509th OSS  
**John Herndon,**  
509th Maintenance Group  
**Schuyler Beers,**  
509th Aircraft Maintenance Squadron  
**David Chase,**  
509th AMXS

**Bryan Floyd,**  
509th AMXS  
**Jason Meyer,** 509th AMXS  
**Louis Desomma,**  
509th Medical Operations Squadron  
**Shane Lacaille,**  
509th MDOS  
**Rodney Bernard,**  
509th Munitions Squadron  
**Corey Wells,**  
509th MUNS

**High year of tenure change continues to affect assignments****By Debbie Gildea**

Air Force Personnel, Services and Manpower Public Affairs

**JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS)** -- The January return to pre-2003 enlisted high year of tenure rates continues to impact assignments, Air Force Personnel Center officials announced today.

High year of tenure is the maximum number of years enlisted Airmen in each grade may remain on active duty. In 2003, HYT was adjusted upward to retain experienced Airmen for a longer period of time during a period of a robust economy and lower retention rates.

In 2010, the Air Force began the process to normalize HYT, reducing senior airman, technical sergeant, master sergeant and senior master sergeant levels, effective in 2011 and 2012. In December, the Air Force announced that HYT would continue to be adjusted beginning in 2013 with changes to senior airman through technical sergeant limits.

As a result, approximately 1,000 assignments have been cancelled for Airmen who no longer have the required service retainability for their overseas or overseas follow-on assignment. Action is now being taken to cancel the remaining assignments of those Airmen affected by the HYT

changes.

"For Airmen whose overseas follow-on assignments have been cancelled, military personnel sections will email us with each affected member's eight continental United States -- CONUS -- assignment preferences, and we will do all we can to assign them to a base on that list," said Ron Gallucci, the AFPC assignment programs and procedures chief. "Air Force needs must come first, though."

Assignment actions should be complete by mid-March, Gallucci said.

"Losing military personnel sections will contact affected members to determine if the cancelled assignment will result in a

hardship for them," he said. "If a hardship is confirmed, we'll work with the member and the MPS to help resolve it."

HYT is one of several force management programs the Air Force uses to size and shape the Air Force to meet current and future mission needs.

"Normalizing HYT helps develop and maintain the right balance of experience in the Air Force," said Col. Jerry Couvillion, the AFPC personnel services directorate operations chief. "The future of the Air Force depends on balance in numbers, ranks, experience levels and career fields, so HYT is one way we can achieve that."

# From The Frontline: Senior Airman Christopher Dahmen



Courtesy Photo

Kandahar Airfield, AFGHANISTAN -- Senior Airman Christopher Dahmen, 509th Civil Engineer Squadron explosive ordnance disposal apprentice, kneels next to a disarmed unexploded ordnance device. While deployed, Dahmen was part of disposing 125 unexploded ordnances and 330 pounds of homemade explosives.

By Airman 1st Class Bryan Crane  
509th Bomb Wing Public Affairs

Explosive Ordnance Disposal is one of the most dangerous jobs in the U.S. Air Force and requires attention to detail.

Senior Airman Christopher Dahmen, 509th Civil Engineer Squadron EOD apprentice, knows that aspect firsthand as he was put in harm's way during his first deployment to Forward Operating Base Folad Kandahar, Afghanistan.

Dahmen is stationed here and returned home from his deployment Jan. 31 after being deployed for nearly seven months.

While deployed, Dahmen was part of a team that worked on counter improvised explosive devices along with other ordnance disposal. At the end, his team was part of disposing 125 unexploded ordnances, as well as 330 pounds of homemade explosives.

"It was important to keep the area safe from dangerous IEDs to allow the movement of U.S. troops and maintain a military presence along with security for the local populace," said Dahmen.

Everyday Dahmen would go into work not know exactly what to expect because he never knew when someone might find an IED.

Dahmen said there were many differences between his deployed job compared to his job at Whiteman AFB.

On a daily basis it was important for Dahmen and his team to keep maintenance on their response trucks and con-

stantly train on robotics.

"Physical training was also important for our team so we could be prepared for any and everything at a moment's notice," Dahmen said.

Living in a deployed environment is something many Airmen face or will face but it's important to make the best of the situation.

"We lived in an Alaskan style tent and we had to put it up ourselves," Dahmen said. "But we were able to make it our little home away from home."

He also stated that it was a great experience to see different cultures and how other societies live their lives.

Dahmen said he had a nice welcome home and was glad to see his family after seven months.

"They were glad to see that I made it back safe and know that what I did down range was essential to mission success," Dahmen said.

Dahmen was very humble about his deployment but said the experience was great.

"The deployment was tremendous experience for me and I learned a lot," Dahmen said. "I was able to see what the deployed forces really go through. I have the utmost respect for any deployed military member. Life out there is not the easiest at times."

Besides missing his friends and family Dahmen said what he missed the most was a home cooked meal and a decent shower.

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# KEEPING OUR VEHICLES MOVING



Airman 1st Class Joshua Schiltz, 509th Logistics Readiness Squadron vehicle maintenance mechanic, searches under a Humvee for any discrepancies Feb. 14. Basic scheduled maintenance for the vehicles can usually be complete within one day.

Story and photos by Airman 1st Class Bryan Crane

509th Bomb Wing Public Affairs

Keeping vehicles running effectively is not an easy task, but it's what the 509th Logistics Readiness Squadron vehicle maintenance mechanics do on a daily basis.

The 509th LRS vehicle equipment mechanics perform maintenance on government vehicles throughout the week and their operations are 24-hours during inclement weather to ensure all needed vehicles are fully operational.

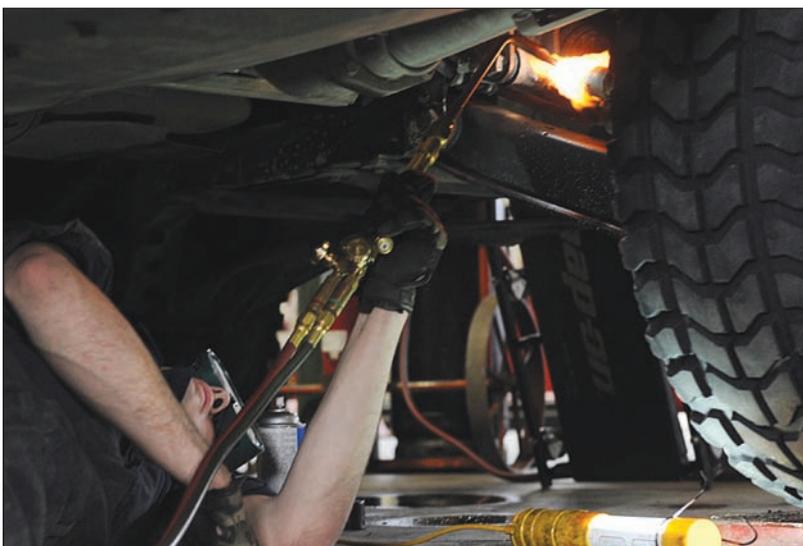
"We perform all scheduled maintenance," said Tech. Sgt. Benjamin Graves, 509th LRS vehicle maintenance journeyman. "We also take care of higher level

maintenance to include work on transmissions, engines and power trains."

The LRS vehicle maintenance shop consists of 68 Airmen and civilian workers who perform maintenance on approximately 30 vehicles a week, mostly security forces vehicles. Normal scheduled maintenance usually takes a day, but higher level maintenance can take anywhere up to 30 days to complete.

Airman 1st Class Kimberly Wigget, 509th Logistics Readiness Squadron vehicle maintenance mechanic, has the job of working on all maintenance for the vehicles.

"Our job is important because it allows the squadrons who use vehicles consistently for their mission, to successfully complete their job," said Wigget.



Staff Sgt. Patrick Barry, 509th LRS vehicle maintenance journeyman, welds part of a Humvee Feb. 14. The vehicle maintenance mission allows other mobile units on base to successfully complete their job.



Rob Thomas, 509th Logistics Readiness Squadron heavy mobile equipment mechanic, discusses the malfunctions on a Humvee Feb. 14. Vehicle Maintenance perform all regularly scheduled maintenance and higher level maintenance to include transmissions, engines and power trains.

# Military and Veterans resource event set for March 13



## UNIVERSITY OF CENTRAL MISSOURI

By Jeff Murphy  
University of Central Missouri  
University Relations

WARRENSBURG, Mo. -- More than 40 vendors, door prizes, resource handouts, and informational speakers await those attending the first Military and Veterans and Resource Event, planned for 8 a.m. to 3 p.m. March 13 at the University of Central Missouri. Admission to this event in Elliott Union 240 is free. All active duty, guard, reservists, retired service men and women, and military dependents are welcome to attend.

The purpose of the event is to provide information to the individuals who are serving or have served their country. The

information provided will be about the different types of resources that are available to them, according to Delilah Nichols, coordinator of Military and Veteran Services at UCM. Representatives of the United States Department of Veterans Affairs will be in attendance to provide information about education, medical and veteran benefits. Other resource participants include the Missouri Veterans Commission, Tricare, USAA, and Whiteman Air Force Base Airman and Family Resource Center, just to name a few. Vendors encourage participants seeking benefit services to bring a copy of their DD-214 to the event.

Individuals who have questions are encouraged to contact the Office of Military and Veterans Services at 660-543-8776.

## Innovation Continued from Page 2

The goal is to get the ideas flowing. I encourage everyone to make a conscious effort to think innovatively every day. Start by identifying a specific challenge or something you are frustrated with. If you had the power to change it, what would you do?

If your organization doesn't have a program to bring ideas forward, maybe your first step can be to help initiate one. Now

more than ever our Air Force needs your ideas and creative energy to make them happen. And I mean everyone, from the airman basic to our senior leaders.

While our Air Force navigates through this challenging time, we all have the opportunity to help shape the way we operate. I challenge you to bring your ideas forward. Innovation drives progress and is the key to our future.

## TAP Continued from Page 1

transition assistance and provides a broad scope of information covering employment, health and life insurance, relocation assistance, finances, and applying for Veterans Administration disability. However, members must have this counseling no later than 90 days prior to the official date of separation or retirement, and the sooner the better."

"The TAP workshop covers many aspects of seeking employment or preparatory career planning such as self-appraisal, effective job search, networking, resume writing, interviewing and salary negotiation," said R.D. "Smitty" Smith, 509th FSS financial readiness consultant and new TAP consultant.

Stachowiak said it's important for military members who are either retiring or separating to not procrastinate on preparing for the transition because that can make it more stressful. He also mentioned that members with families must be cognizant of their needs during the transition process as well.

"They are transitioning too," Stachowiak said.

"It can be a nerve-wracking experience," Stachowiak said. "Especially for those who have served more than 20 years and joined right after high school and military life is all they know. But if they are prepared they can bring the best of their military experience into

the civilian workplace."

Stachowiak said that across the board, many employers in the civilian workforce look for job candidates with strong leadership skills which helps give prior military members an upper-hand.

"The one thing employers find appealing about prior service military, whether it's one tour of service or 20 plus years, is that most folks tend to be goal-oriented, disciplined, drug free, self-motivated and capable of managing authority," Stachowiak said. "But in today's tough economy, being a veteran isn't enough. You have to give employers your qualifications to hire you by making yourself competitive against your civilian counterparts."

Whether it's obtaining a degree, getting certified or obtaining a license for your craft, Stachowiak said having one or the other is a must nowadays to make members competitive. He believes practicing core values – integrity first, service before self and excellence in all we do -- will help ensure their success.

"The greatest benefit- is the knowledge, skills, and accomplishments many service members carry with them after they separate," Stachowiak said.

For more information about retirement or separation contact Smitty at the Airmen and Family Readiness Center at 660-687-7123.

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## Lacaillade Continued from Page 1



Courtesy photo  
Chief Master Sgt. James A. Roy of the Air Force, his wife Paula, (Right) Master Sgt. Shane Lacaillade, 509th Medical Operations Squadron, his wife Christy, pose for a photo during a visit to the White House. Lacaillade was among 60 service members who were chosen to represent Iraqi war veterans.



Courtesy photo  
Michelle Obama poses with Master Sgt. Shane Lacaillade, 509th Medical Operations Squadron clinical operations NCO in charge, and his wife, Christy, during a White House tribute to Iraq War veterans and their families Feb. 29. The Lacaillades were seated at a table with the first lady and highly decorated service members and their families.

After taking in the overall splendor and historical significance of just exactly where we were standing, we also had in the distinction of the veterans surrounding us. Each room was filled with men and women, of various ranks, in every type of U.S. military uniform and it seemed only befitting to have the grand portraits of previous presidents looking down upon them. If only the rooms could hold each and every veteran.



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# Military spouses highlighted during Women's History Month



U.S. Air Force photo/Courtesy photo

**Shannon Yersak, a military wife, is among many highlighted during Women's History month for her dedication to teaching and military service. Mrs. Yersak is a teacher at Whiteman Air Force Base Elementary School in Missouri. Mrs. Shannon Yersak is married to Capt. Keith Yersak, 442nd Fighter Wing executive officer. The 442nd FW is an A-10 Thunderbolt II Air Force Reserve unit here.**

**By Lt. Col. Christina Marks**  
442nd Equal Opportunity Office

Since kindergarten or earlier, children have been influenced by this group in education, learning and life. For a school year, or a lifetime, these people helped shape each generation for adulthood, possibly college or a career and life. They are teachers and educators - and maybe just as challenging, they are also military spouses.

For Women's History Month, Whiteman Air Force Base is recognizing military spouses who are teachers or educators.

Whiteman AFB is hosting the 2012 Women's History Month Observance at Mission's End from 2-4 p.m. March 22. This year's theme is "Women's Education--Women's Empowerment". The observance includes short clips of Women's History Month, interviews with local women teachers and caregivers among other activities. This event is free to the base.

"Military spouses are especially critical when their partner deploys, because they must carry their own load and pick up responsibility for their family member's tasks," said Brig. Gen. Overturf 442nd Fighter Wing commander. "When you talk about quality of life issues with families, education for the military child is one of the top concerns. A spouse who is also an educator is a huge asset to our military. Not only is the spouse or teacher aware of the challenges that our children face in school when they move from state to state, they also are keenly aware of the emotional impact a move or a deployment can have on a child.

"Soldiers, Sailors, Airmen and Marines could not achieve mission success without their spouses' unwavering support and dedication to our nation's defense," Overturf said.

One of these women is Shannon Yersak.

Shannon Yersak, married to Capt. Keith Yersak, 442nd FW executive officer, teaches at Whiteman Elementary School. She taught kindergarten for six years and is now teaching first grade.

"I enjoy helping my students become problem solvers and independent thinkers," Shannon Yersak said. "I believe in building children up with words of encouragement and motivation."

Growing up in a family of teachers, from her father and grandfather who taught middle school, to her uncle who taught special education in high school, it was inevitable that she became a teacher.

"I spent many days as a child playing school with the neighborhood children, pretending to be a teacher," she said.

When she was a child, she helped younger children to learn to read and write. It went from a passion to a career. It wasn't until she was 34 years old that Yersak finally got her teaching certificate.

"I waited until my children were able to go to school before I started teaching," she said. "I liked the energy students brought to school, and the excitement they have to learn new things. I enjoy when they first begin to read and recognize words. Their whole face lights up with a smile, and knowing I played a part of that is very fulfilling."

Working full time, raising a family and being married to a full-time reservist though has its challenges. In 2002, her husband deployed for 90 days, seven days after their youngest son, John, was born. Before and after that, he deployed to Moron Air Base, Spain. Through it all, it still hasn't deterred her love of teaching.

"Teaching feels comfortable to me," Yersak said. "I love that every day is different. Teaching to me is the best job in the world."

Active-duty spouses require the same flexibility in their jobs.

Krystal Long, married to Tech. Sgt. Greg Long, 509th Security Forces Squadron, teaches fourth grade at Martin Warren Elementary School. She has been an elementary school teacher for six years teaching at Mountain Home, Idaho; Warrensburg, Mo.; and Whiteman Air Force Base, Mo.

"I love the challenge of getting to know each individual student and tailoring education to fit their needs," Long said.

"By getting to know students and what excites them in their lives, I am able to help them in ways that motivate and excite them so they are willing to take risks and feel comfortable," she continued.

Since she was a young child, she has always felt pulled to

education. As the eldest in her family, she was put in a teaching roll at a young age.

"My brother and sister are eight and 11 years younger than I am," Long said. "As I got older, the drive to go into education was stronger. I enjoyed teaching others how to become more confident in their abilities. The perfect fit for me was education," she said.

With her husband being in security forces, his job is very demanding not only for him but his family.

"The first five years of my oldest son's life and the first year of my daughter's life were the hardest for our family so far," Long said.

During that time, her husband went on six-month deployments after 9/11 and a remote tour to Korea for a year. Her children learned to live life with a father who was always in their heart but not always in the house. While communication overseas was not always the best, they worked hard to make sure that their children knew they were loved.

"Sadly you become more immune to the distance, but the one thing that kept me strong was the amazing modeling from my mother," said Long, who was a military child also.

Her father worked in explosive ordnance and was gone a lot, but she said that no matter where her father was at, they always knew they were loved.

"I strive to do the same for my children," she said. "Everyone has something about their jobs that is difficult. We made a family in the military with full understanding of the challenges. We do what is best for our family and know that we can make it through the tough times as long as we're strong together."

Through it all, Long remains a dedicated mother, wife and teacher.

"My target for education is our future: our future leaders, workers, family members and so on," she said. "I take my job very seriously and strive to educate our youth so they may become educated members of society."

For more information, contact Jerald Alexander, director, 509th Equal Opportunity, 660-687-5712, or 2nd Lt. Diana Wong, 509th Force Support Squadron, at 660-687-5007.

# Air Force history of ICBM development, safeguarding America

By Senior Airman Reggie Manning  
341st Missile Wing Public Affairs

**MALMSTROM AIR FORCE BASE, Mont.** -- During the latter months of 1957, some Americans could stand on their back porch and catch a glimpse of the Soviet Union's satellite, Sputnik, orbiting across the sky. To many, this slight sparkle was viewed as simply an advancement in technology, but to the United States government, it was much more. The launch of Sputnik was a dreadful eye opener that the U.S. was at the tail end of the arms race. The military, as well as the CIA, knew that Sputnik wasn't just a test satellite and that it was a taunting flag out of the barrel of a gun masking the Soviet Union's true plans, which were to develop a long-range ballistic missile.

America's military ICBM program had all eyes on its progress when Congress demanded answers about the status of national security. In light of the Soviet Union's progress, the program finally received the attention and funding it desperately needed to make progress.

## Atlas ICBM

In January 1951, the Air Force directed Convair Corporations to do a \$500,000 study project on the development of an ICBM capable of delivering an atomic bomb; this undertaking was known as 'Project Atlas.'

Weighing 267,000 pounds and standing 82 feet tall, the Atlas ICBM had a range of 6,400 to 9,400 miles, and be armed with a 1-megaton thermonuclear warhead. The Atlas was equipped with a "stage-and-a-half" propulsion system, which meant by two large booster engines and a smaller sustainer engine that worked together powering it. This new ICBM technology was accurate within one and a half miles.

There were six different Atlas designs, the A, B, C, D, E and F-Models. The first three were solely for prototyping purposes and never deployed.

The majority of the Atlas ICBMs were stored vertically in aboveground launchers that provided blast protection against overpressures of only five pounds-per-square-inch. The Atlas F-model was the first of the ICBM family to be stored vertically in underground silos, protected by heavily reinforced concrete that could withstand overpressures of up to 100 psi.

Since liquid oxygen and kerosene fueled the Atlas, the silos were extremely dangerous and difficult to maintain.

After the deployment of the new solid-fueled Minuteman ICBM in early 1963, the Atlas became rapidly obsolete.

Upon retirement from operational ICBM service in 1965, the Atlas was refurbished and served as space launch vehicles for nearly 20 years.

## Titan ICBM

During the summer of 1954, the Air Force acknowledged the obvious limitations of the Atlas ICBM and began rapid studies on a new weapon system to serve as a back up in case the Atlas failed. In October 1955, the Air Force awarded the Titan I contract to the Glenn L. Martin Aircraft Company of Baltimore.

The Titan I was America's first multi-stage ICBM. Unlike the Atlas' stage and a half, the Titan housed a two-stage propulsion system. Once the first and second stages were exhausted, the engines and fuel tanks for that section dropped off respectively, decreasing the weight of the missile.

The first Titan I squadron was activated in April 1960, at Lowry AFB, Colo.

Standing at 98 feet tall, the Titan I had a range of 6,350 miles and could carry a payload of 3,825 pounds- more than twice the capacity of the Atlas.

Another difference between the Titan and its predecessor was its hardened underground silos. The only downfall was that it couldn't launch from within the silos and after being fueled, it was raised to launch.

The Titan II had twice the payload as the original version and featured a storable fueling system. The new modifications gave the Titan II the capability to fire from its underground silo, though the fuel was highly toxic and experienced many leaks that made the weapon difficult to handle.

## Minuteman ICBM

The early ICBMs, such as the Atlas and the Titan, had one major flaw that rendered them dangerous to operate, expensive to maintain and difficult to deploy, and that was liquid fuel. After a briefing by Col. Edward Hall on the benefits and feasibility of a solid-fueled ICBM, the Air Force Ballistic Missile Division began immediate research and development on a new weapon called the Minuteman. Boeing Airplane Company won the contract to assemble and test this weapon in September 1959.

Malmstrom was the only base to house the Minuteman 1A and received the first one on July 23, 1962.

As the smallest ICBM ever deployed, the

Minuteman 1A was initially designed to be a mobile weapon, which limited its range and firepower, compared to other models. On Feb. 12, 1969, Malmstrom removed the last Minuteman 1A from its silo and immediately began replacing them with the Minuteman 1B.

The Minuteman 1B improved the capability of the Minuteman without increasing its actual size. The 1B model also utilized a new reentry vehicle and new second stage motor casing, which effectively increased both range and firepower. In addition, a new guidance system enabled the weapon to store two sets of target coordinates. In case the missile couldn't reach its primary target it could retarget on the secondary, known as "Engaging a target of opportunity."

With the cancellation of the mobile launching system, the Minuteman 1B now had room for improvement within its size. On Oct. 2, 1963, the Air Force began the process of developing the Minuteman II program.

The Minuteman II was not only an upgrade in size from the Minuteman I models, but also introduced a new guidance system and had the capacity of storing up to eight sets of target coordinates. This new system would also be resistant to a nuclear blast.

The first tested silo launch of the Minuteman II was achieved on Aug. 18, 1965.

Since the weapon featured new technology such as the micro-circuitry guidance system, the missile suffered from significant reliability problems.

On July 15, 1965, Boeing Aerospace received a contract to begin the research and development of a new ICBM titled the Minuteman III. The new weapon was a Minuteman II with a redesigned and improved guidance system, upgraded third stage and superior warhead section. Since this model resembled its predecessor, it could be stored in Minuteman II silos avoiding the cost of reconstruction.

In 1965, NASA launched a refurbished Titan missile into space, which deployed four different satellites into individual orbits. This idea influenced the Minuteman III, which introduced the MIRV system (Multiple Independently-Targeted Reentry Vehicle). The Minuteman III could focus on three different targets and deliver a warhead to each within one launch.

These advances in nuclear warfare lead to the development of the Peacekeeper ICBM, which was capable of carrying 10 independent warheads and as a replacement to the Minuteman series. After the signing of the START II



Courtesy photo

**Pictured here is an Atlas ICBM. These missiles were equipped with a stage-and-a-half propulsion system. Weighing 267,000 pounds and standing 82 feet tall, the Atlas ICBM had a range of 6,400 to 9,400 miles, and be armed with a 1-megaton thermonuclear warhead. The Atlas was equipped with a "stage-and-a-half" propulsion system, which meant by two large booster engines and a smaller sustainer engine that worked together powering it. This new ICBM technology was accurate within one and a half miles.**

agreement (Strategic Arms Reduction Treaty), where the United States and Russia agreed to dismantle and stop to the production of ICBMs that had MIRV capability, the Minuteman III, as well as the Peacekeeper, reduced its payload to single warhead weapons.

Through the history of ICBMs, the Air Force has always focused on ways to improve their weapon systems. From the Atlas ICBM that was stored outside and took hours to launch, to the Minuteman, which launched in a minutes' notice from an unmanned silo, the research in ICBM technology improved with each model. The Air Force vigorously researched innovative ways to ensure that America had the most powerful, safest and expeditious nuclear missiles in the world.

Content in this article was taken from the following books: "Nuclear Weapons of the United States," by James N. Gibson; and "To Defend and Deter," by John C. Lonnquest and David F. Winkler.

## Nuclear deterrence fundamental to national security

By Kelly Deichert  
Air University Public Affairs

**MAXWELL AIR FORCE BASE, Ala.** -- Lt. Gen. Jim Kowalski, commander of Air Force Global Strike Command, visited Maxwell Air Force Base Feb. 15 to discuss the command's mission and its significance to Air Force operations. Students from the Air War College, School of Advanced Air and Space Studies, and Air Command and Staff College attended.

Air Force Global Strike Force Command's role in maintaining strategic stability, deterring political adversaries and reassuring allies and partners of the superiority of the United States' nuclear force is a vital part of the Air Force's nuclear deterrence mission, the general said.

"This command is intent on restoring the focus on the nuclear deterrence mission by returning the professionalism and discipline within the command," Kowalski said.

"Fundamentally, deterrence is about affecting the mind of

your adversary," Kowalski said to students at the Air War College. "Nuclear deterrence is about creating fear ... it is constant pressure on rational states to avoid escalation."

Since the command's standup in August 2009, the command's 23,000 Airmen have operated six wings - which organize, train, equip and maintain America's nuclear forces, including Minuteman III intercontinental ballistic missiles, and B-2 Spirit and B-52 Stratofortress bomber aircraft. They also provide combat-ready forces for nuclear deterrence and global strike operations in support of the president.

In May 2009, the president said as long as these weapons exist, the United States will have a safe, secure and effective nuclear arsenal, Kowalski said. "Those are the guiding words for our command," he said.

To achieve that objective, AFGSC aims to restore and sustain a culture of trust, maintain the current levels of excellence, and modernize for the future.

"As a security forces officer charged with securing the weapons and personnel vital to critical military missions, I

recognize that protecting the U.S. nuclear force must be our number one priority," said Lt. Col. Patrick Donley, an Air War College student in the audience.

The general recognized the challenge of maintaining weapons in a fiscally conservative climate, and he said the command is focused on low-cost, high leverage solutions.

"Every other nuclear power is modernizing for the future," Kowalski said. "We've got to keep the balance, showing our national commitment to sustaining long term."

Students at the Air War College said they appreciated Kowalski's dedication to keeping the nuclear program financially viable. "Upgrades and modernizations to the existing nuclear capable bombers and missile force will continue, but tough decisions in a fiscally constrained environment remain," said Lt. Col. Michael Adderley.

Kowalski's visit to Maxwell reinforced Air Force Global Strike Command's commitment to the future of the nuclear program, ensuring Air Force leaders are aware of the command's message and purpose, according to attendees.

# AF expands drug testing to include abused prescription drugs



**AF EXPANDS DRUG TESTING**  
Includes abused prescription drugs

U.S. Air Force graphic/Sylvia Saab

**By Jon Stock**  
Air Force Surgeon General Public Affairs

WASHINGTON (AFNS) -- The Air Force and other military services will expand their drug testing to include testing for commonly abused prescription drugs beginning May 1.

On Jan. 31, 2012, the Secretary of Defense gave a 90-day advance notice of the drug testing expansion which aims to counter the nation's growing epidemic and encourage those abusing prescription medications to seek treatment before official testing begins.

"Abuse of prescription drugs is the fastest growing drug problem in the United States, and unfortunately, this trend is reflected in the military services," said Maj. Gen. Thomas W. Travis, Deputy Air Force Surgeon General. "While pain medications are highly effective in alleviating suffering from injuries, they are dangerous and potentially addictive when used outside medical supervision."

Taking controlled medications in a manner other than how they were prescribed poses a risk to the person's health and safety and can put others at risk as well.

Prescription medications should be taken only for the purposes for which they were prescribed and at the dose and frequency prescribed. Additionally, Airmen are reminded never to take a medication prescribed to someone else.

"Members who need help discontinuing use of these drugs are encouraged to seek care at a military treatment facility immediately," Travis said.

The policy being addressed is not new to Air Force personnel. In accordance with Air Force guidance and existing law, the knowing use of any prescription or over-the-counter medications in a manner contrary to their intended medical purpose or in excess of the prescribed dosage may have negative health consequences and may also violate the Uniform Code of Military Justice.

AFI 44-121, Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program provides limited protections under certain circumstances for voluntary disclosure of prior drug use or possession to unit commanders, first sergeants, a substance abuse evaluator, or a military medical professional. Once an Airman has been ordered to provide a urine sample as part of the drug testing program, any disclosure is not considered to be voluntary.

"There are no changes to procedures that

will directly affect drug testing collection sites and military members who are selected for testing," said Lt. Col. Mark Oordt, Chief, Alcohol and Drug Abuse Prevention and Treatment and Drug Demand Reduction. "The changes will occur at the Drug Testing Labs where the standard panel of substances each specimen is tested for will be expanded."

**The scope of the problem**

□ The Centers for Disease Control report 52 million Americans age 12 year old (plus) had used prescription meds non-medically in 2009, with 7 million Americans having done so routinely.

□ Prescription medications appear to be replacing marijuana as the top "gateway drug." Six of the top 10 abused substances among high school seniors are prescription drugs; 20 percent of high school students have taken prescription medications without a prescription.

□ Military data also suggests increases in prescription drug misuse. The DoD Health Behaviors Survey shows self reported misuse of pain meds for non-medical purposes by Service Members (all Services) increased from 2 percent in 2002 to 7 percent in 2005 to 17 percent in 2008.

**How to dispose of prescription drugs**

"Patients are encouraged to dispose of prescribed medications once they are no longer needed for their prescribed purpose," Oordt said. "The Drug Enforcement Administration (DEA) prohibits pharmacies from taking back controlled substances. However, the Services collaborate with law enforcement agencies in the DEA drug take back days which occur several times each year in most communities."

For more information on drug take back days visit [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/)

The Food and Drug Administration also offers guidance on disposal of prescription drugs before consumers throw them in the garbage.

□ Take the medication out of their original containers and mix them with an undesirable substance, such as coffee grounds or kitty litter. The medication will be less appealing to children and pets, and unrecognizable to people who may intentionally go through your trash.

□ Put medications in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

□ For more information on how to properly dispose of medications: Prescription Drug Disposal

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# 2012 'Military Saves' week wraps up

*Military Saves encourages the military community to meet immediate needs and build long-term wealth through saving and debt reduction.*

-militarysaves.org/

**By Heidi Hunt**  
509th Bomb Wing Public Affairs

As part of Military Saves week, the 509th Force Support Squadron Airman & Family Readiness Center hosted three challenges to emphasize and encourage savings to Team Whiteman Feb. 19 through Feb. 27.

Military Saves week's goals were for service members and their families to increase household savings for short- and long-term needs and decrease consumer debt.

Twenty-three people signed up for The Saver Pledge, indicating their intent to save more money during 2012.

The A&FRC team members talked to

people about saving and more than 200 pamphlets and tidbits of information were supplied outside of the Base Exchange.

"We asked people to take the \$100 Bill Challenge which encouraged members to produce a \$100 bill and keep it for a year," said R.D. "Smitty" Smith, 509th FSS A&FRC accredited financial counselor. "It is one of our most popular challenges. If a member signs up and can produce the same \$100 bill during next year's Military Saves week, then the member wins a prize," Smitty said.

Janelle Lindley, 20th Reconnaissance Squadron, won a \$50 gift card to the Whiteman Commissary.

"Not a bad return for saving \$100,"



Courtesy photo

**R.D. "Smitty" Smith presents Pat Dalsing, winner of the Commissary Coupon Challenge, with a \$50 commissary gift card. Dalsing saved \$378.40 using coupons. Military Saves week ran from Feb. 19 through Feb. 27 and the goals were for service members and their families to increase household savings for short- and long-term needs and decrease consumer debt.**

Smitty said. "This year, we signed up seven people for the \$100 Bill Challenge for next year."

The second challenge was the Credit-Card Cut-up.

"This encourages members to save money by not using credit to make a purchase," said Raxsel Colburn, 509th FSS A&FRC volunteer.

The goal is to eventually fill a fish bowl with cut-up credit cards, according to Colburn.

"Participants cut-up six credit cards total during this program," she said. "Although participation was low, the savings potential is high."

The A&FRC has two fish bowls full of cut-up credit cards and is working on their third.

"People can come by anytime during the year to add to the collection," Smitty said.

The third event was the Coupon Challenge at the commissary.

"We asked 'couponers' to submit their receipts showing how much money they

saved by using coupons to win a prize," Smitty said. "Ten receipts were submitted."

Pat Dalsing, a retiree spouse, submitted the winning receipt using coupons that saved her \$378.40, according to Smitty. Dalsing, who won a \$50 gift card to the Whiteman Commissary for her efforts.

Many submitted receipts with a savings of more than \$100.

As it enters its sixth year, Military Saves has now become an integral part of the Department of Defense's Financial Readiness Campaign.

Military Saves is a yearly program to entice military personnel and their families to save money and is co-sponsored by the Consumer Federation of America and the Department of Defense.

The A&FRC congratulates those who participated and encourages everyone to save money all year. For more information, contact the A&FRC at 660-687-7132.

For more information about Military Saves week, log on to [militarysaves.org](http://militarysaves.org) or search Military Saves via Facebook.



Courtesy photo

**Raxsel Colburn, 509th Force Support Squadron Airman and Family Readiness Center volunteer, presents Janelle Lindley, 20th Reconnaissance Squadron, and winner of the \$100 Bill Challenge, with a \$50 commissary gift card. Lindley saved the same \$100 bill for one year. As part of Military Saves week, the A&FRC hosted three challenges to emphasize and encourage savings to Team Whiteman.**

## Live the Theme: Set a goal, make a plan, save automatically

**By Joseph Montanaro**  
USAA Certified Financial Planner® Practitioner

The 2012 Military Saves Campaign kicked off last week and the campaign theme is "Set a Goal, Make a Plan, Save Automatically."

Below are following tips:

**Set a Goal.** Whether you're focusing on eliminating debt, building an emergency fund, or setting aside money for longer term goals like retirement, you need goals. A goal isn't a vague idea -- it's a specific statement of what you will accomplish. It should come with a date and a price tag. For example, "we'll build a \$1,000 emergency fund by Dec. 1, 2012" or "by the end of the year we'll eliminate \$3,000 of our credit card debt." Set it, but don't forget it. Instead...

**Make a Plan.** Don't over think this part. As a financial planner, I've designed thousands of detailed plans with clients. Some have comprehensive plans that mapped out everything from tax strategies and portfolio weightings to complex estate planning techniques. Others were much less involved. And while a complex approach may be necessary if you're on the verge of a life event like military retirement or separation, many times it just doesn't need to be that complicated.

Following through on our examples from above, it might just be setting up an allotment for \$50 per paycheck into a new savings account that allows you to begin building your emergency fund. For debt elimination, you could identify specific expenses you'll cut or windfalls (tax return) that will go toward eliminating debt. This simple step will put you on the path to eliminating that debt throughout the year.

**Save Automatically.** The Thrift Savings Plan is a great way to systematically set aside money for retirement, but surprisingly, less than 40 percent of those in uniform take advantage of this program. Even if you only start with one percent of your pay and bump it up with every pay raise and promotion, you'll be on your way to what could be hundreds of thousands of reasons to save. It gets even more exciting in April when the Roth version of the TSP will offer the potential to build tax-free retirement savings.

The first step is the hardest. Visit [www.militarysaves.org](http://www.militarysaves.org) and take The Saver Pledge: "I will help myself by saving money, reducing debt and building wealth over time. I will help my family and my country by encouraging other Americans to Build Wealth, Not Debt." Live that theme.

For more information about financial readiness contact the Airman & Family Readiness Center at 660-687-7132.

# Lose weight with this expert tip

By Shari Lopatin  
TriWest Healthcare Alliance

Did you know more than half of American adults are overweight or obese?

The actual number is 66 percent, according to the U.S. National Library of Medicine and the National Institutes of Health. Imagine a map of the U.S. showing the Mississippi River. Then imagine everyone west of the river is obese.

According to the American Dietetic Association, if you're overweight or obese, you're at a higher risk of: heart disease, stroke, diabetes, certain cancers, liver and gallbladder disease and infertility.

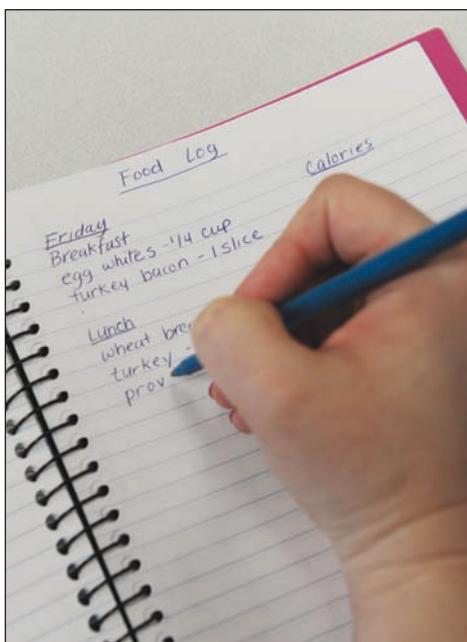
You've probably heard that with proper diet and exercise, you can lose weight and keep it off. But you may not know about this other little secret to weight loss.

## Keep a Journal

"Keeping a food and exercise log can help you achieve the weight loss results you want," said Meghean Cook, a health coach at TriWest Healthcare Alliance. "A log is a way to hold yourself accountable for the foods you put into your mouth and the activity you choose to do."

Cook said keeping a food journal may reveal habits you didn't even know existed. Do you grab a snack every time you pass the candy jar at work? Do you nibble all day and then eat a huge meal at night? Do you drink too many high-calorie beverages in the morning?

Keeping a journal just doesn't work for food, but for exercise too.



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

**A Team Whiteman member logs her food in a journal to help achieve weight loss goals. Logging food consumption and exercise activity can be motivational and help people track progress.**

"Recording your exercise can be very motivating to see your progress. You may notice you can walk farther, longer or faster," Cook said. "Or you may notice you are stronger in your daily tasks because of the strength training you have been doing."

The key is this: keep it honest.

For more healthy living tips, visit [TriWest.com/HealthyLiving](http://TriWest.com/HealthyLiving).

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# Change your clock, change battery

By Tim Robinson  
509th Civil Engineer Squadron  
Fire Protection

Daylight-saving time begins March 11 at 2 a.m., and the Whiteman Fire Emergency Services is reminding residents to change and test the batteries in their smoke alarms and carbon monoxide detectors.

During this time residents should also plan and practice escape routes and prepare a fire safety kit that includes working flashlights and fresh batteries.

Non-working smoke alarms rob residents of the protective benefits home fire safety devices were designed to provide, according to the National Fire Protection Association. The most commonly cited cause of non-working smoke alarms: dead or missing batteries. A working smoke detector doubles a person's chance of surviving a home fire. Eighty percent of child fire fatalities occur in homes without working smoke alarms.

The peak time for home fire fatalities is between 11 p.m. and 7 a.m. when most families are sleeping.

Smoke alarm maintenance is a simple, effective way to reduce home fire deaths. Children and senior citizens are most at risk, and a working smoke alarm can give them the extra seconds they need to get out safely.

According to National Fire Protection Association statistics, home fires injure and kill thousands each year. Those most at risk include:

☐ Children — Home fires kill 500 children ages 14 and under each year. Roughly three-quarters of child fire fatalities under age 15 occurred in homes without working smoke alarms.

☐ Seniors — Adults 75 and older are 2.8 times more likely to die in a home fire.

The Whiteman AFB Fire Emergency Services and surrounding communities work together along with thousands of fire departments nationwide on the Change Your Clock Change Your Battery program.

For more information on this or any other fire prevention issue, contact the Whiteman Fire Emergency Services Fire Prevention Section at 660-687-6083 Paul Williams or 660-687-6080 Tim Robinson.

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<p><b>2012 CHEVY 1500 LS CREW 4X4</b></p> <p>MSRP .....\$36,665 Sale Price .....\$34,184 Rebate .....-\$2,000 Trade-In Bonus -\$2,000* Auto Show Bonus -\$1,000**</p> <p><b>\$29,184</b></p> <p>V-8, Power Windows, Locks, Trailing, XM <b>0% For 72 Months Available***</b></p>	<p><b>2012 GMC 1500 REG 4X4</b></p> <p>MSRP .....\$29,960 Sale Price .....\$29,610 Rebate .....-\$2,000 Trade-In Bonus -\$2,000* Auto Show Bonus -\$1,000**</p> <p><b>\$23,610</b></p> <p>V-8, Power Windows, Locks, Trailing, SL Pkg. <b>0% For 72 Months Available***</b></p>
<p><b>2012 CHEVY CRUZE LS</b></p> <p>MSRP .....\$18,865</p> <p><b>\$18,305</b></p> <p>35 MPG, Bluetooth, XM, USB, Automatic <b>2.9% For 60 Months Available***</b></p>	<p><b>2012 CHEVY EQUINOX 1LT FWD</b></p> <p>MSRP .....\$26,305 Sale Price .....\$25,375 Auto Show Bonus -\$500**</p> <p><b>\$24,875</b></p> <p>32 MPG, Power Seats, Remote Start Rear Camera</p>
<p><b>2011 CHEVY 2500 EXT LT 4X4</b></p> <p>MSRP .....\$48,830 Sale Price .....\$44,744 Rebate .....-\$3,000 Trade-In Bonus -\$2,780* Auto Show Bonus -\$1,000**</p> <p><b>\$37,994</b></p> <p>Duramax Diesel, Z-71, Loaded <b>Must Go Now!</b></p>	<p><b>2012 CHEVY MALIBU LT</b></p> <p>MSRP .....\$24,790 Sale Price .....\$23,891 Rebate .....-\$3,000 Trade-In Bonus -\$1,000* Auto Show Bonus -\$500**</p> <p><b>\$19,391</b></p> <p>33 MPG, Remote Start, Bluetooth <b>0% For 60 Months Available***</b></p>

These Offers Good Until 3/12/12 \* Trade-Bonus - Must Trade 99 Or Newer Vehicle To Qualify \*\* Auto Show Bonus - Must Live In Market Are To Qualify  
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## VISIT US ONLINE AT [WWW.WHITEMANFSS.COM](http://WWW.WHITEMANFSS.COM)

### Food & Entertainment

#### SATURDAY 3/10

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

**Open/Women's Tourney- 10am-1pm-Stars & Strikes**  
An open & women's bowling tournament for the USBC, held at Stars & Strikes. Join us and compete in this tourney. Call 687-5114 for more information.

#### SUNDAY 3/11

**Open/Women's Tourney- 10am-1pm-Stars & Strikes**  
An open & women's bowling tournament for the USBC, held at Stars & Strikes. Join us and compete in this tourney. Call 687-5114 for more information.

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

#### MONDAY 3/12

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

**Seniors' Bowling- 10am-1pm- Stars & Strikes**  
Every Monday! Only \$1 per game, Seniors come enjoy a cup of coffee and bowl a few games! Call 687-5114 for more info.

#### TUESDAY 3/13

**Fried Chicken Special- 11am-1pm- Stars & Strikes**  
2 pieces of Fried Chicken, Mashed Potatoes & Gravy, a biscuit and a drink for only \$6.50. Join us from 11am-1pm. Call 687-5114 for more information.

#### WEDNESDAY 3/14

**Boss & Buddy- 4-7pm- Mission's End**  
Hang out after work and enjoy the cheapest hot wings around, only .40 cents a wing! Call 687-4422 for more info.

#### THURSDAY 3/15

**March Madness Pro Shop Sale- 4-5pm- Royal Oaks**  
Many different Pro Shop sale items; Women's golf shoes, golf balls, sleeves and more for the whole month of March! Call 687-5572 for more information.

#### FRIDAY 3/16

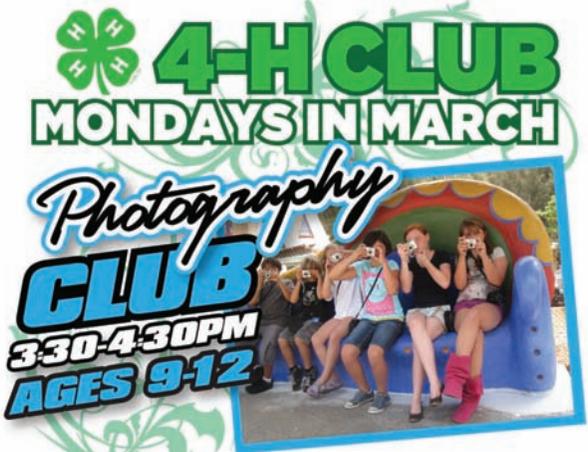
**Cook's Night Off!- 5-8pm- Mission's End**  
Call in your order, and feed a family of 4 for less than \$20! Orange Glazed Pork Chops, Wild Rice, Green Beans w/ almonds, Dinner Rolls, Waldorf Salad and Pineapple Cake. Call before 2pm to have your order ready for pick up, between 5-8pm. Call 687-4422 for more information.

### DID YOU KNOW?

The Whiteman AFB Library is available to provide online resources overview briefings for your base office, Commander's Calls, etc.

Providing information about; Personal Career Development, College/University Research, Test Preparation and Practice Tests, Foreign Language Learning & Cultural Awareness, K-12/Homeschooling Resources and more!

Please contact the Library Director @ 660-687-5614 to schedule.



Each Monday in March our 4-H staff will be conducting a Photography Club. Youth will learn how to use a camera, composition, lighting, focusing and more! Youth are more than welcome to bring their own cameras to the club. Field Trips will also be planned with photo opportunities.

Free to Members/ \$2 for Non-Members  
-Sign ups begin March 1st



CALL 687-5586 FOR MORE INFO!



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**MISSION'S END FRIDAY COOK'S NIGHT OFF!** FEED A FAMILY OF FOUR!  
ORANGE GLAZED PORK CHOPS, WILD RICE, GREEN BEANS WITH ALMONDS, ROLLS, WALDORF SALAD & PINEAPPLE CAKE!  
**LESS THAN \$20 FOR FOUR PEOPLE!**  
CALL IN YOUR ORDER TO 687-4422 BY 2PM, PICK UP YOUR ORDER BETWEEN 5-8PM

### Youth & Teen Events

#### TUESDAY 3/13

**Time 2 Play- 9:30am-11am- Youth Center**  
A self-directed play group for ages birth-5 yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are reqd just stop in! Call 687-5586 for more info.

#### WEDNESDAY 3/14

**Teen Dating Violence- 6-6:30pm- Teen Center**  
Teen dating violence awareness seminar, with special guest speaker Jennifer Case from Family Advocacy, to explain the dangers and warning signs as well as how to find help during possible teen dating violence. Call 687-5586 for more information.

#### FRIDAY 3/16

**Youth Fun Night!- 6:30-9:30pm- Youth Center**  
Ages 6-12, come and hang out with great friends & great fun! All sorts of activities are available. \$10 for members, \$12 for non-members. Sign up Now! Call 687-5586 for more information.

**Tee Ball & Coach Pitch**  
Tee Ball Ages 5-6  
Coach Pitch Ages 7-8-9  
Practices begin first week of May with season ending last week of June  
\$30 members/\$40 nonmembers  
Sign up deadline & parent meeting scheduled April 13, 6pm @ Youth Center  
**SIGN UP TO COACH TODAY!**  
Coaches needed!  
Coach's child play for free!  
Angela Anderson, M.S. Certified Youth Sports Administrator  
Julianne Al-Khenaizi, ATC Certified Athletic Trainer  
Fit Factor Coordinator  
[facebook.com/whitemanyouthsports](http://facebook.com/whitemanyouthsports)

The Youth Center currently provides many different instructional classes, as well as programs for your children and teens. Please contact the Youth Center for more information at 660-687-5586, and feel free to check the youth calendar provided on our [www.whitemanfss.com](http://www.whitemanfss.com) calendar page. Join in the fun with us!



509 FSS PAGE EDITOR: KYLE C. HAMRICK  
CONTACT US! 687-7929

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

**Airmen Against Drunk Driving** — AAADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-563-1178 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AAADD.

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

**Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line** — Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line is available 24/7 for safety planning, support and referrals. Victim advocates can be reached during duty hours and for non-emergencies at 660-687-4341.

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

**FAMILY ADVOCACY OUTREACH Shifting Angry Response Patterns (SHARP)** — Shifting Angry Response Patterns is a four-session class offered every month on Thursdays from 10-11:30 a.m. for individuals interested in learning effective strategies for understanding and managing anger. Reservations required, call 660-687-4341.

**Stress Management** — Stress Management is a one-time 90-minute session support group and is offered the first and third Friday of every month from 3-4 p.m. in the Airman & Family Readiness Center, second floor of the medical clinic. Students will learn how different stressors make an impact and how

to make positive changes to reduce stress. To sign up, contact 660-687-4341.

**1-2-3 Magic** — 1-2-3 Magic is a two-session research-based parenting skills class 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 two-12 without yelling, arguing or spanking. Parents will learn how to get their children 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 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 child self-control as well as prevent misbehavior. Reservations required, call 660-687-4341.

**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. This class is necessary for divorcing parents in Kansas, Mo. and Missouri and other states. Call 660-687-4341 for more information.

**Prevention & Relationship Enhancement Program** — Prevention & Relationship Enhancement Program is a communication workshop for couples (married, engaged and/or dating) who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a Friday from 9 a.m.-3 p.m. Call 660-687-4341 for the next workshop date and location.

**New Parent Support Program** — New Parent Support Program is an educational outreach program available to all expecting parents, and parents with children through the age of two. In-home visits from a registered nurse and a licensed social worker will provide professional advice, educational material and resources for both parents. For more information, call 660-687-4341.

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

## This Weekend at the Movies

**Man on a Ledge**  
Rated PG-13 ~ March 10, 7 p.m.  
*Sam Worthington, Elizabeth Banks* -- As a police psychologist works to talk down an ex-con who is threatening to jump from a Manhattan hotel rooftop, the biggest diamond heist ever committed is in motion. Violence and brief strong language. Genres: crime, thriller. 102 minutes.

**Big Miracle**  
Rated PG ~ March 11, 3 p.m.  
*Drew Barrymore, John Kaminski* -- In small town Alaska, a news reporter recruits his ex-girlfriend - a greenpeace volunteer - on a campaign to save a family of gray whales trapped by rapidly forming ice in the Arctic Circle. - PG language. Genres: drama, romance. 107 minutes.

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



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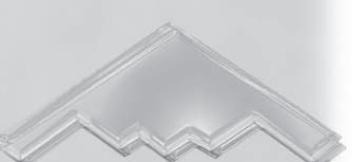
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## Official Whiteman AFB Facebook launched

Whiteman Air Force Base launched an official Facebook page and invites users to search Whiteman Air Force Base via Facebook and click “Like.” Users can access Whiteman AFB news, features, sports, commentaries, photos, videos and more.

Serving the Whiteman Community

509th Bomb Wing

442nd Fighter Wing

Maritime Expeditionary Security Squadron 11 Det. D

1-135th Attack Reconnaissance Battalion

131st Bomb Wing



## FREE Classified Advertising in the Whiteman Warrior

### READ ALL RULES BEFORE PLACING AN AD

- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to [theclassifieds@sedaliademocrat.com](mailto:theclassifieds@sedaliademocrat.com). They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad\*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. \*People who are PCSing may place more than one ad and sell the items at any price.
- Include your home phone in the ad so people can contact you. **USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.**
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms\*\*. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

#### Services Offered 69

**PCSing? MOVING?**  
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#### Misc. For Sale 135

**CABINETS** and Granite Countertops: Complete Kitchen, Brand New, NEVER used, Solid Maple Cabinets, All Plywood Box. Can add or subtract to fit Kitchen. Worth \$10,800, take \$1900. 660-252-4330.

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#### Daycare Centers 84

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**Charge Nurse**  
Western Missouri Medical Center is currently seeking Charge Nurses for the following departments.  
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**Surgical Hall - Full-time 7am-7pm**  
All qualified candidates must have their BSN and a minimum of one year charge nurse experience. We offer a competitive salary, charge nurse differential, shift differential and additional night differentials. If you would like to join our team, please send resume to:  
**Western Missouri Medical Center,**  
403 Burkarth Rd  
Warrensburg, MO 64093.  
Attn: Human Resources  
[aowens@wmmc.com](mailto:aowens@wmmc.com)  
660-262-7434

#### Misc. For Sale 135

**HOT TUB- 2012:** Deluxe Spa, NEW, never used, Loaded, LED light package, cover. Lifetime warranty and more. Cost \$10K, take \$3950 or best offer. Call 660-252-4330.

\*\*\*  
**Change your wardrobe into Spring with new Spring fashions from THE CHANGE JAR Consignment Boutique**  
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660-747-8419

#### Daycare Centers 84

#### Help Wanted 90

#### Apartments For Rent 207

**1 & 2 BEDROOM** with deck/patio, new carpet, brand new laundry, central air, private parking. Some utilities paid. NO: dogs, cats or smoking. \$389. Call 660-624-0276 or 630-293-0295.

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Don't forget to add your e-mail address to your classified ads!

#### Houses For Sale 249

#### Apartments For Rent 207

**DEERBROOK APARTMENTS**  
710 A. Deerbrook Circle  
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