

Year of the B-2

WARRIOR

Vol. 4 No. 47

November 29, 2013

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Happy Thanksgiving!!!

Team Whiteman

Barb and I want to wish all members of Team Whiteman a happy Thanksgiving.

As you prepare meals, spend time with friends and family and take some highly-earned downtime, please keep in mind those who are not with us, the ones on the front lines this weekend protecting our ability to keep this day truly thankful. Think of our deployed members and their families. I also ask you to reach out to those who are here without someone to share this weekend with. A simple phone call to a lone Team Whiteman member can make all the difference. Have a great weekend!

Niner!

THOMAS A. BUSSIERE
Brigadier General, USAF
Commander



Air Force specialties affected by retraining reduction

By Debbie Gildea

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS)

--As many as 1,000 Airmen may be affected by a recently identified decrease in fiscal 2014 retraining objectives, with 35 or more Air Force specialty codes removed from the retraining-in list, Air Force officials said Nov. 26.

Retraining is used to shape and balance the force by offering Airmen in overmanned specialties opportunities to retrain into undermanned fields. Retraining officials develop tentative projections in the spring for the coming fiscal year, adjusting the real-time retraining advisory as changes occur.

"When we develop the retraining advisory, we look at historical and trending changes in AFSCs and project how many Airmen we are likely to need in each AFSC and grade for the coming year," said Brig. Gen. Gina Grosso, the Air Force director of force management policy. "Those projections are always tentative because unanticipated changes occur throughout the year. This year, we are decreasing retraining opportunities because of ongoing budget uncertainty."

Retraining classes scheduled for Jan. 1 or later will be cancelled, and affected Airmen will be notified, said Joe Crady, the Air Force retraining chief.

"We don't plan to cancel classes for Airmen who are already enroute or within 45 days of their class start date, since that would be very disruptive for them and could create a hardship. However, we are contacting those whose classes start in January or later to ensure that we can prevent them from making plans and commitments tied to their retraining," Crady explained.

Fields removed from the retraining advisory, based on new projections, are already showing as overmanned. Allowing Airmen to retrain into those fields now would exacerbate the problem, he explained.

First term Airmen approved for retraining whose classes will be cancelled are entitled to a career job reservation in their current field, according to Air Force Personnel Center



U.S. AIR FORCE

officials.

"Once notified of the cancellation, first term Airmen should contact their local military personnel section for reenlistment eligibility," said Michael McLaughlin, the AFPC reenlistments chief.

"We still have open fields for retraining, but they are limited and acceptance is very competitive, so Airmen who want to pursue that avenue should act now," Crady added.

For first term and career Airmen who are still interested in retraining, there are some options, which are listed on the re-training advisory in myPers.

"We value every Airman's contributions to the mission and the selfless sacrifices they make to ensure that our nation is secure and strong," Grosso said. "I encourage Airmen to stay informed on personnel policy changes so they can continue to make informed decisions about their careers."

To see the real-time retraining advisory or to get more information about other personnel issues, visit the myPers website.

THE WARRIOR

Editorial Staff

Brig. Gen. Thomas Bussiere
509th Bomb Wing Commander

Capt. John Severns
Chief, Public Affairs

1st Lt. John M. Cooper
Deputy Chief, Public Affairs

Senior Airman Lacie A. Carmody
Editor

Photojournalists

Staff Sgt. Alexandra Boutte

Staff Sgt. Nick Wilson

Staff Sgt. Brigitte N. Brantley
Airman 1st Class Bryan Crane
Airman 1st Class Keenan Berry

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For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@us.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.

On the cover

U.S. Air Force photo/

Staff Sgt. Brigitte N. Brantley

Tina Piper, Army and Air Force Exchange Service food court manager, uses the new popcorn maker for the first time at the Whiteman Theater grand re-opening Wednesday. Having a theater nearby is convenient for both families who live on base as well as Airmen who live in the dorms.

NEWS BRIEFS

Base Exchange Information

- The BX's extended shopping hours begin Monday and end Dec. 23. Extended hours of operations are 8 a.m. to 7 p.m., Monday to Saturday.

- The gun counter will operate at same hours, 9 a.m. to 6 p.m., Tuesday to Saturday, and is closed on Mondays.

- "Free Pictures with Santa" from 11 a.m. to 1 p.m., Dec. 7

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

New location for Retiree Activities Office

The Retiree Activities Office has officially moved to its new location. Their new address is:

**750 Arnold Ave., Ste. 114
Whiteman AFB, MO 65305**

They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whitemanretireeactivitiesoffice/index.asp>.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.

Air Force Housing Web Site

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



WEATHER

Today	Saturday
Sunny	Chance of Drizzle
Hi 43	Hi 46
Lo 23	Lo 28

Sunday	Monday
Chance of Showers	Partly Sunny
Hi 48	Hi 49
Lo 35	Lo 36

Commander's Safety Intent

1. Every member of Air Force Global Strike Command plays a vital role. Serious injuries and fatalities erode our ability to complete the mission. The true cost of these mishaps cannot be measured by statistics. It is felt, however, by the loss of a valuable team member that can't be replaced. Our command simply cannot afford the cost of a preventable mishap.

2. Private motor vehicle mishaps continue to be the leading cause of Air Force fatalities. Driving while fatigued or impaired, too fast for conditions, not wearing a seat belt, and operating a motorcycle recklessly are the most common factors. Texting and cellular phone use while driving continues to cause vehicle mishaps by taking your attention away from the road. Preventing these mishaps is as simple as making responsible choices: pay attention to the road, wear your seatbelt, slow down; and get plenty of rest.

3. Whether you are at home or at work, allow yourself a margin of safety. Regardless of the activity, always use the correct personal protective equipment. If you believe it would be safer to accomplish an activity at a different time or in a different work environment, inform your supervisor. Managing the environment is an essential part of minimizing risk.

4. Every Airman has the responsibility to prevent needless loss. By applying sound risk management principles, exercising good judgment, and being a good Wingman, we can accomplish our assigned mission safely. I expect you to embrace our command value of "safety in all things large and small," and apply it in your personal and professional lives.



Lt. Gen. Stephen Wilson
Air Force Global Strike Command commander

Happy Holidays from AMXS!

**Bring your friends and family out to see the B-2 Spirit
on Saturday from 10 a.m.- 2 p.m.
in front of base operations.**

Personal cameras and cell phones are prohibited.

This will be your last chance to see the B-2 this year!

Air Force releases sexual assault convictions

By Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. -- The Air Force has made available online a listing of the service's sexual assault convictions with offenders' names, to further emphasize that this criminal conduct is not tolerated.

Anyone can view the site, which contains more than 100 sexual assault convictions from across the Air Force listed by base.

This is a significant deterrent to potential offenders and lets Airmen know that our commanders take this crime seriously, according to Col. Ronald Ratton, Air Force Global Strike Command staff judge advocate.

Some of the cases involve Airmen as-

saulting fellow Airmen. Many times these victims were co-workers - people who trusted their assailant. These offenders violated that trust and were punished accordingly.

"This is the latest initiative undertaken by the Air Force to aggressively combat the problem of sexual assaults - further underscoring there is absolutely no tolerance for this crime in our ranks," said Vicki Shepherd, AFGSC Sexual Assault Prevention Response coordinator.

As required by many state laws, convicted Airmen must also register in their jurisdiction's sexual assault registry. These sex offender lists include the names and addresses of convicted sex offenders and are publicly available online.

Airmen convicted of sexual assault will be held accountable by military judges and

court-martial panels. Punishments often include jail time, rank reductions and punitive discharges. Airmen are encouraged to visit the website and review the facts of each case, then educate and warn fellow Airmen about the consequences of committing these crimes.

"If someone observes something unfolding they should be a good Wingman and safely intervene," Shepherd said. "A few words of intervention can be the best remedy and prevention."

There are a number of prevention resources available to include awareness training, education, victim advocacy, response, reporting and accountability: www.afpc.af.mil/library/sapr/index.asp. U.S. Air Force Sexual Assault convictions online: www.afjag.af.mil/sexual-assaultprosecution/index.asp.

Leadership Pathways: Rewards for developing skills

Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

Resiliency – it's one of the biggest buzz words in the Air Force.

But to leadership at Whiteman, it is more than just a word; it is a concept they are intent on strengthening through the 40 classes of the Leadership Pathways program.

This program, which began at Dover Air Force Base, Del., in 2011, has spread to bases Air Force-wide.

All the classes are designed to help every Airman -- active-duty, Reserve, Guard and civilian -- as well as their spouses, build resiliency in four ways: physically, mentally, socially and spiritually.

The Air Force has begun to more seriously address the issue of resiliency, and one of its major emphases has been to change the perception surrounding resiliency training in general. By changing the focus from negative to positive, classes are de-stigmatized and people can attend them openly without others thinking they have a problem.

"The classes are designed to develop better leaders at all levels," said Brian Kirby, interim community support coordinator. "Even if you attend training just to work on your leadership skills, what you learn will spill over into your life, as well."

Kirby used the tobacco cessation mentorship class as an example – just because a participant might not use tobacco products, chances are they one day will have the opportunity to put the class' lessons to use in helping a family member or fellow Airman quit.

While attending the classes, attendees are also developing the skills that help them advise, supervise, mentor or teach. In return for their investment of time and energy, they are rewarded with various

incentives.

If a military member attends eight classes, he earns a certificate. Attending 15 classes earns him a one-day pass and 20 classes earns him a three-day pass. Spouses are awarded with a certificate, \$25 commissary coupon and \$50 commissary coupon, respectively, for attending the same number of classes.

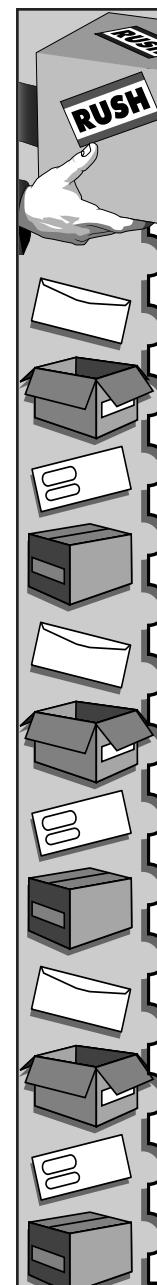
"People might be put off by the 'leadership' in the name of the program, but we want Airmen of all ranks to participate," said Tech. Sgt. Katherine Humpal, Whiteman's community support coordinator. "A lot of times, Airmen will go to each other before they approach their supervisors with a problem, so it's important they learn these skills, as well."

The classes offer training in many areas that will improve basic resilience and life skills, including healthy family relations, relationship-building skills, child and teen rearing, finances, conflict management and goal setting.

The classes are offered by the following White-man agencies:

- Family Advocacy Program, 660-687-4342
- Airman and Family Readiness Center, 660-687-7132
- Health and Wellness Center, 660-687-7662
- Whiteman AFB Chapel, 660-687-3652
- Mental Health, 660-687-4341
- Sexual Assault Prevention and Response, 660-687-7272
- Legal Office, 660-687-6809
- Career Advisor, 660-687-7829

To see a complete list of classes and what agency to contact to sign up for them, visit www.whiteman.af.mil/library/resilience/index.asp. Make sure to visit this site again in early December for an updated list of classes.



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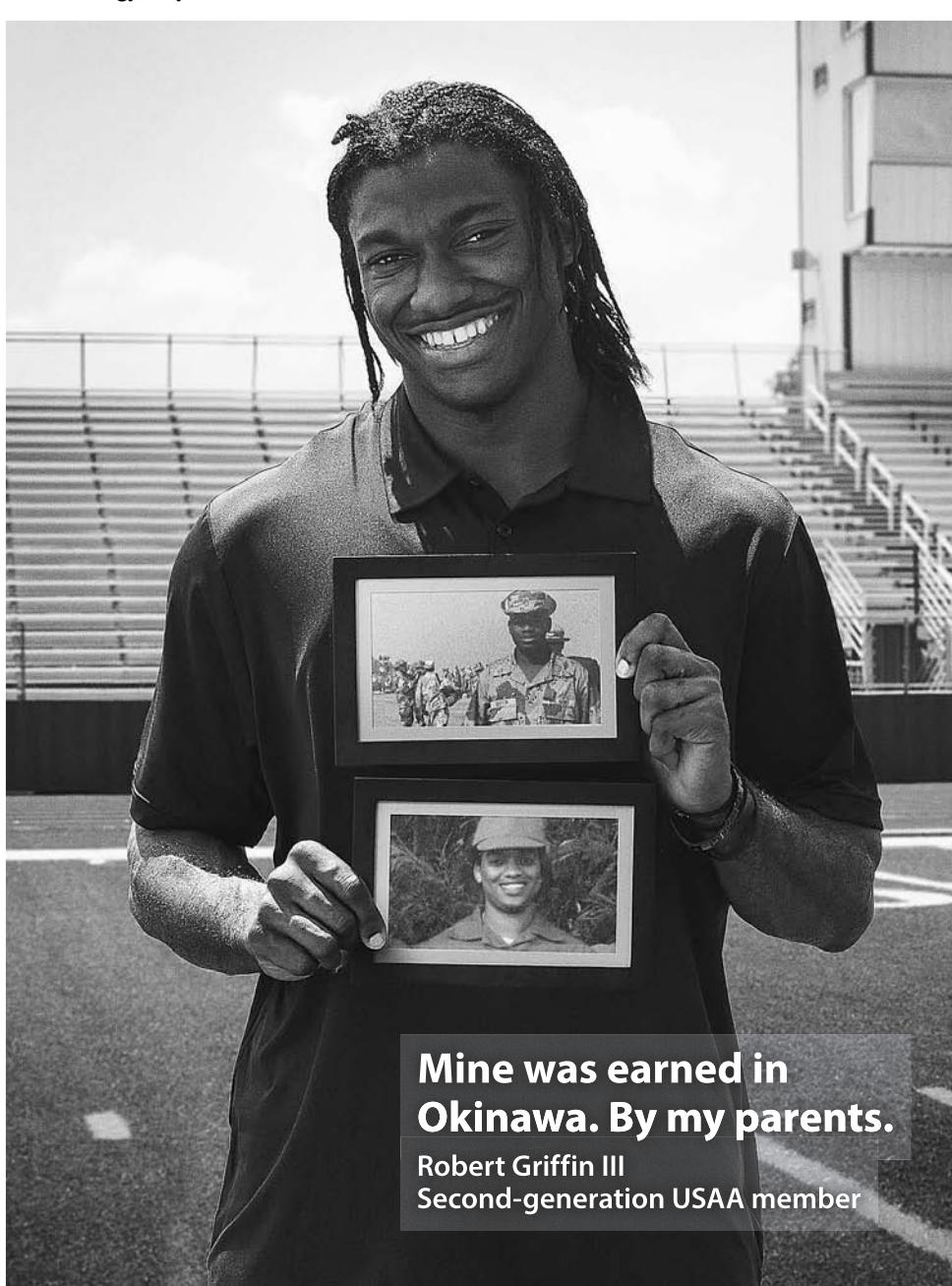


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**Mine was earned in
Okinawa. By my parents.**

Robert Griffin III
Second-generation USAA member



Four-peat! AMXS wins a fourth consecutive championship



Lester Jones, 509th Aircraft Maintenance Squadron Dragons quarterback, performs a juke move to evade defenders during an intramural flag football championship game against the 509th Force Support Squadron at Whiteman Air Force Base, Mo., Nov. 15. The Dragons defeated the 509th FSS 28-26.



James Hudson, 509th Force Support Squadron quarterback, evades defenders to throw to an open receiver during the intramural flag football championship game against the 509th Aircraft Maintenance Squadron here.

Members of the 509th Aircraft Maintenance Squadron Dragons intramural football team do a squadron chant before playing a championship game against the 509th Force Support Squadron.



U.S. Air Force photos/Staff Sgt. Nick Wilson



Lester Jones, 509th Aircraft Maintenance Squadron Dragons quarterback, evades defenders during the intramural flag football game against the 509th Force Support Squadron here. The Dragons defeated the 509th FSS 28-26.



Members of the 509th Aircraft Maintenance Squadron Dragons intramural football team hold up "four" signs in celebration of their fourth consecutive flag football championship. The Dragons won a close game against the 509th Force Support Squadron 28-26.

Bowling alley fundraiser helps raise CFC money



U.S. Air Force photo/Staff Sgt. Nick Wilson

Base representatives for the Combined Federal Campaign are presented with a giant check for \$921 at the Bowling Alley on Whiteman Air Force Base, Mo., Nov. 22. The money was raised as part of a bowling fundraiser toward the CFC. Each year, the CFC allows Service members and civilians to make monetary contributions to their choice of more than 1,800 agencies, charities and organizations. The CFC ends Dec. 15, 2013.



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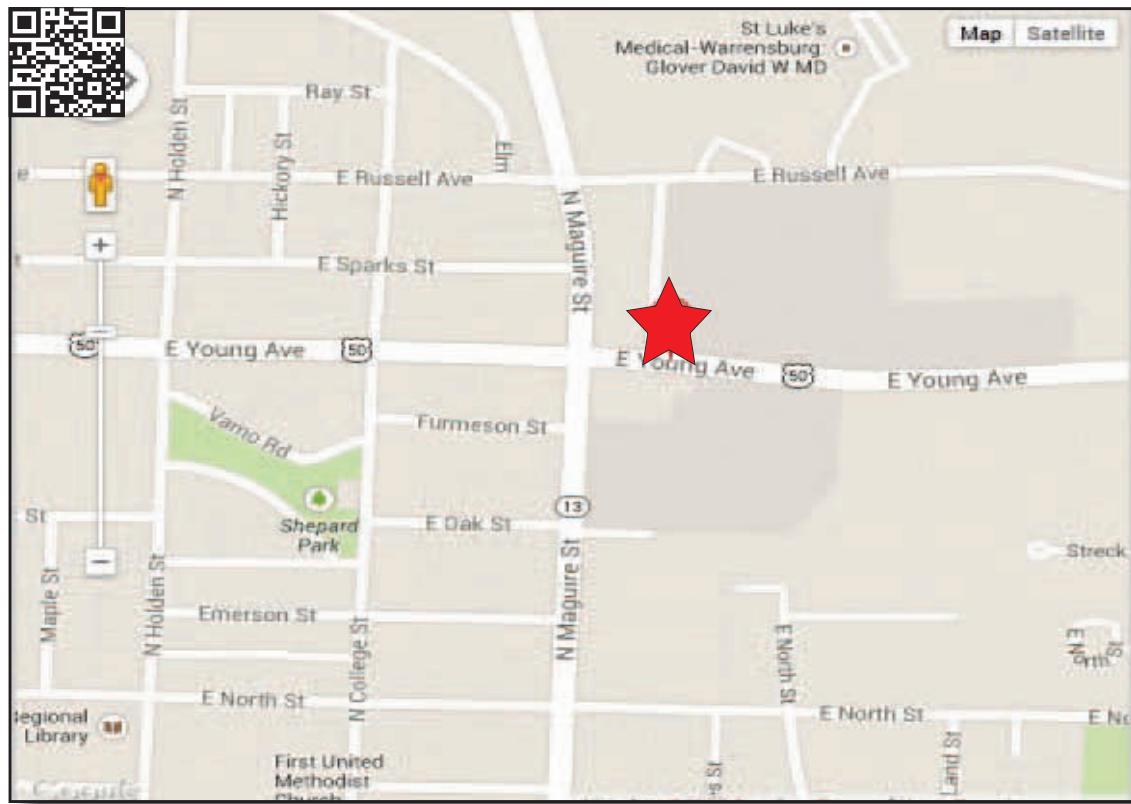
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BIG FINISH 2013



Whiteman Theater celebrates grand re-opening

Staff Sgt. Brigitte N. Brantley
509th Bomb Wing Public Affairs

The newly-renovated Whiteman Theater was unveiled to the base populace during a grand re-opening ceremony Wednesday.

Featuring a brand-new projector, digital screen and concession area, the 240-seat theater underwent two months of renovations estimated at \$200,000 and is now also capable of showing 3-D movies.

"It's a nice family atmosphere where you can come see movies for a reasonable price," said Sara Benson, Army and Air Force Exchange Service theater supervisor. "Whether for families who live on base or Airmen who live in the dorms and don't have much going on, it's a great place to check out."

Benson added the updated concession area features a new popcorn maker, pizza, pretzels, nachos and 15 varieties of candy.

"Having a theater on base is great because it's closer than Warrenton," said Staff Sgt. Jessica Teeters from the 509th Logistics Readiness Squadron. "I brought my daughter Rhapsody and son Cole, who are 8 and 4, to the grand re-opening because they really, really wanted to see the movie."

Another guest in the crowd was even more excited to have the convenience of a theater on base.

"It's just easier because it's so near, especially if it's a group of us going," said Sydney Rubio, the 11-year-old stepdaughter of Staff Sgt. Jason Cherry from the 509th Communications Squadron. "Now if my friends and I want to go see a movie, it's convenient that we can walk."

Movie-goers can find out what is playing by visiting www.shopmyexchange.com/ReelTimeTheatres/Movies-WhitemanAFB.htm or by calling 660-687-5110.

The prices of admission are as follows:

First-run movie in 2-D: Adults - \$5.75, children - \$3.50

First-run movie in 3-D: Adults - \$7.75, children - \$5.75

Regular release movie in 2-D: Adults - \$5.50, children - \$3.50

Regular release movie in 3-D: Adults - \$7.50, children - \$5.50



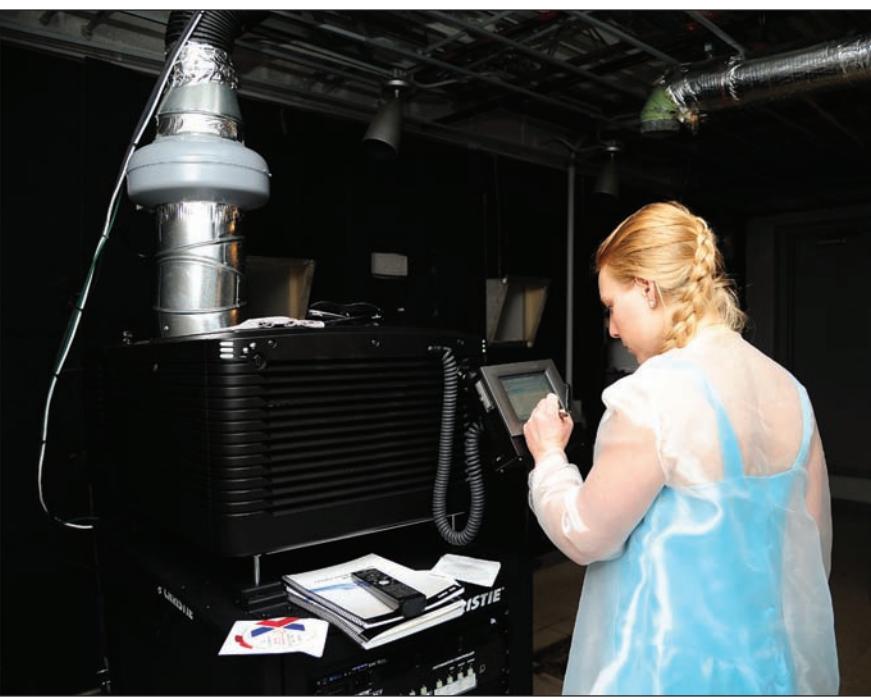
Sara Benson, Army and Air Force Exchange Service theater supervisor, interacts with customers at the Whiteman Theater grand re-opening. The new concession area has a new popcorn maker, pizza, pretzels, nachos and 15 varieties of candy.



A customer holds his 3-D glasses before watching "Frozen" at the Whiteman Theater grand re-opening. The theater recently underwent \$200,000 worth of renovations and now features a digital screen capable of showing 3-D movies.



U.S. Air Force Brig. Gen. Thomas A. Bussiere, right, 509th Bomb Wing commander, and Paula Manning, Army and Air Force Exchange Service general manager, cut the ribbon at the Whiteman Theater grand re-opening Nov. 27, 2013, at Whiteman Air Force Base. After undergoing \$200,000 worth of renovations, the theater now features a brand-new projector and digital screen capable of showing 3-D movies.



Sara Benson, Army and Air Force Exchange Service theater supervisor, loads "Frozen" onto the new digital projector during the Whiteman Theater grand re-opening. The theater's schedule can be accessed at www.shopmyexchange.com/ReelTimeTheatres/Movies-WhitemanAFB.htm or by calling 660-687-5110.



U.S. Air Force photos/Staff Sgt. Brigitte N. Brantley

Top III MVP award winner



U.S. Air Force photo/Staff Sgt. Nick Wilson

Airman 1st Class Katelyn Karr, 509th Munitions Squadron armament systems team member, receives the Top III MVP award for November at Whiteman Air Force Base, Mo., Nov. 21. Some of her accomplishments included supporting more than 100 veterans for a wheelchair washing initiative and completing her career development course books three months early.

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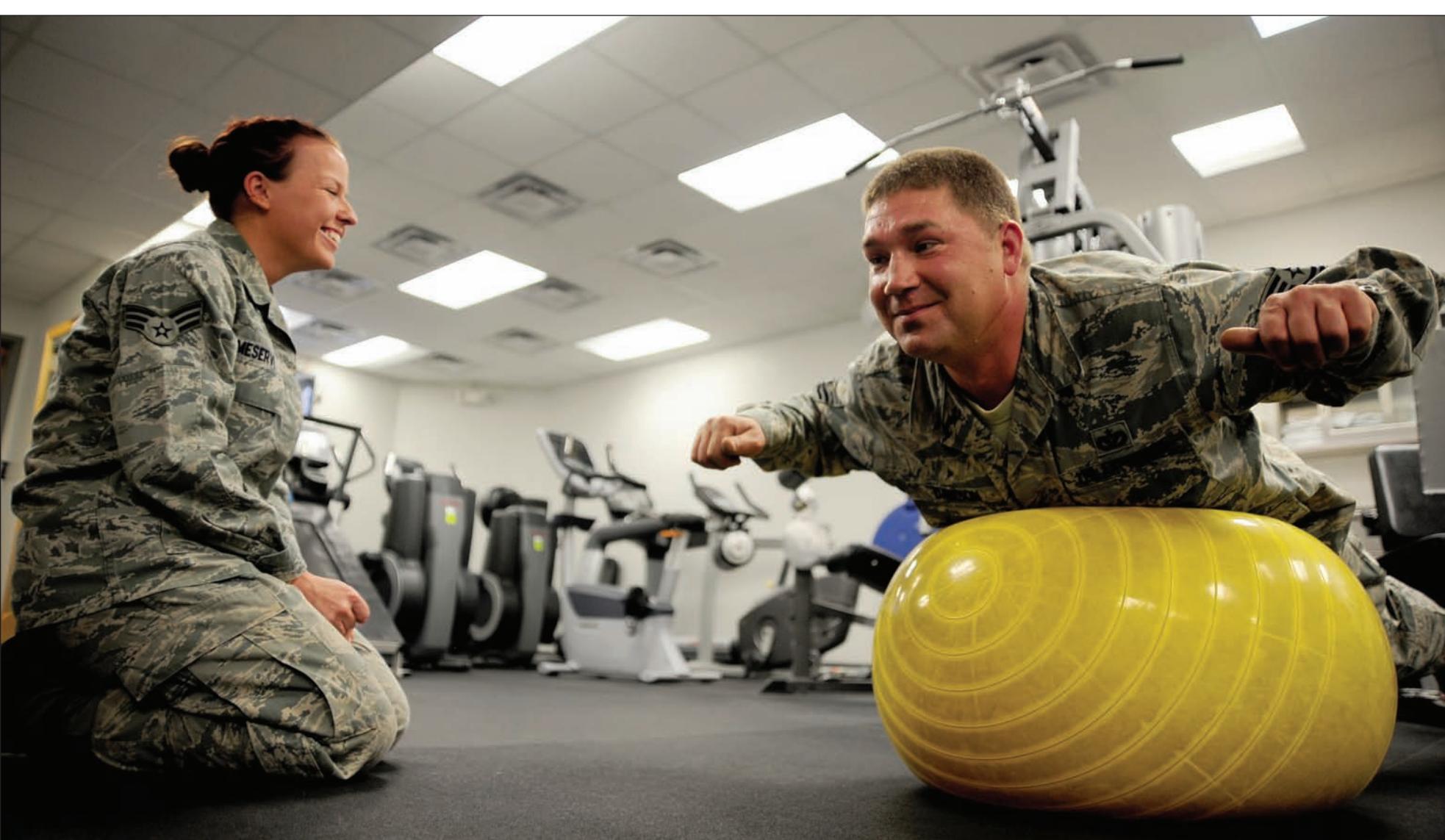
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A mission to provide aid and therapy



U.S. Air Force Senior Airman India Meserve, 509th Medical Operations Squadron physical therapy technician, shares a laugh with U.S. Air Force Tech. Sgt. Thomas Dawson, 509th Civil Engineer Squadron, during a physical therapy exercise session at Whiteman Air Force Base, Mo., Nov. 8. Air Force physical therapy technicians perform a variety of duties, including the evaluation and treatment of patients, therapeutic training and serving as consultants to medical staff members.

By Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

Every Airman has a unique story on why they joined the Air Force.

For Senior Airman India Meserve, a physical therapy technician with the 509th Medical Operations Squadron, joining the Air Force offers her opportunities to broaden her horizons.

As a physical therapy technician, her job is to help provide evidence-based care to reduce pain and restore function following musculoskeletal injuries or orthopedic surgery for Whiteman's active-duty population.

"I like being able to see patients grow and see them help themselves," Meserve said. "You can have a patient that you've seen two years ago who will come in just to say 'hi.' And he still does the exercises and is thankful we helped him. When you see that you've helped a patient and they still do exercises you've taught them so long ago, it's a good feeling."

For Meserve, seeing all of the different types of injuries and being able to work on new and different treatment plans is one of the most rewarding aspects of her job. In fact, Meserve said she enjoys working in the physical therapy field so much that she would like to continue work in that field after her time in the Air Force expires.

"I love sports, so I've always been interested in athletes and athletic activities," Meserve said. "I've always wanted to either be an athlete or work with them. Physical therapy was a great opportunity for me to carry that dream out."

Another reason for pursuing a career in physical therapy was the joy Meserve finds in helping people.

"You're working with people a couple of times a week and you get to build rapport with them and see them get better," Meserve said.

This part of the job differs from that of technicians in many other medical fields, who get to help patients, but do not get an opportunity to see their progress, Meserve said.

Meserve is currently pursuing a bachelor's degree in exercise

science in an effort to follow her dream of working in the physical therapy career field. She is nearly halfway finished with her degree.

"I'm almost at the equivalent of a junior," Meserve said. "It feels great, but when I look at my friends from high school, most of them are either graduated from college or they're seniors. But then I think about how I've also had a full-time job for more than four years while they're still in college."

In addition to pursuing a bachelor's degree, Meserve is almost done with her Community College of the Air Force degree. She only has one class left before she will be completely finished.

"I'd say the biggest reason why I joined the Air Force was for education," Meserve said. "It's a pretty good incentive."

To keep her mind clear, Meserve also spends a great deal of her off-duty time working out in the gym.

"The gym is really helpful because if I'm stressed then I can put all of that energy into working out, which allows me to clear my head," Meserve said. "I also work out to stay healthy and fit."

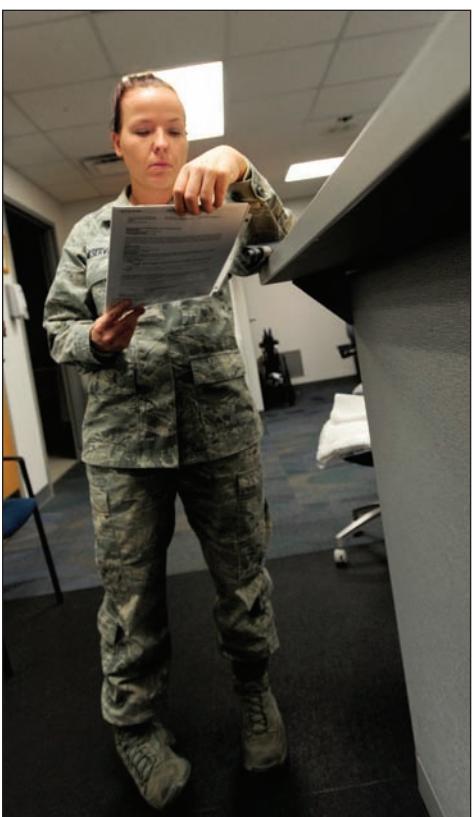
In addition to working out and pursuing her education, Meserve also spends a lot of time doing volunteer work. She is currently the booster club president for the 509th Medical Group.

"I like to keep my mind busy," Meserve said. "It's better to go out and volunteer than to just sit at home because you're actively engaged if you're helping your community or the people around you."

"Meserve always goes above and beyond in all that she does," said Tech. Sgt. Lizmarie Linares, 509th MDOS NCO in charge of physical therapy. "She is pretty much the heart and soul of this clinic. She is a great person with a great personality."

Whether she is helping a patient during a physical therapy session, working on college course work or on the grindstone in the gym, Meserve is always driving and pushing herself until she feels a sense of accomplishment.

"If you're just kind of gliding through life or you're on coast the whole time, you're not really doing anything because you're just kind of moving," Meserve said. "However, if you actively engage in your life and you push back when life pushes you, it makes you feel more fulfilled."



U.S. Air Force Senior Airman India Meserve, 509th Medical Operations Squadron physical therapy technician, examines patient records. Physical therapy technicians are subject matter experts who treat patients on a variety of injuries and help rehabilitate them until they are fully recovered and mission-ready.



Help us bring a little taste of home to the DORMS for the holidays!

**Holiday Cookie Drive
December 10-12**

Drop off your STURDY homemade cookies on December 10 & 11 from 0700-0900 at the Side Entrance of Mission's End

*****please no gooey frosting or decorations*****

Just drive up and drop off! You can even wear your pajamas, no one will know!

Please label WHAT TYPE & HOW MANY cookies, this will greatly help us in keeping track. Thank you!

Volunteers will gather on the morning of December 12 at Mission's End to assemble cookie care packages for the dorm residents. Set up will take place from 0730-0800. Care package assembling will begin at 0800 and will continue until finished, around 1000. Please feel free to stop in at any time to help out or to drop off cookies.

For questions or more information, feel free to contact Frankie or Tara
Frankie Brandenburg - frankie.brandenburg@gmail.com
Tara Gibson - tlgibson77@gmail.com

Chief's Choice Award



U.S. Air Force photo/Staff Sgt. Nick Wilson

U.S. Air Force Tech. Sgt. Teronda Hunter, 509th Medical Operations Squadron NCO in charge of dental readiness, is presented with the Chief's Choice Award in the Dental Clinic at Whiteman Air Force Base, Mo., Nov. 25. Some of her accomplishments included corresponding with Headquarters Air Force and Eight Air Force command chief offices, providing last-minute support as the command chief's executive official, authoring 32 Airman Leadership School letters to students and coordinating a high-level VIP visit.



View the Whiteman Warrior online by logging on to www.whiteman.af.mil

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OZARK INN DINING FACILITY

Thanksgiving Meal

Nov. 28 11am-2pm

Join us on Nov. 28 from 11am -2pm, for Thanksgiving at the Ozark Inn. Many different menu options available based on this classic holiday meal.

687-5469

AIR FORCE SERVICES FOOD SERVICE

DEC. 3

Winter Wonderland

HOLIDAY TREE & MENORAH LIGHTING CEREMONY BEGINS AT 5:30PM MISSION'S END

Join us in Celebrating the Holiday Season!

Meet us after the lighting inside for "Winter Wonderland Fun", Visit Santa Claus, Play Games, Make Crafts and Enjoy Refreshments! Carolers will perform outside from 5:10-5:30 Teen Keystone Club will be hosting a Silent Auction Photographer will be present, but still bring your own cameras for photos with Santa.

687-4422

FSS

WATCH THE GAMES WITH US!

MISSION'S END FOOTBALL FRENZY
SUNDAYS AT 11AM
FOOD & DRINK SPECIALS!
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FSS

THE 509TH FORCE SUPPORT SQUADRON IS FEATURING AN ALL NEW MENU TO MISSION'S END ON DEC. 2

Mission's End New Menu Coming Dec. 2!

Salads Wraps

Wraps served with your choice of one side item.

SOUP & SALAD BAR *NEW!	\$8.95	THE GREAT ARTISTE	\$8.95
A wide variety of mixed greens, fresh fruits and vegetables, proteins, pasta salads, assorted dressings and delicious seasonal soups.		Crispy chicken, onions, tomato, cucumber, buffalo sauce and bleu cheese dressing on a pretzel bun.	
GRILLED CHICKEN SALAD *NEW!	\$7.95	THE BOCKSCAR BURGER	\$7.95
Romaine blend, grilled chicken, shredded cheese, tomatoes, onions and choice of dressing.		Black Angus beef patty topped with lettuce, tomatoes, onions and cheese on a toasted bun.	w/ bacon \$8.50
CRISPY CHICKEN SALAD *NEW!	\$7.95	ENOLA GAY *NEW!	\$7.95
Romaine blend, crispy chicken, shredded cheese, tomatoes, onions and choice of dressing.		Roast beef, cheddar, red onion, lettuce, creamy horseradish sauce, on your choice of bread.	
HOUSE SALAD	\$5.95	THE LITTLE BOY *NEW!	\$7.50
Romaine blend, shredded cheese, tomatoes, onions and choice of dressing.		Roast beef and turkey, red onion, tomato, swiss cheese, creamy horseradish sauce on your choice of bread.	
SOUTHWEST CHICKEN WRAP	\$8.95	THE FAT MAN *NEW!	\$8.95
Tortilla basil tortilla, grilled or crispy chicken, black bean/corn salsa, lettuce, cheese and southwest ranch dressing.		Cheddar, provolone, swiss, tomato, and lettuce on your choice of bread.	
BLACK BEAN BURGER LETTUCE WRAP *NEW! V	\$7.95	THE MINUTEMAN *NEW!	\$8.95
Southwest black bean burger, tomato and avocado wrapped in lettuce.		Smoked chicken salad on a toasted croissant.	
ASIAN CHICKEN LETTUCE WRAP *NEW! GF	\$7.95	BREAD OPTIONS:	
Chicken breast, garlic, ginger, green onions, water chestnuts, sauteed in a ginger/sesame sauce served with rice crackers and wrapped in lettuce.		Marble Rye, 7-Grain, Wheat, Sourdough, Pretzel Bun or Croissant	

V Vegan Friendly Menu Item GF Gluten Free Menu Item

Baskets

All baskets served with your choice of one side item.

CHICKEN TENDERS (4 or 6)	\$6.95/\$8.95	Sides	
Crispy breaded chicken tenders, served with choice of dipping sauce.		Kettle chips, waffle fries, steak fries, fruit cup, and side salad. Onion Straws are an additional \$1 upcharge.	
WINGS (6 or 10)	\$7.95/\$9.95	Drinks	
Sauces: Honey BBQ, BBQ, garlic parmesan and buffalo		Mission's End serves Coca-Cola Products	
NINER NACHOS	\$8.95	ASK US ABOUT BECOMING A CLUB MEMBER!	\$1.50
Fresh cut potato chips, crispy chicken, crumbled bacon, bleu cheese cream sauce and pico de gallo.		Great discounts on food and fun! Ask an associate for info on how to save \$1 on your entree!	

Pricing represents non-member pricing, members receive \$1 off their entree!

Mission's End
WHITEMAN AFB, MO

Whiteman participates in Great American Smokeout

By Senior Airman Lacie Carmody
509th Bomb Wing Public Affairs

The Professional Development Center hosted an afternoon highlighting The Great American Smokeout Nov. 21, 2013. This event has occurred nationwide every third Thursday in November for the past 38 years.

The day is as an opportunity for current smokers to pledge not to smoke for a full day while making plans to quit. They are offered guidance on effective methods and techniques from both health professionals and former smokers, which can help them, kick the habit for good. The Great American Smokeout also serves as a platform to publicize the health hazards of smoking in an effort to deter teenagers who could become potential smokers.

Brian Kirby, Health Promotion Director for Whiteman's Health and Wellness Center, said individuals who quit are helping not only themselves but the Department of Defense as well.

"Not only is tobacco use the number one cause of premature death in Americans today, with more than 440,000 killed last year alone, it costs the DOD \$1.6 billion annually in combined direct health care costs, and costs associated with loss of productivity, absence from work, lowered resilience, and more," Kirby said. "Collaborating with the American Cancer Society in celebrating their annual 'Smokeout' day allows us



to focus some attention on the potential for improved health and performance of Team Whiteman if we further reduce the use of tobacco within our community."

Though progress is slow, Kirby says he is pleased to see positive trends in Airmen living tobacco-free. However, despite success with cigarettes, smokeless tobacco is on the rise and the HAWC is ready to work to improve health in this area as well.

"The Great American Smokeout is a great day of awareness to challenge people to take that first step and give up their tobacco products for that day, and then hopefully continue with it," said Tech. Sgt. Tabetha Coley, 509th Force Support Squadron Airmen Leadership School instructor.

For more information or help quitting, contact the Whiteman HAWC at 660-687-7662 or visit their Facebook page at www.facebook.com/WhitemanHAWC.



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