

The Warrior
Friday, December 21, 2018

THE WARRIOR

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

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

On the cover

Sr. Airman Thomas Barley
Master Sgt. Larry R. Knoll, Tactical Air Control Party Patrol Airman,
818th Operation Support Squadron,
Pope Field, North Carolina, stares
outside of a UH-60 Black Hawk for
Exercise Talon Fury Dec. 19, 2019 at
Whiteman Air Force Base, Mo. TACP

Airmen call in firepower to help provide air support to those who are on the ground.



Command Post Airman earns below-the-zone promotion

Airman Parker J. McCauley 509 Bomb Wing Public Affairs

An Airman with the 509th Bomb Wing Command Post (CP) at Whiteman Air Force Base, Missouri, earned Senior Airman below-the-zone on Dec. 12, 2018.

Senior Airman below-the-zone, or BTZ, is a program that allows those with the rank of airmen to promote to senior airmen six months early. The program is in place for Airmen who are performing above their rank and gives approximately 15 percent of Airmen the early promotion.

CP members and leadership from the wing staff surprised Airman 1st Class Shantavia A. Webb with the announcement that she had been selected. After learning about her promotion, Webb said she was overwhelmed with happiness and was incredibly appreciative.

Senior Master Sgt. Dennis Caldwell Jr., the superintendent of Nuclear Command and Control Operations with the 509th BW CP, said Webb competed with four other Airmen from the unit.

Webb credited her leadership with playing a major role in her achieving BTZ. She said her supervisor pushed her professionally since her arrival at Whiteman AFB and had her keep a bullet tracker for her superintendent and supervisor to help them monitor her progress.

"She's a very hard worker, of course fairly new to the Air Force, she is a single mom of two boys and she's a shift worker and I never have any issues with worrying about if Airman Webb will make her shift," said Caldwell. "She's always an Airman I can depend on and I never have any issues with her, whether it's on duty or off. She's a great asset to the team."

Her package for BTZ highlighted her



The 509th Bomb Wing Command Post Staff pose for a photo in recognition of Airman 1st Class Shantavia A. Webb, a controller with the 509th Bomb Wing Command Post earning Senior Airman below-the-zone on Dec. 12, 2018 at the command post on Whiteman Air Force Base. Webb credits her leadership for all the support they've given her that has allowed her to earn BTZ. (U.S. Air Force photo by Airman Parker J. McCauley)

roles in CP and the mission.

"She decoded and validated 3,000 emergency action messages," said Caldwell. "She ensured the direct nuclear command and control for U.S. national security strategy, guaranteeing nuclear deterrence," Caldwell said.

Additionally, Caldwell said Webb performed exemplary command and control during an exercise.

After learning about her Webb is scheduled to be promoted to Senior Airman on Ian 31 2019

"My mom and dad were the first people I wanted to call and tell because my mom had been tracking that I had been going up for this and she kept encouraging me and telling me I was gonna get it," Webb said.

"My family is very supportive, I also have a brother that lives here with me to help out with my children so he was like the third person I had to let know. But I definitely have a really good support system here and back home."

Webb has served in the Air Force for two years.

"I joined pretty much for a better life for myself and my children," said Webb. "I have two boys and I just wanted to be able to provide for them, give them stability. I just know the Air Force will take me far."

Webb's advice to her fellow Airmen:

"Work hard, make sure you keep track of your (professional) bullets, that is very important," she said. "Keep your supervisor in the loop, make sure that you're going above and beyond or you're doing things outside of work because you need to shine and know your job."

Webb emphasized the importance of persevering despite what other people might say

"Don't let anyone discourage you, don't let anyone feed you negative energy or give you any kind of bad thoughts or think that you won't be able to get something because you can do something once you put your mind to it," Webb said.



The Whiteman Weekly Wire is published weekly in the Warrior and on www.facebook.com/WhitemanAirForceBase.

Items to be published should be submitted no later than noon on Wednesdays to: whiteman.warrior@us.af.mil with the subject "Weekly Wire Request." Your submission must be five lines or less, including contact information. Attachments cannot be included.

The status of the installation during inclement weather or other circumstances is updated on Facebook, www.whiteman.af.mil, and the Straight Talk line, which is 660-687-6397.



- Qualified Recycling Program is open for drop-off 24/7 with reduced customer service staff. Cardboard, paper, newspaper, printer cartridges, lead acid batteries, scrap metal, and aluminum cans are accepted.
- The Fitness Center Track and Field is closed for renovations until January 2019. PT tests will be conducted at Knob Noster High School. All tests are run through the Fitness Assessment Cell (FAC): the FAC will transport testers to the high school to complete the walk/run portion of the test. The Knob Noster track is not available for squadron PT, but if you'd like to run and get a feel for the track, it is only available after school hours.



General information

- Lt. Col Shipman leads Combat Communications from 11 a.m. 12 p.m. Wednesdays at the base's chapel for service members and spouses to talk about combat experiences and support options. For more information, call 660-687-3652.
- The Exceptional Family Member Program and Special Needs Support Group meets the first and third Tuesday of each month at the base's youth center. The group provides free information, speakers, children's activities and other events. Call 660-687-7132 for more information.
- Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces. To inquire, visit Building 711, Room 305, or call Detective Steven B. Scott at 660-687-5342.
- Materials left outside the Whiteman recycling center are base property; taking them is theft. Contact the recycling center with questions at 660-687-6253.
- **Are you interested in joining a vanpool or starting your own?** The Department of the Transportation (DOT) manages the vanpool program for the DoD. As part of joining, the DOT will establish and acquire funding for each DoD member (no out of pocket costs for you). This program is open to active duty, guard, reserve and civilians. Contact Maj. Keith Bratton at keith.bratton@us.af.mil.
- Have you checked out the Whiteman Air Force Base smartphone app? The app is frequently updated with new content and resources, including events, a base directory, medical information, and information for inbound and outbound personnel. Download the app at www.whiteman.af.mil.
- For the latest news, photos and videos please refer to the official Whiteman Facebook page at www.facebook.com/WhitemanAirForceBase.



NEWS | UPDATES

FRIDAY

Partly Cloudy Hi 42 - Lo 28

SATURDAY

Sunny Hi 51 - Lo 29

SUNDAY

Partly Cloudy Hi 45 - Lo 28

MONDAY

Chance Rain PM Hi 48 - Lo 34



Volunteer **Opportunities**

- To volunteer for Team Whiteman's Airman Against Drunk Driving (AADD) program, contact Senior Airman Tyler Anderson at tyler.anderson.14@us.af.mil.
- Meal on Wheels needs 10 volunteers to prepare, box and deliver meals from 10 a.m. - 12:30 p.m., Dec. 21 at 2311 W, Main St., Sedalia. For more information, contact Airman Anderson at the Family Health Clinic at 660-687-7190 or 660-687-3769.
- Operation Warm Heart is organizing a holiday bell ringing drive on base to provide emergency monetary assistance to members of Team Whiteman as well fund two holiday programs for those in need. To volunteer, contact MSgt. Kenneth Daugherty at 660-687-6503 or 660-525-2486, or your unit's first sergeant.

Look for Whiteman Weekly Wire every Friday at Facebook.com/WhitemanAirForceBase.

31 Upcoming Events

- Drive through Christmas in the Park from 5:30-9 p.m. through December 28 in Farrington Park in Windsor, Missouri. Weather permitting, train rides are available Dec. 22 and 28. Admission is free; donations are collected to benefit local groups.
- Come watch the UFC Event Jones vs. Gustafsson 2 at 7 p.m., December 29 in the base's Stealth Lounge. This is an alcohol-free event with free food and admission
- The 509th Medical Group will be teaching "Pre-Diabetes: Don't Sugar Coat It" class 2:30 p.m. - 4:30 p.m., January 8 in the clinic's Education and Training Room. Call 660-687-1199 to enroll.
- The 509th Medical Group is offering nicotine cessation classes 2:30 p.m. – 4:30 p.m. on January 22, 29 and February 5, and 3 p.m. – 4:30 p.m. on January 15. All four classes are mandatory to complete the course. Call 660-687-1199 to enroll.

- An American Red Cross is blood drive is 9:30 a.m. - 3:30 p.m., January 10 and 11 at the Whiteman Family Homes Neighborhood Center. Call 1-800-RED-CROSS or visit redcrossblood.org and enter "WhitemanAFB" to schedule an appointment.
- Love and Logic will host its Becoming a Love and Logic Parent curriculum 1 p.m. – 3 p.m. December 3 through January 14 in the Professional Development Center, Room 223. There is no class on December 24. Call 660-687-7332 or email cory.d.watson.civ@ mail.mil to reserve a spot.
- The Whiteman Spouses' Club is accepting applications for scholarships from high school seniors, continuing undergraduates and military spouses. Applications must be postmarked by January 31, 2019. For an application and more information, email wsc.scholarship1@gmail.com or visit www. whitemanwsc.com/scholarships.html

News



Children wrap each other in toilet paper during a teambuilding activity on Dec. 17, 2018, at Whiteman Air Force Base, Mo. Members of the Kansas City Royals baseball team came to the Whiteman Youth Center to lead an anti-bullying education event. (U.S. Air Force photo by 2nd Lt. Michael Hardy)

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Members of the Kansas City Royals baseball team visit Whiteman Air Force Base, Mo. on Dec. 13, 2018. The team led an anti-bullying exercise for nearly 100 children at the Youth Center on base. (U.S. Air Force photo by 2nd Lt. Michael Hardy)

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KC Royals lead anti-bullying event

2nd Lt Michael Hardy 509th Bomb Wing Public Affairs

The Kansas City Royals visited the Whiteman Air Force Base Youth Center to talk about bullying on Dec. 12, 2018.

The KC Royals and Sluggerrr, the team's lion baseball player mascot, showed the children how to recognize a bully and stand up and stop him or her.

Little introduction was needed for Sluggerrr as he entered the auditorium for his visit to the Whiteman Youth center. All 100 children, ages 5-15, screamed with excitement as he high-fived and danced with them.

Sluggerrr and the KC Royals representative, Tyler Banks, came to Whiteman AFB as part of their program Strike Out Bullying.

The children learned how bullying can come in different forms such as physical, verbal or cyber, and then discussed ways that a person can be bullied.

Banks shared messages from KC Royals players Ian Kennedy and Jacob Junis on a projector for the children.

The event was filled with audience interaction and participation.

Banks gave the children an important job while he was there to make sure that Sluggerrr wasn't being a bully. If he was, the children were to tell him.

Part of the program was about playing games to have fun, but also to challenge

games to have fun, but also to challenge the children to use what they learned. "This is really engaging for the chil-

dren, gives good information that they

can relate too," said Sarah Bierschbach, a staff member at the youth center.

Banks invited children in the auditorium to come up and play three different games.

The games included: stacking cups, wrapping staff in toilet paper and moving a Hula Hoop through a group of people.

Sluggerrr took this time to not share, knock things over, as well as to demonstrate other common bullying behaviors.

In one instance, Banks asked one of the children who Sluggerrr was bullying, how he felt after he had been bullied.

"It doesn't feel good," said the child. Because of that, Banks asked the children a very important question.

"Can we make Whiteman a no-bully zone?" asked Banks.

"YES!" All the children and staff screamed in response.

As the event came to its close, Banks shared one final and important message:

"One of the most important things you can do is tell an adult," he said, while directing the children's attention to the Youth Center Staff.

His point was to show the children that these men and women are here to help them and want to help them. All they have to do is speak up.

"I think the Strike out Bullying program is great and it's good to come out and give a good visual. This program is good to not preach to children. Coming to the base is a unique opportunity and we have a ball," Banks said.





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Mary Poppins Return (PG) Adults - \$7.00, children - \$4.75

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The Warrior Friday, December 21, 2018

News



Pilot for a day

Brothers Ethan and Brian Rubio from Kansas City, Missouri look out of the B-2 **Spirit Stealth Bomber** cockpit during their Pilot for a Day tour Dec. 19, 2018, at Whiteman Air Force Base. Mo. Pilot for a Day is a program that allows children who are suffering from an illness, or in Ethan's case a gene deficiency, to experience what it is like to be a B-2 pilot. (Photos by Senior Airman Thomas Barley)

Senior Airman Thomas Barley

509th Bomb Wing Public Affairs

Some children aspire to be scientists, engineers or fire fighters, but for brothers Brian and Ethan Rubio from Kansas City, Missouri, the dream has always been to become pilots.

Fortunately for them, with the help of Capt. Zachary Ziegler, a B-2 Instructor Pilot, assigned to the 393rd Bomb Squadron, they were able to get a small dose of what it's like to sit in the pilot's seat.

St. Judes Children's Research Hospital in Kansas City contacted Zachary's wife Lily in regards to the Rubio family. She worked as the middleman between the hospital and the 393rd Bomb Squadron.

"Pilot for a Day is an opportunity for the 393rd Tigers and specifically the 509th Bomb Wing to sponsor a child who is suffering from an illness or in this case a gene deficiency, to welcome them on base and give them a one in a lifetime opportunity to see what the B-2 is like," said Ziegler.

Brian suffers from a gene deficiency that has left him with depression, anxiety and a sensory disorder.

Batman and Robin

His brother Ethan, his mother Penny and his grandparents joined him on a Batmanthemed tour of what it's like to be a B-2 pilot here at Whiteman Air Force base.

"Yesterday, it started with a pizza party where we brought all the tiger pilots and their families together and we had a naming where we named Brian "Batman" and Ethan "Robin" and we had a good time welcoming them to the squadron," said Ziegler. "They got their own flight suits, their own patches and they were named by our commander and learned about call signs."

With their new call signs, both Batman and his sidekick Robin woke up the following morning and met with Ziegler again at

the Truman House where they are breakfast together and would continue on with the rest of their tour.

Ziegler and the Rubio family started their tour at aircrew flight equipment where they were given the opportunity to try on a B-2 pilot's helmet and harness and night vision goggles.

Flying

After visiting air-crew flight equipment Ziegler and the Rubio family made their way to the 13th Bomb Squadron where they would receive a Batman inspired intelligence report on "Operation Arkham Spirit" and also get a chance to fly in the B-2 simulator.

"They talked about the threat of Joker and how he was taking over Gotham City, so then we got in the B-2 simulator where we flew over Las Vegas a.k.a., "Gotham City," and bombed Joker and his bad men and retook Gotham City," said Ziegler.

After their time in the simulator, both Brian and Ethan received a post-mission report and then met with Brig. Gen. John J. Nichols, commander of the 509th Bomb Wing, for lunch at the Mission's End, where both brothers shared their experiences defending Gotham City.

Shortly after lunch, the Rubio family went to the base's fire department where they learned what it's like to be a firefighter and a part of the explosive ordnance disposal team here at Whiteman.

"They showed Brian and Ethan the fire truck, of course, where they let them shoot water out of the turret and, one of my personal favorites, they showed them the robot that EOD uses to take care of the bombs," said Ziegler.

Before Brian and Ethan left the fire station, they made sure to thank all of the Airman with a high-fives and then made their way over to the B-2 dock where they were welcomed with a special surprise.

"The maintainers actually went through

the effort to put Brian and Ethan's names on the nose gear of the aircraft with Batman and Robin as their call signs," said Ziegler.

After seeing the B-2 up close, Ziegler decided to take the Rubio family on a last-minute stop up one of the air traffic control towers, so that the family could get a bird's-eye view of the B-2 taking off.

Whiteman Family

The trip wrapped up with Ziegler escorting the Rubio family back to their hotel where they made their final goodbyes.

Zachary, his wife Lily and Senior Airman Lauren Maize, aviation resource management, 393rd Bomb Squadron, Whiteman Air Force Base were key in the rejuvenation of the Pilot for a Program, but without the efforts of the various units and countless Airmen involved none of this would be possible.

"This was an opportunity to use our unique power to impact two kids lives," said Ziegler. "A kid who has gone through quite a bit of struggle and to be able to use our unique place and our jobs to really make a difference, that was the impetus of all this and I think that really rang home for a lot of the guys," said Ziegler.

A1C Dawson Z. Hindman, explosive ordnance disposal (EOD) apprentice, 509th **Civil Engineer** Squadron, Whiteman Air Force Base, quides brothers **Ethan and Brian** Rubio from Kansas City, Missouri on how to pilot the EOD's robot during the Pilot for a Day tour Dec. 19, 2018, at Whiteman Air Force Base, Missouri. The Pilot for a Day program focuses on providing a child suffering with an illness the opportunity to tour Whiteman Air **Force Base and** see what it's like to be a B-2 Spirit Stealth Bomber pilot.



Airman overcomes thoughts of suicide, finds strength in friends, family and service

Senior Airman Kristin Cerri

509th Bomb Wing Public Affairs

"Everyone will just move on. They always do. The world will keep spinning and they'll remember me, but they'll move on," were the thoughts running through Senior Airman Sean Dunn's head as sat contemplating taking his own life.

The darkest parts of Dunn's young life began in 2014 during his time as a trainee at U.S. Air Force Basic Military Training. He received a call from his new bride on New Year's Day. She told Dunn she no longer wanted to be married to him and was filing for separation.

"I didn't know how to process any of that," Dunn said. "I was in shock."

According to the National Institute of Mental Health, responses that proceed a traumatic emotional event can include: feelings of anxiety or anger, difficulty sleeping or concentrating, and persistent thoughts of the event that occurred.

Thankfully, with the help of a chaplain and his military training instructors, Dunn was able to push through the devastating news and graduate BMT. He

decided to focus on his career in the Air Force.

When he first arrived at Whiteman Air Force Base, Missouri, he enjoyed his job as nuclear weapons specialist assigned to the 509th Munitions Squadron.

Coming home to an empty apartment every night, on the other hand, was something he dreaded.

"On the outside looking in, no one knew it because work was the time when I felt like myself, where I felt that sense of purpose," Dunn recalled. "And I'd go home and it felt like I had nothing."

Dunn's suicidal thoughts began as fleeting ideations, but over time grew in frequency and intensity, he said.

"I would kind of make light of suicide. The more I did that, the more I started to rationalize it," Dunn said. "I kept it to myself and I bottled everything up. One day I was at home and I had decided that I can't deal with the pain anymore."

One myth about suicide is that most happen suddenly without warning. According to the National Alliance of Mental Illness, most suicides occur after an individual has displayed verbal or behavioral warning signs rather than in the heat of the moment.

The thought that potentially saved his life was that of the devastation it would bring to his younger brother.

"I realized that if I were to do that, I would leave him behind permanently and that damage that would be done to him would never go away," Dunn said, as his eyes filled with tears. "I told myself from that point on, no matter what I go through I'm never going to get this low again, and even if I do, I'm going to reach out."

Four and a half year since that low time in his life,

Dunn said that people close to him helped in his recovery.

"I had two really good friends who would take the time to stop in and check on me randomly," Dunn said. "That made me feel like there are people who cared."

These two friends are also responsible for introducing Dunn to his current wife who works as a nurse in the local area. The two are actually from the same hometown in North Carolina – a bond, Dunn said, that makes him feel less alone.

Today, he said, he realizes he should have reached out to others sooner.

"I don't think I would've ever gotten as far as I did (help)," he said. "I'm fortunate I had a thought to hold onto because if I didn't have the thought of what would happen to my brother, who knows what would have happened. I

SUICIDE AWARENESS & PREVENTION THE STATISTICS DEATHS IN THE NAVY IN **VETERAN SUICIDE** 2017 REACHED 65 MINUTES A VETERAN ACCOUNTS 18% COMMITS SUICIDE OF ALL SUICIDE DEATHS MAKING 2017 THE IN THE COUNTRY WORST YEAR SINCE 2012 THE DEMOGRAPHICS WOMEN BETWEEN 17-29 YEARS 25-49 OLD IN ACTIVE DUTY HAVE TO ATTEMPT IN ACTIVE DUTY HAVE HIGHER CHANCE OF SUICIDE THE AWARENESS DEATION THOUGHTS OF SUICIDE ANXIOUSNESS, AGITATION, NIGHTMARES, INABILITY TO SLEEP OR EXCESSIVE SLEEP FEELING AS THOUGH THERE IS NO WAY OUT OF CURRENT CIRCUMSTANCES **OPELESSNESS** FEELING HOPELESS ABOUT ONESELF, OTHERS OR THE FUTURE ITHDRAWAL ISOLATING FROM FRIENDS, FAMILY, USUAL ACTIVITIES, SOCIETY NGER FEELINGS OF RAGE OR UNCONTROLLABLE ANGER, SEEKING REVENGE FOR PERCEIVED WRONGS **ECKLESSNESS** ACTING WITHOUT REGARD FOR CONSEQUENCES, EXCESSIVELY RISKY BEHAVIOR M OOD CHANGES DRAMATIC CHANGES IN MOOD, UNSTABLE MOOD 64% OF PEOPLE VISIT THE DOCTOR IN THE MONTH BEFORE THEIR ATTEMPT 8 OF 10 PEOPLE CONSIDERING HIGHER IN THE FIRST 38% IN THE WEEK BEFORE SUICIDE GIVE SOME SIGN THE TREATMENT Veterans HELP IS ALWAYS AVAILABLE HELP THEM CONTACT A MENTAL HEALTH PROFESSIONAL Crisis Line THROUGH THE MILITARY CRISIS LINE - IF YOU'RE IN A POSITION TO HELP, DON'T ASSUME YOUR PERSISTENCE IS UNWATED OR INTRUSIVE TEXT 838255 VISIT WWW.MILITARYCRISISLINE.NET - FOLLOW-UP AND KEEP CONNECTED TO THE PERSON

For mental health and suicide prevention resources visit Military One Source. The military crisis line is available 24/7 at 1-800-273-8225.

The Whiteman AFB Chapel can be reached at (660)687-3652 during regular duty hours. The on-call chaplain can be reached by contacting Command Post at (660)687-3700 outside regular duty hours.

potentially wouldn't be here today. If I had just reached out earlier it would've never gotten to that point."

Looking ahead, Dunn said he hopes to become a U.S. Air Force chaplain to help others through their time of need.

Until then, he has a message for his fellow Airmen.

"Don't be afraid to reach out to people around you beyond the questions that we are trained to ask at work." Dunn said.

With the holidays approaching, Dunn suggests checking in on people at home because that's when they need it. That's when they feel the most alone.

Tactical Airmen take control



Tactical Air Control Party Airmen assigned to the 19th Air Support Operations Squadron, Fort Campbell, Kentucky, and the 818th Operational Support Squadron, Pope Field, NC, perform exercise Talon Fury Dec. 12, 2019 at Whiteman Air Force Base, Mo. During the exercise, TACP Airmen called in the B-2 Spirit Stealth Bomber to help provide air support to those who are on the ground. (Photo by Senior Airman Thomas Barley)

Exercise Talon Fury is a joint, group-level exercise that took place from Dec. 6, 2018, at Whiteman Air Force Base, Mo. It focused on training Tactical Air Control Party (TACP) Airmen to work together with the B-2 Spirit Stealth Bomber.

with a pre-mission brief for the TACP Airmen. After the brief, they geared up and flew out on UH-60 Black Hawks to various locations around Missouri. Once on the ground, TACP Airmen assessed the situation and called in air strikes for the B-2.



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Air Force Week in Photos



Capt. Jason, a U-2 **Dragon Lady pilot with** the 5th Reconnaissance Squadron, waits in his pressure suit before his flight at Osan Air Base, South Korea, Dec. 11, 2018. The U-2 is a singleseat, single-engine, highaltitude reconnaissance and surveillance aircraft that routinely flies eight to 11-hour missions. (Last name withheld for security purposes) (U.S. Air Force photo by Staff Sgt. Sergio A. Gamboa)

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Activities & Events

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Family Child Care Office

(660) 687-5590

Wounded Warrior Care (WWC)

Short-term care for children of wounded warriors. All reservations must be made through the FCC office. Once Air Force has received verification of the needed care, they will decide on the amount of time to be allotted. Call for more details.

Child Care for Fallen Warriors

Short-term care for children of fallen military members. All reservations must be made through the FCC office. Once Air Force has received verification of the needed care, they will decide on the amount of time to be allotted. Call for more details.



Whiteman Air Force Base Upcoming Events

Tuesday, December 25th 2018 Christmas Meal @ Ozark Inn 11 a.m. - 2 p.m.

Come enjoy a hot, freshly prepared Christmas Dinner with all your favorite fixings. Open to all personnel with DoD ID. Cash accepted. For more information call (660) 687–5677.

Thursday, January 3rd Roll Into a New Year @ Stars & Strikes 1:30 p.m. - 3:30 p.m.

Bowl your way into 2019 with an afternoon of fun at Stars & Stikes Bowling Center! Youth will need to bring money for bowling, shoes & food. For more information call (660) 687-5586.

Wednesday, January 16th Paint With Us @ Mission's End 6:00 p.m. – 8:30 p.m.

Start your New Years by reaching out to our homes! Space is limited! Food & drinks are available for purchase. Ages 13+ \$20/person | \$10 deployed/remote affected. Call (660) 687-5754 to sign up.

Wednesday, January 16th All You Can Eat Spaghetti & Meatballs 10:30 p.m. - Gone

Forget that boring New Year's resolution & come enjoy an all you can eat spaghetti & meatballs feast at Stars & Strikes for only \$8.00! For more information call (660) 687-5114.

Thursday, January 24th Lunchtime Bingo Blitz @ Mission's End 11:30 a.m. - 12:30 p.m.

Come join us for our first ever lunchtime Bingo Blitz! It's the fastest way to win gift cards with 6 rounds in less than an hour!

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Svitak bicycle benefit at Whiteman AFB



Garrett Litherland, a Greenwood Laboratory School student, assembles bikes purchased by the Svitak Bicycle Benefit at a local bicycle shop in 2017. Litherland manages the annual collection of built and donated bikes for children throughout Missouri. The benefit is named after fallen Army Sgt. Phil Svitak, who died in 2002 while serving with the 160th Special Operations Aviation Regiment in Afghanistan. (Courtesy photo)



2nd Lt. Michael Hardy 509th Bomb Wing Public Affairs

On Dec. 17, 2018, several members of Team Whiteman assisted in unloading and organizing 40 bicycles for children this Christmas as part of the Svitak Bicycle Benefit Drop Off.

The benefit is named after Army Sgt. Phil Svitak who died in 2002 while serving with the 160th Special Operations Aviation Regiment in Afghanistan. He was an avid cyclist and father of two boys.

David Litherland began the benefit program and made it Svitak's namesake after seeing a news article about his death in the newspaper. Svitak's mother gave permission for Litherland to do so.

"In the spirit of continuing her son's name and legacy, it's a great way to give back to the base," said First Sgt. Michael Carbajal, assigned to the 509th Bomb Wing, who is an avid biker.

Due to family and scheduling demands, the program took a few-year hiatus.

Last year, Litherland's son Garrett took charge brought the program back to life.

As a child, Garrett remembered sitting in a bike shop after hours helping assemble bikes. He ate pizza and wore an elf hat. It was those memories that inspired him to bring the Svitak Bicycle Benefit back



First Sgt. Michael Carbajal, assigned to the 509th Bomb Wing, unloads a bicycle on Dec. 17, 2018, at Whiteman Air Force Base, Mo. Carbajal and other members of Team Whiteman participated in the Svitak Bicycle Benefit drop off, named after fallen service member Army Sgt. Phil Svitak from Joplin, Missouri, who was an avid cyclist. (U.S. Air Force photo by 2nd Lt. Michael Hardy)

"What was missing from the holiday for me was the joy of being of service to others and showing appreciation by helping to provide gifts for the children of our military," said Garrett Litherland about his decision to revive the Svitak Bicycle Benefit.

The Svitak Bicycle Benefit is responsible for collecting more than \$400,000 worth of built or donated bicycles.

Garrett raises funds through the website GoFundMe and purchases the

bikes to be donated. Garrett's friends and classmates at nearby Greenwood Laboratory School help assemble the bikes

Local businesses such as A&B Bicycles and Cycle Unlimited in Springfield, Missouri also give Garrett a discount in their stores.

When a child is riding a bicycle around Whiteman AFB, it is possible that it is one of the bikes donated by Garrett and the Svitak Bicycle Benefit.



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ANNOUNCEMENTS

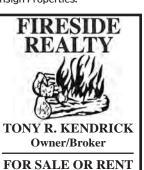
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