



« **Waynesville Catz softball results** PAGE 10

Evidence room now in better condition PAGE 3

ONLINE NOW »»» Casey Anthony to be freed next week ... Missouri National Guard uses helicopters to save Wooldridge »»» waynesvilledailyguide.com

MILITARY SPOUSE PROFILE

By Brandy Santos-Newsom

Christy Nelson

Q: What is your personal philosophy in life?
A: That would be, "Embrace the situation."

Q: Where do you call home?
A: That would be Idaho. But as of now Fort Leonard Wood is home.

Q: How many years have you been married?
A: I've been married for eight years.

Q: Where have you lived?
A: Let's see. I've lived in Alaska, Oklahoma, Texas, Washington, Louisiana and Missouri.

Q: What advice would you offer to a spouse of a deploying soldier for the first time?

A: Don't be afraid to ask for help. If you need a timeout from the kids, help putting up the Christmas lights or just a distraction to get you over a rough patch, don't be afraid to reach out to your neighbors.

Being able to do things yourself will give you a sense of accomplishment, but you don't have to go through it all alone. Also, engage in something you care about. I find that having a purpose helps me keep moving forward instead of dwelling on the circumstances that are out of my hands.

Q: How did you cope when your spouse is in the field or deployed?

A: I found a rhythm and kept moving. I didn't spend a lot of time thinking about the bad things that could happen. After all, we can't predict when tragedy will strike. My dad was a Smoke Jumper (someone who jumps into forest fires) and I think that conditioned me for deployments.



Christy Nelson has lived in six states, has five children and advises new military spouses, "Don't be afraid to ask for help."

PHOTO BY BRANDY SANTOS-NEWSUM

Q: What would you like the community to know about being a military spouse?

A: The Army is more than just a career; it is a way of life. It takes us to all corners of the world and has a profound effect on our family unit. Our friends are not just the people who live in our community; they stretch across the globe.

Each goodbye we say, means

another hello, and usually an embrace and "So good to see you again." No matter how different our backgrounds and our personalities, we share a common ground that binds us together. We are individuals, with different strengths which enhance our community. Our life has its obvious challenges, but for me, those are overshadowed by the richness of our life.

Know a veteran who should be recognized for their service? Send nominations to editor@waynesvilledailyguide.com

LOCAL

Food pantry in need of donations

Natalie Sanders
Staff Writer

The shelves at Good Samaritan Resource Center's food pantry are looking a little sparse these days.

Emergency Services Coordinator and food pantry manager Vicki Hurlbutt told the *Daily Guide* that they are seeing much higher numbers than they have seen in the past.

Hurlbutt believes the recession is a major factor in this increase of clients.

The result of this increase is that Hurlbutt has had to dip into funds much earlier than she usually does to keep the pantry shelves stocked, she said.

Hurlbutt added she would like to see donations increase, especially when it comes to some key items.

The pantry is in need of all food and baby items, but really needs fresh, powdered and canned milk, fresh fruits and vegetables, all

See PANTRY, 3



The shelves at Good Samaritan Resource Center's pantry have gotten thinned out due to a high volume of people in need. STAFF PHOTO

COST OF LIVING COMPARISON - PART 3

Determining the value of a home

Natalie Sanders
Staff Writer

There are a number of factors that go into determining the value of a home in the Waynesville and St. Robert area, such as location, proximity to Fort Leonard Wood, age, updates, quality of the home, and lot size/acreage, but a couple of things that are not typical of other areas in the state that affects the market in the Fort Leonard Wood area is BAH (Basic Allowance for Housing), VA loan viability, and proximity to the base.

BAH is the amount of money that the DOD (De-

partment of Defense) allows to service members for housing.

How much BAH a soldier receives is determined by the average cost of renting in an area based on rank and how much it costs to rent a 2-3 bedroom apartment or townhouse using a math formula that averages the cost of rent, a certain percentage difference between different sized homes, and rank.

According to Public Affairs, About.com's article on how rates are determined is accurate.

About.com says that BAH is determined by data collected by Runzheimer

International about housing cost data and the DOD's collection of data from local sources.

The DOD checks current real estate listings, contacts apartment and real estate management companies, consults local real estate professionals and conducts on-site evaluations to determine BAH.

If the average cost to rent a two to three bedroom home (the basic E-1 to E-4 BAH) is \$888, how does that compare to communities near by?

For an E-5 or Sgt., with dependents, BAH for the

See HOME, 3

Location	E-1 to E-4	E-5	E-6	E-7	E-8	E-9
Kansas City	\$1,002	\$1,098	\$1,278	\$1,329	\$1,386	\$1,497
St. Louis	\$1,119	\$1,233	\$1,560	\$1,599	\$1,638	\$1,731
Whiteman Air Force Base	\$768	\$870	\$1,044	\$1,122	\$1,209	\$1,305
Fort Wood	\$888	\$990	\$1,191	\$1,212	\$1,236	1,305
Springfield	\$870	\$918	\$957	\$1,017	\$1,083	\$1,197
Columbia Jeff City	\$807	\$918	\$957	\$1,065	\$1,104	\$1,161
Cape Girardeau	\$819	\$936	\$1,251	\$1,314	\$1,380	\$1,470
Saint Joseph	\$756	\$831	\$1,071	\$1,098	\$1,128	\$1,164

Soldiers receive more BAH for Fort Leonard Wood than they do for Springfield, Columbia, Jefferson City, Cape Girardeau, Saint Joseph, and Whiteman, all of which are much more metropolitan areas based on the average cost of rent.

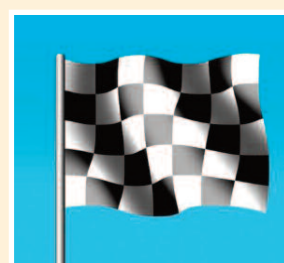
INSIDE...

- Lexington Road residents ask for private road **Page 2**
- Anonymous donor writes check to Pulaski County Sheriff's Dept. **Page 2**

MOST-VIEWED STORIES

- Our readers' top three favorite stories online:
- Press release: Missouri National Guard uses helicopters to save Wooldridge
 - Lebanon dominates Lineman Challenge
 - Gov. Nixon will be in Springfield on Wednesday to take action on a bill delaying the deadline for sprinklers in residential care and assisted living centers.

COMING TOMORROW



« **SPORTS** Catch the upcoming events at I-44 Speedway in the Saturday edition of the *Daily Guide*.

DEATHS

- Benjamin Simmons, 84, Dixon
- A.Y. White, 93, of Argyle



GREETINGS to Bank of Crocker, a valued subscriber from Crocker ... For home delivery or customer service, call (573) 336-3711

Your News2 Obituaries3 Calendar5 Opinion.....8-9 Classifieds11
 Local.....3 Comics.....4 Church/Faith ..6-7 Sports10 Legals12

88/67 Weather report, 2