

WARRIOR

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509th Security Forces Squadron members check ID's as several Airmen and civilian personnel enter Whiteman's Arnold gate, early in the morning Oct. 7, 2010. Starting Oct. 18th traffic patterns will change as one of two construction phases will begin to replace the speed breakers entering and exiting the Spirit gate.

Whiteman undergoes gate construction: Plan ahead

Story and photos by
Senior Airman Kenny Holston
509th Bomb Wing Public Affairs

Traffic flow on and off Whiteman over the next month will continue to change in order to replace speed breakers, a necessary project to be completed prior to the first snowfall.

Starting Oct. 18, construction crews will start replacing the breakers at the Spirit gate two lanes at a time. In an effort to minimize delays and congestions at this Air Force Global Strike Command Base, the 509th Security Forces Squadron will implement a plan to continue to meet traffic patterns for inbound and outbound traffic by limiting the flow to either inbound or outbound only.

"Our goal is to keep the traffic flowing as normal as possible in order to minimize delays for anyone accessing the base," said Master Sgt. Craig Vorhees, 509th

Security Forces squadron NCO in charge of police services.

While the construction is ongoing, both open lanes will be re-directed to inbound only- except between 3:30 - 5:30 p.m. where the flow will reverse to allow a smooth exit. This flow pattern will not change as the construction moves from the inbound lanes to the outbound.

"People accessing the base also have the option to use one of our other gates. Both the Arnold and Lemay gates will be open 24/7 throughout the constructions," said Sergeant Vorhees.

"The visitor center outside of the Spirit gate will remain open and is still to be used to sign on visitors and handle other related situation," added Sergeant



Several Airmen and civilians wait in traffic to enter Whiteman's Arnold gate, early in the morning, Oct. 7, 2010.

Vorhees.

Anyone working on base or needing to get off base for appointments needs to remember to plan ahead as traffic delays could potentially be long," the sergeant reiterated.

"These morning traffic delays make punctuality a bit more

challenging," Senior Airman Charles Quinsay, 509th Security Forces Squadron "However, accomplishing overall mission success starts with the individual." "If waking up 45 minutes earlier to get to work on time is what it takes, then that's what we we'll do."

ON THE INSIDE



UCM Military Appreciation Day

Military personnel and family members with military ID cards receive free admission to the UCM vs. MWSU football game, Saturday at 1:30 p.m. at Walton Stadium - Kennedy Field (UCM campus).

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Protect yourself from the Flu

Living in a world of germs where viruses and bacteria surround everyone, it seems impossible to escape these microscopic infectors. Not only do they sicken people, they have the potential to impact the mission and ultimately take a life.

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Team Whiteman members combats breast cancer

In 2006, breast cancer claimed the lives of 40,820 women, which is equivalent to 110 deaths per day, according to the Center for Disease Control. October is breast cancer awareness month and in recognition, Air Force Global Strike Command recognizes those who have been affected by this disease.

10-11

EMT takes Airmen to the edge

The Extreme Military Training class is one of the many options available to members who want to improve their physical fitness.

WEATHER

Today	Sunday
Sunny	Sunny
Hi 70	Hi 77
Lo 43	Lo 54
Saturday	Monday
Sunny	Mostly Sunny
Hi 76	Hi 75
Lo 51	Lo 56

Weather courtesy of the National Weather Service

'Stop. Think. Connect.' helps keep our virtual gates secure

By Tech. Sgt. Amaani Lyle
Secretary of the Air Force
Public Affairs

letter combinations on various sticky notes, I can't tell you how many times I've pulled my hair out, wondering how anyone can think "NerpTrop123" is a weak password because it's too close to a real word. I've come up with what I'm sure are entire new languages during the password reset process.

And, I'll bet many users share my frustration, thinking, this is nuts! It's me, not the hackers, who always seems to be "locked out" of my computer because I can't ever remember my ever-expiring passwords.

Change your desktop, laptop home and office passwords frequently.

A strong password doesn't have to be hard to remember. It just needs to be hard to guess. Simple phrases can become upper and lower case letters, numbers and symbols, which help deter some hackers who can go through every word in the dictionary to guess your password.

For example, I love cheeseburgers could magically become "I<3CHzeBRgr\$."

Wipe out!

You wouldn't junk or sell a car with all your personal information in it, right? And so it goes for computers.

According to Onguard

Online, when you delete a file, the links between the index and the file disappear, signaling to your system that the file isn't needed any longer, and that hard drive space can be overwritten. However, the bits and pieces of the deleted file stay on your computer until they're overwritten, and they can be retrieved with a data recovery program. To remove data from your hard drive permanently, it needs to be wiped clean.

You can use online and store-bought software to wipe your personal hard drive clean when you sell or dispose of a computer. Network administrators will wipe government computers that are on their way to disposal or new homes. For personal units, just remember to back up everything you care to keep to an external drive such as a USB drive, a CD-ROM, or an external hard drive, or transfer them to a new computer.

Yeah, about that \$8 million overseas wire transfer ...

While it may be flattering to think that the mysteriously wealthy refugee of a rogue nation has selected you and only you for which to deposit his millions in currency, you can count on this situation nearly always being a phishing scam.

Never reply to an e-mail, text or pop-up message that asks for personal or financial information, and don't click on links in the message. If you want to go to a bank or business's website, actually type -- not cut and paste -- the web address into your browser. Don't play foreign lotteries and don't believe you've won one if you've never played.

Remember that wiring money is like sending cash: once it's gone, it's irretrievable.

Finally, never, ever agree to deposit a check from someone you don't know and then wire money back to them.

Onguard Online has many more tips to keep you cyber savvy. Visit www.onguardonline.gov/ or www.defense.gov/home/features/2010/0410_cybersec/ for further information about cyber security.

As the president said in his proclamation, "Through this initiative, Americans can learn about and become more aware of risks in cyberspace, and be empowered to make choices that contribute to our overall security."

To read the proclamation in its entirety, visit <http://www.whitehouse.gov/the-press-office/2010/10/01/presidential-proclamation-national-cyber-security-awareness-month>.

Where are your investments?

By Senior Master Sgt. Todd Sparks
72nd Test and Evaluation Squadron

In today's economy it is often difficult to predict where we need to focus in order to keep our investments at the best place for the biggest return. Investment in land has always been guaranteed, they can't make anymore than what we already have.

Home investment was also a steady but sure way of returning an investment with an honest return. Of all investments, gold has always been the sure bet, if all else fails within the economy, invest in gold. All of these investments have one short-sighted issue in common; the initial investment is expected to bring a return back to the investor.

While serving the Air Force for over 24 years now, I have never been stationed closer than about eight hours driving time to my home state of Wisconsin. So, spending a lot of weekends and holidays together didn't often occur. Sure, we went home to visit, but most often at a time convenient for our busy military schedule.

My younger brother was about 13-years-old when I left home and so I missed much of his life, as with the lives of my three sisters. Two years ago, my Dad, brother and I attempted to plan a mule deer hunting trip to South Dakota in 2009, but due to the economy and job related issues for my brother, it never worked out. The hunt could easily be put off for another year, so we deferred and would try again. The hunt was a trip my brother had always dreamed of taking. The trip would never happen, some five months ago he was killed in a motorcycle accident. I regret the fact I never made the point to spend time with him every time I went home.

Having two boys and a girl of my own, I always try to entice them to watch the hunting shows in which I enjoy; I usually don't get too many offers to sit with me. Last fall, as I was heading to my bow hunting stand my 7-year-old daughter asked if she could come along, reluctantly I agreed, at that point I also knew we probably weren't going to see many deer. As we sat down in the stand I told her if we see a nice buck I was going

to shoot it, I immediately received the "Daddy you wouldn't dare" stare. I guess that look sealed the deal for the night. To my amazement, we observed several deer, squirrels, turkey and even a lone coyote. The evening was rewarding to her and she often talks of the encounters in the stand that night.

Looking back at each of these instances, my investment of time and effort didn't work out the way in which I planned. I had my own expectations on who should reap the benefits. So often we make plans, unconsciously they are all about ourselves, looking for an expected return on our investments. We look for sure ways of getting a return, but in each case my investments didn't provide the return because they were self-focused.

I ask you to look at where your investments are at. Are you expecting returns for everything you do for someone or are you doing it for them? The best investment is returned to you not because you asked for it or expected it, it is returned because you were willing to give it, no return required.

THE WARRIOR

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For more information, call the Warrior office at (660) 687-6123, e-mail: Whiteman.Warrior@whiteman.af.mil, fax us: (660) 687-7948, or write to us at:

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

NEWS BRIEFS

Goal \$125K



Halloween 2010

Whiteman residents and members can ‘trick-or-treat’ Oct. 30 from 6-8 p.m. and participate in Halloween festivities.

AADD poster contest

Airman Against Drunk Driving is accepting submissions for a new poster design through Nov. 14. All entries must incorporate AADD’s name, phone number and logo. Submissions must not have crude language or explicit images. The contest is open to all base members. An AAFES gift card will be award to the top three winners. For more information or to send submissions contact Paul.Denton@whiteman.af.mil at (660) 687-2595.

Retroactive Stop Loss claims

Airmen, veterans and beneficiaries who were involuntarily extended under Stop Loss between Sept. 11, 2001, and Sept. 30, 2009, are eligible for Retroactive Stop Loss Separation Pay, and have yet to file a claim for RSLSP, the last day to file is Dec. 3 (extended deadline). For links to the claim forms and instructions on how to file, log on to www.afpc.randolph.af.mil/stoploss.

Officials seek Spirit of Hope Award nominees

Air Force officials are soliciting nominations for the 2011 Spirit of Hope Award. The award recognizes a military member, civilian or an organization that epitomizes the values of Bob Hope -- duty, honor, courage, loyalty, commitment, integrity and selfless dedication. Each major command, field operating agency and direct reporting unit may only submit one nomination. Organizations and base-level personnel must contact their MAJCOM, FOA or DRU for applicable suspense dates and additional information regarding nomination procedures.

Completed nomination packages must be sent to the Air Force Personnel Center by March 15, 2011. For more information on this and other Air Force recognition programs, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil> or call the Total Force Service Center toll-free at (800) 525-0102 or DSN 665-5000.

Whiteman sponsors Multicultural Fest, Oct. 29

By Heidi Hunt
509th Bomb Wing Public Affairs

The 2010 Whiteman Multicultural Fest is held Oct. 29 from 2 – 4 p.m. at Mission’s End. The theme “Understanding our heritage and communicating our difference is the true spirit of Whiteman.”

“The purpose for celebrating a multicultural fest in our community is to recognize the contributions of all Americans, which is the thread of our nation’s tapestry,” said Jerald Alexander, 509th Bomb Wing Equal Opportunity director.

“The committee volunteers selected this theme because it reflects the 509th Bomb Wing mission. Compared to last year’s fest, the 2010 event will encompass a local flair of talents, entertainers and presenters,” said Master Sgt. Tammy Klonowski, 509th Bomb Wing Equal Opportunity superintendent. “There is a lot of good talents within Johnson County that many of us are not even aware of. It is great that our friends are coming to share their experiences with us.”

“This Air Force Global Strike Command event compasses the attributes of our accomplishments as a country,” Mr. Alexander said. “It is important that each of us share and listen to how our ancestors helped forge this nation from the colonial era to the present. This is a gift we all need to convey with each generation.”

Dr. Margaret DePalma, 509th Bomb Wing historian is scheduled to be the guest speaker and her presentation is about the history of the Whiteman.

“Whiteman’s cultural history will also be depicted through displays, which dates back to the 1940s,” Mr. Alexander said.

The fest includes free food and choices from North America, Europe, Africa, Africa, Australia, Asia and the Middle East.

Musical entertainment includes Hal Sappington, Herb Best and Rose Maria Kinder, a bluegrass, Cajun, country and blues band from Warrensburg, Mo. The Red Star and Family Pow Wow Exhibition will provide Native American dancing and singing.

Students from the University of Central Missouri will present poetry readings and monologues. Ms. JaNomia Smith, graduate assistant at UCM, along with a trio of undergraduate students will recite the works of Langton Hughes, Gwendolyn Brooks, Maya Angelou and other African-American poets.

“Also, from UCM is Dr. Carla Maltas, music professor who will entertain the crowd with a puppet show with puppet friend, Harley,” Mr. Alexander said. “Guests can also enjoy popular balloon art from the works of Scott Norwood. This event is both for young and old members.”

“We’d like for everyone to come and enjoy this community event,” said Staff Sgt. Maurice Ingram, 509th BW Equal Opportunity advisor. “This is a wonderful opportunity to learn more about others along with hearing, seeing and tasting the best of America.”

Everyone with base access is invited to attend this free event. For more information contact (660) 687-5737.

Spouses stay fit, social with Freedom Miles

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

The Freedom Miles Program started Oct. 1 at the fitness center here offering spouses of Air Force Global Strike Command deployed servicemembers motivation to maintain a healthy lifestyle.

“It’s a goal-oriented program to give the deployed spouses something to drive toward,” said Master Sgt. Mona Wendzillo, Airman & Family Readiness Center readiness non-commissioned officer, who collaborates between the fitness center and key spouses. “It also gives them a chance to socialize and network with other deployed spouses.”

Motivation is funneled through a mileage-award system. Spouses exercise to earn mileage, which adds up to symbolize the distance it would take to reach their spouses deployed location.

“They earn a specific amount of miles depending on the workout,” said Staff Sgt. Tonya Baugh, 509th Force Support Squadron, fitness programs director. “One hundred and fifty miles for a fitness center special event, 100 miles for a 60-minute fitness center class or individual work-out and 50 miles for 30-minute fitness center class or

individual workout.”

“The incentive program begins the day the deployed member leaves and ends the day he or she returns,” said Sergeant Baugh. “Fitness is a great stress relief while they are deployed.”

Each participant receives a “Fitness Passport” to keep track of their mileage. Once a passport is received, the spouse uses a computer-based program to find the distance between Whiteman and their spouse’s deployed location, which gives them the amount of mileage to strive for.



A large map will be on display at the fitness center showing different locations. The distance to each destination represents the progress each spouse has made.

“The map gives the spouses a visual as to how much work they’ve done to reach their loved one,” said Sergeant Baugh.

“If my husband deploys, I will take advantage of the program,” said Angela Reed, spouse of Staff Sgt. Ronal Reed, 509th Security Forces Squadron. “I can’t pass up on an

opportunity to hang out and get in shape at the same time. It sounds terrific!”

For additional information, call Senior Airmen Alyssa Joseph, 509th Force Support Squadron fitness center, fitness specialist, at (660) 687-5496.

Energy Awareness Month “Do Your Part”

By Julie Surprise
509th Civil Engineer Squadron

On Sept. 13, 1991, President George G.W. Bush proclaimed October as Energy Awareness Month. Since that time, the U.S. Department of Energy has been conducting energy awareness campaigns that promote the wise and efficient use of the nation’s energy.

On Oct. 23, 2007, The Undersecretary of Defense said, “As the largest Federal consumer of energy, the Department of Defense must be the leader in energy efficiency, water conservation, and the use of renewable energy and emerging technology” and issued Executive

Order 13423. The Order, Strengthening Federal Environmental, Energy, and Transportation Management, charges service members to significantly improve energy management in support of the mission, “in an environmentally, economically and fiscally sound, integrated, continuously improving, efficient, and sustainable manner.”

The following are some energy conservation tips to consider:

- Turn out lights in occupied offices when away for more than a few minutes
- Keep the thermostat at 75-76 degrees year round
- Make sure floor and wall vents are not

blocked

- Use daylight instead of electric light when possible

- Do not use space heaters
- Turn off copiers overnight or program to power down to sleep mode
- Report all water leaks promptly
- Turn off small appliances when not in use

By using these tips, Team Whiteman can help meet the Air Force’s energy reduction goal. The Air Force has set an aggressive goal to reduce energy consumption by three percent each year beginning in 2005 and a total reduction of 30 percent by the year 2015.

From the Frontlines: Master Sgt. Daniel Colon

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

With the focus of American press on the war in the middle-east, many forget that the U.S. has global positioning; meaning the U.S. military isn't secluded to the frontlines of Afghanistan and Iraq, or preservation of maintaining a presence in the Pacific.

The U.S. Embassy in Bogota, Columbia, is an example of the U.S. maintaining public relations worldwide. Air Force Global Strike Command Airman, Master Sgt. Daniel Colon, country clearance manager for the embassy, was one warrior who faced the frontline of politics. He was deployed Oct. 2009 through June.

"It was a really great experience, and my first deployment to an embassy," said Sergeant Colon. "It had its dangers. Being an American in that area required you to be vigilant."

While security in Colombia has improved significantly in recent years, violence by narco-terrorist groups continues to affect some rural areas as well as large cities, according to the U.S. Department of State. To prevent problems that could arise, "Anytime a military member travels to a foreign country, the individual is supposed to put in a request through the Aircraft and Personnel Automated Clearance System,"

said Sergeant Colon. "It is used to inform the host-foreign government agencies of the traveler's existence just in case something was to happen."

All the APACS requests went through Sergeant Colon's system. His job was to delegate each request to their appropriate branch. The APACS information includes the person's name, when they will be in country, for how long, where they will be staying and contact information.

Sergeant Colon said, depending on the country, a set of requirements have to be met before the individual enters the country, such as isolation preparation, human relations, safety and anti-terrorism training. Once completed, the persons can leave for the country.

"I had to get them flight reservations, ensure they had the appropriate briefings, inclusive dates they would be in country ... then approve it," the sergeant said. "Then I would send it up to our commander, an Army colonel, to be signed. Once signed, I would translate the finalized request into Spanish for a Columbian general."

Working in a joint-environment is always a great experience, he said.

"The camaraderie in an environment like that is like nothing else," Sergeant Colon explained. "We collaborate so smoothly

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Packin' up and shippin' out



Airman 1st Class Marita McCoy, 509th Logistics Readiness Squadron traffic management apprentice, packs an item to be shipped.

Photo story by Staff Sgt. Jason Huddleston

Airman 1st Class Christopher Schrier, 509th Logistics Readiness Squadron traffic management apprentice, signs the DD form 1348-1A to transfer property from base supply to cargo movement. When signing the form, A1C Schrier checks the items and box for any discrepancies such as missing paperwork, leaking fuel or a incorrect packaging.



Airman 1st Class Christopher Schrier, 509th Logistics Readiness Squadron traffic management apprentice, seals a confidential item for shipping.

Airman 1st Class Marita McCoy, 509th Logistics Readiness Squadron traffic management apprentice, spray paints to obliterate prior markings such as old shipping labels or markings that do not apply for the current shipment.



Protect yourself from the flu

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

Living in a world of germs where viruses and bacteria surround everyone, it seems impossible to escape these microscopic infectors. Not only do they sicken people, they have the potential to impact the mission and ultimately take a life.

The best way to prevent the flu is to get the vaccination each fall, which provides 90 percent protection.

According to the Center for Disease Control and Prevention, flu season takes place from October through May and kills about 36,000 people and hospitalizes more than 200,000 people each year in the United States.

"Last year, approximately 0.1 percent of our base population was affected by the seasonal flu, most likely do in-part to the seasonal flu vaccine," said Air Force Global Strike Command member, Capt. Jessica Dees, 509th Medical Operations Squadron, chief of public health.

"It's essential for individuals to obtain the vaccine, which is the first line of defense against influenza," said Master Sgt. Louis Desomma, 509th Medical Operations Squadron NCO in charge of public health. "Prevention is our main goal."

If an individual has a fever and feels ill, Captain Dees recommends seeking

medical attention as soon as possible. If diagnosed with the flu, no close contact with people is advised since the virus is contagious.

"The Whiteman mission could be negatively affected if a large percentage of our base population were ill from the seasonal flu," said Captain Dees. "If we can't do our job and support the mission, then we as a country become vulnerable to enemies and that cannot happen in our line of work."

The Air Force goal is to have 90 percent of active-duty members vaccinated by Dec. 1.

Other methods to prevent getting the flu include:

- Washing hands at least five times a day. When washing hands, aim to wash for at least 20 seconds with warm water and soap. This will protect individuals from the virus that causes the flu.
- Avoid touching eyes, nose or mouth. Germs are often spread when a person touches his or her eyes, nose or mouth.
- Cover mouth and nose with a tissue when coughing or sneezing. If no tissues are available, try to cough or sneeze into the elbow. When the hands are protected, it may prevent others from getting sick.
- If sick with a flu-like illness, the CDC recommends staying home for at least 24 hours after a fever has resolved.

See Flu, Page 12

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Team Whiteman member combats breast cancer

By Heidi Hunt
509th Bomb Wing Public Affairs

In 2006, breast cancer claimed the lives of 40,820 women, which is equivalent to 110 deaths per day, according to the Center for Disease Control. October is breast cancer awareness month and in recognition, Air Force Global Strike Command recognizes those who have been affected by this disease.

Those fighting at the forefront of this disease-driven war may be considered honorary warriors. Martha Willming, wife of retired of Master Sgt. Jeff Willming is one such individual whose challenges will not soon be forgotten.

After a routine well-woman exam in June 2009, Martha's doctor discovered something out of the ordinary in her right breast.

At that time in her life, breast cancer was the furthest thing from Martha's mind.

"My husband had just retired and my youngest daughter was about to go off to college," said Martha. "I wasn't even thinking about breast cancer when my doctor told me it might just be a cyst and nothing more, but nonetheless recommended a mammogram."

At 39-years-old, this would be Martha's first mammogram. She had originally planned to schedule one soon after her 40th birthday.

From that point in her life, she knew things could change, but was unsure how.

After receiving the results of her mammogram, Martha scheduled an appointment for a biopsy, where doctors surgically removed a small sample of breast tissue.

Two days later, the results came back positive. Martha was diagnosed with breast cancer.

By that time her tumor reached 2.2 centimeters, indicating stage II of breast cancer. Stage IV is the final stage of breast



(Left to right) Rachel Willming, Martha Willming and Sarah McCoy at a basketball fundraiser game in the Knob Noster High School auditorium, Feb. 12. Supporters wore pink T-shirts to honor and raise money for Breast Cancer Foundation. October is national breast cancer awareness month.

cancer.

A growing list of medical engagements had Martha routinely visiting doctors' offices.

"I had to find out where the cancer was so my doctor recommended a lumpectomy," she said. "They took three lymphoids from my body to check if it spread outside of my breasts, but thankfully all three came back negative."

"A positive was that I caught it early and it didn't develop into an aggressive stage of breast cancer," Martha said.

After discussing options with her oncologist, additional physical and mental challenges arose with each scheduled visit. This time, the impact would connote differently to Martha.

Martha endured six-rounds of chemotherapy and

30-rounds of radiation, part of a process that would rob her of what many women consider a big part of their womanhood.

"I tried to psyche myself out and get in that mindset, but almost overnight my hair fell out," she said. "I was devastated."

But as the initial shock faded, Martha hosted a head-shaving party with her family and friends and took turns transforming her hair style.

"My hair was going to fall out I was going to have fun with it and they styled my hair into a Mohawk," she said.

Because Martha opted for chemotherapy, chances of the cancer coming back in ten years reduced to 20 percent from 40.

After 22 months of undergoing radical changes, Martha was announced cancer free in September.

Her loved ones were overjoyed.

"In spite of her challenges, Martha continues to be trooper throughout this experience and I admire her for the way she handled it," said Dawn McCoy, family friend.

Martha said she is fortunate and has received nothing but support from her family, friends, co-workers and the community.

"There were days when people brought food and even left anonymous gifts at my house," she said. "I also received many hats, which I appreciated and wore a lot."

Her last chemotherapy treatment was Jan. 15, which was when her hair started to grow back.

"Dealing with this disease is just a little part of my life, not my whole life and something I had to and am still going through," Martha said.

Since her diagnosis, many of Martha's friends and co-workers have taken steps to get breast exams.

"Early detection and self breast exams are key and I cannot stress that enough," Martha said. "Even if you feel something, you should get it checked out immediately. It could save your life."

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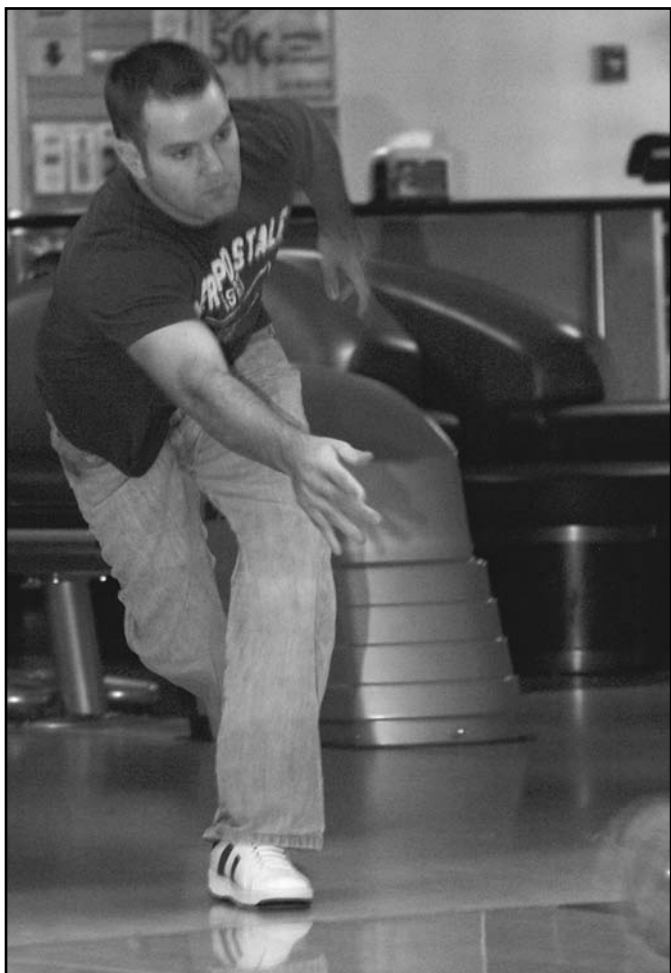
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Bowling Center aims to raise Airmen morale



Staff Sgt. Lucas Wacker, 509th Comptroller Squadron, bowls Oct. 5 during the first Squadron Bowling Center Challenge. A squadron that challenges the Bowling Center staff and wins will receive vouchers for each team member for a free medium pizza from the Bowling Center.

By Senior Airman Jason Barebo
509th Bomb Wing Public Affairs

To increase Airmen morale, welfare and readiness, an Air Force Global Strike Command value, the 509th Force Support Squadron Bowling Center has issued an ongoing Squadron Bowling Center Challenge.

"We are trying to get people from different squadrons involved in bowling," said Phil Wagner, bowling center manager. "We have intramural leagues, but over the years it has dwindled with people moving to other bases. We want Airmen to see what bowling has to offer, what things have changed and our plans for the future."

The current and future changes refer to a new setup for scoring tables, new furniture for bowlers and a plan for newer, larger score screens.

The challenge is open to all squadrons here. A four-man team can issue a challenge to the bowling center staff by contacting Mr. Wagner at (660) 687-5114. Cost for bowling in the challenge is free. Two teams will bowl a set number of league-style games and a cumulative score will be kept of all games bowled. If the



U.S. Air Force photo by Senior Airman Jason Barebo
Members of the 509th Force Support Squadron Bowling Center team and the 509th Bomb Wing team await their turn to bowl Oct. 5 during the first Squadron Bowling Center Challenge. If a challenging squadron beats the Bowling Center representatives, each member of the team receives a voucher for a free medium pizza from the Bowling Center.

squadron team wins, each member will receive a voucher for a free medium pizza.

"The 509th Force Support Squadron is trying to give back to the Airmen in the community and provide different things for them to do here instead of having to drive out of town," Mr. Wagner said. "There are other bowling centers in the neighboring

towns, but we do everything we can to keep our facility at the highest standards for our Airmen to enjoy."

The bowling center offers several bowling game options for \$2.00 or less and is open Monday 7 a.m. - 2 p.m., Tuesday - Thursday 7 a.m. - 9 p.m., Friday 7 a.m. - 11 p.m., Saturday 9 a.m. - 11 p.m. and Sunday noon - 9 p.m.



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Extreme training takes Airmen to the edge

Story and Photos by Senior Airman Jason Barebo 509th Bomb Wing Public Affairs

The Extreme Military Training class is one of the many options available to members who want to improve their physical fitness. Farrah Thompson, an EMT Instructor, brought the idea from Kadena Air Base, Japan, where she was a Fitness Improvement Instructor during her husband's tour of duty.

The class is open to active-duty members and Reservists and is targeted for Airmen who have failed their PT test or feel they need improvement.

Maintaining fitness helps ensure Air Force Global Strike Command can continue its mission by providing combat ready forces to support the President of the United States and Combatant Commanders.

"Our senior leadership has gone to great lengths to ensure every Airman stays fit year-round," said Chief Master Sgt. Mark Long, the Air Force chief of enlisted promotions. "We want all Airmen to take fitness seriously. We intend that the days of 'cramming' for the annual fitness test will be replaced by an emphasis on year-round fitness. We were the only military service who did not test at least twice a year, and it's a definite step in the right direction to change the Air Force fitness culture."

When an Airman fails, he or she must attend classes that will teach them better eating and exercise habits and attend approved exercise sessions at the fitness center and be marked as present, or they can ask their physical

training leader to provide a more tailored workout.

"(At Kadena) we had a 98 percent pass rate," Mrs. Thompson said. "When we moved here in May, I proposed the idea to the fitness center and have received a lot of support from Master Sgt. Maria Machado, (509th Force Support Squadron), and Lt. Col. David Stanfield, (509th Force Support Squadron commander)."

Mrs. Thompson is enthusiastic each day she teaches the class.

"I love this class," Mrs. Thompson said. "Having a group workout session is very motivating, challenging and supporting. My students are always cheering each other on as well as competing with each other."

"This class is a real test of discipline," said Staff Sgt. David Gott, 509th Maintenance Squadron. "Coach drives us to the breaking point and takes us a little further. There's a point where you think to yourself, 'I can't do any more sets.' That's when Farrah drives us to push harder, and you know you are getting a good workout."

In addition to providing exercise instruction, Mrs. Thompson tries to accompany her students on their test dates.

"I think having a familiar voice motivating them is comforting," she said. "Also after being in my class for several weeks, I can tell whether they are able to push harder or if they're already at their limit."

The EMT class meets Monday and Wednesday from 6:30 - 7:30 p.m., Tuesday and Thursday from 5:30 - 6:30 p.m. and Tuesday through Friday from 9 - 10 a.m. For more information or to sign-up, call (660) 687-5496.



Members of the morning Extreme Military Training session perform jump squats Sept. 29. EMT training sessions provide a variety of workout exercises and locations all focusing on passing the Air Force Physical training test.

Staff Sgt. David Gott, 509th Maintenance Squadron, sprints Sept. 29 during an Extreme Military Training session. The EMT class is tailored to focus on the core exercises required for the Air Force Physical Training test.



Members of the morning Extreme Military Training session perform sit-ups Sept. 29. EMT training sessions provide a variety of workout exercises and locations all focusing on passing the Air Force Physical training test

Members of the morning Extreme Military Training session run through Knob Noster State Park Oct. 5 EMT training sessions provide a variety of workout exercises and locations all focusing on passing the Air Force Physical training test.

New wing commander named for 442nd FW

By Lt. Col. David Kurle
442nd Fighter Wing Public Affairs

The 442nd Fighter Wing here can expect a new commander soon, according to an Air Force Reserve Command senior leader announcement.

Col. Eric S. Overturf was named as the incoming commander and will replace Col. Mark L. Clemons during a change of command ceremony expected in December.

Colonel Overturf is currently the commander

of the 477th Fighter Group at Elmendorf Air Force Base, Alaska, an associate unit that operates, maintains and supports active-duty F-22 Raptors.

The 442nd Fighter Wing is the only Air Force Reserve wing in the state of Missouri - its 1,300 reservists operate, maintain and support a squadron of A-10C Thunderbolt IIs. In addition, the wing oversees the geographically-separated 476th Fighter Group at Moody AFB, Ga., and provides administrative support to the 610th Intelligence Squadron at Offutt AFB, Neb.

Exceptional care



Courtesy Photot

Gisela Grigg was voted Air Force Global Strike Child Development Center caregiver for September. Mrs. Grigg was chosen because she received the most number of votes from CDC parents. The contest runs monthly and parents can vote for caregivers at any time during business hours.

Frontlines

Continued from Page 4

between services these days. We learn how each other branch does things and how they look at situations, and it's great."

"I see the best we offer and do, and what the other branches offer," he added. "We share our strengths and weaknesses for the better of our country."

Along with the experience of working alongside the Air Forces sister services, Sergeant Colon said seeing Columbia was

incredible.

"Overall Bogota is a beautiful city. It rivals any city in the world as far as the architecture, food, stores and how modern it is," he said.

Even with the amount of work Sergeant Colon had, and the beautiful country side he was able to see, he said he missed home.

"What I missed most about the states was the freedom of getting in my car and going where I want," he described. "We were at the mercy of certain vehicles and had to wait on them due to safety, so just the freedom I'm used to was most missed."

Flu

Continued from Page 6

Notable exceptions include the seeking of medical care or requirement for other necessities. Note that the 24-hour rule requires that your fever should be gone without the use of a fever-reducing medicine.

• While sick, limit contact with others as

much as possible to keep from infecting them.

Currently, high risk personnel are receiving the vaccine. The clinic anticipates receiving another shipment of the vaccination within the next few weeks.

The immunization clinic is a walk-in clinic with hours of operation between 7:30 a.m. and 4:00 p.m.

For more information, call the clinic at (660) 687-4304.

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Change in law could put more money in spouse's paycheck

By April Rowden
Service and Manpower Public Affairs Office

RANDOLPH AIR FORCE BASE, Texas – Military spouses in states that collect state income taxes should be able to pocket a little more of their paycheck under an amendment that allows spouses to retain their legal residency in their home state.

A November 2009 amendment to the Servicemembers Civil Relief Act included a provision that exempts military spouses, who are living with their active-duty sponsor under official military orders, from paying state income taxes on wages earned in that state, as long as that state is not the spouse's legal residence.

The requirements for legal residency are determined by each state. Spouses are encouraged to contact the nearest military legal office for more details and how to reclaim home state residency.

Spouses that qualify for the tax exempt status and have already filed their taxes may be eligible to file an amended state tax return for the refund. Taxpayers should speak with a tax professional to determine the requirements of the state in which they are currently living and working.

For more information, visit Air Force Personnel Center's personnel services website. Airmen may also call the 24-hour Total Force Service Center at (800) 525-0102 or DSN 665-5000.

Whiteman Exchange ID check goes Hi-Tech

By Emma-Jayne Swan
Exchange assistant store manager

Implementation of an updated point-of-sale system that leverages the technological advances available through "smart" common access cards is streamlining the identification process for age-restricted items at the Whiteman Exchange.

"According to Department of Defense Instruction 1330.21 and Army Regulation 215-8, Exchanges are required to restrict the sale of certain items such as alcohol and tobacco," said Becky Stover, Exchange manager.

"Prior to implementation of the 'smart' ID cards, exchange associates had to visually inspect the identification in order to complete the sale. Now, our scanners at the register can work directly with

the card to verify eligibility."

The Whiteman Exchange's new point-of-sale system prompts associates to check identification when a restricted item is scanned.

Scanning the bar code on the front of the shopper's ID card allows the Exchange's system to determine the customer's age and quickly complete the transaction. The system does not print the customer's birth date on a receipt or store the information in any way.

"This is a convenience issue," said Mrs. Stover. "It's simply a matter of what is easiest for the shopper and because the process is mechanical, another measure to help ensure minors are not in possession of age-restricted items."

According to Mrs. Stover, scanning IDs to verify age is consistent with DoD

Instruction 1000.13 which deems "U.S. Armed Forces Identification" cards as "the primary ID for active duty Uniformed Services members and shall be used to identify the member's eligibility for benefits and privileges."

"In this case the Exchange is identifying whether the shopper is eligible to purchase age-restricted items," said Mrs. Stover. "As a result, I believe this effort is consistent with the DoD's intent behind 'smart' IDs and am excited about the efficiencies combining it with the Exchanges' point-of-sale system presents. Furthermore, I'm confident this process is protecting the benefits of authorized shoppers by verifying ages on items, such as knives and mature rated music, video and games as well as tobacco and alcohol."

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Dr. Hasek will see you now.

WMMC is pleased to announce the opening of a new family practice clinic in Knob Noster, MO. Sarah Hasek, MD, will begin seeing patients at Western Missouri Family Healthcare on September 20, 2010. The practice is located at 600 East Allen, Suite A, and is now accepting appointments.

Dr. Hasek earned her medical degree at the University of Missouri – Kansas City School of Medicine and completed her Family Practice Residency at Southern Illinois University (SIU) – Carbondale. She has practiced family medicine in southern Illinois for the past nine years and was an Associate Professor of community and family medicine at the SIU Family Practice Residency Program.

Dr. Hasek and her husband, Dan Dietz, reside in Warrensburg with their three young sons.



Sarah Hasek, MD

To make an appointment with Dr. Hasek, please call Western Missouri Family Healthcare – Knob Noster at

(660) 563-5555.

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Here are the answers to last week's crossword puzzle.

This week's puzzle can be found on page 17.

General Schwartz discusses change in the U.S. Air Force

By Jim Garamone
American Forces Press Service



General Norton Schwartz
Air Force Chief of Staff

WASHINGTON – The world has changed and the United States Air Force must change too, Air Force Chief of Staff Gen. Norton Schwartz said Oct. 12 at the National Press Club here.

General Schwartz made the point that political leaders have been dealing with the effects of globalization since the 1970s, but that the circumstances and conditions that globalization engenders continually change.

What the United States faces today, he said, is different than anything the nation has confronted in the past.

"The rub is, of course, that we can only estimate the nature of the future threats, the capabilities of potential adversaries or the topography of future operating environments," General Schwartz said. "We are not afforded, and never will be, complete certitude about such things."

The economic environment also influences the choices leaders must make and the paths the nation -- and the Air Force -- must follow. Trillion-dollar deficits will limit what the service can buy.

"We cannot commit substantial financial investments to prepare for an infinite variety of contingencies," he said. "We must be more flexible across a wide, but far from infinite range of contingencies, and (be) more versatile and efficient in everything we undertake."

The Air Force must balance today's needs with tomorrow's challenges, he said, adding that his service must be more agile and faster than in the past. That is nothing new to the Air Force, he added, as it is the nature of operations in air and space to be quick.

General Schwartz said the Air Force also must be more efficient.

"An important strategy is to reduce overhead operating costs, create more savings and shift them directly to force structure and modernization, and to warfighting needs," he said.

Being more efficient also requires a new way of working with others, General Schwartz

said. The general said he and Adm. Gary Roughhead, the chief of naval operations, are fully committed to a new partnership called "Air-Sea Battle." The partnership, General Schwartz said, will enable the Navy and the Air Force to project power in new ways.

First, the Navy and Air Force will work together institutionally, General Schwartz said. A second way to work together, he said, calls for agreement on how Navy and Air Force systems will integrate and operate together.

"A third way of cooperating is materially with interoperability among current systems and integrated acquisition strategies for future joint capabilities," General Schwartz said. All this, he said, will amplify the services' effectiveness.

The U.S. Air Force defends the skies over the United States and allied countries and over friendly forces wherever they may be based, the general said. Precision strike worldwide, tanker and airlift support, satellite connectivity and early warning, he added, are all part of the Air Force's core mission. And, Airmen are helping to rebuild war-torn areas, conducting convoy operations, manning outposts and other non-traditional jobs, the general said.

Yet, "control of air and space; holding at risk practically any target on the Earth's surface; intelligence, surveillance and reconnaissance; airlift and the command and control of air and space capabilities, again, will remain our most fundamental and enduring core contributions," General Schwartz said.

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CROSSROADS Seventh Day Adventist Church
WARRENSBURG
Everyone Needs A Place To Come Home To
Join us every Saturday
5 miles W. of Warrensburg at the intersection of Hwys 50 & 58.
Worship Service 11:00 a.m.
Sabbath School 9:45 a.m.
Pastor Al Oetman
660-656-3332

Worship With Us Charity Christian Center Church
59 NE D. Hwy. - Knob Noster
Bishop Willie Shields, Jr.

Sunday School 10:00am
Worship Service 11:00am
(Children's Church & Nursery Available)
Friday Praise Service 7:00pm
563-4813
charitychristiancenter.org

FAITH LUTHERAN CHURCH MISSOURI SYNOD
507 S. WASHINGTON KNOB NOSTER
660-563-5973
Sunday Worship 9:30 AM
Sunday School 10:45 AM
Adult & Children
Jr. High and High School Youth Groups Meet Monthly

Bring Your Family and Come Join Us This Sunday
(ACROSS FROM THE HIGH SCHOOL)

Calvary Baptist Church
Independent - Fundamental
35 SE J Hwy.
Just outside Knob Gate

Sunday School 10:00 am
Preaching 11:00 & 6:00 pm
Wed. Prayer & Preaching 7:00 pm
Past. Jeff Merrick
660-563-2379

Harmony Missionary Baptist Church
Proclaiming the Truth in Love

Sunday school: 9:30
Worship: 10:30
Bible Training: 6:00
Bible Study - Wed. 6:30

500 Hammond Rd. • LaMonte
660-347-5544

...be filled with the Spirit.
Ephesians 5:18

First Assembly of God
Dr. Alvin Langston
Dr. Esther Kay Langston

Sunday School 9:30 a.m.
Sunday Service 10:30 a.m.
Midweek Renewal 7:00 p.m. Wed's

240 NW Highway 13 - Warrensburg
660-747-6762
www.AG-WBG.org

First Christian Church
101 S. Monroe ~ Knob Noster

Sunday School...9:00am
Worship...10:00am
Wed. Night Supper Club
Dinner...5:45pm • Classes...6:45pm
Nursery Provided For All Services

563-2827
Minister: David Jordan
www.knobnosterfcc.com

Independent Fundamental
Grace Baptist Church
3304 S. Ingram - Sedalia

Sunday School 9:45am
Worship Sunday 10:45am & 6pm

826-2918
Pastor Alvin Sipe
Wednesday Bible Study 7pm

First Baptist Church
"Applying God's Word in Today's World"

Sunday Worship 9:00 & 10:45 am
Sunday School 9:00 & 10:30 am

Childcare Available
1302 S. Maguire
Warrensburg
747-9186
Web Site: www.fbcwburg.org
Email: fbcwburg@fbcwburg.org

Mt. Moriah Baptist Church
400 E. Lucas St.
Knob Noster, MO

Pastor Donald Tanner
Sunday School 10am
Morning Service 11am
Please Come Out & Join Us!

Blood Drive



U.S. Air Force photo by Staff Sgt. Jason Huddleston

Members of team Whiteman donate blood their blood to help care for our deployed forces, at the Armed Services Blood Program at the Community Activity Center here Wednesday.

HUNTER'S HILLTOP

"Family Owned for Over 40 Years! Serving Whiteman & the Knob Noster Area Since 1967."

Auto & Truck TIRES

Unbelievable Discounts!
Best Value Tires
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- State Inspections
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- Brakes
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Lucien and Sheranda Hunter, Owners
7 NE J. Hwy. ~ Knob Noster
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Mon.-Fri. 7 am-6 pm • Sat. 8 am-3 pm

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AUTHENTIC MEXICAN FOOD



*Cannot be combined with any other offer

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4pm-7pm

\$3 off any dinner entree with the purchase of 2 Dinner Entrees

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Daily Specials - Call in Orders Welcome!



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NATIONAL AMERICAN UNIVERSITY

one-on-one attention • small classroom setting • convenient scheduling

TIME FOR SCHOOL!



WHITEMAN FALL SCHEDULE 2010

Classes may be cancelled or added depending on enrollment.

SESSION 3 (OCTOBER 19 - NOVEMBER 8, 2010)

M-W English Comp II

SESSION 3 (OCTOBER 19 - NOVEMBER 22, 2010)

T-Th College Algebra (MA2050)

Contact:

Sandy Mullins
107 S. State Street
Knob Noster, MO 65336
660-563-2400
smullins@national.edu

Facility Hours

Monday	9:00am-5:00pm
Tuesday	9:00am-5:00pm
Wednesday	1:00pm-5:00pm
Thursday	9:00am-5:00pm

www.national.edu

Attention first time college students: Tutoring is always available during Knob Noster facility hours

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

Maryanne Vezino, an 8 year-old Orange Scorpions soccer team member and daughter of Maggie and Maj. K.J. Vezino, 72nd Test and Evaluation Squadron, blocks the soccer ball from a goal during practice, Tuesday. Maryanne is part of the Youth Center's soccer league, which is composed of nine teams and at least 100 players. For more information contact the Youth Center at (660) 687-3199.

Out & About

Mentor Training – The mentoring program gives active duty, retired members and civilians the opportunity to assist local schools and motivate “at risk” students. If interested in becoming a mentor, call (660) 687-7132 for more information or to register for a training class. Reservations are required and the next class is Monday from 1-3 p.m.

Heart Link – The Heart Link seminar teaches spouses about the military and is held Oct. 27, from 9 a.m. – 2 p.m. at the Mission's End. Learn about the mission, customs, protocol and support resources and services available from the experts. Lunch and child monitoring are provided on-site. Reservations are required. Call (660) 687-7132 for additional information.

NAF sale – The Non-Appropriated Funds sale is Oct. 28 at Whiteman Inn Bldg. 3200 and 3003 from 8 a.m.-2 p.m. Items for sale in Bldg. 3200 include: bed frames, box springs, mattresses, chairs, ottomans, love seats, dining chairs, comforters, curtains, lamps and televisions. Items for sale in bldg. 3003 include: bed frames, head boards, box springs, mattresses, comforters, dressers, night stands, sleeper sofa, love seats, recliners, end tables, activity tables, art work, entertainment centers, TVs, wall mirrors and dining table with chairs. Items not sold Oct. 28 will be available for purchase Oct. 29, 9 a.m.-2 p.m. Cash or check only.

1-2-3 Magic – This two-session research based class is 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 2-12 without yelling, arguing, or spanking. Parents will learn how to get their kids 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 also learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call (660) 687-4341.

Common Sense Parenting – This research-based class is offered in three-one and half hour

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 your child self-control as well as prevent misbehavior. Reservations required, call (660) 687-4341.

You, Your Children, & Divorce – This one and a half-hour class is offered twice a month on the second and fourth Tuesday from 11 a.m. – 12:30 p.m. It is for individuals who are in the process of divorcing and have children. Class content focuses on helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. Call (660) 687-4341 for additional information.

New Parent Support Program – This education/outreach program is 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.

Dad's the Basic's – Dad's the basics is a four-hour workshop for new dads to learn about caring for their new baby. The workshop is taught by other dads. It will be held on a Saturday morning from 8 to noon every three months. Call (660) 687-4341 for next workshop date and location.

Prevention & Relationship Enhancement Program – This communication workshop is for couples (married, engaged, and/or dating) who have a good relationship and want to make it better. This 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.

Military Appreciation Game – The Knob Noster School District will honor military personnel with free admission to the Oct. 22 home football game vs. St. Paul at 7 p.m. The free admission is limited to active military ID card holders. This will not include retired military or dependants of active military.

Food & Entertainment

TODAY 10/15

Watercolor Techniques Class ~ Arts & Crafts

Sign up by noon today for this single session class scheduled October 16, 10 a.m.-2:30 p.m. Cost is \$40, supplies included. Call 687-5691 to reserve a spot today!

50 Cent Fridays ~ 3-7 p.m. ~ Stars & Strikes

Join us every Friday for 50 cent bowling. Price includes bowling and shoe rental. Where else can you go to enjoy bowling for a very low price? Call 687-5114 for more details.

Second Intermediate Chain Mail Class ~ Arts & Crafts

Sign up by noon today for this single session class scheduled October 19, 8:30 a.m.-Noon. We will be making a bracelet. Cost is \$25 plus supplies. Call 687-5691 to reserve a spot today!

SATURDAY 10/16

Halo Reach Tournament ~ 1 p.m. ~ Community Ctr.

Challenge your pals to the latest and greatest Halo game yet! Rated "M", Halo Reach promises to be the competition of your gaming season. Certificates awarded to the Most Valuable Player, 2 on 2 and Free for All. Cost is free. Call 687-5617 for details.

Columbus Day Sweeper ~ 1-5 p.m. ~ Stars & Strikes

Five game sweeper with one game bowled on five pairs of lanes. Handicap is based on 80% of 210. Entry fee is \$20 per person; \$7.50 for bowling and \$12.50 for the prize fund. Call 687-5114 for more details.

SUNDAY 10/17

Family Bowling Day ~ Noon-4 p.m. ~ Stars & Strikes

Join us for family bowling day! Bowling and shoe rental are 50 cents each. Call 687-5114 for more details.

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

Football Fans! Join us every Sunday to watch your favorite team on the big screen TVs. Club members can enter to win a trip to the Super Bowl or one of two regular season games! Plus, End-of-Season bonus drawing for \$5,000 in gift certificates. Call 687-4422 for more details.

MONDAY 10/18

Blue Plate Special ~ 11 a.m.-1 p.m. ~ Mission's End

Today's special: Honey mustard chicken with roasted potatoes, glazed carrots, a side salad and a roll. Just \$6 for members; \$8 nonmembers. Call 687-4422.

Family Night ~ 5-7 p.m. ~ Mission's End

Members, join us for a kid friendly buffet. This is a club members only event. Call 687-4422 for more details.

TUESDAY 10/19

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

Check out October's grill specials Monday through Friday during lunch. Your choices this month are Jerk pork cheeseburger with green apple slaw or French Dip. Cost is \$6.50 for members; \$8.50 nonmembers. Call 687-4422 for more information.

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

Enjoy a delicious drink at the club served any day the bar is open. This month's special: Razzmataz. A mixture of Midori, Jagermeister, sweet and sour all layered in a Martini glass. Cost is \$2.50 a drink. Call 687-4422.

Free Bowling Days ~ 3 p.m.-Closing ~ Stars & Strikes

Purchase \$6 from the snack bar, receive three free games and shoe rental when you present your receipt at the bowling counter. Can't make it today, stop by Thursday, same time, same place. Call 687-5114 for more details.

WEDNESDAY 10/20

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

Call in your order to 687-4422 anytime before 3 p.m.; pick up between 4-7 p.m. It's that easy! A perfect meal that feeds a family of four! October's menu is BBQ chicken with mac and cheese, corn on the cob, potato salad, corn bread, and apple cobbler. Cost is \$15.95 for members; \$18.95 nonmembers. Call 687-4422

THURSDAY 10/21

Pheasant Hunt Deadline ~ Outdoor Recreation

Sign up by today for the Pheasant Hunting trip scheduled October 24, 6 a.m.-6 p.m. Cost is \$78 per person. Call 687-5565 today!

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

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



LITTLE HERO'S PLAY GROUP
FOR INFANTS TO PRE-SCHOOL AGE


WEDNESDAYS BEGINNING OCT. 20, 10-11 A.M.
at the Airman & Family Readiness Center's Child monitoring & WIC Room Area

A collaborative effort of the New Parent Support Program, Airman & Family Readiness Center and Child/Youth Services
Call 687-6533 for info



TIME 2 PLAY
ATTENTION PARENTS OF PRESCHOOLERS
Need some R&R? Get your group together & come on over; this one's for YOU!

WHAT: Time 2 Play - a self-directed play group
WHEN: Every Tuesday, 9:30am-11a.m. beginning Sept. 7
WHERE: Youth Center's BIG RED Gym
WHO: Birth - 5 years old
DETAILS:
• This play group is a "bring your own toys" play group.
• Youth Center provides space & recreational balls.
• Parents are responsible for their children.
• No reservations are required... Just stop in!
• Time 2 Play will not be available on "out of school" days.
COST: free... Free... FREE!
Call 687-5586 for info



AFSF
AIRMAN & FAMILY SERVICES FLIGHT



YP
youth programs
All Force Services

CELEBRATE HALLOWEEN WITH THIS SAFE & ORGANIZED HAIR-RAISING EVENT!

Boo Bash

@ the Community Center
Oct. 22
5:30-7:30 p.m.

Events:
Fortune teller
Snake pit
Frightful Fish Pond
Dial "D" for Dracula
Boogo
Ghostly Craft
Pumpkin Walk
Pumpkin Bowling
Ghostly Golf
Face Painting
Punkin' Chunkin'
Horrible Hop Scotch
Spider Ring Toss
Wheel of Misfortune



FREE!

MO USO with Hot Dogs & Drinks 687-5617



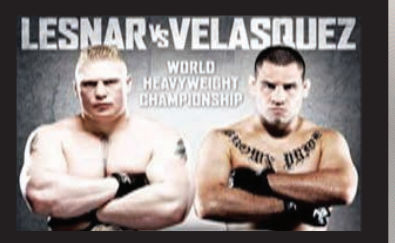
community center
Air Force Services

UFC 121

Fight Night @ Mission's End

OCT. 23

7pm-Midnight
\$3 MBRS
\$10 NONMBRS



LESNAR vs VELASQUEZ
WORLD HEAVYWEIGHT CHAMPIONSHIP

687-4422

LUNCH TIME BLITZ

@ Fitness Center

This program is designed to challenge all levels of fitness from beginner to experienced. Nate will push through a series of drills, circuits, and routines that will increase your speed, endurance, power, and flexibility. If you've got 45-50 minutes to improve your state of fitness, Nate is here to help you achieve your goals.

MON-FRI
12:30-1:30pm



GET FIT STAY FIT
WHITEMAN AIR FORCE FITNESS CENTER



FORCE
SUPPORT SQUADRON

Force Support page editor.....Cathy Sison
509th Force Support Squadron.....687-4386
WWW.WHITEMANFORCESUPPORT.COM

Youth & Teen Events

TODAY 10/15

Tumbling Sign Ups ~ Youth Center

Youth, ages 3-12, sign up for a six week tumbling class scheduled to begin November 1. Cost is \$45 for members; \$55 nonmembers. Sign up deadline is October 25. Call 687-5586 for more details.

Halloween Haunt at Worlds of Fun ~ Youth Center

Teens, ages 13-18, sign up today for the trip to Worlds of Fun scheduled October 30, 2:30 p.m.-Midnight. Cost is \$30 for members; \$33 nonmembers. Teens will need to bring extra money for dinner and souvenirs. Admission price is included. Call 687-5586.

SATURDAY 10/16

Halloween Carnival ~ 6:30-9:30 p.m. ~ Youth Center

Youth, ages 6-12, come out and take part in our Halloween Carnival! Each child will receive a bag to put toys/candy in as they take part in a variety of fun activities throughout the evening. Youth may wear their costume. Popcorn and juice provided. Cost is \$10 for members; \$12 nonmembers. Call 687-5586 for more details.

MONDAY 10/18

Dentokan Karate ~ 4-5 p.m. ~ Youth Center

Classes are offered every Monday and Wednesday for youth ages 6-18. Cost is \$35 for members; \$45 nonmembers per month. For more information, please call 687-5586.

TUESDAY 10/19

Torch Club Meeting ~ 4-5 p.m. ~ Youth Center

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

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

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

WEDNESDAY 10/20

Teen Sports Club ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, enjoy basketball, flag football, indoor soccer and more in the Youth Center gym every Wednesday. Free! Call 687-5586.

THURSDAY 10/21

Newsletter Club ~ 4-5 p.m. ~ Youth Center

Preteens/Teens, ages 9-18, do you enjoy writing or photography? Come join the Newsletter Club and express yourself in a fun and creative way. Preteens meet from 4-5 p.m.; Teens meet from 6-8 p.m. each Thursday. Call 687-5586 for more information.

Homework Help ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, receive free help with homework, computers and reference materials available every Thursday. Free! Call 687-5586.

LIGHTS ON AFTER SCHOOL!

OCTOBER 21
4-6 P.M.

FREE EVENT!
REFRESHMENTS SERVED!

- ✓ Parents and children, join Whiteman Youth Programs in celebrating after-school programs at the Afterschool Alliance's 10th annual Lights On Afterschool! This nationwide event calls attention to the importance of after-school programs and the resources to keep the lights on and doors open.
- ✓ Youth Programs will be showcasing their after-school activities, clubs, and programs.
- ✓ Youth Sports Program will be available to provide some Family Fun Fitness activities inside the gymnasium promoting health and fitness for the entire family!



SAP
School Age Programs
687-5586

FCC NEWS!

Want a profitable home-base career?

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

For more information about any of FCC programs, please call 687-5590.



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Warrior Weekly Caption Contest

The Idea is simple. Each week, Whiteman Warrior readers will have a new photo that needs a caption. Readers of the Whiteman Warrior will then have a chance to submit their idea of the most fitting photo caption. The caption can be

funny, cute, endearing, etc., as long as it is not disrespectful, profane or offensive.

Caption submissions for this week are due no later than noon on Wednesday, and should be sent to whiteman.warrior@whiteman.af.mil with "Caption

Contest" in the subject line.

Readers can submit more than one caption.

When submitting captions, readers should include rank, first and last name, and unit with their entries. Civilian participants, please submit first and last name.

This Week's Photo



Last Week's Photo



Winner:

"Here... Kitty Kitty!"

-Tech. Sgt. James Clark

509th Aircraft Maintenance Squadron

Runner up: "Now I know what microwave popcorn feels like..."

-Ken Thomas

509th Civil Engineer Squadron

October Is Adopt-A-Shelter-Dog MONTH



HAL

1 Year Old
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Shy
Good w/Dogs & Cats

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w/Kids & Other Dogs

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MOE

5 Year Old
Male Lab Mix
Good w/Dogs

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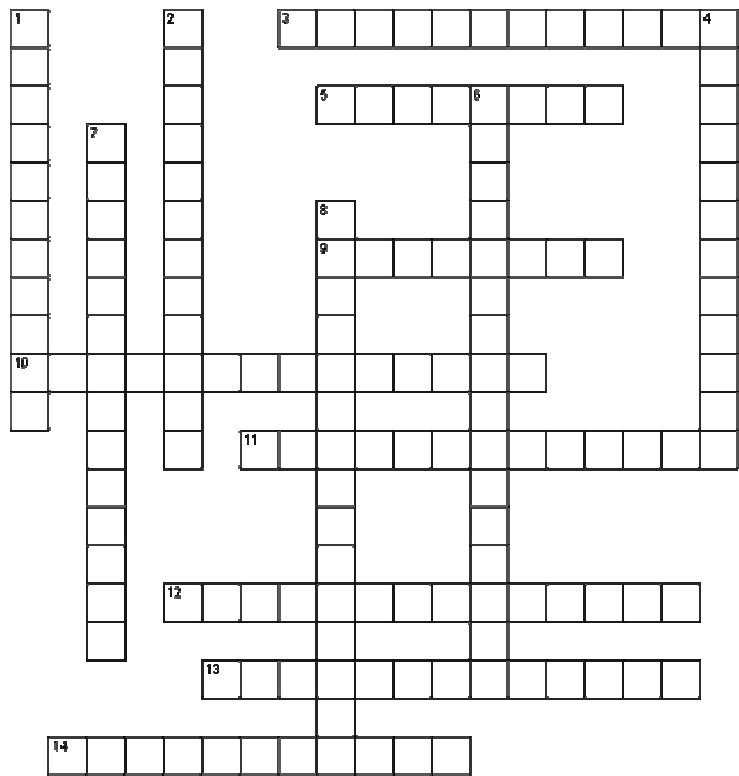
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- Across**
- 13. Captain Virgil Hilt in the 1963 movie, The Great Escape (5,7)
 - 5. Fay Wray starred in this 1933 classic (4,4)
 - 9. Dr Robert Langdon in the 2006 movie, The Da Vinci Code (3,5)
 - 10. Norman Bates in the 1960 movie, Psycho (7,7)
 - 11. Bernie Focker in the 2004 movie, Meet the Fockers (6,7)
 - 12. Director of the 1971 film, A Clockwork Orange (7,7)
 - 13. She played the part of Katharine Hepburn in the 2004 movie, The Aviator (4,9)
 - 14. Tom Hanks was this character in the 1994 movie of the same name (7,4)
- Down**
- 1. He was Spartacus in the 1960 classic (4,7)
 - 2. Jim Braddock in the 2005 movie, Cinderella Man (7,5)
 - 4. She was the voice of Norma Jean in the 2006 movie, Happy Feet (6,6)
 - 6. Rose Sayer in the 1951 classic, The African Queen (9,7)
 - 7. Tom Cruise was detective John Anderton in this 2002 movie (8,6)
 - 8. Director of the 2005 movie, War of the Worlds (6,9)

This Week at the Movies

Saturday

Oct. 16, 2010 - 7 p.m.

Machete

Danny Trejo, Michelle Rodriguez

After a violent shakedown from a notorious drug lord nearly kills him, Machete, a renegade Mexican Federale and tough-as-nails vigilante for justice, roams the streets of Texas, working as a day laborer. When Machete is hired by a crooked US Senator to execute a covert hit, Machete is double-crossed and forced to run from the cops and an endless stream of assassins. But what they don't know is that Machete is looking for them so he can settle the score. R - Strong bloody violence throughout, language, some sexual content and nudity 105 min

Sunday

Oct. 17, 2010 - 3 p.m.

Going the Distance

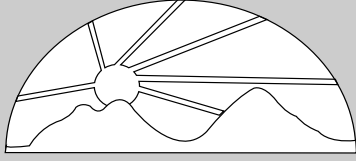
Drew Barrymore, Justin Long

Erin's wry wit and unfiltered frankness charm newly single Garrett over beer, bar trivia and breakfast the next morning. Their chemistry sparks a full-fledged summer fling, but neither expects it to last once Erin heads home to San Francisco and Garrett stays behind for his job in New York City. But when six weeks of romping through the city inadvertently become meaningful, neither is sure they want it to end. But despite the opposite coasts, the nay-saying friends and family, and a few unexpected temptations, the couple just might have found something like love, and with the help of a lot of texting, sexting and late-night phone calls, they might actually go the distance. R - Sexual content including dialogue, language throughout, some drug use and brief nudity 103 min

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

Welcome To KNOB NOSTER

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A growing, friendly community where people and businesses are ready to serve you!

LOCAL ACTIVITIES

- Professional Women's Organization**—1st Mon. of each month - Basement of City Hall
- Lion's Club**—2nd & 4th Mon. 7 p.m. - Jubilation Center
- Chamber of Commerce**—2nd Tues. of each month.
- Call Tammy Templeton @ 563-4090 for more info.
- Masons**—2nd & 4th Thurs. 7:30 p.m. - Knob Noster Masonic Lodge AF & AM
- Optimist Club**—Sat. 7:45 a.m. - Panther Steak House for Breakfast. The last week of the month meetings Wed. 6:30 p.m. - Panther Steak House for Supper (family invited)
- Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church
- Knob Noster Board of Aldermen**—1st & 3rd Tues. each month - Basement of City Hall
- Whiteman Area Piecemakers Quilt Guild**—3rd Thurs. each month 7 p.m. - Methodist Church
- AMVETS**—Membership Night Supper 3rd Sat. each month 7-8 p.m. - AMVETS Building
- VFW**—1st Fri. each month 7 p.m. - VFW Building
- VFW Auxiliary**—1st Fri. each month 7 p.m. - VFW Building
- Boy Scouts** - Troop 509 Methodist Church
- Cub Scouts** - Pack 405 Bill Sander 687-1154
- Cub Scouts** - Pack 509 Methodist Church
- Girl Scouts** - Jo Ellen Elwell 563-3514
- Freedom of the Road Riders, Local 33** - 3rd Sun. 1 p.m. - AMVETS Building

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509th Bomb Wing

442nd Reserve Fighter Wing

Mobile Expeditionary Security Division 13

1-135th Attack Battalion

131st Guard 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. 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.

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Public Notices 6

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Services Offered 69

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Help Wanted 90

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Newspapers

Law Enforcement

POLICE OFFICER

The City of Sedalia will accept applications which must be accompanied with a completed Personal History Statement until 12:00 p.m. on Wednesday, October 27, 2010, for the position of Police Officer for the Sedalia Police Department. This position is subject to a Truth Verification (CVSA) examination and random Controlled Substance and Alcohol Testing per City of Sedalia policy.

Applicants must: be 21 years old or within 6 months of their 21st birthday, a U.S. Citizen, minimum of 30 college credit hours, or current Missouri P.O.S.T. certification, or currently enrolled in Basic 470 or higher Academy, or minimum of 2 years current (active duty, reserve or national guard) military experience with separation within one year, or MO Department of Corrections Certification with minimum of two years experience, no felony convictions or serious misdemeanor convictions, valid operator's license, good driving record and a good reputation. Policy also states no visible tattoos or brands while in uniform.

Interested applications may obtain an application and Personal History Statement by going online at www.cityofsedalia.com or by contacting the City of Sedalia's Personnel Office, 200 South Osage, Sedalia, Missouri, 65301. The City of Sedalia is an Equal Opportunity Employer.

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Houses For Sale 249

Houses For Sale 249

Houses For Sale 249

Houses For Sale 249

Apartments For Rent 207

Apartments For Rent 207

Apartments For Rent 207

Apartments For Rent 207

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- '04 Dodge QuadCab 4wd 69k...\$13,995
- '04 Dodge Quad Cab 2500 4wd...\$13,995
- '04 GMC Xcab 4wd....\$13,995
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