



# 8th Air Force Command Chief visits Whiteman



Chief Master Sgt. Terry West, 8th Air Force command chief, speaks to Airmen from the Whiteman Air Force Base's Airman Leadership School at the Professional Development Center during a base visit Oct 4. West visited various locations around the 509th Bomb Wing to get a general understanding of the wing's mission and priorities.

By Staff Sgt. Alexandra M. Boutte  
509 Bomb Wing Public Affairs

The top enlisted Airman from the 8th Air Force visited here Oct. 3 to 5 to observe how Whiteman Airmen perform their mission first hand.

While here, Chief Master Sgt. Terry West, 8th AF command chief, visited with wing leadership, First Term Airman Center and Airman Leadership School students. The chief ate breakfast with Airmen, took a tour on the flightline and meet with enlisted and officer medical professionals at the clinic.

"I was impressed with the Airmen here," said Chief West. "The most exciting thing about my job is being able to talk to them and experience

the great things they are doing."

After speaking to Whiteman Airmen, West said he trusts the quality of work Airmen provide here and recognized the great job they do while focusing on the unique mission of supporting the B-2 Spirit.

Furthermore, the chief said it is important to focus on the top priorities of the Air Force.

"When Whiteman comes in mind, our number one priority is to strengthen the nuclear capability of our Air Force," West said. "My biggest focus is the three pillars: training, education and experience.

"Concentrating on the three pillars with our enlisted force - our goal is to make sure our Airmen are developed and the right person is in the right job with the right skills," he added.

The chief challenged Airmen to look for opportunities to do something outside the box.

"Airman can prepare for leadership roles in tomorrow's Air Force by starting on education early and being technically proficient in their careers," the chief said.

Chief said Whiteman has talented non-commissioned officers who are very focused and engaged with their Airmen and making the mission happen.

"As we continue keeping the B-2 healthy and engaging in our nuclear capability and deterrence, we have to continue to do things right," West said. "The American public trusts us to get it done correctly."

After his visit with Team Whiteman, West said he believes American's trust is in good hands.

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Each Airman has an individual responsibility for the team's mission success. The Air Force Global Strike Command Challenge helps prepare Airmen for that responsibility.

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### Winterizing your home

Winter temperatures can not only affect your car and body, but also your house. If no preventative measures are taken, serious damage costing hundreds of dollars could occur.

## A crash course on deer collisions

By Nathan Erb  
Air Force Global Strike Command

Deer mating season can be a dangerous time for drivers, deer and car hoods. According to the Insurance Information Institute, 1.6 million deer-vehicle collisions occur each year, resulting in 200 fatalities, tens of thousands of injuries and over \$3.6 billion in vehicle damage.

Being prepared can help prevent you from being part of these statistics. When driving this fall, you should:

1. Watch for the rest of the gang. Deer

are pack animals, and rarely travel alone. If a deer crosses in front of you, chances are there are more nearby. Slow down and keep an eye out for more deer darting across the road.

2. Timing is everything. Deer are most active at dusk and dawn: periods when your vision is most compromised. To add to their terrible timing, deer are on the move during mating season (between October and January) when you're more likely to travel after the sun sets. Slow down and stay alert, especially after dark.

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Welcome

**Lt. Gen. Richard Newton III,**  
*Air Force Assistant Vice Chief of Staff*  
and  
**Lt. Gen. James Kowalski,**  
*Air Force*  
**Global Strike Command Commander**  
and members of the  
**Chief of Staff of the Air Force's**  
**Civic Leader Tour**

## WEATHER

Today	Sunday
Mostly Sunny	Mostly Cloudy
Hi 74	Hi 78
Lo 43	Lo 53
Saturday	Monday
Sunny	Storms
Hi 76	Hi 77
Lo 56	Lo 44

Courtesy of National Weather Service

# Changing the energy culture

By Gen. Donald Hoffman  
Air Force Materiel Command Commander



U.S. Air Force photo/  
Senior Airman Joanna M. Kresge

**Managing energy consumption and conserving natural resources continues to be a priority for the U.S. Air Force. Airmen are reminded to practice these energy-saving tips in their homes and work centers. Lights and electronics should be turned off and unplugged when they are not in use. Set air-conditioning units at a higher temperature while out of the house in the middle of the day. Purchase energy efficient appliances and compact fluorescent light bulbs. Set water heaters lower while out of town and make energy-saving home improvements.**

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS)** -- The absolute lifeblood of the modern military is energy. It allows us to be expeditionary and go anywhere on the globe. For true energy assurance as an Air Force, we need to be able to find energy solutions and strategies anywhere, even in hostile nations. At the most basic level, that assurance starts with reducing demand, diversifying supply and changing the culture.

It can seem overwhelming to think about energy in terms of the entire military, so I want to emphasize saving energy at the point of consumption -- it all begins at the lowest levels. Indeed, I believe that conserving resources, and using them judiciously, is a personal responsibility as well as an organizational responsibility. Whether at home or in our professional lives, being good stewards of energy is simply a matter of changing the culture of how individuals and organizations view and use energy.

To initiate this change in culture, some Air Force Materiel Command bases are participating in contests that pit organizations, and even buildings, in a competition against one

another to see which has contributed the most to energy savings. This might translate simply as flipping off light switches and turning off

monitors at the end of the day -- essentially treating the Air Force's energy consumption as we would our own residences.

As an example of how seemingly small changes can make a big difference, a simple project to detect water leaks has saved Kirtland Air Force Base, N.M., approximately 179,000,000 gallons of water annually. On a more strategic scale, all of our bases are working toward being better stewards of energy through space optimization and facility condition assessments, as well as by forging partnerships with industry to understand how companies organize, prioritize and sustain their facilities.

There is a reason "protect, conserve and consume resources under your control as if they were your own" is one of my leadership principles. I'm proud of the work AFMC members have done to reduce demand, diversify supply and change the culture, thereby helping the Air Force secure a proactive energy mindset. The one energy source that I think we can expend freely, as it is 100 percent renewable, is the energy I see daily in the workforce as you collectively and individually think of new and innovative ways to address this challenge. Thank you for your continued dedication to changing the energy culture.

## 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:

509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

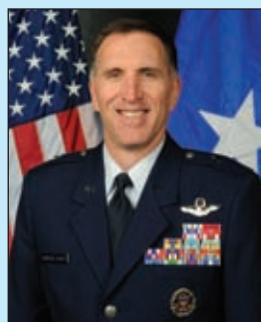
To advertise in *The Warrior*, call the *Sedalia Democrat* at: 1-800-892-7856.

## Commander's Corner

Team Whiteman,

Last Friday marked the 10th anniversary of the start of the conflict in Afghanistan, Operation Enduring Freedom, a war many of you are personally familiar with.

The 509th Bomb Wing was the first to knock down the doors in retaliation for the attacks on 9/11. President George Bush made the national announcement on Sunday, Oct. 7, 2001, that the newly launched campaign against al Qaeda terrorist camps and Taliban military installations opened a new front in the war against international terrorism.



On 9/11 we were in the middle of a Strategic Command exercise. Everyone was working feverishly on the exercise when we received word that the World Trade Center and Pentagon had been attacked. The exercise morphed into reality over those four and a half weeks before we were directed into action by the president in October.

We were ready. We remain ready. There is no enemy in the world who can hide or try to dig so deep as to escape. President Bush made that clear when he said, "Initially the terrorists may dig deeper into caves and other entrenched hiding places, but our military is also designed to clear the way for sustained, comprehensive and relentless operations to drive al Qaeda out and bring them to justice."

The B-2 will continue to be a national asset that holds our enemies at risk at all times. There is no sanctuary for them thanks to the men and women of the 509th and 131st who keep the jets running and the wheels rolling.

We don't see the B-2 in action every day, but that means you have done your job -- to maintain operational readiness through exercises and inspections, which ultimately results in our enemies lack of action against us and our allies.

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm,  
Commander

## What can one person do?

By Chief Master Sgt.  
Allan Sturges  
442nd Command Chief

I was out and about recently talking to the people who are serving our nation here at Whiteman AFB. It was one of those days when I get to talk to people who fix jets, fix our lunches, fix our vehicles, fix our Airmen and just fix things. People were scrambling around, multi-tasking getting more done with less and getting ready to do more with much less.

For the most part, everyone had positive mental attitudes and were happy to be part of the mission. There was one person I spoke with who had great ideas but at one point said, "I'm only one person, what can I do?"

Every day, each of us has an opportunity to make a difference in our families, our military, our communities and our nation by reaching out to help. Sometimes it can be uncomfortable, even awkward, but we can make a difference.

While in Washington D.C. recently, I went to Arlington National Cemetery to pay my respects to those warriors who had made the ultimate sacrifice and to also witness the changing of the guard at the Tomb of the Unknown.

There were tourists everywhere walking to or from the Tomb of the Unknown -- some just visiting a tourist attraction and others with intentions such as mine. As people were walking past me, "Taps" began to play -- I stopped walking, came to attention, and placed my hand over my heart.

All I was doing was paying the proper respect but something

unexpected happened also; everyone around me stopped. I don't know if they would have otherwise stopped or not, but I don't think so -- just one person making a difference.

There was an organization that recently had a suicide averted. Two Airmen were out on the job and while working, were carrying on a casual conversation. Throughout the day they shared stories about work and families. While they were finishing up the job at the end of the day, one of the Airmen asked the other "Have you ever thought about hurting yourself?" The Airmen said, "Yes." His wingman stayed by his side while he went and spoke with the first sergeant, who took the appropriate actions to get this Airman the help he needed -- just one person making a difference.

Throughout our days we have opportunities to make a difference. Not all opportunities to make a difference are going to be big, or even noticeable, when you do them, but they're all good.

The small differences can be a smile, or kind word to someone who's having a bad day. It can be offering to help a person finish a task early so they can spend time with a loved one, and it can also make a difference to tell someone you know that they matter or it can be that little child that needs a few extra minutes with you or a hug.

The difference can be made by stopping and listening when a person needs to talk about something that's bothering them before they do something terrible.

By ourselves we are just one person, but we can make a difference. Be that person!

**NEWS BRIEFS**

**KNHS military appreciation football game**

Knob Noster High School will honor all military branches during a football game at 7 p.m. today. The spirit tent will be located next to the stadium and is scheduled to open at 5:45 p.m. for a social period. Active-duty military will be admitted for free with proper identification. Brig. Gen. Scott Vander Hamm is scheduled to perform the coin toss prior to the game.

**2011 Halloween, Oct. 31**

Whiteman AFB trick-or-treaters can participate in Whiteman's 2011 Halloween celebration Oct. 31 from 6 to 8 p.m. Families are asked to practice safety measures.

**Veterans' Day Parade**

The annual Veterans' Day parade is at 3 p.m. Nov. 11 and is scheduled to start at Seventh Street to Main Street, going north to Ohio Street in Sedalia, Mo. Churches, schools, youth and adult organizations, family groups and businesses are invited to participate in the parade as well as veterans groups and first responders. All entries are to have a patriotic theme. Political entries will be accepted as long as they do not endorse any candidate or issue. There will be prize money for the best float, best car, best marching band, best family unit and best school unit and "best" overall unit. All entries must be submitted by Oct. 31. Entries are not confined to Pettis County. The parade is sponsored by the JrROTC and the veteran's organization, Voiture 333 of the 40 & 8. Rain or shine. For more information call Tony Gallagher at 660-287-3812 or email irishsgt@charter.net.

**Voters Assistance Office**

The Whiteman Voting Assistance Office is available to provide year-long voting assistance to all U.S. citizens who have access to the Installation Voter Assistance Office. The Whiteman Voter Assistance Office is located in the 509th BW Building in room 117, MPF/MPS Customer Service section. The services include providing information and voter registration assistance. For assistance with absentee voting send an email to vote@whiteman.af.mil or call 660-687-2868. The assistance is appointment-based and available 8 a.m.-3:30 p.m. Mon.-Fri., except Federal holidays and wing down days.

**Influenza vaccination**

The 509th Medical Group is now offering the influenza vaccine to all TRICARE eligible dependents and retirees. This season's vaccine will provide protection against several strains of influenza to include H1N1. For questions regarding the flu vaccine, call the Immunizations Clinic at 660-687-4304. Air National Guard and Reservists will be notified by leadership when flu vaccines is available.

**Thunderbolts over Kansas Speedway**



KANSAS CITY, Kan. -- Four A-10 Thunderbolt IIs from the 442nd Fighter Wing at Whiteman Air Force Base fly over the Kansas City Speedway Oct. 9 before the start of the Sprint Cup Series. U.S. Air Force photo by Senior Airman Cody H. Ramirez

*Show-me heroes*



U.S. Air Force photo by Airman 1st Class Montse Ramirez



U.S. Air Force photo by Airman 1st Class Montse Ramirez  
**Ron Pierson, Local Veteran's Employment Representative presents (TOP) Karen Martin, Base Exchange manager, and (BOTTOM) Carol Lakey, Commissary manager, with the Show-Me Heroes "Flag of Freedom" Award Oct. 6. The award is intended to recognize Missouri Employers that have hired at least one Missouri Veteran since taking part in Governor Nixon's Show-Me Heroes program. These businesses took the online "Pledge of Support to Missouri's Veterans" and are now recognized on the program's website.**

**442nd Fighter Wing announces October promotions**

Congratulations to the following 442nd Fighter Wing Airmen who promoted Oct. 1.

**AIRMAN**  
**Ciera Lawson,**  
442nd Force Support Squadron

**AIRMAN 1st CLASS**  
**Ryan Pride,** 442nd FSS

**SENIOR AIRMAN**  
**Kyle Kuhnline,**  
442nd Logistics Readiness Squadron  
**Jill Hollandsworth,**  
442nd Aircraft Maintenance Squadron

**STAFF SERGEANT**  
**Tracy Brown,** 442 Fighter Wing  
**Sherry Brainard,** 442nd CF  
**Grant Mason,**  
442nd Maintenance Squadron  
**Benjamin Hall,**  
442nd MXS  
**Ryan Armstrong,** 442nd AMXS

**TECHINICAL SERGEANT**  
**Peter Koontz,** 442nd LRS  
**Michael Jewell,** 442nd MOF  
**Kevin Balandron,** 442nd AMXS  
**Kenneth Meadows,** 442nd AMXS

**MASTER SERGEANT**  
**Clay Hudson,** 442nd LRS  
**Nicole Adams,** 442nd FSS  
**Eglin Cline,** 442nd AMXS  
**Dewayne Magnuson,**  
442nd MXS  
**Karin Moore,** 442nd LRS

# Deer Continued from Page 1

3. Wear your seatbelt. It may not prevent a collision, but if it happens a seatbelt can reduce injuries. This is especially true if you lose control and collide with something bigger and more stationary than a deer.

4. Take a moment to reflect. First, look for the road signs. The yellow diamonds with the deer on it are placed in high-traffic areas for deer. You may also spot a deer because their eyes will brightly reflect a car's headlights, making them easier to spot.

5. Stay Center. On a multi-lane road, the center lane is your safest bet for avoiding a deer collision, as long as your local traffic laws permit it. This gives deer plenty of space; and in case your vehicle does startle them, it gives you more time to react if one darts onto the road.

6. Stay the course. If you see a deer, brake firmly and calmly, and stay in your lane. Swerving could make you lose control of your vehicle and turn a bad situation much worse. Not to mention, deer are unpredictable, and you could swerve directly into their changed path.

7. Honk! Some experts recommend that one long blast of the horn will scare deer

out of the road. Do not rely on hood whistles or other devices designed to scare off deer - studies have shown them to be largely ineffective at minimizing accidents.

If the above 7-step plan fails (and it happens to the best drivers), you should take the following steps in the deer collision aftermath.

1. Pull to the side of the road as soon as it is safe to do so.

2. Turn on your hazard lights and remain in the vehicle until you are sure it is safe.

3. Call emergency services if injuries are involved or the local police for property damage.

4. Stay away from the deer. If it is still alive, it could be confused, injured and dangerous if approached. When contacting the authorities, let them know if the deer is in a dangerous spot on the road so that it can be removed.

5. Contact your insurance provider as quickly as possible to report any damage to your vehicle.

Knowing what to do when you encounter a deer on the highway can be a life-saver.

## Official Whiteman AFB Facebook launched



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

**SEDALIA FOOD FAIR**  
www.sedaliafoodfair.com

**Tuesday, October 18**  
**5:30 - 8:00 PM**

Missouri State Fairgrounds • Agriculture Building

Tickets \$10 Each In Advance • \$12 Each At The Door  
Tickets available at the Sedalia Area Chamber of Commerce, (inside the Katy Depot) 600 East Third Street, and Patricia's Mexican Restaurant, 3000 South Limit.

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# Fitness track receives sporting upgrade



**By Senior Airman Cody H. Ramirez**  
509th Bomb Wing Public Affairs

Whiteman Intramural sports teams and their fans around base will have a new sporting arena to enjoy later this fall.

The 509th Force Support Squadron fitness center has added 70-foot stadium lights and are currently installing a scoreboard, high-school sized goal posts and seating at the base track to transform it into a sports arena.

The nearly \$400,000 project, which began in

early September, is scheduled to be completed by mid-November, according to Michael Taylor, 509th FSS fitness center director.

“The current football field is quite worn and people have been sustaining injuries while using it lately,” Taylor said.

“When the field is wet we have to run one way for both teams,” he added. “When one team is heading a direction and the ball is turned over, we just turn around and head in the same direction because of the field’s poor quality.”

Taylor said the new field will prevent injuries

and allow for more enjoyable intramural games, because it has better drainage and is in better condition than the previous field.

The new stadium lights are unique, according to Taylor, because they can be turned on from the fitness center or from a mobile phone application. This convenience allows fitness center employees to turn on the lights without being at the stadium in person.

A concrete pad is also being added so spectators can watch their teams in comfort.

The addition of a scoreboard brings two

conveniences – accurate score keeping during games and an unofficial time marker during physical-training tests.

Taylor also said the street lights around the track remain for those who use the track at night.

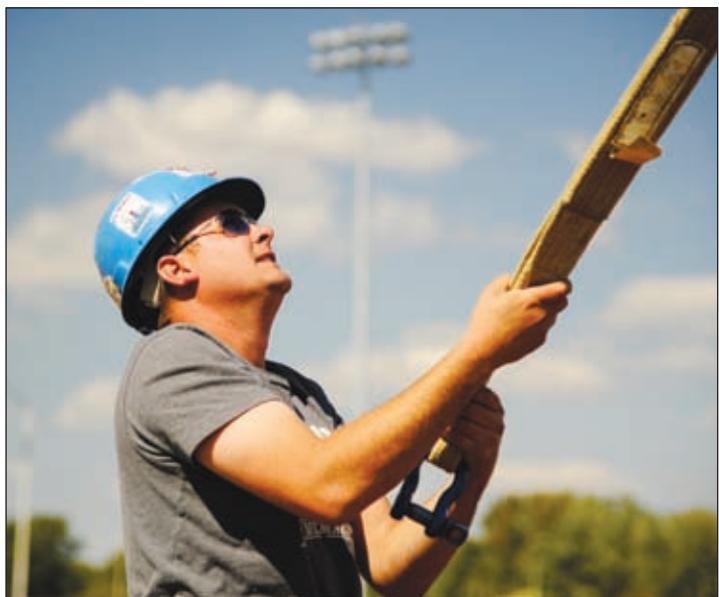
The sports stadium isn’t only convenient for those playing sports.

“It’s going to be nice having the sporting field closer to the fitness center, so we can transport equipment easier,” Taylor said.

The Whiteman community can expect to use the new facility in November.

**TOP: Contractors from Infinite Energy Construction, Inc., Knob Noster, Mo., work together to put up a 70-foot stadium light Sept. 26. RIGHT: Contractors from Infinite Energy Construction, Inc., Knob Noster, Mo., use a crane to put up a 70-foot stadium light Sept. 26.**

**BELOW: A Contractor from Infinite Energy Construction, Inc., Knob Noster, Mo., holds a stadium light here Sept. 26 while the rest of his team tightens the base.**



**Contractors from Infinite Energy Construction, Inc., Knob Noster, Mo., finish installing a 70-foot stadium light Sept. 26 as the crane is lowered.**



**A Contractor from Infinite Energy Construction, Inc., Knob Noster, Mo., tightens the base of a 70-foot stadium light Sept. 26 to ensure the light is safely installed. The company has 120 days to finish a nearly \$400,000 sports-stadium project at the base track.**

*U.S. Air Force photos/  
Senior Airman Cody H. Ramirez*

# Preventing foodborne illness

By Airman 1st Class Brandon Newman

(Submission courtesy of 509th Medical Group Public Health)

How food is processed today has come a long way in the last 100 years. With restaurants and grocery stores serving hundreds, if not thousands, of people daily it is a necessity to supply as much food as quickly as possible to any given facility at any given time.

Over the last couple of years these complications have most commonly been noticed in the form of mass food recalls, the most recent being cantaloupe. The cantaloupe in question comes from a company based out of Colorado that ships to more than 15 different states including Missouri. The cantaloupes are contaminated with bacteria called *Listeria monocytogenes*. Food contaminated by *Listeria* can cause a mild to severe illness, and is potentially life threatening.

*Listeria monocytogenes* is mostly found in soil and water, but it can also arise from other variables. The bacteria may be carried by animals that do not show any signs of illness in meat processing plants, therefore after the animal has been slaughtered, it may contaminate other elements within the food processing facility. *Listeria* is killed by pasteurization and cooking; however, in some ready-to-eat foods like hot dogs and deli meat, contamination can occur after cooking, but this only occurs before the meat has been packaged. Unlike most bacteria, *Listeria* can still grow and multiply in

refrigerated temperatures. According to the Center of Disease Control, 1,600 people in the U.S. become seriously ill with Listeriosis, and 260 of these individuals die annually. People with the highest risk of serious illness are pregnant women, newborns, persons with compromised immune systems and older adults. The symptoms for Listeriosis are fever and muscle aches often preceded by gastrointestinal symptoms such as diarrhea. Additional symptoms may include: stiff neck, headache, loss of balance, confusion and convulsions.

Listeriosis is a bacterial gastroenteritis (stomach flu) that usually resolves in 2-3 days without any treatment for healthy children and adults; however, the elderly, people with compromised immune systems, newborn babies, and pregnant women are at the most risk of developing complications from this infection. Pregnant women may only suffer from mild flu-like symptoms, but serious problems can arise with the pregnancy such as miscarriage, premature delivery, stillbirth, or life threatening conditions for newborns. People that fall under any of these criteria, and experience symptoms of Listeriosis should seek immediate medical attention from their primary care physician.

The best way to prevent infection from *Listeria* is the same as preventing any other foodborne illness. When cooking meats, make sure they reach an internal temperature of at least 165 Fahrenheit for a minimum of 15 seconds. Also, with meats such

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**50th Anniversary Vietnam War Tribute**

**Heckart Performing Arts Center**  
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**Sunday, October 30 • 3:30 p.m.**

Doors Open at 3:00 p.m. • Ticket Holders should be seated by 3:15 p.m.  
Unclaimed seats will be released to non-ticket holders at 3:20 p.m.

Speakers will include  
Air Force Master Sgt. James "Smitty" Smith, of Smithton  
Marine Corps Sgt. Jim Clark, of Sedalia • Marine Corps Cpl. Gregg Davis, of Cole Camp

Entertainment:  
State Fair Community College Jazz Choir • Soloist Ashton Faith Thompson

Appearances by:  
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GM Employee Price ..... **50,343.87**  
USAA Member Rebate ..... - 750  
Consumer Rebate ..... - 3005=

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W-K's GM Employee Price  
**\$46,588.87**

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# Commissary goes digital



U.S. Air Force photo by Airman 1st Class Cody H. Ramirez

An electronic shelf display shows price rates at the commissary here Oct. 7. The new displays use infrared technology connected to computer servers to automatically update product pricing providing accurate information without the need of manual labor.

By Senior Airman Cody H. Ramirez  
509th Bomb Wing Public Affairs

The commissary here recently replaced all paper-price labels with electronic labels to save man hours and for the convenience of their customers.

Electronic shelf-labels are wireless labels that automatically display pricing and other item information on small battery-operated screens. The installation of the approximately 12,500 labels will save the commissary hundreds of man-hours every month, according to Carol Lakey, Commissary manager.

“This is a great system for our store because ESLs do away with the manual task of putting up paper labels each time an item price changes, or information about the item changes,” Lakey said. “Twice a month, the first and fifteenth, prices are guaranteed to change. With more than 4,000 paper labels it required a lot of manual work.”

Lakey said the process is automatic with the new labels.

“It’s a more efficient and effective system that blends in seamlessly with the customer’s shopping environment and allows our staff to devote more time to other things that make the commissary a pleasant experience,” she added.

Saving man-hours is an important improvement brought with the installation of the ESLs, but not the only one, according to Lakey.

“The benefit to the customer is the integrity of displayed prices,” she said. “The ESLs allow for simultaneous and automatic price changes without errors

encountered during the manual price change process.”

This errorless process is possible because the unique setup of the new label system. An ESL server, base stations and transceivers make up the system infrastructure. Each section communicates with each other using infrared technology.

The new technology has been used in a few commissaries for a couple years, and the Defense Commissary Agency plans on installing them in nearly 200 more stores over the next few years, according to Lakey.

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## 509th SFS Airmen prepare for Global Strike Challenge

By Senior Airman Nick Wilson  
509th Bomb Wing Public Affairs

Each Airman has an individual responsibility for the team's mission success. The Air Force Global Strike Command Challenge helps prepare Airmen for that responsibility.

A team of Airmen from the 509th Security Forces Squadron is currently training for the second annual Global Strike Challenge, which kicks off at Barksdale Air Force Base, La. Security Forces Squadrons from wings within the command will compete in this challenge Nov. 5-7.

"The events in the competition prepare Airmen for when their blood is pumping and they're running through the woods," said Tech. Sgt. Christopher Camara, 509th SFS NCO in charge of combat arms and team captain. "This helps us see how fast they can think and react to challenging situations under pressure."

Facing challenges includes: a written test, land navigation, physical training, weapons qualification and a mental challenge.

Of the entire squadron, consisting of more

than 500 members, seven Airmen were selected for the team.

To prepare for the challenge, the selected team members have been training in testable circumstances such as: team-tactic film movement, ambush response, deployment from vehicles, Self-Aid and Buddy Care, communication, combat reports and other security force foundations.

"We train our Airmen for everything because we don't know what they'll get tested on specifically," said Tech. Sgt. Roy Chavez, 509th SFS. "Of all the tasks Airmen are trained and certified on, they can be asked to successfully perform any of them."

Last year, the 509th Bomb Wing won the AFGSC's first Global Strike Challenge. Airmen from this year's participating team are hoping to come home with another win.

"I'm excited to join the team because this is a once in a lifetime opportunity for my career field," said Airman 1st Class Cody Scotland, 509th SFS Global Strike Challenge team member. "I'm looking forward to working as a team with the Airmen in my unit and hopefully we can bring home the trophy again this year."



Senior Airman Angel Madrigal, 509th Security Forces Squadron, completes the final lap of the running portion of the Air Force Global Strike Command Challenge try-outs here Sept. 21. Participants ran almost two miles with and without gas masks while wearing Kevlar helmets and vests.



Airmen from the 509th SFS competes in the land navigation portion of the Air Force GSC Challenge try-outs Sept. 21. Official score-posting is at Barksdale AFB, La. Nov. 8-9, in conjunction with the symposium at the Shreveport Convention Center.



Airmen from the 509th Security Forces Squadron fire their M4s during the combat arms portion of the Air Force Global Strike Command Challenge try-outs here Sept. 21. Seven selectees were chosen to represent Whiteman Air Force Base at the second-annual Global Strike Challenge at Barksdale Air Force Base, La. Nov. 5-7. The team will compete against participating security forces squadrons from across the command.



Members from the 509th Security Forces Squadron compete in the land navigation portion of the Air Force Global Strike Command Challenge try-outs here Sept. 21. Of those competing, seven were chosen to represent Whiteman during the challenge.

*U.S. Air Force photos/Senior Airman Nick Wilson*

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# Dirt Boyz plan ahead



U.S. Air Force photo/Senior Airman Laura Goodgame

Airman 1st Class Brandon Kramer starts a snow plow after it has been stored all summer Oct 6. The operators showcased the snow removal equipment to demonstrate to base leadership that the 509th Civil Engineer Squadron is prepared for the impending winter. Airman Kramer is a heavy equipment operator "dirt boyz" assigned to the 509th CES.

# Winterizing your home

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

Winter temperatures can not only affect your car and body, but also your house. If no preventative measures are taken, serious damage costing hundreds of dollars can occur.

If temperatures below freezing are expected, the 509th Bomb Wing Safety office recommends the following tips to prevent weather-related damage to your home:

- ❑ Turn off outside water lines and open the outside spigots to drain standing water from the pipes.
- ❑ Wrap electric heat tape around any pipes that have previously frozen.
- ❑ Keep trickles of water running from the indoor faucet farthest from the main water pipe. This will help to keep any indoor pipes from freezing.
- ❑ If a water pipe breaks, close the main water shut-off valve and call a plumber. If the pipe is easy to reach, you can use a pipe repair kit purchased from a hardware store.
- ❑ Prepare for possible isolation in your

home by having sufficient heating fuel. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

- ❑ Extend the life of your fuel supply by insulating walls and attics, caulking, weather-stripping doors and windows and installing storm windows or covering windows with plastic.
- ❑ Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.
- ❑ Know ahead of time what to do to help elderly or disabled friends, neighbors and employees.
- ❑ Hire a contractor to check the structural stability of the roof to sustain unusually heavy weight from the accumulation of snow or water if drains on flat roofs do not work.

For more information contact the safety office at 660-687-6589.

*(Editor's note: this is the third of a three part series on winter readiness.)*

# Illness Continued from Page 6

of 15 seconds. Also, with meats such as hot dogs or sliced deli meats, avoid cross contamination by not exposing other raw meats to cooked foods, and discard opened packages after seven days. For dairy products, be sure not to eat anything that has not been pasteurized. All dairy products should state on the

package whether it is pasteurized or not.

The Public Health office has contacted all base food establishments and verified that there are no contaminated cantaloupes on base. For further information on Listeriosis, refer to the CDC website at [www.cdc.gov](http://www.cdc.gov) or call the Public Health office at 660-687-4305.

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Smokey the Bear high fives Whiteman community members during the annual fire prevention parade Oct. 8. Smokey is a mascot of the U.S. Forest Service created to educate the public about the dangers of forest fires. The annual fire prevention week campaigns to educate the public on how to prevent and escape fires.

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Paul Williams, assistant chief of fire prevention, hands out candy to Michael, 2, son of Sara and Staff Sgt. Scott Johnson, 509th Bomb Wing, during annual fire prevention week parade Oct. 8. Protecting your family from fire is this year's theme.



Big JB looks on as Sparky and Smokey the Bear usher community members into a fire safety house during the annual fire prevention week parade. The 509th Civil Engineer Squadron provided the community the opportunity to navigate a simulated burning house to get a sense of what it takes to escape a fire. Fire Prevention Week has been declared Oct. 9-15.  
U.S. Air Force photos/Senior Airman Laura Goodgame

## This Week at the Movies

Warrior

Oct. 15, 7 p.m.

*Tom Hardy, Joel Edgerton* -- Haunted by a tragic past, Marine Tommy Conlon returns home for the first time in fourteen years to enlist the help of his father to train for Sparta, the biggest winner-takes-all event in mixed martial arts history. A former wrestling prodigy, Tommy blazes a path toward the championship while his brother, Brendan, an ex-fighter-turned teacher, returns to the ring in a desperate bid to save his family from financial ruin. But when Brendan's unlikely, underdog rise sets him on a collision course with the unstoppable Tommy, the two brothers must finally confront each other and the forces that pulled them apart, facing off in the most soaring, soul stirring, and unforgettable climax that must be seen to be believed. PG-13 - sequences of intense mixed martial arts fighting, language and thematic material. 136 minutes. Genres: Action/Adventure and Drama.

Apollo 18

Oct. 16, 3 p.m.

*Warren Christie, Lloyd Owen* -- Officially, Apollo 17, launched Dec. 17, 1972 was the last manned mission to the moon. But a year later, in December 1973, two American astronauts were sent on a secret mission to the moon funded by the U.S. Department of Defense. What you are about to see is the actual footage which the astronauts captured on that mission. While NASA denies its authenticity, others say it's the real reason we have never gone back to the moon. PG-13 - some disturbing sequences and language. 86 minutes. Genres: Science Fiction/Fantasy and Thriller.

*Movie showings are featured at the Whiteman AFB Movie Theater.*

*Call the movie line at (660) 687-5110 for more information. Cash or check only.*

*\*Movies are \$4.50 for adults and \$2.25 (3-11 years). Doors open 30 minutes prior to show time.*

*\*Movies and ticket prices are subject to change without notice.*

### TEAM WHITEMAN COMMUNITY

#### Airmen Against Drunk Driving

AADD is a Whiteman Active Airmen Association program designed by Airmen to provide Whiteman personnel, who have a valid Department of Defense identification card, (Active Duty, Retirees, Guard, Reserves, Cadets, and Dependents) a free safe ride home 24/7 in the local area by dialing 660-563-1178 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

#### Palace Chase Briefing

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

#### Retiree Activities Office

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

### FAMILY ADVOCACY OUTREACH

#### New Parent Support Program

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

#### Dads: The Basics

Dads: The Basics is a four-hour workshop for new dads to learn about caring for their new baby. The

workshop is taught by other fathers and is held on a Saturday morning from 8 a.m.-noon every three months. Call 660-687-4341 for next workshop date and location.

#### Shifting Angry Response Patterns (SHARP)

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

#### Stress Management

Stress Management is a one-time 90-minute session support group and is offered every Monday from noon-1:30 p.m. in the mental health flight, second floor of the medical clinic. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. Contact 660-687-4341 for more information.

#### Breastfeeding Support Group

Breastfeeding Support Group is 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. in the mental health conference room located on the second floor of the Whiteman Clinic. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

#### 1-2-3 Magic

1-2-3 Magic is a two-session research-based parenting skills class offered twice a month on the second and fourth Tuesday from 2-4 p.m. It teaches parents easy-to-follow steps for disciplining children ages 2-12 without yelling, arguing or spanking. Parents will learn how to get their children to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660-687-4341.



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**FOOD & ENTERTAINMENT**

**SATURDAY 10/15**

**Texas Hold 'em- 6pm- @ Mission's End**  
Join us at Mission's End Texas Hold 'em. Members are free, only \$10 for non-members. Pre-registration starts at 6pm. Call 687-4422 for more information.

**SUNDAY 10/16**

**Family Days- Starts at 4pm- Royal Oaks Golf Course**  
A family of four (two adults/ two children) can golf every Sunday for four green fees, two carts for nine holes, four hot dogs and drinks! Military families only \$30; Civilian guest families \$45. Call 687-5572.  
**Football Frenzy & "Man v. Food"- 11am-6pm- Mission's End**  
Come out to Football Frenzy and enjoy the games, great food, and lots of fun. Compete in "Madden Half-time Trivia" and take home a prize! (4 Competitors in this Man V. Food) Call 687-4422 for more info.

**MONDAY 10/17**

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

**TUESDAY 10/18**

**Stained Glass Panel Class- 5:30-8:30pm- Arts & Crafts**  
For \$115 supplies included, Learn how to make a small stained glasspanel, using the foiling method. This is a six week course. Open enrollment class, join any Tuesday night in October. Call 687-5691 for more info.

**Member's Only Daily Bar Bingo-5pm- Mission's End**  
Bingo starts at 49 numbers for \$450. Each week it goes up by one number and \$50 if no jackpot winner. Consolation prize of \$20 in coverall game. Stop by Tuesday-Friday; Purchase cards by 5pm, Game starts at 5:30pm. Call 687-4422 for more details.

**Chain Mail Jewelry Class- 9-11am- Arts & Crafts**  
Learn the skills of creating chain mail jewelry. Learn to make earrings, bracelets, chains, ect. using jump rings of all sizes. Contact Arts & Crafts at 687-5691 for more information.

**WEDNESDAY 10/19**

**Pottery Class- 6-8pm- Arts & Crafts**  
For \$40 supplies included, Learn how to make pottery pieces on the pottery wheel and also learn how to build clay slabs to make plates and vases on the table. Call 687-5691 for more info.

**THURSDAY 10/20**

**Cook's Night Off!- 4-8pm- Mission's End**  
Call in your order to 687-4422 by 2 pm. Pick up between 4-8pm. A perfect meal that feeds a family of four. Cost is \$15.95 for members and \$17.95 for non-members. Also we have Pizza for only \$7 a large single topping pizza, or add 10 "wings of fire" for only \$14.25.

**FRIDAY 10/21**

**Super Social Hour!- 5-7pm- Mission's End**  
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687-5691

**YOUTH & TEEN EVENTS**

**MONDAY 10/17**

**Child Care Openings- Child Development Center**  
The Susie Skelton Child Development Center has openings for children ages 3-5 yrs. old. Interested parents may contact the CDC at 687-5588 for more info.

**Teen Open Rec- 3-6pm- Youth Center**  
For ages 13-18, every Monday from 3-6pm. \$2 for non-members, Free to members. Call 687-5586 for more information.

**TUESDAY 10/18**

**Time to Play- 10-11am- Youth Center**  
A self-directed play group for ages birth - 5yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are required, just stop in! Call 687-5586 for more information.

**WEDNESDAY 10/19**

**Teen Basketball Club- 6-8pm- Youth Center**  
Ages 13-18, come practice your skills, and enjoy some competition at the Youth Center! Call 687-5586 for more information.

**THURSDAY 10/20**

**Teen Arts & Crafts- 6-8pm- Youth Center**  
Come practice arts & crafts, and enjoy some fun at the Youth Center! Ages 13-18. Call 687-5586 for more information.

**FRIDAY 10/21**

**Operation Night Hoops!- 7-10pm- Youth Center**  
Ages 13-18, Build teamwork, leadership, and discipline in a drug-free environment. Free snacks and drinks will be provided. Sign up by Oct. 19. Free Event! Call 687-5586 for info.

**Support your local CFC!**

**FCC NEWS!**

**RETURNING HOME CARE**  
Military members returning home from a 30 day or longer deployment are entitled to 16 hours of free childcare for each child 12 years old or younger. Come to the Family Child Care Office for an application prior to participation. Call us for more details.

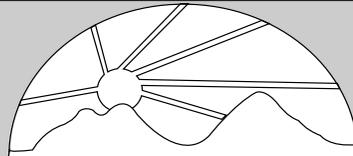
**PCS CARE**  
Arriving or departing from Whiteman? The Air Force Aid Society pays for 20 hours of care per child for all ranks to help with your transition. Child care is authorized in AF licensed or FCC affiliated homes. The Airman & Family Readiness Center offers certificates, which are good for within 60 days of PCSing.

**-CALL US AT 687-5590/1180 FOR MORE INFO**

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Welcome To **KNOB NOSTER**  
JUST OUTSIDE WHITEMAN AIR FORCE BASE



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**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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**Michael Hanna, D.D.S.**

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Hours: 2pm Until Close Mon.-Sat. Karaoke Wednesday nights 9pm - 1am  
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Help Wanted 90

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Pets & Supplies 117

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Misc. For Sale 135

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Misc. For Sale 135

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Apartments For Rent 207

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Debbie Woirhaye or Jane Thurman  
1300 Veterans Rd.  
Warrensburg, MO 64093  
Phone: (660) 543-5064  
Fax: (660) 543-5075;  
Email:  
Debbie.Woirhaye@mvc.dps.mo.gov  
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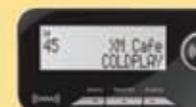
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