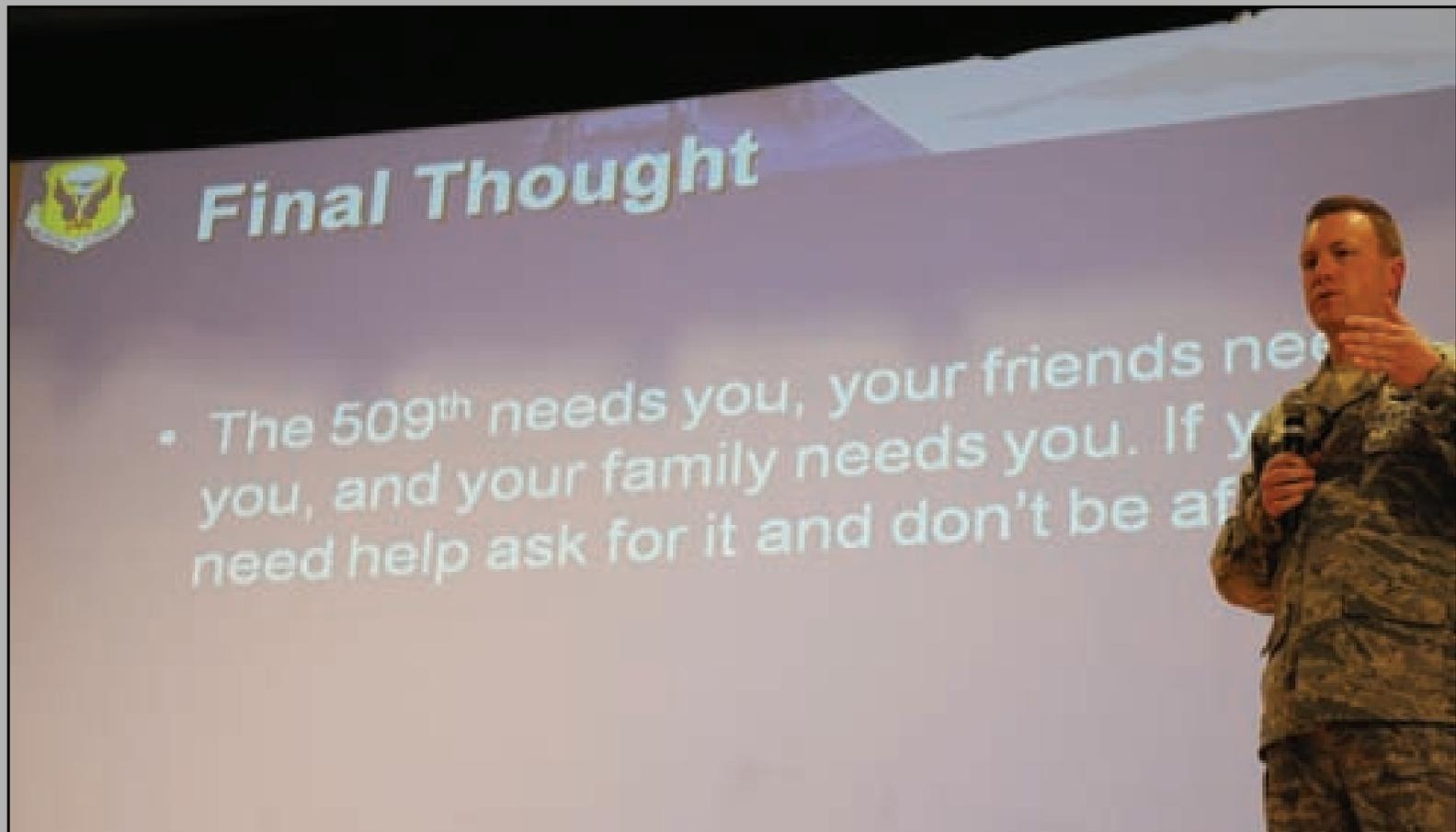


WARRIOR

Vol. 3 No. 3
Jan. 20, 2012

Whiteman focuses on Wingman safety



U.S. Air Force photo/Airman 1st Class Bryan Crane
Lt. Col. Jeff Schreiner, 509th Bomb Wing chief of safety, gives a briefing during Wing Safety Day at the base theatre Jan. 13. Wing Safety Day focused on Airman getting help and giving help when needed. The Air Force established the Wingman program to encourage Airmen and their families to look out for each other and to intervene when signs of stress are observed.

ON THE INSIDE

442nd Fighter Wing promoted

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Staff Sgt. Ron Reyome, 509th Logistic Readiness Squadron supply technician, returned to this Air Force Global Strike Command base from his six-month deployment to Iraq Dec. 25, 2011.

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Honor Guard embodies Air Force image

When it comes to ceremonies and funerals, the 509th Bomb Wing Honor Guard's mission is to be ready, sharp and respond to requests with the utmost amount of poise, attention to detail and professionalism.

8-9

WEATHER

Today	Sunday
Mostly Cloudy	Partly Sunny
Hi 36	Hi 29
Lo 10	Lo 27
Saturday	Monday
Partly Cloudy	Partly Sunny
Hi 52	Hi 48
Lo 28	Lo 26

Spending tax returns wisely

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

Instead of spending your tax refund this year on something that may not last beyond today, why not consider putting it toward something that will make your financial future grow?

R.D. "Smitty" Smith, 509th Force Support Squadron accredited financial counselor, said the best way to spend your tax return is to invest it toward anything that is or has gained interest or to pay off debt.

"Investing your tax return toward an interest-bearing savings account, a money market account or buying a certificate of deposit are always a good way to spend tax returns," said Smith. "Paying off a high interest loan will also help save money in the long run."

Since many Airmen are not from this area, Smith suggests Airmen put their tax return in a savings account or toward an emergency fund.

"Airmen need to prepare for the unexpected,"

See Taxes, page 11

Renovated dorms bring improvement to Airmen's quality of life

By Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

Dorm residents are seeing upgrades to their quality of life here. The transformation started April in 2011 and is scheduled to be complete January 2013.

One hundred and five Airmen have already been affected by the renovations, many of who have been relocated to Atlantis Hall, an already completed wing.

Contractors plan to upgrade heating and air conditioning systems, plumbing and install new fire safety sprinklers throughout the dorms. New shower heads will be placed into the rooms as well as new paint to enhance the interior look of the buildings. Many of the new additions will help save energy.

Staff Sgt. Nicholas Scott, 509th Civil Engineer Squadron airman dorm leader, said that every dorm will be affected by the renovations in some way. The total cost of the improvements is \$7.8 million.

"A lot of money will be put into the renovations so that the quality of life is better for every Airman in here," said Scott.

The biggest improvement will be the replacement of the heating, ventilation and air conditioning systems which will involve switching from a two-pipe system to a four-pipe system which will allow Airmen to control their own heat and air conditioning.

"To further improve the quality of living, there will be a mold remediation," Scott said. "We will run fresh air from the outside into the rooms to help cut down on mold and mildew, instead of circulating the same air."

Another welcomed addition is the new washers and dryers that have recently been placed in each hall.

"The new washers and dryers are great," said Airman 1st Class David Johnson, 509th Maintenance Squadron crew chief and dorm resident. "It's a lot better considering many of the old ones were broken."

As with any renovation, time is needed to ensure quality and safety needs are met.

"We appreciate the Airmen's help in getting this done as quickly as possible," Scott said. "We know it's an inconvenience for everybody and appreciate all the help we can get."

See page 5 for photos

What do you want?

By Lt. Col. Tim Huang

509th Communications Squadron Commander

What started out as a piece to enlighten the masses became something more personal. I had a very hard time staying on topic so I attempted what every good writer will do sometimes...ask the question, "What do you want?"

I walked away from the keyboard, sent the partial sentence fragments back and forth from home to work and back...with no better results. Finally, my inspiration came in the form of one of my father's many, (many) sayings. I realize it's not very popular and certainly not often someone would admit they learned something from their parents; certainly not the rebellious son who wanted to do everything his own way.

However, I've tried to apply the lesson to my daily life: "You're lying to yourself."

Of course I lost something in the translation from the Chinese dialect to English, but the lesson remains. I'm quite sure this saying will not replace, "Forget about it."

So what does that really mean? If you think about it, you'll realize that the one person you could truly never lie to is yourself. This lesson is very useful in many situations and is one of many my father wanted me to learn. If I lie to myself, the only person I'm

hurting is me.

In order to learn that lesson, I have to accept the truth that I'm never going to know everything or be the best at anything. Sad really, but true because, there's always a bigger fish, somebody's always younger, or there's somebody smarter, better, faster and stronger.

So what's the point? The point is to go through the journey (yes, it's the climb) so you can see how far you can go. The point is to not let myself think I can't learn anything from a song, an episode of 'The Kardashians' or from a first-term Airman (or for that matter, from someone more senior or with a different background).

The point is also that what I know may not be correct. Additionally, it might also be that what I want may not be what I need.

It's this last message that ends up hurting in the end, because there's a lot of wishful thinking, not enough planning or effort being put forth to bring about the desired results.

I can still almost hear it, "Don't lie to yourself because you may think you could just wing it and be able to get an 'A' in that class."

If I plow head-on without a goal, I haven't figured out what steps I need to get there and I think "any road will take you there if you don't know where you're going."

I want to serve my country, but I can't meet standards. I want to meet and exceed the standards and get a perfect score on my fitness assessment; yet I haven't slimmed down to less than a 35 inch waist. I haven't taken the time to increase my running speed and endurance, nor have I gotten to a point where I can do 50 pushups (without stopping) followed by 50 crunches and follow that with a six minute 20 second mile.

I've seen it time and again where an individual would wait until the month prior to testing to get fit. Don't lie to yourself.

But before I get too far, I have to make this one point; it matters which of the two questions you ask first: 1. What do I need? and 2. "What do I want?"

There's a big difference between the two and if you think you "need" a fancy new sports car when you're not able to put away some money for retirement, don't lie to yourself.

If you ask the second question first, then you could make a plan to do what you "need" in order to satisfy that "want."

Lastly, there may be tempting alternatives to planning and hard work toward your goals. However, you may quickly find out what you get is not necessarily what you need or even what you want.

Don't lie to yourself when you ask the question; What do I want?

THE WARRIOR

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The Sedalia Democrat

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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,

This past Monday most of us enjoyed a day off from work, in honor of Martin Luther King, Jr., the pioneering civil rights leader who helped America become a more just and equal society. Like many people who adhered firmly and without compromise in what they knew to be right, he died for his beliefs.

Dr. King certainly never wanted to die for his cause. He had a loving family, children, friends and a purpose to which he hoped to dedicate many years of his life.



We celebrate him today as a monumental figure in America's history because, unlike many of his fellow men and women, Dr. King did not let fear keep him from his duty. He did not let fear keep him from doing what was right.

In his autobiography, Dr. King said that "A man who won't die for something is not fit to live." It was an unusually strident tone for a man whose rhetoric tended more toward love, peace and understanding, but for those of us in the military it may be his most resonant quotation. Just as Dr. King lived with the knowledge that he might be called upon to make the ultimate sacrifice for his beliefs, so too do service members stand ready to make the ultimate sacrifice for their nation.

Dr. King believed power must be moral, right and good. In the military, and in the nuclear enterprise, we are entrusted with the stewardship of our nation's most powerful, most awesome assets. This power was in part entrusted to us because our nation believes that we are moral, right and good.

Today we are being tested. This week the AFGSC Inspector General Team arrived to conduct its Nuclear Surety Inspection. Please welcome them as our guests, and show them the pride, precision and perfection of which I know you are capable.

Defensor Vindex,
-Brig. Gen. Scott Vander Hamm
Commander

Continuing education is important

By Gen. Donald Hoffman

Air Force Materiel Command commander

HILL AIR FORCE BASE, Utah -- Building upon the success of the 2011 "Year of the Community College of the Air Force" (YoCCAF), AFMC will continue the initiative for 2012 and beginning this month will launch into the "Year of Continuing Education" (YoCE). Continuing education benefits all of us -- officer, enlisted and Air Force civilians -- at every point in our careers. Effective Airmen and Air Force civilians continue to learn throughout their careers. This year, I challenge each of you to take the next step in your personal intellectual pursuits, whether that means progressing towards your undergraduate or graduate degree, a certification, professional military education or other developmental goal.

YoCE will employ a flexible approach, offering resources and tools to assist everyone in reaching their goals. We have established a YoCE Website and Facebook Page with information targeted to help you meet your specific educational goals, and facilitate awareness of the programs currently available. Last year we surpassed our

goal which was to increase CCAF degrees by 10 percent. This year we are continuing that goal to achieve another 10 percent, plus opening the aperture to include enlisted, officers and Air Force civilians already possessing a CCAF or bachelor's degree to work towards an advanced degree or certification. I am confident with concerted effort we will see great strides in total work force education.

Our Air Force and nation continue to face great challenges and considerable fiscal constraints; however, education will help us overcome challenges by fostering mission efficiency and effectiveness ideas, advance energy conservation and promote resource innovations.

Make 2012 your individual Year of Continuing Education. Evaluate where you are today, determine your next educational milestone and reach it. Challenge yourself; stay current, relevant, and ready. Henry Ford said, "Whether you think you can, or you think you can't, you're right." I encourage you to prepare for the challenges to come.

You will benefit, AFMC will be strengthened, and the Air Force will continue to be the world's best Air, Space, and Cyberspace force.

NEWS BRIEFS

Exchange closed for inventory

The Exchange is scheduled to conduct inventory and will be closed Jan. 23. The Express, food court and mall will remain open during this time. Normal hours of operation will resume 9 a.m. Jan. 24 or upon completion of inventory. For more information call 660-563-3001.

Housing privatization lease signings

Balfour Beatty Communities mass lease signings are scheduled Jan. 30 through Feb. 1 at Mission's End from 8 a.m. to 8 p.m. The transition to privatized family housing is currently scheduled to occur March 1. Everyone living in on-base family housing March 1 or beyond, regardless of projected move-out date, is required to sign a lease with BBC. BBC has made special provisions for those members who have already scheduled to move out shortly after March 1. (i.e. those with PCS orders, signed contracts to purchase homes off base, etc.)

Prior arrangements, however, must be coordinated through the Housing Management Office and approved by BBC. Bottom line: If the on-base home will be occupied for any period of time on or after March 1, a lease must be signed. Members currently residing on-base who do not intend to sign a lease with BBC may visit the Housing Management Office to receive orders for off-base relocation. Per Air Force policy, members who chose to move off base instead of signing a lease are entitled to a funded move (either commercial or DITY) and a partial dislocation allowance. Questions for BBC may be directed to the BBC, Shelly Fischer, Whiteman Community Manager (off-base line) 660-687-0560, or the Lynn Meline, assistant manager (off-base line) 660-687-0561. Dial 99-1-660 before either of these numbers since they are off-base numbers. Questions can also be directed to the Air Force Housing Management Office at 660-687-1840.

Found property

Keys, wallets, bicycles, jewelry, cellular telephones and other items have been turned in as found property to Security Forces Investigations. To inquire about lost property, go to building 711, room 305, or call 660-687-5342. Vehicles have been identified as suspected abandoned and will be towed at the owner's expense. For more information about vehicles, contact Steven Scott at 660-687-5342.

Consolidated dorm manager's office

A sponsor may pick up a room key five duty days before an inbound Airman's arrival date. If an Airman arrives on the weekend and the sponsor does not have a room key then Airmen are to stay in lodging. Airmen may be reimbursed for up to 10 days. The sponsor may pick up a key during the following duty day from the consolidated dorm managers office in Discovery Hall. Dormitory in-processing is every Tuesday and Thursday at 9 a.m. in the CDMO. Airmen are to in process on one of those following days immediately after arrival. Hours of operation are Monday through Friday, 7 a.m.-4 p.m. and closed weekends and down days. For more information, contact the office number at 660-687-1668 or the NCO in charge of unaccompanied housing number at 660-687-5662.

Team Whiteman receives 'royal' treatment



U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte
Members of Team Whiteman pose with former and current Kansas City Royals players Jan. 13. In uniform (left to right), Senior Airman Christian Casey, 442nd Aircraft Maintenance Squadron; Airman 1st Class Ryan Duncan, 509th Security Forces Squadron; Airman 1st Class David Nama, 509th SFS; and Airman Randy Sargent, 509th SFS. KC Royals players (left to right) Dennis Leonard, hall of fame pitcher; George Brett, hall of famer; and Bruce Chen, pitcher, visited and signed autographs for Airmen and their families after visiting patients at the Kansas City VA Medical Center.

Tuskegee Airmen honored during Ceremonial Brass concert



U.S. Air Force photo/Master Sgt. Adam M. Stump

ORLANDO, Fla. (AFNS) -- From right, retired Chief Master Sgt. Richard R. Hall Jr., an original Tuskegee Airman, retired Lt. Col. Montoria Hubbard, the Tuskegee Airmen Gen. Daniel "Chappie" James chapter president, and Col. Gina Humble, the 11th Operations Group commander at Joint Base Anacostia-Bolling in Washington, D.C., sing the Air Force song during a concert at The First Academy Faith Hall Jan. 14, 2012 in Orlando, Fla. The U.S. Air Force Band Ceremonial Brass honored Tuskegee Airmen, the first African American military aviators in the U.S. armed forces, during their performance, playing a new work entitled "Red Tail Skirmish."

442nd Fighter Wing January promotions

The following reservists from the 442nd Fighter Wing were promoted as of Jan. 1:



SENIOR AIRMAN
Jennifer Rehmer,
442nd Force Support Squadron

TECHNICAL SERGEANT
Randi Randolph,
442nd MXS
Chancey McRoberts,
442nd Logistics Readiness Squadron
Chris Stuart,
442nd Maintenance Operation Flight

STAFF SERGEANT
Joshua Barnett,
442nd Maintenance Squadron
Cecil Brushwood,
442nd Aircraft Maintenance Squadron
Derrick Caldwell, 442nd MXS
Nicole Thompson, 442nd MXS

MASTER SERGEANT
Daniel Romine,
442nd Civil Engineer Squadron

The 442nd Fighter Wing is an A-10 Thunderbolt II Air Force Reserve unit at Whiteman Air Force Base, Mo. Geographically separated units include the 917th Fighter Group, Barksdale AFB, La.; the 476th Fighter Group, Moody AFB, Ga.; and the 924th Fighter Group, Davis-Monthan AFB, Ariz. To view the promotions list online, visit The Official Public Website of the 442nd Fighter Wing www.442fw.afrc.af.mil. A copy of the MOHAWK magazine can also be found on the same website.

Courtesy of the 442nd Fighter Wing

Relocating snow



The 509th Civil Engineer Squadron shovels snow off the flightline Jan. 12. Clearing the flightline for aircraft requires the use of heavy equipment. An 18-foot-wide snow broom, 20-foot-wide plow and 54,000-pound roll-over plow allow the airfield to be cleared in a timely manner.

U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte

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Warrensburg
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Wednesday Bible Study 6:00 PM
(Wednesday activities September-May only)

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Warrensburg

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Sunday Worship Service 10:00 AM
Bible Study
Wednesday 6:00-8:00 PM

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660-826-8764

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Worship: 10:30am

Harmony Missionary Baptist Church

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

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660-347-5544

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

AG 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
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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

Bethel Baptist Church
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Morning Worship 11am
Evening Worship 6pm
Wednesday: Prayer & Bible Study 7pm
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Psalm 127

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Sunday School 9:00am
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WARRENSBURG

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Apostle Willie Shields, Jr.

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Worship Service 11:00am
(Children's Church & Nursery Available)
Wednesday Praise Service 7:00pm

563-4813
charitychristiancenter.org

Knob Noster United Methodist Church
106 E. Wimer,
Knob Noster, MO 65336
660.563.2724
knobumc@knumc.com

Sunday Worship: 10:45
Sunday School: 9:30

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
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DISCIPLESHIP • MINISTRY

110 E. McPherson
Knob Noster
Pastor: Jim Richards
Sunday School 9:30am
Worship 10:45am
Nursery Provided
563-3071

Warrensburg Church of Christ
722 S. Maguire
Warrensburg, MO 64093

SUNDAY
9:30am - Sunday School
10:30 am - Worship
6:00 pm - Worship
WEDNESDAY
7:00 pm - Bible Study

"The Churches of Christ salute you!"
Rom. 16:16
Email: contactus@cofcwsbg.org
Web address: <http://www.cofcwsbg.org>
660-747-5519



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

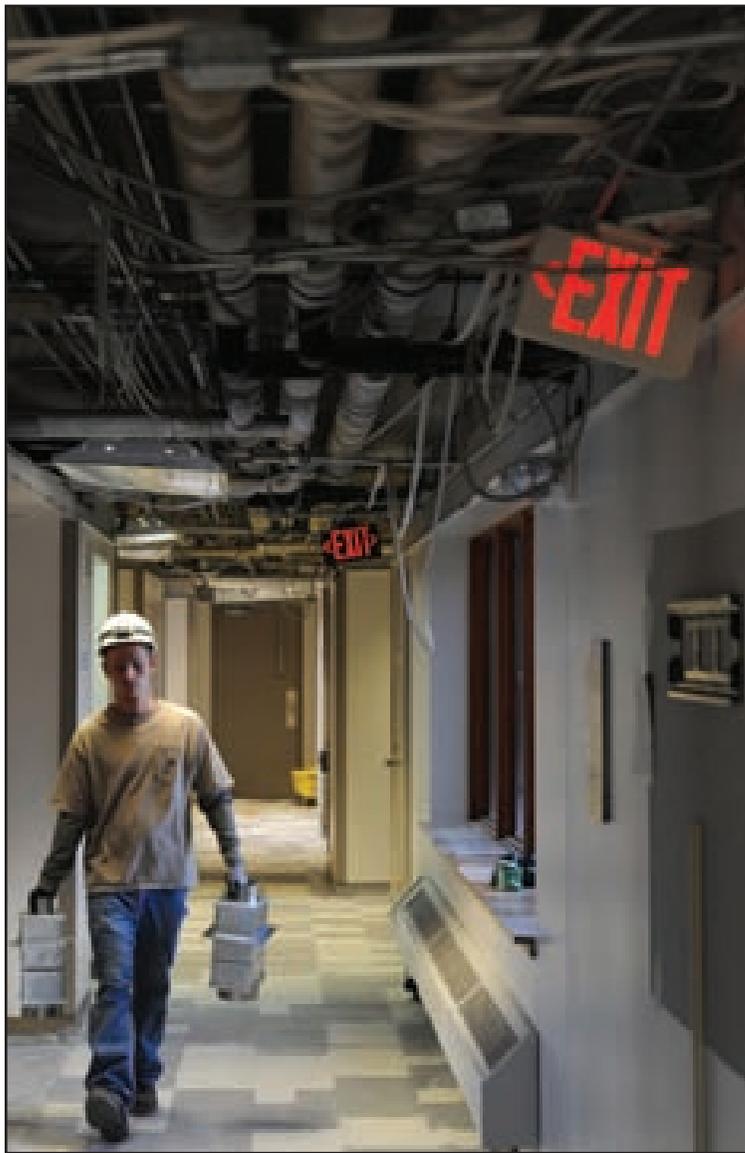
Childcare Available
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Warrensburg
747-9186

Web Site: www.fbcwburg.org
Email: fbcwburg@fbcwburg.org

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Sunday Worship 9:30 AM
Sunday School 10:45 AM
Adult & Children
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Bring Your Family and Come Join Us This Sunday
(ACROSS FROM THE HIGH SCHOOL)



A contractor from Far East Contracting walks down an empty hallway in the portion of Atlantis Hall still being renovated Jan. 10.

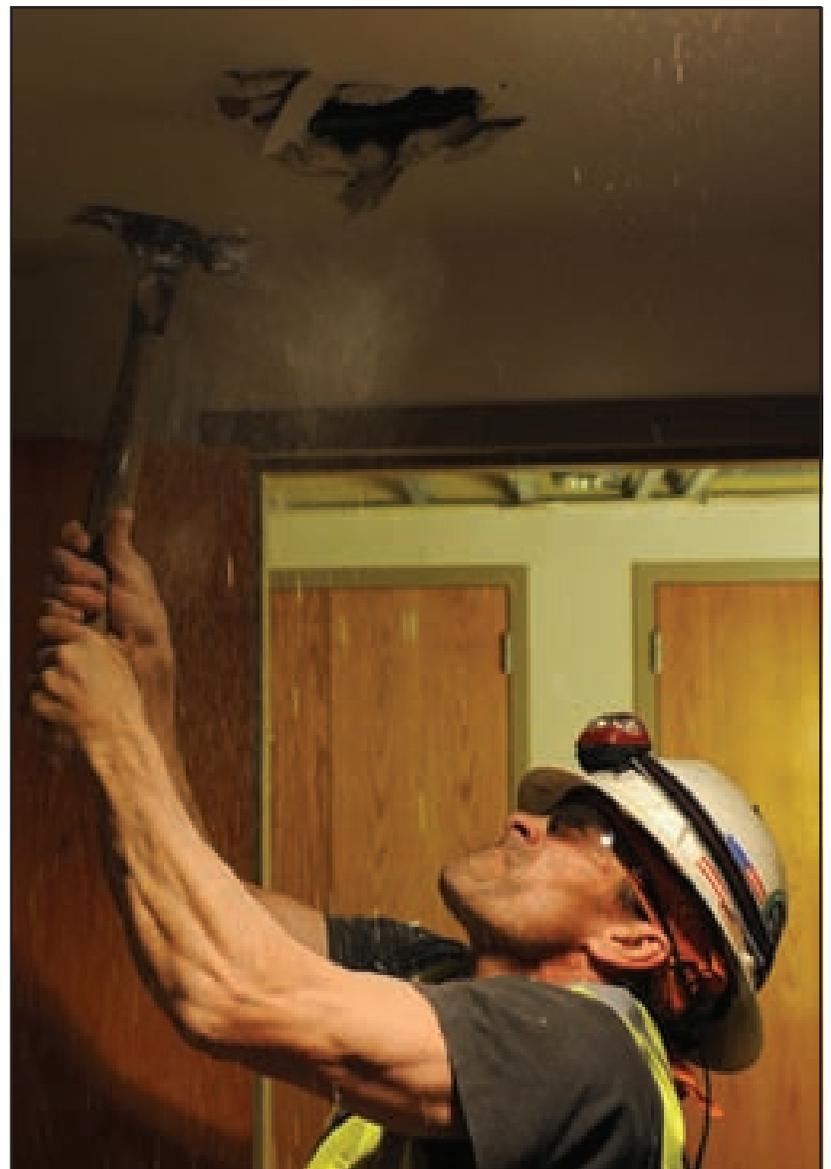
Renovated dorms bring improvement to Airmen's quality of life



A contractor from Far East Contracting uses duct tape to tape plastic down to the floor in Atlantis Hall Jan. 10. Plastic covering the floor allows easy clean up for contractors. Atlantis Hall is part of a \$7.8 million renovation project to include upgraded heating and air conditioning systems, plumbing and installation of new fire safety sprinklers.



(Right and below) -- A contractor from Far East Contracting tears down a piece of dry wall in Atlantis Hall Jan. 10. The new heating, ventilation and air conditioning system has changed from a two-pipe system to four-pipes, to allow airmen to control their own heat and air conditioning. As with any renovation, time is needed to ensure quality and safety needs are met. See page 1 for story.



A contractor from Far East Contracting prepares a ceiling to be torn down in Atlantis Hall Jan. 10.

Home just in time

By Senior Airman Laura Goodgame
509th Bomb Wing Public Affairs

Staff Sgt. Ron Reyome, 509th Logistic Readiness Squadron supply technician, returned to this Air Force Global Strike Command base from his six-month deployment to Iraq Dec. 25, 2011. Reyome operated as the NCO in charge of flight service center and reviewing section.

At the start of 2011, logistic experts calculated there were nearly 3 million pieces of equipment to be moved, from airplanes, helicopters and tanks to laptops and lights. Reyome assisted in the manifesting and shipping of U.S. owned equipment and supplies during the troop withdrawal ending the nearly nine year war in Iraq.

“For months, it was my job to keep a steady stream of gear moving out of the country while keeping an itemized tracking list that we were transporting gear to the right bases,” said Reyome.

Closing down the Iraq war has meant shutting down the U.S. military bases, which numbered 505 at the peak of the war and included everything from small desert fueling depots to massive installations where Americans have been entrenched for years.

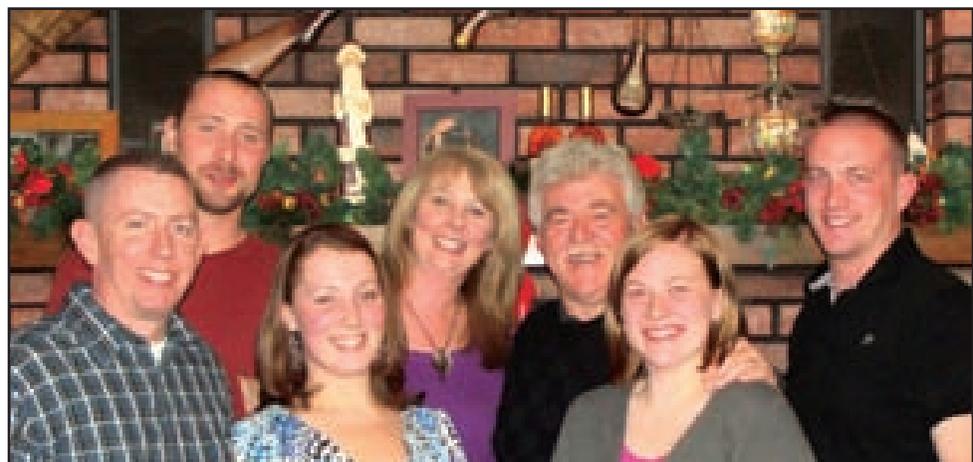
“It has been eight years since I have spent Christmas with my family,” said Reyome.

Without his family in Bangor, N.Y., knowing, Reyome had been able to make it home a week before Christmas and surprise his parents Christmas morning and showed up at their doorstep. His family was not expecting him home until New Year’s.

“I was trying to keep my plans for surprising my family a secret by not telling anyone I was coming home and avoiding Facebook as much as possible,” said Reyome. “I wanted them to be completely overwhelmed with joy.”

“I drove the 1,200 mile trip home with only my father, Ron, gaining a sneaking suspicion but not certain of when I might be home,” said Reyome. “When I showed up my mother and sister started crying with tears of happiness. My entire family was so shocked to see me. It was defiantly the most rewarding holiday I have spent since joining the military eight years ago.”

“It feels good to have served my country at the beginning of the Iraq war and seen it through to the end,” he said. “I know that this is not the end of the U.S. conflicts in the Middle East, but it is good to have my brothers and sisters in arms home from one less war. I will continue to serve proudly alongside them and go where my country needs me.”



BANGOR, N.Y. -- Staff Sgt. Ron Reyome with his family (left to right) Brian, Billy, Michelle, Kelly, Ron, and Vanessa at his father's house. Reyome surprised his family Christmas 2011 morning after returning from his last tour to Iraq. The surprised family members include his stepbrother, stepsister, stepmother, father and sister.



BANGOR, N.Y. -- Staff Sgt. Ron Reyome with his family (left to right) Makayla, Scott, Makenzie, Vanessa and Cindy. Reyome surprised his family Christmas 2011 morning after returning from his last tour to Iraq. Family members include stepsister, stepfather, stepsister, sister and mother.



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Exchange enlisted Advisor visits Whiteman

By Exchange Public Affairs

Headquarters, Army & Air Force Exchange Service

The senior enlisted advisor for the Army & Air Force Exchange Service visited here Jan. 10-12.

During his visit, Chief Master Sgt. Jeffrey Helm toured Exchange facilities, met with employees and addressed Exchange-related issues.

The Exchange is a joint military command with a retail mission to provide quality products services and food to servicemembers, their families, Reserve and Guard members, plus military retirees. Exchange sales generate earnings to supplement Air Force Services programs as well as Army Morale Welfare and Recreation activities.

Helm is one of 72 active duty servicemembers assigned to Exchange to carry out this mission; the Exchange also employs more than 43,000 civilian associates world-wide.

"For every dollar earned, 67 cents comes back to the military community from the Morale, Welfare and Recreation dividend," said Helm. "Last year Whiteman received more than \$384,300, so shopping at the Exchange is a win-win. You get great products at a great price and your spent money comes back to the installation through the dividend."

During his visit, Helm met with Whiteman customers and Exchange associates, answering questions and concerns about the Exchange.

"Part of my job as the senior enlisted advisor is to visit bases throughout the world and find out what Exchange can do to better to serve its customers and fix existing problems," said Helm.

"Also educating our customers on the Exchange benefit is the most important part of my job" said Helm. "Our goal is to be your number one choice for retail shopping. You can go anywhere to purchase an iPod or a TV, but when you buy from the Exchange, that's money going back to support our troops."

"More importantly, clothing sales is the only place our military troops can buy uniform items on base without mail ordering them, making it our goal to have what they need when they need it so they can be outfitted properly," he added.

For more information about the Exchange and Exchange programs, visit www.shopmyexchange.com

U.S. Air Force photo/Senior Airman Nick Wilson

Chief Master Sgt. Jeffrey Helm, senior enlisted advisor for the Army & Air Force Exchange Service, visited here Jan. 10-12. During his visit, Helm toured Exchange facilities, met with employees and addressed Exchange-related issues.

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HONOR GUARD EXEMPLIFIES AIR FORCE TRADITION



HIGGINSVILLE, Mo. -- Ceremonial guardsmen from the 509th Bomb Wing Honor Guard salute for a fallen servicemember during a funeral at the Veteran's Cemetery Jan. 10. With a team of 44 Airmen ranking from airman basic to technical sergeant, the 509th BW Honor Guard has a mission that covers the state of Missouri to include 118 counties.

"It is very honorable and uplifting to be the last individuals in the Air Force that the family members see during funerals," said Airman 1st Class Hope Pacheco, 509th Bomb Wing Honor Guard member.

*Story and photos
By Senior Airman Nick Wilson
509th Bomb Wing Public Affairs*

When it comes to ceremonies and funerals, the 509th Bomb Wing Honor Guard's mission is to be ready, sharp and respond to requests with the utmost amount of poise, attention to detail and professionalism.

With a team of 44 Airmen ranking from airman basic to technical sergeant the 509th Honor Guard represents the military throughout the state of Missouri to include 118 counties.

Their primary duties include honoring veterans at funerals, said Tech. Sgt. Trapper Otto, 509th Honor Guard NCO in charge.

"Last year we participated in 700 funerals total," Otto said. "That includes funerals for active duty servicemembers, retirees and veterans."

It is very honorable and uplifting to be the last individuals in the Air Force that the family members see during funerals," said Airman 1st Class Hope Pacheco, 509th BW Honor Guard member.

"You feel like you're actually doing something

and impacting other people," Pacheco said. "Honor Guard is something meaningful. What we do is very important. The impact we have on people is incredible."

While representing the Air Force, guardsmen must pay attention to detail when it comes to ensuring their uniforms are worn correctly.

"It's definitely a lot of conditioning and making sure that you are really on point with everything that goes on," said Senior Airman Maichelle Ring, 509th BW Honor Guard member. "You have to ensure that you're stepping the right way, and that you're uniform is straight. Even the slightest half inch that's wrong on your uniform makes a difference because attention to detail is something that is very meaningful at the honor guard."

Several 509th BW Honor Guard members say it is not an easy job.

"People think it easy, but I honestly work more at honor guard than I do at my regular job," Ring said. "It's something that everyone should be able to look at and say, 'honor guard is awesome.'"



HIGGINSVILLE, Mo. -- Airman 1st Class Hope Pacheco and Airman 1st Maichelle Ring, 509th Bomb Wing Honor Guard members, fold the American flag during a funeral at the Veteran's Cemetery Jan. 10.



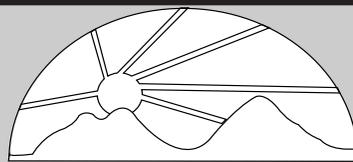
HIGGINSVILLE, Mo. -- (Above) Airman 1st Class Hope Pacheco, gives a folded American flag to the family member of a fallen Airman during a funeral at the Veteran's Cemetery Jan. 10. (Left) Ceremonial guardsmen from the 509th Bomb Wing Honor Guard salute as a fallen servicemember is carried out of a hearse during a funeral at the Veteran's Cemetery Jan. 10.

HIGGINSVILLE, Mo. -- The American flag is folded by a ceremonial guardsman from the 509th Bomb Wing Honor Guard salute for a fallen servicemember during a funeral at the Veteran's Cemetery Jan. 10.



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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
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Lowder named director of military and veteran services

Jeff Murphy
UCM University Relations

WARRENSBURG, Mo. -- Beginning Jan. 30, the highly decorated military veteran who fought in Vietnam will be spending a lot more time at University of Central Missouri as the new director of Military and Veteran Services.

Since his first visit to the UCM in 1964, Charles Lynn Lowder has had a tremendous appreciation for the university – one that has brought him back to campus on many occasions as an inspirational speaker who has not only used his oratory skills to motivate student athletes but to publicly honor the men and women who serve this country.

“Lynn Lowder is a perfect fit for this position,” said Rick Sluder, vice provost for enrollment management at UCM. “He’s a proven leader who brings many years of experience as a former U.S. Marine to this new post along with vast experiences in business and law. His passion for helping others is also going to be a tremendous asset to our university.”

Lowder’s many duties as director will include administration of the new Military and Veterans Success Center, which officially opened on Veterans Day Nov. 11, 2011. Located in a space of about 1,500 square feet in Elliott Union 117, the facility allows the university to assist military and veteran students to be successful in their education by providing individual and group study areas, computer work stations, and dedicated staff. It also allows the university to assist veterans who want to transition from the military into civilian careers by furthering their college education. These are among the many opportunities Lowder embraces with great enthusiasm.

He pointed out that nationwide veterans often struggle to make the transition from military service to civilian life, and statistics show that only about 30 percent of the veterans of the Iraq/Afghanistan War find work after leaving the service. Lowder hopes to show veterans that UCM can make a difference.

“Our veterans need a place they can come to that is safe and secure and will help them get on with the next phase of their lives,” Lowder said. “We want to show them that UCM offers a wonderful environment where all servicemembers will feel welcome and appreciated.”

He added, “I want to be able to make a difference in as many lives as I can, and there’s no better place to do it than UCM.”

Lowder began his higher education at Northern Illinois University, where he played football for three seasons. With a strong desire to serve his country, he left school after his junior year to join the Marines in 1967.

In addition to learning valuable life lessons about leadership from his gunnery sergeant, he went on to continue his education and eventually complete a bachelor’s degree at the University of Illinois, Champaign-Urbana. This was followed by a juris doctorate in 1980 at DePaul University College of Law in Chicago.

As a Marine, Lowder rose from the rank of private to major, serving 10 years in the infantry. This included combat service with the First Force Reconnaissance Company as a long-range reconnaissance platoon-patrol leader in Vietnam in 1969. He also spent six years as judge advocate (criminal prosecution and defense) before leaving the Marines in 1983 to work in business and law.

Today, Lowder serves as chief executive officer and chief compliance officer at Everest, LLC, a company he founded with a friend in Naperville, Ill., in 2010. He is responsible for overall leadership, operational matters and legal compliance of this enterprise which focuses on steel products used in the construction industry.



Courtesy photo

Lowder’s previous experiences in business also include employment as executive vice president and general counsel for Mail Boxes, Etc., San Diego, Calif., 1998-2000; chief operations officer (COO) for Colt’s Manufacturing Co., Inc., (Colt Firearms) West Hartford, Conn., 2000-2002; and COO and chief compliance officer for Submarina, Inc., San Marcos, Calif., 2007-2010. He also spent five years as a senior litigator for DLA Piper, Chicago, focusing on commercial and securities litigation, and worked earlier in his career for firms that litigated numerous cases for diverse insurance company clients.

In addition, he was a founding partner in a law firm, and worked for another firm as principal attorney in charge of business development.

His outstanding military service was recognized through honors that include the Silver Star medal for Valor, Bronze Star Medal with Combat “V”, Navy Commendation Medal and Purple Heart.

In addition to numerous public speaking engagements, Lowder for the past 13 years has conducted leadership training at the Marine Drill Instructor School in San Diego, Calif.

Taxes

Continued from page 1

Smith said.

“Tax returns are typically spent on wants and not needs,” Smith added. “By saving tax refund money you can gain more money through the interest it earns.”

Smith said he never tells Airmen and their families how to spend their money, but he offers suggestions to maximize the potential.

“Many of us indulge in some pleasure of buying what we want,” Smith said. “However, it is best to set a limit and stick to it.”

“My wife and I agree to use some of our tax return to fund our yearly motorcycle trips,” Smith said. “We put it in savings.”

“I plan to pay off my credit card when I get my tax return,” said Brad Blinn, 509th Force Support Squadron operations clerk.

Airmen should use the resources available before they spend their tax return and should have a plan and follow it, according to Smith.

“My calendar is open for one-on-one appointments,” Smith said. “Everyone’s finances are unique to each person or family and I have learned it is best to address each person or family individually.”

For more information or to speak to a financial counselor, call 660-687-7132.

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Local Junior ROTC cadet receives superior performance ribbon



Courtesy photo

KNOB NOSTER, Mo. -- Cadet Capt. Joseph Moreland received the Superior Performance Ribbon for going above and beyond the call of duty Jan. 13. Moreland assisted an elderly woman in need of medical attention after seeing her fall at Lee's Summit West High School Dec. 3, 2011. Moreland responded to the situation, carried her to a safe location and administered first aid until medical personnel arrived at the scene. Moreland's actions reflect credit upon himself and MO-20052, Knob Noster High School Junior ROTC. Moreland is the son of Katrina and (right) Senior Master Sgt. Timothy Moreland, 509th Maintenance Squadron. Moreland was presented the award by (left) Capt. Paul Dorsey, MO-20052's Senior Aerospace Science Instructor.



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Food & Entertainment

SATURDAY 1/21

Family Bowling Special- 12-4pm- Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sunday now thru April. Call **687-5114** for more info.

SUNDAY 1/22

Family Bowling Special- 12-4pm - Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package, Sat & Sun now thru April. For more information please call **687-5114**.

MONDAY 1/23

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.

Seniors Bowling- 10am-1pm- Stars & Strikes

Every Monday! Only \$1 per game, Seniors come enjoy a cup of coffee and bowl a few games! Call **687-5114** for more info.

WEDNESDAY 1/25

Boss & Buddy- 4-7pm- Mission's End

Hang out after work and enjoy the cheapest hot wings around, only .30 cents a wing! Call **687-4422** for more info.

MISSION'S END BOSS & BUDDY WEDNESDAY NIGHTS! 4-7PM
JOIN YOUR CO-WORKERS FOR A NIGHT OF GREAT FOOD AND FUN!
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FCC NEWS!

FCC ORIENTATION CLASS

Receive training to become a licensed Family Child Care provider on Whiteman AFB. The class is approximately one week long and runs from 8am-4pm. The classes are scheduled once 4 applications are received and there is a need for new providers. Providers with chronic health problems are accepted. The program needs providers who are willing to care for infants and children during swing and evening shifts and children with special needs. Stop by the FCC office to pick up a registration package. Registration needs to be received by the Wednesday prior to the class.

HOME COMMUNITY CARE

Guard/Reserve parents who are single, dual Guard/Reserve, or whose spouse is working, are eligible to use this free program for the primary UTE weekends. Care for the HCC program is provided in a contracted, licensed family child care home. Come to the FCC office for an application prior to participation.

-Call us at 687-5590

Or 687-1180 for more info



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Youth & Teen Events

TUESDAY 1/24

Time to Play- 10-11am- Youth Center

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

WEDNESDAY 1/25

Torch Club- 4-5pm- Youth Center

Meet with other youth ages 9-12 to plan community effort events and share your thoughts on programs and future events. For more information please call **687-5586**.

LIKE US ON FACEBOOK FOR MORE INFORMATION!
facebook.com/whitemanmarketing

There are many sports, classes, and lessons provided at the Whiteman AFB Youth Center please contact them at **687-5586**, for a number of opportunities for your children. There are also coaching opportunities for volunteers. If you are interested please contact Youth Sports at **687-3199**.

JOIN THE FUN!

FORCE SUPPORT SQUADRON PAGE EDITOR: KYLE HAMRICK
509TH FORCE SUPPORT SQUADRON: 687-7929

This Weekend at the Movies

The Sitter

Jan. 21, 7 p.m.

(Jonah Hill, Ari Graynor and Sam Rockwell) -- A comedy about a college student on suspension who is coaxed into babysitting the children next door, though he is fully unprepared for the wild night ahead of him. 81 minutes.

Closed

Jan. 22

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.

**Airman & Family Readiness Center
Breastfeeding Support Group**

Breastfeeding Support Group is a 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

**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
Prevention & Relationship
Enhancement Program**

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

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.

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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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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Help Wanted 90

Help Wanted 90

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