

WARRIOR



MEDICAL MERIT
509TH MDG EARNS BEST CLINIC AWARD **pg 2**

APACHE ACTION

MEMBERS OF THE 1-135TH ATTACK BATTALION PARTICIPATE IN FLY-IN COMPETITION **pg 8**



509th Medical Group earns AFGSC best clinic award



U.S. Air Force photo/Airman 1st Class Michaela R. Slanchik

The 509th Medical Group (MDG) at Whiteman Air Force Base, Mo., earned the U.S. Air Force Surgeon General Award for Best Clinic at the Air Force Global Strike Command level Nov. 9, 2015. In addition to the best clinic award, the 509th MDG won nine of the 33 individual categories.

By Airman 1st Class Michaela R. Slanchik
509th Bomb Wing Public Affairs

The 509th Medical Group (MDG) at Whiteman Air Force Base, Mo., was named the U.S. Air Force Surgeon General Award for Best Clinic winner at the Air Force Global Strike Command (AFGSC) level. The 2015 Air Force Medical Service awards were announced Nov. 9, 2015.

The award is based on accomplishments submitted to each major command. Among other achievements, the 509th MDG was rated first in AFGSC for dental patient satisfaction and achieved 100 percent compliance in both Occupational and Environmental Health exams and Preventative Health Assessments, making them first in AFGSC.

“When we wrote the package, our goal was to highlight Airmen from every area of the medical group,” said Master Sgt. Cynthia Porras, the 509th Medical Support Squadron (MDSS) superintendent. “That way, everyone has ownership and responsibility of being part of the best clinic.”

The 509th MDG attributes their success to the passion and heart their Airmen operate with every day to do their best, said Senior Master Sgt. Julie Bottroff, the 509th MDG interim superintendent.

“Our medics are professionals who support Team Whiteman and enable the Wing’s mission on a daily basis,” said Col. Judy Stoltmann, the 509th MDG commander. “When your focus is to provide the best patient care possible, the rest of the pieces fall into place.”

The 509th MDG submitted their package to compete at the Air Force level and expect results early next year, said Bottroff.

“It is an honor to make sure that they get the recognition that they deserve,” said Porras. “Day in and day out I watch them work hard, and I like to see that effort pay off in some kind of recognition that is tangible.”

In addition to the best clinic award, the 509th MDG earned nine of the 33 individual categories they submitted for.

“Team Whiteman’s clinic has done an amazing job,” said Bottroff. “I can’t wait to see what we do in the future.”

The following are individual awards earned by Airmen from the 509th MDG.

Small Dental Clinic of the Year:
509th Medical Operations Squadron (MDOS)

Outstanding Achievement in Nursing Force Development:
Maj. Krista D. Grey, 509th MDG

U.S. Air Force Biomedical Specialist Category I Officer of the Year – field grade officer:
Maj Robert D. Schmidtgoessling, 509th MDOS

U.S. Air Force Clinical Excellence Award – company grade officer:
Capt. Margaret M. Tajak, 509th MDOS

Air Force Medical Service Senior NCO Leadership Award:
Master Sgt. Cynthia D. Porras, 509th MDOS

U.S. Air Force Ophthalmic NCO of the Year:
Tech. Sgt. Joshua J. Karash, 509th MDOS

Outstanding Dental NCO of the Year:
Staff Sgt. Leonardo A. Lingaolingao, 509th MDOS

U.S. Air Force Public Health Airman of the Year:
Senior Airman Jeffery R. Afemon, 509th MDOS

THE WARRIOR

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For more information, call the Warrior office at 660-687-6126, email Whiteman.Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

On the cover

U.S. Army photo/Sgt. Adrian Borunda
Two Apache AH-64D helicopters stage at the arming point at Silverbell Army Heliport Nov. 4. Crews from Arizona, Utah, Idaho, South Carolina, North Carolina, Texas and Missouri competed for the top scores in various events such as a live fire scenario, unmanned aerial systems teaming, simulator test and a written evaluation.

NEWS BRIEFS



U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to <http://www.tipsubmit.com/WebTips.aspx?AgencyID=1111> or the AFOSI web page at <http://www.osi.af.mil>

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4. Create a passport, select New Tip and fill out the form with as much information as possible.

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Air Force Housing website

Visit www.housing.af.mil to find your new home with the Air Force. This website serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more fun. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Friday at 4:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Please like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

509th CES equipped to battle inclement weather

By Daniel Lemoine
509th Civil Engineer Squadron

Missouri's winter climate can fluctuate tremendously each year. Whiteman Air Force Base averages around 2.5 inches of snowfall a month, whereas other regions of the state have accumulated up to 16 inches in a single day.

The 509th Civil Engineer Squadron (CES) is prepared and ready to keep Whiteman's streets as safe as possible, so you may enjoy the winter and support Whiteman's unique global mission. However, safety during the winter requires everyone's participation. It is necessary to pass on a few pointers to avoid unwanted accidents and aid crews that keep the streets safe.

The Whiteman AFB Snow and Ice Control Plan is located on Whiteman's Share Point site under the 'Plans' tab. The document addresses procedures and responsibilities for the

installation's units to include housing residents. Here are some friendly reminders to follow when you see crews working the streets during inclement weather:

- At the onset of a snow or ice event, please remove all vehicles from roadways to clear the way for snow and ice removal equipment.
 - When snow and ice removal equipment are operating on roadways please stay 75 feet clear of plows and sanders.
 - Do not let children play on snow banks at the ends or edges of streets and parking lots, since snow removal crews may not be able to see them.
 - Although parking may be limited, please do not park in front of dumpsters; this can impede trash services.
- The fluctuating temperatures can create ice hazards that pose problems for motorists and pedestrians alike.
- Always exercise caution when walking on

slick surfaces and wear appropriate footwear or ice cleats to prevent accidental falls or injury. Shovel pathways and treat with ice melt or sand to increase traction. Slow down when driving on surfaces covered with ice or snow, decrease speeds on curved roads, come to stops gradually, do not brake suddenly and leave plenty space between you and fellow drivers.

For questions and concerns about the base housing areas, please contact Whiteman Family Homes at 660-563-2477, or you can access your area's current status from their web site at: whitemanafbfamilyhousing.com.

General inquiries for the installation's street and parking areas during snow can be addressed by calling CES Snow Control at 660-687-2231.

The 509th CES is here to help you enjoy this winter season, but it will take all of Team Whiteman's support and adherence to safe practices to make that possible.

Beat the Boss

The Beat the Boss program is a monthly PT test competition between 509th units that will recognize outstanding teamwork and devotion to fitness at the Squadron level. Active duty 509th Airmen who score the same or higher than the commander's score of 96.3% will earn a one-day pass and those who score a 100% win a one-day pass and one of the commander's coins.

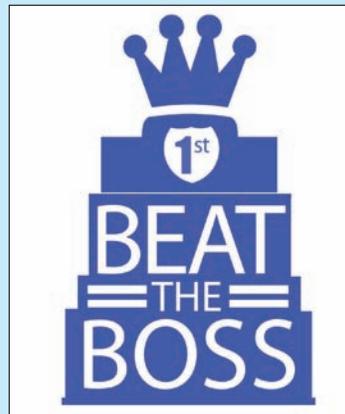
Here are the Beat the Boss results:

Airman 1st Class Tanner Connally
509th Civil Engineer Squadron 96.8%

Airman 1st Class Dillon Diangelo
509th Civil Engineer Squadron 97.9%

Airman 1st Class Derick Fisher
509th Civil Engineer Squadron 97.3%

Senior Airman Joseph Brown
509th Maintenance Squadron 96.9%



Chief Master Sgt. Mauree Powell
509th Mission Support Group 96.5%

Senior Airman Isaac Hansen
509th Medical Operations Squadron 100%

Tech Sgt. Branden Elliott
495th Fighter Group 97.3%

Total Force

November 2015 Safety Gram

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- 4th leading cause of work related deaths

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AF welcomes newest 3-star general to lead manpower, personnel, services



U.S. Air Force photo/Jim Varhegyi
Air Force Vice Chief of Staff Gen. David L. Goldfein, right, gives the oath of office to Lt. Gen. Gina Grosso during her promotion ceremony in the Pentagon Nov. 16, 2015. Grosso is the 31st Airman to serve as the Air Force's deputy chief of staff for manpower, personnel and services in the 47 years of the position's existence.

By Tech. Sgt. Bryan Franks

Secretary of the Air Force Public Affairs
Command Information

WASHINGTON (AFNS) -- Air Force Vice Chief of Staff Gen. David L. Goldfein welcomed the newest lieutenant general to the Air Force, who will serve as the 31st Air Force deputy chief of staff for manpower, personnel and services, during a Nov. 16 ceremony at the Pentagon.

With her new title, Lt. Gen. Gina Grosso is responsible for comprehensive plans and policies covering all life cycles of military and civilian personnel management, which includes military and civilian end strength management, education and training, compensation, resource allocation, and the worldwide Air Force services program. She is the first female to hold the position.

Grosso said that the Air Force has given her opportunities of increasing responsibility and authority in the manpower, personnel and services arena, including command opportunity positions to prepare her for her new role.

"I never aspired to be a three star," Grosso said. "I always aspired to be a good Airman and do the best I could in the job the Air Force asked me to do."

Grosso marked the occasion in front of a host of co-workers, friends and family, who she said were part of the inspiration that kept her moving forward.

"I grew up with an amazing group of role models that were all of my mom's friends," Grosso said. "I saw these amazing women and the things they were doing in their lives -- I believed I could do whatever I wanted to do in this world. It never occurred to me to limit myself based on my gender."

As the new deputy, Grosso said that developing the plans to expand on the Human Capital Annex of the Air Force's Strategic Master Plan is going to be a huge part of her job to make sure the Air Force is not only capable today, but in the midterm and far-term, and she is excited about the opportunity.

"I have served in positions that didn't even exist when I was a second lieutenant and you don't know what this world looks like far into the future," Grosso said. "The Air Force has such tremendous opportunities for men and women, of all ages and colors, military and civilian."

Over the span of 29 years, Grosso has held several command and staff positions most recently serving as the Air Force's Sexual Assault Prevention and Response program director.

"To me, the sky is the limit and so my advice is to never hesitate to go through a door, especially if it's really scary to go through, because the less you know about something the more you grow and I will guarantee you will probably look back on that as your best assignment ever," she said.

Bothwell Urology Services Welcomes Dr. Barnes

Please welcome Dr. Kerri Barnes to the medical staff at Bothwell. Dr. Barnes will now be providing urology care at both the hospital and in a clinic setting.

Dr. Barnes earned her medical degree from the University of Missouri-Columbia and completed a urology residency at the University of Iowa.

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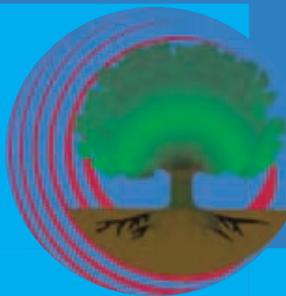
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Maj. Gen. Cotton takes command of 20th Air Force



U.S. Air Force photo/R.J. Oriez

Adm. Cecil D. Haney, U.S. Strategic Command commander, presents the Task Force 214 guidon to Maj. Gen. Anthony J. Cotton as Cotton takes command of the task force during a ceremony on F.E. Warren Air Force Base, Wyo., Nov. 16, 2015. Cotton also took command of 20th Air Force from Gen. Robin Rand, Air Force Global Strike Command commander, during the same ceremony. The task force provides the President of the United States with responsive and highly reliable strategic missile forces, and supports USSTRATCOM's strategic deterrence mission by operating and maintaining the Air Force's Intercontinental Ballistic Missile force. USSTRATCOM, one of nine DoD unified combatant commands, relies on various task forces for the execution of its global missions, which also include space operations; cyberspace operations; joint electronic warfare; global strike; missile defense; intelligence, surveillance and reconnaissance; combating weapons of mass destruction; and analysis and targeting.

By Lan Kim

90th Missile Wing Public Affairs

F.E. WARREN AIR FORCE BASE, Wyo. -- Maj. Gen. Anthony J. Cotton took command of 20th Air Force and Task Force 214 during a ceremony here, Nov. 16, 2015.

Continuing the legacy and leadership put forth by his predecessor, Cotton will lead the men and women of the 20th AF and U.S. Strategic Command's TF 214. Twentieth Air Force is responsible for maintaining and operating the Air Force's three intercontinental ballistic missile wings and nuclear operations support wing at Kirtland AFB, New Mexico.

As a task force, these units provide the President of the United States with a quick-reacting and highly reliable strategic missile force. These forces are dispersed in hardened silos across the nation's central tier and are based at F.E. Warren AFB, Wyoming; Malmstrom AFB, Montana; and Minot AFB, North Dakota.

Prior to his current assignment, Cotton served as the National Reconnaissance Office deputy director. He began his military career as a missileer at Minot AFB's 91st Missile Wing, and later went on to serve in joint assignments and leadership positions within space operations. He also served as vice commander and commander of the 341st Missile Wing at Malmstrom AFB.

A formation of more than 150 Airmen witnessed the symbolic gesture of passing the command flag that recognizes the age-old military tradition signifying the continuity of command and authority to all those present -- the flag further represents the loyalty and trust of the Airmen in their commander.

"I am truly humbled by the opportunity to lead the Airmen charged with providing one-third of our nation's nuclear deterrent capability to U.S. Strategic Command," Cotton said.

Gen. Robin Rand, commander of Air Force Global Strike Command and presiding officer of the 20th Air Force change of command, praised the Airmen who comprise America's ICBM force.

"Twentieth Air Force has an amazing legacy and has enjoyed the leadership of renowned historical figures, now joined by Maj. Gen. Anthony Cotton," Rand said. "As part of the Global Strike family, General Cotton is taking the lead of an amazing group of Airmen charged with the tremendous responsibility of maintaining a vital leg of our

nation's nuclear triad. These Airmen are innovative; they are hard-charging; and they are devoted to bringing our nuclear deterrence capabilities into the future as an unmatched, long-range strategic force. I know he will continue to uphold this amazing legacy and lead the Airmen of the 20th into an even greater future."

U.S. Navy Adm. Cecil Haney, U.S. Strategic Command commander and presiding officer for the TF 214 change of command, focused on the capability Cotton will provide to USSTRATCOM and the nation.

"Our nation is blessed to have Anthony Cotton take the helm of 20th Air Force and Task Force 214. He comes with an impressive resume, packed with extensive leadership and operational experience. Tony is known for being clear in expectations, fair in decisions and always giving accurate and calm feedback," Haney said.

"There should be no doubt as to the credibility and reliability of our nuclear triad, with our ICBMs being the most responsive leg," said Haney. "I am pleased to have Lt. Gen. Cotton leading the world's best ICBM force and I am positive that you will continue the momentum Jack Weinstein has set in motion."

Cotton thanked Haney and Rand with entrusting him with the confidence and leadership to take command of TF-214 and 20th AF. As he viewed the formation he spoke to how proud and humbled he was to be part of the AFGSC family.

"Global strike and deterrence represents the core of America's defense posture since the end of World War II," said Cotton. "Our responsibilities to that continuing mission represent the greatest trust our nation can place in any of its citizens. I am humbled for the opportunity to help support that mission."

Cotton reiterated his priorities and galvanized his newly appointed command to stay true to the dedication necessary to keep a safe, secure, and effective nuclear force.

"I am very proud of my ICBM heritage and look forward to working with our Nation's finest" stated Cotton. "I'm glad to be home! Marsha and I also look forward to working with the incredible communities in Cheyenne, Albuquerque, Minot and Great Falls."

Weinstein took time to thank the Airmen of 20th AF and TF 214 for the commitment to excellence he had seen from them during his tenure, "The positive changes across the ICBM force over the past two years are proof-positive of our Airmen's dedication to the mission and their steadfast commitment to improve our combat capability."

Weinstein will be promoted to lieutenant general and serve as the Air Force's Assistant Chief of Staff for Strategic Deterrence and Nuclear Integration.

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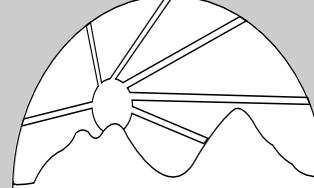
AMXS Airman earns Chief's Choice Award



U.S. Air Force photo/Senior Airman Keenan Berry
U.S. Air Force Airman 1st Class Joseph McAlpin, a 509th Aircraft Maintenance Squadron crew chief, receives the Chiefs' Choice award at Whiteman Air Force Base, Mo., Nov. 17, 2015. McAlpin earned the award by completing his upgrade training requirements five months ahead of schedule and playing a key role during exercise Global Thunder 16 as a sole vouching authority where he verified credentials, ensuring safety and security of vital Air Force assets.

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- Garden Club**—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

- Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church • Every Tues. Noon - 101 Gray Lane, Chapel Annex 2 at WAFB
- 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 Dinner 1st Tues. each month 6 p.m. - AMVETS Building

- VFW**—1st Fri. each month 7 p.m. - VFW Building
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Saying thanks for safety

By Airman 1st Class Jovan Banks
509th Bomb Wing Public Affairs

Safety is something that everyone should keep in mind daily, this is especially important with the holidays right around the corner. With people becoming more relaxed around friends and family, safety concerns may arise.

This reminds me of the Thanksgiving when I thought I was old enough to cut off a portion of the turkey myself with an electric carving knife. Immediately, the initial shock of it turning on in my hand scared me, and I nearly dropped it on my foot. Luckily, I did not lose any fingers or toes, but the situation could have been avoided had I kept safety in mind or had someone do it for me.

Knife safety isn't the only concern during Thanksgiving. There are many things that could possibly go wrong, especially if you are deep frying new foods in the kitchen.

For some people, Thanksgiving is synonymous with turkey; it is a holiday tradition to prepare one for the celebration. Each year, new variations of old traditions are introduced. Deep frying the traditional bird has become more popular in recent

years.

If you are planning to deep fry your bird, there are some safety tips that you, as well as the people around you, should know.

Unless you are in the business of creating movie pyrotechnics, your turkey should always be properly thawed and dried before placing it into the deep fryer. Placing a wet turkey into the fryer could cause the oil to spill over onto the burner which will then set fire. The more water that is in the fryer the more the oil could spill, causing an even larger hazard.

Keep your fryer outdoors and away from flammables and objects that could potentially cause a fire to quickly spread, such as decks, trees and dry leaves. This will decrease the likelihood of flames spreading if oil is to spill over and ignite.

Submerge your turkey into the fryer before heating the oil, this will ensure that your fryer does not have too much oil that could spill over onto the burner.

Last but not least, your fryer should be attended to at all times. Anything can happen when you are not there to intervene, so don't leave it alone.

This holiday, be sure to keep safety a priority so you can have a memorable Thanksgiving instead of an infamous one.

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National Guard Gunfighter Fly-in competition unites seven Apache helicopter states



Rows of Apache AH-64D helicopters are silhouetted by an Arizona sunset Nov. 3 at Silverbell Army Heliport in Marana, Ariz. The Gunfighter Fly-In pits some of the best AH-64D Apache attack helicopter crews from seven different Army National Guard units from across the nation in a competition to see who's best. Crews from Arizona, Utah, Idaho, South Carolina, North Carolina, Texas and Missouri competed for the top scores in various events such as a live fire scenario, unmanned aerial systems teaming, simulator test and a written evaluation.

By Spc. Elizabeth Smith
Arizona National Guard Public Affairs

MARANA, Ariz. — The Arizona National Guard is hosting the inaugural Gunfighter Fly-in at Silverbell Army Heliport here Nov. 1 to Nov. 6. Seven of the eight states in the National Guard that operate the AH-64D Apache helicopters — Arizona, Idaho, Missouri, North Carolina, South Carolina, Texas and Utah — sent two of their best company-grade crews and maintenance support personnel to participate in the four-day event.

The crews are competing head-to-head in the Gunfighter Fly-in competition, which includes a variety of graded flying and gunnery scenarios: manned unmanned teaming with the small unmanned aerial system, a live fire exercise at the Goldwater Gunnery Range, performance in the simulator and a written

gunnery skills test.

The top team will receive an award for its performance and bragging rights for its home state.

“We welcome competition,” said Capt. Ben Hickman, Commander of 1-149 Attack Reconnaissance Battalion with the Texas Army National Guard. “That’s one of the things about being a gunfighter. We all have type-A personalities and so we look forward to getting to compete but at the same time the underlying thing of this is to integrate with other units.”

The Gunfighter Fly-in is an opportunity to share tactics, techniques and procedures, best practices and lessons learned throughout the National Guard Apache community. The competition also builds a unity of effort among National Guard Apache helicopter states.

“This is a great opportunity to network with your peers,”

Chief Warrant Officer 2 Leonard Vidalez of 1-149 Attack Reconnaissance Battalion Texas Army National Guard. “Everybody has experiences and knowledge to share with one another; it’s just more information for your tool kit to use at a future date or implement at the very next mission.”

The vast amount of skills and experience throughout the National Guard Apache community are invaluable to the Total Force.

“We have the same skill sets, we have the same capabilities, same abilities, so we’re a key enabler and contributor to the active component fight, both for foreseen and unforeseen events across the globe,” said Col. Christopher Baril, the 98th Aviation Troop Command and Western Army National Guard Aviation Training Site Brigade Commander.

The presence of Apache assets in the Army National Guard

continues the guard’s ability to conduct training and is critical to the safety of deployed forces.

“Apaches are vital because in times of war or having to go solve a problem overseas with our active duty counterparts we need to be manned and equipped the same way so that there is synergy on the battlefield once we get there,” Baril said.

The Gunfighter Fly-in isn’t just about the lessons shared, the skills gained or the experience traded. It also has a little bit to do with the competition that brings these units closer together and makes the overall experience more effective for training purposes.

“It’s a competition but you wish everybody the best and you want everybody to be safe,” Hickman said. “We’re a close-knit community; we’re a very small community. When we come together we’re one team. We’re one family.”



Spc. Ryan Santana, an armament specialist with the Arizona Army National Guard, inspects the M230 mm chain gun on an AH-64D Apache at Silverbell Army Heliport on their way back from the live fire event of the Gunfighter Fly-In competition Nov. 4. The Gunfighter Fly-In pits some of the best AH-64D Apache attack helicopter crews from seven different Army National Guard units from across the nation in a competition to see who’s best.



Army Staff Sgt. Daniel Kinsey, a member of the Arizona Army National Guard, carries a Hellfire missile to be loaded on an AH-64D Apache Nov. 4 during the Gunfighter Fly-In competition in Marana, Ariz. The Gunfighter Fly-In pits some of the best AH-64D Apache attack helicopter crews from seven different Army National Guard units from across the nation in a competition to see who’s best.



Spc. Ryan Santana, a member of the Arizona Army National Guard, carries a Hellfire missile at Silverbell Army Helicopter to a staging location in preparation for arming AH-64D Apaches on their way to the live fire event of the Gunfighter Fly-In competition Nov. 4. The Gunfighter Fly-In pits some of the best AH-64D Apache attack helicopter crews from seven different Army National Guard units from across the nation in a competition to see who’s best.

U.S. Army photos/Sgt. Adrian Borunda

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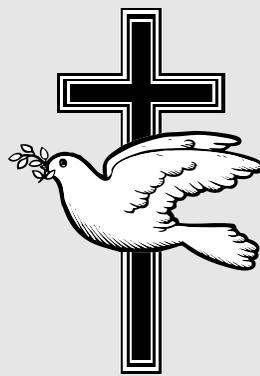


U.S. Air Force photo/Airman 1st Class Jovan Banks

U.S. Air Force Staff Sgt. Adam L. Karnowski, an aircraft maintenance specialist assigned to 509th Aircraft Maintenance Squadron, receives the Whiteman Top III MVP award at Whiteman Air Force Base, Nov. 17, 2015. Karnowski was awarded by the Top III for exceeding his role as a first-line supervisor when he mentored an Airman facing extreme hardship. His engaged leadership style and wingman mind-set helped build a strong support network that provided referral assistance and rehabilitated a vital Air Force asset.



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8th Air Force Safety Gram

November 2015

HOLIDAY FOOD SAFETY

The holiday season is upon us. Units, co-workers, families, and friends are planning parties and get-togethers with delicious food being the central focus. Don't let poor food preparation spoil the fun. Did you know that according to the Food and Drug Administration there is a spike in cases of food borne illnesses in the weeks between Thanksgiving and New Year's Day?

HAND WASHING

Wash your hands! Hand washing, with soap and warm water for 20 seconds before and after handling food, is the single most important way to prevent the spread of disease.



YOUR KITCHEN SINK

Kitchen sinks are dirtier than most bathrooms. There are typically more than 500,000 bacteria per square inch in the drain alone. Plus your sponge, basin and faucet handles are crawling with bacteria as well. Keep clean and disinfect.

CROSS CONTAMINATION

Cross-contamination is how bacteria can spread. It occurs when juices from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.

HOLIDAY BUFFETS Prepare a number of smaller platters and dishes ahead of time. Keeping perishable foods over 2 hours in the "danger zone" of 40 degrees F to 140 degrees F is a leading cause of foodborne illness. Hold hot foods at 140 degrees F or higher and cold foods at 40 degrees F or lower until serving time. At events such as buffets where food is set out for guests, avoid adding fresh foods to foods that have been setting out. Serve smaller bowls of food and set out fresh food bowls as needed. For added safety, put foods on ice or over a heat source to keep them out of the temperature "danger zone". **LATE ARRIVING GUESTS** Avoid letting any cooked food, meat or poultry remain in the danger zone -- between 40 degrees F and 140 degrees F -- for more than two hours. If you have hot foods in the oven, you may be able to hold them safely until your guests arrive; advises USDA. Put a meat thermometer in the thickest part of your roast or poultry, or center of your casserole. Adjust the oven temperature so that the food stays an internal temperature of 140 degrees F or above. An oven temperature of 200 to 250 degrees F should be sufficient to hold the food. To prevent dryness, cover the dishes or wrap with aluminum foil. You should be able to hold food at least an hour without a loss of quality. **HANDLING TAKE-OUT FOODS** First, take the food home immediately. Do not leave take-out foods at room temperature longer than two hours. Refrigerate cold foods at 40 degrees F or lower until serving time. If the food is hot, and you'll be eating within two hours, keep it hot (140 degrees F) in a 200 to 250 degrees F oven. If you are picking up hot foods far in advance, refrigerate them. (See recommendations under "Handling Leftovers" on how to handle "thicker" foods, such as stews and layers of meat slices, so they cool faster to a safe temperature.) Reheat them later for serving -- heat until steamy hot throughout. **TRAVELING WITH FOOD** When traveling with food or assigning foods to guests to bring, consider the type of food and the distance traveled. Cold foods should not be off refrigeration over two hours, including the time they are at room temperature during serving. Hot foods must be kept hot. People traveling a long distance might bring non-perishables such as rolls, breads, and cookies. Those traveling an hour or less might more safely bring perishable foods. Wrap hot foods in foil and towels to keep warm. Place cold foods in a cooler with ice packs. Plan to serve foods shortly after guests have arrived. This advice is especially important for younger family members, children, whose immune systems aren't fully developed, are more susceptible to foodborne illness.

The CDC determined there are an estimated 76 million cases of foodborne related illness in the U.S. each year; 1,800 of which result in death. You can't see, smell, or taste germs, but they can enter your body when you eat contaminated food and make you sick!

WHEN HANDLING FOOD, ALWAYS WASH YOUR HANDS!

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2016 FEHB open season effective through Dec. 14

By Janis El Shabazz,
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- The 2016 open season for the Federal Employees Health Benefits Program, the Federal Employees Dental and Vision Insurance Program, and the Federal Flexible Spending Accounts Program will run through Dec. 14.

During open season, employees and retirees will have the chance to review their current plans and make any changes they desire. For the first time, plan participants may now choose a "self plus one" option.

The self plus one option allows enrollees to cover themselves and one eligible family member. Eligibility for the self plus one option is the same as for the self and family enrollment. Eligible family members include spouses and children under age 26; however, a child with a mental or physical disability that existed before age 26 is also eligible for enrollment as a family member.

"In many cases plan participants will see a savings in choosing self plus one coverage over self and family coverage, but that is not true in all cases," said Erica Cathro, an Air Force Personnel Center human resources specialist. "The formula used to calculate the government contribution is based on the average of all plan premiums and requires that the Office of Personnel Management calculate a maximum contribution for each enrollment type. If a plan's premium costs exceed the government's allotted contribution for a self only, self plus one, or self and family enrollment, the employee must pay the remaining amount."

Cathro cautioned employees to pay close attention and compare the rates for FEHB self plus one versus self and family before making their coverage election for 2016.

OPM will open a "special enrollment

period" in the month of February to allow active FEHB participants who would have been better served switching to self plus one coverage more time to make the change.

Some plans are leaving the FEHB program at the end of 2015 or reducing their service areas and terminating their enrollment codes. Employees in the terminating plans must enroll in another health plan to ensure they have health benefits for 2016.

Flexible spending accounts

Health care and limited expense flexible spending accounts will no longer have a grace period. Qualifying participants will now be able to carryover up to \$500 of unused funds. To be eligible for carryover, participants must have enrolled during open season or as a new hire during the year and must meet the following requirements:

- Be actively employed by a FSAFEDS participating agency and contributing to a FSA account through Dec. 31.

- Re-enroll for the next benefit period. If the employee does not re-enroll, the right to carryover funds will be forfeited.

- Dependent care FSAs will continue to have a grace period each year and are not eligible to carryover funds from one year to the next.

Federal Employee Dental and Vision Insurance Program

There are no significant changes to the Federal Employee Dental and Vision Insurance Program.

Employees can make health benefits elections through the Employee Benefits Information System, which can be accessed through the "Civilian Employee" homepage of the myPers website.

For more information about Air Force personnel programs, go to the myPers website. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website.

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Speech M-W

Composition 2 M-W

American History T-Th

SESSION 3A Jan. 26th - Feb. 15th (5-9:20pm)

Humanities T-Th

SESSION 3B Jan. 26th - Feb. 29th (5-9:20pm)

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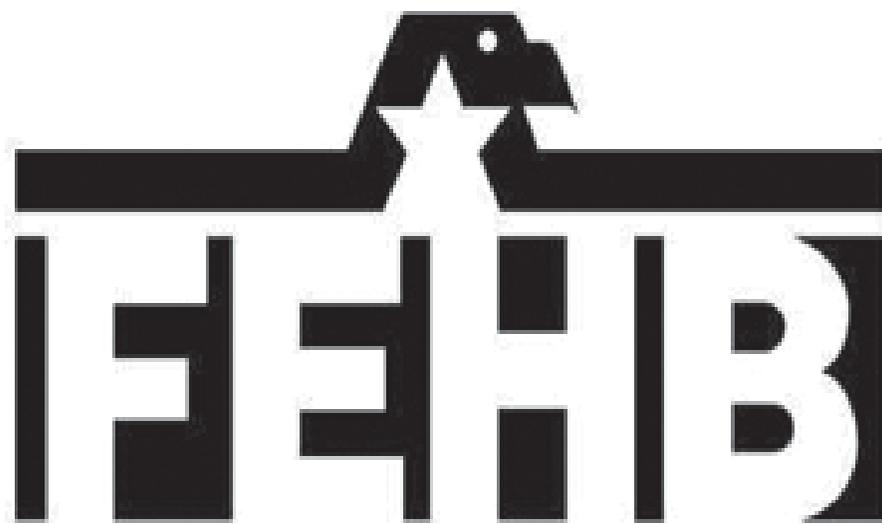
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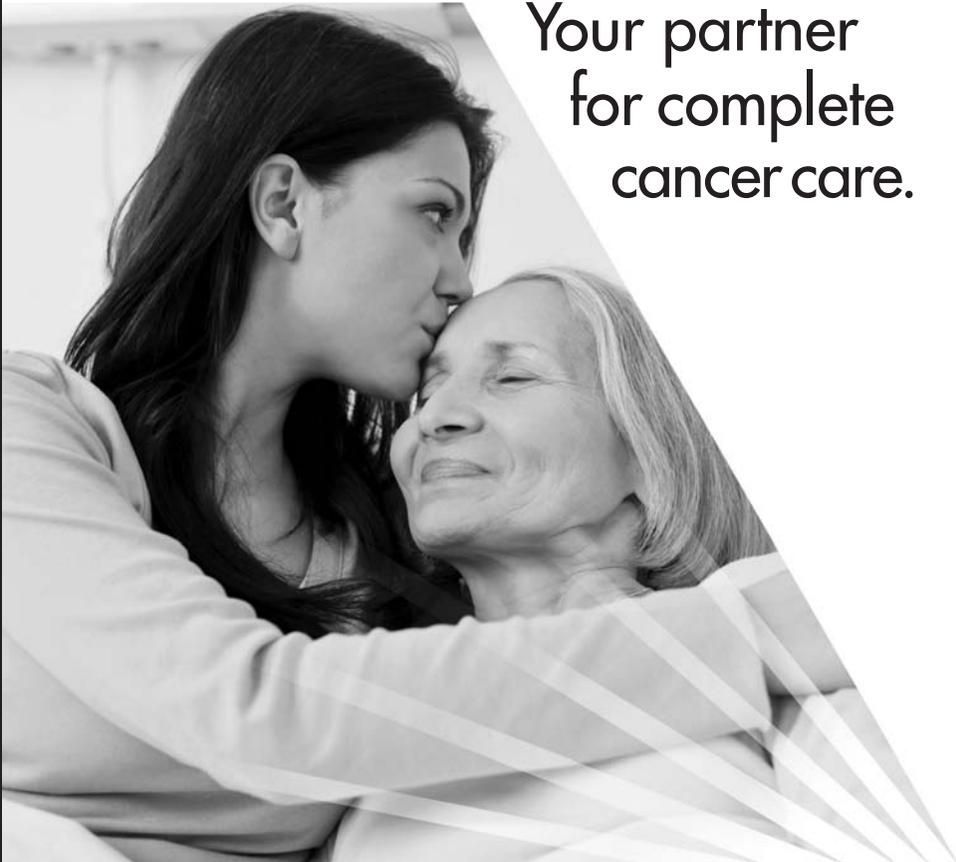
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Veterans in Blue: honoring those who served



By Senior Airman Hailey Haux
Secretary of the Air Force Public Affairs
Command Information

WASHINGTON (AFNS) -- The Air Force maintains a special portrait display in the Pentagon as part of its commitment to honoring the devotion and service of veterans. Volume VI will replace volume V of the Veterans in Blue project this November.

The project started in 2010 as a way to honor pioneers of the Air Force, and has continued to honor Airmen like former Capt. John M. Hayes, now the 24th Congressional District of Texas military and veterans affairs liaison, who recently toured the display.

"It's pretty impressive and amazing to be part of this group," Hayes said. "It brings back a lot of Air Force memories -- the training and leadership and a lot of values that actually last through today."

The project, run by the Air Force Public Affairs Agency, is in its sixth year and has told 144 Air Force veterans' stories. The 1st Combat Camera Squadron at Joint Base Charleston, South Carolina, will debut this year's program.

Volume VI will feature leaders in government, multiple industry CEOs, Iraq and Afghanistan veterans, as well as veterans from World War II, the Korea and Vietnam wars, and many others who continue making an impact on society long after their Air Force careers are finished.

"Veterans in Blue is a program which connects the past with the present," said Larry Clavette, the director of the Air Force Public Affairs Agency. "This year's program will also feature many veterans telling their stories via video to compliment the classic photo and biography each veteran has had in the past. It's a truly unique program which shows our Airmen, both past and present, they are and were part of Air Force history and contributed to making our organization great. This program is a guiding path for future generations of Airmen to remember, and honor, their past."

Displayed in a busy corridor of the Pentagon, the Veterans in Blue selectees' portraits often gain the attention of passersby who read the short stories of a few veterans.

"I've read a lot of the stories and they are really informative of all the significant things these people have done," said Army Col. Linda Kotulan, an Army service representative to the Defense Business Board. "All these people aren't all generals or senior leaders, but that's important because it shows the breadth of the Air Force population."

The Veterans in Blue mission states the legacy of veterans continues to grow to this day as the Air Force builds a future Airmen will be proud to lead and serve in.

"This is very important, not only for Air Force publicity, but it's also good to recognize the veterans who are a big part of my life now, too," said Hayes, who served in Vietnam, flew 166 combat missions and earned a Distinguished Flying Cross. "We can't do enough for our veterans, especially when you emphasize the Air Force part in these veterans' lives ... and in mine."

Past Veterans in Blue selectees include Airmen such as Buzz Aldrin, the second person to set foot on the moon; World War II veterans like Doolittle Raider Richard Cole; and Medal of Honor recipients such as George "Bud" Day.

Also among some of the finest and most courageous are veterans such as retired Maj. Suzanne LaForest, medical; retired Senior Master Sgt. Peter Karpawitz-Godt, supply; and former Tech. Sgt. Tap Gaoteote, aircraft armament systems.

"I've wanted to see this for a long time," Hayes said, taking a quick glance at his portrait on the wall. "Looking at it on the computer is something different than actually seeing it in person. It's very impressive, and I got to visit the Pentagon and as a military veteran's liaison for my congressman, it's always important for me to visit with my contacts here. But this is just a special treat to see this."

Although nominations for Veterans in Blue Volume VI have already been submitted, this is an annual project. Nominations for Volume VII are now open and will be submitted next year through Air Force public affairs offices around the world.

For a full list of all Veterans in Blue, visit their website at <http://static.dma.mil/usaf/veterans/index.html>

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 Available immediately, 3 BR, 2.5 baths, upgraded features, 18' vaulted ceiling, lots of storage, 2 car garage. 125 SE 1171 Rd., Knob Noster. \$1100. mo. 573-377-2415, 573-746-0518



For Sale By Owner



21 NE 961, Knob Noster. 1 mile from WAFB. 2766 SqFt, 3- 4BR, 2 Bath home on 4.2 secluded acres with 30x60 shop/ double car garage. Call (660)221-0405 for appointment

REAL ESTATE SALES



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Houses For Sale



1408 Bear Creek Circle Warrensburg \$218,000 Gorgeous home 4 bedrooms/2.5 baths, Custom Cabinets, crown molding, iron spindles, tall ceilings, jetted tub, double vanities, neighborhood pool, & sprinkler system. Minutes from Whiteman. Contact Racquel Flora Reece Nichols 816-309-1303

REAL ESTATE SALES



Newly built home. 417 E. Harvey St., Large 3 bedroom, 2 full bath. Open floor plan with all new appliances. Large patio/backyard. In nice quiet neighborhood. Price reduced. Open house every Sunday 2-4. Call anytime 660-281-0305.

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