

WARRIOR



Living the Dream

Team Whiteman hosts
Pilot for a Day event Pg. 8

INSIDE:

- ▶ 509th and 131st BW maintainers become Dedicated Crew Chiefs
- ▶ Retired colonel fuels granddaughters' pilot dreams during Whiteman AFB visit
- ▶ 509th MDG reaches safety milestone

THE WARRIOR

Editorial Staff

Col. Jeffrey Schreiner
509th Bomb Wing Commander

Capt. Keenan Kunst
Chief, Public Affairs

Staff Sgt. Kayla White
Editor

Tech. Sgt. Alexander Riedel
Second Lt. Michael Hardy
Copy Editors

Staff Sgt. Danielle Quilla
Airman 1st Class Parker McCauley
Airman 1st Class Thomas Johns
Photojournalists

The Sedalia Democrat
Layout and Design

Published by the **Sedalia Democrat**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Whiteman Air Force Base.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of **The Warrior** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the Department of Defense, the Department of the Air Force or the **Sedalia Democrat**.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs office of 509th Bomb Wing, Whiteman Air Force Base. All photographs are Air Force photographs unless otherwise indicated.

The deadline for article submissions to the Warrior is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submissions do not guarantee publication.

For more information, call the Warrior office at 660-687-5727, email 509bw.public-affairs@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509th Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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

COMMENTARY: Downfalls of ‘Detox’

Alicia Ferris-Dannenburg, Health Promotion Coordinator
509th Medical Group

It seems everyone is talking about “detoxification” (detox) diets and regimens. These products are also called “cleanses” or “flushes”. This terminology refers to a means of removing toxins from your body or losing weight. These diets can be dangerous, especially since your body already comes equipped with a detoxification system. Understanding how detox works, may help clear up some confusion.

Detoxification is when the body eliminates built up toxins, and these toxins fall into two main categories:

- 1) Those made in the body during regular metabolism
- 2) Those that come from outside the body and are introduced by eating, drinking, breathing or are absorbed through the skin.

Because toxins are potentially dangerous to human health, they need to be transformed and excreted. Fortunately, our body has processes to do this through urine, feces, respiration and sweat.

Commercial detox programs may involve a variety of potentially dangerous approaches, such as:

- Fasting
- Consuming only juices or other liquids for several days
- Eating a very restricted selection of foods
- Using various dietary supplements or other commercial products

- Cleansing the colon (lower intestines) with enemas, laxatives, or colon hydrotherapy (also called “colonic irrigation” or “colonics”)

These approaches can cause headaches, fainting, weakness, dehydration, diarrhea, and electrolyte imbalances. Colon cleanses can be especially harmful if you have a history of gastrointestinal disease, colon surgery, kidney disease or heart disease.

In fact, the Food and Drug Administration and Federal Trade Commission have investigated companies selling detox products because they contained illegal ingredients, were marketed using false advertising claims, and/or were marketed for unapproved uses.

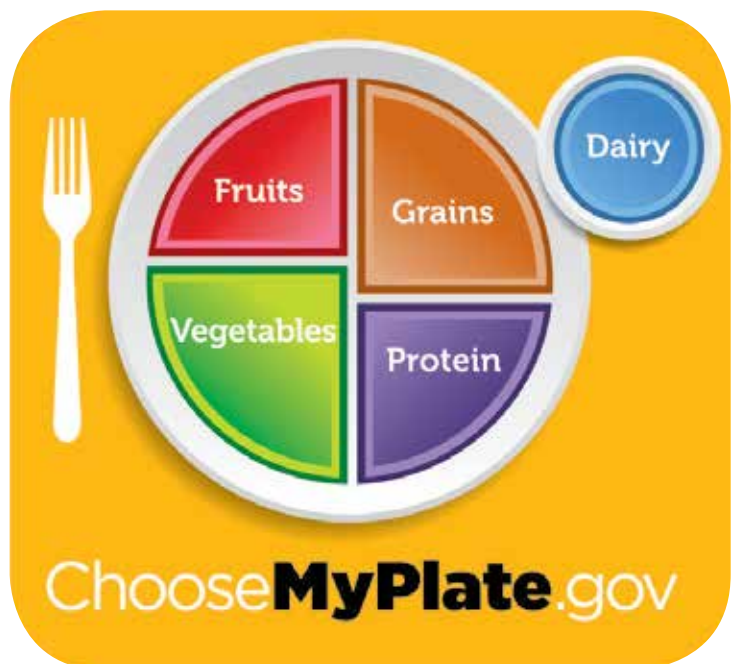
The bottom line is that there isn’t any convincing evidence that detox or cleansing programs actually remove toxins from your body or improve your health, and in fact may be harmful to your health and performance goals. Weight loss on a detox diet is usually due to very low calorie diets and/or dehydration.

Retrieved from: “Detoxes” and “Cleanses” Retrieved from <https://nccih.nih.gov/health/detoxes-cleanses>

What’s the Deal with Detox Diets? Retrieved from <https://www.eatright.org/health/weight-loss/fad-diets/whats-the-deal-with-detox-diets>

Ways to Support Your Body’s Natural Detox

Detoxification shouldn’t consist of a rigorous plan! Following general healthy recommendations from MyPlate and the Dietary Guidelines for Americans will help you support your body’s



For tips, recipes and personalized meal plans, visit the Choose My Plate website, run by the United States Department of Agriculture. (USDA courtesy photo)

built-in systems:

- Stay hydrated, ideally with water
- Eat five to nine servings of fruit and vegetables per day
- Consume dietary fiber each day from vegetables, fruits, nuts, seeds and whole grains to help maintain bowel regularity
- Include broccoli, Brussels sprouts, berries, artichokes, garlic, onions, leeks and green tea
- Consume adequate amounts of lean protein, which is critical to maintain optimum levels of glutathione, the body’s master detoxification enzyme
- Eat naturally fermented foods such as kefir, yogurt, kimchi and sauerkraut
- Consider taking a multivitamin if you are unable to consume the foods listed above.

If you have questions about your eating and its role in supporting the body’s detoxification, check in with a registered dietitian nutritionist.

Retrieved from In-Flight Wellness Weekly, August 2019, Vol 2, Issue 8



On the cover

Emil “Batman” Conley from Lee Summit, poses for a photo before an oxygen mask demonstration at the 509th Operations Support Squadron during his Pilot for a Day tour, July 19, 2019, at Whiteman Air Force Base, Missouri. Emil has medulloblastoma, which is the most common malignant brain tumor for children, and accounts for about 20 percent of all childhood brain tumors. Medulloblastoma can be treated with surgery, radiation therapy, as well as chemotherapy. (U.S. Air Force photo by Senior Airman Thomas Barley)



THE WHITEMAN WEEKLY WIRE

NEWS | UPDATES

The Whiteman Weekly Wire is published weekly in the Warrior and on www.facebook.com/WhitemanAirForceBase.

Items to be published should be submitted no later than noon on Wednesdays to: whiteman.warrior@us.af.mil with the subject "Weekly Wire Request." Your submission must be five lines or less, including contact information. Attachments cannot be included.

The status of the installation during inclement weather or other circumstances is updated on Facebook, www.whiteman.af.mil, and the Straight Talk line, which is 660-687-6397.



General information

- **Service members are advised to be aware of what they consume** as some states legalize recreational marijuana and THC. THC and CBD oils are illegal under federal law and Article 112a of the Uniform Code of Military Justice (UCMJ). Products containing them, such as THC beer, can cause a positive urinalysis result in a drug test.
- **TRICAREOnline (TOL) offers online access** for appointment management, prescription refills, health data, the nurse advice line, secure messages with your PCM and more. Go to www.TRICAREOnline.com.
- **Army & Air Force Exchange Service (BX) shoppers** can now buy items at ShopMyExchange.com and pick them up at their local BX for free. Visit <https://www.shopmyexchange.com/#>.
- **The base gym has a parking spot reserved during all regular hours and days.** The new space is near the front entrance and is reserved for any wing annual award winner or member of Honor Guard.
- **The Exceptional Family Member Program and Special Needs Support Group** meets at 10-11 a.m. the first and third Tuesday of each month at Whiteman AFB Youth Center. The group provides free information, speakers, children's activities and other events. Call 660-687-7132 for more information.
- **Keys, wallets, bicycles, jewelry and other items** have been turned in as found property to Security Forces. Visit Building 711, Room 305, or call 660-687-5342.
- **The Qualified Recycling Program is open for drop-off 24/7** with reduced customer service staff. Cardboard, paper, newspaper, printer cartridges, lead acid batteries, scrap metal and aluminum cans are accepted. Materials left outside the Whiteman recycling center are base property; taking them is theft. Contact the recycling center with questions at 660-687-6253.
- **Are you interested in joining a vanpool or starting your own?** The Department of the Transportation (DoT) manages the vanpool program for the DoD at no out-of-pocket costs for you. This program is open to active duty, guard, reserve and civilians. Contact Maj. Keith Bratton at keith.bratton@us.af.mil.
- **Have you checked out the Whiteman Air Force Base smartphone app?** The app is frequently updated with new content and resources, including events, a base directory, medical information, and information for inbound and outbound personnel. A link to the download the app is available on the Whiteman website.
- **For the latest news, photos, and videos** please refer to the official Whiteman Facebook page at www.facebook.com/WhitemanAirForceBase.



WEATHER

FRIDAY

Mostly Sunny
Hi 85 – Lo 65

SATURDAY

Mostly Sunny
Hi 87 – Lo 69

SUNDAY

Mostly Sunny then
Partly Cloudy
then Chance
T-storms

Hi 88 – Lo 70

MONDAY

Chance T-storms
Hi 84 – Lo 66

ADVISORIES

- **Due to ongoing construction projects, Arnold Avenue on base between 8th and 9th streets will be closed until October 2020.** There will be a detour around this on block area. This minor closure will increase project efficiency and safety. Thank you for your understanding and patience as crews modernize the installation and ensure it is a world-class place to live and work.
- **With the Base track back open, there are some rules to ensure the track remains in good condition.** Please do not bring gum or food on track, the only approved beverage is water, no sunflower seeds or tobacco products and no spitting on track or turf.
- **Be cautious of the current heat wave.** Limit time outside and stay hydrated.



Volunteer Opportunities

- **The Habitat for Humanity needs volunteers on August 10th.** Volunteers will be building and improving homes for affected families in Independence, Missouri area. No experience is needed! Contact Margot Cadigan at Margot.Cadigan@us.af.mil or 407-373-9035 with questions and to volunteer.
- **The Youth Program is planning the Teen Late Night for July 26th.** Currently volunteers are needed to be refs for the bubble soccer game and to play! To volunteer, contact Megan Cesarski at 660-687-5586.
- **To volunteer for Team Whiteman's Airman Against Drunk Driving (AADD) program,** contact Senior Airman Tyler Anderson at tyler.anderson.14@us.af.mil.
- **Whiteman AFB Fitness Center Pool is now hiring lifeguards.** Applicants must be 16 years or older and have a current lifeguard certification. Apply at www.nafjobs.org or call 660-687-6476/5215/7876 with questions.



Upcoming Events

- **Powell Gardens will be hosting the Monarch Butterfly Social and Release** from 5 p.m. to 7 p.m. on July 26th by Eric Perrettee at the Monarch Bar. Event price is \$35 and includes a live butterfly release, a 15 minute presentation about Monarchs and a discussion of host plants.
- **The Youth Center will be hosting the Teen Late Night** from 6 p.m. to 10 p.m. on July 26th. Priced at only \$2 for members and \$5 for nonmembers, the event includes a meal of walking tacos, bubble soccer, and Night Hoop. To sign up, contact the Whiteman AFB Youth Center at 660-687-5586.
- **A pre-diabetes class** is 2:30-4:30 p.m. on the first Tuesday of every month at the 509th Medical Group Education and Training room in the basement. Call 660-687-1199 to enroll.
- **EFMP/special needs or deployment/remote status military family are invited to Coffee & Chat** 10-11 a.m. every third Wednesday of the month at Coffee SKNOBS in Knob Noster. Complimentary coffee with refreshments are offered. Children are welcome with adult supervision. For more information, call 660-687-7132.
- **The Airman & Family Readiness Center offers financial classes** every month. Individual appointments are available. Call 660-687-7132 or 660-619-2735 for more information.
- **Every Sunday at 2 p.m. – 4 p.m. at the Stealth Lounge will host a social for anyone who speaks English as a second language.** This social allows anyone who attends to practice their English and meet new people.



US Airmen, Japanese Soldiers conduct jump training, strengthen Yokota AB interoperability

U.S. Air Force Tech Sgt. Seth Sarrett, 374th Operations Support Squadron survival, evasion, resistance and escape specialist, uses hand signals to communicate with Japan Ground Self-Defense Force paratroopers as they prepare to exit a U.S. Air Force C-130J Super Hercules over Hiju-dai exercise area, Oita Prefecture, Japan, July 16, 2019, during a bilateral jump training. The training allows U.S. Air Force and Japan Ground Self-Defense Force units to work alongside each other while improving readiness. (U.S. Air Force photo by Yasuo Osakabe)



Queen Power Bed
Plush Memory Foam Mattress
6 Button Wired Remote Variable Adjustment

\$699 Queen 2 Pc Set
King Size 4 Pc Set Now Only \$1299

Compare to \$1299

FORTY WINKS
4013 S Hwy 65 Sedalia 660-826-2446
525946hb

**Sometimes it's not
"happily ever after"**

Nobody welcomes a divorce. But we can guide you through the legal process while protecting your rights and assist in achieving the goals you desire. Call for a consultation.

Low-Cost Divorce

**- Uncontested Only*-
Attorney Fee \$350.00**

**BEARD &
ASSOCIATES
LAW FIRM**

660-827-5650



*Uncontested means that you and your spouse have an agreement as to your children, your property and debt, and your maintenance.
**Does not include filing fee which varies by county (\$102.00 Approx.) or the fee for service by publication if needed or the class required for divorces with minor children.

547561J

Yasuo Osakabe
374th Airlift Wing Public Affairs

YOKOTA AIR BASE, Japan —

Since exercise Keen Sword 19 last year, Airmen from the 374th Operations Group, Yokota Air Base, and soldiers from the Japan Ground Self-Defense Force, 1st Airborne Brigade, kept a focus on strengthening ties by executing airborne proficiency operations with combat readiness and interoperability.

The service members met again at Yokota Air Base to conduct jump training observed by 374th Operations Support Squadron survival, evasion, resistance and escape specialists on Japan Ground Self-Defense Force Hiju-dai drop zone, Oita Prefecture, Japan, July 16.

“Bilateral training missions are important because they improve the working relationship between the U.S. crewmembers and our host nation partners,” said Capt. Evan Taylor, 36th AS C-130J Super Hercules pilot and a mission commander. “Also, they allow unique training opportunities for both allies as we share different techniques from those normally utilized.”

The training mission: More than 80 Japan Ground Self-Defense Force paratroopers boarded two U.S. Air Force C-130Js at Yokota AB and flew over the Japan Air Self-Defense Force Tsuiki Air Base in Fukuoka prefecture. The Japan Ground Self-Defense Force

paratroopers geared up and conducted airdrop training from the C-130Js.

“A valuable lesson from this training mission was coordinating with the JGSDF to employ an airdrop procedure called a Verbally Initiated Release System, which the (U.S. Air Force) does not typically employ,” Taylor said. “Usually, U.S. C-130Js use a Computed Air Release Point technique to airdrop paratroopers, where the plane’s computer automatically analyzes winds and guides pilots to fly to a point in space to begin the airdrop.”

The VIRS is a method where a ground controller analyzes the drop zone winds, then use radio communications to direct the aircraft to fly over a predetermined point to begin an airdrop operation.

“The ability to operate with the JGSDF allowed U.S. crewmembers a unique opportunity to employ an airdrop technique during the airdrop training mission that U.S. crews do not normally get to practice,” Taylor said.

U.S. Air Force 374th OSS SERE specialists assisted as jumpmasters during the airdrop training mission.

“There is really no issues working with the JGSDF paratroopers. They communicate well on the aircraft and use the same signals as we do,” said Tech. Sgt. Seth Sarrett, 374th OSS SERE specialist and jumpmaster. “It was good training for both sides and no simple feat with 80 jumpers from two C-130Js on a tactical DZ.”



Team Whiteman recognizes 509th and 131st BW dedicated crew chiefs

Dedicated crew chiefs with the 509th and 131st Aircraft Maintenance Squadrons pose for a photo in front of a B-2 Spirit after being recognized for their hard work and dedication during a ceremony on July 19, 2019, at Whiteman Air Force Base, Missouri. The DCCs were presented with special t-shirts, certificates and challenge coins during the ceremony and will have their names written on the landing gear doors of their respective aircraft. (U.S. Air Force photo by Airman 1st Class Parker J. McCauley)

509th Bomb Wing Staff reports

Congratulations to the recent Dedicated Crew Chief inductees from the 509th and 131st Bomb Wings.

Fourteen aircraft maintenance NCOs from across Whiteman Air Force Base, Missouri, participated in an induction ceremony on July 19, 2019, to recognize them for the initiative they have displayed as well as their management and leadership ability.

The purpose of the DCC program is to provide technical continuity and accuracy by assigning an aircraft to each of these high performers. Each DCC's name is stenciled onto the aircraft they have committed countless hours to maintaining.

The newly-inducted dedicated crew chiefs are as follows:

Staff Sgt. Benjamin Burd
Staff Sgt. Eric Kunkel
Tech. Sgt. Spenser Thrasher
Staff Sgt. Joshua Layton
Staff Sgt. Jeremy Mercado
Staff Sgt. Tyler Gorman
Staff Sgt. Mitchael Wilkinson

Staff Sgt. Ian Linker
Tech. Sgt. Scott Leavitt
Staff Sgt. Richard Huartson
Staff Sgt. Trace Tusing
Staff Sgt. Caleb Owers
Staff Sgt. Beau Haynes



Let Us Help You Keep Your Stuff Safe!

24 Hour Access & Surveillance

10% Military Discount
Senior Discount
UCM Student Discount



614 N. Ridgeview Drive
Warrensburg, MO 64093
660-747-LOCK (5625)



www.locknstoreselfstorage.com



Get your **graduate degree online** or **hybrid** (combination of online and face to face) **at Whiteman Air Force Base.**



The University of Central Missouri is now offering the following graduate programming:

- Business Administration: General MBA
- Business Administration: Marketing MBA
- Business Administration: Sports Business MBA
- Curriculum and Instruction MSE
- Educational Technology MS
- Education Technology EdS
- Industrial Management MS
- Library Science and Information Services MS
- Nursing MS
- Technology MS

Apply today at ucmo.edu/apply.

Get your fees waived!

UCM has extended the military benefits package to include active duty and veterans of all military branches who have exhausted their TA or GI Bill funding. The tuition package includes:

- Exemption from the per-credit-hour mandatory general student fee
- Exemption from the new student fee
- Exemption from the parking permit
- Reimbursement for the application for admission fee

Working on your undergraduate degree?

UCM now offers an active duty military member rate for undergraduate online programs - \$250 per credit hour. No more out-of-pocket cost for tuition!

Check out your options at ucmo.edu/majors.

For more information contact Courtney Irvine cirvine@ucmo.edu or 660-543-4464.



UNIVERSITY OF
CENTRAL
MISSOURI
LEARNING TO A GREATER DEGREE

SAFETY CHECKLIST

Make sure your child is never left alone in a car.

- ✓ Make it a routine to open the back door of your car every time you park to check that no one has been left behind.



- ✓ Put something in the back seat to remind you to open the back door every time you park - cell phone, employee badge, handbag, etc.



- ✓ Keep a stuffed animal in baby's car seat. Place it on the front seat as a reminder when baby is in the back seat.



- ✓ Ask your babysitter or child care provider to call you if your child hasn't arrived as scheduled.



Make sure children cannot get into a parked car.

- ✓ Keep vehicles locked at all times, even in the garage or driveway.



- ✓ Keys and remote openers should never be left within reach of children.



- ✓ If a child goes missing, immediately check the trunk and inside of all vehicles in the area very carefully.



TOYOTA Supports the important work of KidsAndCars.org

for additional information visit

KIDS AND CARS .ORG

LOVE THEM, PROTECT THEM

www.KidsAndCars.org



WWW.WHITMAN.AF.MIL
Join the conversation

Like - facebook.com/WhitemanAirForceBase
Follow - twitter.com/Whiteman_AFB

MISSOURI STATE FAIR | SEDALIA

**BUY
TICKETS
EARLY & SAVE**

ADVANCED TICKETS AVAILABLE
JULY 1 - AUG 7

**ADVANCE
ADULT ADMISSION**

\$8
\$10 VALUE

PURCHASE AT
Missouri State Fair Box Office,
Orscheln Farm & Home Stores,
Break Time Convenience Stores,
Menards & Etix.com

**ADVANCE
UNLIMITED RIDE CARNIVAL**
*One Day Unlimited
Carnival Rides*

\$21
\$30 VALUE

PURCHASE AT
Menards &
mostatefair.com/deals

**ADVANCE
UNLIMITED DAILY DEAL**
*One Day Unlimited Carnival
Rides & Adult Admission*

\$29
\$40 VALUE

PURCHASE AT
Orscheln Farm & Home Stores,
Break Time Convenience Stores,
Menards & mostatefair.com/deals



**\$5 ADMISSION
AFTER 5PM AUG 11-15**

Advance tickets must be purchased by August 7, 2019
List of participating ticket outlets available at mostatefair.com/deals

AUG 8-18 MOSTATEFAIR.COM

Pilot for a Day



A patch is stitched with the name and call sign of Emil "Batman" Conley from Lee Summit, Missouri during the Pilot for a Day tour, July 19, 2019, at Whiteman Air Force Base, Missouri. Emil received his call sign "Batman" from the 393rd Commander during a pool party that kicked off their tour. (U.S. Air Force photo by Senior Airman Thomas Barley)



Emil "Batman" Conley, honorary B-2 pilot, Lee Summit, Missouri, and his family pose for a photo in front of the B-2 Spirit Stealth Bomber during the Pilot for a Day tour, July 19, 2019, at Whiteman Air Force Base, Missouri. Capt. Zachery Ziegler, B-2 instructor pilot, 393rd Bomb Squadron and his wife Lily lead the Pilot for a Day program.

The Pilot for a Day program at Whiteman Air Force Base works with St Jude Children's Research Hospital in order to allow children who are suffering from a variety of illnesses and disorders, the once-in-a-lifetime opportunity to tour Whiteman AFB and step in the shoes of a B-2 pilot. The program hasn't been around long, however it has already afforded two families the opportunity to tour Whiteman AFB. The Batman themed tour included a variety of activities

for the family, which ranged from a ride in the B-2 simulator, a visit to EOD and the firehouse, along with a military working dog demonstration, and much more. The program is primarily led by Capt. Zachery Ziegler, B-2 instructor pilot, 393rd Bomb Squadron, his wife Lily, along with Senior Airman Corale Griffith, Aviation Resource Management Journeyman, 393rd Bomb Squadron, however without the efforts of various Airmen and units on base none of this would be possible.



Emil "Batman" Conley, honorary B-2 pilot, Lee Summit, Missouri, controls an EOD robot on July 19, 2019, at Whiteman Air Force Base, Missouri. EOD robots are able to roll up to an improvised explosive device and determine its size, components and other features, providing valuable intelligence to personnel. (U.S. Air Force photo by Senior Airman Thomas Barley)



Tech. Sgt. Christopher Lineberry, quality assurance, 509th Operations Support Squadron, turns on a SCOT tester to test an oxygen mask on Emil "Batman" Conley from Lee Summit, Missouri during a Pilot for a Day tour July 19, 2019, at Whiteman Air Force Base, Missouri. Emil received a flight suit along with a patch with his call sign "Batman" the day prior at a pool party hosted by the 393rd Bomb Squadron. (U.S. Air Force photo by Senior Airman Thomas Barley)



Tech. Sgt. Christopher Lineberry, quality assurance, 509th Operations Support Squadron, assist Emil "Batman" Conley from Lee Summit, Missouri with putting on an egress system harness during the Pilot for a Day tour July 19, 2019, at Whiteman Air Force Base, Missouri. Aircrew flight equipment specialists perform maintenance and coordination of seats, hatches, canopies and modules, to ensure that pilots can make a safe escape in case of emergency. (U.S. Air Force photo by Senior Airman Thomas Barley)



A1C Henry Schuermann, Firefighter, 509th Civil Engineer Squadron teaches Emil "Batman" Conley and his father Marcus from Lee Summit, Missouri, how to shoot water out of a fire truck during the Pilot for a Day tour, July 19, 2019, at Whiteman Air Force Base, Missouri. Emil received a flight suit along with a patch with his call sign "Batman" the day prior at a pool party hosted by the 393rd Bomb Squadron.



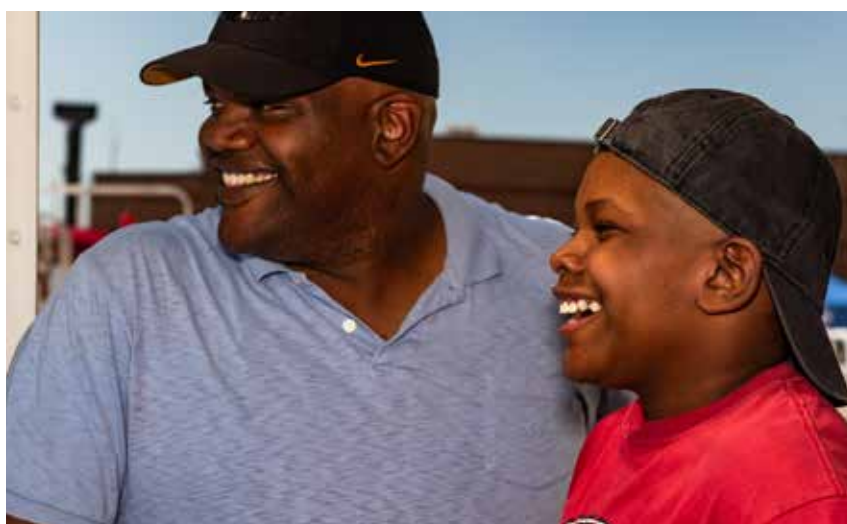
Airman 1st Class Dawson Hindman, explosive ordnance disposal apprentice, 509th Civil Engineer Squadron, shows Emil "Batman" Conley, honorary B-2 pilot, Lee Summit, Missouri, how to use a RPG-7 trainer weapon on July 19, 2019, at Whiteman Air Force Base, Missouri. The Pilot for a Day program focuses on providing a child that is suffering with an illness the opportunity to tour Whiteman AFB and experience what it's like to be a B-2 Spirit Stealth Bomber pilot. (U.S. Air Force photo by Senior Airman Thomas Barley)



Emil "Batman" Conley from Lee Summit, Missouri laughs at his brother Manny Conley as he tests the egress system during his Pilot for a Day tour July 19, 2019, at Whiteman Air Force Base, Missouri. Aircrew Flight Equipment specialist perform maintenance and coordination of seats, hatches, canopies and modules, to ensure that pilots can make a safe escape in case of emergency. (U.S. Air Force photo by Senior Airman Thomas Barley)



Eli Conley from Lee Summit, carries a fire fighting rescue mannequin during a Pilot for a Day tour July 19, 2019, at Whiteman Air Force Base, Missouri. Emil has medulloblastoma, which is the most common malignant brain tumor of childhood, and it accounts for about 20 percent of all childhood brain tumors. Medulloblastoma can be treated with surgery, radiation therapy, as well as chemotherapy. (U.S. Air Force photo by Senior Airman Thomas Barley)



Emil "Batman" Conley and his father Marcus from Lee Summit, Missouri, smile as they shoot water out of a fire truck during the Pilot for a Day tour, July 19, 2019, at Whiteman Air Force Base, Missouri. Emil has medulloblastoma, which is the most common malignant brain tumor of childhood, and it accounts for about 20 percent of all childhood brain tumors. Medulloblastoma can be treated with surgery, radiation therapy, as well as chemotherapy.



Emil "Batman" Conley, honorary B-2 pilot, Lee Summit, Missouri, controls an EOD robot during the Pilot for a Day tour, July 19, 2019, at Whiteman Air Force Base, Missouri. The Pilot for a Day program focuses on providing a child that is suffering with an illness the opportunity to tour Whiteman AFB and experience what it's like to be a B-2 Spirit Stealth Bomber pilot.

Former 351st CES commander inspires his family to continue the Whiteman legacy

Staff Sgt. Kristin Cerri
509th Bomb Wing Public Affairs

Retired Col. John A. Gillis, former commander of the 351st Civil Engineering Squadron, took some time to teach his young granddaughters about the legacy of Whiteman Air Force Base, Missouri, during a visit on July 15, 2019.

Gillis was stationed at Whiteman AFB back when it was home to the 351st Missile Wing. During his tenure, he oversaw the development and planning of the facilities in the early 1990s that today hold the B-2 Spirit stealth bombers. Since retiring in 1993, Gillis has settled down in Atlanta, Georgia.

Last week, accompanied by his two granddaughters, 11-year-old Abigail, and 7-year-old Avery, Gillis revisited his old stomping grounds.

Abigail and Avery have both expressed interest in becoming pilots for the United States Air Force. During their visit, they met Capt. Jennifer Crum, a B-2 pilot in training assigned to the 509th Bomb Wing. Crum showed Abigail and Avery how pilots prepare to take to the skies.

While Abigail and Avery's pilot helmets may not fit now, perhaps one day they will follow in the footsteps of their grandfather to continue the legacy of Whiteman AFB.



Abigail, 11, and her sister Avery, 7, granddaughters of retired Air Force Col. John A. Gillis, pose for a photo with Capt. Jennifer Crum, a pilot assigned to the 13th Bomb Squadron, on July 15, 2019. Gillis served as the commander to the 351st Civil Engineering Squadron, part of the 351st Missile Wing, at Whiteman Air Force Base, Missouri, and retired in 1993. (U.S. Air Force photo by Senior Airman Ashley Adkins)



Retired Col. John A. Gillis, former commander of the 351st Civil Engineering Squadron, poses for a photo on July 15, 2019, at Whiteman Air Force Base, Missouri. The 351st CES fell under the 351st Missile Wing, which was inactivated in 1995. (U.S. Air Force photo by Senior Airman Ashley Adkins)

Summary Court Office Announcement: Master Sgt. Richard A. Weigl

Lt. Col. Gregory Stack, 358th Fighter Squadron commander, regrettably announces the death of Master Sgt. Richard A. Weigl. Anyone having claims against or indebtedness to the estate of Master Sgt. Weigl should contact Capt. Tyler Byrd at 660-687-4490. As Summary

Courts Officer, Capt Byrd is authorized to make disposition of the personal effects of Master Sgt. Weigl, IAW with AFI 34-501, Disposition of Personal Property and Effects. All claims for or against the decedent's estate must be submitted to the Summary Courts Officer.



Up To **60 MONTHS*** NO MONEY DOWN & NO INTEREST
OR, No Credit Needed Financing Available! TAKE IT HOME TODAY!

*ON PURCHASES OF \$2,899 OR MORE WITH FFO HOME CREDIT CARD. 60 EQUAL MONTHLY PAYMENTS REQUIRED.



SAVE Up to 70%!
Over \$2 MILLION in Markdowns

Limited Quantity!
LOOK for Red Tags in Stores!



Designer Sofa
\$498
Compare at \$799
Loveseat \$468



Hot Buy!
Soft Fabric
POWER Recliner
\$298
COMPARE AT \$599



COMFORT HOME
Ultra Comfy
Rocker Recliner
\$498
COMPARE AT \$799



COMFORT HOME
Oversized Grey
Rocker Recliner
\$598
COMPARE AT \$1,099



5 PIECE QUEEN GROUP **GREAT BUY!** **\$998**
COMPARE AT \$1,899



5 Piece Dining Group **PUB TABLE & 4 STOOLS** **HOT BUY!** **\$398**
COMPARE AT \$699



3200 W. Broadway Blvd.
Sedalia, MO 65301

133 E. Parson Ave
Warrensburg, MO 64093



FOLLOW US    

*Offer applies only to single-receipt qualifying purchases. No interest will be charged on promo purchase and equal monthly payments are required equal to initial promo purchase amount divided equally by the number of months in promo period until promo is paid in full. The equal monthly payment will be rounded to the next highest whole dollar and may be higher than the minimum payment that would be required if the purchase was a non-promotional purchase. Regular account items apply to non-promotional purchases. For new accounts: Purchase APR is 29.99%. Minimum interest charge is \$2. Existing cardholders should see their existing credit card agreement for their applicable terms. Subject to credit approval. +Subject to credit approval. Minimum monthly payments required. See store for details.

509th MXS jet propulsion flight earns AFGSC safety award



The 509th Maintenance Squadron jet propulsion flight poses for a photo with Col. Jeffrey Schreiner, commander of the 509th Bomb Wing, and Chief Master Sgt. Katie McCool, the 509th BW command chief on July 24, 2019, at Whiteman Air Force Base, Missouri. They earned the Air Force Global Strike Command Aviation Maintenance Safety Team award. (U.S. Air Force photo by Staff Sgt. Kayla White)



Visit our NEW coupon website

www.sedaliademocratcoupons.com

20% OFF
purchase of any 2 supplements
1 coupon per visit, not valid with any other discount or offer.
Expires 08-03-2019

E-FUEL
Simple Clean Food
Fresh, healthy, perfectly portioned meals that taste great and affordable. Great for people that want to eat healthy or just families with a busy schedule. Also a Authorized Titan Nutrition Supplement Retailer. We sell full line of Supplements as well as Charlottes Web CBD Oil.
217 South Ohio, Sedalia MO
660-460-6488
Closed Monday, Tuesday 11-7,
Wednesday 11-6, Thursday 11-6,
Friday 11-2, Saturday 11-2,
Closed Sunday

Carpet Plus!
Free Rug Pad
With Purchase of Any Area Rug
Offer only valid with coupon. Up to \$40 value. One coupon per purchase. Valid through August 3rd, 2019.
5015 S. Limit Sedalia • 660-826-9445
www.carpetplus.com

SCHILBYS
3913 S Limit Ave
660-826-6020
Sedalia's Only AAA
Approved Repair Center
\$10.00 OFF ANY SERVICE OVER \$100.00 WITH COUPON. EXPIRES 08/03/2019. NOT VALID WITH OTHER OFFERS OR DISCOUNTS. EXCLUDES TIRES AND ACCESSORIES.
OIL CHANGE \$25.95 INCLUDES 23 PT INSPECTIONS
MOST CARS/LIGHT TRUCKS, INCLUDED UP TO 5 QTS BULK OIL AND NEW OIL FILTER, WITH COUPON. EXPIRES 08/03/2019. NOT VALID WITH OTHER OFFERS OR DISCOUNTS. EXCLUDES TIRES AND ACCESSORIES.

KEEP-YOUR-COOL!
TIGERLAND Motors
SEE US FOR ALL YOUR AUTOMOTIVE SERVICE AND MAINTENANCE NEEDS!
WE DO MISSOURI STATE SAFETY INSPECTIONS
SUMMER A/C SPECIAL \$79.95*
Includes visual inspection of:
• Compressor • Check Cabin air filter
• A/C Lines • Evacuate and recharge up to 2 lbs. of R134A
• Check condenser for operation and leaks
• Check blower operation and vent temperature
*Repairs and electrical diagnostics may be additional, as needed. Diagnostics and repairs are completed by an ASE Certified technician. Plus applicable tax, most vehicles. Not valid with any other offers. Expires 7/31/19.
1303 S. LIMIT • SEDALIA, MO 65301
(660)826-3000

DQ Grill & Chill
BUY 1 BLIZZARD GET 1 FOR .99
Sedalia location only. Expiration 12-31-19
Not valid with other coupons. PLU#25216
1811 S. Limit Ave.
Sedalia, MO 65301
660-826-2301
Steak 'n Shake
4203 Wisconsin Dr.
Sedalia, MO 660-851-2264
BOGO FREE
DOUBLE STEAKBURGER WITH CHEESE
Sedalia location only. Expiration 12-31-19
Not valid with other coupons. Coupon#00009

Oil & Filter Change \$14.95*
Includes FREE Tire Rotation!
Synthetic Blend
Full Synthetic \$24.95
COOPERTIRES
Up to \$50
Online Rebate with the purchase of 4 select Cooper Tires*
*Up to 5 quarts of Synthetic blend Oil & Filter.
See store for details. Appointment recommended.
Submit coupon at time of service
WAREHOUSE TIRE & MUFFLER
www.warehousetireandmuffler.com
Hours: Mon.-Fri. 8am - 5pm, Sat. 8am - Noon
4004 S. Limit, SEDALIA • 660-827-5557



Activities & Events

Whiteman AFB Marketing
660-687-7929

Friday, 2 August
4:30 – 6:00 pm
Mission's End
FREE Members
\$13.95 Nonmembers
\$6.95 Kids 12 & under

COLLEGE

First Friday



Family Child Care Office

(660) 687-5590

FCC Orientation Class

Receive training to become a licensed Family Child Care (FCC) provider on Whiteman AFB. The class is approximately one week long and runs from 8 am – 3 pm. The classes are scheduled once 2 applications are received and when there is a need for new providers. 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 an application package. Applications need to be received by the Wednesday prior to the start of the next class. Child care can be provided if space is available.

Base Residents

Doing child care to help support the AF mission? Licensing is not required if you are:

- Providing occasional care for a friend or neighbor.
- Babysitting on an occasional basis for other families.
- A teenager doing evening or weekend babysitting for families.
- Providing child care in the parents' own home.
- Parent cooperative where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved.
- Providing less than 10 hours of child care a week on an irregular basis.

If you are providing care beyond these opportunities, please contact the FCC program for a licensing application.

NOW HIRING

Looking to join the FSS team?

Check out current listings on NAFjobs.org

Whiteman Air Force Base Upcoming Events

Tuesday, July 30th

Lunchtime Bingo Blitz @ Mission's End

10:45 a.m. – 12:00 p.m.

Head over to Mission's end for 6 rounds of Bingo in 30 minutes and up to \$450 of gift cards to be won! Please come early to purchase food and drinks. Daubers for sale at event for \$1.

\$10 Presale | \$20 Cost at door

For more information call (660) 687-5754.

Thursday, August 1st

Avengers Back to School Bash

5:30 p.m. – 7:30 p.m.

Snap back to school at Mission's End! Games, prizes and drawstring bags with school supplies will be given to the first 50 youth in attendance! Children MUST be present to receive a backpack. This is a FREE family event!

For more information call (660) 687-5754.

Friday, August 2nd

College First Friday @ Mission's End

4:30 p.m. – 6:00 p.m.

Throw on your college gear and head over to Mission's End for First Friday! Menu includes turkey legs, chicken wings, mac & cheese bar, strawberry shortcake.

Free Members | \$6.95 Nonmembers | \$6.95 Kids

For more information call (660) 687-5754.

Friday, August 2nd

College Trivia @ Mission's End

6:00 p.m. – 8:00 p.m.

Think you have what it takes to be the valedictorian? Test your knowledge on all things College! Categories include Greek History, College Music, College Sports, Where Am I?, Video Games. Teams of 4 – 6 people.

\$5 Per Person | Prize is half of admission fees.

For more information call (660) 687-5754.

**Experience the
Value of Club Membership**

- Social Hour Specials
- Members Only Programs
- Personalized Club App
- Dining & Catering Discounts
- Worldwide Club Access
- Family Friendly Activities
- Air Force Traditions
- Club Connections

Join your Air Force Club
Find out more at www.MyAirForceLife.com

Unlock Rewards



**Connect with
Whiteman Marketing!**



www.whitemanfss.com



509th MDG achieves safety milestone

Lt. Col. Mary Kiel, the chief of medical staff, and Paige Lester, the patient safety program coordinator, both assigned to the 509th Medical Group, pose for a photo on July 17th, 2019, at Whiteman Air Force Base, Missouri. Both Kiel and Lester lead the Patient Safety Reporting System (PSRS), which has been key to the 509th MDG achieving its recent safety milestone: 365 days without a

serious harm event. This achievement showcases how the 509th MDG puts safety first and is truly a trusted care organization. Harm events are gathered daily through the PSRS and then assessed monthly by a Core Event Review Team (CERT). The CERT categorizes each harm event on a scale ranging from no harm, mild harm, to severe harm and discuss-

es each event in depth in order to better refine processes, so that harm events are better prevented in the future. This process of submitting, gathering and accessing Patient Safety Reports has been and continues to be the key to reaching the 509th MDG's safety objective of zero harm. (U.S. Air Force photo by Senior Airman Thomas Barley)

Welcome To

KNOB NOSTER

JUST OUTSIDE WHITEMAN AIR FORCE BASE

www.cityofknobnoster.net

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

LOCAL ACTIVITIES

Professional Women's Organization—1st Mon. of each month - Basement of City Hall

Lion's Club—2nd & 4th Mon. 7 p.m. - Jubilation Center

Knob Noster Area Business Council—4th Thurs. of each month. 660-563-1633 for more info.

Masons—2nd & 4th Thurs. 7:00 p.m. - Knob Noster Masonic Lodge AF & AM

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

Knob Noster Board of Aldermen—1st & 3rd Tues. each month - City Hall, 201 N. State Street

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

VFW Auxiliary—1st Fri. each month 7 p.m. - VFW Building

Boy Scouts - Troop 509 Knob Noster United Methodist Church, Arnold Sauter, 660-441-5219

Cub Scouts - Pack 405 Ben Pancoast, 660-238-5936

Cub Scouts - Pack 509 Knob Noster United Methodist Church

Girl Scouts - Jo Ellen Elwell 563-3514

Freedom of Road Riders, Local 33 - 3rd Sun. 1 p.m. - AMVETS Building

<p>VARIETY</p> <p>Dutch Kountry Market Open 7 days a week Bulk food • Spices • Crafts • Furniture 10340 50 Hwy 660-563-2941 Knob Noster</p>	<p>DENTISTRY</p> <p>Michael Hanna, D.D.S. 563-6030 • 204 N. Adams - Knob Noster Monday & Tuesday 8 to 5</p>	<p>CALL</p> <p>1-660-826-1000</p> <p>TO PLACE</p> <p>YOUR AD</p>
<p>BANKS</p> <p>Equity Bank On-line banking • 24 Hr. ATM • Check out our Spirit Account for military personnel 200 N. State St. • 563-3011 • www.equitybank.com</p>	<p>FARMERS' MARKET</p> <p>Knob Noster Farmers' Market <i>Locally sourced foods from responsible small farmers</i> Every Thursday 3pm–6pm 113 N. State, Downtown • 660-851-1870 • KnobNosterMarket.org</p>	
<p>CHRISTIAN BOOK STORE</p> <p>The Sparrow's Nest Christian Book & Gift Shop 110 N. State St. • Downtown Knob Noster • 660-563-7777 Full Line Christian Book Store, Large selection of gift items including Willow Tree, Jim Shore & select antiques. Proverbs 3:5-6</p>	<p>HAIR SALONS</p> <p>Co-Ed Creations Salon <i>The Largest Salon in Knob Noster</i> Military Cuts, Perms, Colors, Highlights, Nails, Body Wraps, Tanning, Waxing & Ear Piercing Open Monday - Saturday 200 E. Lucas, Suite A Knob Noster 563-3553 • Like Us On Facebook</p>	

The Ideal Climate For Your Growing Business.
CALL 1-660-826-1000 TO PLACE YOUR AD

WARRIOR

ANNOUNCEMENTS

Notices

PLEASE READ YOUR ad carefully for accuracy. The classified advertising staff makes every effort to print your ad correctly. However, if an error is made in your ad, it must be reported immediately. We will only be responsible for errors the first time your ad runs. Call Mon.-Fri., 8:00am-5:00pm 660-826-1000; fax to 660-826-2413.

**105 Spruce Ln.
Windsor, MO**



Delightful 3 Bedroom, 2 bath ranch located 2 min. from Farrington Park has a one car garage, vinyl windows & siding, and updated kitchen equipped with new appliances. A deck overlooks the large backyard. Also has a full bsmt. Call Melissa Boyer at 660-525-4220 to set up a showing.

MLS #81490 \$70,000

**Windsor
Realty**

107 S. Main St., Windsor, MO
(660) 525-0281
windsorrealty@live.com

REAL ESTATE RENTALS

Apartments

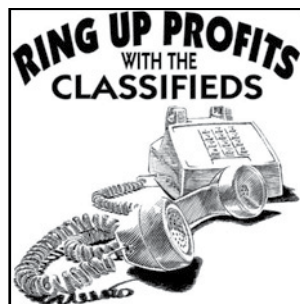
THE NICEST, all one level, 2-3 bedroom 2 bath Twin homes with garages in the area. Westside location, near medical, shopping & College. Fully appointed kitchens, with all appliances, including washers/dryers, security systems, walk out back patios and garages with auto garage door openers. Call 660-619-0384 See us on Face book at Ensign Properties.

REAL ESTATE SALES

Acreages & Lots-Sales

LAKE OF THE OZARKS
FAMILY FUN - 2 lot Special \$6,995 - \$95 down \$89 per month Own for investment. Owner financing. Free lake access and boat ramps. also close to a handicapped accessible covered fishing dock with lighted area.

Prices Good through July 29th.
Take Lake Road 135-12 to Ivy Bend Office.
Open Thurs, Fri, Sat, Sun, Mon & Tues. Call until 7p.m. everyday. 573-372-6493.



KEY REALTY II
401 E. Russell Ave.
Warrensburg, MO

Office: 747-7043
David Roberts: 238-3936
Bobby Hall: 864-4492
Craig and Tony Conant: 238-6042 or 223-2507
Colt Lackey 422-2650
Karen Godfrey 864-4272
Cindy Wilcher 580-2606
Vance DeLozier, Broker:

Visit our website for all area listings
www.KeyRealtyWarrensburg.com



548490s

BUY IT **SELL IT** **FIND IT** **IN THE CLASSIFIEDS**

THE IDEAL CLIMATE FOR YOUR GROWING BUSINESS.

Read more

Read the Newspaper



Reduced Price, House & Lake

House and Lake Total 33 acres +/-, Lake 15 acres +/-, walkout basement, double car garage, 30' x 50' motor home building, 40' x 60' shop, 15 minutes to Sedalia, 10 minutes to Truman Lake, Possible Owner Finance, \$399,000. 660-723-0347

563464hb

MISSOURI STATE FAIR | SEDALIA

**SALUTE
TO OUR
HEROES**

OPENING WEEKEND



AUG 10 STATE FAIR HOMECOMING DAY

Sponsored by **pepsi.**

\$1 OFF adult gate admission
with coupon from special 2-liter
Pepsi products

**LAW ENFORCEMENT &
FIREFIGHTER APPRECIATION DAY**

FREE GATE ADMISSION

for Law Enforcement, Firefighters, EMTs, Paramedics

- Must provide appropriate I.D.
- \$1 ADMISSION for immediate family members (spouse & dependent children)

AUG 11 MILITARY APPRECIATION DAY

Sponsored by **OTELCO**
Technology. Tradition. Together.

Military Resource Fair, 10 am – 4 pm
Military Appreciation Ceremony, 2 pm

FREE GATE ADMISSION

for Active Military, Veterans & Delayed Entry Recruits

- Must provide appropriate I.D.
- \$1 ADMISSION for immediate family members (spouse & dependent children)

MILITARY FLAG RETREAT

AUG 8 & 18, 5 PM; AUG 9-13 & 15-17, 6 PM

AUG 14, 7:15 PM

Join us in celebrating the men & women
who have served or are serving our
amazing country at the flag pole
behind the Highway Patrol Building.

Sponsored by Capital Materials,
Retrieving Freedom & Starline Brass

NEW!

come HOME

AUG 8-18 MOSTATEFAIR.COM