



Vol. 2 No. 38  
Sept. 23, 2011

## Airmen train for shot at pre-ranger course



WARRENSBURG, Mo. - Airman 1st Class Brian Whitaker, 509th Security Forces Squadron, is shoved into a pool during water survival training Sept. 16. The training teaches Airmen the responses needed if they were to fall into water from a ship or aircraft. See pages 8-9 for more photos and story.

U.S. Air Force photo/Senior Airman Cody H. Ramirez

## Team Whiteman competes in AF Marathon

By Staff Sgt. Danielle Wolf  
442nd Fighter Wing Public Affairs

Eleven servicemembers assigned here completed the 16th annual Air Force Marathon Sept. 15.

The 26.2-mile marathon took place in Dayton, Ohio and had more than 13,000 participants.

Unlike previous years, this year's Team Whiteman group was a true representation of the installation.

On the team were three reservists from the 442nd Fighter Wing, a national guardsman from the 131st Bomb Wing, a national guardsman from the 1-135th Attack Battalion, Army National Guard, and six other active-duty Airmen from throughout the 509th Bomb Wing.

"This is the most diverse group we've ever had – truly a joint force," said Tech. Sgt. Joseph Laxson, Airman Leadership School instructor and team coach for the event.

**See Marathon, page 3**

## Whiteman's 2011 CFC kickoff

By Senior Airman Alexandra M. Boutte  
509th Bomb Wing Public Affairs

Every year thousands of Airmen fill out a slip of paper to give a few dollars to the Heartland Combined Federal Campaign in support of several different charities.

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all, according to the CFC website.

This year is the CFC's 50th anniversary. Whiteman is hosting a kickoff party for the CFC beginning at 3 p.m. Sept. 28 at Mission's End.

The CFC was established in 1961 and is the world's largest annual workplace charity campaign, with more than 200 campaigns throughout the world to help raise millions of dollars each year.

"The whole purpose of the CFC is to give back to those who are less fortunate," said 1st Lt. Jenny Awbery, 509th Security Force Squadron and CFC representative. "We are truly honored to live in such a great country and enjoy the freedoms and protections provided. It is important not to take that for granted."

Whiteman's goal this year is to raise \$131,000 through its mission partners and tenant organizations, an increase from last year's goal of \$125,000.

"Another important goal is 100 percent contact," Awbery said. "Here at Whiteman we want to make sure everyone has the opportunity to learn about the CFC and the opportunity to donate however they wish."

Whiteman's campaign runs from Sept. 28 through Nov. 10.

Each squadron and tenant unit has a point of contact with donation slips and a list of charities available. If Airmen want to donate to the CFC, but have no particular charity they wish to donate to, a general donation fund is available.

Most federal employees elect to pledge a specific amount to be withheld regularly from their pay beginning in January and continue through December. One-time gifts are also possible.

Airmen may direct their support to charities that work on issues they care about.

According to the CFC website, pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world.

Members of Team Whiteman have the opportunity to make an impact on thousands of people in need by contributing to the CFC, and one day maybe even helping them.

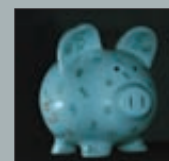
For information on the CFC and eligible charities contact your unit and group representatives or log on to [www.opm.gov/cfc](http://www.opm.gov/cfc).

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#### Public views military aircraft at Air Guard's Cannon Range open house

More than 1,000 attended the Missouri Air National Guard's Cannon Range and got a chance to see the a variety of military aircraft during an open house Sept. 10.

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#### National Hispanic Heritage Month

From Sept. 15 to Oct. 15 our nation observes Hispanic Heritage Month by honoring the cultures, chronicles and contributions of U.S. citizens whose ancestors came from Spain, Mexico, and the Caribbean along with the regions of Central and South America.

### WEATHER

Today	Sunday
Sunny	Sunny
Hi 73	Hi 73
Lo 47	Lo 47
Saturday	Monday
Partly Cloudy	Sunny
Hi 73	Hi 74
Lo 48	Lo 49

Courtesy of National Weather Service



# Preparing to lead, prepare to succeed

Maj. Scott Van Schoyck

509th Bomb Wing Deputy Staff Judge Advocate

Great leaders share certain traits: one is that they prepare to succeed. It doesn't matter if that leader is a general or an airman 1st class. If they want to succeed, then they need to prepare themselves and their organizations for success.

By preparing for success, leaders at every level enable themselves and their organizations to achieve objectives that contribute to mission success. For example, a squadron commander knows that the Airmen in their command need to be fit to adequately meet all the rigors that military service can entail. If the airmen under their command do not meet Air Force fitness standards then they may, at the very least, receive a referral performance report.

Airmen can even be discharged if they fail four fitness tests in a row. It does not matter how good a particular airman is in their technical duties: if they are not prepared for the fitness test, they will fail as an Airman.

Every squadron commander knows they need to provide their airmen with some basic tools to pass their fitness tests in order to take care of them. However, many commanders realize that even if they are a fitness guru, they have too many other job responsibilities requiring their direct attention to personally give the fitness program the attention it deserves each day. That is why they appoint squadron fitness monitors.

Of course, each fitness monitor must be a leader themselves. The fitness monitor must not only have a plan for how they are going to track each member's performance on a fitness test. They also need to prepare training plans to keep their teammates in shape throughout the year. They need to identify Airmen who are not meeting

fitness standards early in the fitness process and get them help.

Finally, the fitness monitor needs to notify each Airman's administrative chain of command – to include the squadron commander – early in the process when an airman is struggling with their fitness duties. This enables an Airman's chain of command to take proper administrative actions that can encourage better training and a healthier lifestyle, particularly when the Airman begins to fail his or her fitness tests.

In addition to enabling mission accomplishments and care for an organization's people, thorough preparation can increase confidence. This is important because good leaders are confident leaders. So, to use our fitness analogy again, if a squadron commander and a fitness monitor make adequate preparations to train, monitor and discipline Airmen who do not meet Air Force fitness standards, then they can be confident that they have done every reasonable thing in their power to take care of their Airmen.

This should give them confidence that any Airman who receives a referral EPR or OPR, not to mention any Airman who is discharged, was responsible for their inability to meet Air Force fitness standards, which means they were responsible for the ultimate administrative action.

So, remember, to be a leader – no matter what level you are a leader at – you need to be prepared. It will allow you to do your job. It will allow you take care of your fellow airmen. What's more, by properly preparing yourself every day, you may allow yourself to perform in what Winston Churchill referred to as a "special moment" when you are "offered a chance to do a special thing, unique to you and fitted to your talents." It would be a pity if that moment found you "unprepared or unqualified for that which would be your finest hour." Be prepared for that hour. Be a leader.

## Commander's Corner

Team Whiteman,

This past Sunday our service celebrated its 64th year defending our nation. For more than six decades we and the veterans who came before us have plied the skies in every part of the world. Our missions have ranged from preserving the peace, providing humanitarian aid, and bringing war to our enemies.

For more than 20 years now the Air Force has been engaged in active combat operations, starting with Operation Desert Shield in 1990 as we protected our Mid-East



allies from Saddam Hussein's aggression. Over the decades we have seen our role in warfare change, from the strategic stand-off of the Cold War to the counter-insurgencies of Iraq and Afghanistan.

But despite all these changes, some things remain the same. The Air Force remains an organization based on integrity, service and excellence. These attributes have served us well for the past 64 years, and they will serve us well for as long as airplanes remain in the skies.

Tonight hundreds of us will gather at the Whiteman Gala 2011 for our part of the service's birthday celebration. I look forward to being there to mark yet another year of outstanding contribution to our nation by the world's greatest Air Force.

As we talk about change, I want to briefly mention what many of you are already well aware of. This Tuesday the Department of Defense officially ceased enforcing the policy known as "Don't Ask, Don't Tell." We've been preparing for this day for months, and I am confident it will be a non-event, remarkable only for what didn't happen. Regardless of your position or feelings on this issue, please remember that our country expects the highest standards of discipline and professionalism from us, and act accordingly.

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm,  
Commander

## Tobacco + Teeth = ?

By Capt. Carl Bhend

509th Medical Operations Squadron Advanced Clinical Dentist

It's that time of year again; your annual dental exam is approaching. You immediately know that the dentist will ask "Are you flossing?" Or, "I see you are still using tobacco; are you interested in quitting?"

The reason dentists ask those questions is because we care about you, the patient. Kicking tobacco is no easy feat (pun intended). Nicotine is the culprit. So why should you quit? You'll lower the chances of having a heart attack, stroke or cancer, including oral cancer. A smoke-free environment is healthier for those around you. If you're pregnant, you'll improve your chances of having a healthy baby. And think of all the money you will save and what you can do with it.

What is the impact of tobacco? Smoking increases the risk of oral cancer, as well as periodontal (gum) disease, which is the leading cause of tooth loss and sensitivity. Smoking results in delayed healing after a tooth extraction or other oral surgery. Smoking limits the options for some kinds of dental care (smokers can be poor candidates for particular treatments such as implants). And smoking gives you bad breath, stained teeth and tongue, and diminishes your sense of taste and smell.

"But doc, I don't smoke, I just dip." Like cigarettes, smokeless tobacco products contain a variety

of toxins associated with cancer. At least 28 cancer-causing chemicals have been identified in smokeless tobacco products. Smokeless tobacco is known to cause cancers of the mouth, lip, tongue and pancreas. Users also may be at risk for cancer of the voice box, esophagus, colon and bladder, because they swallow some of the toxins in the juice created by using smokeless tobacco. Smokeless tobacco can irritate your gum tissue, causing periodontal disease. Sugar is often added to enhance the flavor of smokeless tobacco, increasing the risk for tooth decay. Smokeless tobacco also typically contains sand and grit, which can wear down your teeth.

"Doc, how do I know if I have oral cancer?" Signs and symptoms that could indicate oral cancer include:

1. Any sign of irritation, like tenderness, burning or a sore that will not heal.
2. Pain, tenderness or numbness anywhere in the mouth or lips.
3. Development of a lump, or a leathery, wrinkled or bumpy patch inside your mouth; color changes to your oral soft tissues (gray, red or white spots or patches), rather than a healthy pink color.
4. Difficulty chewing, swallowing, speaking or moving the jaw or tongue
5. Any change in the way your teeth fit together.

See your dentist or physician if you notice any of these changes.

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## 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.



## NEWS BRIEFS

### Whiteman Bike and Car Show

Whiteman's Bike and Car Show is today from 11 a.m.-3 p.m. at the Army National Guard parking lot. Vehicles are scheduled to roll-in at 10:30 a.m.-noon. There will be burgers, chops and drinks. For more information call Tech. Sgt. Leonel Gallardo at 660-687-7735 or Staff Sgt. Devin Giles at 660-687-8167.

### Knob Noster Homecoming

The Knob Noster Homecoming Parade begins at 4 p.m. today. Whiteman personnel are slated to represent Team Whiteman during the parade. The parade is on McPherson Street between South Washington Avenue to South Adams Avenue and personnel should plan their travel route accordingly between 1:45-5 p.m. Team Whiteman and the public are welcome to attend the parade and are invited to attend the assembly at KNHS at 1 p.m. today.

### Car seat inspection point at the Exchange

The 509th Medical Group is holding an installation car seat inspection guideline point from 10 a.m.-noon Sept. 24 at the Whiteman Exchange parking lot. Inspections do not require an appointment. For more information visit [www.nhtsa.gov](http://www.nhtsa.gov) or visit [www.shopmyexchange.com](http://www.shopmyexchange.com).

### Blood drive to support DoD family

Airmen from the 509th Bomb Wing and the 442nd Fighter Wing join forces to save hundreds of lives Oct. 5 will host an armed services blood drive from 10 a.m.-6 p.m. at the Whiteman Community Activities Center. Army Soldiers from the Blood Donor Center at Fort Leonard Wood, Mo., will collect blood to support servicemembers serving in the U.S. Central Command area of operations. Within five days of collection, donated blood will be available to injured or ill servicemembers in Iraq and Afghanistan and other locations around the world. Potential blood donors must:

- ☐ Weigh at least 110 pounds
- ☐ Be at least 17 years old
- ☐ Have been feeling well for at least three days
- ☐ Be well hydrated
- ☐ Have eaten something before donating

Those wanting to donate should bring these items to the donation site:

- ☐ List of medications
- ☐ List of foreign countries traveled to; be sure to include when, where and for how long
- ☐ Photo Id (military ID, driver's license, etc)

Appointments are not required but can be made at [www.military-blood.dod.mil](http://www.military-blood.dod.mil)

## Whiteman's 2011 CFC kickoff



U.S. Air Force photo/Senior Airman Cody H. Ramirez

**Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, signs a Heartland Combined Federal Campaign pledge form Sept 15. The CFC brings together federal employees throughout the United States and abroad to take part in the largest and most successful workplace charity campaign in the United States. This year the campaign runs from Sept. 28 to Nov. 10.**

## Marathon Continued from Page 1

Potential runners competed for slots to represent Whiteman by sending Laxson scores from previous runs. While not everyone who applied had competed in a marathon before, he said all runners had completed some sort of timed distance run.

The 11 Airmen trained together here two days a week with speed work and long-distance runs to ensure everyone was properly trained to prevent injury and successfully complete the marathon.

"It really helped motivate everyone to train together," Laxson said. "Out of our group, we saw a few people rise up to become leaders and help others through encouragement and physical training."

One of those leaders, he said, was Tech. Sgt. John Straka, 442nd Aircraft Maintenance Squadron weapons expediter.

Straka has been a distance runner since 1998. He has completed six marathons, including the Boston marathon earlier this year and has one more marathon scheduled for October.

Straka said the most important thing a runner can do is take small steps – figuratively speaking – and build on the skills he or she already has.

"Don't try to just pick up and run a half-marathon – that can be overwhelming," he said. "But if you know you can run five miles, then add another, and then another until you work your way up to 13 miles. Running is 80 percent psychological training and 20 percent physical training."

The next Air Force Marathon is scheduled for fall 2012, with registration beginning Jan. 1, 2012.



Courtesy photo/Col. Daniel Semsel

**Top row (left to right): Kevin Hostettler, 509th Chaplains Office – 3:25:32; James White, 709th Munitions Squadron – 4:25:30; Carl Garrison, 131st Maintenance Squadron – 3:56:43; John Straka, 442nd Aircraft Maintenance Squadron – 3:29:54; Michelle Elliott, 1-135th Attack Reconnaissance Battalion, Army National Guard; 3:43:22; Bentley Brooks, 393rd Bomb Squadron - 3:32:54; Travis Moore, 509th Maintenance Squadron – 3:55:28. Bottom row (left to right): Joseph Laxson, 509th Force Support Squadron – 4:55:04; Amy Elmore, 303rd Fighter Squadron – 3:36:20; Crystal Breshears, 509th Command Post – 4:28:05; Kevin Balandron, 442nd Aircraft Maintenance Squadron – 3:26:41; (Not pictured): Tim Cooley, 509th Command Chief – 3:14:40.**



# Military appreciation at MU game



U.S. Air Force photo/Senior Airman Cody H. Ramirez  
COLUMBIA, Mo. - A B-2 Spirit from Whiteman Air Force Base flies over a pre-game show at the University of Missouri Sept. 17. Members from the 509th Bomb Wing, along with Guard and Reserve units around Missouri, were recognized before the game.



U.S. Air Force photo/Senior Airman Cody H. Ramirez  
COLUMBIA, Mo. - L'Damain Washington, Missouri Tigers' wide receiver, sweeps left during their game versus Western Illinois Sept. 17, which they won 69-0. Members of the 509th Bomb Wing from Whiteman AFB, along with military across Missouri, were recognized before the game.

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American History M-W • Principles of Management T-Th

SESSION 3A (OCT. 17<sup>TH</sup> - NOV. 4<sup>TH</sup>)

Humanities M-W

SESSION 3B (OCT. 17<sup>TH</sup> - NOV. 18<sup>TH</sup>)

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# Team Whiteman runs to remember – POW/MIA

Story and photos by  
**Senior Airman Cody H. Ramirez**  
509th Bomb Wing Public Affairs

Members of active duty, Guard and Reserve units here came together Sept. 15 and 16 to support those military members who have been prisoners of war, or determined missing in action.

The more than 400 participating members had one goal – ensure the POW/MIA flag and torch continued moving for 24 hours.

National POW/MIA Recognition Day is a time when Americans can pause and give recognition for the bravery, sacrifices made and services rendered by POW/MIAs. It is one of six days throughout the year Congress has mandated the flying of the National League of Families' POW/MIA flag over federal facilities, cemeteries, post offices and military installations.

"The significance of the run is to show families that we have not forgotten and to share our respects with those who have went missing in honor of our country," said Staff Sgt. Cass Vaughn, event coordinator.

Many American heroes are POWs, while several more are still MIA. According to the Defense POW/MIA office, more than 83,000 Americans are missing from World War II, Korean War, Cold War, Vietnam Conflict, Gulf War and Afghanistan.

"The POW/MIA run struck me as something that really has meaning," he added. "There are many families who have lost loved ones and don't know what happened to them, so it is important we remind them that the ones they lost aren't forgotten, and that their service is always remembered."



Don Demarco, 442nd Fighter Wing, runs in support of POWs and MIAs here Sept. 16. Units from the 442nd FW (reserve unit on base), 131st Bomb Wing (Air National Guard unit on base) and the 1-135th Attack Reconnaissance Battalion (National Guard unit on base) came out to show their respects alongside the 509th Bomb Wing.



Members of the 442nd Fighter Wing run during the POW/MIA run here Sept. 15. Units from the 442nd FW (reserve unit on base), 131st Bomb Wing (Air National Guard unit on base) and the 1-135th Attack Reconnaissance Battalion (National Guard unit on base) came out to show their respects alongside the 509th Bomb Wing.



Airmen support the POW/MIA run here Sept. 15. More than 400 people participated in the run to show their respect.



The 509th Medical Squadron start the POW/MIA run after the opening ceremony at Ike Skelton Park Sept. 15. The team started with filling an hour slot, kicking off the 24-hour run which honored those who gave their lives for their country.



Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, speaks at the opening ceremony of the POW/MIA run Sept. 15. The run recognizes and shows respect to those who have been captured or gone missing during American military conflicts.



# Simple ways to reduce spending

By Heidi Hunt  
509th Bomb Wing Public Affairs

Unexpected car repairs, an insurance deductible, medical bills, or even a death in the family are among the many reasons people carry a negative balance on a credit card.

Many people may have thought about gaining control of their spending, but don't know where to start. For those who find cutting cost a challenge, the staff at the Airman and Family Readiness Center offer simple ways to curb spending temptations.

"Take an assessment of your life and determine what your worst case scenario would be," said R.D. "Smitty" Smith, 509th Force Support Squadron readiness consultant. "People should plan in advance for those situations so they don't have added stress and worry when these cases present themselves."

The A&FRC has created an expense-tracking sheet and encourages individuals to find out how much they are spending in each area and know exactly where they can cut back, according to Smith.

"Many may not realize how much they are spending in each category; for example, if you eat out a lot, it can get to be very expensive," said Smith.

Another way to curtail costs is to car pool with a friend, which will cut down on gas for both parties.

"Instead of making one trip, people can run errands and combine trips which reduces the cost of gas," Smith said.

When it comes to home maintenance, Smith said unnecessary expenses can be avoided in order to save on costs.

"For example, don't plant as many flowers, or go a year without changing decorations, or whatever you are willing to cut back on," Smith added. "Depending on the circumstance, you may be able to find somewhere to cut back expenses."

"The biggest thing I like to see people cut back on is what is in the 'left over category' that clients tell me is in their budget," he said. "If clients have anything left over, they are going to spend that money because that is their intent."

"I suggest budgeting and accounting for every dollar," Smith said. "That way, you know where every dollar is going."

Smith said if people make a plan for where there money is going ahead of time then they will likely save that money.

"The key to being successful is to plan a budget, set spending goals and follow through," he said.

"If you think about it, everyone can cut back somewhere," he said. "Pay attention to prices because some stores can offer better deals, but without compromising quality."

For more information and to seek financial advice, contact Smith at the A&FRC at 660 687-7132.










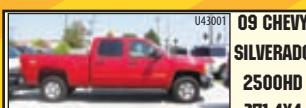
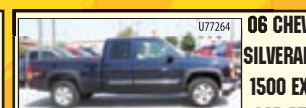
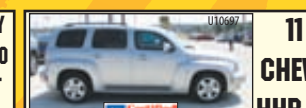


U.S. Air Force photo/Senior Airman Alexandra Boutte

Finance experts suggest that understanding budgeting, setting spending goals and following through with them is the key to financial success.

## SEPTEMBER TO REMEMBER SALE-A-BRATION AT W-K

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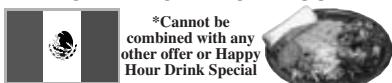
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# AIRMEN TRAIN FOR A SHOT AT PRE-RANGER COURSE

Story and photos by  
Senior Airman Cody H. Ramirez  
509th Bomb Wing Public Affairs

The 509th Security Forces Squadron is sending one member to represent Whiteman AFB in the Air Force Pre-Ranger Course at Indian Springs, Nev. Oct. 12. The leadership course prepares and tests Airmen as a precursor to the U.S. Army Ranger course.

Members of the 509th SFS prepared physically and mentally for the Air Force Pre-Ranger Course by brushing up on their land-navigation and water-survival skills Sept. 15 and 16.

The Airmen navigated through the local woods with only a map and the local terrain to guide them. During water survival training they practiced the skills that will save them if they fall into water from an aircraft. These survival techniques are essential for those attending pre-ranger school.

"We are sending the best possible candidate to represent Whiteman at the course," said Tech. Sgt. Jesus Guerra, 509th SFS trainer, who hosted the volunteer based pre-ranger try-outs here.

The volunteers needed to meet the ranger physical standard – a five-mile run under 40 minutes, 55 push-ups in two minutes, 65 sit-ups in two minutes, no less

than 10 pull-ups and a 12-mile ruck in less than 3 hours.

Twelve members of the 509th SFS volunteered, but within the first two weeks it dropped to four remaining members, two of whom remain in the running to attend the pre-ranger course, according to Guerra.

"These guys can get through anything that is put in their way," said Guerra. "They give more than 100 percent, which they are going to need if they want to pass the pre-ranger course."

The Airman who meets the previous physical requirements and displays the best leadership skills will be sent to the pre-ranger course.

"Out of the remaining candidates, I could see either one making it through the pre-ranger course, but we have to make a decision," Guerra said. "It just comes down to who shows the most fortitude on their patrols and who is a better leader at the end of the day – who can make those leadership decisions on the battlefield?"

A month of training remains before a final candidate for the course is chosen. Future training will involve 29 core infantry skills and the students creating a warning order and operation order. From there the students conduct a one- or two-day mission to prepare them for what they will see in the pre-ranger course.



KNOB NOSTER, Mo. - Airman 1st Class Andrew Timler, 509th Security Forces Squadron, receives advice from Tech. Sgt. Jesus Guerra during water-survival training Sept. 15. Timler is one of four SFS members competing for the chance to attend the Air Force Pre-Ranger Course.



KNOB KNOSTER, Mo. -- Airman 1st Class Andrew Shoemaker, 509th Security Forces Squadron patrolman, scans the area during land navigation training Sept. 16. Shoemaker is one of few from the 509th SFS that is training for the Air Force Pre-Ranger Course. Of those training, one will be sent.



KNOB NOSTER, Mo. -- Members of the 509th Security Forces Squadron find the easiest route across a creek during land navigation training Sept. 16. The team is training and competing for the opportunity to attend the Air Force's pre-ranger school. One of the four will be chosen.



KNOB KNOSTER, Mo. - Airman 1st Class Andrew Shoemaker, 509th Security Forces Squadron, checks his map to ensure his team is heading in the right direction during land navigation training Sept. 16. Shoemaker is one of four training for the chance to represent the 509th SFS in the Air Force Pre-Ranger Course.



KNOB NOSTER, Mo. -- 509th Security Forces Squadron members uses their compasses to find the next objective point during land navigation Sept. 16. These Airmen are brushing up on skills needed in the Air Force Pre-Ranger Course. The Airman that shows the most leadership abilities and highest physical and mental endurance throughout training will be sent to the course.



KNOB NOSTER, Mo. -- Airmen from the 509th Security Forces Squadron search for their next objective point Sept. 16, during land navigation training. The members, who focus on installation defense here, had the chance to train on other defense techniques which are needed in the Air Force Pre-Ranger Course.



# Public views military aircraft at Air Guard's Cannon Range open house



Courtesy/Matthew J. Wilson

An A-10 Thunderbolt fires its guns Sept. 10 during the open house for the Missouri Air National Guard's Cannon Range.

By Matthew J. Wilson  
Ngmo.pao@US.ARMY.MIL

**LAQUEY, Mo.** -- More than 1,000 attended the Missouri Air National Guard's Cannon Range and got a chance to see a variety of military aircraft during an open house Sept. 10.

F-16 Fighting Falcons, A-10 Thunderbolt IIs and B-2 Spirits roared across the sky, fired their guns and dropped practice bombs for spectators at the 4,800-acre, class-A air-to-ground range located in the southwest corner of Fort Leonard Wood, Mo.

"I think it went real well and I'm pleased," said Maj. Michael Sadler, 131st Bomb Wing Detachment 1 commander, who runs the range. "Everyone who was here seemed to really enjoy it and thanked us for what we do as Guardsmen."

The purpose of the event is to expose the range's neighbors to the mission of the Missouri Air Guard and the functions of the range.

"This is not an air show," Sadler said. "It's meant to show the local community what we do. This range is kind of unique in that it is a hazardous activity and there is a lot of loud noise. A good relationship with the community is critical."

The range includes more than 300 ground targets, 14 of which can be used to score a pilot's precision with camera towers and an advanced computer system. The range is utilized by all military branches and components. Units come to train on the range from as far away as Texas.

Before the airplanes began their target practice, a UH-60 Black Hawk helicopter was flown in by members of the Missouri Army Guard's Company C, 1st Battalion, 106th Assault Helicopter Battalion, of Fort Leonard Wood. The pilots and crew opened up the helicopter as a static display to the public during the open house.

Cannon Range normally holds an open house once every two years, although until Sept. 10, it hadn't put one on since 2007.

Sadler, who flew an A-10 during the 2007 open house, said it was a relief finishing his first open house as a member of the detachment.

"I'm excited now to do another one," he said. "A lot of people came up and thanked me."

But Sadler deferred any credit to his staff.

"I have a lot of good people who work here with me that did a lot of this set-up," said Sadler. "It was a leap of faith for me to say I'm going to trust them to get it done, and that's exactly what they did."

Senior Master Sgt. Randy Flores, the range superintendent, said it took about eight months to prepare for the open house.



Courtesy/Matthew J. Wilson

Smoke rises from practice bombs dropped on targets at the Missouri Air National Guard's Cannon Range during an open house demonstration.

"We really give them a look at what we do on a daily basis," said Flores. "This is one of our primary public outreaches to let them see what we do and how we train."

"The training is essential for these pilots to be able to do what they do," Flores added. "That way when they go to battle, they are mission capable."

Flores said the open house started as an outing just for the families of the range staff, but began to grow from word of mouth, and has continued to grow over the years. During Flores' first open house at the range in 1994, there were about 500 people who attended. In 2007, there were more than 2,300.

"Before this year, it had just kept getting bigger and bigger," Flores said.

Although this is the first open house they've been to at Cannon Range, Ina, and her husband, Ed, used to live in Lee's Summit, Mo., and attended several air shows in the northwest portion of the state.

Ed said his favorite part was the B-2s.

"Just the size of it is impressive," said Ed. "When we are headed down U.S. Highway 50 and we see them coming in to Knob Noster to land, we always have to pull over and watch them as they come in. It's just exciting."

The F-16s that supported the open house were from the Oklahoma National Guard's 138th Fighter Wing, of Tulsa; while the A-10s were from the Air Reserves 442nd FW, of Whiteman Air Force Base; and the B-2s were from the Missouri Air National Guard 131st BW and the active Air Force 509th BW, both of Whiteman.

The detachment got additional support from the MoANG 131st BW, of St. Louis and Whiteman; the Air Force's Detachment 1, 364th Training Squadron, of Fort Leonard Wood; Morale, Welfare, Recreation Fort Leonard Wood; Splash Design, of St. Robert; the Laclede and Pulaski county sheriff's departments; the Pulaski County Ambulance District and the Missouri Highway Patrol. Fort Leonard Wood also provided tents for shelter and buses to help shuttle people to their vehicles at the limited parking areas on the range.

Although Sept. 10 was a prime time to see what goes on at the range, Flores said tours for the public can be done throughout the year.

"Anybody can come out here and view it - they just need to call before they come," Flores said.

Anyone interested in going to the range should call 314-527-7297.



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8:30am-6pmNational Hispanic Heritage Month  
Many backgrounds, many stories  
— One American SpiritBy Tech. Sgt. Toiseng Hawes  
509th Bomb Wing Equal Opportunity

Our nation observes Hispanic Heritage Month by honoring the cultures, chronicles and contributions of U.S. citizens whose ancestors came from Spain, Mexico and the Caribbean along with the regions of Central and South America from Sept. 15 to Oct. 15.

The observance started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. It was enacted into law on Aug. 17, 1988. Sept. 15 symbolizes the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively. In addition, Día de la Raza, which is Oct. 12, falls within this 30 day period.

As of April 1, 2010 there are 50.5 million Hispanic people in the U.S. making people of Hispanic origin the nation's largest ethnic group. Hispanics are leaders in all aspects of our society, from the Supreme Court, corporations, academia, the arts and numerous other professions. As members of the armed forces, there are 39 Medal of Honor recipients of Hispanic ethnicity. Many heroic Hispanic men and women have also fought and died to defend the liberties and security of the U.S. in every war since the American Revolution, many serving before becoming American citizens.

William "Bill" Blaine Richardson III,

Poster/  
Defense Equal Opportunity Management Institute

former Governor of New Mexico, former U.S. ambassador to the United Nations and former Chairman of the Congressional Hispanic caucus said, "We cannot accomplish all that we need to do without working together."

In reflecting on our nation's rich heritage, let us take pride in our unique and vibrant history, and recommit to a shared future of freedom, prosperity, and opportunity for all.

For more information, visit the Hispanic Heritage Month project at [www.hispanic-heritagemonth.gov/](http://www.hispanic-heritagemonth.gov/)

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Tops in Blue seeks  
talent for 2012 tour

**SAN ANTONIO** — The Air Force's premier expeditionary entertainment group, Tops in Blue, is seeking the "best of the best" talent in the Air Force for the 2012 team.

The Air Force Worldwide Talent Search takes place at Lackland Air Force Base, Texas, Jan. 9-16, 2012. Total force Airmen who believe they have the skills to sing, dance, act or play musical instruments are encouraged to apply. After an in-depth review of applications, the top 80-100 Airmen are invited to participate in this prestigious competition.

Selected participants compete in six categories including male and female vocalist, instrumentalist, dance, musical variety and non-musical variety. The first place winner in each category receives the coveted "Roger" trophy and the second place winner receives the "Wilco" trophy.

Participants also go through a series of interviews and auditions to determine their suitability for a spot on the upcoming Tops in Blue team.

"During the week they are taken through a variety of auditions, many unrelated to their actual competition act," said Carol Sudy, an Air Force Services Agency marketing specialist. "This helps them learn what they excel at, and where they have to improve to be a well-rounded performer."

According to Sudy, becoming a member of Tops in Blue brings tremendous value to an Airman's life.

"They have a better understanding of the scope and breadth of the Air Force, learn skills they will use when they return to their units or on contingency operations and they see and appreciate all the sacrifices made by families and Air Force members," she said. "When they return to their unit, their commander receives a more versatile and skilled Airman and leader."

Interested applicants may apply online at [www.topsinblue.com](http://www.topsinblue.com) or mail an application and video to the Air Force Entertainment office by Nov. 15.

Besides performers, Tops in Blue is looking for technicians in the performing arts, such as audio, lighting, staging and videography. Big rig truck and bus drivers are also encouraged to submit their non-performer application for consideration to attend the Worldwide Talent Search and a place on the upcoming 2012 Tops in Blue tour.

For more information and a schedule of upcoming performances, visit [www.topsinblue.com](http://www.topsinblue.com). Follow the group on Twitter at [twitter.com/aftopsinblue](http://twitter.com/aftopsinblue), on Facebook at <http://www.facebook.com/topsinblue> or visit the blog at <http://tib.dodlive.mil>.

(Courtesy of Air Force Personnel, Services and Manpower Public Affairs)



## It's raining dogs, not cats



Courtesy photo/Kyle Hamrick

A pet owner congratulates his dog for winning the great dog biscuit race during the 2011 Bark in the Park Sept. 17 at Ike Skelton Park. The event attracted more than 65 people and brought more than 25 canines who participated in competitions to win prizes. The event provided health education, rabies vaccination information and free screenings and was put on by the Community Center. Sponsors of included Whiteman Vet Clinic, Base Health Department, Dr. Jessica Dees, USO of Missouri, Pet Planet, Victorian Hills Boarding School, and the Whiteman AFB Marketing Department.

## Teeth Continued from Page 2

Tobacco + Teeth = nothing good. The negative impacts on oral health are so significant that the Food and Drug Administration will require graphic health warnings (as the example graphic) to be placed on all cigarette packs, cartons, and ads no later than Sept. 22, 2012.

"Doc, I am interested in quitting."

If this is you, great! The Health and Wellness Center is a great place to start. You can contact them at 660-687-3936. There are also many resources online, or you can call 1-800-QUIT-NOW. I hope that you are victorious in quitting tobacco and I look forward to celebrating that victory with you.

## AF officials announce civilian early retirement, separation incentive options

By Debbie Gildea

Air Force Personnel,  
Services and Manpower Public Affairs

**RANDOLPH AIR FORCE BASE, Texas (AFNS)** -- The Air Force is implementing civilian Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay programs, Air Force officials announced today.

"Our goal with these programs is to mitigate the impact of reduced fiscal year 2012 funding on our permanent civilian workforce," said Maj. Gen. Sharon K. G. Dunbar, the Air Force director of force management policy.

Reduced Air Force funding starting in fiscal 2012 is the result of a Secretary of Defense efficiency initiative that holds civilian manning at fiscal year 2010 levels Department of Defense-wide. This initiative reduces previously planned growth in the Air Force civilian workforce by nearly 9 percent. Air Force officials estimate that reduced funding levels are sufficient to support just over 180,000 civilians as of Oct. 1.

"Complying with lower civilian funding levels requires adjusting the size of our civilian workforce by about 1 percent this next fiscal year," Dunbar said. "To do this, we're postured to approve up to 6,005 VSIP applications along with implementing VERA. These voluntary programs will also help generate flexibility to balance positions

with mission priorities."

Air Force officials also implemented hiring controls in May, followed by a 90-day hiring freeze that went into effect last month. Much like the voluntary programs, the temporary hiring freeze and ongoing hiring controls are designed to reduce the size of the civilian workforce and generate vacancies for permanent employees whose positions may be restructured, transferred or eliminated, the general explained.

"Our civilians have been asking about VERA and VSIP options, so we worked to make these voluntary programs available early in the fiscal year," Dunbar said.

Servicing civilian personnel offices have already started surveying eligible civilians for their interest in these programs. Surveys are targeted to those in job series that may be affected by downsizing or restructuring.

Targeting the surveys requires balance, the general explained.

"If we target too narrowly, the number of volunteers may fall short of what we're seeking. At the same time, an overly broad survey may cause angst among employees in positions that will not be affected.

To be eligible for VERA, employees must be at least 50 years old with 20 years of creditable service, or have 25 years of creditable service at any age.

Whereas VERA is a temporary mea-

**See Options, page 14**



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### MONDAY 9/26

#### SOAR Program ~ 10-11 a.m. ~ A&FRC

Whiteman Spouses, join other spouses every Monday at Whiteman Inn for the Spouses Orientation Acclamation and Resources program. Event is to inform newcomer spouses about the resources available to them on base such as help finding jobs, education resources, childcare options, volunteering, networking and much more! Children welcome with adults. Free program. Contact Airman & Family Readiness Center at 687-7132 for more info.

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

Today's special is sliced pork loin, scallop potatoes, veggies, tossed salad and rolls. Cost is \$7.15 members; \$8.15 nonmembers. Call 687-4422 for more details.

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

Enjoy this month's grill special Monday through Friday during lunch. September's menu is hot Pastrami & Swiss on sourdough bread or egg salad on toasted sourdough bread. Both items served with French fries and a Coke. Cost is \$6.75 members, \$7.75 nonmembers. Call 687-4422.

#### Family Membership Buffet ~ 5-7 p.m. ~ Mission's End

Join us for family night! Menu: sliced roasted turkey with gravy, sliced ham with pineapple glaze, BBQ meatballs, scallop potatoes, stuffing, cranberry sauce, mixed veggies, dinner rolls, fruit Jell-O, cookies and mini cakes. Free to family club members only. Call 687-4422 for details.

### TUESDAY 9/27

#### Member's Only Daily Bar Bingo ~ 5 p.m. ~ Mission's End

Bingo starts at 49 numbers for \$450. Each week it goes up by one number and \$50 if no jackpot winner. Consolation prize of \$20 in Coverall Game. Stop by Tuesday through Friday; purchase cards by 5 p.m. Game starts at 5:30 p.m. Call 687-4422 for more details.

### WEDNESDAY 9/28

#### Boss-n-Buddy Night ~ 4-7 p.m. ~ Mission's End

Stop in with your boss and/or buddy for some delicious chicken wings! Cost is 30 cents for members; 45 cents for nonmembers/carryout. For more information, please call 687-4422.

### THURSDAY 9/29

#### Cook's Night Off ~ 4-8 p.m. ~ Mission's End

Call in your order to 687-4422 by 2 p.m.; pick up between 4-8 p.m. A perfect meal that feeds a family of four. September's menu is sliced pork loin with gravy, herb roasted potatoes, Julienne style green beans, dinner rolls, cinnamon Strudel cake. Cost is \$15.95 for members; \$18.95 nonmembers. Patrons may also order a large single topping pizza for just \$7 or a large single topping pizza with 10 pieces of wings of fire for \$14.25 for Cook's Night Off.

### FRIDAY 9/30

#### Stained Glass Class Deadline ~ Arts & Crafts

Noon, September 23 is the sign up deadline for this six-session, open enrollment class scheduled every Tuesday, 5:30-8:30 p.m. Cost is \$115; supplies included. Call 687-4765 to reserve a spot today!

#### 50 Cent Fridays ~ 3- 6 p.m. ~ Stars & Strikes

Cheap Friday night bowling and shoe rental at Stars & Strikes. Bowling and shoe rental 50 cents each. Call 687-5114 for more details.

**SQUADRON**  
**Holiday Party**  
**LOTTERY**  
**AT MISSION'S END**  
**OCTOBER 7 2-4PM**

If your squadron is planning to host a holiday party in the month of December 2011, *Mission's End* will be reserving your date to host your holiday celebration!

We will also be reserving dates for the *Royals Oaks Golf Club House*!

We will provide all info on menu options, prices and pro-rata sheets to make your event go as smoothly as possible.

\*We ask that representatives planning on hosting your event at either location, please attend this meeting.

**687-4422**

**MISSION'S END**  
**MAN**  
**VERSUS**  
**FOOD**  
**HALFTIME**  
**COMPETITION**  
*& MADDEN TRIVIA*  
**11-4:30PM**  
**OCTOBER 2 & 16**  
**\*West Texas Habanero Wing Challenge & The Almighty Sub Sandwich Challenge**  
\*Only one person will be selected to compete  
**CALL US FOR INFO 687-4422**

Arts & Crafts and Community Center performing arts presents...“A comedy about relationships!”

**The Marriage Counselor**  
**By: Joey Ouellette**  
**For Mature Audiences Only**

**performed at:**  
**the Community Center**

Friday, October 7, 7pm  
Saturday, October 8, 2pm  
**\$8 Friday Showing**  
**\$5 Saturday Showing**  
\*Friday Performance includes dessert

Tickets Can Be Purchased at the Arts & Crafts or Community Center

Also Featuring the Debut Performance of Wings of Song  
**Produced by special arrangement with Samuel French, Inc. New York City**

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**Win a trip to the Super Bowl!**  
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## YOUTH & TEEN EVENTS

### MONDAY 9/26

#### FitFactor Win a Nintendo Wii ~ Youth Center

Youth, ages 6-18, win a Nintendo Wii Bundle by earning the most FitFactor points between now and November 17. FitFactor program is an Air Force Youth Programs fitness and health initiative that encourages youth, teens and families to be physically active every day, make healthy nutrition choices and Get Up, Get Out and Get Fit! Winners will be announce November 19 at the Turkey Shoot event. Call 687-5586 for more details.

#### Child Care Openings ~ Child Development Center

The Susie Skelton Child Development Center has openings for children ages 3-5 years old. Interested parents may contact the CDC at 687-5588 for more information.

#### Preteen Pumpkin Patch Trip ~ 8 a.m.-4 p.m. ~ Youth Center

Preteens, ages 9-12, today, September 26 is the trip to the Kansas City Pumpkin Patch. Cost is \$20 members; \$22 nonmembers. Call 687-5586 for more info.

### TUESDAY 9/27

#### Time 2 Play! ~ 9:30-11 a.m. ~ Youth Center

Youth, ages birth to 5 years old, bring your own toys to the Youth Center every Tuesday for play time! Youth Center will provide the space and recreational balls in the BIG RED GYM! Parents are responsible for their own children. No reservations required; just stop in. Cost is free! Call 687-5586.

**Fall Into Fun Night!**  
**At The Youth Center**

**Friday Sept. 30**  
**Ages 6-12**

**Members \$8**  
**Non-members \$10**  
(Payment is due at the time of sign up.)

Youth ages 6-8 will take part in closely supervised activities including: art and crafts, fitness games in the gym, Wii game challenges, lobby activities, and more. Parents are welcome to join.

Youth ages 9-12 have the opportunity to play video games, computer room access, DDR, Wii games, pool, foosball, air hockey, games in gymnasium.

**FUN!** **Parents are welcome to join!**

**Sign ups begin Monday, Sept. 12**

**660-687-5586**

**TRY IT!**  
**BEFORE YOU BUY IT!**

**HAMMER'S NEWEST BALL**

**TABOO**

**TABOO GOLD!**  
**MONDAY-FRIDAY AT**  
**Stars & Strikes!**

**687-5114**

**FCC NEWS!**  
**RETURNING HOME CARE**

Military members returning home from a 30 day or longer deployment are entitled to 16 hours of FREE child care for each child 12 years old and younger. Come to the FCC office for an application prior to participation.

**PCS CARE**

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

Come to the FCC office to apply prior to participation or call 687-5590 for more information about any FCC programs.

**FORCE SUPPORT SQUADRON**

Force Support page editor.....Cathy Sison  
509th Force Support Squadron.....687-6525  
**WWW.WHITEMANFSS.COM**



## This Week at the Movies

### Rise Of The Planet Of The Apes

Sept. 24, 7 p.m.

*James Franco, Andy Serkis* -- A single act of both compassion and arrogance leads to a war unlike any other. Creating a CGI ape that delivers a dramatic performance of unprecedented emotion and intelligence, and epic battles on which rest the upended destinies of man and primate. PG-13 - intense and frightening sequences of action and violence. 105 minutes

### Final Destination 5

Sept. 25, 3 p.m.

*Nicholas D'Agosto, Emma Bell* -- No matter where you are, no matter where you hide...you can't cheat death. Or can you? Death is just omnipresent as ever, first revealing its menacing reality to a group of coworkers headed for a corporate retreat. During the bus ride, Sam has a premonition in which he and most of his friends, as well as numerous others, die in a horrific bridge collapse. When his vision ends, events begin to mirror what he had seen, and he frantically ushers as many of his colleagues, including his friend Peter and girlfriend Molly away from the disaster before Death can claim them. But these unsuspecting souls were never supposed to survive. R - Violence and terror, and for language.- 86 minutes

Movie showings are featured at the Whiteman AFB Movie Theater. Call the movie line at (660) 687-5110 for more information. Cash or check only. \*Movies are \$4.50 for adults and \$2.25 (3-11 years). Doors open 30 minutes prior to show time. \*Movies and ticket prices are subject to change without notice.

### TEAM WHITEMAN COMMUNITY

#### Airmen Against Drunk Driving —

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

#### 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 e-mail rao@whiteman.af.mil.

### FAMILY ADVOCACY OUTREACH

#### Common Sense Parenting —

Common Sense Parenting is offered in three, 90-minute classes every month and is scheduled according to the parent's needs. The Family Advocacy Program offers two different classes. One for parents of children ages 3-5 and another for parents of children ages 6-16. This class will demonstrate how to give clear messages, stay calm and teach child self-control as well as prevent misbehavior. Reservations required, call 660-687-4341.

#### You, Your Children, & Divorce —

You, Your Children, & Divorce is a 90-minute class offered twice a month on the second and fourth Tuesday from 11 a.m.-12:30 p.m., for individuals with children whose parents are in the process of a divorce. Class content focuses on helping parents help themselves and their children through a divorce successfully and minimize negative effects on the children. Reservations are required. This class is necessary for divorcing parents in Kansas, Mo. and Missouri and other states. Call 660-687-4341 for more information.

## Options Continued from Page 12

sure to increase retirements, VSIP is a financial incentive to encourage eligible employees to voluntarily separate from civil service. A VSIP payment is equivalent to an employee's severance pay entitlement, up to a maximum of \$25,000, before taxes.

Officials are authorized to approve a maximum of 6,005 VSIP applications from eligible civilians. VSIP applications may be approved if there is a direct link between an employee's separation and avoiding adverse personnel impact elsewhere.

"Employees who received surveys should familiarize themselves with the VERA and VSIP material on the Air Force Personnel Services website at <https://gum-crm.csd.disa.mil>," the general said.

Specific VERA and VSIP information can be accessed via the News and Announcements link. In addition, servicing civilian personnel offices are postured to assist interested civilians.

Employees should thoroughly consider all options before submitting an application for VERA or VSIP. Most employees who apply for VERA and/or VSIP make a commitment to separate Dec. 31, 2011 if their application is

approved. This commitment cannot be withdrawn except for extreme hardship or extraordinary circumstances. Civilians at Air Force Materiel Command bases, however, may be allowed to opt out even if their application is approved, depending on local guidelines established for their particular base.

"We're grateful for the immense contributions of our civilian workforce, and are committed to providing support through the changes ahead," Dunbar said. "We'll move through these changes and challenges together as a team."

The Air Force Personnel Services site includes a link to all secure applications (top right corner of the home page), as well as a VERA/VSIP link that will take users to a one-stop-shop of related links and information sources.

For specific eligibility information and guidance, employees who have been surveyed should go to their local civilian personnel strategic advisors in the Civilian Personnel Section.

For information about other personnel issues, visit the Air Force personnel services website at <http://www.afpc.af.mil/>.



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442nd Fighter Wing

Maritime Expeditionary Security Squadron 11 Det. D

1-135th Attack Reconnaissance Battalion

131st Bomb Wing



## FREE Classified Advertising in the Whiteman Warrior

### READ ALL RULES BEFORE PLACING AN AD

1. 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.
2. 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 pre-paid. 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 the-classifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
3. 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.
4. 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.
5. Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
6. Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
7. 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.
8. 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."
9. 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.
10. 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.
11. The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
12. 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.

Services Offered 69

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Daycare Centers 84



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Help Wanted 90

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