

WARRIOR

Vol. 1 No. 23
September 17, 2010

Servin' up some good grub



U.S. Air Force photo by Senior Airman Kenny Holston
Staff Sgt. Shaundria Brentley, 509th Force Support Squadron Food Services technician, mixes a bowl of stuffing for stuffed fish in preparation for midday chow at the Whiteman dining facility, Monday. See Pages 10-11 for story and more photos.

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Since 1961, Combined Federal Campaign officials have made it their mission to make a difference for thousands of local, national and international charitable agencies. This year's theme is iCare and kicks-off during "Boss and Buddy" night at Mission's End, Sept 29 and runs through Nov. 12. Anyone donating will receive a coupon for 10 free chicken wings that night.

LeMay gate closure

The LeMay gate will be closed Sept. 27 through Oct. 15 to all privately owned vehicle traffic, inbound and outbound, for speed hump replacement. For more information contact Mr. Paul Day, 509th Civil Engineering Squadron at (660) 687-6388, or Jerry Whitford at (660) 687-7761.

WEATHER

Today	Sunday
Chance Strms	Mostly Sunny
Hi 93	Hi 92
Lo 71	Lo 72
Saturday	Monday
Partly Sunny	Mostly Sunny
Hi 91	Hi 90
Lo 72	Lo 70

Weather courtesy of the National Weather Service

WOW airshow, open house scheduled for this weekend

By Senior Airman Torey Griffith
509th Bomb Wing Public Affairs

The skies over Whiteman AFB will be full of excitement Saturday and Sunday as a host of performers take to the skies, wowing spectators at the Wings Over Whiteman air show and open house.

The fun begins at 9 a.m., both days, and show attendees can enter through the LeMay gate, South of the base on Route 23, or the Arnold gate from State SStreet in Knob Noster. To enter from the Spirit gate, the main entrance to Whiteman, all persons must have a valid military ID, or a visitor's pass.

The best way to get to the show is to hitch a ride aboard a free shuttle bus, which will carry passengers to and from the Warrensburg high school parking lot. Security checks for the shuttle will be accomplished at the high school parking lot, and the bus will deliver its passenger

directly to the action on the flight line. The bus will continuously run all day.

For the security of all attendees, several items are prohibited at the air show. Knives of any size, coolers, backpacks, large bags and pets are not allowed on base or on the shuttle. Glass bottles are not allowed, but plastic is okay.

A host of vendors will be on hand to provide refreshment and delicious food as attendees enjoy the show.

In the air, the action begins with the U.S. Army Golden Knights at 10:40 a.m., followed by opening ceremonies. The skies will be busy with performances by an A-1E Skyraider, T-33 jet trainer, an A-10 flyby; P-51 Mustang, A-26 Invader and SNJ-5 shows and T-38 flybys followed by the Sky Soldiers Vietnam reenactment.

Aerobatic performances by a MiG-17, the Lima Lima six-ship of T-34s, a team of F/A-18 Hornets, and a PT-17 Stearman warm the skies for flyovers by one of our own B-2s,

followed by another parachute show by the Golden Knights.

Headlining the air action is the USAF Thunderbirds in their F-16 Falcons. These ambassadors in Blue represent the best of the U.S. Air Force, and according to the team's Website, "the Thunderbirds continue to represent all Airmen across the globe. The primary Thunderbird mission is to represent the pride, precision and professionalism all Airmen demonstrate. From the ground show to the breathtaking aerial maneuvers, the Thunderbirds continue to represent America's Airmen."

On the ground, a range of static displays of aircraft, a Corvette and Cobra car show, vendors and information booths as well as activities for kids at the South end of the ramp ensure there will be no dull moments.

Visit the official Wings Over Whiteman web page at www.wingsoverwhiteman.com, or become a friend on Facebook for more information.

All I really ever needed to know about leadership I learned in BMT

By Lt. Col. Kieran Denehan
11th Bomb Squadron commander

BARKSDALE AIR FORCE BASE, La. (AFNS) – The only thing that amazes me more than approaching 24 years in the Air Force is how quickly time has flown by. Thus, I was grateful for the opportunity to share some thoughts for this article, because it made me sit back and reflect on all the people, places and adventures, good and bad, that I had the fortune to meet, go to or experience in my career.

As far as examples of great leaders go, I could spend several pages writing on any one of the many outstanding individuals I have worked and served with over the years. Yet, all of them are similar in that they share several traits, which I believe were the key to their organizations' success.

Among their most important traits were enthusiasm, a positive attitude and the abilities to listen and "read" their people to determine what motivates each individual. One particular leader stands out in my mind and does so because he was not an experienced and respected senior officer or noncommissioned officer, yet demonstrated many of aforementioned traits at such a young age.

I'm prior enlisted, and going through Basic Military Training is tough. Going through BMT and being hand-picked to lead other new recruits is even tougher.

As our dorm chief in BMT, Airman 1st Class Denny Cook faced the daunting task of getting a group of strangers from very different backgrounds and experiences to work together in a very demanding environment.

He was constantly under pressure, top-down from our training instructor who demanded steady improvement from the flight, bottom-up from his flight-mates who constantly bickered and fought for the first week of training, and from outside-in as he worried for his young wife and 8-month old daughter back at home. For a 19-year old in BMT, he bore the weight of the world on his shoulders.

The easy thing for him to have done would have been to threaten or punish us in order to get us to perform. After all, he had the authority to do so, the motivation to get through BMT to provide for his family, and the knowledge that he did not have to make friends since he would likely never see any of us again after our 30 training days were over. It also seemed like the likely response to stop the petty juvenile

arguments that plagued the dorm.

Instead, Airman Cook took it upon himself to inspire rather than intimidate, to listen rather than yell, and in doing so, showed us we were a lot more talented and capable than how we saw each other and ourselves.

The ways he did this were many.

First and foremost, he learned what motivated each individual. He figured out that if you gave the guy from Connecticut a pat on the back and a "great job," he would polish the floors until they gleamed.

He challenged the north wing of the dorms to beat the south wing in pushups and run times.

His special project was teaching the kid from New York City how to shine his boots so it actually looked like there was polish on them, and he would sit down with the clueless kid and work with him for hours.

He was able to motivate so effectively because he did a heck of a lot more listening than talking, and teaching instead of yelling.

Airman Cook would also sit down with guys and talk about their families and their futures or be the first one to share a package from home. He genuinely showed he was interested in them. When things went wrong, as they often did those first few weeks, he would never lose his good-natured smile, and his Georgia drawl never got faster or louder.

After what seemed a decade back then, BMT was finally over and we all went on our separate paths.

Mine took me through several twists and turns over the years, but I always tried to make sure it crossed Denny's once and a while for several reasons.

First, he made such an impression on me that I wanted to make sure we kept in touch throughout our careers. Second, I felt it important to tell him that the more I learned about leaders and leadership the more I saw how remarkable his was during our short but demanding time together.

I have learned that all effective leaders share common traits, traits exemplified then by young Airman Cook, and that I was very fortunate to see them so early in my career.

Hence the parody title of this article, "All I really ever needed to know about leadership I learned in BMT."

Finally, I had to show him that it had taken me a few years, but I finally learned how to polish a mean boot.

THE WARRIOR

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For more information, call the Warrior office at (660) 687-6123, e-mail: warrior.whiteman@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.

Crime prevention is everyone's responsibility

By Jerry Osban
509th Security Forces Squadron

Too many people are caught up in the belief that because they are on a military installation it is automatically more secure than living and working off base.

While it is true there is a measure of security provided by the fence and guards, they are not the only means of protection. Airmen and how they are involved in their community is the primary means of protection.

Unfortunately, being complacent increases the risk of becoming victims of a crime. From leaving buildings unlocked over night to leaving personal items unsecured in backyards, vehicles and gym lockers it is everyone's responsibility to safeguard personal property.

As neighbors and Wingmen, it is our responsibility to help those around us in addition to accomplishing the Air Force mission. Doing the little things like keeping a look out for a neighbor or coworker's house when they are out of town makes it harder for someone to commit a crime.

The following are a few tips to help prevent crime:

- Lock your homes and vehicles.
- Don't leave personal property lying around unattended.
- Keep an eye out in your neighborhoods and report suspicious activity to security forces by calling (660) 687-3700.
- If you leave home for a few days sign up for Operation Quarters Watch at the 509th SFS Police Services Desk or

ask a neighbors to keep a look out.

- Don't post vacation plans on Facebook or other social networking sites. Wait to post those pictures for when you return. Thieves watch for people posting extended absences.
 - Use timers for lights and have someone pick up your mail, newspapers and mow the lawn so it looks like someone is home.
 - Secure government work places — this is good OPSEC and antiterrorism.
 - Above all, know children's location and activities, and always keep those requiring supervision in view.
- Look out for one another and be a good neighbor in your community.
- For more information on crime prevention, call Mr. Jerry Osban at (660) 687-4482.

NEWS BRIEFS

Domestic Abuse Awareness Month

October is Domestic Abuse Awareness Month and the Whiteman Family Advocacy Program is spearheading a campaign to raise awareness and assist the Warrensburg Survival Adult Abuse Center. In 2009, the shelter assisted nearly 500 women and children to include Whiteman family members. Family Advocacy is sponsoring a "Supplies for Survival" donation campaign through Oct. 15 which will benefit the local shelter for battered families. The 509th Bomb Wing first sergeants will collect donation items such as non-perishable food, cleaning products and paper goods. For more information or to donate to the 'Supplies for Survival' campaign, contact Ms. Jeannine Johnson at (660) 687-4341 or a unit first sergeant.

Officials seek Spirit of Hope Award nominees

Air Force officials are soliciting nominations for the 2011 Spirit of Hope Award. The award recognizes a military member, civilian or an organization that epitomizes the values of Bob Hope -- duty, honor, courage, loyalty, commitment, integrity and selfless dedication. Each major command, field operating agency and direct reporting unit may only submit one nomination. Organizations and base-level personnel must contact their MAJCOM, FOA or DRU for applicable suspense dates and additional information regarding nomination procedures. Completed nomination packages must be sent to the Air Force Personnel Center by March 15, 2011. For more information on this and other Air Force recognition programs, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil> or call the Total Force Service Center toll-free at (800) 525-0102 or DSN 665-5000.

Retroactive Stop Loss claims

Airmen, veterans, and beneficiaries who were involuntarily extended under Stop Loss between Sept. 11, 2001 and Sept. 30, 2009 are eligible for Retroactive Stop Loss, and you have yet to file a claim for RSLSP, the last day to file is Oct. 21. For links to the claim forms and instructions on how to file, log on to www.afpc.randolph.af.mil/stoploss.

SecDef INVEST Program taking submissions

Secretary of Defense Dr. Robert M. Gates is asking all DoD military and civilian employees for their ideas on how the department can be more efficient and effective by submitting an idea to the Innovation for New Value, Efficiency and Savings Tomorrow program, or INVEST. Air Force Global Strike Command is encouraging Airmen to submit ideas for consideration to www.defense.gov/invest. Ideas can be anything--small or large--and ideas can be for the AF, a sister service, or DoD as a whole. Only active-duty, Reserve and civilian personnel are eligible to participate. Ideas must be submitted by Sept. 24, no classified information should be included in your submission. Award winners will receive cash awards ranging from \$500 to \$1,000.

Under Secretary of the Air Force: Whiteman is a model base

By Senior Airman Torey Griffith
509th Bomb Wing Public Affairs

The Under Secretary of the Air Force highlighted this base as a model for Air Force global strike capabilities and Total Force Integration during a visit here Sept. 2-3.

The Hon. Erin C. Conaton interacted with Airmen, Soldiers and Sailors during her base tour, which included a preview of the B-2, weapons load trainer and child development center.

"This is a base with a long history and a long future with the United States Air Force," said Ms. Conaton. "I think what the B-2 does and the support this base will provide with the Predator are absolutely critical to today's fight and to whatever comes next," she said.

While the B-2s have been stationed here since 1993, the Air Force recently selected Whiteman to host an MQ-1 Predator mission beginning in 2011.

Ms. Conaton also noted the base's significant efforts toward Total Force Integration.

Total Force Integration is "absolutely essential to where the Air Force is going," the under secretary said. "Not only does it make good sense in terms of how we use our aircraft, but it makes great sense in terms of sharing resources between these components of our Air Force."

Total Force Integration or TFI is a term used to denote the efficient and seamless integration of Air Force active duty, Air National Guard, Air Force Reserve and civilian employees.

As one of the pioneers of TFI, Whiteman has realized the benefits of blending branches as a host base for Army and Navy units.

"It's hard to find an example of a base that is a poster child for TFI like Whiteman is," said Ms. Conaton in an interview Thursday. "I think Whiteman is an outstanding example of the joint fight and the way in which we can

bring all parts of our military together in a single set of missions."

The under secretary was also the keynote speaker for the Wings over Whiteman gala during which she highlighted the strong rapport the base has with surrounding communities.

"I know that Team Whiteman isn't just a joint and total force experience, it is a total community experience."

Airmen appreciated the opportunity to interact with the under secretary, with many noting her down to earth and friendly approach.

"She was very motivating and encouraging about the changes that are coming to Whiteman and the Air Force as a whole," said Senior Airman Shaunna Britton, 509th Security Forces Squadron. "I feel like she sincerely appreciates the sacrifices that Airmen and their families make to serve their country."

Veterans group nominates Sedalia, is named National City of the Year

By Heidi Hunt
509th Bomb Wing Public Affairs

Several cities across the nation made it their mission to represent patriotism by entering in the City of the Year contest. The competition was hosted by the 40 & 8 organization and Sedalia, Mo., was announced the 2010 winner, Aug. 12.

"We found Sedalia deserved the award because of how the city goes out of its way to recognize veterans," said Archie Boyette Sous, special awards assistant director. "They have 17 annual affairs that recognize veterans which were the critical aspects we were looking for in a city. Sedalia works with active-duty military and distinguishes the contributions to the community."

Tony Gallagher, 40 & 8 organization commander of the Voiture Locale 333, nominated Sedalia for the award in May.

"Sedalia is a sterling example of a 'City of the Year' in that our citizens take great pride in honoring our active-duty and veteran military men, women and families not just on the normal observed holidays, but

See *Sedalia*, Page 9



Courtesy photo

Sedalia Mayor Mary Elaine Horn, gives acceptance speech at the 91st Promenade National ceremony in Springfield, Ill. Sedalia, Mo., won National City of the Year which was hosted by the 40 & 8 organization. Sedalia works with active-duty military and distinguishes the contributions to the community.

Air Force officials increase deployment times

By Jon Hanson
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) – Air Force Chief of Staff Gen. Norton Schwartz announced a change to the air and space expeditionary force rotational baseline from 120 to 179 days for the active component.

He said the revised construct will increase predictability and stability for affected Airmen and their families, while providing better support to combatant commanders by increasing continuity at deployed locations.

"In the two years the Tempo Band construct has been in existence, the number of Airmen deploying for 120 days has steadily decreased," General Schwartz said. "Since Airmen in Tempo Band 'A' expected to deploy for 120 days but were frequently tasked for 179-day deployments, I saw no reason to maintain a 120-day baseline."

Previously, the Air Force used five tempo

bands, ranging from "A" through "E." With the change, the Air Force will move Tempo Band "A" unit type codes and associated personnel to Tempo Band "B." Incorporating a 1-to-4 deploy-to-dwell time, the change results in six months of deployed time for Airmen and 24 months at home.

Revising the baseline also provides a single battle rhythm for all Airmen, regardless of functional area. The difference between the remaining tempo bands is the deploy-to-dwell time, ranging from 1-to-4 to 1-to-1.

Because of the complexity of changing the baseline, officials said it will take until October 2012 before all deployments are six months.

Expeditionary combat support Airmen will begin the transition in January 2011, with a five-month deployment. Remaining deployment vulnerability periods will vary between five and six months.

Combat Air Force units transition to the new baseline beginning this month. They

previously were in an "enabler" category at a 1-to-3 deploy-to-dwell time. Those units will move to Tempo Band "C," remaining at a 1-to-3 deploy-to-dwell time, but will see an increase from 12 to 18 months at home station between deployments.

"Ultimately, this is good for the Air Force mission, our Airmen and their families," said Col. James Horton, the director of AEF and personnel operations at the Air Force Personnel Center. "While the deployment time is longer, it also means the downtime is longer."

"This change is meant to reflect a more realistic and consistent deployment outlook," he said. "By better managing our wartime operations tempo means we can provide our Airmen and their families the greatest level of stability and predictability."

For more information, visit the AFPC personnel services website at <http://gum.afpc.randolph.af.mil>, and search keyword "deployments," or call the Total Force Service Center at 800-525-0102.

Combined Federal Campaign to kick-off

By Heidi Hunt
509th Bomb Wing Public Affairs

Since 1961, Combined Federal Campaign officials have made it their mission to make a difference for thousands of local, national and international charitable agencies. This year's theme is iCare and kicks-off during "Boss and Buddy" night at Mission's End, Sept 29 and runs through Nov. 12. Anyone donating will receive a coupon for 10 free chicken wings that night.

The CFC umbrellas more than 1,800 agencies, charities and organizations and is the world's largest and annual workplace charity campaign. More than 300 campaigns throughout the country and internationally to help to raise millions of dollars each year according to the official website, www.opm.gov/cfc/.

"The CFC provides everyone with the opportunity to make a significant impact on a person's life," said 1st Lt. Robby Gallegos, 509th Maintenance Group executive officer and co-chair of this year's CFC. "Almost any organization you can possibly want to support is likely to be listed in the 2010 charity catalog."

One hundred percent of monetary donations will go directly to the organization of the donor's choice.

Because the campaign is Department of Defense wide, all military members and civilians at Whiteman are eligible to donate and help the base meet this year's goal of \$125,000.



U.S. Air Force photo by Senior Airman Carlin Leslie
Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander signs his donation to the Combined Federal Campaign. The program umbrellas more than 1,800 agencies, charities and organizations and runs from Sept. 29 through Nov. 12.

"All base tenant units here are encouraged to get involved and participate," Lieutenant Gallegos said. "Any amount can easily be made by filling out a form in which people can donate cash, check or allotted payments."

One hundred percent contact will be made by CFC representatives and donors can choose the code of the charity, name and how

See Kick-off, Page 9



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Local Trade
#1386B

2007 FORD F150



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#1355A2

2010 HYUNDAI SONATA GLS



#P174

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local trade
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2007 JEEP GRAND CHEROKEE



#1311A

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#1331A

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#1357A

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OMAHA, Neb. – The Whiteman firefighter combat challenge team poses for a group photo after taking third place in the Scott Firefighter Combat Challenge event Sept. 5. Whiteman was the top Air Force team out of seven that competed in this competition. During the challenge, firefighters climbed a five-story tower, hoisted a 45-pound hose, dragged hoses and rescued a life-sized 175-pound "victim," while racing against themselves, their opponents, and the clock.



Left: Chris Finkes (left), captain of Whiteman's combat challenge team, leads the hoist during the relay event during the Scott Firefighter Combat Challenge Sept. 5. The Whiteman relay team is manned by five Airmen and one civilian, each playing an important role in the less than two-minute course.

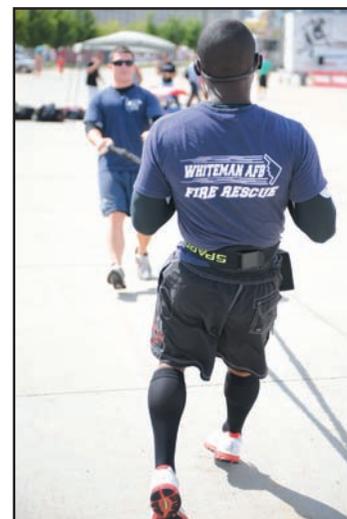


Right: Senior Airman Daniel Baumgartner, 509th Civil Engineer Squadron firefighter, runs for the fire target after picking up the hose line from the far end of the course, Sept. 5.



Airman 1st Class Timothy Vanden Haak, 509th Civil Engineer Squadron firefighter, is about to complete the Kaiser Sled challenge simulating a building entry, during the Scott Firefighter Combat Challenge event Sept. 5. during the Scott Firefighter Combat Challenge Sept. 5.

Airman 1st Class Casey Carter, Senior Airman Derrick Allen, Chris Finkes and Airman 1st Class Timothy Vanden Haak, 509th Civil Engineer Squadron firefighter combat challenge team, discuss the next relay event during the Scott Firefighter Combat Challenge Sept. 5. During the challenge, firefighters climbed a five-story tower, hoisted a 45-pound hose, dragged hoses and rescued a life-sized 175-pound "victim," while racing against themselves, their opponents, and the clock.



Senior Airman Derrick Allen, 509th Civil Engineer Squadron firefighter, stretches before the Scott Firefighter Combat Challenge Sept. 5.

Photo story
by
Senior Airman
Carlin Leslie

From the Frontlines: Senior Airman Kevin Brothers

By Senior Airman Torey Griffith
509th Bomb Wing Public Affairs

He guides aircraft through the skies, ensuring their separation from other aircraft, from weather threats, and terrain obstructions, helping them reach their destinations unscathed.

Senior Airman Kevin Brothers, a radar air traffic controller from Whiteman Air Force Base, Mo., is deployed to Joint Base Balad, Iraq, supporting the 332nd Expeditionary Operation Support Squadron.

The mix of commercial, private and military air traffic cruising through the large chunk of Iraqi airspace controlled by the Balad Combined Center Radar Approach Control facility was something Airman Brothers had to adjust to.

"Traffic wise, Balad is way different from Whiteman," said Airman Brothers. "You have a mix of everything from UAVs to civilian airliners, to fighters, to C-130s, and then Cessnas. There is a complete mix of traffic."

Along with a change in traffic to control, Airman Brothers faces another challenge: communicating with the native controllers. While English is the official language of air traffic control, accents from both ends of the spectrum can confuse the simplest of messages.

"Dealing with foreign controllers can be difficult at first," said Airman Brothers. "But after time, you are able to understand them better, and vice versa."

Airman Brothers also separates the aircraft

for which he is responsible from tactical aircraft performing missions. This is for the safety of the transitioning aircraft, the safety of the tactical aircraft, and the success of the mission.

"The numerous tactical aircraft that I am not in direct communication with, but have to separate from often need a 60 by 60-mile chunk of airspace of which I can't use several thousand feet," he said. "They don't want to be under an aircraft that could possibly be dropping ordinance."

The job is demanding, but Airman Brothers is up for the challenge. After graduating tech school, Airman Brothers completed more than a year of additional training here at Whiteman to earn his five-level certification. That preparation taught him the skills he needs to guide aircraft in instrument flight.

"Airman Brothers has been one of our hardest workers, and he always had the most monitored time in the facility," said Staff Sergeant Joshua Nordin, 509th Operation Support Squadron air traffic controller at the Whiteman radar approach control facility.

Sergeant Nordin and Airman Brothers both know the challenges faced while deployed are what help develop good controllers into better controllers.

"The best part about my deployment is the valuable experience I'm gaining over here," Airman Brothers said. "I know it will help me out in the long run, as I progress through my career."

STRATCOM commander addresses nuclear challenges

By Aletha Frost
Secretary of the Air Force
Public Affairs

WASHINGTON (AFNS) – The commander of the U.S. Strategic Command addressed nuclear deterrence challenges at the Air Force Association Air & Space Conference and Technology Exposition 2010 here Sept. 13.

Gen. Kevin P. Chilton outlined the command's framework to meet ever-changing and complex requirements in a modern, geo-political environment.

"The purpose of a deterrence force is to create a set of conditions that would cause any potential adversary to conclude that the cost of any particular act against the (U.S.) or her allies is far higher than the potential benefit of that act," General Chilton said. "Deterrence is ultimately focused on the decision maker."

The general also explained it is just as important to study multiple potential adversaries with nuclear capabilities and differing views as it was to



study a single adversary during the Cold War.

"The number of actors with nuclear capabilities has changed since the start of the Cold War and that has changed the geo-political environment today," he said. "During the Cold War, the U.S. and the Soviets had similar stakes in the game -- national survival."

Today's nuclear environment causes the U.S. to have to analyze who and what to deter, and under what circumstances to conduct this deterrence, the general said.

Robust warning and attribution systems, sustained command and control, viable

delivery platform vehicles and a safe, secure, effective warhead are a must as the U.S. moves forward in its nuclear objectives, the general said.

"I have every confidence in today's generation of Airmen; that they will rise to the challenges and will be successful in assuring the effectiveness of the nuclear deterrent of the (U.S.) for generations," General Chilton said. "Because above all else, the greatest service we provide when we wear this uniform is not winning our nation's wars, but preventing them from ever happening."

Stover-Fest

Saturday, September 18th, 2010
-Business District on 2nd Street in Downtown Stover

ACTIVITIES FOR THE DAY INCLUDE:
BBQ Contest • Beer Garden (Beginning @ noon)
Washer Tournament • Car Smash
Couples King & Queen contest Craft Booths
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Dr. Hasek will see you now.

WMMC is pleased to announce the opening of a new family practice clinic in Knob Noster, MO. Sarah Hasek, MD, will begin seeing patients at Western Missouri Family Healthcare on September 20, 2010. The practice is located at 600 East Allen, Suite A, and is now accepting appointments.

Dr. Hasek earned her medical degree at the University of Missouri – Kansas City School of Medicine and completed her Family Practice Residency at Southern Illinois University (SIU) – Carbondale. She has practiced family medicine in southern Illinois for the past nine years and was an Associate Professor of community and family medicine at the SIU Family Practice Residency Program.

Dr. Hasek and her husband, Dan Dietz, reside in Warrensburg with their three young sons.



www.wmmc.com



Sarah Hasek, MD

To make an appointment with Dr. Hasek, please call Western Missouri Family Healthcare – Knob Noster at

(660) 563-5555.



U.S. Air Force photo by Scott M. Ash

Chief Master Sgt. of the Air Force James Roy addresses attendees of the Air Force Association Air and Space Conference and Technology Exposition, Sept. 15, 2010, at National Harbor in Oxon Hill, Md. Among other topics, Chief Roy spoke about Airmen in the joint and coalition fight.

Chief Roy shares what's in store for enlisted force

By Staff Sgt. Mareshah Haynes
Defense Media Activity-San Antonio

WASHINGTON (AFNS) – The chief master sergeant of the Air Force shared his perspective of where the enlisted force is heading during a presentation at the Air Force Association Air and Space Conference and Technology Exposition Sept. 15 here.

Some of the key points Chief Master Sgt. of the Air Force James Roy emphasized were Airmen's participation in the joint and coalition fight, deliberately developing Airmen and building resiliency among Airmen and their families.

"We're in this joint and coalition fight in a very serious way," Chief Roy said. "I think we're doing a good job in the joint mission, and we make excellent coalition partners."

With more than 220,000 total force Airmen deployed, forward stationed or employed by a combatant command, maintaining and acquiring their skills has become one of the senior enlisted leader's primary focuses.

Chief Roy said Air Force officials have been looking at ways to make combat skills training more efficient and effective for Airmen who deploy frequently and to the same locations.

Many Airmen are at a one-to-one dwell rate, meaning they're deployed for six months and home for six months, but with up to two months of training before deploying, they're actually having about four months at home at a time, Chief Roy said.

"One of the areas we're looking at is credentialing the training," he said. "That's something that we're going to have to really review, really study to get it right, because the last thing we want to do is send people into combat who don't have the right training. We've got to step into this with caution, but it's something we've got to look at because our Airmen are deploying at such a rapid rate."

Credentialing could allow Airmen to skip certain portions of frequently repeated training, letting them spend more time at home with their families during the reconstitution portion of the deployment cycle.

Equipment issues also are being re-evaluated

to make sure Airmen have the proper gear to complete the mission including the Airman Battle System-Ground.

"The ABS-G is a set of flame-retardant gear that our Airmen are receiving, in the pattern in our ABUs ... for Airmen who operate 'outside the wire,'" Chief Roy said. "Right now, today, we've got it about 90 percent fielded in Iraq. It looks like we'll have it 100 percent fielded in the next 60 days."

Another joint set of gear, with the Operation Enduring Freedom camouflage pattern, referred to as OCP, is ready to be fielded to Airmen in Afghanistan beginning this fall, Chief Roy said.

A new development in enlisted training is that Airmen who attend some joint professional military education schools will be able to apply those credits toward their Air Force PME requirements.

"We have two Airmen, for the first time in about four years, that are going through the United States Army Sergeants Major Academy," the chief said.

He said they are looking at partner nation schools to see if Airmen who attend can get credit for the like-Air Force course "just like we've done in Canada and Singapore."

"We're going to give them full credit for the United States Air Force Senior NCO Academy," he said. "We've been doing that for many, many years in our officer corps, and it has worked perfectly."

Other advancements in training Chief Roy highlighted are introducing combatives during basic military training and developing a single tracking system for on-the-job training documentation.

Lastly, the chief discussed building resiliency in Airmen and families, including programs to help prevent suicides.

"It cannot be just another program," Chief Roy said. "It's got to be heartfelt, and we've got to make sure our Airmen are given those tools before they need them. It's not before they deploy; it's right out of the shoot, when they're in basic (military training) when they're in (technical) school. It's all the way through a person's career. We've got to continue to instill resiliency in our Airmen and our families."

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New dorms improve Airmen morale, enhance Eighth AF mission

By Staff Sgt. Brian Stives
Eighth Air Force Public Affairs

BARKSDALE AIR FORCE BASE, La. – Across the Eighth Air Force, renovation and construction products for quality of life improvements to dormitories for single Airmen at Whiteman Air Force Base, Mo., Minot AFB, N.D., and Barksdale AFB, La., are currently underway.

"Quality of life is an on-going project of the Air Force community," said Chief Master Sgt. Brian Hornback, Eighth Air Force command chief. "The renovations and new dormitories show an investment into our single Airmen and are immediately visible to all Airmen. Caring for our Airmen is one of the Air Force's priorities and the Airmen's well-being is my number one priority."

Whiteman Air Force Base
At Whiteman AFB, unaccompanied housing renovations are moving forward with a number of cosmetic and structural updates. Three out of the five facilities, Columbia, Atlantis and Endeavor dormitories, will be renovated and each dorm has a fiscal year set aside for the renovations.

Columbia is the dormitory which is being renovated for March 2011. Changes include new carpet, fresh paint, a new heating, ventilation and air conditioning unit and an upgraded plumbing system. The current two-pipe climate control system is being replaced with a four-pipe system that features two pipes for heating and two pipes for cooling. In addition, the two separately piped systems will allow heated and cooled water to flow simultaneously. Digital thermostats are also being installed in every room.

"Columbia could be ready as soon as September 2010, or as late as January 2011," said Staff Sgt. Ray Kiser, 509th Civil Engineer Squadron superintendent of unaccompanied housing.

Once the renovation is complete, Airmen currently living in Atlantis will be moved to Columbia permanently. Renovations for Atlantis are scheduled for 2011 and Endeavor is scheduled for 2012.

Wireless internet has also recently been installed in the dayrooms of every facility.

Dorm life extends further than the actual dorms. With this in mind, unaccompanied housing residents can expect a recreation area to be constructed between Discovery and Columbia which is expected to be completed around Nov. 20.

"The point is to make a spot where people 'want' to gather," said Sergeant Kiser.

Minot Air Force Base
As a northern tier base, personnel and their families spend a significant amount of time indoors during the winter months. Therefore, housing and dorms at Minot AFB are authorized additional square footage known as "Arctic Space" to provide room for indoor activities.

The new housing facilities are also more energy efficient, which contributes to year-round comfort and decreased utility consumption.

"The last phase of military construction family housing has been turned over to the contractor for demolition," said Renetta Pearson, 5th Civil Engineer Squadron deputy base civil engineer. "This phase will construct the final 113 units out of 520 that were awarded in the 2007 fiscal year as a four year contract. When they are completed in February 2012, Minot will have 1,606 units that have been renovated or replaced since 1992."

The family housing construction isn't the only project ongoing at Minot. In April, construction was completed on an \$18.5 million 144-room dormitory. Simultaneously, ground was broken on a second dormitory project contracted for \$22 million. A third dormitory is in the process of being awarded in the coming weeks.

Another construction project to enclose the walkway between the commissary and Base Exchange started in July and should be completed by late November.

"The enclosed walkway will provide a safe means of accessing the BX and commissary in adverse weather and sub-zero temperatures we have here," said Mrs. Pearson.

This month, AAFES began renovations at the BX for the addition of a Popeye's Chicken in the food court.

Barksdale Air Force Base
Within the last three months there have been 42 projects completed with 132 still under construction at Barksdale AFB.

Some of the current construction projects include repairing bathroom vanities and sinks in dorms 4640, 4650 and 4664; installing kitchens in dorms 4640, 4660 and 4664; repairing air conditioning units in dorms 4640, 4650, 4660 and 4664; replacing carpeting in dorms 4660 and 4664; the painting of Dorm 4664 and repairing the exterior doors of Dorm 4351.

"As we continue to strengthen the nuclear enterprise, make Air Force Global Strike Command a model major command and elevate Barksdale AFB to new heights, we must provide our Airmen with the facilities and environment in which they can be fully productive and proud to serve," said Lt. Col David Chisenhall Jr, 2nd Civil Engineer Squadron commander.

To guarantee proper living conditions for young Airmen, the Air Force will continue making dormitory improvements a top priority, said Chief Hornback.

"Developing and caring for Airmen and their families is a top focus area for our Air Force, and is endorsed at the very highest level," the chief said. "The better facilities we provide our Airmen will increase their morale and enhance the Air Force mission."

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Sedalia

Continued from Page 3

continually throughout the year," Mr. Gallagher said. "Whether it's a simple handshake, thank you to a father of three military sons, or a new event for Sedalia, we go about the everyday life understanding the efforts of our military."

Sedalia is exceedingly fortunate to house some of the most active, vibrant veterans and military organizations in the country, including the American Legion Post 16, the American Legion Post 642, the Veterans of Foreign Wars Post 2591 and, of course, the Voiture 333 of the 40 & 8 according to the nomination.

"Being named the 40 & 8's 'City of the Year'

is an honor and a privilege," said Sedalia Mayor Mary Elaine Horn. "Our community takes great pride in providing opportunities to support our active and retired service men and women, including their families. Patriotism is part of the way of life in Sedalia and one of the many things that makes our city a wonderful place to call home. We are very proud to have received this recognition."

"The military allows us to the opportunity to pursue our personal American Dream," said Mr. Gallagher. "On behalf of the 40 & 8, we gladly accept the award and look forward to contributing to the military and Sedalia."

Mayor Horn accepted the award in Springfield, Ill., at the 91st Promenade National ceremony, Sept. 10, alongside members of Voiture 333.

Kick-off

Continued from Page 9

much they want to give.

Those who want to have increments deducted from their paycheck can do so. Donations will be deducted starting Jan. 1, 2011, and can be deducted until Dec. 31, 2011.

"The nice thing about this campaign is that you can support the organization of your choice while investing in someone's future," Lieutenant Gallegos said. "You may want to support a charity, organization or agency which offers a range of services designed to improve the lives of at-risk

children and families or you may want to support at-risk animals."

Many of the listed charitable organizations or agencies depend on donations in order to keep their operation running.

"If every person on this base donated, the result could be amazing," the lieutenant said. "I am excited to see what we can do together and look forward to the campaign."

For more information on the CFC, log on to www.heartlandcfc.org or contact a group representative.

To make a contribution to the CFC, contact the following assigned unit project officers or the installation project officers

are Staff Sgt. Maurice Ingram, 509th Bomb Wing; Capt. Dan St. Clair, 509th Operations Group; Master Sgt. Gary Lustig, 509th Maintenance Group; 1st Lieutenant Amanda Patton, 509th Mission Support Squadron; Capt. Christopher Hollis and 509th Medical Group; Master Sgt. James Bradley, 131st Bomb Squadron; Tech. Sgt. Davey Mohn, 72nd Test; Capt. Keith Yersak, 442nd Fighter Wing; Tech. Sgt. Joseph Linstedt, 19th Munitions; Technical Sgt. Jason Parent, 372nd Training Squadron; Senior Airman Brian Thomas, 325th Weapons Squadron; and Chief Warrant officer Tom East, Army.

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Airman 1st Class Laketha Atkins (left), and Airman Mario Connell, serve Airmen food from the short-order line during midday chow, Sept. 13.

Ozark Inn gives Airmen food for thought

By Airman 1st Class Cody H. Ramirez
509th Bomb Wing Public Affairs

Ozark Inn Schedule:
Breakfast: 6 - 8.30 a.m.
Lunch: 11 a.m. - 1 p.m.
Dinner: 5- 8 p.m.
Midnight Chow: 11 p.m. - 12:30 a.m.

Black and white retro tiles spread across the floor. Lights illuminate food displays leading to the kitchen door. Stainless steel tables, ovens, freezers, bowls, pans and carts give the kitchen a silver shimmer. Airmen and civilians, carrying dishes of food, rush through steam seeping from an assortment of machines. Rush is one word that could describe the controlled chaos taking place. This is the typical lunch scene at the 509th Force Support Squadron's Ozark Inn. The Ozark Inn has more than 60 food services Airmen and civilian employees who provide meals to Whiteman members every day. "Our main purpose here is to take care of the dorm Airmen," said Master Sgt. Robert Hale, 509th FSS. "We also support groups such as ROTC (Reserve Officer Training Corps) and retirees." The dining facility has three shifts working 24/7 to provide meals to an average of more than 3,000 people each week. The inn maintains a bank of more than 400 recipes supporting a 28-day cycled schedule. With the amount of recipes used and number of personnel supported by the inn, Airmen need to have extensive culinary knowledge. Staff Sgt. Angela Gooden, 509th FSS Ozark Inn training manager, keeps food services Airmen up-to-date on knowledge surrounding all aspects of the facility. "I ensure all Airmen know how to cook through use of recipe cards, equipment,

production logs, line set-up and temperature checks," said Sergeant Gooden. Along with training, standards of cleanliness are taught. Health inspectors check the inn once a month to ensure the facility is following health regulations. Sergeant Gooden said there is a lot done to maintain an inspection-ready and healthy facility. "The quality of our facility and the food it serves starts with dating stock, sanitation, picking-up trash, maintaining freezer and oven temperatures and self inspections," she said. Airmen with this knowledge help the dining facility operations run smoothly. Working through the rush with a variety of food, never-ending preparation, and a great care for quality, the Ozark Inn dedicates its services to Whiteman. **EDITOR'S NOTE** - Sergeant Hale encourages people to fill out customer comment cards, so that unknown problems can be addressed. He also reminds Airmen to be cognizant of uniform guidelines and common courtesy, and of the Ozark Inn restrictions; no open toed shoes, sleeveless shirts or hats are worn inside the dining facility.



Senior Airman Erica Stanton, 509th Force Support Squadron, Food Services technician, places chicken in an oven to bake in preparation for midday chow at the Whiteman dining facility, Sept. 13.



Staff Sgt. Shaundria Brentley (left) and Airman 1st Class Justin Stewart, 509th Force Support Squadron, Food Services technicians, place stuffed fish into a pan in preparation for midday chow at the Whiteman dining facility, Sept. 13.



Airman 1st Class Justin Stewart, 509th Force Support Squadron Food Services technician, prepares stuffed fish as a part of the midday chow menu, Sept. 13.



Airman Amber Rabideau, 509th Force Support Squadron, Food Services technician, prepares cheese biscuits for midday chow, Sept. 13.



Airman Amber Rabideau, 509th Force Support Squadron, Food Services technician, serves sandwiches during midday chow at the Whiteman dining facility, Sept. 13. The 509th FSS Airmen operate with more than 400 recipes and prepare food for nearly 3,500 Airmen each week.



Senior Airman Chris Gora, 509th Force Support Squadron, Food Services technician, prepares Sloppy Joes as a part of the midday chow menu, Sept. 13. The 509th FSS Airmen operate with more than 400 recipes and prepare food for nearly 3,500 Airmen each week.

ALS graduates

Congratulations to the following graduates of Airman Leadership School Class 10-G:

Staff Sgt. Michael Marsh, 509th Operations Group and John L. Levitow award winner; **Senior Airman Ryan Dougherty**, 509th Operations Support Squadron and **Senior Airman Kacy Henard**, 509th Security Forces Squadron and Distinguished Graduates; **Senior Airman Ryan Dougherty**, 509th Operations Support Squadron and Academic Achievement Award winner; **Staff Sgt. Alden H. Vasquez**, 509th Logistics Readiness Squadron and

Commandant Award winner.

509th Aircraft Maintenance Squadron:

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509th Civil Engineer Squadron:

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Senior Airman Christopher McLaughlin

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Senior Airman Derek Miller

509th Logistic Readiness Squadron:

Staff Sgt. Alden Vasquez

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Senior Airman Gregory Diaz

Senior Airman Scott Marchbank

509th Medical Operations Squadron:

Senior Airman Ruby Cornejo-Salas

Senior Airman Ashten Wysluzaly

509th Operations Group:

Staff Sgt. Michael Marsh

509th Operations Support Squadron:

Senior Airman Ryan Dougherty

509th Security Forces Squadron:

Senior Airman Anthony Laspino

Senior Airman Mickell Paris

Senior Airman Corey Baker

Senior Airman Kacy Henard

Senior Airman Melkeiveus Lovett

72nd Test and Evaluation Squadron:

Staff Sgt. Mikeal Bean

Whiteman day at MU



COLUMBIA, Mo. — Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, salutes the Columbia, Mo. -- Brig. Gen. Scott Vander Hamm, 509th Bomb Wing commander, salutes the American flag while the National Anthem plays during opening ceremonies at Whiteman day at MU, Sept. 11.



COLUMBIA, Mo. — The B-2 Spirit flies over Memorial Stadium Saturday during opening ceremonies for Whiteman Day at MU. Missouri University honored Team Whiteman members on the anniversary of the 2001 attacks on the Twin Towers.



U.S. Air Force photos by Capt. Matt Miller

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MPF informs Airmen to update records

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

It's crucial for military members to check their military records regularly to avoid problems that could arise from not having them updated.

"The main thing military members can do to update their records is check the Virtual MPF constantly, at least once a month," said Master Sgt. Angella Ramirez, 509th Force Support Squadron, superintendent career development. "Always be on the lookout for what may be missing, something that potentially was in there last month, might not be there this month."

Air Force members can view their personnel records online via their Air Force Portal using the Personnel Records Display Application. PRDA is an electronic viewer for the military personnel records and can be found on the virtual Personnel Services Center platform.

"The biggest setback military members encounter when their records aren't updated is promotion," said Sergeant Ramirez. "When an individual is eligible for promotion selection, they are required to review their data in Virtual MPF. If something isn't right such as their EPRs, they may potentially be selected for promotion and then have it taken away because the data in their records wasn't correct."

Unfortunately, Whiteman members

haven't been impervious to the trouble of incorrect records.

"We've already had two or three cases in the past two years where promotion has been taken away from people here," said Master Sgt. Dawn Couey, 509th Force Support Squadron, superintendent force management.

Sergeant Ramirez said other discrepancies can occur with the Servicemembers' Group Life Insurance and the virtual Record Emergency Data. In case something happens to the individual, the SGLI and vRED contain the information indicating who will obtain the benefits and money.

"Those don't affect your promotion or assignment, but they do affect your family if something happens to you," said Sergeant Ramirez. "It's a legally-binding document, which means whatever it says goes."

Military documents don't only affect family members and individual's military career, but can also make or break a civilian career.

"Promotion is a big thing but when it comes time for you to retire or separate, you want to make sure that all your career information is in there, because that's what you're potentially going to take to a new employer," said Sergeant Ramirez.

Any military personnel section customer service representatives can assist Airmen with any questions about their records. Contact the MPS customer service office at 687-6426 for more information.

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TRICARE health coverage for Retired Reservists

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

Whiteman members of the Retired Reserve who are not yet age 60, in the so-called "gray area," can purchase TRICARE health coverage for themselves and their eligible family members with the Sept. 1 launch of TRICARE Retired Reserve.

"This new program offers a health coverage opportunity for "gray area" Guardsmen and Reservists who served America honorably, setting a proud example for today's forces," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. "TRICARE Retired Reserve will provide an outstanding health benefit."

Retired Reservists may qualify to purchase TRR coverage if they are under the age of 60 and are not eligible for or enrolled in the Federal Employees Health Benefits program. They also must be members of the Retired Reserve of a Reserve component and qualified for non-regular retirement. For instructions on how to qualify for and purchase TRR go to www.tricare.mil/trr.

"TRR now provides retired National Guard and Reserve members the

opportunity to purchase Tricare coverage," said Austin Camacho, Tricare public affairs chief. "This means these qualified retired members can acquire health care coverage regardless of their health status, or if their employer doesn't offer health insurance."

For calendar year 2010, the TRR member-only monthly premium is \$388.31, or \$4,659.72 yearly, and the member and family monthly premium is \$976.41 or \$11,716.92 yearly. Premiums will be adjusted annually.

"I think it's a great program for reservists," said James Hill, director of the Whiteman Retiree Activities Office. "For those who can't afford the commercial insurance, this program will allow Reservists to obtain insurance at a reasonable price and will offer the services what they deserve."

The comprehensive health care coverage provided by the premium-based TRR is similar to TRICARE Standard. After purchasing TRR, members will receive the TRICARE Retired Reserve Handbook, which includes details about covered services, how to get care and who to contact for assistance. For more information, visit www.tricare.mil/trr.

For more information contact TRICARE management activity at (703)681-1770.

Youth Center award winners



Col. Rick Milligan, 509th Mission Support Group commander, presents Master Sgt. Tommy McKinzie, 509th Civil Engineer Squadron, the Youth Center's coach of the year award. Sergeant MCKinzie was nominated for his dedication to the Youth Programs sports teams, where he coached two teams in one season this year.

Col. Rick Milligan, 509th Mission Support Group commander, presents Maj. Kevin Vezino, 72nd Test and Evaluation Squadron, the Youth Center parent of the year award. Major Veznio stepped up to replace a deploying coach to ensure the team was not dismantled mid-season.



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**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.

First down



U.S. Air Force photo by Staff Sgt. Jason Huddleston

Airman 1st Class Kyle Ellis, 509th Operation Support Squadron, runs for a first down during their flag football game against the 509th Aircraft Maintenance Squadron, Sept. 14. AMXS beat OSS 31-21. Intramural flag football season continues through Oct. 28, followed by the playoffs and championship games scheduled for November. For more information or for the full schedule, contact the fitness center at (660) 687-5496.

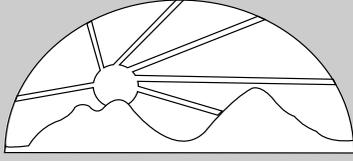
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LOCAL ACTIVITIES

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| <p>Professional Women's Organization—1st Mon. of each month - Basement of City Hall
 Lion's Club—2nd & 4th Mon. 7 p.m. - Jubilation Center
 Chamber of Commerce—2nd Tues. of each month.
 Call Tammy Templeton @ 563-4090 for more info.
 Masons—2nd & 4th Thurs. 7:30 p.m. - Knob Noster Masonic Lodge AF & AM
 Optimist Club—Sat. 7:45 a.m. - Panther Steak House for Breakfast. The last week of the month meetings Wed. 6:30 p.m. - Panther Steak House for Supper (family invited)
 Alcoholics Anonymous (AA)—Every Fri. 8 p.m. - Basement of Methodist Church
 Knob Noster Board of Aldermen—1st & 3rd Tues. each month - Basement of City Hall</p> | <p>Whiteman Area Piecemakers Quilt Guild—3rd Thurs. each month 7 p.m. - Methodist Church
 AMVETS—Membership Night Supper 3rd Sat. each month 7-8 p.m. - AMVETS Building
 VFW—1st Fri. each month 7 p.m. - VFW Building
 VFW Auxiliary—1st Fri. each month 7 p.m. - VFW Building
 Boy Scouts - Troop 509 Methodist Church
 Cub Scouts - Pack 405 Bill Sander 687-1154
 Cub Scouts - Pack 509 Methodist Church
 Girl Scouts - Jo Ellen Elwell 563-3514
 Freedom of the Road Riders, Local 33 - 3rd Sun. 1 p.m. - AMVETS Building</p> |
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Food & Entertainment

TODAY 9/17

Chainmail Class Deadline ~ Arts & Crafts

Sign up by noon today for this single session class scheduled September 21, 9 a.m.-Noon. Cost is \$50, supplies included. Call 687-5691 today!

Couples Golf ~ 4-7 p.m. ~ Royal Oaks

Cost is \$20 for military or \$30 civilian guest (woman/man). Price includes two green fees, a cart for nine holes, two hot dogs and two fountain drinks. **A savings of 40%! A great price you can't beat!** Call 687-5572 for details.

SATURDAY 9/18

Family Bowling ~ Noon-4 p.m. ~ Stars & Strikes

Join us today for family bowling. One hour bowling, shoe rental, a large 1-topping pizza and a pitcher of soda, all for \$20! Up to six people per lane. Can't make it today? Join us Sunday, same time, same place. Call 687-5114 for more details.

SUNDAY 9/19

Football Frenzy ~ 11 a.m.-7 p.m. ~ Mission's End

Football Fans! Join us every Sunday to watch your favorite team on the big screen TVs. Club members can enter to win a trip to the Super Bowl or one of two regular season games! Plus, End-of-Season bonus drawing for \$5,000 in gift certificates. Call 687-4422 for more details.

Family Day ~ 2-7 p.m. ~ Royal Oaks Golf Course

Golf with the family on Sunday. Cost for military is \$30 or civilian guest \$45 for a family of four (two adults/two children). Price includes four green fees, two carts for nine holes, four hot dogs and four fountain drinks. **A savings of 50%! Where can you take your family for two and half hours of entertainment for that price?** Call 687-5572 for tee times.

MONDAY 9/20

Hike & Rappel Bell Mountain Deadline ~ Outdoor Rec

Today is the sign up deadline for the hike and rappel trip to Bell Mountain in Potosi, Missouri scheduled September 25-26. Cost is \$50 per person. Call 687-5565 today!

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

Today's special: Manicotti with Caesar salad and garlic toast. Just \$6 for members; \$8 nonmembers. For more information call 687-4422.

Family Fun Night ~ 5-7 p.m. ~ Mission's End

Members, join us for a kid friendly buffet. This is a club members only event. Call 687-4422 for more details.

TUESDAY 9/21

Club Coin Special ~ 4 p.m.-Closing ~ Mission's End

Enjoy a delicious drink at the Club! This month's special: Quarterback Sack. A mixture of two parts 151 rum, one part curacao and one part dry vermouth. Served when the bar is open. Cost is \$2.50 a drink.

Stained Glass Class ~ 5:30-6:30 p.m. ~ Arts & Crafts

Learn the art of stained glass. Six-week open enrollment class scheduled every Tuesday. Cost is \$95, supplies included. Sign up by noon the Friday prior to class. For more info, call 687-5691.

WEDNESDAY 9/22

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

Bring your boss and/or buddy over for wings, brews and bingo. 20-cent member wings; 35-cent nonmember/carry-out wings. Stick around for our members only bingo at 5:30 and 6:30 p.m.

Cook's Night Off ~ 4-7 p.m. ~ Mission's End

Let us do the cooking! Each Wednesday you can call in your order to 687-4422 anytime before 3 p.m.; pick up between 4-7 p.m. It's that easy! A perfect meal that feeds a family of four! September's menu is pork tenderloin medallions, roasted potatoes, green beans almondine, garden salad, rolls and chocolate cake. Cost is \$15.95 for members; \$18.95 nonmembers.

THURSDAY 9/23

Pizza Pizzaz ~ 4-7 p.m. ~ Mission's End

Take advantage of our pizza prices! Cost is only \$7 per large single topping pizza. Join us!

SPECIAL CLASSES AT ARTS & CRAFTS!

A variety of classes are available Saturdays at the Arts & Crafts Center. If you are looking to learn a new craft and are interested in any of the following classes, please stop by Arts & Crafts and we will arrange for you to meet our instructor. Call 687-5691 for more information.



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Hourly care for children six weeks to five years of age now available at the Susie Skelton Child Development Center on a space available basis. Contact the CDC for more details.

CDC 687-5586

Constitution Day Sweeper @ Stars & Strikes

September 25, 1-5pm

5-game sweeper Prizes: ~ 1st place \$110
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~ 3rd place \$70
~ 4th place \$47.50
~ 1 game bowled on 5 pairs of lanes
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~ Entry fee \$20 per person:
** \$7.50 for bowling
** \$12.50 prize fund
~ Enter early or sign up at event

687-5114 **BOWLING**



Force Support page editor.....Cathy Sison
509th Force Support Squadron.....687-4386
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Youth & Teen Events

TODAY 9/17

Cool Crest Trip Sign Ups ~ Youth Center

Preteens, ages 9-12, sign up by today for the Cool Crest trip in Independence, MO scheduled September 20. Cost is \$20 for members; \$25 nonmembers. For more information call 687-5586.

Fall Into Fitness ~ 6:30-9:30 p.m. ~ Youth Center

Youth, ages 9-18, the Youth Center will be showcasing the Air Force Fit Factor program. Youth will take part in a number of health and fitness activities. Sign up for the Fit Factor program as well as log fitness points. Snacks and drinks will be provided and Fit Factor prizes awarded during the evening. Cost is Free!

SATURDAY 9/18

Youth Bowling League ~ 9 a.m. ~ Stars & Strikes

Come join a league! Different leagues for different age groups. Join any league, any month, any time during league season. Coaching available as needed. Call 687-5114 for more details.

MONDAY 9/20

Dentokan Karate ~ 4-5 p.m. ~ Youth Center

Classes are offered every Monday and Wednesday for youth, ages 6-18. Cost is \$35 for members; \$45 nonmembers per month.

TUESDAY 9/21

Time to Play ~ 9:30-11 a.m. ~ Youth Center

Parents, you provide the toys, we provide the place! Bring your child age birth to five years to the Youth Center gym every Tuesday for play time! A great opportunity for your child to socialize with other children and for parents to network with each other. Cost is Free! Call 687-5586 for more information.

Torch Club Meeting ~ 4-5 p.m. ~ Youth Center

Preteen, ages 9-12, learn to work together to plan and implement activities in four areas: service to club and community, education, health and fitness; and social recreation. Torch Club meets every Tuesday during the school year. Club is limited to the first 12 youth to sign up. Cost is free. Call 687-5586 for details.

Keystone Club Meeting ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, meet to discuss leadership and community involvement. Keystone Club meets every Tuesday during the school year. Nonmembers are welcome to join! Call 687-5586 for information.

WEDNESDAY 9/22

Plaza Art Fair Deadline ~ Youth Center

Teens, ages 13-18, today is the last day to sign up for the Plaza Art Fair in Kansas City scheduled September 25, 11 a.m.-6 p.m. Cost is \$5 members; \$6 nonmembers. Call 687-5586 today!

Teen Sports Club ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, enjoy basketball, flag football, indoor soccer and more in the Youth Center gym every Wednesday. Free! Call 687-5586.

THURSDAY 9/23

Preteen/Teen Newsletter Club ~ Youth Center

Preteens/Teens, ages 9-18, do you enjoy writing or photography? If so, the Youth Center has an opportunity for you! Come join the Newsletter Club and express yourself in a fun and creative way. Preteens meet from 4-5 p.m.; Teens meet from 6-8 p.m. each Thursday. Call the Youth Center at 687-5586 for more information.

Homework Help ~ 6-8 p.m. ~ Youth Center

Teens, ages 13-18, receive free help with homework, computers and reference materials available every Thursday. Free! Call 687-5586 for more details.

FCC NEWS!

Returning Home Care (RHC)

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.

Home Community Care (HCC)

Guard/Reserve parents who are single, dual Guard/Reserve, or whose spouse is working, are eligible to use this free program for the primary UTE weekends. Care for the HCC Program is provided by an EDC or EDC-temp home. Come to the FCC office for an application prior to participation.

For more information about any of FCC programs, please call 687-5590.

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Warrior Weekly Caption Contest

The Idea is simple. Each week, Whiteman Warrior readers will have a new photo that needs a caption. Readers of the Whiteman Warrior will then have a chance to submit their idea of the most fitting photo caption. The caption can be funny, cute, endearing, etc., as long as it is not disrespectful, profane or offensive.

Caption submissions for this week are due

no later than noon on Wednesday, and should be sent to whiteman.warrior@whiteman.af.mil with "Caption Contest" in the subject line.

Readers can submit more than one caption.

When submitting captions, readers should include rank, first and last name, and unit with their entries. Civilian participants, please submit first and last name.

This Week's Photo



Last Week's Photo



Winner: "Man, all I said was the Steelers are #1."

— Timothy E. Robinson
Fire Prevention Inspector

Runner-up: "Duct tape – a remedy for that 'nagging' headache."

— Ken Thomas
509th Civil Engineer

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2007 Ford FREESTYLE SEL Stock# 328501 \$15,499	2007 Ford F150 XLT Stock# 12408 \$21,499	2009 Chevrolet COBALT LT Stock# 13489 \$10,969	2009 Chevrolet HHR LT W/ 2LT Stock# 19451 \$12,869	2007 Ford SUPER DUTY F250 XLT Stock# 14127A \$27,369	2007 Chevrolet IMPALA LTZ Stock# 19939 \$14,799
2010 Honda PILOT LX Stock# 308711 \$24,876	2008 Chevrolet MALIBU LT W/ 2LT Stock# 16572 \$14,594	2010 Chevrolet CAMARO 2LT RS Stock# 59661 \$25,899	2009 Acura TL Stock# 37521 \$28,987	2006 Buick LUCERNE CXL Stock# 439681 \$15,931	2008 Dodge GRAND CARAVAN SXT Stock# 455131 \$17,876
2009 Chevrolet IMPALA 3.5L LT Stock# 17973 \$17,299	2004 Buick RAINIER S Stock# 10983 SOLD	2008 Dodge CHARGER SE Stock# 17561 \$16,886	2007 Saturn VUE Stock# 245521 \$8,989	2009 Ford ESCAPE XLT Stock# 15635 \$18,699	2003 Chevrolet SUBURBAN LS Stock# 196781 \$12,695
2007 Dodge RAM 1500 SLT Stock# 10833 \$20,488	2007 Jeep WRANGLER UNLIMITED Stock# 10983 \$25,631	2004 Chevy IMPALA BASE Stock# 18332 \$8,887	2007 Ford EDGE SEL Stock# 121906 \$23,765	2010 GMC ACADIA SLT Stock# 14739 \$33,179	2010 Jeep COMMANDER SPORT Stock# 17216 \$25,731

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Out & About

WESC Membership Drive and 80s Party – The Whiteman Enlisted Spouses club is hosting a membership drive and 80s inspired party Sept. 30 at 7 p.m. at Mission's End. Guest and members are encouraged to dress the theme. Prizes will be awarded. Make arrangements for childcare. For more information e-mail, whitemanesc@gmail.com.

Run for Freedom – The West Central Missouri Veterans Assistance League will hold their 8th Annual Run for Freedom Oct. 2 to benefit Veterans at the Missouri Veterans Home. There will be a 5K Run & Poker Walk. Registration time is 8 a.m. and start time is 9 a.m. and is held at the Veterans Home. The entry fee for the 5K Run is \$20, \$15 for the poker walk. Prizes will be awarded throughout the event. For more information, call or e-mail, Todd.Sparks@whiteman.af.mil at (660) 687-1630.

Babysitter Training – Babysitter training is scheduled for Monday from 9 a.m.-4 p.m. at the Airman & Family Readiness Center for ages 11 and up. Participants will receive informational materials and instruction on topics such as fire awareness, home security, child care techniques, basic first-aid and age appropriate activities. Lunch and snacks are provided. Reservations required, call (660) 687-7132.

Parent Forum - Join the Airman & Family Readiness Center as Dr. Gary Kitto, Licensed Professional Counselor, facilitates

an open forum on issues concerning children and parenting, Monday from 6-8 p.m. Child monitoring will be available. Reservations are required. Call (660) 687-7132.

Right Start – The next Right Start briefing is Tuesday at Mission's End, from 7:30-11 a.m. All military personnel arriving at Whiteman must attend this mandatory briefing within 15 days of in-processing. Spouses are strongly encouraged to attend. Introduction to the base mission, support systems available to personnel and families, local community information and on-base services will be discussed.

Disability Transition Assistance Program (DTAP) Briefing – The next DTAP briefing is scheduled for Wednesday, from 12:30-2 p.m. Conducted by a Veterans Affairs counselor, this two-hour briefing targets individuals being separated due to a service-connected disability; those being medically discharged; and those who suspect they have a service-connected disability. Reservations required, call (660) 687-7132.

Finding a Job in the WAFB Community - A job fair is scheduled for Thursday, from 8 a.m. – 1 p.m. Information on applying for AAFES, Non-Appropriate Fund (NAF) positions, and Appropriated (GS) positions, local hire practices, resume writing, and the do's and don'ts of job interviews will be discussed. Representatives from the University of Central Missouri and Work Force Development will also be available to answer questions. Reservations are required. Call (660) 687-7132.

This Week at the Movies

Saturday

Sept. 18, 2010 - 7 p.m.

The Other Guys

Will Ferrell, Mark Wahlberg

Detective Allen Gamble is a forensic accountant who's more interested in paperwork than hitting the streets. Detective Terry Hoitz is a tough guy who has been stuck with Allen as his partner ever since an unfortunate run-in with Derek Jeter. Allen and Terry idolize the city's top cops, Danson and Highsmith, but when an opportunity arises for the Other Guys to step up, things don't quite go as planned. Rated PG-13 (crude and sexual content, language, violence and some drug material) 107 min

Sunday

Sept. 19, 2010 - 3 p.m.

Dinner for Schmucks

Steve Carell, Paul Rudd

Tim, is an up-and-coming executive who has just received his first invitation to the "dinner for idiots," a monthly event hosted by his boss that promises bragging rights to the exec that shows up with the biggest buffoon. Tim's fiancée, Julie, finds it distasteful and Tim agrees to skip the dinner, until he bumps into Barry--an IRS employee who devotes his spare time to building elaborate taxidemy mouse dioramas--and quickly realizes he's struck idiot gold. Tim can't resist, and invites Barry, whose blundering good intentions soon sends Tim's life into a frenzied downward spiral and a series of misadventures, threatening a major business deal, bringing crazy stalker ex-girlfriend, Darla, back into Tim's life and driving Julie into the arms of another man. Rated PG-13 (sequences of crude and sexual content, some partial nudity and language) 114 min

Movie showings are featured at the Whiteman AFB Movie Theater. For more information, call (660) 687-5110



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25						26					

Across

- 1. Capital of Germany (6)
- 4. Flows through Rome (5)
- 8. Capital of Nigeria (5)
- 10. Egyptian desert (5)
- 11. Birthplace of Napoleon (7)
- 12. Australian town, ___ Springs (5)
- 13. Colorado state capital (6)
- 15. Previous name of Ho Chi Minh City (6)
- 19. Egyptian capital (5)
- 21. South American country (7)
- 23. Japanese city (5)
- 24. Capital of Ghana (5)
- 25. Balearic holiday isle (5)
- 6. Sea between Greece and Tukey (6)

Down

- 2. Swiss peak (5)
- 3. Capital of the Bahamas (6)
- 4. Polynesian country (5)
- 5. Chinese city (7)
- 6. Major French river (5)
- 7. Site of 1980 Winter Olympics, Lake ___ (6)
- 9. Flows through Paris (5)
- 14. Capital of Kenya (7)
- 16. Island in the Netherlands Antilles (5)
- 17. Scandinavian country (6)
- 18. Carson City is the state capital (6)
- 19. Italian holiday isle (5)
- 20. City in Nebraska (5)
- 22. Capital of Bangladesh (5)

Solutions to last week's Puzzle

H	A	R	P		T	O	T		F	L	A	P		
A	V	O	I	D		O	W	E		P	I	E	C	E
L	E	V	E	E		O	N	E		L	L	A	M	A
F	R	E	T	F	U	L		T	R	U	M	P	E	T
		Y	E	N		C	H	A	R					
C	R	Y		R	I	L	L		G	A	M	B	I	T
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S	C	O	R	N		F	I	L	L		S	O	O	T
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C	H	A	N	T	E	R		H	E	I	R	E	S	S
R	U	R	A	L		R	U	E		V	I	D	E	O
A	L	I	V	E		O	A	F		E	L	D	E	R
M	A	D	E			W	E	T		L	Y	R	E	

Check back in next week's edition of the Warrior to find this week's solutions

Serving the Whiteman Community

509th Bomb Wing

442nd Reserve Fighter Wing

Mobile Expeditionary Security Division 13

1-135th Attack Battalion

131st Guard Bomb Wing



FREE Classified Advertising in the Whiteman Warrior READ ALL RULES BEFORE PLACING AN AD

- Advertising is free to all active-duty, guard and reserve military members and civil servants who work on base or at the MoARNG in Warrensburg only. Military or civil service rank must be included in the space for "rank." We do offer free advertising to retired military members.
- Ads of a commercial nature such as baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion. *People who are PCSing may place more than one ad and sell the items at any price.

- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.
- Print legibly, and place punctuation and spaces where necessary. Use only one word per line.
- Free ads aren't taken over the phone. They must be dropped off at or mailed to the 509th Bomb Wing Public Affairs Office, 1081 Arnold Ave Blvd, Bldg 59, Whiteman AFB, Mo., 65305. Ads may also be faxed to 660-687-7948.
- Many offices on base are using old forms**. If you would like a copy of the new ad form to keep in your office, call 687-6123 and we'll fax a new form for your use. Or, you can download it at <http://www.whiteman.af.mil> and click on "Whiteman Warrior Classified Ad Form."
- Homes for sale that are listed with a realtor must be paid for. Only people who are PCSing and selling homes FSBO (for sale by owner) qualify as a free ad.
- Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
- The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
- Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

Public Notices 6

VISUALLY IMPAIRED ENVISION XPRESS employee needing ride to and from Warrensburg to Whiteman AFB, Mon-Fri. Hours are 7:30 am to 3:30 pm, but adjustable. Gas money offered. Please contact Becky at 660-687-4343.

Public Notices 6

Garage/Yard Sales 24

GARAGE SALE 1128 NE 175 Road. Knob Noster. Near 50 Hwy/ Knob Noster Cemetery Sat/Sun 9am. AVON, Cape Cod red dishes, clothing, household & misc.

Don't forget to add your e-mail address to your classified ads!

Public Notices 6

Services Offered 69

Advantage Lawn Mowing
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(660)233-0684

Daycare Centers 84

WALNUT TREE CHILD CARE
The only licensed infant/toddler home in Knob Noster. Immediate opening for ages 6 weeks to 36 months.
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Services Offered 69

CRYSTAL CLEAN CLEANING SERVICE. Cleaning inside & out. Lawn care service provided. Guaranteed to pass inspection. Available for short notice. Servicing: Warrensburg-Whiteman AFB-Sedalia. Free Estimates. Call Crystal 660-233-0770

Daycare Centers 84

Services Offered 69

PCSing? MOVING? Guaranteed Stress-Free Finals! Covering everything inside & out for over 14 years! Painting, oil stains, trash/recycle, yard work. Short notices possible. Only 1 day needed! Call **"The Final Touch"** 660-233-3327 *Not sure what to do?? We give free estimates!*

Daycare Centers 84

NEW BEGINNINGS LEARNING CENTER is taking enrollment for full time childcare, Mon.-Fri. 6:30-5:30 and part time 8:30-11:30. (660)563-2424

Classified Ads Get Results

Instructional 111

Adult Health Care Classes

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- Certified Medication Technician
- Restorative Aide
 - CPR
- Certified medication Aide
 - Insulin Administration
 - IV Certification

For Questions or for Applications call Stephanie at 660-422-8377 preferredfutureseducation.com

Misc. For Sale 135

AIR FORCE MEN'S MESS dress, full accessories, jacket 44 regular, pants 33 waist- \$150 for everything. Please call 660-429-9179 sa

"SEW UP" Some Great Bargains TODAY In Our Classified Ads

Misc. For Sale 135

FREE CHINA CABINET with interior light. 501-766-5909. sa

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