

WARRIOR

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SMOKEX: Success



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

Staff Sgt. Jeremy Welch, 509th Weapons Squadron boom operator, prepares to refuel a Joint-STAR aircraft during the SMOKEX Exercise over Kansas Nov. 16. The KC-135 Stratotanker transfers fuel at about 16 gallons per second. See page 5 for story and photos.

JB Balad wraps up operations

By Senior Airman Chuck Broadway
9th Air and Space Expeditionary
Task Force/Air Component Coordination
Element-Iraq Public Affairs

JOINT BASE BALAD, Iraq (AFNS) -- What was once a bustling hub for U.S. operations in Iraq has now transitioned into a quiet and empty shell of its former self.

In accordance with a 2008 security agreement between the U.S. and Iraq, Joint Base Balad was transitioned to the government of Iraq and the U.S. military presence has vanished.

Brig. Gen. Kurt Neubauer, the 332nd Air Expeditionary Wing commander, said he was extremely satisfied with the work Airmen at JB Balad have done with transitioning the base while maintaining operations until the final days.

"I'm most proud of the way our Airmen at the 332nd AEW rose to the challenge of

See JB Balad, page 14

Longest serving Airman calls it a career

By Tech. Sgt. Richard Williams
Air Force Public Affairs Agency

WASHINGTON (AFNS) -- As the sun sets on the career of Maj. Gen. Alfred K. Flowers, he looks back with a sense of accomplishment.

Flowers, the Deputy Assistant Secretary for Budget, Office of the Assistant Secretary of the Air Force for Financial Management and Comptroller, is set to retire from the Air Force Jan. 1, 2012.

With 46 years of service to his country, Flowers is the longest serving Airman and currently the longest serving Air Force officer who began their service since the creation of the U.S. Air Force in 1947.

"When you start at age 17, you can get a lot done by the time you are 60," Flowers said.

A Kinston, N.C., native, Flowers was raised by his grandparents, who were sharecroppers. He credits his humble beginnings as the foundation that carried him to where he is today.

"Being raised by grandparents who instilled the morals, the values, the integrity of doing the right thing and treating people the way you want to be treated has been important," he said. "I credit a lot of my makeup, morals and ethical values and at-

titudes to them."

These values guided Flowers to perform his best in school and propelled him to graduate high school at 17.

Flowers knew the opportunity to further his education after high school was bleak. However, there were other ways to succeed for someone with motivation, drive and a willingness to perform their best every day.

He followed the model of a cousin who had joined the Army a few years earlier and was doing well. He asked his grandmother's permission to join the Air Force in 1965.

Upon completion of basic military training, Flowers received a direct to duty assignment as a supply warehouseman at Grand Forks Air Force Base, N.D., which he recalls was a completely different environment from where he grew up.

After spending two years at Grand Forks AFB, Flowers was retrained into air transportation and received one of his most difficult assignments of his career -- casualty collection at Da Nang Air Base, Vietnam, in 1968.

See Longest, page 3

A-26 Invader static display at Base Operations

A static display of the Douglas A-26 Invader Attack Bomber from World War II is scheduled to be on display from 9:30-11:30 a.m. Dec. 2 at Base Operations. Team Whiteman is invited to come out and see this historic aircraft.

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TRICARE dental assists Airmen and families

When it comes to dental insurance benefits for Airmen and their families, the TRICARE Dental Program is available to active duty, National Guard and Reserve members and their families.

WEATHER

Today	Sunday
Mostly Cloudy	Partly Cloudy
Hi 63	Hi 42
Lo 47	Lo 26
Saturday	Monday
Showers	Partly Cloudy
Hi 49	Hi 42
Lo 29	Lo 30

Whiteman Chapel prepares for Our Lady of Guadalupe celebrations Dec. 10

By Lt. Col. Buster McCall
509th Mission Support Group
Deputy Commander

In honor of Our Lady of Guadalupe, the Whiteman parishioners will celebrate a Novena at 4 p.m. Dec. 10 at the Whiteman Chapel.

Let's step back in time almost 500 years, to Dec. 9, 1531, where a native Aztec, Juan Diego, traveled along a hillside overlooking Lake Texcoco, on his way to Mexico City, Mexico.

Dry brown grass that hadn't seen rain since September crackled under his feet while a few tall mountain pines provided the occasional shade. As he neared an ancient shrine to the Aztec goddess Tonantzin, whom the natives considered the mother of the gods, Juan Diego saw a vision of a young girl of 15-years or 16-years-old, surrounded by light.

Speaking in the local language, Nahuatl,

the Lady asked for a church to be built at that site in her honor, and from her words, Juan Diego recognized her as the Virgin Mary.

Diego rushed to tell his story to the Spanish Archbishop, Friar Juan de Zumárraga, who instructed him to return and ask the Lady for a miraculous sign as proof. When Juan Diego returned he again saw the Virgin who told him to gather some flowers from the top of Tepeyac Hill.

To Juan Diego's amazement, he found an assortment of blooming flowers on the hilltop even though it was winter. The Virgin herself arranged them in his tilma, or peasant cloak. When Juan Diego opened the cloak before Friar Zumárraga Dec. 12, the flowers fell to the floor, and in their place was the Virgin of Guadalupe, miraculously imprinted on the fabric.

Personnel interested in attending the celebration can contact the Chapel for more information.



THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, e-mail: Whiteman.Warrior@whiteman.af.mil, fax us: 660-687-7948, or write to us at:

509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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

Commander's Corner

Team Whiteman,

If you have served at Whiteman for any amount of time, you should be well acquainted with the term "deterrence" and what it means for our national defense. Along with reassuring our allies and conducting precision global strike, it is one of our primary mission objectives.

Last week we completed a Nuclear Surety Exercise, designed to assess our ability to perform the deterrence mission and carry out our vital role in the nuclear enterprise. We did all of this while flying and fixing jets AND providing ready Airmen for every task. I saw firsthand your hard work and it paid huge dividends in the lessons we learned about how to better complete our designed operational commitments.



Fortunately, this week had a shorter flying hour window and we completed most flying early in the morning hours on Wednesday. This enables time for you and yours to rest and recharge with friends and family during the Thanksgiving holiday.

Next month, we only have one exercise the second full week of the month. This is our last NSE before the AFGSC/IG visits in January for an NSI. Toward the end of December, we will ramp down operations, curtail flying and allow the maximum amount of downtime for you to spend with family while a core will keep the home fires of deterrence burning.

The 509th and 131st Bomb Wings are only fully capable of completing our nuclear mission because of what you do day in and out--during next year's NSI we will prove once again to our higher headquarters and national leaders that we are fully qualified and trained in our nuclear mission. That is how we ultimately deter and assure.

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm,
Commander

Understand stress triggers to beat holiday blues

By Valerie Seitz

18th Medical Operations Squadron
Family Advocacy

KADENA AIR BASE, Japan -- Seeking support, being realistic and planning ahead can help ward off stress and depression.

For some people, the holidays bring unwelcome guests -- stress and depression.

In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands -- work, parties, shopping, baking, cleaning, caring for kids on school break or elderly parents and scores of other chores.

With some practical tips, you can minimize the stress and depression that may accompany the holidays.

Holiday stress and depression are often the result of three main trigger points. Understanding these trigger points can help you plan ahead and handle them to the best of your ability.

Here are the three issues that commonly trigger holiday stress or depression:

☐**Relationships.** Relationships can cause turmoil, conflict or stress at any time. Also, tensions are often heightened during the holidays. Family misunderstandings and conflict can intensify -- especially if you're all thrust together for several days. Conflicts are bound to arise with so many needs and interests to

accommodate. On the other hand, if you're facing the holidays without a loved one, you may find yourself especially lonely or sad.

☐**Finances.** Like your relationships, your financial situation can cause stress at any time of the year. Overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your shopping list is happy.

☐**Physical demands.** The strain of shopping, attending social gatherings and preparing holiday meals can wipe you out. Feeling exhausted can increase your stress, creating a vicious cycle. Exercise and sleep -- good antidotes for stress and fatigue -- may take a back seat to chores and errands. High demands, stress, lack of exercise and overindulgence in food and drink -- these are the ingredients for holiday illness.

Remember, the key to minimizing holiday stress and depression is knowing the holidays can trigger stress and depression. Accept that things aren't always going to go as planned. Make a budget and follow it. Take time for yourself and don't over-schedule. And seek support when necessary.

If you find you need some additional help this holiday season, please feel free to contact family advocacy at 660-634-4341 for support or for a list of helping agencies.

Official Whiteman AFB Facebook launched



Whiteman Air Force Base launched an official Facebook page and invites users to search Whiteman Air Force Base via Facebook and click "Like." Users can access Whiteman AFB news, features, sports, commentaries, photos, videos and more.

NEWS BRIEFS

NAF resale

The Whiteman Inn is scheduled to have a Non-Appropriated Funds resale beginning at 9 a.m. Nov. 29 behind the Outdoor Recreation building. Sales are on a first come, first serve basis and buyers are responsible for moving items at the time of sale. Items include: lamps, bed frames, glass end tables, living room style chairs and night stands. Customers are responsible for moving items at the time of sale. Cash or check only. For more information call 660-687-1844.

Exceptional Family Members

The Exceptional Family Members support group is scheduled Nov. 30 from 6 to 7:30 p.m. at the Airman & Family Readiness Center. Dr. Kitto and Jessica Pitford are scheduled to be guest speakers. No sign up is required and child monitoring is available. For questions contact Maj. Elaine Harris at 660-687-4341.

Ambroses Host Holiday Open House

The University of Central Missouri President Charles Ambrose and his wife, Kris, will celebrate the holiday season by hosting an open house at Selmo Park, 518 S. Holden St., Dec. 1. Team Whiteman, community members and UCM emeriti's are invited to attend from 4 to 7 p.m. UCM's faculty and staff are invited to join from 10 a.m. to noon, and students from 1 to 3 p.m.

2011 Holiday Cookie Drive for Dorm Residents

The Whiteman community is requesting 6,000 homemade holiday cookies for Whiteman dorm residents. Participants are asked to place cookies in Ziploc or tin pans labeled with and the number of cookies. Cookies should be free of 'gooey' decorations and frosting. Cookies should be dropped off at Mission's End Dec. 13 & 14 from 7 to 9 a.m. For more information or to volunteer, call Amy Moser at 937-219-7366.

Armed Services Blood Program Blood Drive

The Armed Services Blood Program Blood Drive is from 10 a.m. to 6 p.m. Dec. 14 at the Community Center. Individuals must be 17 years or older and weigh at least 110 pounds, must be hydrated, have been feeling well for the last three days and have eaten prior to donation. For more information contact 2nd Lt. Diana Wong, 660-687-5007.

American Red Cross Blood Drive

The American Red Cross Blood Drive is from 10 a.m. to 4 p.m. Dec. 19 at the Community Center. A blood donor card or driver's license, or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Bring your Red Cross blood donor card or other form of positive ID when you come to donate.

Longest Continued from Page 1



U.S. Air Force photo/Jim Varhegyi

Secretary of the Air Force Michael B. Donley presents Maj. Gen. Alfred K. Flowers the Distinguished Service Medal during the general's retirement ceremony Nov. 17, at Joint Base Anacostia-Bolling, in Washington D.C. Flowers has served more than 46 years on active duty and is the longest serving Airman in Air Force history. Flowers is the deputy assistant secretary for budget.

"I knew that there was a war going on and it was a dangerous place," Flowers said.

"The first day we showed up there was a rocket attack about an hour later, so there I was, a brand new 19-year-old Airman, trying to find my way to the bunker because we were under a rocket attack," he said. "It was eye opening and quite frightening."

In Vietnam, Flowers' primary mission was to haul wounded and deceased soldiers out of the jungle at night.

"It was a job that had to be done but one that was very difficult," Flowers said. "Those young Soldiers and Marines deserved all the dignity and respect we could give."

Upon completion of his tour in Vietnam, Flowers arrived at Norton AFB, Calif., where he met his wife. The two had only been married for two weeks when she received orders to Clark Air Base, Philippines; after six months of separation, he received a joint spouse assignment.

During his time at Clark AB, Flowers began a quest to further his education with the support of his wife, who he credits as a large influence on not only his career but his life as well.

He retrained as an accounting specialist during assignments to Lackland AFB, Texas, and Charleston AFB, S.C., and in 1975, after completing his bachelor's degree, he applied and was accepted to Air Force Officer Training School.

At this time, Flowers' wife, who was also an Airman, received orders to Iraklion AB, Crete. He would have to make a decision: accept his commission with no guarantee of joining his family after OTS completion or decline the commission and go with his family.

"That was an easy decision for me; I went with her and our 4-year-old and decided I would reapply later in my career," Flowers said.

The move to Crete did not deter Flowers from continuing his goal of higher education and pursuing a career as an officer. Flowers finished his master's degree and applied for Officer Training School and this time was denied.

He and his family then moved to Travis AFB, Calif., in 1977 where he again reapplied to OTS and was denied. He waited a short time and, while waiting for his promotion date to sew on master sergeant, he decided to reapply to OTS again and was accepted in 1978.

"My wife had been very instrumental with supporting me while I

was furthering my education and extremely supportive after I made my transition from the enlisted side to the officer side," Flowers said.

Flowers was commissioned in 1978 as a financial management officer. He credits the leaders he had with molding him into the officer he has become today and said it wasn't always an easy transition.

The biggest challenge was mentally adjusting to life in the officer corps, Flowers said.

"Expectations are different and challenges are different," he said.

There were many mentors who helped mold Flowers' career and he recalls his time at the 374th Tactical Fighter Squadron Moody AFB, Ga., and Headquarters Tactical Air Command, Langley AFB, Va., as assignments where his leadership helped unlock his potential as an officer.

Through the selfless leadership of others, Flowers said he was allowed to try and succeed or fail based on the support of others around him. This is something he has tried to pass on to enlisted and officers alike throughout the years.

One important piece to a successful mission, according to Flowers, is everyone working together as a team. He said at times he felt a distinct advantage having spent 13 years as an enlisted Airman; it allowed him to mesh officer and enlisted capabilities.

"The thing that you can never forget as an officer is if you are going to be successful, the enlisted community and all of those around you are what make you successful," Flowers said. "None of us are good enough to make ourselves successful, and I never forgot where I came from."

Throughout his career Flowers has completed 25 assignments, all of which he says were unique and challenging; however, he said his best assignment was to U.S. Special Operations Command, where he served as the director of resources.

"I think the reason I cherish it so much is because of the great work those operators are doing in today's fight with the Global War on Terrorism," Flowers said. "I had the opportunity to understand how those great Americans, that small cadre of special operations forces, are making a difference in the fight today.

"To be able to work the resourcing for them and ensure they had what they needed to do their work was a great opportunity and one of my fondest memories over the past 46 years," he added.

Thanksgiving Leftover Casserole

- Prep Time:** 20 Minutes
 - Cook Time:** 55 Minutes
 - Ready In:** 1 hour 15 minutes
 - Servings:** 8
- INGREDIENTS:**
- 3 tablespoons butter
 - 2 tablespoons all-purpose flour
 - 1 (12 fluid ounce) can evaporated milk
 - 1 cup water
 - 1/4 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper
 - 1/4 teaspoon onion powder
 - 2 tablespoons butter
 - 1 cup finely crushed herb-seasoned drybread stuffing mix
 - 1 cup cooked, diced turkey meat
 - 1 cup shredded Cheddar cheese
 - 2 cups leftover mashed potatoes

- DIRECTIONS:**
1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
 2. Melt 3 tablespoons butter in a saucepan over low heat. Blend in the flour. Slowly stir in evaporated milk and water, then season with salt, pepper, and onion powder. Stir sauce over low heat for 5 minutes.
 3. In a separate saucepan over

- low heat, melt 2 tablespoons butter. Blend in the dry stuffing mix. Place the turkey in the prepared baking dish. Pour the sauce over turkey, then sprinkle with Cheddar cheese. Spread mashed potatoes over cheese. Top mashed potatoes with the stuffing mixture.
 4. Bake 45 minutes in the preheated oven.
- www.allrecipes.com

From the Frontlines: Senior Master Sgt. Jeannie Trichel

By: Senior Airman Nick Wilson
509th Bomb Wing Public Affairs

Thousands of Airmen, Marines, Soldiers and Sailors deploy to what many servicemembers call "the sandbox." While living downrange, some might complain of boredom, but Senior Master Sgt. Jeannie Trichel, 509th Maintenance Operations Squadron maintenance training flight superintendent, helped relieve monotony by working with deployed servicemembers to brush up on their professional military education knowledge.

Trichel returned from Southwest Asia in March, and during her six-month deployment, she helped the education office counsel more than 16,000 joint service members and safeguard more than \$1.5 million in controlled test materials.

"We had the opportunity to meet and help so many military members from other service branches, which was very satisfying," said Trichel.

On a daily basis, Trichel and the members in her office provided information and assistance to members wanting to continue or begin pursuing their educational goals. They also worked to accommodate all customers, day or night.

"Whether it was sitting down with a brand new Airman and explaining the Community College of the Air Force requirements or scheduling a graduate student for his or her midterm or final exam, we assisted customers with their educational needs," Trichel said. "We proctored

exams three times a day, morning, afternoon and night in order to accommodate all shift workers."

With the responsibility of providing joint coalition deployed members an abundance of opportunities to fill downtime Trichel stresses that while deployed, it is essential members take advantage of the opportunity to use the free time to focus on self-improvement.

"People have a great opportunity to focus on education while deployed; there are less distractions and they have more time to focus on themselves," Trichel said. "At home, priorities may be different.

"Having an education office at the deployed location allows members to take advantage of a variety of learning opportunities available," she said.

At Whiteman Air Force Base, her field in education and training is more focused on the training aspect. While she was deployed, her job's focus was more education-oriented and she had to learn the Department of Defense services process for each branch.

"I found that the most challenging part of my job was learning the tuition assistance process for other services because we did not get any training on this prior to deploying," Trichel said. "Additionally, since we normally do not work in education centers at our home station we had to learn about a lot of the education programs available on our own."

Her deployment took place during a number of major holidays to include



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

Senior Master Sgt. Jeannie Trichel, 509th Maintenance Operations Squadron maintenance training flight superintendent, deployed Aug. 30, 2010, to March 10, 2011, and helped the education office counsel more than 16,000 joint servicemembers and safeguard more than \$1.5 million in controlled test materials. While downrange, Trichel and the members in her office provided information and assistance to members wanting to continue or begin pursuing their educational goals.

Christmas, Thanksgiving, Halloween and New Year's Day. While she missed out on quality time with her family, she still enjoyed being able to help servicemembers achieve their personal and professional educational aspirations.

"The best part was helping so many people with the educational goals," Trichel said. "I felt the most rewarding thing was when an Airman got excited about pursuing their education or completing their CCAF while deployed."

Dillard's

MILITARY APPRECIATION DAYS

Wednesday, November 30 & Thursday, December 1, 2011

At Dillard's, we recognize with continuing gratitude the sacrifices our military forces and their families make daily for our country. In appreciation, we are extending a

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- Immediate family members shopping on behalf of members of the military who are not present will be asked to present their I.D. which notes that they are family of such military personnel.



A 509th Weapons Squadron boom operator guides a KC-135 Stratotanker boom pod as a Joint-STAR aircraft is positioned to take fuel in the skies above Kansas during the SMOKEX Exercise Nov. 16. The bi-annual exercise is hosted by the 325th Weapons Squadron.

SMOKEX: Success

Story and photos by Staff Sgt. Alexandra Boutte
509th Bomb Wing Public Affairs

Members of the 509th Weapons Squadron, U.S. Air Force Weapons School from Fairchild Air Force Base, Wa., supported the 509th Bomb Wing during the SMOKEX Exercise Nov. 16. They showcased their capabilities and limitations of each assigned unit as they work jointly in one mission.

SMOKEX is a large force exercise and is run from the Smokey Hill Air National Guard unit near Salina, Kan. Several aircraft executed global war on terrorism real-world scenarios.

The exercise is designed to enhance the proficiency of weapons school students in dynamic targeting operations.

“Our mission was to integrate what we learned at B-2 weapons schools and collaborate to form a successful exercise,” said Capt. Philippe Melby, 509th WPS chief of tactical integration phase.

The focus is to work with ground units, supporting the ground fight with on-call airpower.

“The KC-135’s mission was dynamic air-refueling; being at one track and moving to another,” said Staff Sgt. Jeremy Welch, 509th WPS boom operator. “We move to them

to give them fuel that they need to accomplish the mission.”

The students practiced how to overcome dense ground and air threat environments, execute dynamic targeting and support ground forces with close-air support.

“The team’s intent was to accomplish the mission in the allotted time and work through any challenges that they would not anticipate,” Melby said. “It gives them a lot of dynamic changes to the mission that they have to work through on the fly.”

The students will return to the 509th BW and take what they have learned to their units following weapons school graduation.



Crew members of the KC-135 Stratotanker conduct preflight checks take-off during the SMOKEX Exercise over Kansas Nov. 16. SMOKEX is an exercise designed to enhance the proficiency of weapons school students in dynamic targeting operations.

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



A B-2 Spirit resumes its flight pattern after receiving fuel from a KC-135 Stratotanker over Kansas Nov. 16.

JAG members advocate for Airmen

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

Airmen at this Air Force Global Strike Command base help justice and strengthen confidence in discipline by providing the best possible legal defense services for military members.

Capt. Israel King, Air Force Legal Operations Agency base area defense counsel and judge advocate, and Staff Sgt. Keri Hartmann, Air Force paralegal, both under the command of the Air Force Legal Operations Attorney defense paralegal, assist military members with everything from letters of counseling to courts-martial.

"We also provide advice and support to servicemembers undergoing unusual adverse administrative actions like security clearance revocation actions, medical credentialing hearings and flight evaluation boards," said King.

Unlike some jobs, where some seasons are busier than others, King said disciplinary matters ebb and flow throughout the year, making it impossible to predict when things will get busy or slow. Each day has the potential to bring something unexpected through their doors.

"We are an essential part of the military justice system because we are the only office on the base whose job is to

provide advice and support for military members who are subject to disciplinary action," King said. "I came into this job in June and since then I have assisted more than 100 military members with a variety of issues which many of those individuals have been located at other bases.

From time-to-time, an Area Defense Counsel will be unable to help a member because of a conflict of interest, according to King, but at that time, we work to find someone nearby who can help that member.

Even though King and Hartmann serve mainly to help members react to disciplinary action, he said they are also available to advise military members who are subject to any form of military discipline or help answer questions to those who are curious about their rights.

"In an effort to provide greater awareness among servicemembers of their rights, Hartmann and I provide a 30-60 minute briefing to the First Term Airman's Center," King said. "One of our goals is to expand awareness efforts to other Airman, NCO and officer professional development courses held at Whiteman AFB."

For more information or questions, contact King or Hartmann at 660-687-5556.

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- 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
- 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
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- Cub Scouts** - Pack 509 Methodist Church
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Protect your smile

Submission by
Master Sgt. Crystal Jarvis
509th Medical Operations Squadron
NCO in charge Preventative Dentistry

While many understand the importance of proper brushing, flossing and regular dental check-ups, they tend to overlook the importance of protecting their teeth from a sports related injury. By wearing a mouth guard, people can 'play' an important role in protecting their smile.

When playing a sport, people often wear safety equipment such as shin guards or a helmet to protect their body, but may forget to protect their teeth from injury.

Getting a properly fitted mouth guard can help reduce or prevent injuries to the lips, tongue and teeth. If a mouth guard is not worn correctly, there is a possibility a tooth will get knocked out or your lip and tongue will get bitten or cut.

It is estimated that mouth guards prevent more than 20,000 oral injuries in the U.S. each year, and mouth guards should always be worn when participating in contact sports, such as football, hockey, basketball, boxing and soccer.

The cost of mouth guards are dependent upon where they are purchased. If purchased in a sporting goods store, they can be less expensive versus custom made mouth guards; which are typically more expensive.

The three types of mouth protectors are:

1. Stock

Stock mouth protectors are inexpensive and come pre-formed and ready to wear. Unfortunately, they often don't fit very well. They can be bulky which makes it difficult to breathe.

2. Boil and bite

Boil and bite mouth protectors can also be bought at sporting goods stores and may offer a better fit than stock mouth protectors. They are softened in warm water, then in-



Photo by Timothy Barela

By wearing a mouth guard, people can 'play' an important role in protecting their smile. A properly fitted mouth guard can help reduce or prevent injuries to the lips, tongue and teeth.

serted and are allowed to adapt to the shape of your mouth. If you don't follow the directions carefully you can wind up with a poor-fitting mouth protector.

3. Custom-fitted

Custom-fitted mouth protectors are individually made for you by your dentist. While they are typically more expensive than other versions, they are customized and offer a better fit than anything store bought.

Regardless of which type you choose, it is a wise to use at least some type of mouth guard when playing contact sports. If you play a sport and protective equipment is required, do not forget to protect your teeth and remember to wear a mouth guard.

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Winter-Holiday safety checklist

By Heidi Hunt

509th Bomb Wing Public Affairs

With its festivities and inclement weather, the holiday season presents many safety trials both indoors and out. Being prepared and following simple safety tips can help keep individuals safe and warm this winter.

An increase in travel and celebration are often seen during the holiday season. Both ground safety and the fire department encourage the following tips to stay safe and can also be found at www.cpsc.gov.

Driving

"Ensure your car is in good repair, and you have an emergency kit inside," said Tech. Sgt. Ryan Dillingham, 509th Bomb Wing Safety. "No matter how good of a driver you are, you cannot control the decisions of the drivers around you."

❑ Winterize vehicles, and routinely inspect vehicles and tires.

❑ Watch for deer.

❑ When exiting a vehicle people should be cautious of their surroundings.

❑ Seventy percent of winter deaths related to snow and ice occur in automobiles. A blanket or rug under the front of a tire will help "unstick" a vehicle by increasing traction. It can be used on walkways to prevent slipping.

Preventing Holiday Tree Fires

According to the U.S. Fire Administration, each year fires occur during the holiday seasons and injure 2,600 individuals and causes more than \$930 million in damage.

"The holidays are prone to be high fire rates," said Paul Williams, Whiteman Assistant Chief Fire Prevention. The following are highly-encouraged fire prevention suggestions:

❑ Select a fresh cut tree, needles should be green and hard to pull back from the branches (the needles should not break if it has been freshly cut). To identify if a tree is old, bounce the tree trunk on the ground, if the needles fall off, the tree has been cut too long and has probably dried out, and is a fire hazard.

❑ The trunk should be sticky to the touch.

Williams suggest mixing one cup of sugar for every gallon of water and adding to the tree stand reservoir. The sugar water acts as an artificial sap, helping the tree to live longer.

❑ Place the tree away from a heat source; including a fireplace or heat vent. Heat will dry out the tree, causing it to ignite by heat, flame or sparks.

❑ When disposing your tree, never put branches or needles in a fireplace or wood-burning stove. Discard tree promptly if it becomes dry. The best way to discard a tree is to take it to a recycling center.

❑ Keep the tree stand filled with water at all times.

❑ Using an artificial tree is suggested.

"A real tree is nice, but if you are going to use them, a week is about the most time to have them up, because no matter how much you water them, a trunk can only get so much water up in it," Williams said. "It's not like the root system where the tree sucks its water up. It only takes spark on a needle for it to start on fire. They can be very dangerous."

Reading about safety tips does not do fire prevention justice to how quickly a tree can become engulfed in flames.

Team Whiteman members can visit the following site, to witness the realism of a holiday tree fire. http://www.usfa.dhs.gov/citizens/all_citizens/home_fire_prev/holiday-seasonal/treefire.shtm

Holiday Lights and Decorations

❑ Untangle and inspect the wiring (each year) for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them away. Use only lighting listed by an approved testing laboratory.

❑ Do not overload electrical outlets. Do not link more than three strands, unless directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should be warm to the touch.

❑ Never leave holiday lights unattended (could short or start a fire).

❑ Fasten lights to outside trees, house and walls

to protect from wind damage.

❑ Keep "twinkling" lights out of reach of children and pets.

❑ Use indoor lights inside your home and outdoor lights outside.

❑ All decorations should be nonflammable or flame-retardant and placed away from heat vents.

❑ Never throw wrapping paper in the fireplace. It can throw off dangerous sparks and produce a chemical buildup in the home that could cause an explosion.

❑ Never use lighted candles on a tree or near a tree.

❑ Artificial snow sprays can irritate lungs if inhaled. Use only as directed.

Smoke alarms

A working smoke alarm and fresh batteries should be in place at all times. Practice an escape plan and know when and who to call for help in case of a fire.

"Invest in a fire extinguisher and always follow directions," Williams said. "Don't become a statistic."

Cooking and Food preparation

❑ Don't leave the room or house while things are on the stove. Be attentive to food that is cooking. Keep flammable items away from the stove while cooking, such as pot holders, loose clothing and wooden utensils. A good habit is to keep pot and pan handles facing inward to avoid accidents, according to Dillingham.

❑ If deep frying a turkey, ensure the turkey is completely thawed and that there is no water in it. Pat dry the inside. If the turkey is frozen, the grease reacts to the water/ice and it will boil over.

❑ Prevent food borne illness properly cooking and storing food.

❑ Ensure all equipment has been shut off after preparing food.

Candle Care

According to the AFPA, December is the peak time of year for home candle fires. During 2003-2006, an estimated 14,800 home structure fires started by candles were reported to local fire departments,

causing an average of 14 deaths, 1,340 civilian injuries and an estimated direct property loss of \$471 million. The AFPA also suggests never leaving a candle unattended.

Williams recommends using a candle warmer or a reed diffuser as a safer alternate to scents with a flame.

Space Heaters

❑ Only electric Underwriters Laboratories, (UL)-listed, space heater with thermostatic control and automatic tip over cutoff are authorized to be used inside any Air Force facility. Keep all heaters three feet away from everything.

"The holidays afford us a well deserved opportunity to relax from our busy operations tempo," said Lt. Col. Jeff Schreiner, 509th BW Chief of Safety. "Unfortunately every holiday season is marred by preventable off duty mishaps across the Air Force. Extra vigilance is a must to keep ourselves and our families safe and happy!"

Child Safety

Ensure your children know what to do if there is a fire. If you haven't already made a fire plan, it is recommended to make one and teach them about what to do in case there is a fire. The 509th BW Safety Office, offers the following suggestions to help make a fire plan.

- ❑ Teach your family about the dangers of a fire.
- ❑ Have escape routes from every room in the house.
- ❑ Designate a meeting place and know how to dial 9-1-1.

The 509th CES Fire Department can help your family make a plan.



U.S. Air Force photo by Senior Airman Jessica Snow

The 509th Civil Engineer Squadron pavements and equipment shop uses 20-foot plows to clear snow off the airfield.

Snow & ice season...are you ready?

Submission by Dan Lemoine

509th Civil Engineer Squadron
Deputy Chief of Operations Flight

The 509th Civil Engineer Squadron pavements and equipment shop has been working diligently readying its equipment and is prepared for the snow and ice season.

In order to ensure snow removal is accomplished safely and efficiently as possible, the following tips are offered to Team Whiteman to help us do our part in making roads safe.

❑ Vehicle drivers who live or work on-base should not park on streets when snow is forecasted or when snow removal operations are required and ongoing.

❑ When parking lots are cleared, spaces are reduced. Some parking spaces will be used for stored

snow banks. Do not park in front of dumpsters because it can interfere with trash collection.

❑ Personnel and vehicles must yield to snow removal equipment. Heavy machinery requires a lot of power to accelerate and must be allowed to continue at a constant speed so that the snow removal procedures are effective.

❑ Stay back 25 feet from equipment to give the operator good visibility and to prevent any debris that may fall off the equipment. Stay clear 50 feet of street truck sanders in order to prevent damage to your vehicle.

❑ Personnel and children must not play in or on snow banks along streets and parking lots. Due to limited visibility, snow removal equipment may not see them and serious injury may result.

Snow clearing operations progress based on many factors; such as severity of each storm, type of precipitation, length of storm and mission requirements.

Civil Engineers will use resources to make our pavements as safe as possible but be aware that temperatures and surface conditions in this region can change rapidly and vary from one area to the next.

Everyone must take the necessary precautions to ensure their own safety. We ask and encourage everyone to become familiar with winter-safety tips for driving on snow and icy surfaces, to wear proper shoes and winter clothing and to keep drive- and walk- ways clear of snow and ice.

The Whiteman AFB Snow and Ice Control Plan is posted on the Whiteman AFB SharePoint website under the Bomb Wing's Plans and clarifies responsibilities for base units and residents. Team Whiteman is encouraged to review the plan before the winter season to aid in a safe and productive winter.

Operating Status

For the latest severe weather-related workforce reporting delays or base closings tune into the following radio and television stations. You may also call 660-687 (NEWS) 6397.

TV
KSHB TV (NBC 41)
WDAF (Fox 4 KC)
KCTV (Channel 5)
KMBC (Channel 9)

RADIO FM	RADIO AM
KQRC 98.9 Mission	KMBZ 980 KMBC
KUDL 98.1 KC	KXTR 1660 KC
KYY5 99.7 KC	KCSP 610 KC
KFKF 94.1 KC	KDRO 1490 Sedalia
KDKD 95.3 Clinton	KOKO 1450 Warrensburg
KXXK 105.7 Sedalia	
KWKJ 98.5 Warrensburg	

Winter storms & extreme cold

What is a Winter Storm? A severe winter storm is a storm that drops four or more inches of snow during a 12-hour period, or six or more inches during a 25-hour span.

Winter Storm Facts

❑ All winter storms are accompanied by low temperatures and blowing snow which can severely reduce visibility.

❑ A winter storm can range from moderate snow over a few hours to blizzard conditions with blinding wind-driven snow that lasts several days.

❑ Elderly people account for the largest percentage of hypothermia victims. Many older Americans literally "freeze to death" in their homes after being exposed to dangerously cold indoor temperatures, or are asphyxiated because of improper use of fuels such as charcoal briquettes which produce carbon monoxide.

Know the Terms

Winter Storm Watch - Indicates that severe weather may affect your area.

Winter Storm Warning - Indicates that a winter storm is occurring, or will occur in your area.

Freezing Rain - Rain that freezes when it hits the ground creating a coating of ice on roads, walkways, trees, and power lines.

Sleet - Turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Wind Chill - Calculation of how cold it feels outside when the effects of temperature and wind speed are combined.

Blizzard Warning - Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow are expected for a period of three hours or longer.

Frost/Freeze Warning - Below freezing temperatures are expected.

Heavy Snowfalls - Snow accumulation of four inches in a 12-hour period or six inches in a 24-hour period.

Ice Storms - Occur when freezing rain falls from clouds and freezes immediately when it touches the ground.

Frostbite - A condition where localized, sometimes permanent, damage occurs to skin and other tissue due to extreme cold. Symptoms of frostbite include a loss of feeling and a white or pale appearance in extremities such as fingers, toes, tip of the nose, and ear lobes.

Hypothermia - A condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.

❑ If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first and use your own body heat to help. Arms and legs should be warmed last, because stimulation of the limbs can drive cold blood toward the heart which can lead to heart failure.

❑ Never give a frostbite or hypothermia victim caffeine (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.

Blizzard Warning

❑ Ensure your walls and attics are properly insulated.

❑ Caulk and weather-strip doors and windows.
❑ Install storm windows or cover windows with plastic from the inside.

❑ Keep pipes from freezing: wrap pipes in insulation or layers of old newspapers; cover the newspapers with plastic to keep out moisture; let faucets drip a little to avoid freezing; know how to shut off water valves.

❑ Acquire safe emergency heating equipment.
❑ Install and check smoke and CO2 detectors.

Winter Driving

❑ Keep a windshield scraper and small broom for ice and snow removal.

❑ Maintain a full tank of gas during the winter season.
❑ Plan long trips carefully.

❑ Install winter tires with plenty of tread and install snow chains as necessary.

❑ Listen to the radio or call the state highway patrol for the latest road conditions before travelling. Always travel during daylight and, if possible, take at least one other person and keep others informed of your schedule.

❑ When feasible, use public transportation if you must go out during a winter storm.
❑ Above all, wear warm, layered clothing! Be sure to include gloves and the appropriate footwear and headwear protection.

DURING

If Indoors
❑ Stay indoors and dress warmly.
❑ Conserve fuel. Lower the thermostat to 65 degrees during the

day and 55 degrees at night. Close off unused rooms.

❑ If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they were most exposed to the cold (or where the cold was most likely to penetrate).

❑ Listen to local radio or television for the latest updates.

If Outdoors

❑ Dress warmly wearing loose-fitting, layered, light-weight clothing and try to stay dry. Wet clothing loses its insulating value rapidly.

❑ If you go out to shovel snow, do a few stretching exercises to warm up your body.

❑ Avoid overexertion; cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a vehicle can cause a heart attack or make other medical conditions worse. Remember to take frequent breaks when performing strenuous activities.

❑ Cover your mouth to protect your lungs from extremely cold air.

❑ Be on the lookout for symptoms of frostbite and hypothermia.

If in a Vehicle

❑ Stay in your vehicle. Do not leave the vehicle to search for assistance unless you see a building close by where you know you can take shelter.

❑ Display a trouble sign. Hang a brightly colored cloth on the radio antenna.

❑ Occasionally run the engine (for about 10 minutes each hour) to keep warm. Beware of carbon monoxide poisoning. Keep

exhaust pipe clear of snow and open a downwind window slightly for ventilation.

❑ Turn on the dome light at night.

❑ Do minor exercises to keep circulation flowing. Clap hands and move arms and legs occasionally. Try not to stay in one position too long.

❑ Huddle together for warmth. Use newspapers, maps, and even removable vehicle mats for added protection.

AFTER

❑ Notify friends or family of your condition.

❑ Use phone service sparingly.

❑ Monitor local radio and television stations for the latest information.

❑ Help a neighbor who may require special assistance - large families, children, elderly, and individuals with disabilities.

Danger Zones

❑ While the worst snowstorms typically occur in the northern U.S., they can happen almost anywhere.

❑ Extreme cold temperatures are a concern nationwide, even in tropical climates such as Florida.

For more information contact the Whiteman AFB, 509th Civil Engineer Squadron Office of Emergency Management at 660-687-4225 or search Whiteman AFB Emergency Management on Facebook.

Submission by the 509th CES and the Official Department of Defense at www.beready.af.mil.

Air Force firefighters earn gold, silver medals



U.S. Air Force photo/John Van Winkle

MYRTLE BEACH, S.C. (AFNS) -- Senior Airman Timothy Vanden Haak, 509th Civil Engineer Squadron firefighter (left), passes the baton to Master Sgt. Mark Belton, 509th CES assistant chief of safety hazmat, during a qualifying run during the World Firefighter Combat Challenge XX Nov. 17, 2011, in Myrtle Beach, S.C. The Whiteman Air Force Base team advanced to the final competition in the men's relay team category and won the silver medal. The Whiteman team earned silver medals in their first appearance in the world firefighter combat challenge.

By John Van Winkle

U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. (AFNS) -- Firefighters from the U.S. Air Force Academy took home the gold and firefighters from Whiteman Air Force Base, Mo., won silver at the World Firefighter Combat Challenge XX Nov. 19 in Myrtle Beach, S.C.

The firefighter combat challenge requires maximum effort in minimal time as it simulates the exertion needed to fight a fire and rescue a victim on a timed course.

Air Force firefighters from several bases in the continental United States and Europe competed against their peers from Australia, Canada, Europe and the United States.

In the womens relay team, the Academy's Fire Fembots team earned its latest world title in the finals match against the Ontario Flame Tamers.

The Fire Fembots is a combined team from the Academy and Colorado Springs fire departments. Rules changes after the 2008 season allowed firefighters from the same region to form teams to compete. With that change, the Fire Fembots were created when Elaine Perkins, Andrea Carraway and Senior Airman Jessica Condon from the Air Force Academy teamed up with Stacy Bilapando and Lisa Smith from the Colorado Springs Fire Department.

But an injury almost sidelined their latest championship run. Smith was hurt playing hockey, and unable to compete.

"We're all anchors to each other, so missing Lisa was a little bit of a mental setback, but we knew we could do it," Carraway said. Smith's part of the course was split between Condon and Perkins, but Smith was on the course with the team during finals with a knee brace, lending emotional support.

"When the girls came together for one last time, we all felt a little pressure," Bil-

lapando said. "But all the girls are getting faster in their own individual events, so it all clicked right when it needed to."

The Fembots finished the course in 1:45.01 --- just a second behind their world record time -- while the Ontario team finished at 1:47.41.

"It's amazing," Carraway said. "(It's) so much fun, and we work so hard together. The other teams are stepping it up, shooting for us and getting closer to our times, but it was still fun."

That fun includes a third consecutive world title in as many years for the Fire Fembots.

But the Fembots were only one of several Air Force teams competing, and the surprise of the competition was a previously-unknown team from Whiteman AFB that established itself as a world contender.

In the finals of the mens relay team category, the heavy favorite was the perennial world contenders from Clayton County, Ga., who faced off against the Whiteman AFB team of Timothy Vanden Haak, Chris Frakes, Derrick Allen, Anthony Beaudry and Mark Belton. The Georgia team managed to create a small lead in the course and won by only a few seconds to take home the gold. The Whiteman team earned silver medals in their first appearance in the world firefighter combat challenge.

The Air Force Academy also fielded several men's teams at this world competition. The Academy 40-plus team finished third in the tandem category and fourth in the team category.

A number of Air Force firefighters competed this year on the world stage including teams from F.E Warren AFB, Wyo.; Spangdahlem Air Base, Germany; Whiteman AFB, Mo.; Shaw AFB, S.C.; Seymour Johnson AFB, N.C., as well as teams from Canadian forces and a joint team from U.S. Air Forces in Europe.



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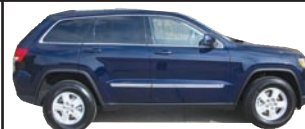
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TRICARE dental assists Airmen and families

By Senior Airman Nick Wilson
509th Bomb Wing Public Affairs

Each month Americans across the nation pay hundreds of dollars for dental care for their families.

According to www.healthcare.com, having dental insurance can help lessen the cost of various restorative and cosmetic dental procedures. When it comes to dental insurance benefits for Airmen and their families, the TRICARE Dental Program is available to active duty, National Guard and Reserve members and their families.

"It's a very good program," said Tammy Fevers, 509th Medical Group TRICARE office beneficiary counselor. "You'll pay a lot more with out of pocket expenses on the civilian side."

Family members eligible for the program include spouses, unmarried children (including stepchildren, adopted children and court appointed wards) under the age of 21. Unmarried children are eligible up to the end of the month in which they turn 21 and may be eligible up to age 23 if they are enrolled in school full time.

For procedures like fillings, participating TRICARE dental covers 80 percent of the allotted charge, and the sponsor will pay the remaining 20 percent.

"If braces are needed, for example, there is a \$1,500 max benefit that United Concordia will cover," said Brenda Pindilli, 509th MDG TRICARE element chief. "You'll go to a dentist and they'll work up a program for braces. The amount remaining will be worked out with the dentist and sponsor."

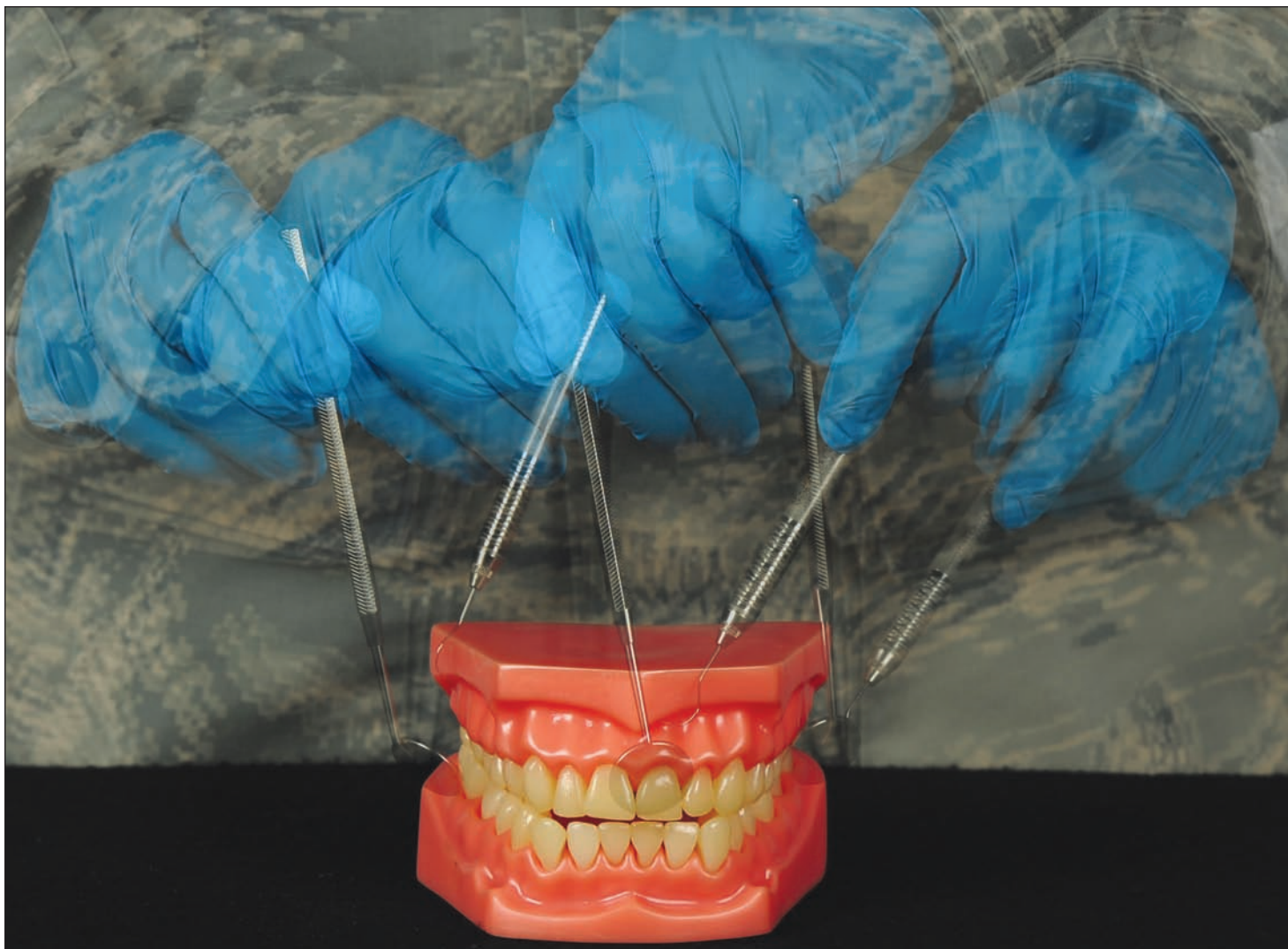
Prior to enrolling in TDP, the sponsor must have at least 12 months remaining on his or her service commitment at the time of enrollment.

In some circumstances, the 12-month minimum enrollment requirement may be waived for sponsors active in support of certain contingency operations. The United Concordia Enrollment and Billing Office can be contacted to determine eligibility for this waiver at 1-888-622-2256.

For active duty members, the Active Duty Dental program is utilized when dental services are needed that might not be offered at the home station.

"It's at no cost to the member and access to care is readily available within the Warrensburg, Sedalia, and Kansas City area," said Master Sgt. Carolina Ramirez. "When it comes to readiness, our top priority is to ensure our members are fit to fight!"

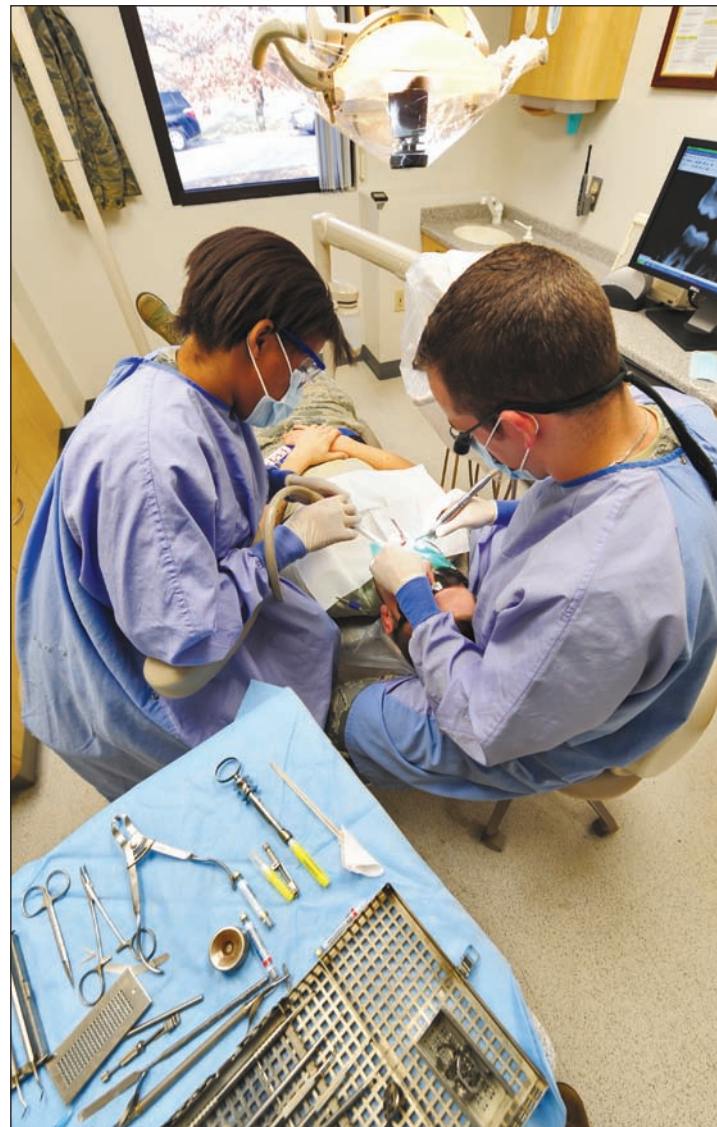
Additional information on TDP can be found online at www.TRICAREdentalprogram.com and information regarding ADDP can be found at www.addp-ucci.com.



When it comes to dental insurance benefits for Airmen and their families, the TRICARE Dental Program is available to active duty, National Guard and Reserve members and their families. Family members eligible for the program include spouses, unmarried children (including stepchildren, adopted children and court appointed wards) under the age of 21. Unmarried children are eligible up to the end of the month in which they turn 21 and may be eligible up to age 23 if they are enrolled in school full time.



Senior Airman Johnnie Eiland, 509th Medical Operations Squadron dental assistant, takes a panoramic X-ray on a patient Nov. 18. When it comes to dental insurance benefits for Airmen and their families, the TRICARE Dental Program is available to active duty, National Guard and Reserve members and their families.



Senior Airman Courtney Poling, 509th Medical Operations Squadron dental assistant, rinses the mouth of a patient as Capt. Nicholas Berns performs an operative appointment Nov. 18.



Airman 1st Class Maurice Coleman, 509th Medical Operations Squadron preventive dentistry technician, picks up an instrument to perform a cleaning on a patient Nov. 18.



A patient is given a filling during an operative appointment Nov. 18. For active duty members, the Active Duty Dental program is utilized when dental services are needed that might not be offered at the home station.

This Weekend at the Movies

Johnny English Reborn

Nov. 26, 7 p.m.

Rowan Atkinson, Gillian Anderson -- The improbable secret agent who doesn't know fear or danger Johnny English Reborn, the most unlikely intelligence officer in her majesty's secret service must stop a group of international assassins before they eliminate a world leader and cause global chaos. In the years since MI7's top spy vanished off the grid, he has been honing his unique skills in a remote region of Asia. But when his agency superiors learn of an attempt against the Chinese premier's life, they must hunt down the highly unorthodox agent. PG -mild action violence, rude humor, some language and brief sensuality. Genre: Action Comedy. 102 minutes.

The Thing

Nov. 27, 3 p.m.

Mary Elizabeth Winstead, Joel Edgerton -- Antarctica: An extraordinary continent of awesome beauty. It is also home to an isolated outpost where a discovery full of scientific possibility becomes a mission of survival when a creature is unearthed by a crew of international scientists. Paranoia spreads among a group of researchers as they encounter something inhuman that has the ability to turn itself into an exact replica of any living being. R - Strong creature violence and gore, disturbing images and language. Genre: Sci-Fi Horror. 103 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.

AIRMAN & FAMILY READINESS CENTER

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

TEAM WHITEMAN COMMUNITY

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

Palace Chase Briefing — Palace Chase Briefings are held the third Wednesday of every month at 11 a.m. in the Professional Development Center, building 519, room 101. For more information contact Master Sgt. Rodney Harrell, In-Service Recruiter at 660-687-1868 or 660-460-1041.

Retiree Activities Office — The Retiree Activities Office provides an interface between the active-duty and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m.-3 p.m., Monday through Friday. The RAO is looking for volunteers and training is provided. For information, call 660-687-6457 or 1-800-303-5608 or email rao@whiteman.af.mil.

FAMILY ADVOCACY OUTREACH

Prevention & Relationship Enhancement Program — Prevention & Relationship Enhancement Program is a communication workshop for couples (married, engaged and/or dating) who have a good relationship and want to make it better. This is a six-hour workshop and will be held every three months on a

Friday from 9 a.m.-3 p.m. Call 660-687-4341 for the next workshop date and location.

New Parent Support Program — New Parent Support Program is an educational outreach program available to all expecting parents, and parents with children through the age of two. In-home visits from a registered nurse and a licensed social worker will provide professional advice, educational material and resources for both parents. For more information, call 660-687-4341.

Dads: The Basics — Dads: The Basics is a four-hour workshop for new dads to learn about caring for their new baby. The workshop is taught by other fathers and is held on a Saturday morning from 8 a.m.-noon every three months. Call 660-687-4341 for next workshop date and location.

Shifting Angry Response Patterns (SHARP) — Shifting Angry Response Patterns is a four-session class offered every month on Thursdays from 10-11:30 a.m. for individuals interested in learning effective strategies for understanding and managing anger. Reservations required, call 660-687-4341.

Stress Management — Stress Management is a one-time 90-minute session support group and is offered every Monday from noon-1:30 p.m. in the mental health flight, second floor of the medical clinic. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. Contact 660-687-4341 for more information.

1-2-3 Magic — 1-2-3 Magic is a two-session research-based parenting skills class offered twice a month on the second and fourth Tuesday from 2-4 p.m. It teaches parents easy-to-follow steps for disciplining children ages 2-12 without yelling, arguing or spanking. Parents will learn how to get their children to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660-687-4341.



Offers End Saturday, November 26th, 2011

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*Sale prices after all discounts, rebates, tax, title, license, and dealer fees not included. **WAC Ally financial. Some rebates do not apply. See dealer for details. USAA Members take an additional discount of \$750.00.

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FOOD & ENTERTAINMENT

SUNDAY 11/27

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

Football Frenzy! - 11am-4:30pm- Mission's End
Come out to Football Frenzy and enjoy the games, great food, and lots of fun. Compete in "Madden Half-time Trivia" and take home a prize! Call 687-4422 for more info.

MONDAY 11/28

SOAR Program- 10-11am- Airman & Family Readiness
Whiteman spouses join other spouses at Whiteman Inn for the Spouses Orientation Acclamation and Resources Program. Children are welcome with adults. Contact the A&FRC at 687-7132 for more information.

Blue Plate Special- 11am-1pm- Mission's End
As a member, join us for a \$7.15 meal of Sliced BBQ Beef, Corn-on-the-Cob, Ranch Style Beans, Coleslaw & Texas Toast. Non-member price is \$8.15. Call Mission's End, for info at 687-4422.

Family Membership Buffet- 5-7pm- Mission's End
Free buffet for members only. Fried Chicken Wings, Baked Fish Sticks, Mac & Cheese, Baked Beans & Franks, Mixed Veggies, Dinner Rolls, Fruit Jello & Mini-cakes and Cookies! Call 687-4422 for more info.

TUESDAY 11/29

Tuesday Night Dart League-6-8:30pm- Mission's End
Compete in our Dart League, sign up at the Enlisted Bar, 2 man teams. Free event Call 687-4422 for more details.

NAF Resale- Starts at 9pm- Behind Outdoor Recreation
Items are first come, first serve and items must be taken at the time of purchase. Multiple furniture items for sale; curtains, comforters, chairs, chest of drawers, tables and more! Call 687-1844 for more info.

WEDNESDAY 11/30

Boss & Buddy- 4-7pm- Mission's End
Hang out after work and enjoy the cheapest hot wings around, only .30 cents a wing! Call 687-4422 for more info.

THURSDAY 12/1

Holiday Tree Lighting- Starts @5:15pm- Mission's End
Celebrate the official lighting of Whiteman's Holiday Tree! Stop by "Whoville" and meet the Grinch. Make a free craft, enjoy music, children's bingo, hot chocolate, cookies & more. Santa will be available for the children & photos in the club, so don't forget your cameras! Call 687-4422 for more info.

FRIDAY 12/2

Christmas Extravaganza!- 6pm- Community Center
A fun-filled evening for the whole family! Musical performances by "Wings of Song". Santa and his elves will be available for the children, so don't forget your cameras! A silent auction for WAFB's C.A.R.E. program. \$6 for Adults/\$4 for Children. Call 687-5691 for more info.

FCC NEWS!

HOME COMMUNITY CARE

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

SUPPLEMENTAL CARE

This program provides free overnight, weekend and holiday care for "emergency responders" or those who work 12 or more consecutive hour shifts and have no other adult at home. This care supplements the regular child care arrangements you are already paying for and is provided in a contracted, licensed FCC home.

Call us for more details.

-CALL US AT 687-5590/1180 FOR MORE INFO



Come Celebrate the Official Lighting of Whiteman's Holiday Tree at the Mission's End.

Make a Free Craft, Enjoy Music, Children's Bingo, Yummy Hot Chocolate, Cookies & More!

Santa will be available for the Children & Photos in the Club, so don't forget to bring your own Camera!

Sponsored in part by: **NORTHROP GRUMMAN** **FORCE**

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YOUTH & TEEN EVENTS

MONDAY 11/28

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

Teen Open Rec & Homework Time- 3-6pm- Youth Center
For ages 13-18, every Monday from 3-6pm. \$2 for non-members, Free to members. Call 687-5586 for more information.

TUESDAY 11/29

Time to Play- 10-11am- Youth Center
A self-directed play group for ages birth - 5yrs old. In the Youth Center's Gym, parents can bring their children's toys, we will provide space & recreational balls. No reservations are required, just stop in! Call 687-5586 for more information.



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Transition to the mission



U.S. Air Force Photo/Airman 1st Class Bryan Crane

Airman 1st Class Bradley Berry, 509th Aircraft Maintenance Squadron crew chief, takes notes during a finance briefing at the First Time Airman Center program Nov. 15. FTAC is a weeklong class designed to transition new Airmen from a technical school environment to the 'functional' Air Force. Class members receive a number of different briefings while at FTAC to show them the benefits they can get from the military and from Whiteman Air Force Base.

JB Balad Continued from Page 1

dealing with combat operations while simultaneously being agile enough to thin out capabilities," Neubauer said. "We've turned JB Balad over to the Iraqis in good working order and that was inspirational."

The transition was an eight-month operation that included many base entities.

"The closure has created a supportive mission between squadrons," said Lt. Col. Terry Walter, the 332nd Expeditionary Civil Engineer Squadron commander. "You can't take any piece of the base away without affecting another part of the mission."

As part of the transition, the 332nd ECES moved more than 400 short tons of generators and construction equipment. More than 1,000

vehicles and 12,000 pieces of computer equipment were also redistributed.

"This was a centerpiece to the transition out of Balad," said 1st Lt. Nate Kane, the 332nd Expeditionary Communications Squadron officer in charge of transition logistics. "All the pieces of equipment that made the communications footprint function transitioned through here."

Kane said equipment such as computers, printers, scanners, monitors and telephones were all sent to other U.S. Central Command installations for further use.

In addition to redistributing communications equipment, JB Balad Airmen at the 332nd Expeditionary Logistics Readiness Squadron processed

all vehicles on base as part of the transition.

"Like any other equipment, the base cannot transition without these vehicles being transferred to the Iraqi government or shipped out to one of 30 deployed locations," said Senior Master Sgt. Eric Lorow, the 332nd ELRS vehicle maintenance superintendent.

According to Lorow, all vehicles were given a four-hour inspection to check for function capabilities and ensure they were both mechanically and cosmetically serviceable.

"We had people here until the last day," Lorow said. "The Iraqi government didn't want to come into a junkyard and we made sure that didn't happen."

During the course of the U.S. operations in

Iraq, JB Balad provided top cover for U.S. and coalition forces. F-16 Fighting Falcons, C-130 Hercules, MC-12 Liberties, HH-60 rescue helicopters and MQ-1B Predator remotely piloted vehicles all once called JB Balad home. It was the second largest installation in Iraq and housed the Air Force Theater Hospital, which boasted a 98 percent survival rate for the more than 35,000 U.S. troops who were treated here.

"Over the course of the more than eight years at JB Balad, Airmen have done something very special and worthy," Neubauer said. "There were some very challenging circumstances to overcome here, and I want our countrymen to appreciate the sacrifices of our Airmen, Soldiers, Sailors and Marines and be proud of them."



U.S. Air Force photo/Master Sgt. Cecilio Ricardo

Army Spc. Marisol Landin, right, a health care specialist, Staff Sgt. Christopher Middlebrooks, left, a laundry and showers NCO, and Spc. Theodore Gigrich, a wheeled vehicle mechanic, organize boxes of food at the dining facility at Joint Base Balad, Iraq, Oct. 15, 2011. With the release of food services contractors, Airmen and Soldiers joined together at the dining facility to feed the troops during the closure of JB Balad. Landin and Gigrich are deployed from Fort Hood, Texas. Middlebrooks is deployed from Joint Base McGuire-Dix-Lakehurst, N.J.



U.S. Air Force photo/Master Sgt. Cecilio Ricardo

Airmen of the 332nd Expeditionary Civil Engineer Squadron take down a T-wall from the hospital at Joint Base Balad, Iraq, Oct. 15, 2011. JB Balad has disassembled units, turned in equipment and shut down services to transition the base to the Iraqi government.

Serving the Whiteman Community

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Maritime Expeditionary Security Squadron 11 Det. D

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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 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.
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.
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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.

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Stk# P20404A



**2010 LINCOLN TOWN CAR
SIGNATURE SERIES LTD**
16K Miles Stk# P20542



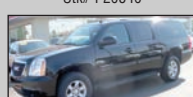
2008 LINCOLN MKZ
AWD, 35K Miles • 7 To Choose From
Stk# P20493



2011 JEEP PATRIOT
14K Miles, 4WD, Sport
Stk# P20540



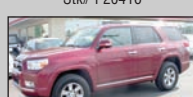
2011 FORD F150 XLT
20K Miles, 4WD, Crew Cab
Stk# P20501



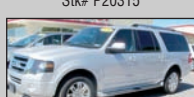
2011 GMC YUKON XL SLE
4WD, 32K Miles
Stk# P20416



2008 MERCURY SABLE AWD
48K Miles
Stk# P20315



2010 TOYOTA 4-RUNNER SR5
4WD, V6, 3rd Row, 30K Miles
Stk# P20445



**2011 FORD EXPEDITION
LTD EL**
Stk# P20475



2009 LINCOLN MKZ
18K Miles
Stk# P20508



2009 TOYOTA AVALON LIMITED
34K Miles
Stk# P20558



2011 TOYOTA TACOMA
Double Cab, 4WD, V6, 34K Miles
Stk# X11239A

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