

WARRIOR

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Gone but never forgotten...



U.S. Air Force photo/Senior Airman Nick Wilson
Ceremonial guardsmen from the 509th Bomb Wing Honor Guard perform a flag fold during a Wing Retreat Ceremony May 24. In honor of Memorial Day, Team Whiteman participated in a Wing Retreat Ceremony following the 2012 spring Wingman Day and Critical Days of Summer campaign. See pages 8-9 for more photos.

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Memorial Day, originally called Decoration Day, was first officially proclaimed by Gen. John Logan, Grand Army of the Republic national commander, with the issuance of General Order 11 May 5, 1868.

11

WEATHER

Today	Saturday
Partly Cloudy	Mostly Sunny
Hi 68	Hi 76
Lo 52	Lo 59
Sunday	Monday
Mostly Cloudy	Partly Cloudy
Hi 85	Hi 87
Lo 68	Lo 67

Courtesy of National Weather Service

New, lighter ABU available

By Tech. Sgt. Jess Harvey
Air Force Public Affairs Agency

WASHINGTON (AFNS) -- The new, Rip-stop Airman Battle Uniform, featuring a lighter nylon-cotton blend, will be available to Airmen at 16 U.S. bases and through AAFES online starting this month.

The wear policy for the light-weight RABUs will be exactly the same as for the ABUs. The only difference between the ABU and the RABU is the material.

The new material may be familiar to Airmen who remember the old summer-weight battle dress uniform or are familiar with the Army's combat uniforms, said Senior Master Sgt. Kecia Uyeno, Air Force Uniform Programs and Policies superintendent. That's because it is the same material.

The change to the new material will make the RABU lighter and cooler, but it's also treated with a wrinkle-resistant finish, she said.

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New process to save Airmen time, effort during change of station

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Starting last month and going through February 2013, officials will help test a new procedure to centralize steps military members take to get their permanent change of station orders and other actions prior to out-processing.

The project, spearheaded by the Air Force Personnel Center, will transfer PCS relocation tasks from Randolph military personnel sections to the Total Force Service Center in San Antonio.

"The centralization is part of a bigger initiative to transform personnel services delivery with a goal of saving Airmen time and effort when they access personnel services," said Master Sgt. Andrea Hall, the AFPC Personnel Reliability Program and Air Force Relocations Operations superintendent. "The Air Force Personnel Center is committed to caring for Airmen and one way we do that is ensure they are able to access all personnel services."

As a result of relocation centralization, mem-

bers will take care of the bulk of their PCS requirements through the Air Force Personnel Services website via the "My Account" function.

Members participating in the test will not go through the local MPS relocations section until their final out-processing appointment, said Staff Sgt. Sara Digennaro, the AFPC NCO in charge of Air Force Relocations Operations.

The TFSC will email permanent party members assigned to Randolph a list of requirements and links to AFPERS that will allow them to digitally send required documents back. Airmen will also be able to interact and ask questions with the TFSC technicians 24 hours a day, seven days a week, Digennaro said.

Local base out-processing items will still be handled using the out-processing checklist on the Virtual Military Personnel Flight website.

"Testing the relocations process centralization is an important step toward reducing the MPS workload while still providing first-class personnel customer service," Hall said. "This test will help identify what can be handled through online

See New process, page 3

Searching for the weight loss 'secret'

By Lt. Col. Anthony Banks
4th Aerospace Medicine Squadron

SEYMOUR JOHNSON AIR FORCE BASE, N.C. (AFNS) -- Two controversial topics that often dominate the headlines in our country are obesity and weight loss.

We are bombarded day and night with advertisements for weight loss pills, diets and workout contraptions.

According to the Centers for Disease Control, 34 percent of American adults 20 years and older are considered obese, with another 34 percent of adults considered overweight but not clinically obese. An adult is considered obese if they have a body mass index of 30 or higher.

As a health care professional, I am always concerned about the relationship between excess body weight and medical conditions associated with them such as cardiovascular disease, hypertension and Type 2 diabetes.

I am also concerned about the false and misleading information we see in weight loss products and service advertising. The use of deceptive or false information in weight loss advertising is rampant and dangerous. Many promise immediate success without the need to reduce caloric intake or increase physical activity. Numerous supplements are of unproven value or have been linked to serious health risks.

According to attorneygeneral.gov, the market for these products, or schemes in some cases, is staggering, with consumers spending more than \$30 billion a year on weight loss products and services. The world of weight-loss advertising is a fraudulent dream world where pounds "melt away," no diet or exercise is required, and "miracle" substances "seek and destroy" fat.

The Federal Trade Commission warns consumers about the extensive

use of deceptive claims in weight-loss advertising. A study conducted by FTC regulators found that 55 percent of advertisements made claims that were likely false or lacked proof.

We all want to believe that there is a fast and easy fix when it comes to our weight, but there is not. So what, if anything, are we to believe?

First, use your head when making decisions about how to approach weight loss. Be reasonable and take emotions out of the equation, take weight loss schemes at face value and don't buy into unreasonable claims.

Second, keep these words from the CDC in mind: "It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily are more successful at keeping weight off. Healthy weight loss isn't just about a 'diet' ... It's about an ongoing lifestyle that includes long-term changes."

Bottom line, there is no such thing as an easy answer to losing weight. It takes work, time and an accurate knowledge of the calories in the food you eat and what it takes to burn them. The traditional McDonald's Happy Meal, which consists of a hamburger, small fries and a 12 ounce soda, contains 590 calories, or 25 percent of an active adult male's daily caloric need. It would take the average 170 pound male 4.9 miles of running to burn this amount of calories. To lose a pound of fat per week, you need to burn approximately 3,500 calories more than you consume. A regimen of 60-90 minutes of exercise four or more days a week along with a well-balanced diet helps achieve this goal. The true secret to losing weight is having a smart, well-planned 500 calorie daily deficit that promotes healthy and consistent weight loss.

Don't approach weight-loss and exercise as sidebars to your life; make them a priority. A healthy well-conditioned body allows us to better handle the physical and emotional challenges we encounter every day and looks great for the upcoming beach season.

THE WARRIOR

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Commander's Corner

Team Whiteman,

Last weekend signaled the start of the Critical Days of Summer, the period between Memorial Day and Labor Day when Americans are statistically at an increased risk of injury or death due to accidents.

The goal for Team Whiteman is zero preventable deaths.



To achieve this we need sensible risk management in the home, workplace or while on vacation. This includes wearing personal protective equipment when riding a motorcycle (even though it is more uncomfortable and not as "stylish" to some), wearing life vests while out on the lake, or preparing adequately before you head out the door

to go camping.

Whiteman was very fortunate last summer. We suffered no major accidents and, most thankfully, no deaths either on duty or due to accidents. This was not due to luck, but a diligent team effort on everyone's part.

It's easy to get caught up in the excitement of going to the lake with our friends or going on a bike ride, and we put safety on the backburner. While we are away from work and free to let loose and have fun, we need to bring safety off the backburner and move it to the front.

The Air Force has lost 218 Airmen in accidents over the last 10 summers, and families are haunted for the rest of their lives with the thought that their loved one forgot to wear protective equipment or took part in an event that was known to be unsafe, and it cost them their life.

Be a good wingman for your friends and family ... ensure everyone you are with is safe. Although I want us all to have fun, I most importantly want us all to come home safe.

Defensor Vindex.

-Brig. Gen. Scott Vander Hamm,
Commander

This story is about you

By Brian Raphael
Air Force Safety Center
Public Affairs

KIRTLAND AIR FORCE BASE, N.M. (AFNS) -- "Safety -- It's Personal" is the theme for this year's Critical Days of Summer safety campaign, which runs from Memorial Day weekend through Labor Day weekend. This year's theme is a reminder that safety is everyone's responsibility, and the decisions we make impact our friends, families and Air Force community. That's the message from Maj. Gen. Gregory A. Feest, the Air Force chief of safety, announcing the 2012 Critical Days of Summer campaign.

Have you heard this before? Does this sound boring? Are you falling asleep? If you're still reading, then it's time to wake up. This is about you! Safety is not just another command message falling arbitrarily from the sky. It's a command message you give to yourself! Now, will you follow that command? Many may not think you will. I do!

Summer is a time when people venture into the "great outdoors" and embark on more activities. Tragically, many of those people don't bring their better judgments to the undertaking.

When it comes to safety, every person is ultimately in charge of and accountable for themselves, whether at work or play. At work, safety seems very basic. Off work though, well this

is another story. Gotcha didn't I? Put this to the test:

Do you spend more time putting on your uniform and making sure you're ready for work on any given day than planning a night out with your buddies at the club or bar?

Do you put more thought into being sure you're properly geared up for your assignment, accounted for all your ammunition and firearm, or have your Common Access Card compared to planning a BBQ or riding your motorcycle?

Not too long ago, I was tempted to ride my bike without any protective gear. I didn't feel I needed it. Moreover, I felt it stifled my freedom riding with it. When I collided with a car and catapulted from my bike going 40 mph, my head was the first body part to contact the ground. Briefly said, I am alive today because my brother had insisted I put on a helmet.

What's the point? Simply this -- to put more care and thought into your activities so you can have fun, get done, and get home the way you left. And if you're with friends, you take some responsibility for their safety. That's what being a wingman is all about -- looking out for each other.

I challenge you to enjoy the summer -- work hard, play hard, have fun and look out for yourself and others. You can't save every "Darwin Award" winner, but if you hear your friend say, "Hold my beer, watch this..." please don't!

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For more information, call the Warrior office at 660-687-6123, email: 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.

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NEWS BRIEFS

Upcoming Road Construction

Upcoming construction is scheduled to occur near Ellsworth Lane, west of the Professional Development Center to the Child Development Center, and will be closed for full-depth repair and road widening starting June 4. The project is scheduled to take approximately 60 days to complete. Remind children to stay away from construction equipment and materials. For more information, contact Paul Day, 509th Civil Engineering Squadron at 660-687-6388, or Jerry Whitford at 660-687-7761.

2012 Air Force Climate Survey

The 2012 Air Force Climate Survey officially launched and goes until June 22. The purpose of the AF Climate Survey is to assess the opinions and perceptions of Air Force active duty, guard, reserve, and civilian personnel on a wide range of issues, including satisfaction, resources, and unit performance. The Total Force results will be briefed to the secretary of the Air Force and the chief of staff of the Air Force. Aggregated results by personnel accounting symbol codes will be provided to leaders whose units have a sufficient number (10 or more) of respondents. Leaders are encouraged to brief the results to unit members, and then begin taking action to improve their units. Eligible participants will receive a personal invitation in their duty email inbox. For assistance, contact surveysupport@us.af.mil.

Whiteman ALS Instructor Hire

Whiteman Airman and Leadership School is looking to hire a staff sergeant instructor. For a list of qualifications, contact Master Sgt. Josef Albert, 511 Spirit Blvd, Building 515 Room 131, Whiteman AFB, Mo, 65305, located in the Whiteman Professional Development Center no later than June 27. For questions, call 660-687-5760 or email Josef.Albert@whiteman.af.mil

New AF Housing Website

The new Air Force Housing website is an Airman's one-stop site for base housing options and support worldwide. Those planning for a permanent change of station should log on to housing.af.mil.

Whiteman Warrior Story Ideas

The Public Affairs Office accepts story ideas for news and feature articles on people and organizations to help provide recognition of excellence in performance and set forth norms for mission accomplishment. To submit an idea, call 660-687-6123, or email whiteman.warrior@whiteman.af.mil

Whiteman engineer deploys, conducts stability, counterinsurgency, operations in Afghanistan

U.S. Air Force photo/Staff Sgt. Greg C. Biondo

U.S. Air Force Tech. Sgt. Richard Love with Provincial Reconstruction Team Kapisa, walks out of a room after inspecting it at a local school, Kapisa Province, Afghanistan, May 15. The Kapisa PRT is a U.S. military team that engages with local leaders and contractors to plan and inspect development projects in the province.

By Tech. Sgt. Beth Del Vecchio

U.S. Air Forces Central

KAPISA PROVINCE, Afghanistan -- Tech. Sgt. Rick Love, an engineer with the 509th Civil Engineer Squadron at Whiteman Air Force Base, Mo., is deployed to Afghanistan with a Provincial Reconstruction Team in Kapisa Province.

Love, a Happy Valley, Calif., native, will serve a six-month tour with the PRT.

The Kapisa PRT covers an area of approximately 1,840 square kilometers of mountainous terrain, home to nearly 365,000 Afghans. Located just North of Kabul, Kapisa is the smallest province in the country, but has one of the highest populations per capita spread throughout seven districts.

The PRT has been conducting counterinsurgency and stability operations in the province for more than six years. Love, and the rest of the team will be the last PRT in Kapisa.

Love and other mentors on the team have been working with Kapisa leaders, at the provincial and district level, to bolster the capacity and credibility of the Government of the Islamic Republic of Afghanistan, or GIROA.

With the help of an Army security force, the Kapisa PRT traverses not only its own province but also the surrounding provinces of Parwan and Kabul participating in key leader engagements, scouting areas for new projects and performing quality checks and site visits on existing projects. They work closely with the Afghans, mentoring them on how GIROA can work for them.

Love is a subject matter expert for all construction projects in the province. He has worked on roads, bridges, schools and also improvements to power capabilities on existing infrastructure. He says the process for the projects is similar to that in the United States.

"We create projects after we are notified of a need from the people in the province," Love said. "We start the paperwork process and get contractor bids. Then once the project is started, we periodically visit the site to do quality checks with our counterparts."

The Afghans get a chance to weigh in and make suggestions on the projects in their districts. This is an ideal way for Love to mentor his counterpart.

The PRT vision has always been to foster a stable and secure environment that is ready for transition to GIROA control and administration, but now the last team in Kapisa is focusing on the sustainment of existing projects.

"This is probably my favorite out of seven deployments," Love said. "We are doing a mission that is different than normal deployments, where we mostly do jobs on the base. Here, we get to go out and help the people of Afghanistan and assist the process of Afghans helping Afghans."

The future of the province will reflect the legacy that the current team leaves and only time will tell. One thing that is for sure is the current successful operations in Kapisa reflect the hard work that has been done by Love's team and previous PRT members throughout the years.

New process Continued from Page 1

services that will determine the way ahead.

"Once members are notified of their assignment, all the actions that come thereafter will be handled by the folks at the TFSC," Hall said.

AFPC will survey members who change stations during the trial run to gather feedback that can be used to improve the process. The feedback will then be used to determine whether or not to expand

centralized relocations to all bases within JBSA.

"(With enough positive feedback) the process could eventually be used throughout the Air Force," Hall said. "We'd be taking a function that's traditionally been accomplished at more than 82 locations and centralize it here at Randolph. If we're successful, it'll be a big accomplishment for the Air Force."

With PCS relocation, Randolph hopes to trailblaze "the way of the future," Hall said.

For now, AFPC personnel are focused on the foreseeable future, late May to February 2013 to be exact.

"As with any new program there will be challenges along the way. However, this process will help determine more efficient ways to use limited resources," Hall said.

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Approaching 65 years, veterans reveal humble Air Force beginnings



U.S. Air Force photo

ST. JOSEPH, Mo. -- Bob Smith, 92, was one of the charter members of the Missouri Air National Guard. The retired colonel was in the 180th Bombardment Squadron, which was among the nation's first federally recognized Air Guard units nearly 65 years ago.

By Master Sgt. Mike R. Smith
139th Airlift Wing

ST. JOSEPH, Mo. -- A veteran who flew through the Air National Guard's inception said recently that citizen-Airmen are stronger today than they have ever been.

Retired Air Force Col. Bob Smith, 92, is among the Air Force's small number of surviving pilots who first flew for the Army Air Corps during World War II and on through Korea, Vietnam and the Cold War.

Smith retired in 1979. He said he experienced a lot during his service, but he believes the Air Guard is better equipped and better trained now than at any time in its history.

"I am amazed at the training you have, the experience you have, the ability you have to defend our country, and you are doing it all over the world," he said.

This year, the Air Force and the Air Guard will celebrate their 65th anniversary, established by Congress, Sept. 18, 1947.

Smith is one of a vanishing group of charter members who remember the post WWII expansion firsthand. He said you can still find some of them where the airplanes are. For him, it was an air show in May at Rosecrans Air National Guard Base, Mo. It was the same Army Air Corps base he helped establish for the Air Guard, decades ago.

He joined the Army Air Corps in 1942 and flew the P-38 Lightning in South China; a place he would return to fly combat missions again, decades later, flying with the Missouri Guard in the F-100 Super Saber during the Vietnam War.

'I am amazed at the training you have, the experience you have, the ability you have to defend our country, and you are doing it all over the world.'

-- Retired Col. Bob Smith

Army Air Corps units across the nation were broken up following WWII and the Air Guard's charter members were veterans who reorganized to form the first federally recognized Air Guard squadrons.

"I joined the 180th [Bombardment Squadron], when I came back," he said.

Smith flew the B-26 Invader, eventually flying the light bomber into combat missions over the Korean Peninsula. When not flying, he sold life insurance to whoever he met.

At the air show, it came full circle when Smith took in a mix of vintage warbirds like the P-51 Mustang as well as the Air Force's fifth-generation fighter, the F-22 Raptor. Also on hand was the Invader, the same aircraft he flew for the Air Guard in Korea many years ago.

He flew in the warbird one last time, that afternoon. "One thing about an antique airplane is the minute you leave the ground, it takes you back to the element it was born in ... it takes you back to those days," said Smith.

In addition to the air show, the 139th Airlift Wing held an open house, allowing the community to learn more about today's Airmen, their equipment and missions.

"Smith and many other Air Force veterans are often honored guests at Air Force open houses and special events across the nation," said Maj. Ryan Stepp, open house coordinator.

Other veterans could only remember bits and pieces of their service long ago, and the memories and history seemed uncomfortably lost amidst the air show's crowds and displays.

Orville Weisenburger, 93, began his service with the Army Air Corps in St. Joseph, Mo., in 1942.

"My outfit, I think, had 2,000 men," said Weisenburger, trying hard to recall.

"My father enjoyed it immensely," said his daughter, Debbie Saliger, stepping in for him. "I had to talk him in to going, but once he got here he was great, he loved it."

Saliger said she did not know until recently that her father had kept track of the base during the last 70 years.

"He had literally seen the things here built and then torn down and built again," she said. "He kept track of it all through the years."

Public Affairs Airmen took time to record interviews with the charter Airmen for Air Force historians in Washington.

"It is extremely important to honor those who came before us, listen to their experiences and be active stewards in our history," said Stepp.

For Smith, it all made an impression. "Just look at you guys," said Smith. "It's amazing. I'm very proud of the armed forces, particularly the Air National Guard."

Additional civilian employee self-service requests available online

By Erin Tindell

Air Force Personnel, Services and Manpower Public Affairs

JOINT BASE SAN ANTONIO - RANDOLPH, Texas (AFNS) -- Air Force Personnel Center human resources officials have expanded a self-service initiative allowing civilians to request updates to their personnel records online.

Employees can now request updates for résumés, name changes, veterans' preference for reduction in force, awards, education, training, certification and licensure.

The initiative empowers employees by eliminating the need for them to contact their local civilian personnel office to accomplish these updates. These online initiatives also make it easier for former military members to update information to their civilian employee record.

"This one-stop web location allows Air Force civil-

ians to review their records and to submit change requests online, all without leaving their office," said Clara Howard, an AFPC human resources specialist. "More importantly, we will send civilians notifications when the updates have been completed."

One popular self-service request is the "Résumé Update" application, which allows an employee to submit a comprehensive résumé for filing in their electronic official personnel file. The résumé can be used for many human resources purposes, such as RIF, worker's compensation or management directed reassignments; all without having to go back to the employee and requesting additional information, officials said.

It's important to note, consideration for job vacancies still requires the employee to submit their résumé and associated documents to the specific job announcement on www.USAJOBS.gov.

The self-service employee updates are accomplished

via the Air Force Personnel Services website. Once logged into the site, employees should: 1) select "Career Management" from the left side menu under "Learn More About;" 2) select "Self-Service" under "Career Management" in the middle of the screen; 3) select the applicable self service application and follow the instructions. Employees are required to upload appropriate documentation for the update request they are submitting.

Employees should thoroughly read the articles in AF-PERS pertaining to the updates they wish to accomplish prior to submitting an update, AFPC officials said. In addition to the menu of self-service options currently available, officials said they are working to add more self-service applications in the future.

For more information about civilian self-service initiatives, visit AFPERS at <https://gum-crm.csd.disa.mil>. For more information on Air Force civilian careers, visit www.afciviliancareers.com.

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Law enforcement agencies pool resources to combat underage drinking



Courtesy photo

WARRENSBURG, Mo. -- Law enforcement officers participated in a Memorandum of Understanding and Mutual Aid Agreement signing ceremony May 3 to establish the new county-wide Community Culture of Responsible Choice Alcohol Enforcement Team. Professional law enforcement personnel from the Johnson County Sheriff's Department; Warrensburg, Knob Noster, and Holden police departments, and University of Central Missouri Department of Public Safety have joined the team. Leaders from Whiteman Air Force Base who are actively engaged in the CCoRC coalition were also among those present to show their support for this collaborative effort.

By Jeff Murphy

University of Central Missouri
University Relations

minors and saturations to keep people who are driving under the influence of alcohol off the roadways.

WARRENSBURG, Mo. -- Recognizing that separate jurisdictions and authority are limited when it comes to enforcing laws pertaining to the sale and consumption of alcohol, Johnson County law enforcement agencies are taking a team approach to combat underage drinking.

Funding to help make such activities possible comes from an underage drinking laws grant provided through the U.S. Department of Justice. University of Central Missouri's Office of Violence and Substance Abuse Prevention and Warrensburg Area Partners in Prevention were instrumental in helping to secure the grant.

Law enforcement officers recently participated in a Memorandum of Understanding and Mutual Aid Agreement signing ceremony to establish the new county-wide Community Culture of Responsible Choice Alcohol Enforcement Team. Professional law enforcement personnel from the Johnson County Sheriff's Department; Warrensburg, Knob Noster, and Holden police departments, and University of Central Missouri Department of Public Safety have joined the team. Leaders from Whiteman Air Force Base who are actively engaged in the CCoRC coalition were also among those present at the signing ceremony to show their support for this collaborative effort.

The unified effort between law enforcement personnel is designed to provide a safer environment in participating communities and promote responsible choices where alcohol is concerned, according to Jeff Huffman, Department of Justice grant local program coordinator.

The Alcohol Enforcement Team MOU makes it possible for personnel from different departments to cooperate outside their jurisdictions in support of activities to prohibit the sale of alcohol to minors, to prevent the purchase and consumption of alcohol by minors, and to decrease the number of people who drive while intoxicated. Such efforts include operations such as ID checks to prohibit sale of alcohol to

"In a short definition, CCoRC supports legal and low-risk consumption of alcohol. We're not supportive of high-risk drinking or illegal use of alcohol," said Huffman, who noted that education is a key part of the team effort.

The grant helps fund educational opportunities for business owners such as free server training to individuals who work in establishments that serve alcohol, and the Wing It at Whiteman program, an alcohol-free activities initiative. Through Wing It, underage Airmen and UCM students work together to plan activities they would like to attend that do not center around alcohol.

"That's the beauty of this whole grant," said Bruce Howey, Warrensburg police chief. "It's not just enforcement. It's part of an overall strategy that is going to be effective."

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RECYCLE ... Think Green



T-38 Talons from the 509th Bomb Wing perform a flyover in a missing-man formation during the playing of the national anthem at a Wing Retreat Ceremony May 24.



A ceremonial guardsman from the 509th Bomb Wing Honor Guard salutes during the playing of the Star Spangled Banner at a Wing Retreat Ceremony in honor of Memorial Day.



A ceremonial guardsman from the 509th Bomb Wing Honor Guard salutes during the playing of the Star Spangled Banner at a Wing Retreat Ceremony in honor of Memorial Day May 24.



Ceremonial guardsmen from the 509th Bomb Wing perform the final touches of a flag fold during a Wing Retreat Ceremony May 24.



Second Lt. Lauren Frazier, 509th Mission Support Group flight commander, calls her flight to attention during a Wing Retreat Ceremony May 24.

*...Honoring those who made the
ultimate sacrifice*

Lighter ABU Continued from Page 1

The RABU will completely replace the old, heavier ABU.

“All industrial resources are now producing only the light-weight ABUs with no plans to go back and produce the heavy weight ABUs,” said Uyeno.

The shift in production and distribution plans will enable Airmen to purchase the uniforms more quickly than in the past.

Instead of stockpiling them until there was enough stock to line shelves worldwide before they were shipped, “The inventory will be available to Airmen next month through AAFES on-line sales at <http://www.shopmyexchange.com/> and at various state-side locations,” according to Uyeno.

“As a result, Airmen will be able to order and receive them during the summer months when they need them the most,” said Uyeno.

In-store priority was given to state-side bases based on their climates, mission and number of Airmen by the Uniform Executive Working Group, ac-

ording to Uyeno. The group is made up of representatives from various agencies and receives input from the chief master sergeant of the Air Force.

The clothing sales locations to receive the uniforms first are:

- Cannon AFB, N.M.
- Davis-Monthan AFB, Ariz.
- Eglin AFB, Fla.
- Goodfellow AFB, Texas
- Holloman AFB, N.M.
- Joint Base Andrews, Md.
- Joint Base Charleston, S.C.
- Keesler AFB, Miss.
- Kirtland AFB, N.M.
- Luke AFB, Ariz.
- MacDill AFB, Fla.
- Maxwell AFB, Ala.
- Moody AFB, Ga.
- Nellis, AFB, Nev.
- Patrick AFB, Fla.
- Tinker AFB, Okla.

“The plan for world-wide distribution is currently in development,” Uyenosa-



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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.

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Air Force honored during national parade



U.S. Air Force photo/Senior Airman Christina Brownlow

A procession of flags is carried by volunteers at the National Memorial Day Parade May 28, in Washington D.C. The annual National Memorial Day Parade is an opportunity for thousands of patriotic Americans to come together and honor those who have sacrificed so much in service to our country.

By Tech. Sgt. Jess Harvey
Air Force Public Affairs Agency

WASHINGTON (AFNS) -- Memorial Day, originally called Decoration Day, was first officially proclaimed by Gen. John Logan, Grand Army of the Republic national commander, with the issuance of General Order 11 May 5, 1868.

The order says "The 30th day of May, 1868, is designated for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village, and hamlet church-yard in the land."

Since then, many things have been added to the observance, but one in particular has become one of the most iconic -- the Memorial Day parade.

This year the Air Force's sacrifices and contributions to America's freedom took center stage in the National Memorial Day parade here.

According to the American Veterans Center here, the National Memorial Day parade is not merely an event for Washington but an event for the entire country. It's a parade that seeks to draw the attention of Americans to the real meaning for the holiday: honoring those who have served, and died, to preserve our liberties.

And with that, the center chose this year to highlight the sacrifices of Airmen throughout history.

The grand marshal was retired Air Force Brig. Gen. Chuck Yeager, famed Air Force test pilot, first pilot to break the sound barrier, and World War II ace pilot. The event also featured several Ko-

rean War veterans as honorary parade marshals as a tribute to the sacrifices made by Airmen in Korea.

"I think it's important to remember the Korean War -- for a while it was a forgotten war," said retired Air Force Lt. Gen. Arnold Braswell, Korean War ace.

Retired Air Force Lt. Gen. Charles Cleveland, also a Korean War ace, said it was wonderful that the parade was highlighting the Air Force and especially the Korean War and that hopefully it wouldn't be forgotten again.

"It was a hugely important war for the country and the Air Force," said Cleveland. He pointed out that it was the first war where the Air Force completely transitioned away from piston engines and started using jet engines.

Also in attendance were retired Air Force Col. Buzz Aldrin, Apollo 11 astronaut and Korean War veteran; Gary Sinise, actor and co-founder of Operation Iraqi Children; and Joe Mantegna, actor and Chairperson for the National Salute to Hospitalized Veterans.

The parade also included nearly 200 other elements, including marching bands, active duty and retired military units, youth groups, and parade floats and hundreds of veterans from World War II, Korea, Vietnam, Desert Storm, and Operations Enduring Freedom and Iraqi Freedom.

Other parade highlights include a commemoration of 50th Anniversary of the start of the Vietnam War, continuing commemorations of the 70th and 60th Anniversaries of World War II and the Korean War, and a commemoration of the 200th Anniversary of the War of 1812, featuring sailors from "Old Ironsides," the USS Constitution.



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Office of the President

Open Letter from TriWest President and CEO Regarding Bid Protest

To our TRICARE West Region beneficiaries:

Since 1996, we have been honored and privileged to serve the health care needs of those who sacrifice so much on our behalf—the men and women of the armed forces who reside in the West Region and their families. Bringing quality, cost-effective health care and unparalleled customer service to our heroes was the mission envisioned when our 18 non-profit owners created TriWest.

Today, more than 175,000 providers across the 21-states of the TRICARE West Region stand shoulder-to-shoulder with us in delivering that high-quality care at a substantial discount to the government. Given this strong track record, we were extremely disappointed on March 16, 2012, to learn that the Department of Defense (DoD) had selected another company to perform the next TRICARE Contract starting on April 1, 2013.

Seeking answers to a number of questions, we attended a debriefing with the government. What we discovered led to concerns about the process and the ultimate decision to unseat our company and award the work for the West Region to UnitedHealth.

First, we were lowest on price—at a time when the DoD is struggling to make ends meet. We felt this was our duty as taxpayers and worked hard to get there—without cutting corners.

Second, for some reason several hundreds of millions of dollars in discounts that the great providers in our network continue to generate to the benefit of the DoD budget were not included in the analysis, which led to the government proclaiming UnitedHealth had greater discounts.

Third, our entire past performance record was thoroughly evaluated—as should be the case—and we earned the highest rating. However, the only portion of United Healthcare's past performance record that was evaluated came from information they provided the government. There was no review of information generally available in the public domain, or from other government sources, which we have discovered is a rather lengthy list of items. We question whether such a review would have yielded a past performance rating at the high level UnitedHealth was assigned.

It is for these reasons, among others, that we decided to exercise our right to ask the Government Accountability Office (GAO) to review the process that led to UnitedHealth securing the contract we were first awarded in July 2009. This is a decision we do not take lightly and the facts as we know them left us with little choice but to file this protest.

We are told this process will go on for some time, with the next step being a decision from the GAO in July regarding the protest we have filed.

Until then, our mission to serve is a clear one—partnering with quality providers to deliver exceptional care and customer service to our nation's military members, retirees and their families. On behalf of the American people, we will work at the side of the Military Health System to deliver on the promise of TRICARE in the West Region for as long as we have the privilege to do so.

Respectfully,

David J. McIntyre, Jr.
President and CEO

"Whatever It Takes"



WHAT'S HAPPENING AT WHITEMAN?

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FIND FEATURED EVENTS, ACTIVITIES, PROGRAMS, FAMILY & YOUTH EVENTS, FITNESS & MORE.

Food & Entertainment

SATURDAY 6/2

Family Bowling Special-12-4pm – Stars & Strikes
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$30 per package, Sat & Sun now thru April. For more information please call 687-5114.

MONDAY 6/4

Archery Camp 6/4 'til 6/8- 11:30am-1pm- Y.C.
The Youth Center will be offering a week long camp with archery instruction. All equipment including bows, arrows, and arm guards will be provided. Youth will meet at the Youth Center where they will be transported to the archery range on base for the classes. After class, youth will be transported back to the Youth Center for parent pick up. Cost: \$40 Members/ \$50 Non-Members Call 687-5586

WEDNESDAY 6/6

Boss & Buddy-3:30-7pm- Mission's End
Hang out after work and enjoy the cheapest hot wings around, only .45 cents a wing! Call 687-4422 for more info.

THURSDAY 6/7

\$6.50 Bowling Special- 3 to Close- Stars & Strikes
Free Tuesday & Thursday night bowling, receive 2 free games with any snackbar purchase of \$6.50 or more.
Pizza Thursdays!- 4-8pm - Mission's End
Every Thursday of the month enjoy a cheese pizza for only \$7, Pepperoni/Sausage \$8, & All Specialty Pizzas \$10. Come in for a pie, or take out. Call 687-4422 to place a carry out order.

FRIDAY 6/8

UFC Fight Night!- Starts at 6pm - Mission's End
Free UFC Fight Night, come and enjoy the MMA action, and enjoy our great food & beverage specials. Call 687-4422 for more information.

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\$30 - 1 hour of bowling shoes, soda & a 1 topping large pizza!
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The Whiteman AFB Pool is now open!
Tuesday through Friday 2-7pm,
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Reading is so Delicious!

The Whiteman AFB Library will hold its Summer Reading Program June 6-July 31, 2012. Children of all ages (birth-18 years old) may sign up to participate. Each child or young adult receives a reading log and sets their own reading goals for the summer. Each title read is written in his/her reading log. Each child/young adult who achieves his/her reading goal receives a certificate of completion, McDonald's/Pizza Hut coupon, and may select a free paperback (Scholastic Inc.) to keep for their own. This is a free event. Sign ups begin May 29.

FOR MORE INFO PLEASE CALL 687-5614

*Food Coupons and Paperbacks only while supplies last. Reading logs must be turned in to receive a certificate of completion no later than Saturday, August 11, 2012.

Library Information System
Like us on facebook! at Whiteman AFB Library
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SIGN UP FOR OUR SUMMER READING PROGRAM, IT'S SO DELICIOUS!

DID YOU KNOW?

The Whiteman AFB Library is available to provide online resources overview briefings for your base office, Commander's Calls, etc.
Providing information about; Personal Career Development, College/University Research, Test Preparation and Practice Tests, Foreign Language Learning & Cultural Awareness, K-12/Homeschooling Resources and more!
Please contact the Library Director @ 660-687-5614 to schedule.

509 FSS PAGE EDITOR: KYLE C. HAMRICK CONTACT US! 687-7929

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This Weekend at the Movies

The Three Stooges
June 2, 7 p.m.
Rated PG

Sean Hayes, Chris Diamantopoulos and Will Sasso -- Left on a doorstep of an orphanage run by nuns, newborns Larry, Curly and Moe waste no time finger-poking, nyuk-nyuking and woo-woo-wooning their way into trouble. Years later, and with the orphanage forced to close its doors, the three grown Stooges embark on a mission to save their former home. Rated PG for slapstick action violence, some rude and suggestive humor including language. 92 minutes.

The Pirates! Band of Misfits
June 3, 3 p.m.
Rated PG

Hugh Grant, Selma Hayek and Jeremy Piven -- Pirate Captain sets out on a mission to defeat his rivals Black Bellamy and Cutlass Liz for the Pirate of the year Award. The quest takes Captain and his crew from the shores of Blood Island to the foggy streets of Victorian London. Rated PG for mild action, rude humor and some language. 87 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

Spouse Orientation Acclamation & Resources — Spouse Orientation Acclamation & Resources is a 60-minute program offered every Monday from 10-11 a.m. at the Whiteman Inn. The target audience is spouses who are brand new to the base. The program is designed to inform newcomer spouses with resources available to them, base and local community information as well as answering questions. Children are welcome. For more information, call 660-687-7132.

TEAM WHITEMAN COMMUNITY

Breastfeeding Support Group — Breastfeeding Support Group is a 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.

American Red Cross Volunteer Opportunity at Whiteman AFB — The American Red Cross has multiple volunteer opportunities at the 509th Medical Group. Anyone interested in volunteering should first contact the Medical Group's volunteer coordinators in the Resource Management office, room 1130, or call 660-687-6782. Volunteers can serve in a variety of service positions including patient check-in, answering phones, records management, pharmacy, lab, radiology support and other general administrative functions. Professional volunteers are also welcome. The MDG volunteer coordinator will help those with the Red Cross volunteer application process. More information and forms can be found at <http://www.redcross.org/en/volunteer>.

Volunteer opportunities for High School Students (dependents) — High school sons or daughters of active duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1,000 toward

college or vocational-technical school. The Youth Employment Skills Program is an Air-Force-wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community and receive money toward their educational endeavors. For every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other programs. For more information about the YES program, contact Whiteman Youth Programs at 660-687-5586 or search Whiteman AFB Teen Programs via Facebook and click "Like."

Found property — Keys, wallets, bicycles, jewelry, cellular telephones and other items have been turned in as found property to Security Forces Investigations. To inquire about lost property, go to building 711, room 305, or call 660-687-5342. Vehicles have been identified as suspected abandoned and will be towed at the owner's expense. For more information about vehicles, contact Steven Scott at 660-687-5342.

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 ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-687-7433 (RIDE) or 1-888-516-0013 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.



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509th Bomb Wing 442nd Fighter Wing Maritime Expeditionary Security Squadron 11 Det. D 1-135th Attack Reconnaissance Battalion 131st Bomb Wing 20th Reconnaissance Squadron



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 babysitting, 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.

Services Offered 69

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Daycare Centers 84

Buzzy Bees Infant Daycare
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Misc. For Sale 135

****CABINETS**** Kitchen cabinets in Glazed Maple. All solid wood, dovetail drawers. Never installed. Can add or subtract to fit kitchen. Cost \$7000. Sacrifice \$1600. 660-252-4330.

Daycare Centers 84

WALNUT TREE In-Home Child Care
Specializing in infant & toddler care.
Openings for 6 weeks to 36 months.
Full, part-time, permanent & temporary care. **660-563-5918.**

Help Wanted 90

Activity Therapist

Want a challenging and highly rewarding career? Come be a part of the proud team who is committed to provide the best quality care for the 200 Veterans we serve. The Missouri Veterans Home - Warrensburg is nationally recognized for excellence in long term care.

The Missouri Veterans Home - Warrensburg has a full time opening for an **Activity Therapist**. This position is responsible for planning, organizing and leading group activities.

The salary range for this position is **\$25,128.00 to \$34,644.00** per year plus a benefit package that includes a **full complement of State benefits**

Applicants interested in this position must meet the minimum qualifications:

A Bachelor's degree from an accredited college or university with a minimum of 15 earned credit hours in one or a combination of the following: Recreation, Music, Physical Education, Arts and Crafts, or a closely related field.

OR

Four or more years of experience working with persons with mental illness, mental retardation, and/or developmental or physical disabilities in one or more of the following activity areas: recreation, music, physical education, arts and crafts, or a closely related area; including one or more years of supervisory experience in conducting activity programs; and possession of a high school diploma or GED certificate.

A position description can be located under Merit Jobs on www.oa.mo.gov/jobs If you are interested in this position, please send a resume and cover letter to:

Catherine Lane, Personnel Clerk
Missouri Veterans Home
1300 Veterans Rd
Warrensburg, MO 64093
Phone: (660) 543-5064;
Fax: (660) 543-5075;
Email: Catherine.lane@mvc.dps.mo.gov
EOE; Drug Free Workplace
MVH celebrates a diverse workforce

Daycare Centers 84

Misc. For Sale 135

COUCH & LOVESEAT, great condition- \$150; boy's bicycle, new condition- \$35; Lifetime portable basketball goal, 48" backboard, excellent condition- \$150; Whirlpool chest freezer, 10 cu. ft., works great- \$150. Call 660-909-4185. sa

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Houses For Sale 249

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Apartment For Rent 207

2 BEDROOM, 1 bath, washer & dryer included, \$550 per month plus deposit. Located in Knob Noster. Call 660-909-3453.

2 BR 1 bath. Washer/dryer hookups. Full basement. 4 miles from base. No pets. \$450 deposit, \$450/month. Great deal! 660-238-0998.

Houses For Rent 209

3 BEDROOM, 2 bath, 1-car garage, in Knob Noster, close to schools. \$650/month plus deposit. Call 660-909-3453.



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Craig Conant: 238-6042
Tony Conant: 909-2939
Holly Dow: 238-5634
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Duplexes For Rent 210

DUPLEX FOR RENT 3 bedrooms, 2 bathrooms, double car garage. Very close to base. Great location. Ready now! Call 660-233-3327

Houses For Sale 249

GORGEOUS 3 BR 2 bath, fireplace, 3-car garage, large master bedroom, walk-in closet, ceiling fans, jacuzzi tub, home security, great location. Must See! 660-747-8046. sa



Acreage For Sale 258

48.3 ACRES TIMBER LAND Level, near Mora. Cole Camp School District, corner real estate. Deer and turkey. Asking \$1500 per acre or best offer. By owner. Call (714)335-8415. kschwensen@socal.rr.com

Apartment For Rent 207

Lake Property For Sale 267

LAKE OF THE OZARKS - FAMILY FUN- Lots reduced to \$3595 each, \$75 down, \$59 per month. Owner financing. No credit checks. Beautiful trees, great fishing, swimming, boating, free lake access and boat ramps. Prices good through **June 11th.** Hwy 135 between Stover and Sunrise Beach, MO. Lake Road 135-12 to the Ivy Bend Office. Closed Tues. (573)372-6493

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If you have ever had some bad luck with your credit for whatever reason, but need to buy a car, call Ron at 660-826-8320. We can help!



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