

Warrior

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Welsh 'humbled' to serve as Air Force chief of staff



U.S. Air Force photo/Scott Ash

Secretary of the Air Force Michael Donley swears in Gen. Mark A. Welsh III as the 20th Air Force chief of staff, assisted by Welsh's wife, Betty, during a ceremony at Joint Base Andrews, Md., Aug. 10, 2012.

By Tech. Sgt. Shawn J. Jones
Air Force Public Affairs Agency

JOINT BASE ANDREWS, Md. -- The Air Force chief of staff flag passed to the service's 20th chief in a ceremony here Aug. 10.

Gen. Mark A. Welsh III, a 36-year Airman, stepped into the position, taking over for Gen. Norton Schwartz, who also retired from the Air Force during the ceremony.

"Mark is respected throughout the Air Force for his exceptional leadership and ability to connect with Airmen," Secretary of the Air Force Michael Donley said.

Raised in an Air Force family, Welsh said he found a role model in his father, a decorated combat pilot.

"Today, I think he'd be proud of me," Welsh said. "And any day a kid can make his dad proud is a great day."

Welsh emphasized the need for Airmen to understand the importance of the other services in joint operations, but also said Airmen shouldn't underestimate the combat capabilities of their own service in winning today's fight.

"No one else can bring what we bring to the fight, and any real warfighter knows that," he said. "Don't ever doubt yourself or this service."

Welsh also addressed his stance on issues affecting the well-being of Airmen.

"When it comes to Airman resiliency, suicide

prevention, and sexual assault prevention and response, I believe you're either part of the solution or you're part of the problem," he said. "There is no middle ground."

Welsh also said the Air Force must shape the future and that will require innovative thinking and different approaches to problems, along with modernization.

Welsh was nominated by the president May 10 and confirmed by the Senate on Aug. 2.

In his previous position as the commander of U.S. Air Forces in Europe, he was in charge of Air Force activities in an area of operations covering nearly one-fifth of the globe.

Welsh, a 1976 graduate of the Air Force Academy, has served in numerous operational, command and staff positions, such as commandant of cadets at the U.S. Air Force Academy, vice commander of Air Education and Training Command and associate director for military affairs at the Central Intelligence Agency.

"When I became a squadron commander, I felt excited. When I became a wing commander, I felt proud. When I became a major command commander, I felt privileged and a little bit old," he said. "Today when I was sworn in as chief of staff of the Air Force, I felt humbled to be given the honor of leading its incredible Airmen."

His experience includes nearly 3,300 flying hours, most of which came in the A-10 Thunderbolt II and F-16 Fighting Falcon.

As the ceremony ushered in a new chapter in Air Force history, it also served as the final chapter for Schwartz's four years as the service's senior uniformed leader and his more than 39 years of military service.

Schwartz's career began in 1973 after graduating from the Air Force Academy. He has logged more than 4,400 flying hours and participated in military operations in Vietnam, Iraq and Cambodia.

"Anyone looking for an example of Air Force core values need look no further than Gen. Norty Schwartz," Donley said. "Thank you for your lasting contribution to our Air Force and the character and quality of your service."

Defense Secretary Leon Panetta presented Schwartz with the Defense Distinguished Service Medal, which is awarded to service members who perform exceptionally meritorious service in a position of great responsibility.

The award citation highlighted his success in restoring excellence in the Air Force nuclear mission, his efforts to partner with joint and coalition teammates in support of operations worldwide, modernizing the Air Force's air and space inventories, and care for Airmen and families. Schwartz's wife Suzie was also recognized for her devotion to Airmen and family support programs.

"The Air Force has afforded us an honorable and rewarding journey for the entirety of our adult lives," Schwartz said.

2012 Air Force Ball is Sept. 8

The 2012 Air Force Ball, honoring the 65th anniversary of the Air Force, is Sept. 8 at the University of Central Missouri Ballroom.

The event will also commemorate the 70th anniversary of Whiteman AFB.

More information to follow in the upcoming weeks.

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The Air Force's premier entertainment ensemble, Tops in Blue, performed a free concert to a packed house Aug. 9.

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WEATHER

Today	Saturday
Sunny	Mostly Sunny
Hi 80	Hi 81
Lo 59	Lo 52
Sunday	Monday
Mostly Sunny	Sunny
Hi 80	Hi 83
Lo 57	Lo 57

Courtesy of National Weather Service

New TFIs help maximize AF resources

Commentary By Chief Master Sgt. James Nudd

442nd Fighter Wing Command Chief

Another "first" Total Force Initiative strikes Whiteman AFB again!

Most of you are already familiar with working with someone from a Reserve component – probably a guardsman with the 131st Bomb Wing, in fact. But now, active-duty members will be working more closely with reservists also, but this time, as an active-duty associate detachment.

The shrinking Department of Defense budgets and the reduction of the number of fighter aircraft in the Air Force fleet are driving new "active" associates units with Reserve and National Guard units.

These new TFIs helps maximize our existing aircraft inventories and manpower, while at the same time, ensures the Air Force can project the needed combat airpower when called upon by combatant commanders.

The 442nd Fighter Wing is the recipient of the Air Force Reserve's first ever active-associate fighter wing. What does this mean for you? Active-duty Airmen who PCS to Whiteman, can now be assigned to the 442nd Fighter Wing.

Unlike a classic associate (like the 131st who works alongside the 509th to accomplish its AF Global Strike Command mission,) the incoming detachment of active-duty members will work with reservists to accomplish the Air Force Reserve Command-assigned mission.

This new association will be the first of several hitting the Air Force Reserve in the coming years and will soon be considered the norm for Air Force flying wings.

Although news about this association has been out on the street

for a while now, and many have forgotten about the upcoming TFI, the dust was quickly blown off the story recently when the first wave of active-duty Airmen started arriving at Whiteman AFB and into the 442nd FW. Active-duty members around the world have begun receiving orders here to work with the fighter wing.

The world, and life, as this Reserve unit knew it, has officially changed, remarked one Airman. This association will bring in a combination of maintainers, pilots and support personnel who will blend in with the existing 442nd Fighter Wing's squadrons and flights infrastructure. The detachment will be administratively controlled as detachment II of the 23rd Fighter Wing out of Moody AFB, Ga. This detachment recently received their new commander, Lt. Col. Joshua Ruddell, and first sergeant, Master Sgt. Cristofer Valenzuela, who hit the ground running and quickly began working to prepare their new unit for this inaugural mission.

The Air Force's primary intent with this TFI is to tap into the Reserve's years of expertise, politically correct way of saying seasoned workforce, and combat experience. Many of these new Airmen coming to the 442nd will be "pipeline" Airmen who will benefit from reservists, many of which have more than 15 years experience with the A-10. Additionally, active-duty pilots will have the opportunity to fly and train with veteran combat pilots with thousands of logged hours in the warthog. Of course this isn't a one-sided story where only the active-duty benefits; the Reserve will gain in the form of the number of full-time workers present during the week.

The additional full-time manpower that the active-duty will bring to the table will help with providing the maintenance and support that sometimes overwhelms the skeleton AFRC workforce.

So if you ever thought it was difficult to tell the difference between the active-duty, guardsmen and reservists, it just got even harder!

THE WARRIOR

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

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.

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



Aug. 10, 2012

CSAF Letter to Airmen

To the Airmen of the United States Air Force

Earlier today, I was sworn in as the 20th Chief of Staff of our Air Force. It was a pretty humbling experience. Since I haven't met most of you, I thought my first move as CSAF should be to say hi. You'll probably get tired of hearing me say that "every Airman has a story," but it's true, and I'm no different.

My story starts with family. My dad, who was the greatest patriot, officer, and leader I've ever known, taught me that no rank or title would ever be as important as the unit patch I wore. Today, I wear the Air Force patch, and my family has grown to 690,000 active, Guard, Reserve, and civilian Airmen, all serving as part of an unbeatable Joint team.

YOU are what makes our Air Force the best the world has ever known!

Thank you for your service, your sacrifice, your dedication and commitment. Most of all, thank you for the privilege of serving beside you and your families. Betty and I are so honored to represent you and will do everything in our power to do it in a way that makes you proud.

From Tooey Spaatz's drive and vision in 1947, to General Norty Schwartz's steady hand and thoughtful leadership over the past four years, our Air Force has benefited from strong Chiefs of Staff throughout its rich heritage. I wish I could tell you I bring the same IQ and talent level to the job as they did, but that would be a stretch. So I just promise you I'll do my very best, every day, every task...just like you do.

You need to know that I care about each of you, your mission, your training, your equipment, your professional development, your career, and your family. My job is to prove it to you.



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

Gen. Mark A. Welsh III addresses the audience after being sworn in as the 20th Air Force chief of staff during a ceremony at Joint Base Andrews, Md., Aug. 10, 2012. Prior to his new position, Welsh was the commander of U.S. Air Forces in Europe.

I'll get back to you after I've had a chance to sit down with Secretary Donley and benefit from his wise counsel. I'll let you know what my focus areas will be and where I think we're headed. In the meantime, you take care of the "Fly, Fight, and Win" part...and I'll ensure that "Integrity, Service, and Excellence" aren't just buzz words I use in speeches.

MARK A. WELSH, III
General, USAF
20th Chief of Staff

NEWS BRIEFS

Car Wash and Bake Sale

Whiteman Fire and Emergency Services is sponsoring a car wash and bake sale from 10 a.m. to 3 p.m., Saturday at the Base Exchange, in support of the Wounded Warrior program and the upcoming 2012 Fire Prevention Week. For more information, contact Tech. Sgt. Michael Moore at 687-4507.

POW/MIA Breakfast

Team Whiteman is hosting its Inaugural POW/MIA Remembrance Breakfast, Friday, Sept. 14 at 8 a.m., at Mission's End. The guest speaker will be Chief Master Sgt. Mark R. Clark (Ret). RSVP by Sept. 10 to your squadron POC or First Sergeant. For more information, contact Tech. Sgt. Matthew Coltrin at matthew.coltrin@whiteman.af.mil or Master Sgt. Randolph Wyatt at randolph.wyatt@whiteman.af.mil

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

MOAA Spirit of Missouri Chapter Meeting

The next Military Officers Association of America is Aug. 28 at 5 p.m., in the Mission's End Top Three lounge. All active duty, Guard, Reserve, and retired officers are welcomed to attend. For more information, contact Michael Taylor at 660-687-5493.

Spirit Café Director position

The Whiteman AFB Chapel is looking to fill the Spirit Café Director position. Bids are being accepted until Aug. 24. Opening bids will take place Aug. 28 and contract award will be based on the "best value" to the government.

For more information, contact Maj. Patrick Genseal at 687-3652.

Balfour Beatty Communities Lifeworks Events

Balfour Beatty Communities Lifeworks offers free events open to military personnel and their families. Events are held at the Lifeworks House, 245 Selser Dr., Whiteman AFB.

Tuesday, 11 a.m. - Creative Crafters - Best suited for children ages three and older.

Wednesday, 1:30 p.m. - Freezer Meals Workshop: Join us for this workshop and make a freezer meal to take home for your family!

Thursday, 2 p.m. - Adult Crafting - Come make a practical craft for the home as we make ceramic coasters with fun prints!

August 24, 10 a.m.: Story Time - Join us for a story, craft and snack!

Like us on Facebook: facebook.com/whitemanhomes or call 660-687-0559.

For more news briefs, visit www.whiteman.af.mil/news/announcements/index.asp

509th MXG competing for 2012 CSTEA

By Candy Knight

509th Bomb Wing Public Affairs

The 509th Maintenance Group's B-2 Window Change Continuous Process Improvement Team was recently selected as finalist for the 2012 Chief of Staff Team Excellence Award.

The award recognizes outstanding team performance and shares best practices within the Air Force. It promotes a systematic approach for enhancing mission capability, improving operational performance, and achieving sustained results while maximizing efficiency.

"This is phenomenal," said Michael 'Bo' Baumeister, 509th MXG Air Force Engineering and Technical Services technician. "Truly phenomenal."

To be eligible for the award, teams must have completed a performance improvement within the last two years. Since September 2010, this Total Force Integration team worked to streamline and enhance the window-change process, reducing the time from 40 days down to 27 days, with the potential of greater savings.

"When the B-2 is down, it is not viable for the mission," Bo said. "The whole purpose of this B-2 Window Change Continuous Process Improvement Team was to minimize downtime and put the aircraft back in to fight."

The 16-person team accomplished this by using AFSO21 and LEAN principles, eliminating workforce expenditures through quality control optimization and eradicating redundant tasks. The team even acquired a full-scale mock-up of the B-2 window so they can get more on-the-job training.

"Before, we couldn't train on window changing unless we had a window to change, which meant that an aircraft wasn't mission-ready or available to combatant commanders," said Senior Master



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

Two 509th Aircraft Maintenance Squadron Airmen practice the Window Change Continuous Process using new techniques developed by the 509th Maintenance Group's B-2 Window Change Continuous Process Improvement Team. The team was recently selected as a finalist for the 2012 Chief of Staff Team Excellence Award, which recognizes outstanding team performance and shares best practices within the Air Force.

*Thank You
from
Al & Marcia Cox*

Al and Marcia Cox would like to sincerely thank Team Whiteman for making Al's retirement such a memorable event.

Special thanks to Brig. Gen. Thomas Bussiere; Col. Edward Martignetti, Col. Robert Spalding III, Col. (retired) Tony Imondi; Lt. Col. Ron Bodine; Lt. Col. Alex Jernigan, and M1 Support.

Team Whiteman - you're awesome!

*Very Respectfully,
Al and Marcia Cox*



U.S. Air Force photo/Senior Airman Cody Ramirez
Staff Sgt. Kennrik Nelson, (center), 131st Aircraft Maintenance Squadron, melts a B-2 Spirit training windshield to clear a freshly sanded spot. Before the heating, the spot was sanded to remove scratches and scruffs starting a process to make the windshield clear again. The new process was thought out by an integrated team of Airmen and civilians here from the 509th and 131st Maintenance Group. The team was recently selected as a finalist for the 2012 Chief of Staff Team Excellence Award.

Sgt. Gregory Bicknell, 13th Aircraft Maintenance Unit's aircraft section superintendent. "The mock-up enables off-aircraft training scenarios, which in turn enables better real-world training results."

Bicknell added that having a 10-year AFETS guru in Bo training the team didn't hurt either.

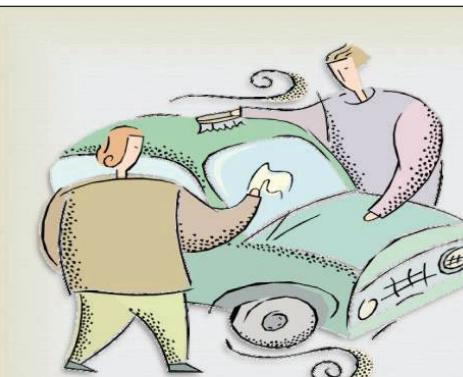
Although grateful for the recognition, the team remains humbled by it, maintaining that they are "just doing their jobs."

"Personally, it is an honor and privilege, and I'm happy my team was recognized for their dedication and work ethic, but we're also pretty modest about it too," said Staff Sgt. Kennrik Nelson, team member from the 131st Aircraft Maintenance Squadron. "The fact that we get to brag to the Chief of Staff of the Air Force about our process, work ethic, and dedication is a pretty big deal, but at the end of the day, this is our job, and we'll keep doing it the best we can."

"This team built itself," Bicknell said. "In this job perfection is the only option. It makes me proud to work with individuals that stepped up and developed innovative ways of doing the job better. The attitudes displayed throughout the process showed that they are the right people for the job."

During an impromptu gathering to discuss the next day's schedule, Bo encouraged the team to be excited and happy about the recognition.

"You're being recognized by senior Air Force leaders," he told the team. "You took a process that wasn't up-to-par, used creativity to make it better, saved the Air Force money, and now the individuals coming up behind you are getting better training and are becoming more efficient at their jobs. That's what this is all about – making it better for those who follow us."



CAR WASH & BAKE SALE



Team Whiteman's Fire and Emergency Services is sponsoring a car wash and bake sale from 10 a.m. to 3 p.m., Aug. 18 at the Base Exchange, in support of the Wounded Warrior program and the 2012 Fire Prevention Week. For more information, contact Tech. Sgt. Michael Moore at 687-4507.



Mission's End offers a variety of events and specials

By Heidi Hunt
509th Bomb Wing Public Affairs

Whether it's planning a formal evening, or going out for a casual affair, Mission's End invites its members and non-members to experience the services it offers for their future-catered events.

The co-located club can help meet the needs of events both small and large.

"Whatever the size of your function, we can accommodate," said Brad Blinn, 509th Force Support Squadron Mission's End operations manager. "We can provide many 'set-ups' for your event."

During the 2011 fiscal year, Mission's End hosted more than 600 events which has helped the staff members build upon the professional development they are trained for, according to 1st Lt. Lauren Frazier, 509th Force Support Squadron club manager.

The club offers special functions to customers from change of commands, retirements, weddings, formal occasions, conferences, hail and farewells, graduations and more.

"We are the central location for any event," Frazier said. "The club, unlike many other restaurants or event facilities in the local area, caters to every type of demographic. We work hard to accommodate everyone."

Not only does the club reach a variety of people, they have most recently extended their menu options.

"We have added new choices to satisfy your cravings," Blinn said. "The new menu came out Wednesday and we encourage everyone to come in and check it out."



U.S. Air Force photo/Heidi Hunt
Monika Stevenson, 509th Force Support Squadron cashier, serves lunch to customers at Mission's End. Mission's End offers a variety of catered events -- from Airman Leadership School graduations, wedding ceremonies and retirements.

The club's goal is aimed to please every customer who walks through their doors, but their intent is also to satisfy their appetite, according to Frazier.

"Our patrons are very important to us and we work hard to accomplish the mission which is to help bring people together and make their event happen," Frazier said. "Our direct impact is to cater to those needs and provide flawless continuity between the welcoming of new people while helping make every

person's function a success."

Additionally, in the upcoming months, members can expect upgrades to the facility and staff members will have new uniforms.

"Our intent is to furnish a friendly environment which is very customer-service oriented," Frazier said. "We believe in customers first, hard work always and satisfying our guests."

Mission's End is open for lunch from 11 a.m. to 1 p.m. and 4-9 p.m. for a night menu.

Hours are also driven by special functions and unit training assemblies.

For the most current information, log on to whitemanfss.com or search Mission's End via facebook, or call 660-687-4422.

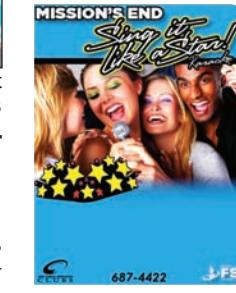
Mission's End Events:



Cook's Night Out • Thursdays 4-7 p.m.



\$2 Taco Tuesdays 5-9 p.m.



Karaoke The second & fourth Friday of every month 9 p.m. to 1 p.m.

Social Hour

Fridays -- Free food for members 4-7 p.m.

Bingo

Wednesdays and Fridays 5:30 p.m.

Members receive \$2 off menu items \$3 difference for special functions

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Have you heard of the 'Deadly Quartet'?

Courtesy of the TriWest Healthcare Alliance



You may have heard of musical quartets like the Beatles, R.E.M., or The Four Tops. But did you know that one particular quartet can be harmful to your health?

Known as the "four chronic conditions," or the Deadly Quartet, when this group of health issues comes together, the last thing you'll hear is music.

The first member of the Deadly Quartet is hypertension, better known as high blood pressure. If left untreated, high blood pressure can cause a stroke or heart disease. Strokes may lead to many other problems, including paralysis.

Heart disease is the number one killer of men and women in the U.S. High blood pressure often has no symptoms and should be checked yearly at your routine doctor visits.

The second member is high cholesterol. This condition, which may not trigger symptoms right away, increases "plaque" buildup in your arteries, especially in the heart. This buildup can cause a heart attack, and is also a major risk factor for heart disease. You can learn what your cholesterol numbers are through a simple blood test.

Next up is obesity. This bad boy will sneak up on you, tricking your mind into thinking your clothes are shrinking. However, a combination of unhealthy eating habits and lack of exercise are usually the real causes. Obesity strains your heart, joints and bones, and can cause other diseases common in adults, such as diabetes.

Obesity has become very widespread in chil-

dren, too. According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. youth and teenagers.

In addition, childhood obesity often carries into adulthood, causing high blood pressure, arthritis, sleep apnea and low self-esteem, among other problems.

The last member in the Deadly Quartet is diabetes, a major result of obesity. Diabetes is a disorder that causes your body to produce an inadequate amount of insulin.

It can also affect your heart and blood vessels, causing a decrease in blood flow and eventually the loss of a lower extremity ... even your eyesight.

Here's the good news: some simple lifestyle changes could help prevent, and even reverse, any of these conditions. Some changes to consider:

- * Eating more fruits and vegetables.
- * Consuming smaller portions. For example, a single serving of meat is about the size of your palm.
- * Eating more lean meats, such as chicken and fish.
- * Increasing regular physical activity. Just 30 minutes of walking a day, four or five days per week, can make a huge difference.

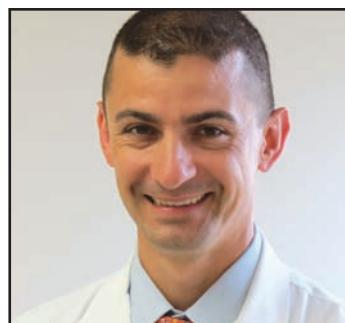
For more tips on living a healthy life, visit TriWest.com/HealthyLiving.

New Physicians Expand Your Health-Care Options.

Now you have more health-care options available to you with the addition of four new physicians in Sedalia. Bothwell Regional Health Center has attracted these exceptional doctors to serve our patients in Central Missouri. Each has a different specialty. All are committed to Exceptional Care.



Bryan Stringham, D.O., is an ear, nose and throat specialist who received his medical degree from the Kirksville College of Osteopathic Medicine. Dr. Stringham focuses on the diagnosis and treatment of injuries and diseases of the ear, nose and throat for adults and children. Dr. Stringham's office is located on the third floor of Bothwell Healing Arts Center, 3700 West 10th in Sedalia. To make an appointment call (660) 826-5226.



Josh Valtos, M.D., will practice cardiology with Dr. Henry Marquez at Missouri Heart Center on the second floor of the Bothwell Healing Arts Center. Dr. Valtos received his medical degree from Emory University School of Medicine and will specialize in the evaluation and treatment of heart and vascular disease, including diagnosis, invasive, and interventional procedures. To make an appointment call (660) 827-1771.



Christine Deeths, M.D., will practice family medicine, providing a broad range of primary care to family members of all ages. Dr. Deeths received her medical degree from the University of Missouri-Kansas City School of Medicine. Dr. Deeths is located at Bothwell Family Health on the second floor of Bothwell Healing Arts Center, 3700 West 10th in Sedalia. To make an appointment call (660) 827-2500.



Sigi Joseph, M.D., is a surgeon who received his medical degree from St. John's Medical College, Bangalore, India, and surgical degree from the Royal College of Surgeons in Edinburg, Scotland. Dr. Joseph will diagnose and provide surgical treatment of a wide variety of disease and traumatic injury. Dr. Joseph is located in the offices of Dr. Stuart Braverman and Dr. Jeff Wadley at 3300 West 10th in Sedalia. To make an appointment call (660) 827-0423.



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Whiteman newcomers off to a 'right start'



U.S. Air Force photo/Heidi Hunt

Senior Airman Brett Berry, 509th Bomb Wing civil law paralegal, addresses Right Start newcomers about the different services they provide. Right Start attendees receive briefings from several agencies on- and off base to help get them acclimated with base policy and familiar with the surrounding area.

By Heidi Hunt
509th Bomb Wing Public Affairs

Relocating to a new base can be overwhelming and a tedious process for Airmen, civilians and their families.

In an effort to help members with a smooth transition, Whiteman's Airman & Family Readiness Center, and the 509th FSS military personnel section, work together to support newcomers get off to a "Right Start" here.

Right Start is the wing commander's welcoming program to Whiteman AFB and is held every other Tuesday.

All incoming service members are required to attend within 30-days of in-processing the base, according to the Air Force Instruction 36-2103.

"The purpose is to help make the transition from their last base comfortable and easy," said Tech. Sgt. Laura Burton, 509th Force Support Squadron NCO in charge of the base INTRO program.

"The benefit for newcomers is that their briefings are in one central location instead of them driving all around the base," Burton said.

During Right Start, the wing commander and command chief welcome newcomers, and a comprehensive briefing is given about Whiteman's mission and heritage.

Also discussed are items of interest and base policies.

Goals also include helping newcomers get acclimated to the base, the local area and get them familiar with what the surrounding region has to offer, according to Sandi Williams, 509th FSS community readiness consultant.

Representatives from the education

center, local colleges, the base housing office, air force sergeant's association, the Warrensburg and Sedalia chamber of commerce and local banks are there to answer questions," Williams said. "Individuals are provided with all the information they could possibly want."

Following the briefings, newcomers are introduced to an information fair where agencies from both on-base and off-base provide material about the local area.

After the information fair, additional briefers are introduced from the following offices: safety, health, substance abuse, equal opportunity, sexual assault response coordinators, security forces, voting representative, civilian engineer fire prevention, inspector general, civil engineer preparedness and readiness, public affairs, legal office, finance transportation and the chapel.

"We aim to give newcomers the most pleasant and informative experience possible," Williams said.

Master Sgt. Brent Johnson, 509th Munitions Squadron NCO in charge of line delivery, said the benefit was two-fold.

"We received valuable information about the local area and completed mandatory briefings all in one place," said Johnson.

Right Start briefings are held at Mission's End from 7:30-11:30 a.m., and newcomers are strongly encouraged to bring their spouse.

According to Burton, newcomers will receive a one day liberty pass for bringing their spouse.

For more information, contact the A&FRC at 660-687-4153, or log on to facebook.com/whiteman.afrc.

For Whiteman AFB Right Start questions, call 660-687-6125.

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Military Appreciation Day: A "Show-Me" Salute to Veterans



Photo by Candy Knight

Staff Sgt. Alonzo Warner, 509th Civil Engineer Squadron Explosive Ordnance Disposal technician, explains the EOD mission to visitors during the 2012 Missouri State Fair's Military Appreciate Day, Aug. 12.



Photo by Candy Knight

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A member of the Patriot Guard Riders shows his patriotism during the 2012 Missouri State Fair "Military Appreciation Ceremony" Aug. 12. Members of the Patriot Guard Riders were in attendance to honor military members, both past and present. During the ceremony, veterans in attendance were recognized for their service beginning with WWII through current operations in Afghanistan.



Photo by Candy Knight

Staff Sgt. Donald Ross, 509th Civil Engineer Squadron Explosive Ordnance Disposal technician, shows a young visitor the EOD bomb suit helmet during the 2012 Missouri State Fair's Military Appreciate Day, Aug. 12.

Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, speaks to attendees at the 2012 Missouri State Fair "Military Appreciation Ceremony" Aug. 12. He addressed the strong bond between military veterans, both past and present, with the citizens of Missouri. He also spoke to the importance of deterrence. The ceremony concluded with a 'Remember the Fallen-Missouri Tribute,' which included the reading of the name of each Missourian military member who lost their life since 9/11.



Photo by Candy Knight

Tops in Blue captivates Whiteman



WARRENSBURG, Mo. -- Receiving a standing ovation, Tops In Blue end their show in uniform at the University of Central Missouri Aug. 9. The two hour concert was targeted for Whiteman Air Force Base service members and their families, but fans from the local communities were welcome also. Tops In Blue travel throughout the United States and to more than 20 countries during their 10-month tour each year.

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

The Air Force's premier entertainment ensemble, Tops in Blue, performed a free concert to a packed house of Whiteman Air Force Base community members and local fans at the University of Central Missouri, Aug. 9.

Col. Robert Spalding, the 509th Bomb Wing vice-commander, hosted the event, opening the show by thanking the local sponsors and the Tops in Blue for supporting the Whiteman community with entertainment for the night.

"I thought it was a great way for the Air Force to show its appreciation to the local community for all of their outstanding support," Spalding said. "In addition, all the Whiteman folks I spoke to loved the show."

Tops in Blue's primary mission is to perform for military personnel and their families throughout the world. For the past 59 years, these performers have promoted community relations, recruiting and served as ambassadors for the U.S. Air Force as they travel through 20

countries in a 10-month period performing approximately 130 shows.

The group is composed of 35 to 40 of the most talented vocalists, musicians, dancers and technicians in the Air Force. These Airmen, who come from a variety of career fields, always strive to put on a high-energy show. And according to one spectator, they pulled off what they strive for Aug. 9.

"It was a great show!" said Robert Kyser, a civilian employee with the 509th Logistics Readiness Squadron and a fan from Whiteman who has been to a decade worth of Tops in Blue performances. "It was the best performance I have seen in the past 10 years! The current music helped make the show really entertaining."

"Awesome!" the retired technical sergeant added.

"The show was phenomenal! The performers displayed high energy for almost two hours," Spalding agreed. "The tribute to Michael Jackson was really good and the "moon walking" made the crowd go wild! The mime act was a hit as well."

"Overall it was a great evening for music and fun," the host added.



Tops In Blue, the premier Air Force entertainment ensemble, performs at the University of Central Missouri Aug. 9. The show was a majority of song and dance, but the silent skit showed the entertainment team's talent and diversity.



Tops In Blue perform a rendition of Michael Jackson's "Thriller" at the University of Central Missouri Aug. 9. Tops In Blue travel throughout the United States and to more than 20 countries during their 10-month tour each year.

A Tops In Blue member performs a mime routine to Bruno Mars' "Grenade" at the University of Central Missouri Aug. 9.



A young spectator is entranced by a Tops In Blue performance at the University of Central Missouri Aug. 9.



Tech. Sgt. Tonie Marshall sings "Night Life" during a Tops In Blue performance at the University of Central Missouri Aug. 9. The two hour concert was targeted for Whiteman Air Force Base service members and their families, but fans from the local communities were welcome also.



Whiteman introduces Global Strike Challenge Team: 13th Bomb Squadron

Story and photos by
Senior Airman Montse Belleau
 509th Bomb Wing Public Affairs

Editor's Note: This is the second of a four-part series highlighting the Air Force Global Strike Challenge.

When the going gets rough, the president doesn't call Minot or Barksdale AFB, he calls Whiteman! This is according to the conventional load crew team compet-

ing in this year's Global Strike Challenge.

The 509th AMXS Conventional Load Team consist of Staff Sgt. Joe Allstott, load crew team chief, and weapons load crew members Staff Sgt. James Merrell, Senior Airman Michael Phillips, and Senior Airman Jordan Bland.

In 2010, Whiteman's loaders, led by Master Sgt. John Herndon, won the Fairchild trophy for best Bomb Wing, and he says he anticipates this year's team will

to do the same.

"We expect nothing but perfection from our members," he said. "I know they are ready to bring the trophy back to Whiteman."

The expectation of perfection from the load crew overseers has made the team confident they will win.

"Obviously Whiteman is going to win the Global Strike challenge because we are a national asset here," Bland said.

"We are hand-picked to load bombs on the B-2, so we already know that we are the best," Allstott said.

Allstott added that he is looking forward to seeing what the other competitors can do.

"We proudly serve America, we fight war for America here at Whiteman, we load bombs for global deterrence," Bland said. "We don't just load bombs for fun around here."



The weapons load crew team, loads a GBU-31v1 on a rotary launcher assembly, during a training exercise, Aug. 7. The team is assigned to the 13th Bomb Squadron.



Senior Airman Jordan Bland, 13th Bomb Squadron weapon load crew member, drives a MHU-83 to transport a GBU-31v1, Aug. 7, during an Air Force Global Strike Command challenge practice.



Senior Airman Jordan Bland and Senior Airman Michael Phillips prepare to load a GBU-31v1 on a MHU-83, Aug. 7 during an Air Force Global Strike Challenge practice. The Global Strike Challenge is designed to enhance readiness, teamwork, esprit de corps, mission pride and a competitive spirit.



Senior Airman Jordan Bland and Senior Airman Michael Phillips load a GBU-31v1 on a MHU-83, Aug. 7. The load crew team is preparing for the Air Force Global Strike Challenge.



Senior Airman Michael Phillips, 13th Squadron weapon load crew member, uses a Remote Control Unit to make adjustments to the MHU-83 table while loading. The team was part of a training exercise, Aug. 7, in order to be able to bring the trophy back to Whiteman.

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[www.whiteman.af.mil/shared/media/
document/AFD-120809-013.pdf](http://www.whiteman.af.mil/shared/media/document/AFD-120809-013.pdf)



TEAM WHITEMAN COMMUNITY

American Red Cross Volunteer Opportu-

nity 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 AFB Active Airmen Association program designed by Airmen to provide Whiteman personnel, with 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.

Whiteman AFB Domestic Abuse Victim

Advocate 24 Hour Emergency Crisis Line — Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line is available 24/7 for safety planning, support and referrals. Victim advocates can be reached during duty hours and for non-emergencies at 660-687-4341.

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.

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.

FAMILY ADVOCACY OUTREACH

Stress Management — Stress Management is a one-time, 90-minute session support group and is offered the first and third Friday of every month from 3-4 p.m. in the Airman & Family Readiness Center. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. To sign up, contact 660-687-4341.



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New instruction puts spotlight on standards, culture

By Tech. Sgt. Shawn J. Jones
Air Force Public Affairs Agency

JOINT BASE ANDREWS, Md. (AFNS)

-- When referencing fundamental standards, Airmen now have a single source: Air Force Instruction 1-1, Air Force Standards.

As one of the capstone acts of his 39-year career, Gen. Norton Schwartz, Air Force chief of staff, put his signature on the brand new instruction, which communicates in one document the required standards of conduct, performance and discipline expected of every uniformed Airman.

The instruction -- the first and only to be signed and certified by the chief of staff -- was preceded by Air Force Policy Directive 1, Air Force Culture, in which the secretary of the Air Force directed the chief of staff to develop and execute policy related to standards.

The new instruction is particularly noteworthy not because it offers many new standards, but because it consolidates many of the standards that had been spread among many separate instructions, officials said. In a single document, the instruction conveniently summarizes the expected standards of conduct for uniformed Airmen.

The intention for the instruction is to serve as a compass, providing a convenient overview of standards while directing Airmen to other instructions where more detailed information may be found, officials said.

Having a one-stop shop for standards-related guidelines, while not unprecedented, has long been absent in the Air Force. In fact,



U.S. Air Force graphic/Sylvia Saab

Air Force Instruction 1-1, Air Force Standards, was signed and certified recently. In a single document, the instruction conveniently summarizes the expected standards of conduct for uniformed Airmen.

the vast majority of the new instruction's initial content and structure were borrowed from the now outdated Air Force Regulation 30-1, Air Force Standards, which was not replaced in the early 1990s when Air Force instructions replaced Air Force regulations.

In December 2011, Schwartz directed the Air Staff to develop the new instruction. Much of the heavy lifting related to coordinating and drafting the instruction was performed by Scott Martin, a legal advisor on Schwartz's

senior air staff counsel.

"We needed to capture and consolidate the existing Air Force standards," said Martin, a 23-year veteran who retired as a colonel in 2010.

From cover to cover, the instruction counts 27 pages, broken into three chapters.

The first chapter, the Air Force environment, focuses on topics such as core values, customs and courtesies, force structure and diversity. According to the chapter overview,

the Air Force environment "encompasses the actions, values and standards we live by each and every day."

The second chapter focuses on standards of conduct, including sections on professional relationships, ethics, drug and alcohol abuse, and government neutrality regarding religion.

The instruction's final chapter addresses standards related to dress and appearance, physical fitness and government housing.

Martin said that while he borrowed a lot from the old regulation, it was incomplete for today's Air Force since so much had changed in the past two decades.

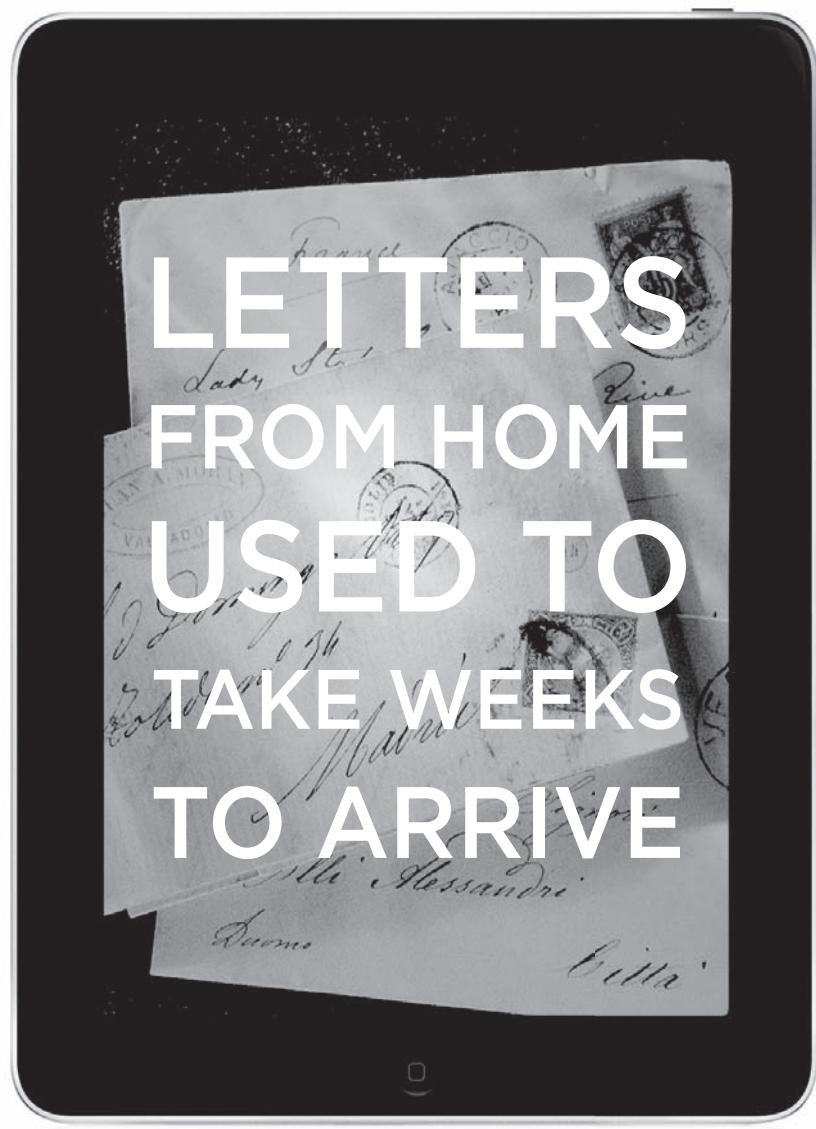
"We updated it and brought it up to the 21st century to address contemporary challenges that Airmen face," he said.

Some of those 21st century updates include standards related to relationships on social media, the wingman concept, resiliency, sexual assault prevention and response, tattoos and body piercing, and the Joint Ethics Regulation.

Martin said he expected the instruction to become a valuable resource for educating today's Airmen.

"If you have a young Airman who's not quite getting it, this will be a great tool for a mentoring session," he said. "Every Airman should periodically review these standards of conduct to assure he is living up to what the Air Force expects of him every day."

(Editor's note: AFI 1-1, Air Force Standards, and AFPD 1, Air Force Culture, can be found on www.e-publishing.af.mil.)



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MoDOT Day

- Enjoy MoFun in the Highway Gardens!
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SATURDAY, AUG 11

Pepsi Day

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- See specially marked cans for discount! (Pepsi cans not redeemable)

SUNDAY, AUG 12

Show-Me Salutes-Military Appreciation Day sponsored by I-Land Internet Services

Free gate admission today for active military, veterans and delayed entry recruits with appropriate I.D. \$1 gate admission today for immediate family members-spouse and dependent children, \$5 off carnival ride wristband today at Midway ticket booths with coupon available at admission gate

- Military Appreciation Ceremony – 2 pm, Mathewson Center

MONDAY, AUG 13

Farm Bureau/Farm Family Day

Celebrate Missouri Farm Families!

- Coupons and tractor pull discounts available at county Farm Bureau offices

DAILY HIGHLIGHTS

TUESDAY, AUG 14

Missouri Farmers Care Food Drive Tuesday, in cooperation with Ford and Missouri Farmers to benefit Missouri Food Bank Association

Save up to half off on gate admission today with canned food donations!

WEDNESDAY, AUG 15

Show-Me Bluegrass Festival

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Enjoy the sounds of bluegrass throughout the fair

Senior Appreciation Day

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Each adult and senior presenting a special Sedalia Democrat front page Fair banner today will receive \$2 off their gate admission

THURSDAY, AUG 16

Governor's, Legislators' and Judges' Day

- Governor's Ham Breakfast 8 am, Director's Tent

Thrifty Thursday

- \$4 gate admission all day, age 13 and over, \$1 age 6-12, kids 5 and younger free everyday!

NEW! Missouri Firefighters Appreciation Day

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FREE gate admission today for Missouri firefighters, EMTs and Paramedics, with appropriate I.D.

- Free fire helmets, first 1,000 kids under age 13, at Centennial Gate

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Missouri Electric Cooperatives/GIT-R-DONE Friday! GIT-R-DONE Tips to update your home for energy efficiency, MEC Building. Free CFL light bulb available today, while supplies last!

- NEW, \$5 off unlimited carnival ride wristband coupon good today only, coupon available in Rural Missouri magazine

SATURDAY, AUG 18

Youth in Agriculture Day

\$1 off gate admission today with coupon available at County Extension offices

- Sale of Champions 3 pm, Assembly Hall

SUNDAY, AUG 19

NEW! Celebrate Law Enforcement Day

FREE gate admission today for Municipal-County-State law enforcement with appropriate I.D. \$1 gate admission today for immediate family members – spouse and dependent children

Fair Finale/Half Price Day

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FEATURED EVENTS

SATURDAY 8/18

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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. For more information please call **687-5114**.

MONDAY 8/20

Seniors Bowling- 10am-1pm- Stars & Strikes
Seniors join us for bowling on Mondays from 10am-1pm for \$1 a game and \$1 shoes. Try our Seattle's Best Coffee, or wait around for lunch service and enjoy a "Cobra Basket" or an "A-10 Burger Basket". Call **687-5114** for more info!

WEDNESDAY 8/22

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FCC Orientation Class!

Receive training to become a licensed FCC provider on Whiteman AFB. The class is approximately one week long and runs from 8am-4pm. The classes are scheduled once 4 applications are received and there is need for new providers. Providers with chronic health problems are accepted. The program needs providers who are willing to care for infants and children during swing and evening shifts and children with special needs. Stop by the FCC office to grab an application. call us for more details at **687-5590**.

2012 WHITEMAN AFB YOUTH PROGRAMS MEMBERSHIP!
Join Today! AGES 3-18

\$60 ages 9-18
Free Daily Recreation
Discounted Fees for:
Sports
Instructional Classes
Fun Nights
Parent's Night Out!
Trips
Camps
* Over \$700 value in 2012 *

New For 2012 \$24 ages 3-8
Discounted Fees for:
Sports
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Fun Nights
Parent's Night Out!
* Over \$120 in discounts in 2012 *

JOIN EARLY & SAVE MORE!
Call **687-5586** or stop by the Youth Center, to join the 2012 fun!

YF Like us on facebook! **FSS** www.whitemanfss.com

Stop in the Youth Center to learn more about what's available for you and your children!

Check Out the Online Resources for Airman, AF Families, and the Base Community



Access these resources @ the Library, desktop, from home or mobile apps!

**Tuesday Aug. 28, Sept. 11 & 25, 2012
4:30-5pm
at the Library Meeting Room**

Stop by the Library for an overview of a wide variety of online resources available to you for your professional and personal development. Your library card provides you access to e-books, e-audio books, academic/school databases accessing thousands of full text journals; foreign language learning & cultural awareness resources; and test preparation resources

Overview will include accessing the ACC/AFSOC/AFGSC Information Center for Mission and Education via the AF Portal

- On the Job
- College/University Research
- Foreign Language Learning & Cultural Awareness
- Personal/Career Development
- Test Preparation and Practice Tests
- K-12/Homeschooling Resources

Like us on **Facebook** at Whiteman AFB Library

Air Force Services Library Information System

687-5614

FORCE
SUPPORT SQUADRON
www.whitemanfss.com

See what's available from our Whiteman AFB Library!

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

This Weekend at the Movies

The Amazing Spiderman • Saturday, 7 p.m. • Rated PG-13 • 136 Minutes

Andrew Garfield, Emma Stone, Rhys Ifans, Denis Leary -- Peter Parker finds a clue that might help him understand why his parents disappeared when he was young. His path puts him on a collision course with Dr. Curt Connors, his father's former partner.

Madea's Witness Protection • Sunday, 3 p.m. • Rated PG-13 • 104 Minutes

For years, George Needleman, the gentle CFO of a Wall Street investment bank, has been living with his head in the clouds. But George is finally forced to wake up when he learns that his firm, Lockwise Industries, has been operating a mob-backed Ponzi scheme -- and that he's been set up as the fall guy. Facing criminal charges and death threats from the mob, George and his entire family are put under witness protection in the safest place that Brian, a federal prosecutor from Atlanta, can think of... his Aunt Madea's house.

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.



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03 Neon 4 Cyl., 4 Dr., AT, Air.....	\$3,495
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98 Mustang GT Convertible....	\$4,895
99 Dakota V-6, AT, Air.....	\$3,895
03 Mitsubishi 4 Cyl., AT, Air.....	\$2,895
95 Mustang Convertible V-6, Air, STK....	\$2,895
97 Dodge 1/2 Ton V-8, AT, Air....	\$2,795
99 S-10 X-tra Cab 4 Cyl., AT, Air.....	\$2,895
09 Chevy Silverado LTZ 4x4 BANK FINANCE	\$26,500
00 Buick Lesabre V-6, Air.....	\$2,995

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Integrity First

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Excellence In All We Do

Air Force Ball Golf Tournament

HOLE IN ONE CHALLENGE
\$600 CASH PRIZE

PRIZES FOR TOP THREE WINNERS:
FIRST PLACE TEAM RECEIVES \$300

OTHER COMPETITIONS LIKE CLOSEST TO THE PIN, LONGEST DRIVE & LONGEST PUTT

Royal Oaks Golf Course - Whiteman AFB
Fee includes greens fee, golf cart, and golf balls
Four person teams and singles are welcome
Aug 30, 2012 @ 8:00AM - SHOTGUN START

\$5 MULLIGANS!
Register by 29 Aug
\$55 PER PLAYER

The Military Ball Is Coming!

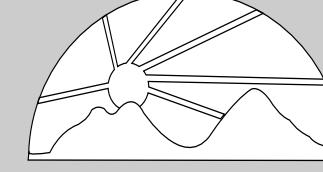
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Welcome To

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

Professional Women's Organization—1st Mon. of each month - Basement of City Hall
Lion's Club—2nd & 4th Mon. 7 p.m. - Jubilation Center
Chamber of Commerce—2nd Thurs. of each month.
Call Pam Thompson @ 563-3398 for more info.
Masons—2nd & 4th Thurs. 7:30 p.m. - Knob Noster Masonic Lodge AF & AM
Garden Club—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

LOCAL ACTIVITIES

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
Cub Scouts - Pack 405 Bill Sander 687-1154
Cub Scouts - Pack 509 Methodist Church
Girl Scouts - Jo Ellen Elwell 563-3514
Freedom of the Road Riders, Local 33 - 3rd Sun. 1 p.m. - AMVETS Building

ALTERATIONS

Kim's Alterations

Professional Tailoring And Alterations

Military, Formal Wear, Wedding Dresses, Suits • M-F 9:30 am to 5:30 pm
114 N. St • Downtown Knob Noster • 660-563-6868

BANKS

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On-line banking • 24 Hr. ATM • Check out our Spirit Account for military personnel
200 N. State St. • 563-3011 • www.fcbankonline.com

CHRISTIAN BOOK STORE

The Sparrow's Nest Christian Book & Gift Shop

110 N. State St. • Downtown Knob Noster • 660-563-7777
Serving Him by serving you. Full Line Christian Book Store, Proverbs 3:5-6
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Michael Hanna, D.D.S.

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FITNESS

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Classes Monday-Saturday • For details: www.studioarriba.com

FLEA MARKET & ANTIQUES

The Strawberry Patch

Individual Booth Spaces - Large Variety of Unique Items
Hours: Mon.-Thurs. 10am - 5pm, Sat. 10am-3pm

108 N. State St., Downtown Knob Noster 660-563-3944

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The Largest Salon in Knob Noster

Military Cuts, Perms, Colors, Highlights, Nails, Body Wraps, Tanning, Waxing & Ear Piercing

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Quality Rooms • Affordable Rates • Conference Room • Coin-Op Laundry

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103 N. State St. - Knob Noster • 660-563-5795 • 1-800-582-5662
Fresh Cut Flowers • Arrangements & Specialty Items
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Tea Room - Antique & Gift Shop

Fresh Baked Goods, Soups, Salads & Sandwiches • Lunch Served 11 am - 1 pm Mon.-Sat.
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Dutch Kountry Market

Open 7 days a week Bulk food • Spices • Crafts • Furniture
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VETERANS ORGANIZATION

VFW - Post 4195

All You Can Eat Breakfasts 3rd Saturday of the Month Just \$6.00
Bingo Every Wed. @ 6:45 pm
56 NE Hwy. D ~ Knob Noster • 563-6211

The Ideal Climate For Your Growing Business.

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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**

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.
10. Free yard sale ads are for active-duty, guard, reserve and retired military members living on or off base. People who live on base must have their yard sale approved by the housing office first.
11. The deadline for placing new ads, canceling or making changes to ads is 10 a.m. Friday, one week before desired publication.
12. Ads that don't meet these guidelines will not run. Free advertising is a privilege extended to you by the publisher, and your cooperation is greatly appreciated. Submissions do not guarantee publication. Publication is on a space available basis.

Services Offered	69	Help Wanted	90	Help Wanted	90	Misc. For Sale	135	Apartments For Rent	207	Houses For Sale	249	Automobiles	300
PCSING? MOVING? Guaranteed Stress-Free Finals! Covering everything inside & out for over 18 years! Painting, oil stains, trash/recycle, yard work. Short notices possible. Only 1 day needed! Call "The Final Touch" 660-233-3327 Not sure what to do?? We give free estimates!		Food Service				INTERACTIVE INDOOR bike trainer, softrac roller, travel trac adjustable inertial trainer-brand new. \$150. 660-619-0269, sa		DEERBROOK APARTMENTS 710 A. Deerbrook Circle Knob Noster Mo 1 & 2 BR Apartments 3 BR 2 bath Duplexes 2 miles from the Air Force Base Pool, On-site Laundry and Storage Available. management@deerbrookapartments.com Call 660-563-3518		5 BR 2.5 BATH New carpet, fenced yard, 3 decks, big pool, 2-car garage, located just minutes from Base in the desirable Villages of Whiteman. Must see! Call 660-233-3179 or 2553. Priced to sell!! sa		ENERGY-EFFICIENT 4 BR, 2 bath ranch in Warrensburg. Tankless water heater, new air conditioning & more. \$134,900. Call 660-909-9555.	
The classifieds are the perfect place to target local buyers. Place your ad today, and watch the bucks fly your way! 826-1001		Graphic Design Position The Sedalia Democrat, leader in news and information for mid-Missouri, is seeking a Graphic Designer for our print and online publications.		THE CHANGE JAR Consignment Boutique Shop us for your Back-to School Wardrobe! 617 S. Maguire Warrensburg Mon-Fri 10-6 Sat. 10-5 660-747-8419		FRESH LOCAL PRODUCE Tomatoes, Peppers, Onions, Cucumbers, Watermelon, Canteloupe, Missouri Peaches. Ask about case prices for custom canning. Mast Greenhouse, Mon.-Sat. 3 miles north of Windsor on WW, left 3/4 mile on 1100 Road. Watch for sign.		FIRESIDE REALTY TONY R. KENDRICK Owner/Broker FOR SALE OR RENT 1,2,3,4,5 Bedroom, Various Floor Plans. Call for Availability 211 E. Russell • Warrensburg 660-747-5353 www.firesiderealty.com		Chrysler 2000 Town & Country LX mini van: 1-Owner, very good condition, 180K miles, new air-conditioning, \$3650. Call (660)422-1143			
Daycare Centers 84	Daycare Centers 84			To apply for this full time with benefits position, send your resume to: phunting@sedaliademocrat.com					Vans 306				
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Options shown.

NEW 2012 PRIUS LIFTBACK

(Excludes Prius C., Prius V, & Plug In)



0% APR FINANCING² OR **\$269 PER MO. LEASE ON PRIUS LIFTBACK¹²**

36 mos with \$27.78 per \$1000 borrowed

36 mos with \$2,400 due at signing.
Excludes taxes and fees.^{**}

NEW 2012 CAMRY

(Excludes Camry Hybrid)



35 HIGHWAY MPG RATING¹

1.9% APR FINANCING² OR **\$189 PER MO. LEASE ON CAMRY LE⁴**

60 mos. w/\$17.92 per \$1000 borrowed

24 mos with \$2,889 due at signing.
Excludes taxes and fees.^{**}

NEW 2012 HIGHLANDER

(Excludes Highlander Hybrid)



0% APR FINANCING² OR **\$750 CASH BACK³**

60 mos with \$27.78 per \$1000 borrowed

\$309 PER MO. LEASE ON HIGHLANDER SE V6 4WD⁵36 mos with \$3,545 due at signing
Excludes taxes and fees.^{**}

NEW 2012 SIENNA

(Excludes Matrix)



0% APR FINANCING² OR **\$750 CASH BACK³**

60 mos with \$16.67 per \$1000 borrowed

\$319 PER MO. LEASE ON SIENNA SE V6⁶36 mos with \$2,970 due at signing
Excludes taxes and fees.^{**}

NEW 2012 TUNDRA



0% APR FINANCING² OR **UP TO \$4000 CASH BACK³**

60 mos with \$16.67 per \$1000 borrowed

PLUS GET \$1000 BONUS CASH⁷\$239 PER MO. LEASE ON TUNDRA DOUBLE CAB 4x4 V8⁸36 mos with \$3,056 due at signing
Excludes taxes and fees.^{**}INCLUDES \$3000 LEASE BONUS CASH⁹

NEW 2012 RAV4

(Excludes Matrix)



0% APR FINANCING² OR **\$750 CASH BACK³**

60 mos with \$27.78 per \$1000 borrowed

\$209 PER MO. LEASE ON RAV4 4-Cyl. 2WD¹⁰36 mos with \$2,265 due at signing
Excludes taxes and fees.^{**}

NEW 2012 COROLLA

(Excludes Matrix)



0% APR FINANCING² OR **\$500 CASH BACK³**

60 mos with \$16.67 per \$1000 borrowed

\$169 PER MO. LEASE ON COROLLA LE⁹36 mos with \$1,791 due at signing.
Excludes taxes and fees.^{**}

NEW 2012 AVALON



0% APR FINANCING² OR **\$500 CASH BACK³**

60 mos with \$27.78 per \$1000 borrowed

\$389 PER MO. LEASE ON AVALON LTD.¹⁰36 mos with \$3,643 due at signing.
Excludes taxes and fees.^{**}

ToyotaCare

And to make these great deals even better, every Toyota comes with Toyota Care¹¹ featuring a complimentary maintenance plan with road side assistance.

Visit Town & Country Motors today! Offer ends 9/04/12.

Options shown. Camry prototype shown. Production model may vary. Offers end 9/04/12. Offers may vary by region. See participating dealer for details. 1 2012 EPA-estimated 25 city/35 highway/28 combined mileage for Camry 4-cyl. Actual mileage will vary. 2 APR financing with approved credit from Toyota Financial Services. Example based on new 2012 Camry (Excludes Camry Hybrid). 3 2012 Lincoln Navigator, 2012 Ford Taurus, 2012 Honda Accord, 2012 Toyota Camry, 2012 Toyota Corolla, 2012 Toyota Prius, 2012 Toyota RAV4, 2012 Toyota Highlander, 2012 Toyota Sienna, 2012 Toyota Venza, 2012 Toyota Matrix. Cash Back is provided by Toyota Motor Sales to eligible customers who finance or lease through an unaffiliated finance company. 4 2012 Lincoln Navigator, 2012 Ford Taurus, 2012 Honda Accord, 2012 Toyota Camry, 2012 Toyota Corolla, 2012 Toyota Prius, 2012 Toyota RAV4, 2012 Toyota Highlander, 2012 Toyota Sienna, 2012 Toyota Venza, 2012 Toyota Matrix. Cash Back is provided by Toyota Motor Sales to eligible customers who finance or lease through an unaffiliated finance company. 5 2012 Toyota Highlander. 6 Lease a new 2012 Camry (Excludes Camry Hybrid) for \$169 a month for 24 months with \$2,889 due at signing which includes \$1,600 down payment, \$650 acquisition fee and \$0 security deposit. Example based on model #6953. Base MSRP including freight is \$24,025. Monthly payments include first month's payment, \$2,586 down payment, \$650 acquisition fee and \$0 security deposit. 7 2012 Toyota Highlander SE V6 4WD (Excludes Highlander Hybrid) for \$319 a month for 36 months with \$3,545 due at signing which includes first month's payment, \$2,612 down payment, \$650 acquisition fee and \$0 security deposit. Example based on model #2532. Base MSRP including freight is \$24,025. Monthly payments include first month's payment, \$2,612 down payment, \$650 acquisition fee and \$0 security deposit. 8 2012 Toyota Tundra Double Cab 4x4 V8. 9 2012 Toyota Corolla LE. 10 2012 Toyota Avalon LTD. 11 Toyota Care. 12 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 13 2012 Toyota RAV4 (Excludes RAV4 4-Cyl. 2WD). 14 2012 Toyota Corolla (Excludes Matrix). 15 2012 Toyota Camry (Excludes Camry Hybrid). 16 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 17 2012 Toyota Corolla (Excludes Matrix). 18 2012 Toyota Camry (Excludes Camry Hybrid). 19 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 20 2012 Toyota Corolla (Excludes Matrix). 21 2012 Toyota Camry (Excludes Camry Hybrid). 22 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 23 2012 Toyota Corolla (Excludes Matrix). 24 2012 Toyota Camry (Excludes Camry Hybrid). 25 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 26 2012 Toyota Corolla 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103 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 104 2012 Toyota Corolla (Excludes Matrix). 105 2012 Toyota Camry (Excludes Camry Hybrid). 106 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 107 2012 Toyota Corolla (Excludes Matrix). 108 2012 Toyota Camry (Excludes Camry Hybrid). 109 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 110 2012 Toyota Corolla (Excludes Matrix). 111 2012 Toyota Camry (Excludes Camry Hybrid). 112 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 113 2012 Toyota Corolla (Excludes Matrix). 114 2012 Toyota Camry (Excludes Camry Hybrid). 115 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 116 2012 Toyota Corolla (Excludes Matrix). 117 2012 Toyota Camry (Excludes Camry Hybrid). 118 2012 Toyota Prius (Excludes Prius C, Prius V, and Prius Plug-In). 119 2012 Toyota Corolla (Excludes Matrix). 120 2012 Toyota Camry (Excludes Camry Hybrid). 121 2012 Toyota Prius (Excludes Prius C, 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