

WARRIOR

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Bioenvironmental Flight: to detect and protect

U.S. Air Force photo/Heidi Hunt

Staff Sgt. Aimee Stark, 509th Medical Operations Squadron bioenvironmental engineer, uses a SAM-940 radiation alert device during a routine equipment check Oct. 3. The device is used to detect radiation sources and different types of isotopes. For more photos, see pages 8 and 9.

The Commander's Access Channel is available on channel 97 (on-base only). The channel provides base-related news, weather and force protection conditions.

ON THE INSIDE

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WEATHER

Today	Saturday
Mostly Cloudy	Thunderstorms
Hi 63	Hi 79
Lo 48	Lo 58
Sunday	Monday
Sunny	Sunny
Hi 71	Hi 74
Lo 57	Lo 49

Courtesy of National Weather Service

October is Breast Cancer Awareness Month

By Maj. Aimee Alviar
509th Medical Group
Women's Health Nurse Practitioner

According to the American Cancer Society, about one in eight of women in the United States will develop invasive breast cancer during their lifetime.

According to the American Cancer Society, an estimated 226,870 new cases of invasive breast cancer will be diagnosed among women, as well as an estimated 63,300 additional cases of InSitu Breast Cancer this year. In 2012, approximately 39,510 women are expected to die from breast cancer.

The sooner you detect breast cancer, the better your chance of survival. A mammogram is one of the best ways to detect it early enough for successful treatment. You can discuss when you should start mammogram screening with your provider at the 509th Medical Group here at Whiteman Air Force Base.



woman with this disease.

Many women may have risk factors that they cannot change such as aging, genetic risk factors, family history, or their race/ethnicity. However, there are lifestyle-related factors within a woman's control that can decrease the incidence of breast cancer.

The importance of finding breast cancer early

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms.

Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the outlook of a

Alcohol

Consumption of alcohol is clearly linked to an increased risk of developing breast cancer. The risk increases with the amount of alcohol consumed. Compared with non-drinkers, women who consume one alcoholic drink a day have a very small increase in risk. Those who have two to five drinks

daily have about 1.5 times the risk of women who don't drink alcohol. Excessive alcohol use is also known to increase the risk of developing cancers of the mouth, throat, esophagus, and liver.

Smoking

Smoking tobacco has shown to increase the risk for breast cancer. Even being exposed to second-hand smoke has shown in increased risk for breast cancer in some studies.

Being overweight or obese

Being overweight or obese after menopause has been found to increase breast cancer risk. Before menopause your ovaries produce most of your estrogen, and fat tissue produces a small amount of estrogen. After menopause, most of a woman's estrogen comes from fat tissue. Having more fat tissue after menopause can increase your chance of getting breast cancer by raising estrogen levels. Also, women who are overweight tend to have higher blood insulin levels and higher insulin levels has also been linked to some cancers, including breast cancer.

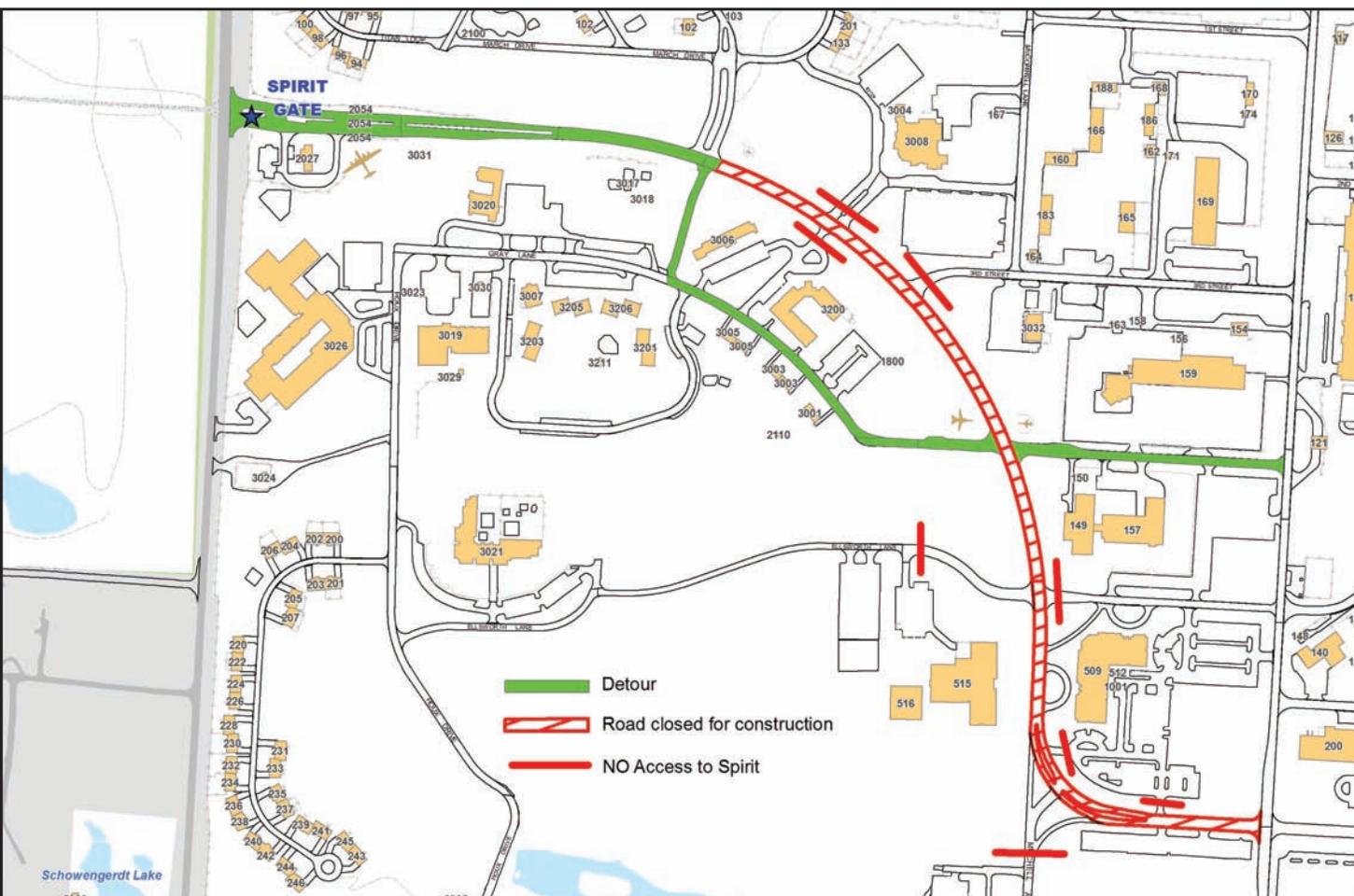
However, the connection between weight and breast cancer risk is complex. For example, risk appears to be increased for women who gained weight as an adult but may not be increased among those who have been overweight since childhood. Also, excess fat in the waist area may affect risk more than the same amount of fat in the hips and thighs. Researchers believe that fat cells in

See Awareness, page 10

Spirit Boulevard road closure begins Monday

Whiteman Community,
Spirit Boulevard -- from Travis Lane to Vandenberg Avenue -- is closed beginning Monday for pavement maintenance. This section is closed until Oct. 20. Traffic will be detoured, see map below. Please drive carefully around the construction area. Flaggers will

direct traffic when crossing Spirit Boulevard through the detour. Use alternate routes where possible Thank you for your patience as we improve our base infrastructure. For more information, contact Paul Day, 509th Civil Engineering Squadron, at 687-6388 or Jerry Whitford at 687-7761.



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.

NEWS BRIEFS

Clinic Closure

The Whiteman Medical Clinic will close at 4 p.m., Oct. 31 for an official function.

Knob Noster School District Survey

The Knob Noster School District leadership, to include the Knob Noster High School, Middle School, Elementary School, and Whiteman Elementary School, is seeking parental feedback on the district's long-range facilities planning efforts.

Individuals wanting to provide feedback should plan to attend one of the following sessions:

- **Wednesday, 6 p.m.**, Jubilation Center
- Methodist Church

- **Nov. 28, 6 p.m.**, First Baptist Church

Individuals who cannot attend one of the above opportunities can still provide feedback by taking an online survey at the following link: <http://www.zoomerang.com/Survey/WEB22GGKQT69UK>

Found property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at (660) 687-5342.

BBC Lifeworks

Join us for an event! All events are free and open to all military personnel and families. Events held at the Lifeworks House, 245 Selser. Don't forget to like us on Facebook: [facebook.com/whitemanhomes](https://www.facebook.com/whitemanhomes).

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.

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

Air Force Accepting Prior Service Applicants

Have you previously served as an enlisted member in the Air Force or other branch of the U.S. military? If so, and you were honorably discharged and have been out of the service less than six years, you may be eligible to serve in the U.S. Air Force. The Air Force is currently seeking individuals to serve in their previous job or to possibly retrain. To learn more, contact your local Air Force recruiter, call 1-800-423-USAF or visit airforce.com and speak live with an Air Force adviser.

For more news briefs, visit <http://www.whiteman.af.mil/news/announcements/index.asp>

Top 3 selects its MVP



U.S. Air Force photo/Senior Airman Cody H. Ramirez
Airman 1st Class Zion Hackler-Lopez, 509th Munitions Squadron, accepts the Top 3 Most Valuable Player award for September at Whiteman Air Force Base Oct. 5. The award was given to Hackler-Lopez for her dedication to her squadron through event planning and photo support in addition to her regular duties.

Prescription Drug Abuse is illegal

By James Taylor

509th Bomb Wing Demand Reduction

A growing problem in the United States is prescription drug abuse. When you use prescription drugs for something other than their prescribed use, that's abuse - whether you do it one time or one hundred times. The National Institutes of Health estimates that approximately 20 percent of the population have used prescription drugs for non-medical purposes.

Prescription drug abuse, especially among teenagers, is second only to marijuana use. Teenagers are not the only group at risk for painkiller abuse.

Here are some more facts about prescription abuse:

- About 1 in 5 teens gets high by abusing painkillers.
- 2,500 teens abuse prescription drugs for the first time each day.
- Though men and boys are far more likely to abuse street drugs, women and teenage girls are more likely to abuse prescription drugs, partly because painkiller abuse is more socially acceptable than street drug use.
- Women are more likely than men to end up in the emergency room or a drug treatment program due to abuse of prescription drugs.
- Men generally abuse drugs for the feelings of pleasure, while women are more likely to do so to get a perceived release from their problems
- Though older adults make up just 13 percent of the U.S. population, they get about 33 percent of the prescription medications.
- Experts predict that abuse of prescription drugs among older adults will increase by 190 percent by 2020.

Dramatic changes in behavior

Some with a prescription drug abuse problem shows signs of it in their behavior. Dramatic changes in behavior should be examined. Prescription drug abuse can cause withdrawal from one's social life. Addicts withdraw from activities they used to enjoy and often become reclusive. Dramatic drops in grades at school, or in performance at work, may indicate an addiction to prescription drugs.

Addicts may also become moody. Abrupt mood swings on a regular basis could point to prescription drug abuse. Be careful, though. An outburst on rare occasions is not abnormal for many, especially for teenagers. Watch for increasing frequency in moodiness and for an increase in violence. Increased annoyance, secrecy, paranoia and irritability can also be signs of a prescription drug abuse.

Continued use of the prescription drug

If someone has been taking a prescription drug for a long time, without seeming to improve in condition, it could be a sign of prescription drug abuse. Someone addicted to prescription drugs may fake symptoms in order to continue receiving medication. Another indication is if the user keeps switching doctors. This may be a ploy to get extra prescriptions. Another warning sign is an increase in the amount of the prescription drug taken.

Dramatic changes in appearance

Prescription drug abuse can lead to dramatic changes in appearance. Sudden weight loss is one of the most common manifestations of this. A loss of appetite preceding the weight loss is especially telling. However, if you notice a change in grooming and hygiene, that can also be a sign of prescription drug abuse. Prescription drug addicts eventually stop taking proper care of themselves. You may notice that a friend, relative or child stops bathing as often, or pays little attention to the neatness and cleanliness of clothes and hair.

Presence of drug related paraphernalia

Do you notice that there are more empty bottles in trash cans? Is a bottle of pills always with the other person? The presence of drug related paraphernalia could be an indication of prescription drug abuse. Also, keep track of your own medications. If you seem to be going through them at a faster than normal pace, it could mean that someone you know is stealing them for "recreational" purposes - or even to sell to others.

Even though it is not a prescription drug, the DXM found in

See Abuse, page 10

Active-duty Airmen can pass education benefits to dependents

By Debbie Gildea
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- More than 86,000 active duty Air Force members have transferred Post 9/11 GI Bill education benefits to dependent family members since the benefit transfer program was implemented in August 2009.

However, many who did so were unfamiliar with the process and ended up in a difficult situation, while others want to transfer benefits but hesitate to do so because of commitments that come with the program.

Understanding how the transfer of education benefits program works starts with understanding who is eligible for Post 9/11 GI Bill benefits, said Master Sgt. Joseph Cummings, AFPC education services advisor.

Anyone on active duty for at least 90 days from Sept. 9, 2011, through today (with honorable service disposition) is eligible for Post 9/11 GI Bill benefits. Benefit amounts vary depending on how long a member served after 9/11, and what kind of education they seek (e.g., undergraduate degree, graduate degree or certification program). Members have 15 years after retirement to use their benefits.

Being eligible for Post 9/11 GI Bill benefits, however, does not mean an Airman is eligible to transfer those benefits.

The Air Force program is tied to retention, so only those on active duty after Aug. 1, 2009, are eligible for transfer of education benefits. In addition, Airmen must have at least six years of service (active duty and/or selected Reserve) as of the date of election, and they must agree to

an additional four-year active duty service commitment, said Cummings.

"We frequently get applications from members who are about to retire, but that could be too late unless you are willing and able to commit to another four years," said Cummings. "Eligibility is an issue because if you're approaching your high year of tenure, you may not be able to commit to four more years. Advance planning is critical."

Eligible members who want to transfer their benefits must also understand the application process and ensure they accomplish required tasks on time.

"Some people thought they applied, but they didn't sign the statement of understanding, so their application didn't go through," Cummings said. "Others didn't follow through on Total Force Service Center instructions within the 14 day window and their application expired. Some applicants never received their instructions from the TFSC because their email address was wrong."

"When you apply, it's important that you double check all the information to ensure it's accurate and follow the instructions you receive from the TFSC," Cummings said. "If you don't get approval confirmation from the TFSC, you may have missed something in the instructions."

Another common problem occurs for applicants who transfer all of their benefits to a single dependent.

Benefits are transferred in month increments, so an Airman with 36 months of education benefits can transfer all 36 months to a single dependent, equally among all dependents,

or only a month to each, as they choose. Then, if something in their life changes, they can adjust the number of months each dependent receives.

"If you transfer all your benefits to one child and that child chooses to not use them for whatever reason, you won't be able to transfer them to anyone else," Cummings said. "Your only option will be to retrieve your benefits and use them yourself, which you can always do later anyway. If you want to make sure one of your dependents can later use the benefit, you probably need to make sure when you apply for the program that you transfer at least one month to each dependent."

Many Airmen who intend to use the benefit themselves after they retire or separate don't apply for transfer of education benefits. In some cases, Cummings said, that has sad consequences.

"We get calls from Mortuary Affairs at Dover (Air Force Base, Del.) sometimes. It's already a sad situation if Dover's calling, but it's really heartbreaking if a member who died didn't transfer any benefits to a dependent," he said. "You know, you can always retrieve the benefits for yourself later, but if you aren't here later, it's too late to for your dependents to be able to use your benefits."

Members who transfer benefits and voluntarily separate before completing the four year commitment may have to repay the government for any benefits already used by their dependents, and dependents would not be able to use the remainder of the benefits, so members who plan to separate or retire should carefully consider the implications before applying for transfer of educational benefits. However, trans-

fer of educational benefits is a perfect opportunity for members who plan to reenlist or make the Air Force a career, said Cummings.

"If you're planning to stay in for the next four years or more anyway, then the active duty service commitment isn't really a factor," he said. "Plus, if something happens that prevents you from fulfilling that commitment, like a medical discharge, your dependents will likely still be able to use the transferred benefits and you won't have to repay the government for benefits they already used."

Eligible Airmen can apply for transfer of educational benefits through the MilConnect web site at www.dmdc.osd.mil/milconnect, or through the virtual MPF self-service actions section, accessible via the myPers web site or the Air Force Portal.

"If you decide to apply, remember that all actions including submitting the signed statement of understanding must be accomplished within 14 days of applying. If you don't complete all actions, your application will be rejected and you will have to start over later," Cummings said. "And, ADSC dates are not retroactive to the first application attempt, so if you decide to reapply a year later, that's when your service commitment will begin."

For more information about the Post 9/11 GI Bill and transferring education benefits, go to myPers at <https://mypers.af.mil> and enter "Post 9/11 GI Bill" or "9083" in the search window. Information is also available at the MilConnect website under the frequently asked questions tab. Potential applicants can also send questions to Cummings and the AFPC education services team at afpc.dpsitedu@us.af.mil.

DOD implements new flight cancellation policy for travelers



By Army Sgt. 1st Class
Tyrone C. Marshall Jr.
American Forces Press Service

WASHINGTON (AFNS) -- The Defense Department is working with airlines to implement a new flight cancellation policy that will affect air travel for temporary duty travelers, a Pentagon official said Sept. 27.

Andrea Carlock, chief of the program management branch, which serves as part of the Defense Travel Management Office, discussed the genesis of these changes and the potential impact on DOD travelers.

"Effective Oct. 1, any authorization that has airline reservations associated with it will be canceled if not approved and ticketed at least 72 hours prior to the scheduled flight departure," she said.

"Airlines expressed to GSA, as the program manager, that many of our government travelers were making reservations and were not canceling those reservations," Carlock explained. "Because of the lack of cancellations [for] those reservations, the airlines were losing money. So with that, GSA implemented this new policy."

According to Carlock, the new policy governs the time requirements for travelers

and authorization officials to make and approve arrangements for flights before travel occurs.

"The government employee needs to keep in mind that when you make a reservation, be it through [Defense Travel System] or the Commercial Travel Office ... you're doing just that ? making [a] reservation," she said. "If your approving official does not approve that authorization, that ticket cannot be issued," Carlock said. "So it could impact your mission and it could increase the cost of travel."

"How could it impact your mission?" she continued. "You could get to the airport and there are no more flights available for that particular timeframe."

Or it could increase costs, Carlock said, if the original flight was booked in a lower class of service and now only a higher class is available. This could generate increased costs to the department if authorizations aren't approved and ticketed in a timely manner.

Carlock explained requirements for short notice travel that service members and their authorization officials should be aware of. "If you're going TDY on short-notice travel,

See DOD, page 10



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From the Frontlines: Staff Sgt. Michael Warren

By Senior Airman Cody H. Ramirez
509th Bomb Wing Public Affairs

“We are done for!” he said. “You’re all going to die!”

This shout wasn’t called during a fire fight in Afghanistan. It wasn’t heard while watching a Hollywood war movie. Instead, the insistent warning of inevitable death came from a mental health patient on an aeromedical flight.

“It was different, but you got used to it,” said Staff Sgt. Michael Warren, 509th Medical Operations Squadron mental health clinic non-commissioned officer in charge, who recently deployed to Landstuhl, Germany.

Working in the Landstuhl Regional Medical Facility from Dec. 30, 2011 to May 28, 2012, about 15 miles from Ramstein Air Base, Warren had two main duties. He was a member of the in-patient psychiatric ward staff and a medical attendant on air-medical flights.

Warren found himself working the night shift in the psych ward for his day-to-day operations, typically working 14-hour days while personally caring for five patients. He periodically checked on each patient throughout the night and woke them up each morning to help start their day, but Warren said communication was the most important part of his care.

Each shift Warren would conduct simple face-to-face interviews with each patient to ensure they were mentally stable and not considering suicide or homicide.

“I would ask the patients about their day; if they were thinking of harming themselves or others; if they were having hallucinations,” Warren said. “It was a pretty informal system of small conversation and



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

Staff Sgt. Michael Warren, 509th Medical Operations Squadron mental health clinic NCO in charge, deployed to Landstuhl, Germany from Dec. 30, 2011 to May 28, 2012. He worked in the Landstuhl Regional Medical Facility as an in-patient psychiatric ward staff member and a medical attendant on aeromedical flights.

taking medical notes for documentation.”

Patients would set goals for each day, and with the help of Warren, achieve them. This led well into group therapy, according to Warren, when he would inquire about the progression of goals and talk with the patients as a unit.

The patients were made up of local service members from countries such as Spain, Germany and Italy, and troops from downrange.

“The ones coming from down range came to us only if they weren’t able to function, so they weren’t necessarily suicidal or homicidal, but the stress and/or anxiety experienced at their [deployed] locations made it difficult for them to

function,” Warren said. “The impact that Afghanistan has on some of our deployed service members is not only physical, but mental.”

While patients from local European-hosted bases would go back to their units, most patients from downrange were housed in Landstuhl for typically a week, before being transported to a medical facility in the U.S., according to Warren.

“If they were ever unstable enough to leave downrange, they always went back to the states,” Warren said. “We never wanted to take the risk” of sending them back downrange, even if the individuals seemed healthy at the time. It’s important for individuals to fully recover and learn

to cope and function, according to Warren.

This is when Warren’s second main duty came into play – being a medical attendant on aero medical flights.

He escorted patients from Germany to medical facilities in the states ensuring the patient had everything they needed; their medical records; their medicine; their wellbeing.

He would hand the patient over for treatment, finish what he needed, sleep, and immediately head back to Germany.

“It was a unique and exhausting experience,” Warren added with a pause and look of reflection. “The typical mission lasted 30 hours. You did what you could, dropped the patient off in the U.S., and hoped for the best.”

As an NCOIC here, Warren deals with schedules and templates and records. While deployed he had the opportunity to interact with a variety of patients. Warren said it was a great experience for him, because as a prior F-16 mechanic who retrained into the mental health career field, he hadn’t had much previous patient interaction.

“Most days it was nice to get the hands-on aspect, rather than desk work,” Warren said. “It was a great feeling to be able to help those that needed it and be a part of the mission.”

“Watching patients progress over the days, with the help you are proving them, is very rewarding,” he added.

There wasn’t one specific event that made the deployment memorable. According to Warren, it was the overall perspective of the Afghan war he saw.

“Seeing it first hand, the consequences of freedom that we have and the impact that it has on everyone, is a powerful realization,” Warren concluded.

Enjoying All Hallows’ Eve safely

Courtesy of the 509th SFS
Resource Protection/Crime Prevention Office

Halloween is a time for ghosts and goblins and fun with your friends. Trick or Treating hours for housing residents are 6 to 8 p.m., Oct. 31.

Use the following tips so you and your family can fully enjoy Halloween.

CRIME PREVENTION TIPS:

- Do not leave your home unattended
- Keep your pet(s) indoors or in another safe place
- Walk through your neighborhood with others to discourage acts of malicious mischief and speeding motorists
- Set a specific time limit for your child/children to be out
- Don’t let your children eat any candy until it has been inspected by Mom or Dad
- Only give homemade treats to children you know; make sure they are properly wrapped
- Instruct your children to never enter the home of a stranger
- Never invite children into your home
- Instruct children not to stray from their group
- Do not allow children to go out alone
- Tell your children not to accept rides from

strangers

- Turn your porch light on to let children know it is all right to visit your home
- Ensure your children wear light colored clothing along with something reflective and provide them with a working flashlight

The 509th Security Forces Squadron’s “Pumpkin Patrol” will also be out on foot patrol in the housing area during Trick or Treating hours.

For additional information, contact Jerry Osban, Resource Protection/Crime Prevention Office, at 687-4482.



Thrills by Day, Frights by night
509 MDG presents...
Haunted Hospital

This Halloween, the 509th MDG will close at 4 p.m., to transform into a Haunted Adventure from 4:30 to 6 p.m., for children of all ages.

Children in costume will be able to participate in Ghoulish games & Spooktacular Story Time while waiting for their turn to tour the clinic to gather candy and prizes.

For more information, contact:
Tech. Sgt. Tabatha Meyers @ 687-2910
Staff Sgt. James Anderson @ 687-2210

All children need to be escorted by an adult chaperone while attending the event.

The Balfour Beatty Trunk or Treat 2012 event is

**Oct. 19 from 4 to 6 p.m.
at the Base Chapel Parking Lot.
For more information,
call 660-687-0559
All events are open to
all military personnel and families.**

**Don't forget to like us on FaceBook
at facebook.com/whitemanhomes.**

Thank you for all you do



U.S. Air Force photo/Senior Airman Cody H. Ramirez
Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, compliments the Community Culture of Responsible Choices team for all it does for Whiteman Air Force Base, the University of Central Missouri, and the surrounding communities, during a thank-you dinner in Warrensburg, Mo., Oct. 3.



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Parade kicks off Fire Prevention Week 2012



The 509th Civil Engineer Fire Department's Engine #8 drives through base housing during the Fire Prevention Week parade, Oct. 6. The 509th Civil Engineer Fire Department also held activities for kids and a Fire Muster Challenge.



The Fire Department Fire Muster team faces off against the MUNS Fire Muster team in a water shoot barrel contest, Oct. 6. The Wolfpack Fire Muster team won the water shoot barrel contest and the overall Fire Muster.



Sparky the Fire Dog hands out candy to children during a parade through base housing. Children lined the streets to see Sparky and Smokey The Bear, along with fire trucks from Whiteman and other local communities.



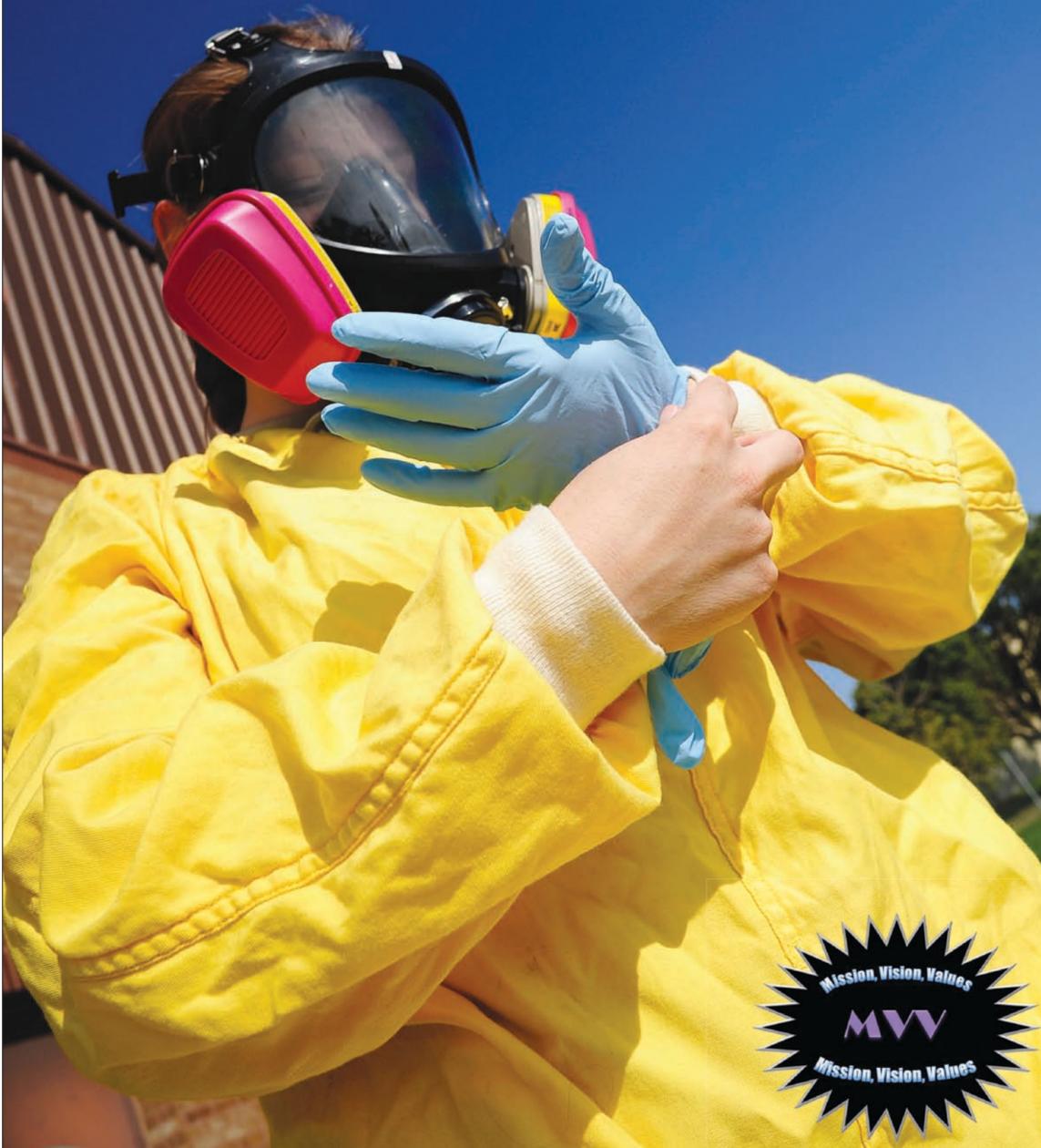
Members of the Wolfpack Fire Muster team, fill up buckets during the Bucket Brigade challenge, Oct. 6. The Wolfpack had the fastest time in the event and won the Overall Fire Muster challenge.



Airman 1st Class Kyle LaWall, 509th Civil Engineer fire fighter, hands out candy during a parade through base housing, Oct. 6. The parade included fire trucks from Whiteman and other local communities.

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

Bioenvironmental Flight: to detect and protect



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

Staff Sgt. Aimee Stark, 509th Medical Operations Squadron bioenvironmental engineer, covers her body from head to toe during a practice radiation reading Oct. 3. Stark's protective gear, a respirator and Anti-C Suit, can block alpha and most beta rays.



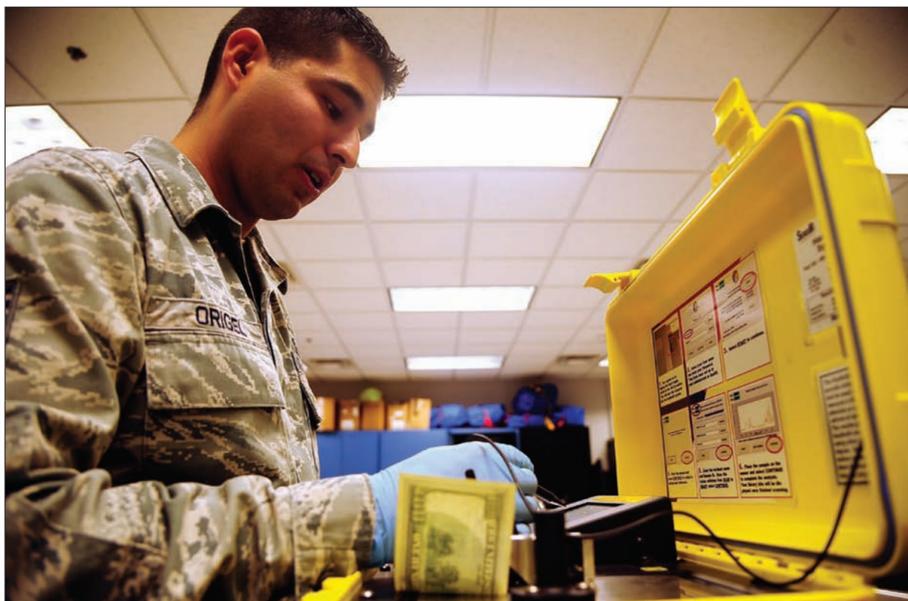
U.S. Air Force photo/Senior Airman Cody H. Ramirez

Airman 1st Class Lawrence La Strape watches his rate of breathing on a computer monitor during a fit test Oct. 3. La Strape was being monitored by Airman 1st Class Joseph Flowers, 509th Medical Operations Squadron bioenvironmental engineer, who ensured La Strape's breathing rates were within acceptable ranges. Fit tests ensure Airmen are able to breathe normally and are receiving proper amounts of oxygen while wearing their protective mask.



U.S. Air Force photo/Heidi Hunt

Staff Sgt. Edwin Origel, 509th Medical Operations Squadron bioenvironmental engineer, uses a SAM-940 device during his shift Oct. 3. The Bioenvironmental Flight uses the device to detect radiation sources and different types of isotopes.



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

Staff Sgt. Edwin Origel, 509th Medical Operations Squadron bioenvironmental engineer, explains how a Hazmat ID worker during a training session Oct 3. The Hazmat ID is used to test suspicious liquids and powers for radiation.



U.S. Air Force photo/Heidi Hunt

Staff Sgt. Edwin Origel, 509th Medical Operations Squadron bioenvironmental engineer, uses a colorimeter Oct. 3. Bioenvironmental Engineers use the device to detect radiation sources and different types of isotopes.



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

Staff Sgt. Edwin Origel, 509th Medical Operations Squadron bioenvironmental engineer, uses a Hazmat ID to see what materials are contained on a dollar bill Oct. 3. The Hazmat ID is used to test suspicious liquids and powers for radiation.

Awareness Continued from Page 2

various parts of the body have subtle differences that may explain this.

Maintaining a healthy weight throughout your life by balancing your food intake with physical activity and avoiding excessive weight gain is the crucial issue to remember.

Physical activity

Evidence is growing that physical activity in the form of exercise reduces breast cancer risk. The main question is how much exercise is needed. In a study from the Women's Health Initiative, as little as 1.25

to 2.5 hours per week of brisk walking reduced a woman's risk by 18 percent. Walking 10 hours a week reduced the risk a little more.

To reduce your risk of breast cancer, the American Cancer Society recommends 45 to 60 minutes of intentional physical activity five or more days a week.

The 509th Medical Group providers are happy to discuss with all beneficiaries their specific questions or concerns regarding breast cancer.

Abuse Continued from Page 3

some over-the-counter cough medicines can be addictive and dangerous. Look for stains around the mouth of a cough medicine abuser. Additionally, some who abuse cough medicine actually use the gel caps. Watch for empty blister packs that could indicate a large amount cough medication is being consumed.

Always looking for money

While this could merely indicate that one has fallen on hard times, it is also another sign of prescription drug abuse. Addicts need to pay for more drugs. This takes money. If someone is selling his or her treasured possessions, stealing or always asking for money to buy vague things that they "need," it could be an indication of a prescription drug addiction.

Is it really a prescription drug addiction?

It is important to realize, though, that the presence of just one sign of prescription drug abuse is unlikely to indicate a problem. Many of the above signs also indicate other problems that may not be related. The key is to look for more than one indication of possible prescription drug abuse. The more indications of prescription drug abuse that are manifest, the higher the likelihood that there really is a problem. But it is important to be careful. It is not an accusation to make lightly.

Wingman Responsibilities:

If you are concerned about someone you work with, make time to talk to him or her. Be sure to make it clear you are worried, and that you want to help. Rather than being accusing, start out by saying that you noticed something out of the ordinary, and you want to make sure everything is okay. Even if the other person doesn't admit to a problem right then, he or she may wake up to the fact that help is needed. If you see someone is in immediate danger, though, you should take whatever action is necessary to see help is obtained.

"The use of controlled substances is both illegal and incompatible with military service," said Brig. Gen. Thomas Bussiere, 509th Bomb Wing Commander. "The nature of our mission at Whiteman AFB and the ability of our airmen to meet that 24/7 worldwide tasking is dependent upon their fitness and readiness. Drug use is incompatible with the ability to perform that mission and strikes at the health, welfare, and morale of any military unit, especially one with as unique a mission as that of Whiteman AFB. Two words, 'zero tolerance.' The illegal or improper use of drugs by Air Force personnel automatically places the member's continued service in jeopardy."

DOD Continued from Page 4

and you're traveling within 72 hours of your flight departure time, you need to ensure that your [authorizing official] improves that authorization and [it is] ticketed," she said.

"If they do not approve it within 24 hours of creation, the reservation will be canceled," Carlock advised.

For travel departing within 24 hours, she said, individuals need to ensure that they get their authorizations approved and ticketed six hours prior to scheduled flight departure time to prevent cancellation.

Carlock noted this information is available through the Defense Management Travel Office web site, and the Commercial Travel Office will provide information on travelers' itineraries regarding cancellations.

A pop-up system is also being implemented for the Defense Travel System, she

said, advising those intending to make flight arrangements of these new requirements.

"It's very important for travelers to ensure that they're monitoring their authorizations," Carlock said. "The onus is on the traveler to ensure that the approving official approves the authorization and that they actually have a ticket that's been issued."

"[Additionally], travelers need to ensure that their DTS profiles are maintained, that their government travel charge card information is updated and that their travel card is activated," she added.

Carlock encouraged travelers to ensure they take their itineraries with them to the airport upon departure.

"If they get to the airport and they do not have a reservation, the information to contact the Commercial Travel Office is located on that itinerary," she said. "And that itinerary can be obtained at the time of booking."

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WK'S MILITARY PRICE \$16,932²⁹
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25 CITY 36 HIWAY

2012 BUICK LACROSSE
 #269202
 MSRP \$33,580
WK'S MILITARY PRICE \$28,849
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2012 GMC SIERRA 1500 4WD EXT. CAB SLE Z71
 #240993
 MSRP \$40,655
WK'S MILITARY PRICE \$29,587⁷⁷
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 MSRP \$34,585
WK'S MILITARY PRICE \$30,270⁹⁶
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 #070281 2010 CHEVY SILVERADO 1500 EXT CAB LT Z71 4X4	 #0108410 2009 GMC SIERRA 1500 W/T EXT. CAB 4X4	 #017261 2007 CHEVY COLORADO CREW CAB Z71	 #015772 2008 CHEVY AVALANCHE LT 4X4
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RECYCLE This Paper ... Think Green

League bowling strikes!



James Marzula, Tuesday Night Bowling League member, releases a ball down his lane during a round at the Stars & Strikes bowling center Oct. 9.



Bowling balls in a variety of colors sit on a ball return during Tuesday League play at the Stars & Strikes bowling center Oct. 9. The base bowling center offers different league play throughout the week to give people of all ages a chance to enjoy the competitive nature of the sport.

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



A Stars & Strikes Bowling Center regular bowls a strike during Tuesday league play Oct. 9. Tuesday Night Bowling League is made up of nine teams with five members each, and lasts 32 weeks.



A Tuesday Night Bowling League team keeps track of their points during play at the Stars & Strike bowling center Oct. 9. Every nine weeks the league plays position rounds to measure where they rank among their competitors.



OCTOBER 2012

Fitness Center Aerobics Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp* OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
COLUMBUS DAY HOLIDAY NO CLASSES	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp* OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0700 Wing 5K Run 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp* OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp* OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG
0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1815 Boot Camp* FG 1930 Step Aerobics* CAC	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Guts & Glutes FG 1730 EMT* FG	0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz EG 1530 Cycling* SR 1700 Cycle Blast* SR 1815 Boot Camp* OT/FG	1115 Cycle Blast SR 1645 Power Yoga CAC 1700 Cycle Blast* SR 1730 EMT* FG	0530 Cycle Blast* SR 0900 Brazilian Jujitsu* FG 1230 Lunchtime Blitz FG



*Class meets FIP requirements. All classes are subject to change at anytime.
EG-Eagle Gym – FG-Falcon Gym – OT-Outdoor Track – SR-Spinning Room
CAC-Community Center \$ FEE CHARGED





OCTOBER 2012



Monday	Tuesday	Wednesday	Thursday	Friday
1 Indoor Cycling 1530-1630	2 BOD POD 0800-1100 Better Body/Better Life 1430-1600	3 Indoor Cycling 1530-1630	4 BOD POD 0800-1100 PTL Initial Training 0830-1600	5 BE WELL 0830-1130
8 Columbus Day HAWC Closed	9 BOD POD 0800-1100 Better Body/Better Life 1430-1600	10 PTL Refresher 0900-1100 509 MDG Training Day HAWC open only 0730-1100	11 BOD POD 0800-1100 PTL Initial Training 0830-1600	12 BE WELL 0830-1130
15 Indoor Cycling 1530-1630	16 BOD POD 0800-1100 Commissary Tour 0930-1130 Better Body/Better Life 1430-1600	17 Indoor Cycling 1530-1630	18 BOD POD 0800-1100	19 BE WELL 0830-1130
22 Indoor Cycling 1530-1630	23 BOD POD 0800-1100 Better Body/Better Life 1430-1600	24 Indoor Cycling 1530-1630	25 BOD POD 0800-1100	26 BE WELL 0830-1130
29 Indoor Cycling 1530-1630	30 BOD POD 1300-1500 Better Body/Better Life 1430-1600	31 Indoor Cycling 1530-1630	<small>Visit our website at www.facebook.com/WhitemanHAWC (no Facebook account needed to view our page!)</small> <small>Freshstart Tobacco Cessation available by request, call SSgt Foster at 687-3936 for more info!</small>	

Enrollment directions:
 BOD POD: No advance sign-up necessary! Please visit www.facebook.com/WhitemanHAWC for preparation and arrival instructions
 PTL Refresher and PTL Initial: Please contact Mrs. Angela Anderson (angela.anderson1@whiteman.af.mil) - RESERVATIONS REQUIRED!!
 BE WELL: Please contact your unit fitness manager
 Commissary Tours and Better Body/Better Life: Please contact Mrs. Stephanie Fraley (stephanie.fraley.ctr@whiteman.af.mil)

Please note that this calendar is subject to change on a weekly basis. For the most current version, visit it at www.facebook.com/WhitemanHAWC

Upcoming Military Appreciation Events

Today

The Knob Noster High School would like to invite you and your family to Military Appreciation Night at this Friday's Football Game, today. The game begins at 7 p.m. Additionally, guests are invited to the Spirit Tent between 6 to 6:30 p.m. for free food and drinks. If you would like to hear Coach Cox "chalk talk" about the game, this will start at the Spirit Tent at about 6:10 pm. The game is free to all military personal (active or retired) that shows their military ID at the gate.

Nov. 10

The City of Warrensburg's Military Appreciation Day will be held at the Community Center Nov. 10 from 1 to 5 p.m. On this day, the parks department will feature half priced swimming at the Warrensburg Community Center Indoor Pool for active military, their spouses and dependents.

Nov. 17

Whiteman Day at MIZZOU, is Nov. 17 vs. Syracuse. Tickets are \$15 per person and include a tailgate party with food and drink, T-shirt and bus ride if requested. Open to all Active Duty, Retired, Reserve and ROTC Personnel, as well as their friends and family. Kickoff is TBD. They can order tickets through their first sergeant. Cash only.

Nov. 18

The Kansas City Chiefs Military Appreciation game is Nov. 18 vs. the Cincinnati Bengals. Tickets are \$25 per person. Open to all Active Duty, Retired, Reserve and ROTC Personnel as well as their friends and family. Kickoff at noon. Anyone interested in this offer can contact the Chiefs directly at (816) 920-4834.



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Prices are valid through October 31, 2012, while supplies last.

TEAM WHITEMAN COMMUNITY

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 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) 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. Stephan Agnelli, in-service Recruiter at 660-687-7334 or online at www.Goang.com.

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.

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WHITEMAN SCHEDULE FALL 2012

Classes may be cancelled or added depending on enrollment.

HUMAN RESOURCE MANAGEMENT T-TH

SESSION 3A (OCT 16TH - NOV 5TH)

Humanities M-W

SESSION 3B (OCT 16TH - NOV 18TH)

College Algebra M-W

College Algebra T-Th **FULL**

Winter Schedule Coming Soon!

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Tuesday 9:00am-5:00pm
Wednesday 1:00pm-5:00pm
Thursday 9:00am-5:00pm

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WHAT'S HAPPENING AT WHITEMAN?

JOIN US ONLINE @ WHITEMANFSS.COM & CLICK ON CALENDAR

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

FEATURED EVENTS

SATURDAY 10/13

Outdoor Rec is now open on Saturdays!
Visit us to start your adventure! Open from 8am-12pm on Saturdays! Ask us about our rates. Call 687-5565.

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. For more information please call 687-5114.

SUNDAY 10/14

Football Frenzy-Starts at 11am-Mission's End
Come and enjoy all of Sunday's NFL games and our food & beverage specials. Take part in trivia for prizes, and also use our free wifi for your Fantasy Football Leagues! Call 687-4422 for more information about Football Frenzy!

TUESDAY 10/16 A&FRC EVENT

Right Start-7:30-9:30am-Mission's End
Newcomer's Briefing, held at Mission's End if you are looking for more information please call 687-7132.

WEDNESDAY 10/17

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 10/18 A&FRC EVENT

Pre-Deployment Brief-1-2pm-A&FRC
Join our Pre-Deployment Briefing and learn some of the best information about preparing yourself and your family for deployment. Call 687-4422 for more information.

FRIDAY 10/19

Super Social Hour-5-7pm-Mission's End
Come and enjoy our Super Social Hour, including great food and activities. Play in our Bar Bingo! Call 687-4422 for more information about Super Social Hour.



School's out for the day! Do you know where your kids are...or what they are doing?
They could be participating in exciting, low-cost programs that will help them become positive, contributing members of the community at the Whiteman Youth Programs.

The following statistics reveal some alarming data about afterschool hours:

- 3 p.m. to 6 p.m. are the peak hours for juvenile crime and experimentation of drugs, alcohol, cigarettes, and sex. (Fight Crime: Invest in Kids, 2003)
- Teens who do not participate in afterschool programs are nearly three times more likely to skip classes than teens who do participate. They are also three times more likely to use marijuana or other drugs and are more likely to drink, smoke, and engage in sexual activity. (YMCA of the USA, 2001)

Whiteman Youth Programs consistently provides activities and programs which communicate that every youth and teen has the potential to excel and achieve successes in their personal endeavors. The Whiteman YP staff encourages, fosters, and nourishes the dreams and interests of every youth. Every program and activity begins with a seed planted from the input of a child or teen.

Did you know our Youth Programs have been instrumental in helping many youth create positive habits and achieve personal goals?

- There are over 2500 youth and teen visits to Whiteman Youth Programs each month
- Whiteman Youth performed over 1200 hours of community service in 2011
- Over \$2000 in scholarships were earned through WAFB Teen Programs in 2011/2012
- Two teens were recognized at the Missouri Capitol and in Washington D.C. for outstanding achievements
- Keystone Teens raised over \$500 for Joplin tornado victims
- During Sept 2012, 182 youth participated in Sports and Fitness programs decreasing the risk of childhood obesity
- 130 Whiteman youth & teens reached new Fit Factor goals in 2012

These are just a few examples of the many accomplishments and opportunities available through our programs. Whiteman Youth Programs' annual Lights On Afterschool open house event is Oct. 18, from 4-6 pm. We invite ALL youth, teens and adults to stop in for a closer look. For more information contact us at 687-5586.

How can you support Whiteman Youth Programs? As these programs are only partially funded through the Air Force, we rely heavily on volunteers, donations and grants through Boys & Girls Clubs of America to produce these quality programs. Consider joining the fun by volunteering as a coach or donating to the annual Combined Federal Campaign- (CFC# 86668.)

We are here for you...YP after 3- it's the place to be!

Story Time & Craft Is Back! Ages 3-5 Join Us @ The Library on the 1st & 3rd Wed. of the Month!

FCC NEWS

Extended Duty Care:

Register now for the extended duty care program. It is available to help DoD parents meet child care requirements for extra duty during exercises and emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements and is free. Stop by the FCC Office or call us for more at 687-5590.

Want a profitable home based career?:

Providers are needed to provide care for the following: Evenings, Weekends, Swing Shift Workers, Infants, Special Needs & Mildly-Ill Children. The Air Force offers a subsidy for providers for all children under age 3 and any child who falls in the critical needs areas. Providers who hold a license are subsidized \$160 a week per qualifying child. Providers with chronic health problems are accepted. Call us for more at 687-5590.

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

WHITEMAN YOUTH CENTER BOOBASH!
OCT. 19 6-8PM
FREE EVENT!

Kid Friendly & Fun For the Entire Family!
Come dressed in your Halloween Costume!
Try out our "Tent-O-Terror!"
Youth may take part in a variety of games: Deadliest Catch, "Boo"sketball Toss, Pumpkin Walk, Wheel of Misfortune, Foot/Hand Toss, Stinko Plinko & Much More!

The USO will be serving Hot Dogs, Chips, Cookies & Drinks

NO FEDERAL ENDORSEMENT INTENDED.
687-5586

Email us with event ideas or questions to: marketing3@us.af.mil

LIKE US ON FACEBOOK FOR MORE INFORMATION!
facebook.com/whitemanmarketing

Join us in the City Center Complex
off South Holden St. following
the UCM parade for some
Food, Fun and Family!

**Saturday, October 13, 2012
11:00 a.m. to 1:00 p.m.**

HOMECOMING 2012



TAILGATE WITH THE CITY



Warrensburg
MISSOURI



- Non-alcoholic event for all ages
- Helicopter display from the 131st Bomb Wing of the Missouri Air National Guard
- K-9 Unit demonstration
- Face painting

- Clowns
- Bounce houses
- Performances from the students of Spirit Express and the advanced tumbling class from the Warrensburg Community Center
- Plus... **FOOD AND FUN!!!**

AT THE MOVIES



Saturday, 7 p.m. – The Expendables 2

Barney Ross, Lee Christmas, Yin Yang, Gunner Jensen, Toll Road and Hale Caesar – with newest members Billy the Kid and Maggie aboard – are reunited when Mr. Church enlists the Expendables to take on a seemingly simple job. But when things go wrong and one of their own is viciously killed, the Expendables are compelled to seek revenge in hostile territory where the odds are stacked against them. Hell-bent on payback, the crew cuts a swath of destruction through opposing forces, wreaking havoc and shutting down an unexpected threat in the nick of time-five tons of weapons-grade plutonium, far more than enough to change the balance of power in the world. But that's nothing compared to the justice they serve against the villainous adversary who savagely murdered their brother.

Rated R, 102 Minutes

Sunday - CLOSED



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 \$5 for adults and \$2.50 for children (ages 3-11). Doors open 30 minutes prior to show time.

Movies and ticket prices are subject to change without notice.



How does your job fit into Whiteman's mission?
We want to know!!!

Our mission: to develop and provide combat ready forces for nuclear deterrence and global strike operations – safe, secure, effective – to support the President of the United States and Combatant Commanders. The Public Affairs Office would like to know how your specific job fits into the mission. Whether maintenance, administration, fitness, optometry or any job on Whiteman, we want to hear from you how you help support the mission.
Email whiteman.warrior@whiteman.af.mil

Dr. Gregory will see you now.

Western Missouri Medical Center is pleased to announce that Deborah Gregory, DO, FACOOG, joined the practice of Western Missouri Women's Health Center (WMMWHC). Dr. Gregory specializes in obstetrics and gynecology. She is Board Certified by the American Osteopathic Board of Obstetrics and Gynecology. Appointments are now being accepted.

Dr. Gregory earned a B.A. in Chemistry and B.S. in Biology from the University of Missouri – Kansas City. She earned her Doctorate of Osteopathic Medicine from the University of Osteopathic Medicine and Health Sciences in Des Moines, IA. She completed her residency in OB/GYN at Henry Ford Health System in Warren, MI. Dr. Gregory is currently practicing at Beatrice Community Hospital in Beatrice, NE.

Dr. Gregory and her husband have four children. They have family in the Warrensburg and Kansas City areas and are happy to have returned to our community.



Deborah Gregory, DO

To make an appointment with Dr. Gregory, call Western Missouri Women's Health Center at (660) 429-2228.



A Service of

Western Missouri MEDICAL CENTER

WMMC.com

Visit the PUMPKIN PATCH at Buckeye Acres!!

Come enjoy the Pumpkin Patch you grew up with, bring your family and make new memories that will last a lifetime.

Opens October 5th & Open each weekend in October

Fridays: 1-5 pm • Saturdays: 10 am - 4 pm • Sundays: 1-4 pm

\$10/car admission

Military Appreciation Weekend – Oct. 19-21

- Pumpkins • Gourds • Hayrides • Farm Animals • Pedal Tractor Pulls
- Paint Your Own Pumpkins • Picnic Area • Musical Entertainment
- Photo Area • Straw Bale Maze • Kettle Corn • And Much More

Located 6 miles north of Warrensburg off 13 Hwy on 600 Rd. then 1 mile east on 600 Rd.

The Counts Family – Buck, Heather, Addison, Kaelyn, Jim & Jeanne
660.624.1054 or 517.214.0927

www.buckeye-acres.com • bcounts@buckeye-acres.com



Serving the Whiteman Community

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 baby-sitting, lawn maintenance, house cleaning, product sales, apartments or houses for rent, work-at-home opportunities or any other service in which the person makes a profit must be prepaid. Paid ads must be placed directly through the Sedalia Democrat at 1-800-892-7856, dropped off at 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or e-mailed to theclassifieds@sedaliademocrat.com. They accept VISA, MasterCard, cash, personal check or money order.
- Free ads are for one-time sale of personal items only. Free ads can't be placed for churches, groups, clubs, organizations or friends not affiliated with the military. Each item must be sold for \$150 or less.
- Only one free ad*, maximum 30 words, will be allowed to run at any given time by the same household, for a maximum of eight weeks. Ads over the 30-word maximum will be edited at the publisher's discretion.
- *People who are PCSing may place more than one ad and sell the items at any price.
- Include your home phone in the ad so people can contact you. USE OF DUTY PHONES IN ADS IS AGAINST AIR FORCE REGULATIONS.

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

Services Offered 69

Jaele Shaver, Independent Mary Kay Beauty Consultant
www.marykay.com
/jlynns or email
jlynns@marykay.com

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!

Help Wanted 90

PERSONAL ATTENDANT
Mon-Fri, 4.5 hours per day
660-563-4760

PEOPLE WHO READ NEWSPAPERS ARE BETTER AND MORE EFFECTIVE PARENTS

It all starts with Newspapers

Help Wanted 90

Education
THE UNIVERSITY OF CENTRAL MISSOURI is currently accepting applications for qualified CFI's, CFIL, and MEI's. We provide Part 141 and 61 training from Private through ATP. We offer competitive pay and opportunity for advancement. Part-time positions are also available. You must hold a current CFI certificate and at least a 2nd Class Medical. To learn more about UCM please visit our web page at www.ucmo.edu/aviation/ All interested applicants please submit your resume to card@ucmo.edu or call Dave Card at 660-543-4335.

Misc. For Sale 135

****CABINETS**** Glazed maple, solid wood, dovetail, never installed, can add or subtract to fit kitchen. Cost- \$7000. Sacrifice \$1650. Call (660-252-4330).

Professional Department

store chrome round clothes rack on wheels. Height 4.5 ft, width 3 ft., Call (660) 619-0269

Apartments For Rent 207

1 & 2 BEDROOM with some utilities, \$379/\$399. 2 Bedroom House, \$499. NO PETS. Call 660-624-0276, leave message.

Apartments For Rent 207

A Great Place to Call Home!
Stone Creek Apartments
1500 Thompson Blvd. • Sedalia
Studios, 1, 2 & 3 BR Apartments, Furnished and Corporate Apartments
• All Electric • Fitness Center
660-826-8345 • 660-221-8316
Evenings & Weekends by Appointment:
racjac.com

Houses For Sale 249

OPEN HOUSE
SUN., OCT. 14 • 1:00 - 3:00 PM
1140 NE 15 Rd. • Knob Noster, MO



Beautiful 4 bdrm, 2 bath home located in Rainbow Acres Subdivision. MLS#41818 \$158,000 Directions: Hwy 50 to D Hwy. South to 15 Road (3rd Left) Watch For Signs.

120 N. State Street, Knob Noster, MO
TOLL FREE 1-888-548-6001 (660) 563-6000
LEMAY REALTY Joesh LeMay, Broker/Owner Marty Harrison, Broker/Agent

Apartments For Rent 207

Apartments For Rent 207

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

303 S. STATE ST. 2 BR apt, stove & refrigerator, newly remodeled, laundry facilities available, water & trash paid, 12x30 garage, no pets. Available now! \$370 month with military discount plus \$300 deposit. Call 660-233-6107 or 660-624-9884.

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

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



Visit our website for all area listings www.KeyRealtyWarrensburg.com

Houses For Rent 209

3 BEDROOM, 2 bath, 1-car garage, in Knob Noster, close to schools. \$750/month plus deposit. Call 660-909-3453.

5 BR, 2 bath house in Warrensburg, close to UCM campus. Available now. Lease required. References plus deposit. Call 660-909-2613.

IN WINDSOR: 3 BR, 2.5 baths, 15 years old, energy efficient with 1-car garage, fenced backyard. Pets welcome. References required. \$600 per month. Call 800-748-7929.

Townhouses For Rent 213

LARGE 3 BR (1450 sq. ft.), 2 baths, 1-level, all appliances, garage, security system, no smoking or pets. \$775/month. Sedalia. Call (660) 826-4509

Office Space For Rent 222

2,000 SQUARE FEET of prime office space, short drive from WAFB. Ideal set up for contractor, accounting/ tax service or insurance office. For details and to set up a time to take a look, call 660-624-1507. Bill Shelton, Owner/Agent.

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.4firesiderealty.com

Houses For Sale 249

GREAT 5 BEDROOM, 3 bath, 2500 sq. ft. home in Warrensburg. Fully finished walk-out basement with 2 bedrooms and full bath. For questions or showing, call (660) 747-2177

Lake Property For Sale 267

LAKE OF THE OZARKS - LAKE LOTS \$3950 each, \$75 down, \$59 per month. Also 3+/- acre tracts starting at \$10,900. Owner financing, no credit checks and easy terms. Beautiful trees, free lake access, boating, fishing and swimming areas. Missouri Conservation dock and boat ramp. Ad ends Oct. 15
Ivy Bend.(573)372-6493.
www.ivybindlandoffice.com

Automobiles 300



Home of the Jump Start Program!
Congratulations to the hundreds of customers who have taken advantage of the Jump Start! Program!
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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Warrensburg, MO

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David Roberts: 238-3936
Bobby Hall: 864-4492
Craig Conant: 238-6042
Tony Conant: 909-2939
Holly Dow: 238-5634
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CLEAN, DRY & CONVENIENT
Lowest Rates

5'X8' UP TO 10'X50',
PLUS SOME 12' WIDE UNITS
Concrete Floors ~ Interior Lights

Just Off Hwy. DD,
3 Miles West of Whiteman AFB
105 SE 591 Rd., Warrensburg

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Before Self**

**Excellence In
All We Do**

**Ren'T'Own® Auto - The Convenient
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From **\$7,000 to \$20,000**
Expires October 31, 2012

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Get your car ready for winter - ask about our Fall Specials.

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(660) 826-8184

Mon-Fri:
7:30 AM-6:00 PM

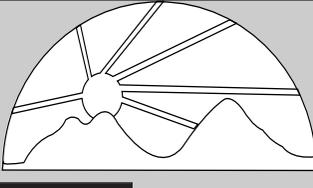
Sat:
7:30 AM-5:00 PM

**COME IN TODAY AND
LEAVE WORRY BEHIND.**



jiffy lube

Welcome To **KNOB NOSTER**
JUST OUTSIDE WHITEMAN AIR FORCE BASE



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

LOCAL ACTIVITIES

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. 7:00 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

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

BANKS

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

FITNESS

Studio Arriba
600 E. Allen St. • Knob Noster • 563-9063
Specializing in Zumba Fitness
Classes Monday-Saturday • For details: www.studioarriba.com

FLOWERS & GIFTS

Knob Florist
103 N. State St. - Knob Noster • 660-563-5795 • 1-800-582-5662
Fresh Cut Flowers • Arrangements & Specialty Items
M-F 9-5 • Sat. 9-1 • DELIVERY WITHIN 30 MILES!

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
Fall Open House, Fri. & Sat. Oct. 19th & 20th • Refreshments Served!

FLEA MARKET & ANTIQUES

The Strawberry Patch
Fall Open House Fri. & Sat. Oct. 19th & 20th
Many In Store Specials! • Hours: Mon.-Thurs. 10am - 5pm, Sat. 10am-3pm
108 N. State St., Downtown Knob Noster 660-563-3944

TEA ROOM/GIFT SHOP

Time For Tea
Tea Room - Antique & Gift Shop
Fresh Baked Goods, Soups, Salads & Sandwiches • Lunch Served 11 am - 1 pm Mon.-Sat.
~ OVER 70 DIFFERENT TEAS ~ 111 W. McPherson 563-4TEA

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563-6030 • 204 N. Adams - Knob Noster
Monday & Tuesday 8 to 5

HAIR SALONS

CO-ED CREATIONS Salon
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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Mon.-Sat: 11am - 9pm
102 N. State St. • (4-way stop) 563-2423

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

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