

WARRIOR

Serving the Whiteman Community - Vol. 4 No. 8

Year of the B2

*CE-A opens
volleyball season
with a win
Pg. 6*

*From the
Frontlines:
Senior Airman
Duzaghi Tafie
Pg. 4*

Medical Lab

Hidden cure to illness Pg. 8

Panetta notifies Congress DOD preparing for furloughs

By Jim Garamone
American Forces Press Service

WASHINGTON (AFNS) -- Defense Secretary Leon E. Panetta has notified Congress that the Defense Department is prepared to implement furloughs for civilian personnel in response to the threat of sequestration.

In a memo to all employees, Panetta vowed to continue working with Congress to avoid sequestration, which would add \$470 billion to the \$487 billion in defense spending cuts the department already is making over the next 10 years. If Congress cannot agree on an alternative deficit reduction plan, the cuts go into effect March 1.

Panetta and every other defense leader have called the cuts dangerous. They would come on top of cuts imposed by operating under a continuing resolution. For fiscal year 2013, the effect will be further magnified, because the cuts must be done in the final six months of the fiscal year, which ends Sept. 30.

"In the event of sequestration, we will do everything we can to be able to continue to perform our core mission of providing for the security of the United States," Panetta wrote in the memo, "but there is no mistaking that the rigid nature of the cuts forced upon this department, and their scale, will result in a serious erosion of

readiness across the force."

Panetta and DOD leaders long have expressed deep concern about the direct impact sequestration will have on military personnel, civilian employees and families. Flexibility in sequestration is limited, the secretary said in his memo, noting that while military personnel are exempt from direct impact, services on bases will deteriorate, and families may feel the pinch in other ways.

Civilian employees will be furloughed if sequestration is triggered. Deputy Defense Secretary Ashton B. Carter said last week that civilian employees could lose 20 percent of their normal income through September.

"I can assure you that, if we have to implement furloughs, all affected employees will be provided at least 30 days' notice prior to executing a furlough, and your benefits will be protected to the maximum extent possible," Panetta wrote.

DOD will work to ensure furloughs are executed in a consistent and appropriate manner, the secretary said, and Pentagon officials also will continue work with employee unions.

"Our most important asset at the department is our world-class personnel," Panetta wrote. "You are fighting every day to keep our country strong and secure, and rest assured that the leaders of this department will continue to fight with you and for you."

AF releases criteria for new combat medal

By Senior Master Sgt. David Byron
Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) -- Air Force officials released nomination criteria for the new Distinguished Warfare Medal Feb. 15, following defense officials' announcement of the new decoration days prior.

The DWM will be awarded to honor individuals for single acts of extraordinary achievement, not involving acts of valor, that directly impact combat or other military operations approved by the secretary of defense.

Unlike other combat-related medals, service members may be awarded the DWM for actions completed from either in or outside an actual combat zone.

The action must include hands-on employment of a weapons system, including remotely controlled assets, or any other activity, in any domain, that had a direct and immediate on-site effect on an engagement or operation against a target.

The domain is expansive in scope and includes air, land, maritime, space and cyberspace, according to Air Force Personnel Center guidance.

"In modern warfare, one individual can have a truly 'extraordinary' impact on combat operations, whether they are located on the front lines, elsewhere in the (area of responsibility) or half way around the world," said Lt. Gen. Darrell Jones, the Air Force deputy chief of staff for manpower, personnel and services. "DOD has authorized the DWM, allowing the services to recognize their members, in our case Airmen, whose single act of extraordinary achievement directly and significantly impacts critical combat operations."

Though involvement in a combat operation is required, the medal will not be awarded for acts of valor under any circumstances. Actions involving valor should be considered for other decorations.



U.S. Air Force graphic

tions.

Valor is defined as "an act or acts of heroism by an individual above what is normally expected while engaged in direct combat with an enemy with exposure to enemy hostilities and personal risk," said Senior Master Sgt. Diana Gonzalez, the AFPC awards and recognition chief.

The criteria needed to be considered for the medal requires that the extraordinary achievement must result in an accomplishment so exceptional and outstanding as to clearly set the individual apart from comrades or others in similar situations. The approval chain sets the bar high as to what meets the criteria.

"The approval level (service secretary), in our case the Secretary of the Air Force, testifies to the importance of this award and the importance of the action on combat operations," Jones said.

For Airmen, the final approval authority for the medal is the secretary of the Air Force. One step of the approval chain rests with the commander of air forces in the

respective area of responsibility.

For an Airman nominated for action taken from outside the combat zone, the commander of Air Force forces will verify the direct impact of the action on the combat operation.

The DWM will immediately follow the Distinguished Flying Cross in order of precedence. Enlisted Airmen who earn the medal will receive five promotion points.

Eligibility for the medal is retroactive to Sept. 11, 2001.

Nominations for currently-serving Airmen will be processed through their respective chain of command.

"Former Airmen who have since retired or separated can contact us for information on how to submit the medal request," Gonzalez said. "The medal can also be presented posthumously, so family members can query us as well."

For more information and full eligibility criteria, go to the myPers website at <https://mypers.af.mil> and enter "DWM" in the search window.

THE WARRIOR

Editorial Staff

Brig. Gen. Thomas Bussiere
509th Bomb Wing Commander

Capt. John Severns
Chief, Public Affairs

1st Lt. John Cooper
Deputy Chief, Public Affairs

Senior Airman Montse Belleau
Editor

Photojournalists

Staff Sgt. Nick Wilson

Airman 1st Class Bryan Crane

Airman 1st Class Keenan Berry

Airman 1st Class Shelby Orozco

Ms. Heidi Hunt

The Sedalia Democrat,
Layout and Design

Published by the **Sedalia Democrat**, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Whiteman Air Force Base.

This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of **The Warrior** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the Department of Defense, the Department of the Air Force or the **Sedalia Democrat**.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. Editorial content is edited, prepared and provided by the Public Affairs office of 509th Bomb Wing, Whiteman Air Force Base. All photographs are Air Force photographs unless otherwise indicated.

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.

On the cover

U.S. Air Force photo/
Airman 1st Class Keenan Berry
Staff Sergeant Raul Loyo, 509th Medical Group laboratory technician, checks a bacitracin disk, Feb. 20. These disks are used to verify strep throat.

NEWS BRIEFS

Change of Command Ceremony

You are invited to attend the 131st Bomb Wing Change of Command on Sunday, March 3, beginning at 1:31 in the afternoon. The ceremony will take place in the 442nd, 5 Bay Hangar.

FIRST Robotics

Warrensburg High School needs volunteer mentors for its FIRST Robotics Team. Our team is looking for mentors who have experience in engineering, business, and graphics and would be willing to work with high school students. For more information, contact Brian Holmgren at 660-441-5080 or via email at bdholmgren@embarq-mail.com

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.

AF Housing

Visit www.Housing.af.mil to find your new home with the Air Force. This website 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 world-wide.

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@us.af.mil

WEATHER

Today	Saturday
Chance of Snow	Mostly Sunny
Hi 32	Hi 35
Lo 25	Lo 19
Sunday	Monday
Mostly Sunny	Mostly Cloudy
Hi 37	Hi 46
Lo 15	Lo 29

Courtesy of National Weather Service

Chief's Choice Award



U.S. Air Force photo/Heidi Hunt

Tech. Sgt. Melanie Simmons, 509th Operations Support Squadron Host Aviation Resource Management functional manager, was awarded the Chief's Choice Award by the 509th Bomb Wing Chief's Council, Feb. 20, for her duty performance. The monthly award, selected by the Whiteman Chief's Group, recognizes E-6s and below who exemplify 'Service Before Self,' and dedication to the mission, fellow Airmen and their families.

This Week in 509th Bomb Wing History

David Easley

509 Bomb Wing Historian

1 Mar 1928: Lt. Burnie R. Dallas and Beckwith Havens flew the first transcontinental flight through Mar. 9, in a Loening Amphibian airplane. They used 32 hours 45 minutes of flight time for the trip.

1 Mar 1935: The War Department activated an air combat command called General Headquarters Air Force at Langley Field, Va. This action centralized nationwide command over all Army Air Corps combat units under a single air officer, Frank M. Andrews.

1 Mar 1954: The United States exploded the first hydrogen

(thermonuclear) bomb in a test at Bikini Atoll in the Marshall Islands. The yield was 15 megatons: 1000 times more powerful than the atomic bombs dropped on Hiroshima and Nagasaki.

1 Mar 1973: Fairchild-Republic received a contract a contract for the A-10.

1 Mar 2002: The U.S. and its coalition partners launched Operation Anaconda in eastern Afghanistan. Using B-52s, B-1s, AC-130s, A-10s and F-15s for air support, the coalition ground operation tried to surround and kill Taliban and al Qaeda forces regrouping south of Gardez.

Firefighters build snowtruck replica



A snow sculpture replica of a fire truck and fire hydrant was made by the members of the 509th Civil Engineer Squadron firefighters. The sculpture was built after a recent snowstorm Feb. 24.

U.S. Air Force photo/Heidi Hunt

“Congratulations to the 131st Bomb Wing’s newest chief, Chief Alvin Sims, 131st Bomb Wing Human Resource Advisor!”

From the Frontlines: Senior Airman Duzaghi Tafie



U.S. Air Force photo/Staff Sgt. Nick Wilson

Senior Airman Duzaghi Tafie, 509th Force Support Squadron food services specialist, was deployed to Southwest Asia in 2012 from Apr. 3 to Oct. 8. He worked as a quality assurance inspector for local national contractors who worked in his transit base's dining facility.

By Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

An enlistment in the Air Force can take people on journeys all over the world. For Senior Airman Duzaghi Tafie, 509th Force Support Squadron food services specialist, that journey was an expedition to Southwest Asia.

Tafie was deployed in 2012, from April to October, as a quality assurance inspector for

local national contractors who worked in his transit base's dining facility.

"We inspected how local nationals cooked, served food and served customers," he said.

When it comes to providing quality food service, Tafie is a subject matter expert. Ensuring Soldiers, Sailors, Marines and Airmen received quality food was a priority for the members on Tafie's team.

See Frontlines, page 11

NATIONAL AMERICAN UNIVERSITY

one-on-one attention • small classroom setting • convenient scheduling



Invest In Your Future! CCAF And Beyond

WHITEMAN SCHEDULE SPRING 2013

Classes may be cancelled or added depending on enrollment.

SESSION 1 (MARCH 6TH - 26TH)

Comp 1 M-W
Speech T-Th

SESSION 2 MARCH 27TH - APRIL 16TH

American History M-W
Speech M-W
Principles Of Management T-TH

SESSION 3A (APRIL 17TH - MAY 7TH)

Humanities M-W

SESSION 3B (APRIL 17TH - MAY 21ST)

College Algebra M-W
College Algebra T-Th

NO APPLICATION FEES!

Contact:
Sandy Mullins
107 S. State Street
Knob Noster, MO 65336
660-563-2400
smullins@national.edu

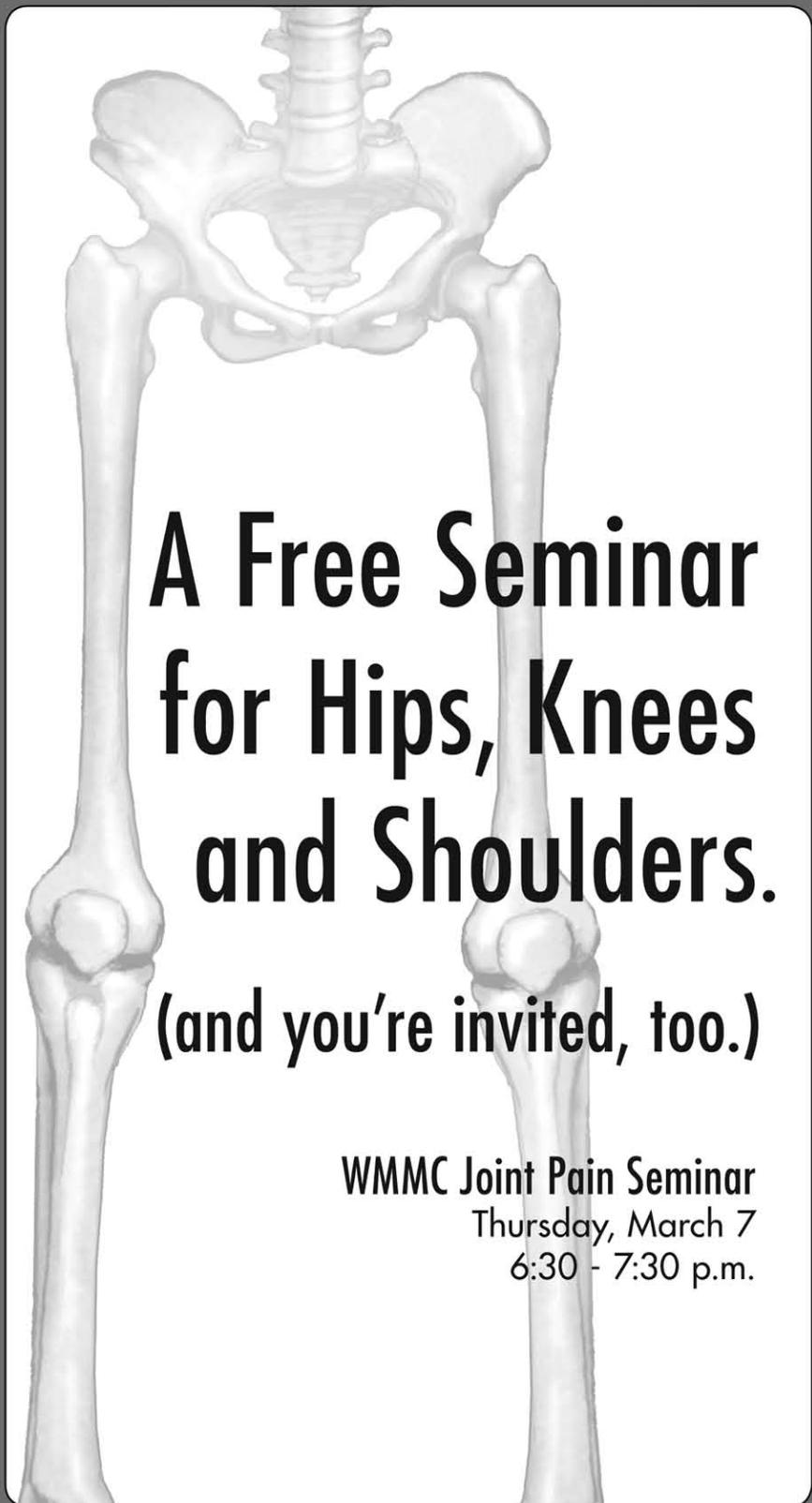
Facility Hours
Monday - Friday
9:00am-5:00pm

www.national.edu

Attention first time college students: Tutoring is always available during Knob Noster faculty hours

Accredited by the Higher Learning Commission and a member of the North Central Association. www.ncahlc.org • (312) 263-0456

Accredited since 1941



A Free Seminar for Hips, Knees and Shoulders. (and you're invited, too.)

WMMC Joint Pain Seminar
Thursday, March 7
6:30 - 7:30 p.m.

Western Missouri Medical Center
Conference Room 1
403 Burkarth Road, Warrensburg, MO 64093

If dealing with pain in your hips, knees or shoulders is wearing you out, bring them to our free seminar! Our team of fellowship-trained orthopedic specialists from Western Missouri Bone & Joint will be there to answer your questions.

To register, please call 800-724-4395.

Light refreshments
will be served.
Seating is limited,
so RSVP soon!



Whiteman becomes a winter wonderland

Below are several submissions from Team Whiteman taken during the Winter Storm Rocky. Check out our Facebook page for more photos. Thank you to everyone who participated!



CE-A opens volleyball season with a win

By Airman 1st Class Bryan Crane
509th Bomb Wing Public Affairs

The 2013 Whiteman intramural volleyball season kicked off Feb. 25, with the Civil Engineer-A squad defeating the Operations Support Squadron in two straight sets.

CE-A opened the best of three series with a solid first-game win. The team came out strong to take 21-15 lead late in the first set. OSS could not keep the volleyball from hitting the court, and ended up conceding the first set, 25-16.

After the teams switched ends of the court, the second set began, with OSS looking to force a third set and avoid being shut out by CE-A.

That plan deteriorated fast, however, as CE-A came out firing, opening up an early 10-3 lead. They kept that momentum going with great teamwork.

"I think we played well as a team," said Jermaine Walton, CE-A team member. "We did well setting each other up to get good hits over the net."

CE-A dominated the rest of the way and captured the second set 25-11 to clinch the victory, two games to zero.

"It was a good way to start the season," Walton said. "We had fun and won the match, so it was a very successful first game."

Walton and his teammates are excited for the possibilities this season could hold, but know it will not be easy to take home the intramural volleyball championship.

"We are going to take it one game at a time," Walton said. "I know these games are just for fun, but it would still be nice to say we are the champs



U.S. Air Force photo Airman 1st Class Bryan Crane
A member of the Civil Engineer A team goes up to spike the ball against the Operations Support Squadron, Feb. 25. CE-A beat OSS in the first set 25-16 on their way to a 2-0 match victory.

at the end of the season."

The volleyball season is just getting underway, and you can catch all the action at the Whiteman Fitness Center. In addition to the CE-A/OSS match, six other teams battled for supremacy on the court Monday night. Games are Monday through Thursday, with four games a night, starting at 5:30 p.m. The other games will start at 6:15, 7:00, and 7:45. Come out and enjoy the competition and cheer on your squadron!

Attention: Maintenance & Contracting Officers!

Are you looking for maintenance oils & specialty aviation and aerospace products? We provide these items & more – both open market and through our GSA contract #GS-21F-0017U on GSA Advantage

- ☛ **Diesel engine oils, automotive oils**, conventional, full synthetic and semi-synthetic products.
- ☛ **Greases, gear lubricants, hydraulic fluids, gear compounds, tractor hydraulic fluids.**
- ☛ **Aviation & aerospace products** – Castrol Industrial, **Brayco & Braycote** aviation specialty products (C of A - certificates of analysis provided)
- ☛ **Mil spec products, NSN's** provided/can be identified
- ☛ **Re-refined oil products available** – engine and motor oils, hydraulic fluids, gear lubricants, 2-cycle TCW-III oils
- ☛ **Chemicals** – antifreezes, parts cleaner, industrial floor & machine cleaners, equipment cleaners, conventional and environmentally friendly cleaners, absorbent products (pads, booms, socks, clays)
- ☛ **Metalworking Fluids & Rust Preventative** - Water Soluble, Synthetic, Full Synthetic
- ☛ **Lubrication engineers** On staff for your inquiries
Brands include: Chevron/Texaco; Castrol; Service Pro; Exxon/Mobil, Shell, Petro Canada, Nature's Choice & other major brands

Santies Wholesale Oil Co.

– Cage code: 1VL31

1-800-748-7788 Ext. 200

Sikeston, MO & St. Louis, MO

www.santiemidwest.com E mail: sales@santiemidwest.com

Learn more.

Do more.

Start now.

Life's too short to wait for what you want; start now.

Second eight-week classes begin March 12.

"With the help of SFCC at Whiteman, I'm completing my Community College of the Air Force degree; I want to ultimately earn a bachelor's degree. I think it's great that SFCC is on base and is helping me reach my educational goals."

–Ryan Hembrough

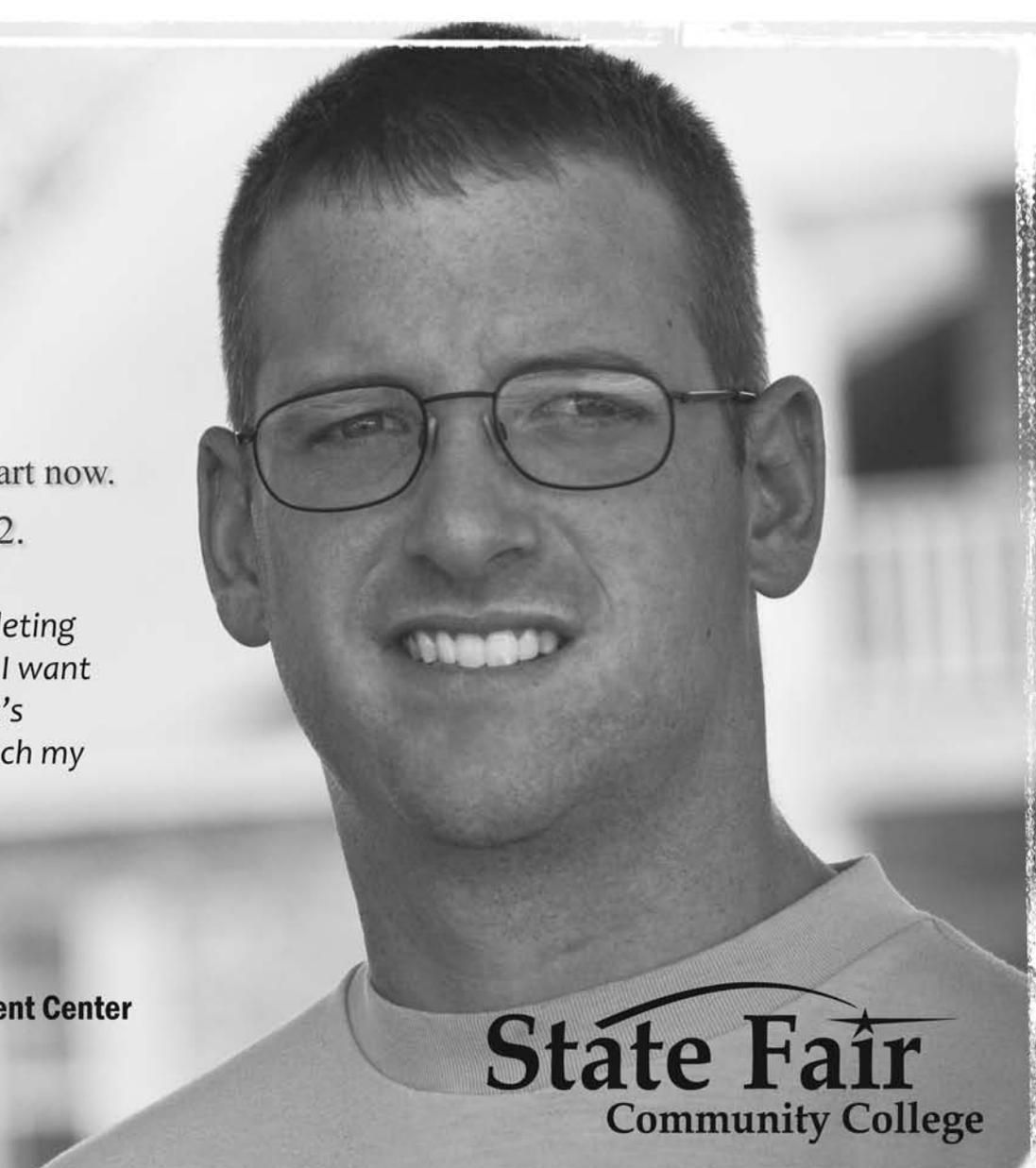
Now enrolling.

SFCC-Whiteman AFB in the Professional Development Center

(660) 563-3358 | www.sfccmo.edu/wafb



State Fair
Community College



HEALTHCARE EDUCATION *for* EMPLOYMENT

CONCORDE
CAREER COLLEGE

Military Tuition Assistance Program
\$1,000 military tuition assistance available, plus all registration fees waived.

At Concorde, we believe education should lead to employment. Our training programs are short, affordable, and hands-on, providing the education needed to succeed in the rewarding healthcare field.

Concorde offers a variety of diploma and associate degree programs for some of today's fastest-growing healthcare careers.

- ACCSC Accredited
- Graduate Employment Assistance
- VA Approved for Eligible Veterans in Approved Programs
- Financial aid available to those who qualify

In addition to the education benefits that you receive, Concorde is now offering tuition assistance that can be used while you are on active duty or after you leave the service.

All service branches are eligible

- Active duty, active guard and reserves
- Honorably and General Discharge Veterans
- Military spouses of active duty, active guard, reserves, and veterans
- Children and step-children of active duty, active guard, reserves, and veterans up to the age of 24

Call about your eligibility today.
888.463.4944
concorde4me.com

PROUD PARTICIPANT
YELLOW RIBBON PROGRAM

Concorde Career College—Kansas City | 3239 Broadway | Kansas City, MO 64111

Mental Health helps Airmen find their “happily ever after”

Airman 1st Class Shelby R. Orozco
509th Bomb Wing Public Affairs

When the going gets tough, the tough get going, but where exactly do they go to? For Airmen at Whiteman Air Force Base, the answer should be mental health.

The mental health team has much to offer an Airman going through a particularly stressful time in his or her life, with programs ranging from talk therapy to stress management and even prescription medication, said Maj. Mikel Merritt, 509th Medical Operations Support Squadron mental health flight commander.

“Mental health is composed of three elements,” he said. “The first is our regular mental health clinic, where we provide a variety of services, counseling, therapy and assessments.

“The second is our Alcohol and Drug Abuse Prevention and Treatment program, where we evaluate and help anyone who has alcohol-related misconduct, or who may be worried they might have a substance abuse issue.

“Our third element is our Family Advocacy program, which deals largely with domestic violence and helping families treat stress in appropriate ways.”

The mental health clinic focuses on returning Airmen to their careers and families in a healthy way, Merritt said.

“We offer a place for people to come and talk about their problems with a [neutral] third party,” Merritt said. “They can talk to some-

one who is not their coworker and not their family, where they have the opportunity to feel free to say what’s really going on in their life.”

Talking to people before things get out of hand is the key to handling problems, according to Capt. Gena Parkman, 509th MDOS mental health clinician.

“If you get intervention early on, you will have a better chance of being able to live happily ever after,” Parkman said. “Coming to see us is better than waiting until things get to the boiling point and feeling like you’re at your last resort. Earlier and faster intervention is always better.”

Many Airmen worry about the effects talking to mental health may have on their career, but in reality, many commanders view visiting mental health as a sign of strength, she said.

“Asking for help isn’t a weakness,” Parkman said. “I see it as strength. I make sure to let commands and other people know that when people are going through a hard time, it is better to let people know than to wait.

“I have countless examples of people who have voluntarily come to mental health and it has never affected their career. They are able to come in and get the services and support they need, and then return to their job and no one is ever the wiser.”

Merritt agrees with Parkman, adding that seeking help does not indicate lesser intelligence or maturity either.

See Mental health, page 12

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

<p>Professional Women’s Organization—1st Mon. of each month - Basement of City Hall Lion’s Club—2nd & 4th Mon. 7 p.m. - Jubilation Center Chamber of Commerce—2nd 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</p>	<p>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 Dinner 1st Tues. each month 6 p.m. - AMVETS Building</p>	<p>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 Road Riders, Local 33 - 3rd Sun. 1 p.m. - AMVETS Building</p>
---	--	---

<p style="text-align: center;">BANKS</p> <p style="text-align: center;">Equity Bank</p> <p>On-line banking • 24 Hr. ATM • Check out our Spirit Account for military personnel 200 N. State St. • 563-3011 • www.equitybank.com</p>	<p style="text-align: center;">FITNESS</p> <p style="text-align: center;">Studio Arriba</p> <p style="text-align: center;">600 E. Allen St. • Knob Noster • 563-9063 Specializing in Zumba Fitness Classes Monday-Saturday • For details: www.studioarriba.com</p>	<p style="text-align: center;">FLOWERS & GIFTS</p> <p style="text-align: center;">Knob Florist</p> <p style="text-align: center;">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!</p>	
<p style="text-align: center;">CHRISTIAN BOOK STORE</p> <p style="text-align: center;">The Sparrow’s Nest Christian Book & Gift Shop</p> <p style="text-align: center;">110 N. State St. • Downtown Knob Noster • 660-563-7777 Serving Him by serving you. Full Line Christian Book Store, Proverbs 3:5-6 Willow Tree • Jim Shore • Christian Tapestries & Pictures • Statuary • Unique Christian Stealth Mdse.</p>	<p style="text-align: center;">FLEA MARKET & ANTIQUES</p> <p style="text-align: center;">The Strawberry Patch</p> <p>Individual Booth Spaces - Large Variety Of Unique Items Hours: Tues.-Fri. 10am - 5pm, Sat. 10am-3pm 108 N. State St., Downtown Knob Noster 660-563-3944</p>	<p style="text-align: center;">TEA ROOM/GIFT SHOP</p> <p style="text-align: center;">Time For Tea</p> <p style="text-align: center;">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</p>	
<p style="text-align: center;">DENTISTRY</p> <p style="text-align: center;">Michael Hanna, D.D.S.</p> <p style="text-align: center;">563-6030 • 204 N. Adams - Knob Noster Monday & Tuesday 8 to 5</p>	<p style="text-align: center;">HAIR SALONS</p> <p style="text-align: center;">CO-ED CREATIONS Salon</p> <p style="text-align: center;">The Largest Salon in Knob Noster</p> <p>Military Cuts, Perms, Colors, Highlights, Nails, Body Wraps, Tanning, Waxing & Ear Piercing Open Monday - Saturday 205 B North Adams Knob Noster 563-3553 • Like Us On Facebook</p>	<p style="text-align: center;">VARIETY</p> <p style="text-align: center;">Dutch Kountry Market</p> <p style="text-align: center;">Open 7 days a week Bulk food • Spices • Crafts • Furniture 10340 50 Hwy 660-563-2941 Knob Noster</p>	
<p style="text-align: center;">RESTAURANT</p> <p style="text-align: center;">Oriental Cuisine</p> <p>Korean, Japanese & Chinese Food Served • Dine-In or Take-Out Mon.-Sat: 11am - 9pm 102 N. State St. • (4-way stop) 563-2423</p>			<p style="text-align: center;">VETERANS ORGANIZATION</p> <p style="text-align: center;">VFW - Post 4195</p> <p style="text-align: center;">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</p>
<p style="text-align: center;">LODGING</p> <p style="text-align: center;">EconoLodge</p> <p style="text-align: center;">W. Hwy 50 & 132 563-3000 Quality Rooms • Affordable Rates • Conference Room • Coin-Op Laundry</p>			<p style="text-align: center;">The Ideal Climate For Your Growing Business.</p>

It doesn't cost to advertise. It pays!

YOU GET RESULTS!

The 509th Medical Lab – the behind-the-scenes cure

Story and photos by Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

Proper health is essential to human life. Even in today's modern, medically advanced society, we battle diseases, illnesses and various other ailments.

At Whiteman Air Force Base, the 509th Medical Lab faces these issues on a daily basis and strives to identify cures and promote good health for members of Team Whiteman.

The Medical Lab's role is to provide important medical information to all providers, whether they are working with Personnel Reliability Program (PRP) patients, uniformed members on regular medical status or dependents, said Maj. Neil Helbling, 509th Medical Group flight commander. This data helps providers make accurate diagnoses for patients.

The PRP aspect is perhaps the busiest of the lab's missions, as it includes, among others, all Airmen who work with or around the B-2, such as crew chiefs, Defenders and firefighters, said Staff Sgt. Raul Loy, 509th Medical Group laboratory technician.

The diagnoses the lab provides must be as accurate as possible, because a patient may suspect a medical problem but be drawing the wrong conclusion about what is causing it, said Loy.

"The information we provide supports [medical providers'] conclusion[s] or helps them to eliminate what possibilit[ies] they have considered..." said Helbling. "It is helpful information to the doctors."

To verify what the root cause of the issue might be, medical technicians draw blood and collect urine samples.

The greatest hazard for lab technicians is exposure to patients who have contagious diseases, said Helbling. Techs take precautions to minimize exposure by following procedures called "universal precautions;" some of these include wearing lab coats and gloves, using "safety areas" for opening bottles that contain bodily fluid, and many others.

The workload stays consistently heavy for the techs in the lab.

"We do on average around 5,000 tests per month. We might perform 20 or 30 tests on the same person," said Helbling. "Some people come in for a simple PHA appointment; they might have an HIV screen or a lipid panel, which would be your cholesterol check."

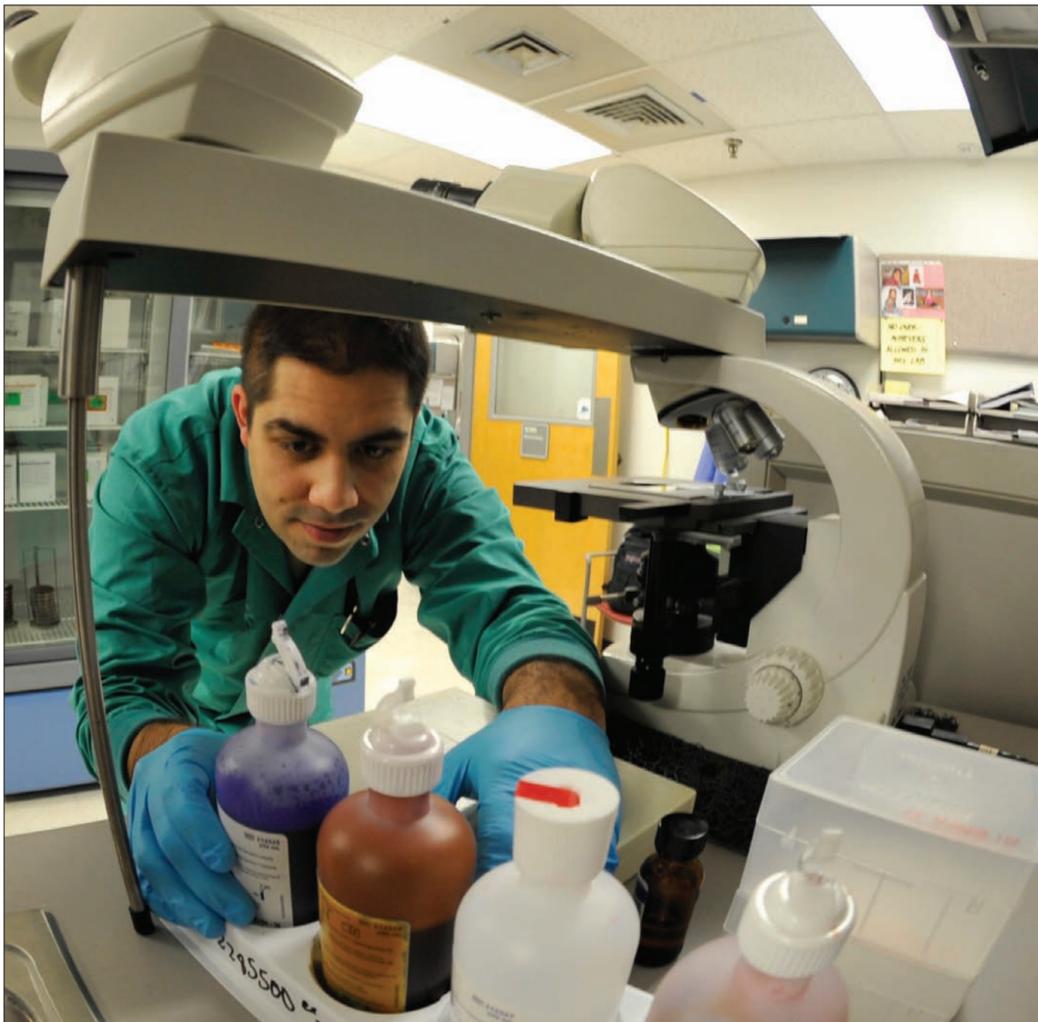
"The age ranges from pediatrics for little babies all the way up to geriatrics for the elderly and retired," he said.

The medical lab does not distribute or prescribe medicine; they simply run tests on urine samples, blood, and any other biological element from the human body. These tests are critical, however, in helping doctors diagnosis conditions and prescribe treatment for them.

So, next time you get assistance from your doctor or pick up a prescription at the pharmacy, remember that it was made possible by the dedicated technicians of the 509th Medical Lab.



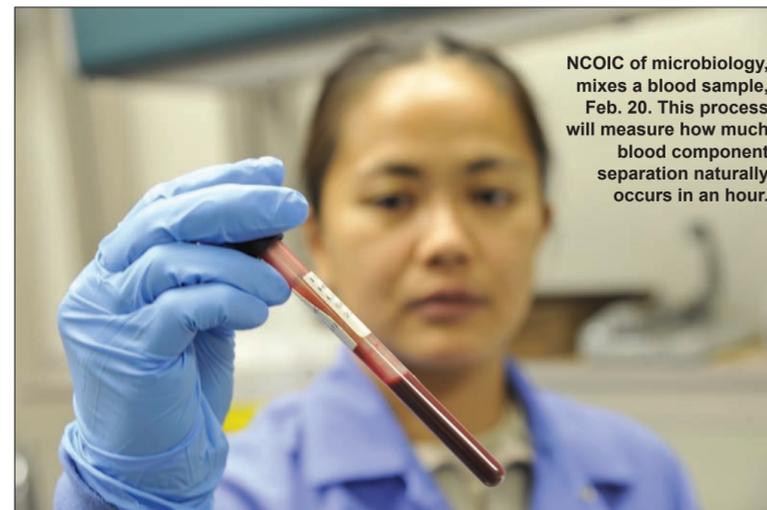
Staff Sergeant Raul Loy, 509th Medical Group laboratory technician, streaks a urine plate, Feb. 20. This plate is used to determine if bacteria is growing within an individual's urine, thereby indicating a urinary tract infection.



Staff Sergeant Raul Loy, 509th Medical Group laboratory technician, checks expiration dates on gram stain equipment, Feb. 20. This equipment differentiates bacterial species into two main groups – gram-positive and gram-negative.



Staff Sgt. Nathan Knox, 509th Medical Group medical laboratory scientist, examines a set of cuvettes, Feb. 20. The cuvettes are designed to contain medical samples, and are examined by a chemistry analyzer to determine what a person's test value is based off of color changes.



NCOIC of microbiology, mixes a blood sample, Feb. 20. This process will measure how much blood component separation naturally occurs in an hour.



Staff Sgt. Nathan Knox, 509th Medical Group medical laboratory scientist, examines a set of cuvettes, Feb. 20. The cuvettes are designed to contain medical samples, and are examined by a chemistry analyzer to determine what a person's test value is based off of color changes.



THE BEST MONTH TO BUY A RAM® 1500. THE 2013 MOTOR TREND TRUCK OF THE YEAR.®

 2012 CHRYSLER 300 C was \$45,500 NOW \$37,546* DISCOUNT -\$7,954	 2013 CHRYSLER 200 LX was \$19,990 NOW \$19,490* DISCOUNT -\$500	 2013 DODGE CHARGER was \$28,590 NOW \$24,964* DISCOUNT -\$3,126
 2013 DODGE AVENGER was \$19,990 NOW \$16,990* DISCOUNT -\$3,000	 2013 DODGE DART LIMITED was \$25,090 NOW \$22,517* DISCOUNT -\$2,573	 2013 DODGE CHALLENGER was \$28,490 NOW \$25,885* DISCOUNT -\$2,605
 2013 CHRYSLER TOWN & COUNTRY TOURING - L was \$30,990 NOW \$27,740* DISCOUNT -\$3,250	 2013 JEEP WRANGLER UNLIMITED SAHARA was \$40,360 NOW \$37,578* DISCOUNT -\$2,782	 2012 JEEP 4X4 LIBERTY was \$30,451 NOW \$25,870* DISCOUNT -\$4,581 Military Price \$25,870

Refinancing Available As Low As 1.74%**

Military First-Time Buyers
 No Credit Score ~ No Problem
 Financing Available

0% APR AVAILABLE ON QUALIFIED NEW VEHICLES

*On Select New Vehicles Through Ally Financial. Expires 2-28-13. See Dealer For Details. All Financing W.A.C. Art For Illustration Only. Prices Include \$500 Military & All Rebates. **See Dealer for details, W.A.C.

WARRENSBURG CHRYSLER

CHRYSLER DODGE Jeep RAM

888-747-5175
www.warrensburgchryslerdodgejeep.com

Hours:
 Mon., Tues., Thurs. 8:30am-7pm
 Wed., Fri., Saturday 8:30am-6pm

Personalized care for your special delivery.

We've got your pregnancy needs covered with our experienced OB/GYN doctors and midwives in our new, luxurious, larger and more comfortable Obstetrics Unit. We also boast state-of-the-art women's imaging services, a lactation consultant on staff and several educational classes to help you every step of the way. All this and more, so you don't have to travel to the city for your pregnancy needs. Personalized care just for you, right here at home.

To learn more, please call (800) 724-4395 or visit WMMC.com.

Western Missouri MEDICAL CENTER
 Your Partner for Health.



Are you TDY to Guam?
 MDA is your home for diving!

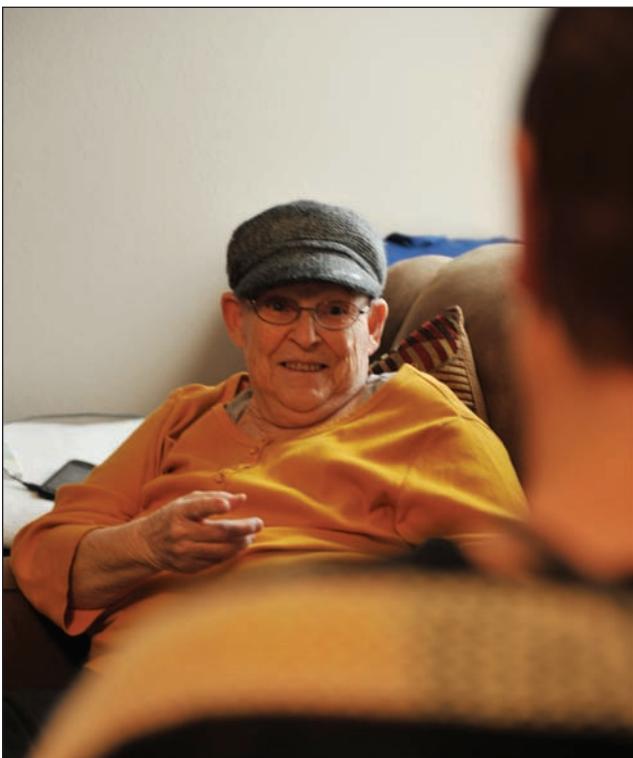
MDA

TDY SPECIAL OFFER:
 Open Water SCUBA Class \$149
 Includes: FREE 2-Tank Boat Dive, Course Materials, Dive Gear, & computer usage during class. Snorkeling equipment is not included.
 * 15% OFF Retail Purchases
 *some restrictions apply. See store for details

Bring this coupon to our Piti shop along with proof of TDY Orders and take advantage of this great offer!
info@mdaguam.com 671-472-6321



Cancer survivorship brings hope



KNOB NOSTER, Mo. -- June Tripp, small cell cancer survivor, recounts stories of her experiences during cancer treatment, Feb. 19. June believes in the power of positive thinking and is grateful for the support of family, friends and community.

Story and photos by Heidi Hunt
509th Bomb Wing Public Affairs

The word “survivor” is often attached to many different groups of people. Service members returning from deployment to a hostile area are just one of these groups.

However, not all survivors wear a military uniform; instead, they are family members of those who serve or have served.

Whiteman’s own June Tripp is one such individual.

June is married to Richard Tripp, a retired Navy senior chief petty officer currently serving as the 394th Combat Training Squadron’s B-2 flight simulator site manager. She has survived not only her husband’s past deployments, but also a direct threat to her own well-being – small cell lung cancer – and in doing, gained a greater understanding for the term “survivor.”

June is no stranger to cancer, having survived breast cancer more than 25 years ago, but what started out as a tooth-

ache in July 2012 would again fundamentally alter her life and challenge her in incredibly difficult ways.

After being prescribed antibiotics for an unrelated dental ailment, she began to experience significant upper chest pain, and the next day, June went to her family doctor for the pain.

Her doctor listened to her chest, took X-rays and ultimately found a tumor in her chest and lungs.

“The next week, I was sent to an oncologist, where they did a biopsy,” June said. “They drained a liter of fluid out of my lungs and found that it was small cell lung cancer.”

She was devastated, and remembers weeping in the arms of the nurse attending her. Fortunately, June knew she could count on the love and support of her family and close friends.

After she wiped away her tears, the first thing she said was, “I’ve got to do what I’ve got to do, and I am going to fight this cancer.”

By that time, the cancer had already progressed to stage IV. She had several cancer spots throughout her body, and the oncologist informed her the cancer was inoperable.

“The only thing they could do was chemotherapy, because there was more than one spot,” June said. “Within two weeks, I was on chemotherapy and did that for the next six months.”

When she completed chemotherapy, the doctor performed another positron emission tomography (PET) scan, and found two more spots. They also conducted brain radiation treatment, as this type of cancer was capable of traveling to the brain.

As it does for many others fighting cancer, the various treatments took a physical toll on Tripp.

“Radiation made me fatigued, so it was hard drive back and forth every day,” she said.

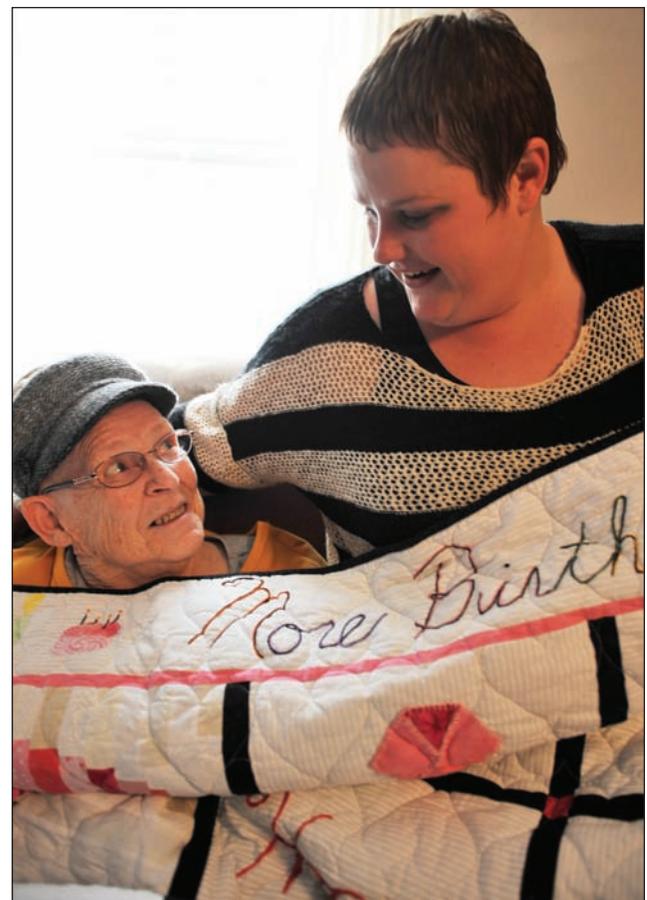
Fortunately, June found out about the local Hope Lodge in Kansas City, Mo. The Hope Lodge provides cancer patients with a free room so patients do not have to travel every day.

Prior to finding out about the Hope Lodge, a close family friend, Anita Baldwin, transported June to Kansas City from Knob Noster for chemotherapy so Mr. Tripp could continue to work.

“Laughter and a good support system is what got me through it,” she said. “There’s nothing else you can do – you can give up or you can fight it ... I chose to fight it.”

She will have to undergo another PET scan and possibly further radiation on her brain and hip to detect and treat any cancer should it return.

Even though June found out about the Hope Lodge in January, months after she made several trips to her therapy sessions, she is still grateful and wants to give back to others in need.



KNOB NOSTER, Mo. -- June Tripp, left, small cell cancer survivor, and Christi Baldwin, 509th Communication Squadron base operator, display the blanket June won in a raffle at the Hope Lodge when she stayed during her stay. Baldwin has planned a poker tournament in Knob Noster to help benefit the Hope Lodge in Kansas City, Mo.

“I’ve had so many prayers and people behind me, and if we can raise someone’s spirits and help someone else in need, then I feel like I’ve paid it forward,” she said.

Baldwin’s daughter, Christi, who is also a member of the 509th Bomb Wing Communications Squadron, decided to hold a “Hold ‘Em 4 Hope” poker tournament at the Veterans of Foreign Wars Post 4195 in Knob Noster, scheduled for March 16. All proceeds will go to the Hope Lodge.

“Since I started planning the event, I have become impressed with the military and local community,” she said. “I have had an outpouring of support and gratitude.”

For more information, contact Christi Baldwin at 660-563-0061 or search HOLD EM 4 HOPE!! via Facebook. The poker tournament is open to the public. For information about the Hope Lodge log on to <http://www.cancer.org/treatment/supportprogramsservices/hopelodge/kansascity/index>

Frontlines Continued from Page 4

“My job was more appreciated overseas by the members serving from the frontlines,” Tafie said. “Those who had been serving downrange appreciated whatever we did for them. We did our best to help transition them to or from [other locations in Southwest Asia.]”

Throughout the deployment, Tafie worked 12-hour days, six days a week.

“I worked Monday through Saturday and was off on Sundays,” Tafie said. “Each day I arrived to work, my first task was to check what food was available and what had to be prepared for the day.”

After the checklist items were completed, Tafie took accountability of workers, and ensured they were equipped and prepared to perform the day’s mission.

The greatest difference between Tafie’s job at Whiteman and his job in Southwest Asia is that at Whiteman he deals mostly with Service members. However, in the AOR, he worked mainly with an American contractor who was responsible for local national employees downrange.

“We supervised two contracting companies

over there and we weren’t allowed to cook,” Tafie said. “I absolutely love cooking. I didn’t get to cook at all while I was deployed, but I still enjoyed the experience.”

Outside of not being able to cook, and missing his wife and friends, Tafie missed being able to drive his car wherever he wanted.

“While deployed, we couldn’t go off base more than once a week and we didn’t have a need to drive on base,” he said. “So once I got back the very first day, I drove all the way to Kansas State and back. It was very relaxing for me.”

Tafie said the most satisfying part of the deployment was the recreation.

“We had a multi-service volleyball tournament over there,” Tafie said. “I also ran the Air Force half and full marathons. Those activities were very fun for me.”

Being able to take time off during the duty day to work on his fitness was also a major plus for Tafie.

He joined the base honor guard to fill his free time while deployed, posting colors and folding flags for official functions and ceremo-

nies.

“I also volunteered for the Fallen Warrior program, where we would change ice for the bodies of fallen Service members that were in transit between flights,” Tafie said.

Tafie said one of the flights carrying the bodies was delayed and the ice had completely melted.

“The bodies weren’t in very good shape because of water damage to wounds, and we had to clean them up before we put in new ice and flew them back home to their families,” Tafie said. “There was some blood that needed to be cleaned, but I did what I had to do to take care of a brother-in-arms. I know other Airmen will take care of me if my body is in that kind of position one day.”

Tafie also gave up 150 hours of time off duty to assist with different USO events and help with various base and squadron-level events.

“On a scale of one to 10, I would give my deployment a 10,” Tafie said. “I enjoyed working with the local nationals and members of our sister services.”

Overall, Tafie also enjoyed his living area

while deployed.

“At first I thought our dorm rooms were small compared to what we have here at Whiteman,” Tafie said. “But after speaking with Soldiers and Marines about their living conditions, I would say my living conditions were perfect. It was a deployed location, so I couldn’t expect to live a perfect life.”

Tafie said he appreciates what the Air Force has done to make the quality of life during deployments more enjoyable for Airmen.

“The deployment was an excellent way for Tafie to gain breadth of experience and see the mission from a new perspective,” said Staff Sgt. Alaina Baldowski, 509th FSS Whiteman Inn guest services manager. “His outgoing personality and wide range of interests led him to make important connections that he otherwise would not have.”

Having the opportunity to travel and see the mission from the opposite side of the planet made Tafie want to deploy again.

“There were many things I saw while I was deployed that touched my heart,” Tafie said. “Being deployed taught me many life lessons.”

Mental health Continued from Page 7

“One of the important things for Airmen coming in is feeling like it’s saying they are weak and can’t handle their own problems.” Merritt said. “That’s really where the stigma about coming to mental health comes from – what people put on themselves. It’s not because any particular individual is weak or doesn’t have the intelligence to figure it out;

it’s just that they are overwhelmed with the situation they are in.”

Confidentiality is also another thing Airmen worry about, he said.

“There are varying levels of confidentiality,” Merritt said. “For the most part, we try to keep everything confidential. The big exceptions would be if you tell us you plan on

killing yourself, then we would break confidentiality to keep you safe. The safety of our Airmen is paramount.”

The services offered by mental health provide clear benefits, Parkman said.

“I’ve seen positive repercussions and positive impact,” she said. “I’ve seen families come out of here stronger and better, and I’ve

also seen individuals coming from counseling sessions saying they are in a good place and everything we have done has helped.”

Merritt stresses that Airmen who need help should seek it.

“Airmen need to realize there is nothing negative about seeing mental health,” Merritt said. “It’s not something that Airmen look down on others for doing. Most people that I talk to have some apprehension about it, but when I ask an Airman if [he] had a friend going through a hard time if [he] would tell them to come see us, they always say yes.

“I think people just need to do a little of perspective thinking. If your friend was going through something and you recommended they see mental health, why would you worry about coming yourself?”

At the end of the day, it is all about making sure the Air Force’s mission is accomplished, said Parkman.

“When our Airmen are happy, the Air Force is in a better place,” Parkman said. “The mission is getting done. Airmen aren’t worried about going home, or if someone is going to tell. If we can get them on the road to recovery, then it’s a successful day for us.”

REN-T-OWN® AUTOS!

KEEP more of YOUR Income Tax Refund

NO CREDIT CHECKS! NO INTEREST ALL SALES & PROPERTY TAXES IN PAYMENT!

Low Ren-T-Own® Origination Fees And The LICENSE PLATES Are UNDER \$60

Not \$\$HUNDREDS like other dealers! KEEPS \$\$\$\$ IN YOUR POCKET FOR YOUR FAMILY

“Everyone deserves a Sharpe Auto!”

660-747-CARS (2277)

\$300 OFF Your Lease Origination
Present to Sharpe Auto Sales expires 3/31/13

WE NOW HAVE DAILY AND WEEKLY RENTALS

300 E. Russell Ave. • Warrensburg, MO • www.SharpeAutoSales.com

STORE YER STUFF

24-HOUR STORAGE FACILITY

Household Items - Boats - RV's
Collector Cars - Trailers

660-909-3102

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

Join Us In **WORSHIP**

Northside Christian Church
500 N. Ridgeview Drive
Warrensburg
747-8632

Sunday Worship 9:00 & 10:30 AM
Sunday School 9:00 & 10:30 AM
Wednesday Bible Study 6:00 PM
(Wednesday activities September-May only)

“A real place...
...for real people.”

For more information go to...
www.northsidechristianchurch.com

Shiloh Missionary Baptist Church
212 N. Main St.
Warrensburg

Sunday School Starts 11:45 AM
Sunday Worship Service 10:00 AM
Thurs., Midweek Service 6:30 pm - 8:00 pm

“The Church that love is building”
Rev. Terrence Moody - Pastor
660-747-5685



...be filled with the Spirit. Ephesians 5:18

AG First Assembly of God

Dr. Alvin Langston
Dr. Esther Kay Langston

Sunday School 9:30 a.m.
Sunday Service 10:30 a.m.
Midweek Renewal 7:00 p.m. Wed's.

240 NW Highway 13 ~ Warrensburg
660-747-6762
www.AG-WBG.org

Abundant Life Ministries Apostolic
123 E. Gay Street, S-3
Warrensburg, Mo 64093

Sunday
Sunday School 10:00 am
Morning Worship 11:00 am

Wednesday
Prayer Service 6:00 pm

Pastors John & Gwyn Harrington
Email: www.almchurch.org
For info, please call 660-909-4940

Bethel Baptist Church
Join Us!

Sunday School 10am
Morning Worship 11am
Evening Worship 6pm
Wednesday: Prayer & Bible Study 7pm
• Nursery & Kids programs for ALL ages

“Independent, Bible Centered”
416 NW Highway 13
Warrensburg, MO-660-747-2173
(4 miles N. of Warrensburg)
“Making a difference one person at a time”

Heartland Church
Psalm 127:1

“A Church With A Heart Of Love”
Sunday Worship 10:00am
Sunday School 9:00am
Pastor Greg Morris
777 NE Highway 23
563-3810

CROSSROADS
Seventh Day Adventist Church
WARRENSBURG

Everyone Needs A Place To Come Home To
Join us every Saturday
5 miles W. of Warrensburg at the intersection of Hwys 50 & 58.

Worship Service 11:00 a.m.
Sabbath School 9:45 a.m.

Pastor Al Oetman
660-287-5849

Worship With Us
Charity Christian Revival Center
59 NE D. Hwy. - Knob Noster
Apostle Willie Shields, Jr.

Sunday School 10:00am
Worship Service 11:00am
(Children's Church & Nursery Available)
Wednesday Praise Service 7:00pm

563-4813
charitychristiancenter.org

Independent Fundamental
Grace Baptist Church
3304 S. Ingram - Sedalia

Sunday School 9:45am
Worship Sunday 10:45am & 6pm

826-2918
Pastor Alvin Sipe

Wednesday Bible Study 7pm

First Baptist Church
PRAYER WITNESS
DISCIPLESHIP MINISTRY

110 E. McPherson
Knob Noster
Pastor: Jim Richards
Sunday School 9:30am
Worship 10:45am
Nursery Provided
563-3071

Warrensburg Church of Christ
722 S. Maguire
Warrensburg, MO 64093

SUNDAY 9:30am - Sunday School
10:30 am - Worship
6:00 pm - Worship
WEDNESDAY 7:00 pm - Bible Study

“The Churches of Christ salute you!”
Rom. 16:16
Email: contactus@cofcwsbg.org
Web address: http://www.cofcwsbg.org
660-747-5519

Knob Noster United Methodist Church

106 E. Wimer,
Knob Noster, MO 65336
660.563.2724
knobumc@knumc.com

Sunday Worship: 10:45
Sunday School: 9:30

First Baptist Church
“Applying God’s Word in Today’s World”

Sunday Worship 9:00 & 10:45 am
Sunday School 9:00 & 10:30 am

Childcare Available
1302 S. Maguire
Warrensburg
747-9186

Web Site: www.fbcwburg.org
Email: fbcwburg@fbcwburg.org

FAITH LUTHERAN CHURCH
MISSOURI SYNOD
507 S. WASHINGTON KNOB NOSTER

660-563-5973
Sunday Worship 9:30 AM
Sunday School 10:45 AM
Adult & Children
Jr. High and High School Youth Groups Meet Monthly

Bring Your Family and Come Join Us This Sunday
(ACROSS FROM THE HIGH SCHOOL)

WHAT'S HAPPENING AT WHITEMAN?

JOIN US ONLINE @ WHITEMANFSS.COM & CLICK ON CALENDAR

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

UPCOMING FEATURED EVENTS:

FEATURED EVENTS

FRIDAY 3/1

First Friday! - Starts at 4pm - Mission's End

Enjoy a free member buffet, a chance inside the "Cashinator", a \$200 cash drawing is available to all active club members. Bar Bingo with a \$100 jackpot only \$1 per card. Then Texas Hold 'Em will begin at 6pm. Karaoke will be after Texas Hold 'Em. Only \$5 for non-members and free to members! Call 687-4422 for more information.

SATURDAY 3/2

Outdoor Rec is open on Saturdays!

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

Snowboarding Trip-Single Airman Initiative-ODR

Snowboarding in Weston, Missouri at Snow Creek. Transportation, Snowboard Rental, are at no expense. Yes, that's right free! Those who are interested there are more trips planned for this month. Ask ODR how to sign up! Call 687-5565 for more information about this trip and others.

MONDAY 3/4

Seniors Bowling-10am-1pm- Bowling Center

Seniors join in bowling for only \$1 games. Share some coffee and breakfast with your friends! Call 687-5114 for more info.

WEDNESDAY 3/6

Boss & Buddy-Starts at 4:30pm- Mission's End

Join us for cheap wings, great food, fun & friends. Share some wings with your fellow co-workers and enjoy watching sports, or even a few of our beverage specials. Call 687-4422.



WAFB WARRIOR BASEBALL/SOFTBALL LEAGUE
Warrensburg/Knob Noster

Register now! Stop in today @ the Youth Center from 9:30am-6:30pm

1st-8th grades will compete in the Glenn Shippy League

T-Ball (ages 5yrs-Kindergarten) and Start Smart (ages 3-4) will held on Whiteman AFB

1st-8th grades \$45 mbrs/\$50 nonmbrs

T-Ball (coed) \$45 mbrs/\$50 nonmbrs
Start Smart (coed) \$25

Families with 3 or more players, ask about our reduced fee scholarship program

Children must have a current physical on file to participate.

Sign Up Now! There are spaces still available!

facebook.com/whitemanyouthsports
Email: YPsports@whiteman.af.mil

687-3199



facebook.com/whitemanmarketing

PARTY WITH US AT MISSION'S END
MARCH 15 8PM-1AM

ST. PATRICK'S PARTY

KARAOKE AT 8PM • ST. PATTY'S MENU

PRIZE FOR THE GREENEST GUEST
POT O' GOLD COIN HUNT CHALLENGE
GREEN BEVERAGES AVAILABLE

687-4422

WELCOME TO Fabulous CASINO NIGHT MISSION'S END
MARCH 22 + 7-10PM

Entrance Price is good for your first \$2000 worth of chips -After that you can purchase extra for \$5/\$2000 chips

Guests will compete in: Craps, Roulette, Blackjack, Texas Hold 'Em, Poker, & The Color Wheel.

Whiteman's First Ever Mouse Races: Come bet and cheer on the Bussiere Bullet, Spalding Speedster, Rodriguez Rocket, Darling Dasher, Can't be Caught Kmon, or the Mach 5 Martignetti

Each \$500 in chips is good for 1 chance to win a prize!

MEMBERS \$5 NON-MEMBERS \$10
Food available for purchase, and drink service will be available directly to your table.

687-4422

The FCC hours of operation have changed to: 0900-1300hrs : Please Call 687-5590 for more.

FCC NEWS

FCC Orientation Class:
Receive training to become a licensed Family Child Care 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 a 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 for an application or call us for more at 687-5590.

Base Residents:
Doing child care to help support the AF mission? Licensing is not required if your are:
Providing occasional care for a friend or neighbor,
Baby-sitting on an occasional basis for other families,
A teenager doing evening or weekend baby-sitting for families,
Providing child care in the parents' own home.
Parent cooperative where one of the parents provides supervision for other parents' children on an exchange basis and no fees are involved. Providing less than 10 hours of child care a week on an irregular basis. If you are providing child care beyond these opportunities, come to the FCC office to apply prior to participation or call us at 687-5590.

★ SINGLE AIRMAN INITIATIVE ★

POWER PLAY

S.A.I. TRIP
MARCH 15
6PM-12:30AM

THIS IS A FREE EVENT!
EVENT FEES, TRANSPORTATION & FOOD ARE PROVIDED

The bus will leave the Community Center at 6pm, a buffet will be provided on arrival to Power Play!

A free unlimited pass from 8:30-11pm, and we will return to the base at 12:30am

Go-Karts, Lazer-Tag, Bowling, Whirley Ball, Bumper Cars, Arcade, Tilt-a-Whirl and more!

Please stop by or call the Community Center to Sign up by March 12, for this free event!

687-5617

★ SINGLE AIRMAN INITIATIVE ★

Golf Outing

WITH THE UCM GOLF TEAM AT ROYAL OAKS GOLF COURSE
March 22 12-6pm

All supplies will be included. Rental Clubs, Tees & Golf Balls Sign up as a single or with two of your friends

GOLF INSTRUCTION & 4 PERSON SCRAMBLE

You are invited to a golf outing with Royal Oaks Golf Course and the UCM Mules/Jennies Golf Team. Ten teams of 3 single airman will be paired up with a UCM Golf team member as their fourth player! 5 Mule players & 5 Jennies players will be present. The format is a 4-person scramble, which will be explained during the golf instruction.

Grab & Go Lunch will be provided throughout the day.

Sign up by noon on March 15
Call now! Limited spaces available!

687-5572

Story Time & Craft

@Whiteman Library
Ages 3-5 - Siblings Welcome

Held on the 1st & 3rd Wednesdays of each month, in the Library Meeting Room at 11:30am

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

Where Great Quality Lives For Less



4 Piece Bedroom Group
Headboard, Dresser, Mirror, Nightstand
\$598
Compare at \$899

7 Piece Bedroom Group
Bed, Dresser, Mirror, Chest & Nightstand
\$998
Compare at \$1,899




100% Wool, Hand Knotted **Rugs-** Starting at **\$21⁰⁰**

Simmons **Recliners-** **\$195**



Simmons UPHOLSTERY



Plush Microsuede **Sofa**
Compare at \$399
\$298



Set of Three **Nesting Tables**
Compare at \$159
\$97



The **LOWEST** Prices on **Queen Size Mattress Sets**
\$297
Compare at \$499
THERAPEDIC



Where Great Quality Lives for Less
3200 West Broadway SEDALIA
Visit us on the web at www.ffohome.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

Help Wanted 90

Misc. For Sale 135

Apartments For Rent 207

Warranty
running out on your vehicle and not quite ready to trade?
No Worries!
Call Dorsey or Mark at 800-382-5088 to avoid costly repairs with their Service Plan at

Medical
FULL-TIME PHARMACIST
Needed for local, independent company. Competitive salary & benefits. Send resume to: Dept. #5148, c/o The Sedalia Democrat, P.O. Box 848, Sedalia, MO 65302. EOE

Cabinets: Glazed Maple solid wood, dovetail, never installed, can add or subtract to fit kitchen. Cost \$7000. Sacrifice \$1650! (660) 252-4330

\$99 - FIRST MONTH RENT 1 & 2 Bedroom apartments, Knob Noster. Water, sewer, trash & Internet paid. Call 816-305-0712.

Help Wanted 90

Help Wanted 90

Misc. For Sale 135

THE CHANGE JAR
Consignment Boutique
Spring Fashions have Arrived!
617 S. Maguire
Warrensburg
Mon-Fri 10-6
Sat. 10-5
660-747-8419

LPNs & CNAs
An Exciting Opportunity Awaits You at the Missouri Veterans Home - Warrensburg

Current Positions Available:
Full-Time and Part-Time Licensed Practical Nurses
Full-Time Evening & Night Shift Certified Nursing Assistants

Benefits Include:
Retirement Plan
Health, Dental, Vision & Life Insurance
3 weeks paid vacation/year
12 paid holidays/year

Interested candidates please contact
Debbie Woirhaye or Jane Thurman
1300 Veterans Rd
Warrensburg, MO 64093
Phone: (660) 543-5064;
Fax: (660) 543-5075;
Email: Debbie.Woirhaye@mvc.dps.mo.gov
EOE; Drug Free Workplace
MVH celebrates a diverse workforce
2008 NAHCA Facility of the Year



NEAR NEW HOME IN HUGHESVILLE 3 BR 2 bath home with large kitchen, top of the line appliances, nice 40x60 detached garage, wood privacy fenced backyard, all electric home, approximately 2200 sq. ft. MUST SEE!! \$149,900 #65424 Coldwell Banker Monsees Realty, 826-5811. Call Ruby 660-221-5661



1978 CORVETTE
Numbers matching, Black with Black Interior, Automatic, Air Conditioning, Cruise, Tilt and Telescopic Steering Column, AM FM, 350 engine (225 H.P.), all original with less than 40,000 Miles. Well Maintained with papers. \$15,000. Call 660-827-2713

Daycare Centers 84

Buzzy Bees Infant Daycare
402 Angus Lane
Knob Noster, MO
660-563-BUZZ
Now enrolling 6 wks through 3 years old.

Upcoming Events 27

Please Join the **Whiteman Enlisted Spouses Club** for a **Hawaiian Meet & Greet** March 1, 2013 • 6:30 -10 pm **Mission's End**

- Hawaiian Dress contest!
- Hors d'oeuvres provided!
- Bring your spouse and/or friend!
- Childcare on site.

RSVP by Feb. 27, 2013
at wescmembership@gmail.com

Apartments For Rent 207
WARRENSBURG: 1 & 2 BR with some utilities, \$379/\$399. 2 Bedroom House, \$499. NO PETS/SMOKING. Call 660-624-0276, leave message 630-293-0295.

Townhouses For Rent 213
LARGE 2 BR (1165 sq.ft.) & 3 BR (1450 sq. ft.), 1-level, all appliances, garage, security system, no smoking or pets. Sedalia. 826-4509, 619-0384

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

Houses For Sale 249
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 Rent 209
2 BR, Washer/Dryer, big fenced yard, attached garage, West Sedalia, 20 miles to Whiteman AFB, close to shopping & restaurants. Rent \$600 mo. First & last month's rent + references. 660-553-1089

Apartments For Rent 207
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

Automobiles 300
W-K
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!

Cycles & ATVs 312
Jeff Williams Motorcycle Swap Meet
March 3rd
8:30am-3pm
MO State Fairgrounds
816-228-5811
jwswapmeet.com

Jerry Baker Auto Sales
600 Industrial Dr.
Sedalia, MO
660-826-5451

07 Freestar SEL	9995
08 Town & Country	10995
06 Rendezvous AWD	9995
06 Expedition 4wd Eddie Bauer	12995
05 Lexus RX330	14495
03 GMC Yukon 4wd	10495
05 GMC Envoy 4wd	8995
06 Escape 4wd	9995
05 Equinox AWD	7995
04 Trailblazer 4wd	3995
98 Blazer 4wd	3995
07 Ford SC 4wd	14995
03 Chevy 3/4T 4wd	13495
04 Chevy CrewCab 2500 4wd	13995
06 Dodge 2wd 72K	10495
04 Toyota Tundra	10995
03 Chevy CrewCab 4wd Diesel	10495
04 Ford SuperCrew 4wd Lariat	13995
04 Chevy Xcab 4wd	11995
99 Ford F150	4995
04 Dodge Shortbed 72K	8995
97 Chevy Xcab Diesel	4995
09 Pontiac G6 64K	11995
07 Ford Fusion 62K	12495
06 Buick LaCrosse	8995
08 Chevy HHR 84K	9995
06 Pontiac G6 Conv.	10495
08 Gr.Prix	9995
01 Mustang Loaded	5495
05 Cobalt 1-Owner	5995
03 Lincoln Towncar 61K	9995

www.jerrybakerauto.com

PEOPLE WHO READ NEWSPAPERS ARE
STUDENTS WITH BETTER GRADES
It all starts with Newspapers

McCARTHY TOYOTA OF SEDALIA

\$500

MILITARY REBATE*



NEW 2013 TOYOTA
COROLLA LE
STOCK #X11834 • LEASE FOR

\$159

/MO.**

NEW 2012 TOYOTA
CAMRY LE

STOCK #X11862 • LEASE FOR

\$199

/MO.**



McCARTHY
TOYOTA OF SEDALIA

**LOWEST TIRE PRICES
GUARANTEED!**

**WE PROFESSIONALLY
SERVICE ALL
MAKES & MODELS**

OIL CHANGE SERVICE

- UP TO 5 QTS. OIL
- MULTI POINT INSPECTION
- INSTALL NEW OIL FILTER

\$23⁹⁵



Valid at McCarthy Toyota of Sedalia. Diesel & synthetic extra. Most vehicles. Excludes prior sales. Not valid with any other offer. Coupon must be presented at time of write up. No further discounts apply. Plus tax & shop supplies. Toyota only. Offer expires 4/15/13.

TIRE ROTATION

Rotate four tires, inspect & adjust air pressure, inspect for any uneven wear, four wheel brake inspection.

\$12⁹⁵



Offer expires 4/15/13.

*To qualify for \$500 military rebate you must: be in current active duty status in the U.S. Military (Navy, Army, Air Force, Marines, National Guard, Coast Guard and Active Reserve) or a U.S. Military Inactive Reserve (i.e., Ready Reserve) that is part of the Individual Ready Reserve, Selected Reserve and Inactive National Guard. Retired military personnel are not eligible. Provide verifiable proof of military status or active service at the time of purchase via leave and earning statement or military identification card (photo copy of military identification card is not required.) Receive a salary sufficient to cover ordinary living expenses and payments for your Toyota. Receive credit approval through a Toyota dealer and Toyota Financial Services. **Automatic. 36 Month, 12k mile per year lease. Corolla \$1,818, Camry \$2,260 at inception plus 1st payment. Excludes tax, tag, title fees, registration and Military rebate and includes dealer fee. Security deposit waived. With approved credit. Ends 4/15/13.

McCARTHY TOYOTA OF SEDALIA

3110 W. Broadway, Sedalia, MO 65301

660-826-5400

SedaliaToyota.com

Sales hours: Mon-Thurs: 9AM-6PM
Fri: 9AM-7PM • Sat: 9AM-6PM

Service hours: Mon-Fri 7AM-6P
Sat 8AM-12PM, Sun Closed

