

WARRIOR

Year of the B-2

Vol. 4 No. 32
August 16, 2013

**Missouri
honors military
members
Pg. 5**

**A retirement
unlike any other
Pg. 11**

CMSAF #5 Gaylor

Visits Whiteman Airmen, shares experience Pg. 8

Bicycle safety

Air Force Safety Center
2013 Critical Days of Summer

KIRTLAND AIR FORCE BASE, N.M. -- Bicycling is a very popular activity during the warm weather.

Although there are no hard statistics on the number of riders the National Highway Transportation Safety Administration reports that according to a survey they did, approximately 57 million people, 27.3 percent of the population age 16 or older, rode a bicycle at least once during the summer of 2002.

With the cost of gas skyrocketing among other factors, this number is sure to have grown in the past decade.

So, how sure are you about your bicycle readiness? Have you checked to see what maintenance is needed? How about your helmet—any cracks or worn straps? These are only a couple of the risk management and hazard mitigation actions you should take before you get on your bike for the first time in the summer season.

To help keep safe, read and heed these tips from the National Highway Traffic Safety Administration.

RIDE WISELY.

Learn and follow the rules of the road.

- Bicyclists are considered vehicles on the road and must follow traffic laws that apply to motor vehicles.
- Always ride with traffic and obey traffic lights, signs, speed limits, and lane markings.
- Know your traffic laws found in your State drivers' licensing handbook.
- Signal in advance of a turn; use correct hand signals so others can anticipate your actions.
- Yield to pedestrians and other vehicles, as appropriate.
- If you choose to ride on a sidewalk, take extra caution at driveways and other intersections.
- Check for traffic by looking left-right-left before entering a street.
- Control your speed by using your brakes. If your bicycle has hand brakes, apply the rear brakes slightly before the front brakes.

BE PREDICTABLE.

Act like a driver of a vehicle.

- Older children and adults are safest riding on the road where the behaviors and responsibilities should be the same as all vehicle operators.



- Always ride with the flow of traffic, on the right side of the road, and as far to the right of the road as is practicable and safe. Motorists do not expect to see traffic coming in the opposite direction or on the sidewalk. When motorists don't expect to see you, they may pull across your path or turn into you, causing a crash.

- Ride straight and do not swerve in a lane or in and out of traffic.

BE VISIBLE.

See and be seen at all times.

- Always assume you are not seen by others.
- Cyclists must take responsibility for being visible to motorists, pedestrians, and other cyclists.
- To enhance your visibility at night and in low-visibility conditions (dawn, dusk, and inclement weather): Wear neon and fluorescent colors. Wear special clothing made from reflective materials, for example, retro-reflective vests, jackets, wristbands, and patches for your back, legs and arms, and helmet.
- Install bicycle reflectors on both the front and back of your bicycle. If a carrier is added, make sure the rear reflector is visible. A flashing red light on the rear of the bicycle, backpack, or helmet will increase your visibility to others.

THE WARRIOR

Editorial Staff

Brig. Gen. Thomas Bussiere
509th Bomb Wing Commander

Capt. John Severns
Chief, Public Affairs

1st Lt. John M. Cooper
Deputy Chief, Public Affairs

Airman 1st Class Shelby R. Orozco
Editor

Photojournalists

Staff Sgt. Alexandra Boutte

Staff Sgt. Nick Wilson

Staff Sgt. Brigitte N. Brantley

Airman 1st Class Bryan Crane

Airman 1st Class Keenan Berry

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

On the cover

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

U.S. Air Force Master Sgt. Horace Dozier, 509th Logistics Readiness Squadron individual protective equipment NCO in charge, guides former Chief Master Sgt. of the Air Force Bob Gaylor through the logistics warehouse at Whiteman Air Force Base, Mo., Aug. 8, 2013. Gaylor, who served as the fifth CMSAF from 1977 to 1979, spoke with Airmen at Whiteman about his time in the military and how to overcome obstacles in their careers. He ended his visit by speaking at the Senior NCO Induction Ceremony.

Senior NCO Induction Ceremony



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

Airmen at all levels in their career are expected to lead; however, that responsibility increases substantially when an Airman makes the transition to the senior noncommissioned officer tier. The Whiteman Top III honored 48 inductees at Whiteman Air Force Base, Mo., Aug. 8, 2013. The responsibility of a SNCO is vast and held under the highest scrutiny. The Air Force depends upon these Airmen to accept this challenge and develop their personal competencies in order to become the strategic leaders of the future.

NEWS BRIEFS

**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.

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AF Housing

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Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.



WEATHER

Today	Saturday
Partly Sunny	Sunny
Hi 79	Hi 80
Lo 58	Lo 58
Sunday	Monday
Sunny	Sunny
Hi 83	Hi 85
Lo 60	Lo 63

Former Air Force leader passes away

(Courtesy of Air Force Public Affairs Agency)

WASHINGTON (AFNS) – A former chairman of the Joint Chiefs of Staff, who was also a chief of staff of the Air Force, passed away Aug. 10 in Falcon's Landing military retirement community in Potomac Falls, Va.

Retired Gen. David C. Jones served as the Air Force's chief of staff from 1974 to 1978 until he was appointed as chairman of the Joint Chiefs of Staff where he served as the military's top military officer until 1982.

During Jones' career, he was assigned to a bombardment squadron during the Korean War and accumulated more than 300 hours on missions over North Korea. In 1969, Jones served in Vietnam as deputy commander for operations and then as vice commander of the Seventh Air Force.



Retired Gen. David C. Jones

A graduate of the National War College, the general was awarded an honorary doctorate of humane letters degree from the University of Nebraska at Omaha in 1974, an honorary doctorate of laws degree from Louisiana Tech University in 1975, and an honorary doctorate of humane letters degree from Minot State College, Minot, N.D., in 1979.

Jones was born in Aberdeen, S.D., and graduated from high school in Minot, N.D., in 1939.

He attended the University of North Dakota and Minot State College until the outbreak of World War II. At that time, he entered the Army Air Corps, beginning aviation cadet training in April 1942, and received his commission and pilot wings in February 1943.

At the time of his death, Jones was battling Parkinson's disease.

Jones retired from the Air Force July 1, 1982.

PTSD specialist simplifies stress science

By Senior Airman Whitney Tucker
27th Special Operations Wing Public Affairs

CANNON AIR FORCE BASE, N.M. (AFNS) – Tania Glenn, who has a doctorate in psychology and is a licensed clinical social worker, delivered a feelings-free, scientific analysis of the human body's physiological response to high-stress situations during a briefing Aug. 5, to help Airmen here understand their biological processes downrange.

Glenn, who specializes in post-traumatic stress disorder in service members and first responders, described the chemical reactions that take place within the body when it experiences stress, as a state of physical or emotional activation. The Airmen learned about the biological cues that trigger phenomena such as the fog of war and fight-or-flight syndrome.

In years past, fight or flight was believed to occur in seven- to 10-minute spurts very sporadically throughout the adult life. More recently, researchers and clinicians have discovered that individuals engaged in combat situations are able to maintain a state of fight or flight for months on end since it is a naturally engineered survival mechanism.

"The core element of stress, the very foundation of stress, is fight-or-flight syndrome," Glenn said. "Without fight or flight we would not survive as a species. For members of the armed forces, this is how it works: you learn of an upcoming deployment and your energy begins to shift; you start to ramp up mentally, you disengage from your family little by little and you adopt an aggressive mindset to prepare for the hostile environment you're going to be immersed in. As you adopt that mindset and your energy shifts, you begin to produce more adrenaline, glucose and cortisol, which are the very basis of the fight-or-flight response."

Glenn went on to explain that cortisol is the key factor of PTSD. Therefore, individuals who are exposed to high-threat situations that require their bodies to enter into a no-holds-barred state of fight or flight for an extended period of time are more likely to experience unpleasant symptoms, similar to withdrawal, upon returning to an environment with nonthreatening conditions.

"As you start to come down from fight or flight, you may feel a sense of agitation -- an ants in your pants feeling that you can't shake," Glenn said. "You're tired, but you can't sleep; you want to sit still, but you are compelled to get up and move. Your body is literally detoxing from exhilaration. It's readjusting to normal conditions after being on an adrenaline rush for weeks, months at a time. And just like any detox, coming off the extra adrenaline, glucose and cortisol is unpleasant."

In direct contrast to fight-or-flight syndrome, what Glenn refers to as "the freeze" can also take place during intense or hostile situations. Though individuals who find themselves rooted to the spot in combat situations are often regarded as cowardly, this reaction can be attributed to chemical processes that take place within the brain, completely independent of conscious decision.

"The freeze is basically the untrained brain and the passive personality," Glenn said. "Instead of dumping adrenaline, glucose and cortisol -- the chemicals that make you fast and strong -- the brain dumps useless neurotransmitter fluids and renders you virtually frozen, unable to move or activate."

Likewise, the brain can also be held responsible for causing knee-jerk bodily functions such as shaking and vomiting during, or following, traumatic events.

According to Glenn, there are many overt physiological reactions that transpire during an acute, or incident prompted stress reaction.

Physiological reactions occur when an individual launches into fight or flight prompting the system to focus solely on survival. This transition sets off a chain reaction beginning when the brain directs blood flow away from the extremities toward the core, thereby oxygenating the heart, lungs, major muscles, back and legs. This, Glenn said, allows for maximum running and striking power, but markedly diminishes fine motor function. Once the danger has passed, the diversion of blood flow coupled with exponentially increased levels of adrenaline raging through the system manifest as uncontrollable shaking.

To give the body still more fight-or-flight ability, the brain directs the digestive track to come to a halt, stopping what it deems an unnecessary expenditure of calories and energy. This survival measure can leave an individual feeling nauseous. In some cases, the digestive track will also be flooded with fluid to rid itself of food that may be preventing optimum speed and performance -- the end result of which is vomit.

Acute stress reactions also cause the heart to beat inordinately fast, reaching speeds between 180 and 200 beats per minute. This activity sends off a signal to the brain's thought processing and decision making center, the prefrontal cortex, to shut off. In its place, the midbrain, what Glenn refers to as the kill or be killed portion of the brain, kicks into high gear. During this time, all functioning is determined by instinct and training. Many who experience this chemical process cannot recount their thought processes or successfully analyze situations for a period of time following the event. This is the fog of war, Glenn said.

During the 90-minute briefing, Glenn went on to break down the four types of stress, explaining the physiological reasons for each and the body's natural reaction to the strain.

Though based out of Austin, Texas, Glenn travels cross-country providing respite to service men and women who bear the physical and emotional scars that accompany more than a decade of war. Though she is an accomplished psychologist, Glenn is clear on one point: the "F-word:" Feelings. Feelings shall be referred to most sparingly and only when completely necessary, she said.

"I'm a boots-on-the-ground kind of person and we don't use the F-word," she joked. "I talk about the brain and the body and what happens during trauma and stress. These reactions have nothing to do with feelings, they're about survival. I work every day to help men and women recover from trauma and PTSD because if there's one thing I can't stand, it's seeing warriors suffer."

Enlisted Airmen may be eligible for medical prep school

By Debbie Gildea
Air Force Personnel Center Public Affairs



JOINT BASE SAN ANTONIO-RAN-DOLPH, Texas (AFNS) -- Active-duty enlisted Airmen who qualify can now apply for a new pilot program designed to prepare them for medical school, but "intent to apply" emails must be submitted no later than Sept. 6, Air Force Personnel Center officials said Aug. 12.

The Enlisted to Medical Degree Preparatory Program offers enlisted members a chance to attend medical prep school full time for two years, all expenses paid, while maintaining active-duty status and full pay and benefits. The program will include coursework in a traditional classroom setting with structured pre-health advising and formal medical college admission test preparation.

Those selected for the program will transfer on permanent change of station orders to Bethesda, Md., where they will attend school at the Uniformed Services University of Health Sciences. Following successful completion of the 24-month program, graduates will apply for acceptance to the USUHS medical school or civilian medical schools.

Enlisted members from all career fields are eligible to apply, if they meet other criteria in the application guidelines, available on the myPers website. Applicants must be younger than 33 as of June 30, 2014, have at least 36 months but no more than 10 years' time in service as of Sept. 30, 2013, and hold a bachelor's degree from an accredited institution.

Selected senior airmen and above with promotion line numbers will be able to sew on while attending the program, but those who do not have a line number will not be eligible to test for promotion while attending the course. Senior airmen who do not have a promotion line number will be automatically promoted to staff sergeant one day prior to the course start.

Following graduation and upon acceptance in an approved medical school, program participants will be commissioned as second lieutenants in the Medical Services Corps. As fourth-year medical students, those lieutenants will be eligible to apply for medical residencies approved by the Air Force Health Professions Education Requirements Board.

Applicants who meet all eligibility criteria must email an intent to apply statement to the Total Force Service Center by Sept. 6. Those who do so will be notified by Sept. 16 whether or not they have been released from their career field to compete for selection. Once notified of their eligibility to compete, Airmen must submit their applications by Nov. 1. Classes for the pilot program begin July 1, 2014.

Full eligibility criteria and application guidelines for the program, which incurs a three-year, active-duty service commitment, are available on myPers at <https://mypers.af.mil>. Enter "EMDP2" in the search window.

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Around the Air Force



U.S. Air Force photo/Tech. Sgt. Douglas Hays

Reservists assigned to the 434th Force Support Squadron make their way from under an Army Reserve UH-60 Black Hawk after hooking a small trailer to the hovering helicopter for transport during a joint training exercise July 23, 2013, at Grissom Air Reserve Base, Ind.



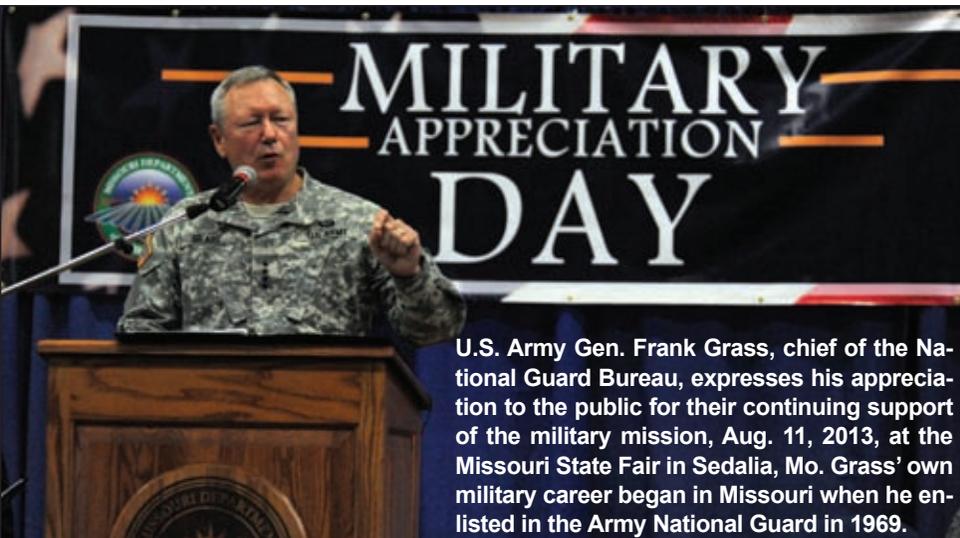
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Military honored at Missouri State Fair



U.S. Air Force photos/Staff Sgt. Brigitte N. Brantley

U.S. Air Force Brig. Gen. Thomas Bussiere, left, 509th Bomb Wing commander, applauds the efforts of Missouri Air National Guard Staff Sgt. Joseph Elwell, center, 131st Operations Support Flight analyst, and Missouri Army National Guard Staff Sgt. Ryan Coday, 1st Battalion, 135th Aviation Regiment, Aug. 11, 2013, at the Missouri State Fair in Sedalia, Mo. Bussiere spoke to the crowd about the importance of the close working relationship between the 509th BW Airmen and the National Guardsmen stationed at Whiteman Air Force Base.



U.S. Army Gen. Frank Grass, chief of the National Guard Bureau, expresses his appreciation to the public for their continuing support of the military mission, Aug. 11, 2013, at the Missouri State Fair in Sedalia, Mo. Grass' own military career began in Missouri when he enlisted in the Army National Guard in 1969.



Crowd members applaud the ongoing efforts and sacrifices of Service members during the Military Appreciation Day, Aug. 11, 2013, at the Missouri State Fair in Sedalia, Mo. This is the fourth such annual event, during which Citizen-Soldiers and Airmen of the U.S. National Guard are recognized.



ABOVE: A member of the Missouri Patriot Guard Riders reacts to the cheering crowd during the Military Appreciation Day ceremony, Aug. 11, 2013, at the Missouri State Fair in Sedalia, Mo. Service members were given free access to the fair as a small token of the public's gratitude.

LEFT: Members of the Missouri Patriot Guard Riders line up during the Military Appreciation Day ceremony, Aug. 11, 2013, at the Missouri State Fair in Sedalia, Mo. This year, the ceremony focused on honoring Citizen-Soldiers and Airmen of the U.S. National Guard who serve their country while also contributing to their communities.

Gen. Grass, Chief of National Guard Bureau, visits Whiteman



Tech. Sgt. Melissa Heupel, 131st Bomb Wing, chats with Gen. Frank J. Grass III, chief of the National Guard Bureau and member of the Joint Chiefs of Staff, during a meet-and-greet with Missouri National Guard Citizen-Airmen and Soldiers at the Missouri State Fair in Sedalia, Mo., Aug. 11, 2013. Grass was a keynote speaker for Military Appreciation Day at the fair.



Maj. Michael Belardo, 110th Bomb Squadron, briefs Gen. Frank J. Grass III, chief of the National Guard Bureau and member of the Joint Chiefs of Staff, during a tour of the "Spirit of Missouri" in its dock at Whiteman Air Force Base, Mo., Aug. 12, 2013. Also pictured: Brig. Gen. Thomas Bussiere, 509th Bomb Wing commander, and Col. Michael Francis, 131st Bomb Wing commander.



Gen. Frank J. Grass III, National Guard Bureau chief and member of the Joint Chiefs of Staff, and Missouri National Guard Adjutant General Maj. Gen. Stephen Danner, pose in front of the "Spirit of Missouri," along with 509th Bomb Wing Commander Brig. Gen. Thomas Bussiere and 131st Bomb Wing Commander Col. Michael Francis, Whiteman Air Force Base, Aug. 12, 2013. During his visit, Grass, a native of Missouri, received a tour of the base and also gave the keynote speech at the Missouri State Fair's Military Appreciation Day.

U.S. Air National Guard Photos/Senior Master Sgt. Mary-Dale Amison

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Session 2 (Sept 24-October 14th)

Comp I Mon - Wed
Speech Mon - Wed

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Former CMSAF shares wisdom with Team Whiteman

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

Former Chief Master Sgt. of the Air Force Robert Gaylor took time Aug. 7- 8 to talk with Whiteman Airmen and get a firsthand look at the B-2's mission.

Gaylor, who served as the fifth CMSAF from 1977 to 1979, said getting out and talking to today's Airmen is his version of paying back all the Air Force gave him during his 31 years on active duty.

Members of Team Whiteman certainly appreciated that effort.

"It was a great honor and pleasure to have met and learned from Chief Master Sgt. Gaylor," said Tech. Sgt. Jessica Hildebrand, 509th Communications Squadron Wing Information Assurance Office NCO in charge. "His service to the Air Force is a true definition of the Air Force core values. It was very humbling to hear of his trials and tribulations during his career and how he was able to stay positive and apply the lessons to life and his career. He is truly a sincere and respectable individual. I look forward to the next opportunity to hear him speak."

The former CMSAF made time in his busy itinerary to sit down with Public Affairs and answer some questions about life in the Air Force.

Q: Now that you're retired, why do you still choose to be involved with the Air Force?

That's a good question because I've asked myself that. There were times when my family asked me, too, because I continue to be so involved. The answer might be a little bit corny, but I think in 31 years the Air Force did so much for me -- the opportunities I had, the privileges that I had, just serving in the force. I think I felt I wanted to pay back, I wanted to share. So many people helped me during my career that I thought maybe something I say might help them. Really it was just a cycle of activity, and the more I did it the more fulfilling it became.

"I've had Airmen say to me, 'Chief, don't ever stop doing what you're doing.' And wow, that's money in the bank, that's reinforcement. Initially I had a civilian job at USAA, and when I retired from there in 1995, I thought, 'Well, I just want to do more of this.' I never thought I would do 43 bases in 2003. I was travelling more than I ever did while on active duty! But it's so enriching. It's what I do. I consider my base visits like mid-air refueling-- it just pumps me up and I want to do more."

Q: What's one of the things you enjoy the most about getting out and interacting with the Airmen?

"That's it! Talking with the Airmen and interacting with the Airmen. I want to know how they feel about

what they do. I want to make sure they're feeling their contribution the way I want them to feel it.

"I worked for Gen. Dave Jones, former chairman of the Joint Chiefs of Staff, and he used to say to me, 'Chief what is the pulse feel? Go out and feel the pulse.' And what he was telling me to do was to go out and find out what the Airmen [were] saying, doing and...feeling. And that's the highlight, just the opportunity to talk with the Airmen and receive input from them."

Q: What is something you would say to a young first-term Airman just getting into all of this?

"Let's pretend that you are less than a top Airman, and you do just enough to get by. You come to work and you give it a shot and you duck the supervisors, and then at some point you change your mind and say 'Hey, I'm ready to be promoted!' And then we say, 'No, no! You didn't do what you should have done along the way!'"

"So I think my message is you have to prove yourself every day, earn your way each day, so that you will achieve the rewards at the end of that. You can't go from here to here without stopping here, here, here and here along the way. Now it sounds rather simple. But there are days when you may not feel like it; maybe something has not gone right. Those are the days you have to reach inside and pull out that extra flow so you can do your job.

"Something else I found, and this happened to me in my career, is if someone in a higher position only sees me occasionally, I'd want them to see me at my best. Not knowing when they are going to see me, well that means I have to be at my best all the time. If I go running down the street in the Air Force without my cap on or my shirt unbuttoned that just might be when the head of the promotion board might see me! Even if it's the only time he's ever seen me. So I just think that you have to be on your toes each day."

Q: What about an Airman who is at a turning point in their career, when they're thinking of maybe separating or reenlisting? What's something that made you want to stay in for 31 years?

"I frequently ask first-term Airmen, 'What is your plan?' and they have varied answers. I can give you a couple examples, one from Davis-Monthan Air Force Base, Ariz. There was a senior airman who was getting out, so I said, 'What's your plan Airman? Where are you going? What are you doing once you're outside the gate?' And she said, 'I'm registered at Baylor University, I'm going to start college.'

"So I said, 'Do you know where you're going to live?' She said, 'Oh yes I have a reservation in the dorms.'

"I asked, 'Do you know what courses you're going to

take?' and she said, 'Absolutely, I am pursuing a medical career, and as a matter of fact I may come back in later in a commissioned position.' Now I'm surely not going to say to her, 'You need to reenlist!' She had her act together, so I said good luck to her.

"And then case number two [was] a young airman at Hickam AFB, Hawaii. He was security forces and they had him guarding a flightline post. His plan was to get out. So I asked him a few questions. 'Where are you going?' And he said, 'Oh I don't know, probably back to Florida where I enlisted.'

"So I asked him, 'Where are you going to live?' And he said, 'Oh, I don't know, maybe with my parents.'

"I said, 'What if they don't want you?' and he said, 'Oh, I don't know.'

"And I stopped him and said, 'Young man, you are on thin ice. You better give this some thought!'"

"Here's the difference -- somebody has a plan and somebody doesn't. I guarantee you that the young man with the sketchy answers in about two weeks is going to say, 'Oh I made a terrible mistake, I should have stayed in.'

"I don't hard sell anybody. My advice is to think it out. If you're married, you need to discuss it with your spouse. You need to have a plan. That's always been my goal with my Airmen. 'Can I ask you a few questions? What are you going to do?' I want to make sure they have thought it out, like the young lady going to college."

Do you have any final words of wisdom to share?

"I'm smart enough to know that not everybody may have the passion that I have for the Air Force. Maybe it's just my personality. I've talked to people who say, 'Oh I've served my Air Force,' or 'I've put my life on the line,' and I say all well and good. We can all say that, and I applaud you, but I want you to look at it the other way around. The Air Force reached out to you and gave you the opportunity to serve.

"It's a two-way street. It's not just, 'I did this for the Air Force.' I say I am grateful to the Air Force for allowing this young kid in and allowing me to become part of its program. I have a different way of thinking of things. It's a two-word difference. It's a simple philosophy, but it has worked for me. I've never said, 'Oh I have to go to Whiteman tomorrow,' it's 'I GET to go to Whiteman tomorrow.' It's a different mindset. If you're flying into Whiteman and going, 'I have to go, I have to do this,' then it becomes like a drudge. 'I have to.'

"No. 'I get to!' And then it becomes like Christmas morning, 'Oh I get to!' So I'm an 'I get to' guy, almost to a ridiculous point. I've had people say to me, 'Gaylor, you're crazy,' but it works for me. I say, 'I get to go to Whiteman. I get to meet the Airmen.' And it establishes it as an opportunity, a privilege."



Former Chief Master Sgt. of the Air Force Robert Gaylor speaks to Airman Leadership School students at Whiteman Air Force Base, Mo., Aug. 8, 2013. Gaylor, who served as the fifth CMSAF from 1977 to 1979, spoke to Airmen about his time in the military and how to overcome obstacles in their careers.



Former Chief Master Sgt. of the Air Force Robert Gaylor visits with 509th Bomb Wing command post Airmen during his visit to Whiteman Air Force Base, Mo., Aug. 7, 2013. Gaylor took time to talk with Airmen and get a firsthand look at the B-2 Spirit mission.



U.S. Air Force Staff Sgt. Grant Meyers, 509th Security Forces Squadron military working dog handler, explains a demonstration to former Chief Master Sgt. of the Air Force Robert Gaylor during his visit at Whiteman Air Force Base, Mo., Aug. 7, 2013. Gaylor visited many locations across Whiteman and gave advice to Airmen on their military careers.



U.S. Air Force Maj. Jason Kalin, 509th Logistics Readiness Squadron commander, shows former Chief Master Sgt. of the Air Force Robert Gaylor a photo signed by all the CMSAFs he received as a young enlisted Airmen, Aug. 8, 2013, Whiteman Air Force Base, Mo. Kalin was a senior airman working the annual command chief conference at Maxwell-Gunter Air Force Base, Ala.



Former Chief Master Sgt. of the Air Force Robert Gaylor pins the air traffic control occupational badge on Airman 1st Class Austin Yancik at Whiteman Air Force Base, Mo., Aug. 8, 2013. The badge signifies that Yancik, an air traffic control journeyman in the 509th Operation Support Squadron, is now certified to conduct air traffic without supervision.



Former Chief Master Sgt. of the Air Force Robert Gaylor receives a first-hand tour of an A-10 Thunderbolt II during his tour at Whiteman Air Force Base, Mo., Aug. 7, 2013. Gaylor also served as the guest speaker at the Senior NCO Induction Ceremony on base, Aug. 8, 2013.

Balfour Beatty Communities

Lifeworks Events!

Join us for an event! All events are FREE and open to all military personnel and families. Events are held at the Lifeworks House, 245 Selser. Like us on Facebook: facebook.com/whitemanhomes

Aug. 19

Kids' Art Class, 4 p.m.
Open to all ages

Aug. 23

Lifelong Learning, 11 a.m.
Whiteman Homeschool Group

Aug. 20

Spouses Game Night, 5 p.m.

Aug. 28

Playgroup, 10 a.m.

Aug. 21

Playgroup, 10 a.m.
Macaroni necklace activity

Aug. 31

Recycled keychains, 2 p.m.
Making fun keychains out of old credit cards

Aug. 22

Stroller walking, 10 a.m.

Sept. 7

BBC Annual Block Party, 11 a.m.
At Ike Skelton Park
Prizes, games and food

Home Management 101, 6 p.m.
Free binder with RSVP



The Official
Whiteman AFB
Facebook Page

Quick Response codes enable readers to access additional content outside the publication. Most QR code readers are available for free in the Android Market and App Store.



The Official
Whiteman Website

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Warrensburg, Mo 64093

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Morning Worship 11:00 am

Wednesday
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Pastors John & Gwyn Harrington

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Wed. Believers Bible Study.....7:00 pm
Sun. Morning Worship.....11:00 am

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www.calvarye.org
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Children's Sunday school at 9:00 a.m.

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First Baptist Church
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Worship 10:45am
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Warrensburg, MO 64093

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

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Rom. 16:16
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Web address: <http://www.cofcwsbg.org>
660-747-5519

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

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

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Sunday School 9:00 & 10:30 am

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Congratulations to SMSgt and Mrs. Sigman!



During his retirement ceremony on Aug. 9, 2013, U.S. Air Force Senior Master Sgt. Stephen Sigman, 509th Security Forces Squadron logistics superintendent, surprised his wife of 19 years with a marriage vow-renewal ceremony. After they met here at Whiteman while serving as young Security Forces Airmen, Sigman whisked Teresa away for a courthouse marriage, with the promise that at their 20-year anniversary he would give her the wedding she always deserved. With both families gathered for the retirement, Sigman thought the timing couldn't be more perfect and held the ceremony with the help of 509th Bomb Wing U.S. Air Force Chaplain (Capt.) Jeffery Scott.



*U.S. Air Force photos/
Airman 1st Class
Shelby R. Orozco*



Balfour Beatty Communities to Kick-off 2013 Housing Survey

In a few weeks, family housing residents will be receiving the CEL & Associates Resident Satisfaction Housing Survey. The annual survey is part of Balfour Beatty Communities' performance assessment program. The survey has two parts; a multiple-choice section, ranging from 1-5, asking standard questions about the community and neighborhoods, and an open-ended form to express any comments, questions or concerns. It is our goal that your housing experience be rated a five.

"Last year's results were a great insight into how we are doing in the community," said Christina Sonnier, Balfour Beatty Community Manager. "We received great feedback about what is working in the community, and also areas where we can improve."

Since the 2012 survey, BBC has completed many home renovations. All neighborhoods will be fenced by the end of the summer, and various neighborhoods have received new trash pad storage, storm doors, garage keypads for home access and sheds in the backyard. Currently new patio covers are being installed, providing 120 square feet of covered area. In addition

to the renovations, several new amenities have been added to the Whiteman community, such as bus shelters, park shelters and barbeque grills, along with several new 'tot lots,' which are playgrounds specifically designed for smaller children with child-sized hands and feet. In addition, the new state-of-the-art BBC Community Center is slated to open in late 2013, offering a fitness area, zero-entry pool and Olympic-sized lap pool.

"We truly strive to exceed our residents' expectations and hope that every resident enjoys their home and the services that we provide," said Sonnier.

The survey takes approximately five minutes to complete. Once residents complete their surveys and seal them in the postage paid envelopes provided, they can simply drop it in any U.S. postal box to be mailed directly to CEL& Associates or dropping it off during our Annual Block Party on Sept. 7, 2013. The party will have games, food, prizes and fun available - all for simply coming out and completing the survey! Survey results are completely confidential and anonymous. Only CEL employees will open the returned envelopes. The survey deadline date is Sept. 30, 2013.



View the *Whiteman Warrior* online by logging on to www.whiteman.af.mil

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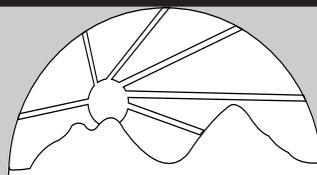
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LOCAL ACTIVITIES

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 Husineh Curtis @ 660-238-6201 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 Dinner 1st Tues. each month 6 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, Peter Blaszczyk, 660-563-6333
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

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FEATURED EVENTS

SATURDAY 8/17

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.

MONDAY 8/19

Seniors Bowling- 10am-1pm - Stars & Strikes
Join in bowling with your friends, and take time out for a hot cup of Seattle's Best Coffee. Bowling is only \$1 per game. Shoe rental is not included in game price. Call 687-5114 for more info.

WEDNESDAY 8/21

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.

FRIDAY 8/23

Blue Plate Special- 11am-2pm- Royal Oaks G.C.
Join us for "Fish Friday" at Royal Oak's Duffer's Grill and grab some lunch for only \$6.75. Includes main entree, 2 sides, 1 roll & a fountain soda. For more information please call Duffer's Grill at 687-5573.

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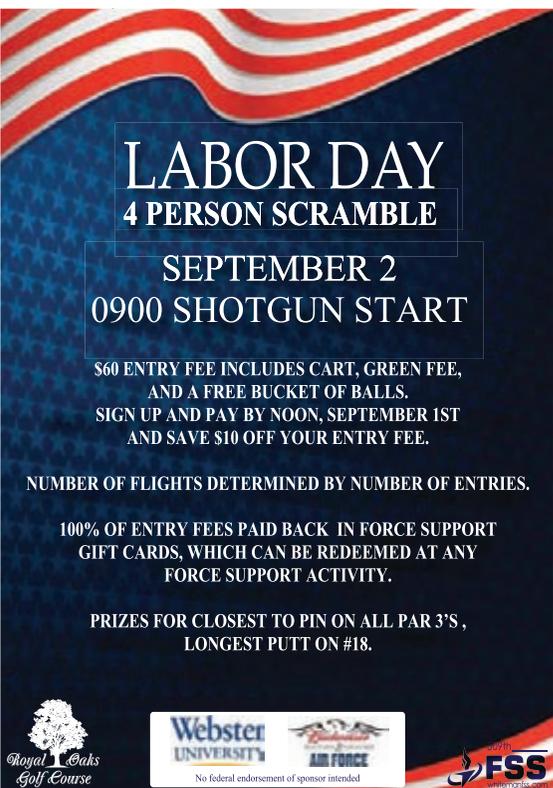
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SEPTEMBER 9 - WHITEMAN AFB, MO AT THE B-2 BLOCK PARTY

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4 PERSON SCRAMBLE

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0900 SHOTGUN START

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Come experience real life racing by riding shotgun in a 2-seat NASCAR race car driven by a professional instructor for a 3 lap qualifying run at speeds up to 160mph. This will be an experience you will never forget.

Digital photo package/ and in-car video will be at the expense of the participant.

The cost is only \$30 per person, due upon sign up. Round trip transportation provided.

All active and reserve members must have a high risk letter signed from your commander to participate. No exception.

This trip is partially funded by the Single Airman Initiative

687-5565 FSS



WHITEMAN'S ANNUAL ATOMIC LUAU

AUGUST 16
11AM-5PM

Join us at the Skelton Park Base Lake!

Lunch, Games, Fun, Prizes & More!

Volleyball, Horseshoes, Tug-o-War, & More!

Sign up for Games with your unit Sport Representative!

All ranks & families are welcome to join in on the fun!

See your unit POC for more information, and don't forget to bring sunscreen & to wear your favorite "luau" apparel.



DRINK SPECIALS AVAILABLE FREE TO CLUB MEMBERS \$5 NON-MEMBERS DOOR PRIZES!

MISSION'S END FIRST FRIDAY NIGHT

AIRMAN'S ATTIC'S: CINDERELLA'S CLOSET

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5:30PM - 8:00PM

COCKTAIL HOUR 5:30-6:15PM

SEATING WILL BEGIN AT 6:15PM FASHION SHOW STARTS AT 6:30PM

FIRST 30 ARRIVALS WILL RECEIVE A SWAG BAG

Pre-sale seating, 200 tickets available at the Airman's Attic contact the Airman's Attic or Mission's End for more

687-4422 FSS

FCC NEWS

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509 FSS PAGE EDITOR: KYLE C. HAMRICK
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PEPSI GRANDSTAND EVENTS

Concerts begin at 7:30 pm



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\$65/\$50/\$45/\$38/\$30

presented by Ford F-Series



THREE DAYS GRACE AND HINDER
Saturday, Aug 17
\$40/\$35/\$25/\$20

STATE FAIR ARENA EVENTS

FRIDAY, AUG 16
7 p.m. MSF Championship Bull Riding \$12 Adults \$6 Ages 6-12 Ages 5 & Under FREE

SATURDAY, AUG 17
7 p.m. MSF Championship Bull Riding \$14 Adults \$7 Ages 6-12 Ages 5 & Under FREE

SUNDAY, AUG 18
2 p.m. Demolition Derby \$12 Adults / \$6 Ages 6-12 Ages 5 & Under FREE



Regular Single Day Gate Admission:

\$8 Adult, \$6 Senior Ages 60+, \$2 for Kids 6-12. Kids 5 and Under FREE

Special Carnival Deals

Unlimited Daily Deal \$27 – \$6 savings!

Available at Breaktime and Walgreen's thru August 17. Includes carnival rides for one day and one-day adult admission

\$15 Unlimited Ride Carnival Wristband – \$15 savings!

Available at Carnival ticket booth only on August 18

Six ATM Locations:

- In Front of Grandstand
- Midway Carnival Entrance
- East side of Coliseum
- Public Campground Exit
- Inside Mathewson Exhibition Center
- Main Ticket Booth at Centennial Gate

Fairgrounds Box Office Hours:

Aug. 8-18 • 9 am - 9 pm Daily

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SHOWCASE
Something for Everyone!



DAILY HIGHLIGHTS

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- \$5 off carnival ride wristband today only, with coupon available in Rural Missouri magazine, redeem coupon at carnival ride ticket booth

SATURDAY, AUG 17

Youth in Agriculture Day

- Sponsored by Tractor Supply Company
- \$1 off adult admission, today only with coupons available at County Extension offices
- Sale of Champions 1:30 pm, Assembly Hall



SUNDAY, AUG 18

Law Enforcement/Firefighter Appreciation Day

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

Fair Finale/Half Price Day
\$4 gate admission all day, age 13 and over, \$1 age 6-12, kids 5 and younger free everyday! \$15 unlimited carnival ride wristband today available at carnival ride ticket booth



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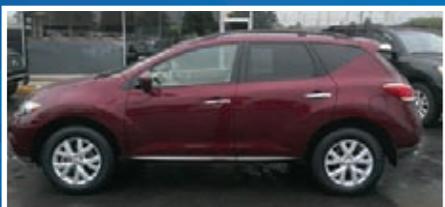
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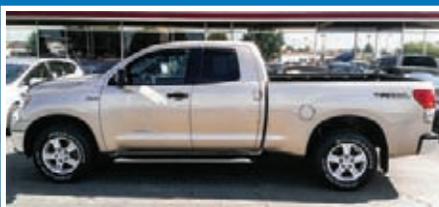
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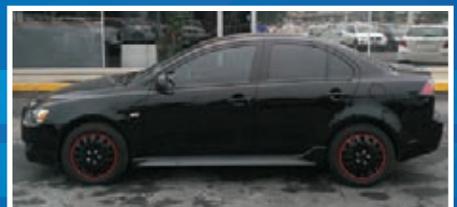
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