

*AF team completes AFGSC visit, Pg. 6/ Social media precautions, Pg. 2*

# WARRIOR

131 BW  
HONORED  
BY  
AFA

WHITEMAN'S PERSONAL PIT CREW



# Think before you act: It only takes a second for your actions to go viral

**By Christa D'Andrea**

Air Force Recruiting Service Public Affairs

**JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS)** -- Have you ever done something you wish you could take back? Said something mean, wrote something inappropriate, behaved in a way that was disrespectful? I'm sure you have or you wouldn't be human.

However, in today's society some of these actions never go away, even if you tried to delete them. They are documented in Facebook status updates, Instagram photos, Vine videos and on a number of other social media sites. And it only takes a second for your documented actions to go viral.

You may know a few of our fellow Service members recently made headline news for all the wrong reasons. Within the last few weeks photos that were taken several years ago popped up on a number of official Air Force Facebook pages, including ours. These photos show Airmen acting in a way that is utterly disrespectful and is not consistent with the Air Force's core values.

There is no need to perpetuate the situation by describing the photos to you, but as you can imagine one photo of one Airman can taint the American public's view on the Air Force and the type of people we employ, as a whole.

As an Airman, you have the duty to be an ambassador for the U.S. Air Force; therefore, you must always be cognizant of your actions -- in and out of uniform.

There is no margin for error in today's digital world where everyone has a camera and a video recording device in the palm of their hands. Air Force Instruction 1-1, "Air Force Standards," outlines what your responsibilities and standards of conduct are as an Airman. It also outlines the responsible use of social media and how it applies professionally and personally. Every Airman should be acutely aware of this AFI and its contents. When everything is laid out in front of you, there are no excuses about not knowing what you can and cannot do on social media.

Unfortunately, there are still some individuals who neglect to stop and think before they act. For those in the news recently, something they may have found funny in the moment is now haunting them. And in one case, there were multiple people in the situation, and not one person thought to stop and think about the consequences of what they were about to do. The result -- their images as Airmen are forever corrupted.

Social media is not the enemy. It's actually a fantastic venue to inspire and talk to others about what the Air Force has to offer, what it's like to be part of something bigger than yourself, and what an honor it is to be an Airman. In your personal life, it's a lifeline to friends near and far.

You, in fact, can be your own worst enemy. Don't become the subject of the next viral photo or video. Hold on to your personal self-worth and live by the Air Force's core values daily.

Be a great Airman first and ensure the Air Force image, and your image, always mirror the core values.

## Social media: Unwanted eyes may be watching Airmen, families

**By Airman 1st Class Peter Reft**

354th Fighter Wing Public Affairs

**EIELSON AIR FORCE BASE, Alaska (AFNS)** -- Social media outlets such as Facebook, Twitter and Flickr can provide an instantaneous and highly entertaining feedback stream of your daily activities to friends and family. The latest videos of dogs running with fireworks in their mouths, kittens tumbling in the snow or Internet memes of celebrity humiliations populate the news feeds of people around the world.

With so much content online and so many life events to share, it is easy to forget that unwanted eyes may be watching. Without realizing it, Airmen may unknowingly jeopardize the safety of themselves, their family, their friends or fellow military members.

The Operation Security program aims to reduce the vulnerability of Air Force missions by reducing the vulnerability of critical information.

In 1988, President Ronald Reagan signed National Security Decision Directive 298, which established the National Operations Security program. The opening paragraph in the document states, "Security programs and procedures already exist to protect classified matter. However, information generally available to the public as well as certain detectable activities reveals the existence of, and sometimes details about, classified or sensitive information or undertakings."

"Social networking media is a big one," said Tech. Sgt. Jason Cooper, the 354th Medical Group OPSEC program manager. "People don't realize that giving certain

things out such as 'I have been out to an area of operation for the next six months' just gave the adversaries an indication of military activity.

"Then they can get the demographic information off your profile, figure out where you are and what base you're at. And now they know you're gearing up for deployment and can figure out who's deploying, when and where they're going, and who has what missions."

Another acute danger of Airmen posting to social networks involves smart phones automatically geo-tagging pictures with data that can reveal exact locations of critical assets.

"If a photo of a sensitive airframe, troop movement, building or equipment were to be published, it could give away key information on a possibly critical operation," said Tech. Sgt. Joseph Speirs, the 354th Logistics Readiness Squadron OPSEC manager. "Giving away GPS coordinates of military assets can also give potential targets for terrorists or other adversaries."

OPSEC applies to all activities that prepare, sustain or employ forces during all phases of operations.

There are five steps in the OPSEC process -- identifying critical information, analyzing threats, analyzing vulnerabilities, assessing risks and applying countermeasures.

The one step that every military member, regardless of special training, is capable of doing is identifying critical information.

"That's the foundation -- finding out that critical information that adversaries can use to undermine your objectives," Cooper said. "Without that foundation, the program

won't succeed."

OPSEC incidents are not limited to on-duty work environments and military tactical operations.

"This is not just a program for while you're on the job or mission," Cooper said. "It's also one you can take home."

Airmen need to be cautious about certain visual indicators that may advertise their absence to potential criminals.

"If you have mail piled up and three or four newspapers on your porch, somebody who wants to break in to your home could be watching for that," Cooper said.

If Airmen realize how those indicators can affect their security, they can apply the proper countermeasures to prevent incidents.

"Taking simple steps such as calling the newspaper to tell them to stop delivering for the next few weeks or having a light switch timer that gives the impression somebody is home is a very good idea," Cooper said.

The OPSEC program encompasses the entirety of military operations that can be affected by military members, civilian workers, friends or family.

"Spreading the knowledge and reasoning behind the program to all involved with the military ensures everyone understands the importance of maintaining OPSEC with day to day operations," Speirs said.

Each unit employs an OPSEC manager to whom anybody may report suspected OPSEC incidents. For more information regarding OPSEC, refer to Air Force Instruction 10-701, Operations Security (OPSEC) on the Air Force e-Publishing website or contact your unit OPSEC manager.

## THE WARRIOR

### Editorial Staff

Brig. Gen. Glen VanHerck

**509th Bomb Wing Commander**

1st. Lt. John Cooper

**Chief, Public Affairs**

Ms. Candy Knight

**Deputy Chief, Public Affairs**

Senior Airman Lacie A. Carmody

**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

Airman 1st Class Joel Pfister

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@us.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

**U.S. Air Force Airman 1st Class Cody Smith, 509th Logistics Readiness Squadron vehicle maintenance journeyman, installs a planetary gear on a 30-ton crane winch at Whiteman Air Force Base, Mo., Feb. 21, 2014. The planetary gear allows the crane to lift loads. If the gear is not properly installed, the crane will lock up, preventing lifting.**



## NEWS BRIEFS

**509th MUNS schedules stockpile inventory**

The 509 Munitions Squadron will be conducting a 100% stockpile inventory from March 3-7. If you need any munitions issued or have any that need to be turned in, please do so either the week prior or after the inventory. During this week we will only process emergency requests, submitted in writing, and approved by the group commander (or equivalent). If you have any questions or concerns please contact MSgt Smith at 687-8049 or TSgt Bowlin at 687-8051.

**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.

**New location for Retiree Activities Office**

The Retiree Activities Office has officially moved to its new location. Their new address is:

**750 Arnold Ave., Suite 114  
Whiteman AFB, MO 65305**

They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whiteman-retireeactivitiesoffice/index.asp>.

**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.

# Missouri Guard's 131st Bomb Wing receives Jimmy Doolittle Award



Courtesy photo

**Maj. Michael Belardo, 131st Operations Group B-2 weapons officer, accepts the Jimmy Doolittle Educational Fellow for Power Projection from Air Force Chief of Staff Gen. Mark A. Welsh III. Joining him are (L to R) Air Force Gala Chairman Tim Brock, Chief Master Sergeant of the Air Force James Cody, Chief Master Sgt. Gary Brown, Secretary of the Air Force Deborah Lee James and AFA Central Florida Chapter President Bill Palmby.**

**By Staff Sgt. Sean Navarro**  
131st Bomb Wing Public Affairs

The Missouri Air National Guard's 131st Bomb Wing was recognized as a Jimmy Doolittle Educational Fellow by the Central Florida Chapter of Air Force Association at the chapter's Air Force Gala banquet on Feb. 20. The 131st was presented the award by Air Force Chief of Staff Gen. Mark A. Welsh III.

The Jimmy Doolittle Award, which honors the men and women who have supported the Air Force and the Air Force Association since their inception, was awarded to the 131st BW for its work in power projection. The AFA also acknowledged the wing's unique classic

association with the active-duty 509th Bomb Wing.

The Air Force Association chooses a different theme each year. This year's theme recognized four units whose members are serving as Citizen-Airmen.

"We chose units that represent the best in their category: homeland protection and power projection," said Tim Brock, Air Force Gala chairman.

Maj. Michael Belardo of the 131st Operations Group represented the wing at the ceremony.

"It was a great honor to represent the 131st Bomb Wing and accept the award for the men and women that worked hard to earn it," said Belardo, a B-2 weapons officer.

The Jimmy Doolittle Educational Fellowship

was established in honor of Gen. Jimmy Doolittle, who actively promoted public understanding and support for aerospace power.

Also present for the award were Secretary of the Air Force Deborah Lee James, Chief Master Sgt. Gary Brown, Chief Master Sgt. of the Air Force James Cody, Air Force Association Central Florida Chapter President Bill Palmby, and Air Force Gala Chairman Tim Brock.

"This honor reflects the dedication and discipline of the 131st Bomb Wing's Airmen," said Col. Michael Francis, 131st Bomb Wing commander. "We did not do this alone, though, and share this honor with our active-duty wingmen at the 509th Bomb Wing and the entire Missouri Air National Guard."

## Promotion opportunity, selective continuation adjustments made to March central selection board

**WASHINGTON (AFNS)** -- The Air Force announced adjustments Feb. 28, to the promotion opportunity and selective continuation process for the lieutenant colonel Line of the Air Force (LAF) and colonel, lieutenant colonel, and major Line of the Air Force-JAG (LAF-J) Central Selection Boards convening in March.

These adjustments align these boards with the Air Force's five-year promotion plan, planned force reductions and ongoing force management programs, said Col. Brian T. Kelly, the director of force management policy at Headquarters Air Force.

In light of a reduction in the overall size of the force, the promotion opportunity for lieutenant colonel LAF will be set at 75 percent, Kelly said. The promotion opportunity for LAF-J for colonel, lieutenant colonel, and major will be 62 percent, 75 percent, and 85 percent respectively.

The promotion quota for below-the-promotion-zone selections has not changed and remains at 10 percent of the board quota for the lieutenant colonel LAF promotion board and 2.5 percent for the colonel LAF-J and lieutenant colonel LAF-J promotion boards. There is no BPZ promotion to major.

The announced promotion opportunities apply to the 2014 March central selection board only. Promotion opportunities for subsequent

boards are typically announced in advance of each board.

Kelly said the Air Force has also made an adjustment to the selective continuation process for officers non-selected for promotion for the second time. Air Force officials noted selective continuation is not a guarantee for officers twice non-selected.

Consistent with OSD policy, officers are normally continued if they are within 4 years of qualifying for retirement on the date of discharge, Kelly said. In addition, the Air Force synchronizes continuation with those skill sets necessary to meet mission requirements within the best interests of the Air Force and ongoing force management efforts.

To again align with ongoing force management programs, officers not offered selective continuation may be eligible for Temporary Early Retirement Authority if eligible. The mandatory date of separation will be approximately 9 months after the boards adjourn.

Furthermore, officers who are already selectively continued may apply for TERA if they meet TERA eligibility requirements. Use of TERA eligibility for officers not offered selective continuation at future central selection boards will be determined in advance of each board.

*(Information courtesy of the Secretary of the Air Force Public Affairs)*



## WEATHER

Today	Saturday
Mostly Sunny	Rain/Snow
Hi 61	Hi 39
Lo 31	Lo 31
Sunday	Monday
Sunny	Sunny
Hi 52	Hi 65
Lo 24	Lo 37



# Reel Time Theaters

*We're saving a seat for you.*

**FRIDAY, MARCH 7 • 7 p.m.**  
The Lego Movie (PG)  
Adults - \$5.50, children - \$3.50

**SATURDAY, MARCH 8 • 7 p.m.**  
The Nut Job (PG)  
Adults - \$5.50, children - \$3.50

**SUNDAY, MARCH 9 • 3 p.m.**  
The Lego Movie (PG)  
Adults - \$5.50, children - \$3.50

## Monthly Fire Prevention Safety Article



**Working SMOKE ALARMS SAVE LIVES**

**Change Your Clock, Change Your Battery**

*"Dedicated To Life Safety"*

**By Tech. Sgt. Christopher Gunn**  
509th Civil Engineer Squadron

Many of us are spending hours indoors because of the weather. We're running appliances such as portable heaters more than usual, flipping lights on and off, and using power tools to catch up on home projects.

But did you know according to National Fire Protection Association, Home Electrical Fires report, U.S. fire departments responded to an estimated average of 47,820 reported home structure fires involving electrical failure or malfunction? So add "checking around for electrical hazards" to your list of things to do while you're stuck at home.

Here are lists of electrical safety tips:

- First and foremost, always ensure your smoke and carbon monoxide detectors are working. Test monthly and change your batteries when needed.
- Have all electrical work done by a qualified electrician.
- Only plug one heat-producing appliance, (i.e. coffee maker, toaster, space heater, etc.) into one receptacle outlet at a time.
- Major appliances such as refrigerators, dryer, washer, and stoves should be plugged directly into a wall receptacle outlet. Extension cords and power strips should not be used.
- Check electrical cords to make sure they are not running across doorways or under carpets.
- Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets if needed.
- Use light bulbs that match the recommended wattage on a lamp or light

fixture. There should be a sticker that indicates the maximum wattage light bulb to use.

Another electrical hazards many people overlook is the clothes dryer. Did you know the leading cause of dryer fires was failure to clean? Here are some safety tips to keep your winter clothes clean and dry:

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before and after each load of laundry.
- Remove the dryer hose and vacuum it clean every four months.
- Move the appliances around and clean under them.
- Remove lint that has collected around the drum.
- Make sure the air exhaust vent pipe/hose is not restricted and the outdoor vent flap will open when the dryer is operating.
- Make sure the right plugs and outlets are used and the machine is connected properly.
- Clothes that have come in contact with flammable substances should be laid outside to dry, then wash and dry as usual.
- Keep the area around the dryer clear of things that can burn.
- Turn the dryer off if you leave home or when you go to bed.
- If you have an emergency call 911.

If you have any questions about fire prevention, fire safety, or training contact the Fire Prevention Office at 687-6080, 687-3748, or 687-6083.

**Integrity First**

**Service Before Self**

**Excellence In All We Do**

**Sometimes it's not "happily ever after"**

Nobody welcomes a divorce. But we can guide you through the legal process while protecting your rights, and assist in achieving the goals you desire. Call for a consultation.

**Low-Cost Divorce**

**- Uncontested Only\* - Attorney Fee - \$350.00**

**BEARD & ASSOCIATES LAW FIRM**  
**660-827-5650**



\*Uncontested means that you and your spouse have an agreement as to your children, your property and debt, and your maintenance.  
\*Does not include filing fee which varies by county (\$102.00 Approx.) or the fee for service by publication if needed or the class required for divorces with minor children.

**ACE**  
The helpful place.  
**90 YEARS**  
est. 1924

**79<sup>99</sup> Ea. red hot buy**

Craftsman® Curved Shaft Trimmer or Gas Blower/Vac  
7307333, 7306756



**CRAFTSMAN®**

**BIG MARCH SAVINGS!**  
**NOW THROUGH MARCH 31**

**6<sup>99</sup> Ea. red hot buy**

Spring  
Brace Rake  
or Poly Rake  
74978, 72877



**MATTHEWS HARDWARE**

**9<sup>99</sup> Ea. red hot buy**

Yard &  
Garden  
Tools  
7012859  
7011273  
7011414  
7012818  
7138555



401 N. State • Knob Nobster, MO 65336

**660-563-6332**

Open: Mon-Fri. 8-6:30 • Sat 9-6 • Sun. 10-5



**BOTHWELL'S CANCER CENTER**

**TECHNOLOGY THAT CURES.  
EXPERTS WHO CARE.**

**I find it very impressive that a city our size** has the caliber of cancer care we do. We built this center so our family, friends and neighbors wouldn't have to travel for leading edge cancer treatment – they could have it right here, close to home. I'm honored to be part of the expert team that has been assembled here to provide comprehensive cancer care in such a nurturing, natural environment.

**- Dr. Bassem Chaar**

**Call 660-829-7792 to learn why hope grows here.**



**Bothwell™**  
Regional Health Center  
**Susan O'Brien Fischer Cancer Center**  
601 E. Fourteenth Street | Sedalia  
660-826-8833 | www.brhc.org



**Exceptional Care, close to home.**

© 2014 Bothwell Regional Health Center



# Keeping Whiteman rolling with a turn of the wrench



U.S. Air Force Staff Sgt. Kyle Bemis, 509th Logistics Readiness Squadron vehicle maintenance craftsman, inspects load bearings on a winch at Whiteman Air Force Base, Mo., Feb. 21, 2014. This procedure ensures no hydraulic fluid is leaking; if there is leaking fluid, it can cause the crane to lock up and drop the load.



U.S. Air Force Air Force Airman 1st Class Cody Smith, 509th Logistics Readiness Squadron vehicle maintenance journeyman, left, and Staff Sgt. Kyle Bemis, 509th Logistics Readiness Squadron vehicle maintenance craftsman, remove broken axle shot at Whiteman Air Force Base, Mo., Feb. 21, 2014. The axle shot works with the differential to help the vehicle to move.

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

Firefighter trucks rolling, police cars patrolling, forklifts lifting - all thanks to the 509th Logistics Readiness Squadron vehicle maintenance unit.

The vehicle maintenance unit plays a significant role in the Whiteman mission ensuring all vehicles continue to operate.

"Without the vehicle maintenance unit, vehicles wouldn't be repaired, preventing road access, emergencies and any other mission essential services, to include vehicles transporting weapons to load the B-2 Spirit," said Airman 1st Class Cody Smith, 509th Logistics Readiness Squadron vehicle maintenance journeyman. "It's our job to maintain vehicles to keep the base going."

To ensure quality maintenance is provided to the vehicles, the vehicle maintenance unit is divided into two bays categorized as high bay and low bay.

Low bay repairs general purpose vehicles such as police cars, ambulances, trucks and Bearcats. High bay repairs large construction vehicles such as forklifts, dump trucks, diesel engines, snow equipment and lawnmowers.

There are four variables that lead to vehicle breakdowns, according to Staff Sgt.

Kyle Bemis, 509th Logistics Readiness Squadron vehicle maintenance craftsman.

One variable is human error.

"Human error is very common," Bemis said. "A lot of times, people don't inspect vehicles before driving; sometimes they will find a small problem that will gradually get worse, causing bigger problems."

Another variable is the winter season.

"Winter can cause numerous vehicle breakdowns and mishaps due to corrosion, dead battery, and snow related issues," Smith said. "Salt and water can cause a vehicle's frame to corrode and rust. To prevent this, rinsing the bottom of a vehicle or applying corrosion coating is encouraged. Dead batteries result from frigid air preventing the vehicle from starting."

The other variables are age and vehicle usage.

"Depending on how old the vehicle is and how often it's used, problems can occur very often," Bemis said. "An old vehicle isn't going to last as long as a new vehicle because it's been used a lot and endured more harsh weather conditions."

In addition, depending on what a vehicle is used for could determine how many times it returns to the shop. For example, a vehicle used to push snow is going to break more often than a vehicle used for driving.

To repair some of the larger vehicles, the vehicle maintenance unit relies on

original manufacturers, local vendors and junkyards to have the parts in stock. If something needs repair, they will seek the original manufacturers to repair the broken part. If the original manufacturer is out of business, they will try to get the part from a local vendor or a junkyard.

"Occasionally, we use the state line junkyard to find parts that aren't easily found," Bemis said. "Because there is a huge demand for dodge bobtails, they are on back order. We need them as quickly as possible."

There is no set time limit on when vehicles will be repaired because the vehicle maintenance unit has to wait on parts to arrive.

"We are constantly waiting on somebody to send parts," Bemis said. "We have to find out what's wrong with the vehicle and order the parts. We are waiting on someone to order the parts from someone else. If they don't have it, they have to order from another source; and it eventually becomes a long process."

Despite the long hours and wait times for parts, the Airmen take pride in their job and ensuring the mission keeps moving.

"Hard work, dedication and teamwork are the tools we use to get the job done," Smith said. "We do what we can and work hard every day, because without us, Whiteman can't roll."



# AF news team completes 28-day journey through AFGSC

By Tech. Sgt. Steve Grever  
Air Force Public Affairs Agency

**BARKSDALE AIR FORCE BASE, La. (AFNS)** -- An Air Force documentation team completed its 28-day journey through Air Force Global Strike Command Feb. 28 after flying more than 7,500 miles and visiting six Air Force installations.

The news team traveled to Vandenberg Air Force Base, Calif., Malmstrom AFB, Mont., Minot AFB, N.D., F.E. Warren AFB, Wyo., Whiteman AFB, Mo. and Barksdale AFB, La., from Feb. 1-28, producing news features, broadcast video products and capturing mission imagery for AFGSC's official blog and other social media channels.

Lt. Gen. Stephen Wilson, the AFGSC commander, said sending the news team was important to promote the hard work being accomplished by total force Airmen throughout the command who perform their duties in extreme weather and austere conditions.

"Our people are my biggest priority, and I'm committed to making sure our nuclear Airmen know how critical they are to the nation's security," Wilson said. "I was excited for the American public to get a glimpse of the deterrence mission, and the work that goes into ensuring a safe, secure and effective force."

The command is also celebrating its fifth anniversary this year, and Wilson said AFGSC has made important strides in strengthening the Air Force's nuclear enterprise since 2009.

"We've improved our Intercontinental Ballistic Missile and bomber readiness across the fleet," Wilson said. "We've also taken action to create personal development programs and educational opportunities for our Airmen."

The news team captured the personal experiences of



A T-38 Talon flies in formation with the B-2 "Spirit of South Carolina" during a training mission over Whiteman Air Force Base, Mo., Feb. 20, 2014. The B-2 Spirit is a multirole bomber capable of delivering both conventional and nuclear munitions.

AFGSC Airmen across a variety of Air Force specialties, including missileers, missile maintainers, pilots, missile field chefs, weapons loaders and crew chiefs. The team witnessed firsthand some of the conditions these Airmen endure on a daily basis to accomplish their respective missions.

"I sincerely hope the American public enjoyed seeing our Airmen showcased as they perform the nuclear deterrence

mission 24/7/365," the general said. "We are an elite and disciplined team, and the pride our Airmen show in the work they do often goes unseen as they deter our adversaries and assure our allies."

*Note: To read all about the team's journey, visit the Air Force Global Strike Command Blog, <http://globalstrike.dodlive.mil/>.*

**Warrensburg**  
Missouri made fresh daily

**Welcome to Warrensburg...**  
A community of small town values, rich in culture and charm.

## AUTOMOTIVE REPAIR

### C & M Automotive

We Welcome All Military Members & Their Families! **FREE** Estimates & Computer Diagnostics!  
Auto Repair • Mo. State Inspections • Motorcycle Inspections  
175 SE 13 Hwy. - Warrensburg - Visa/Master Card/Discover  
660-422-7770 or 660-909-3490 - CandMAutomotive.com

## AWARDS • PLAQUES • TROPHIES

### Kerley Copy Center

Name Tags • Large Format Printing • Color And B&W Copies  
100 W. Pine Warrensburg, MO 64093 • 660-747-2417  
[www.kerleycopycenter.com](http://www.kerleycopycenter.com)

## BINGO

### American Legion Post 131

Bus. 50 E. - Warrensburg • Now accepting credit and debit cards • Doors Open at 5:00 pm  
Games start at 6:40 pm • **TUESDAY-Prizes from \$70 up to \$1100**  
Two Progressive Games • 660-747-5957

## EQUIPMENT RENTAL

### B-Quip Equipment Rental

Tools • Equipment • Rental • Sales  
2 minutes West of Warrensburg on Hwy. 50 • Warrensburg, MO 64093  
1-660-422-RENT

## INVESTMENT SERVICES

**Edward Jones - Making Sense of Investing**  
**SEE US FOR ALL OF YOUR 401(K) ROLLOVER OPTIONS**

Rich Lawson Financial Advisor  
109 East Pine • Warrensburg, MO 64093 • 660-747-6128 • Member SIPC [www.edwardjones.com](http://www.edwardjones.com)

## HARDWARE & BUILDING SUPPLIES

### Economy Lumber & Hardware

Junction Highways 50 & 13 • 660-747-7158 • Free Delivery to WAFB  
Complete Line of Building Materials

**It doesn't cost to advertise. It pays!**  
**YOU GET RESULTS!**

## MUSIC

### Central Band & Piano

110 E. Market - Downtown Warrensburg  
Military Discount Toll Free 888-451-2263 (BAND) [www.central-band.com](http://www.central-band.com)

## OFFICE MACHINES

### Warrensburg Business Machines

315 N. Holden • 747-6173 • 1-800-530-5812 • Office Machines  
Sales • Service • Leasing • Supplies

## PRESCHOOL & DAYCARE

### Mini Adventures Preschool & Day Care

Open from: 0545 to 1800 • 360 SW 13 Hwy • 747-1265 • Age Groups: Infants to 12 years old  
**Before/Afterschool Program • Preschool Program • DFS Accepted**

## STORAGE UNITS

### Store Yer Stuff, LLC

Space available for Household Items, Cars-Boats-RVs  
Wide range of sizes available • Clean ~ Dry & Convenient • Outdoor Storage Available  
Located just off DD Highway Approx. 3 mi. W. of WAFB • Warren Waller Cell #660-909-3102

## REAL ESTATE

### Pat Brasel, GRI-SFR

Key Realty  
**Buying & Selling - Relocation Specialist**  
Office 660-747-7043 • Cell 660-909-5922 • 401 E. Russell, Warrensburg, MO

## RESTAURANT

### Oriental Cuisine Of Warrensburg

Korean & Japanese Cuisine Including Sushi Bar  
Open Daily 11 am - 9 pm  
New Location! 705 N. Burkarth (Next To Dairy Queen)  
660-429-1020 • [Facebook.com/orientalcuisine](https://www.facebook.com/orientalcuisine)

## VETERINARIAN

### Lifetime Animal Center

"Caring for all God's Creatures" **Charles L. Barry, DVM** • **Sharon Keairnes, DVM**  
Dogs, Cats, Horses, Livestock & Exotics • Boarding & Grooming Available  
Mon.-Fri. 7:30am-6pm • Sat. 8am-12pm • **Emergency Service Available**  
Toll Free 877-922-7838 • 227 SE 13 Hwy. • [www.lifetimeanimalcenter.petplace.com](http://www.lifetimeanimalcenter.petplace.com)



# NATIONAL AMERICAN UNIVERSITY

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

## Spring Into School

### Knock Out Your CCAF Now!

#### NATIONAL AMERICAN UNIVERSITY WHITEMAN SCHEDULE SPRING 2014

*Classes may be cancelled or added depending on enrollment*

#### The Following Classes Are Now Forming

##### Session 1 Mar 10 - Mar 27

Composition 1 M - W

Speech T - Th

##### Session 2 Mar 31 - April 17

Speech M - W

Human Resource Man. M-W

American History T - Th

##### Session 3a April 21 - May 8

Humanities T - Th

##### Session 3b April 21 - May 22

College Algebra M - W

College Algebra T - Th

#### REMODELING

Temporarily Located  
at the Econo Lodge,  
Rm. 119

**NO APPLICATION FEE**  
**www.national.edu**

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

#### Contact:

Sandy Mullins  
401 Angus Lane  
1 mile West Of McDonalds  
Knob Noster, MO 65336  
660-563-2400  
smullins@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**

80507432

PARENTS..  
BRING YOUR  
CAMERAS!!



#### DURING OPERATION SPIRIT RECRUITS WILL:

\*Be Recalled For Duty

\*Receive A Mission Brief

\*Check Out Military  
Vehicles/Aircrafts

\*Snack On MRE's

\*Participate In Military  
Face Painting

\*Try On Chem  
Gear/Flak Vests

\*Process Through  
Deployment Line

\*Learn About the  
Deployment Process



# OPERATION:



## SPIRIT

April 12, 2014  
0800-1300

#### RULES OF ENGAGEMENT:

- \*Child Must Be In Grades K-12.
- \*Parent Must Be Assigned To WAFB.
- \*Children Under 12 Must Be Accompanied By An Adult.
- \*No Younger Siblings, Babies In Strollers, Or Pets Are Permitted For Safety Reasons.

WHERE: Building 705 (Deployment Center)

REGISTRATION: At the A&FRC on March 11 and 12 for first time participants, (3:45-5:45 pm). March 13 for repeat attendees, (3:45-5:45 pm). Parent & Child Must Be Present At Registration. Sign Up Is Limited To First 125 Children!

Each Child Will Receive Photo ID Badge, Military Orders, Dog Tags, T-shirt, Certificate Of Deployment and An Airman's Lunch.

Recruits Must Bring A Backpack For their Deployment. Bags Will Be Checked And Tagged!

687-7132



## A simple selfless act now can protect your family's financial future.

Military Protection Plus can help protect those who count on you. It's life insurance that provides coverage beyond SGLI and stays in place after you leave the military. And once it's in place, you can add coverage with no medical questions asked.<sup>1</sup>

Protect your loved ones today.

800-531-8479 | usaa.com/mpp



<sup>1</sup>Availability of increased life insurance coverage depends on characterization of military separation. Increases in coverage depend on your health and are subject to underwriting approval. Military Protection Plus is level-term life insurance. Initial life insurance coverage limited by rank and occupation. Level Term V: Form LLT49045ST01-05 (may vary by state). In New York, New York Term Series V: Form NLT45861NY 01-04. Military Severe Injury Benefit and option to increase coverage to replace SGLI provided by riders. Increases in coverage require payment of additional premium. Rider forms LBR57941ST 05-06 and LBR67140ST 05-07 (may vary by state). In New York, forms NBR60469NY 06-06 and NBR67175NY 06-07. All insurance products are subject to state availability, issue limitations and contractual terms and conditions. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. In most states, life insurance also provided by USAA Direct Life Insurance Company, Omaha, NE. Each company has sole financial responsibility for its own products. © 2014 USAA. 200382-0114





Airman 1st Class James Fulton, 509th Aircraft Maintenance Squadron crew chief, listens to instructions from a B-2 Spirit pilot during a pre-flight check at Whiteman Air Force Base, Mo., Feb. 24, 2014. The communications cord allows pilots and ground crew to communicate during pre-flight.



A B-2 Spirit takes off at Whiteman Air Force Base, Mo., Feb. 24, 2014. The B-2's low-observable, or "stealth," characteristics give it the unique ability to penetrate an enemy's most sophisticated defenses and threaten its most valued, and heavily defended, targets.



Senior Airman Joshua Thompson and Airman 1st Class James Fulton, both 509th Aircraft Maintenance Squadron crew chiefs, marshal a B-2 during an engine-run and crew-change at Whiteman Air Force Base, Mo., Feb. 24, 2014. The engine-run and crew-change allows pilots to swap out personnel during shift changes and enable the mission to continue on the same aircraft.



*U.S. Air Force photos/Staff Sgt. Nick Wilson*

Airman 1st Class James Fulton, 509th Aircraft Maintenance Squadron crew chief, rolls up a communications cable after performing a pre-flight check on a B-2 Spirit at Whiteman Air Force Base, Mo., Feb. 24, 2014. Because of their mission and constant operations tempo, B-2 crew chiefs must remain alert and aware of every maintenance issue involving their assigned aircraft.



Senior Airman Joshua Thompson, 509th Aircraft Maintenance Squadron crew chief, marshals a B-2 Spirit after performing an engine-run and crew-change at Whiteman Air Force Base, Mo., Feb. 24, 2014. Pilots and crew chiefs conduct pre-flight inspections to ensure all components of the jet are mission-capable before flight.



A B-2 Spirit takes off at Whiteman Air Force Base, Mo., Feb. 24, 2014. The B-2 Spirit is a multi-role bomber capable of delivering both conventional and nuclear munitions.



# AFRC eases Airmen's transition

**By 509th Bomb Wing  
Airman & Family Readiness Center**

Transition Goals, Planning, Success, implemented Air Force-wide in November 2012 by Executive Order 13518, expanded the length of the transition program from three days to five days, and integrated career and education counseling and training across the military life cycle.

At the beginning of the program, each Service member must complete pre-separation counseling and develop a personalized Individual Transition Plan, which will provide him or her with a roadmap for a successful transition. Members will then attend a five-day core curriculum seminar providing counseling in budget planning, veteran's benefits, resiliency training and military skills translation.

Service members also have the option to participate in individually-tailored, two-day training programs to equip them with the set of tools they need to successfully pursue their post-military goals such as attending college, earning a professional license, or starting a small business.

Once the Service member's transition training and counseling is complete, they will meet individually with a transition counselor to complete a Capstone checklist, which verifies their completion of the program's Career Readiness Standards. These standards include a civilian resume, a family budget, and a completed school or job application.

During the five to seven days, transition counselors provide a "warm hand off" to local, state and federal agencies that can help separating, or retiring, Service members achieve career goals once they become veterans.

Although experience shows veterans generally enjoy a favorable employment rate in the nation's job market, many veterans initially find it difficult to compete successfully in the civilian labor market. The Transition Assistance Program addresses many barriers to success and alleviates employment-related difficulties.



Courtesy image

TAP participants receive valuable training and information that gives them an edge over other applicants. This program helps Service members and their spouses make the initial transition from military service to the civilian workplace with less difficulty and at less overall cost to the government in unemployment or retraining benefits.

VA education, disability and retraining are discussed as part of a 6- to 8-hour briefing during the TAP workshop. Contracted Veterans Affairs representatives, as well as local benefits counselors, join forces to provide detailed information on all benefits.

Service members within 180 days of their separation or retirement date are encouraged to take advantage of one-on-one assistance, available in the Airman and Family Readiness Center office and provided by Veterans Benefits Officers, to complete and submit their disability claims forms. Three different claim processes, when complete, allow members to receive benefits as of the first day after their date of separation.

The increase in separations and retirements, due to the recent Force Management Program initiative, has required the Airman and Family Readiness Center to provide additional transition

classes and briefings, allowing all targeted service members the opportunity to proactively attend the GPS mandates.

For members who are contemplating the pros and cons of separating, TAP class registration is available on a space-available basis. Pre-separation Counseling and TAP class records remain current for one year for separatees and two years for retirees. For military members who have confirmed plans to separate or retire, attendance in a pre-separation class is encouraged no less than 90 days before the date of separation/retirement.

During the pre-separation counseling session, TAP class will be scheduled and confirmed for all members. One-on-one Capstone counseling sessions are scheduled during TAP to complete the DD Form 2958. Once the DD Form 2958 is signed by the Service member's commander, all training records, forms and files are finalized for the member in both an in-house data system and a DOD data collection system.

Members should contact the Airman and Family Readiness Center at 687-7132 to register for their pre-separation/pre-retirement briefing. Questions regarding content or eligibility should be addressed to Ms. Debbie Kermick, Ms. Joanne Rodriguez or Mr. James Taylor at 687-7132.

**Northside Christian Church**  
500 N. Ridgeview Drive  
Warrensburg, Missouri 64093  
Office: (660) 747-8632  
www.nccburg.com

**Sunday Service Times**  
**8:30 A.M.**  
**9:50 A.M.**  
**11:10 A.M.**

**Jesus Saves Pentecostal Church**  
400 W. Culston St.  
Warrensburg

**Transportation Available**

Sunday School 9 A.M.  
Sunday Worship 11 A.M.  
Wed. Dinner & Bible Class 6:30 P.M.

**Elder Morris L. Collins, Pastor**  
**660-747-5369**



**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**  
www.smbctoday.org

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

**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

**Bethel Baptist Church**  
Join Us!

Sunday School 10am  
Morning Worship 11am  
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)  
**bbc-burg.org**

**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@numc.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)



# From the Frontlines: Staff Sgt. Adrian Paisley



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

**Staff Sgt. Adrian Paisley, 509th Force Support Squadron fitness center specialist, was deployed to Southwest Asia, alongside a team of nine other Airmen from the 509th FSS, from July 2013 to January 2014. The team's mission was to help organize and refurbish a nearly empty fitness center. They also assisted other units as they set up various facilities on base.**

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

From the lily pad prairies of Waypoint, Ga. to the sands of Southwest Asia, a 24-year-old Airman was called upon to deploy for a third time after serving five years and two deployments as a first-term Airman.

Staff Sgt. Adrian Paisley, 509th Force Support Squadron fitness center specialist, was deployed to Southwest Asia, alongside a team of nine other Airmen from the 509th FSS, from July 2013 to Jan. 2014.

The team's mission was to help organize and refurbish a nearly empty fitness center. They also assisted other units as they set up various facilities on base.

"We pretty much built the fitness center and the base from the ground up," Paisley said. "When we arrived, there was almost nothing there. When we left to return home, the gym was fully operating."

Paisley said the fitness center was essentially an empty hangar with a few stations of gym equipment available for Airmen to use.

"We originally had a tent right outside of the hangar, which consisted of two old and dusty treadmills," Paisley said. "Eventually we got to the point where our tent was filled with treadmills and ellipticals. It was really cool to see the entire facility change from the time we arrived until the time we left."

A typical day for Paisley involved waking up at 5 a.m., and preparing to work 12-hour shifts, six days a week.

In addition to renovating an empty hangar, Paisley and his teammates also renovated the recreation center, which originally consisted of a few fold-up tables with board games and video games.

"Services helps build up morale," Paisley said. "Once we reorganized the recreation center, it basically became the hangout spot for everyone to go after work. We had computers Airmen could use so they could talk to their families."

Paisley and his teammates also planned and organized the base's first intramural sports program. Together they organized 45 volleyball games, in which more than 100 Airmen participated.

"It relieves them of a lot of stress and helps people keep their minds off of a lot of the duty day," Paisley said.

One part about this deployment that differed from previous deployments to Southwest Asia was other bases he had deployed to were already fully-functional, whereas this deployment gave him first-hand experience of what it feels like to help establish facilities at a base. "During my first deployment, I was an escort for third-country nationals," Paisley said. "During my next deployment, my team and I were

there to run a fitness center at a base which had already been established, so it was very similar to my job at the fitness center here at Whiteman. However this time, we had to build the fitness center and help organize other facilities on base while simultaneously running a fully functional fitness center."

Since the fitness center was brand new, Paisley and his teammates were also constantly adding new fitness equipment.

"We also helped out a lot of facilities that used tents for office space," Paisley said. "Over the course of my deployment, most units with facilities in crowded tents on base eventually shifted to their own private tents."

One aspect of working on a new base was the fact it created an environment in which everyone on base was very closely knit, Paisley said.

"There wasn't a stranger anywhere on base," he said. "We never had to wait for anything. The entire base felt like a family because if anyone needed anything everyone would pull together to make it happen."

Another aspect that made this deployment unique was his ability to improve his overall fitness level, and increasing his deadlift to 500 pounds, a personal best.

"I remember wanting to sit down after lifting that much weight because I thought I was going to pass out," he said. "I realized

that if you work hard towards a goal then you can do anything you set your mind to."

Although Paisley is a fitness specialist while on-duty, fitness is always on his mind.

"I became a fitness enthusiast about two years ago," Paisley said. "I think it's important to maintain Air Force standards, especially when working in the gym. I try to look the part. I like being able to look like an expert who people would want to listen to if someone comes up to me looking for fitness advice."

Whether it was setting a personal deadlift best or helping members on his team with fitness center refurbishments, Paisley said his deployment experience was enjoyable and that he would not mind going back on another tour to Southwest Asia if the opportunity presented itself.

"It amazes me how our Airmen overcome the unique personal and mission-related challenges of a deployment," said Master Sgt. Jeremy Marksmeier, 509th Force Support Squadron first sergeant. "Paisley and his entire team truly exemplified the Air Force core values while executing a unique mission. It was always a blessing to receive an email from their deployed leadership and hear how they were excelling in every facet of their lives, on- and off-duty. I am proud of Paisley and the Airmen he deployed with and it is good to have them home."



## Chiefs' Choice Award Winner



U.S. Air Force photo/Airman 1st Class Joel Pfister

Senior Airman Victoria Hill, 509th Bomb Wing Mission Support Group knowledge operations manager, receives the Chiefs' Choice Award at Whiteman Air Force Base, Mo., Feb. 19, 2014. Some accomplishments contributing to her award included processing 153 decorations and enlisted performance reports and converting 60 EPRs and officer performance reports to newer forms.



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 AFB  
Facebook Page



The Official  
Whiteman  
Website

# TRACKER<sup>®</sup> boats



SOLUTIONS, SALES & SERVICE  
**Pro's Choice**  
MARINE

**Come Visit Pro's Choice Marine  
today for all of your boating needs!  
Mention this ad for a \$500 Military  
Discount on New and Used Inventory.**



**13696 Highway 7  
Warsaw, MO 65355**

**proschoicemarine.com  
Toll Free: 877-827-2840**

**dream about  
waking up.**



i'm lovin' it<sup>®</sup>



At participating McDonald's. © 2014 McDonald's



## Welcome To SEDALIA

... A modern,  
"Up-To-Date"  
Community  
Steeped in Historic  
Tradition ... With  
Everything To Suit  
Your Needs

### AUTOMOTIVE

**Williams-Woody  
Nissan, Inc.**

3600 S. Hwy. 65, 827-1403

### AUTO RENTAL

**American Auto Rental**

2101 S. 65 Hwy • Sedalia  
800-827-5205 • 660-827-5200

### BARBER SHOPS

**Dick's Barber Shop**

117 South Ohio Downtown  
It Pays To Look Well

### FINANCIAL INSTITUTIONS

**Simmons**

First National Bank  
818 Thompson Blvd. • 660-826-1213  
Member FDIC

### HARDWARE & BUILDING SUPPLIES

**Westlakes Ace  
Hardware**

1010 Thompson Blvd., 827-3630

### MOTORCYCLES

**Yeager's Cycle Sales  
& Service**

3001 S. 65 Hwy., 826-2925  
Rick Yeager, Owner

### RESTAURANTS

**Goody's Steakburgers**

92% Lean Beef  
901 S. Limit • Sedalia • 660-826-2828

### SPORTING GOODS

**Pummill's  
Sporting Goods, Inc.**

116 S. Ohio, 826-0150

**CALL  
1-800-892-7856  
TO  
PLACE  
YOUR AD**

**It doesn't cost  
to advertise.  
It pays!  
YOU GET  
RESULTS!**



# WHAT'S HAPPENING AT WHITEMAN?

## JOIN US ONLINE @ WHITEMANFSS.COM & CLICK ON CALENDAR

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

### FEATURED EVENTS

#### SATURDAY 3/8

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.

#### WEDNESDAY 3/12

**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.

#### PHOTO OF THE MONTH CONTEST!

Compete in our photo of the month contest, every month  
simply submit a funny, heart warming, impactful, etc. photo  
at an FSS event during the month. After the submission to our  
email: whitemanmarketing@gmail.com, we will post it into our  
facebook album "Photo Of The Month", and whoever receives  
the most likes that month, will walk away with a \$25 FSS Gift Card!

**DO YOU HAVE WHAT IT  
TAKES TO BE THE BEST?**

## ST. PATRICK'S DAY PARTY

MARCH 13 5:30-8:30PM 2014 ROYAL OAKS GOLF COURSE

### IRISH MUSIC, GREAT FOOD, GREEN BEER, & SO MUCH MORE!

**CHANCE TO WIN A \$25 FSS GIFT CARD!**  
WEAR YOUR MOST FESTIVE & GREENEST COSTUMES!

## Whiteman Winter Olympics '14

Whiteman AFB Fitness Center

### MARCH 14

Compete with your squadron in a variety  
of athletic events including: 5K Races,  
Team Weightlifting, Table Tennis, Push-ups,  
Sit-ups, Pull-ups, Tug of War & More!

Take the top spot and earn  
your squadron the gold!

Talk to Your Squadron Sports Rep,  
To Sign Up Now!

687-5496 FSS

## WHITEMAN AFB FITNESS CENTER ROWING CHALLENGE

MARCH 1-31

TOP 3 MEN & WOMEN  
WILL RECEIVE MEDALS  
SQUADRON PRIZE: TROPHY

**DO YOU HAVE WHAT IT TAKES?**

#### ROWING SCHEDULE:

**MONDAY - THURSDAY: 0500-0100**

**FRIDAY: 0500-2100**

**SATURDAY & SUNDAY: 0800-1800**

**PLEASE SEE THE FRONT DESK  
FOR ADDITIONAL INFORMATION**



687-5496



**Sign up for "ForceCast" to receive  
texts about FSS events, programs &  
activities to your mobile phone  
by clicking on the "FC" logo at the  
top of our website's homepage!**

**facebook.com/whitemanmarketing  
www.whitemanfss.com**

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



## WELCOME TO Fabulous CASINO NIGHT MISSION'S END

MARCH 28 + 6-10PM  
+ MISSION'S END +

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

**Games Available Include:**  
Craps, Roulette, Blackjack, Texas Hold 'Em,  
Poker & The Color Wheel

Mouse Races!  
Come bet and cheer on  
your favorites including:  
"The VanHerkules", "The Should Win Goodwin",  
"Darling Dasher", "Rodriguez Rocket",  
"Mach 5 Martignetti" & "Mighty Mouse McCown"

Each \$500 in chips is good for 1 chance to win a prize!  
Sports Memorabilia, Various Gift Cards, Massage Package & More

MEMBERS \$12 NON-MEMBERS \$17

Buffet Included with Paid Admission  
"Pay As You Go" Drink Service Available

## PHOTO OF THE MONTH CONTEST!

Simply take a funny, heartwarming, impactful,  
etc., photo at any FSS event throughout the month,  
send it to: whitemanmarketing@gmail.com by  
the first day of the following month.

Encourage your friends and family to "like" your  
photo in the "Photo of the Month" album on our  
facebook page. (facebook.com/whitemanmarketing)

If your photo receives the highest amount of  
likes, you walk away with a \$25 FSS Gift Card!

"When sending your photo please include your name and the FSS  
Event where you took your photo! You can submit one photo, per person,  
per event. The more events you attend the more chances you have to win"

687-7929

## MISSION'S END MEMBERSHIP Breakfast

MARCH 28  
FREE MEMBERSHIP BREAKFAST  
STARTS AT 7AM



**LOOKING FOR GREAT BENEFITS LIKE THIS?  
SIGN UP FOR YOUR CLUB MEMBERSHIP  
AT THIS EVENT!**

687-4422





# Drug misuse, abuse: No excuse

By Senior Airman Cortney Paxton  
341st Missile Wing Public Affairs

**MALMSTROM AIR FORCE BASE, Mont. (AFNS)** -- Airmen have a duty to uphold and must be "fit to fight."

Maintaining that fit lifestyle means routine health checkups, having a proper diet, exercise and sometimes using medications to combat illness and physical ailments.

While picking up an over-the-counter medication at the local drug store or being prescribed medication by a healthcare provider are common practices for Airmen looking to get or remain healthy, misuse or abuse of any drug can be a serious problem with serious consequences.

"It's hard to define medication misuse because some people think of it as medication abuse and they're not the same thing," said Capt. Arnaldo Figueroa, the 341st Medical Support Squadron officer in charge of pharmacy services. "Medication misuse is anything from not using the medication that has been prescribed by your healthcare provider the way it was instructed to using a medication prescribed to someone else. This is in comparison to medication abuse where there is a behavioral issue and there may even be a psychological or dependency component to it; normally known as substance use disorder. So while misuse and abuse are not the same thing, both are problems."

The misuse of prescription medications has drastically increased over the last 10 years and has become one of the most common reasons for emergency room visits and sudden death. In 2008, the Office of National Drug Control Policy found that one-third of all new abusers of prescription drugs in 2006 were 12 to 17 years of age. This data underscores the importance of proactively addressing drug misuse to prevent potential abuse, additional cost

to healthcare and the burden that it may cause to society and military members.

"It's important that unused drugs are being disposed of properly," Figueroa said. "Leftover medications remaining in cabinets at home could eventually lead to teenagers or children finding them and not knowing or understanding what the repercussions are of taking something that was not prescribed for them and could cause them serious health consequences. That's why it's so important."

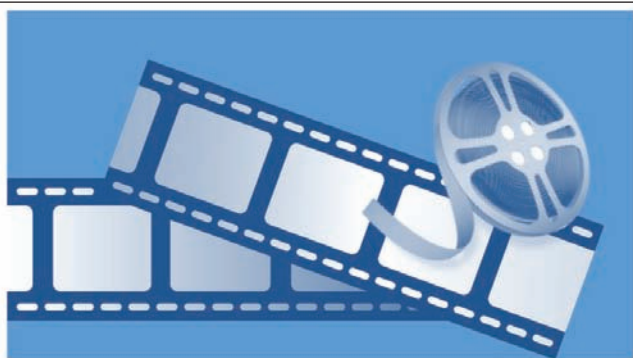
Improper drug disposal can also have negative environmental impacts.

"Proper drug disposal is important in order to keep drugs out of our landfills and water systems," said police Capt. Bob Armstrong, the Montana Highway Patrol District II. "People just got used to dumping them down toilets and throwing them in the garbage - that's not the proper way to do it because it effects the environment."

Additionally drugs improperly disposed of, or not disposed of at all, could fall into the hands of a child, teenager or an individual the drug wasn't prescribed, to leading to the misuse of the drugs and sometimes adverse consequences.

According to the Uniform Code of Military Justice, "Any person ... who wrongfully uses, possesses, manufactures, distributes, imports into the customs territory of the United States, exports from the United States or introduces into an installation, vehicle or aircraft used by or under the control of the armed forces a (controlled) substance... shall be punished as a court-martial may direct."

This includes the sharing of prescription medications. While misuse of controlled substances could warrant adverse legal consequences, not disposing of or misusing expired prescribed drugs may result in negative consequences as well.



## AFTER PARTY!!!!

Spouses' Dining-In invites you to an after party where you will enjoy the sounds from Music for the Masses by DJ Chris of Warrensburg.

All are invited join a night that doesn't come around too often. Spouses, Active Duty, and ID card holding Civilians starting at 10:00pm after the Spouses' Dining-In.

Where: Mission's End Club, WAFB

Date: March 15, 2014

Time: 10pm - 1 am

If you have any questions, please contact  
wafbspousesdiningin@yahoo.com



Is stretching before  
physical activity enough?

## How can injuries be prevented?

How much should  
my kids exercise?

## ANSWERS TO YOUR QUESTIONS.

Do you have questions about preventing sports injuries or how to keep your young athlete in the game? If so, we invite you to attend a free Q&A with Adam Wait, DO, our board-certified sports medicine specialist and orthopedic surgeon.



## FREE SEMINAR

Wednesday, March 12 | 6:30-7:30 p.m.  
Conference Room 1  
403 Burkarth  
Warrensburg, MO 64093

Adam Wait, DO  
Board-certified sports medicine specialist  
orthopedic surgeon  
Western Missouri Bone & Joint

To RSVP, please call 800-724-4395.



**Western Missouri**  
MEDICAL CENTER

Your Partner for Health.

510 Foster Lane, Warrensburg, MO | (660) 747-2228 | WMMC.com



# WARRIOR

Serving the Whiteman Community

## REAL ESTATE SALES

### 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

## Apartments /Townhouses

### 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

**AVAILABLE MARCH 1:** Nice  
1 BR Apt., includes stove, re-  
frig & trash pick up, 12X30 gar-  
age, \$320 mo. military dis-  
count, \$300 deposit, 12 month  
lease. No Pets. 660-233-6107

## Houses For Rent

**423 W. South,** Warrensburg, 4  
BR 3 bath, 2 car garage, back  
deck, washer/dryer, newly re-  
modeled, next to College.  
\$1200/month. 816-698-9190

**3 BR, 2.5 BATH,** 2900 Sq. Ft.,  
811 S. Carr. Finished  
basement, fenced yard & deck,  
all appliances, including  
washer & dryer. Intercom  
system. Pets OK with deposit.  
\$1000 mo. + \$1000 deposit.  
Call 660-366-5010

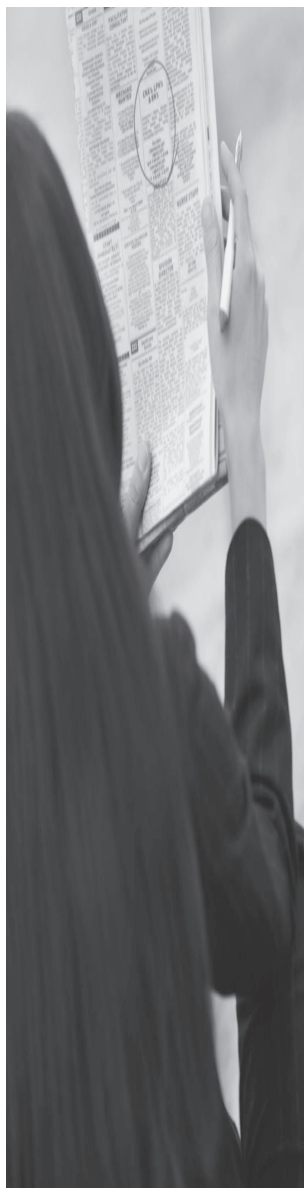


## Lots

**LAKE OF THE OZARKS-  
FAMILY FUN.** Lots starting at  
\$3,595. each, \$75 down, \$59  
per month, owner financing, no  
credit checks, beautiful  
scenery, great fishing, swim-  
ming, boating, free lake ac-  
cess and boat ramps. Prices  
good through March 10th. Hwy  
135 South out of Stover, MO,  
take Lake Road 135-12 to the  
Ivy Bend office. CLOSED  
TUESDAY, WEDNESDAY,  
and THURSDAY. (573) 372-  
6493 www.ivybendoffice.com

**Give your  
classified  
ads a  
nice home  
- place  
them in  
the  
Whiteman  
Warrior!**

**Call one  
of our  
skilled  
Advisors  
today at  
826-1001  
to get  
started.**



## AUTOMOTIVE

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

07 Tahoe LT 4wd.....	17,995
07 Toyota 4Runner 4wd.....	13,995
10 Dodge Journey SXT.....	12,995
11 Escape Limited 4wd 47K.....	17,995
07 Wrangler Unlimited 50K 2wd.....	15,995
09 Mariner 2wd.....	10,995
03 Grand Cherokee.....	4,995
98 Expedition 4wd.....	3,995
03 Explorer 4wd.....	6,995
12 Chrysler 200 48K.....	12,495
12 Malibu 47K.....	14,495
12 Fusion 48K.....	14,995
09 Dodge Caliber.....	8,995
09 Malibu.....	9,495
06 Charger SXT.....	8,995
06 Impala.....	7,495
08 Grand Prix 70K.....	8,995
01 Nissan Sentra.....	4,495
05 Buick LaCrosse.....	7,495
02 Cavalier.....	3,995
07 GMC CrewCab 4wd 6.0....	18,495
08 Chevy CrewCab 4wd.....	19,495
09 Chevy CrewCab 4wd.....	20,995
07 Dakota QuadCab 4wd....	14,495
07 Explorer Sport Trac 4wd.	14,495
05 Dodge QuadCab 4wd.....	11,995
07 Dodge QuadCab 4wd.....	14,995
00 Chevy XCab 2500 4wd Longbed.....	10,495
07 Chevy Regular Cab 4wd.	12,495
02 Chevy XCab 4wd.....	10,495
99 Dodge Club Cab 68K.....	6,495
95 Nissan XCab Auto.....	3,495
99 Ford F350 DRW V10.....	7,995
04 Chevy XCab 2wd.....	6,995

www.jerrybakerauto.com



## Auto Services

**W-K**  
Home of the  
**Jump Start  
Program**

Less than  
**'perfect credit'?**  
**Bankruptcy?**  
**We can help!**  
**NEW cars**  
**as low as 6.9%!**

Call  
**Kristina Jasper**  
**Today!**  
**800-382-5088**  
wkchevy.com

## MERCHANDISE FOR SALE

**New Mattress Sets:** Twin  
\$89.99; Full \$99.22; Queen  
\$179.99; King \$299.99;  
Queen pillow top \$249.99.  
Dutch Kountry Market  
Call 660-563-2941  
10340 50 Hwy, Knob Noster

**This ad  
space  
could be  
yours!**

## MERCHANDISE FOR SALE

### THE CHANGE JAR

Consignment Boutique

We Have  
**Formals**  
for All Occasions

**617 S. Maguire**  
**Warrensburg**  
Mon-Fri 10-6  
Sat. 10-5  
**660-747-8419**

Anything you may  
be looking for...  
Brand-New Car!  
Brand-New Job!  
Your Dream House!  
A New Pet!  
Sedalia classifieds  
feature all that...  
and more!  
**1(660) 826-1001**



**STOVER: 50 Acres +/-**, 2003 Manufactured Home,  
4 BR, 2 bathrooms, full foundation. Financing available.  
Master suite soaking tub. 2 living rooms. Kitchen island.  
Cedar decks. Could be split into 2 tracts. \$115,900.  
Owner/Agent. (816)739-3354

80519352



Spacious ranch features updates including heat pump,  
double pane windows, and cellulose attic insulation. 1,928  
square feet, 3 bedrooms, hardwood floors, fireplace and  
fenced backyard, **\$132,000. 2409 Stewart Avenue,**  
**Sedalia, MO 660-281-5335**

80518796



**Lease/Sale 3rd & Kentucky...**Sedalia Office Building/Beauty  
Parlor. 4 separate offices plus reception area with skylight.  
Paved parking. Snow removal. \$675/month. Call Jack Robinson  
660-620-2700. Coldwell Banker Monsees Realty,  
660-826-5811, Dan Hurley 660-473-0215

80521298



**Commercial Building For Sale.** Great Location. This former  
restaurant sits on a corner lot in Knob Noster, MO. Zoned for  
Commercial use. Approx. 1,728 sq. ft. total space and includes  
a basement. Contact LeMay Realty, Joe Lemay, Broker. Office  
660-563-6000 MLS# 43554. Price reduced to \$58,000.

80520214



### Home & Land Realty LLC

Very well built very well maintained home near Truman Lake  
just within a mile from Long Shoals Marina.  
Asking \$139,900. Call (660) 525-3500 - (660) 438-3200  
www.homelandrealtyllc.com

80518626



**LAKE OZARKS HOME** By Owner - Lake Access, great  
view on blacktop, cement drive, fenced back yard, new roof.  
3 BR, 1 1/4 bath, 1200 sq. ft., Sunroom, covered deck.  
Asking \$85,000. 660-438-9593.

80518785

**Bothwell**<sup>TM</sup>  
Regional Health Center

**Bothwell Regional Health Center**  
**currently has the following**  
**full time, part time and PRN opportunities:**

- Certified Nurse Aide
- Home Health Aide
- LPN - OB/GYN Clinic
- RN
- Medical Technologist
- Respiratory Care Practitioner
- Registration Clerk
- Radiology Technician
- Pharmacy Technician

For more information about these exciting opportunities  
or to apply, please visit our website at  
www.brhc.org or email slec@brhc.org  
EOE



# SHOW AND \$ELL

3 + 3 = \$65 includes color

photo of your vehicle

**YEAR AND VEHICLE HERE**

Copy about the vehicle goes in this spot.  
Copy about the vehicle goes in this spot.  
Copy about the vehicle goes in this spot.  
Copy about vehicle \$XX,XXX. Name, Address and Phone Number.

photo of your home

**COPY DESCRIBING YOUR HOME...**so many bedrooms, so many baths. List of extras ... garage (single or double), maintenance free exterior, family room, school district, fenced back yard, basement, extra lot, heating, air conditioning, parking availability, etc.

36 Words or less; 1st 4 words bold; one item only; price must be listed to qualify for FREE ad

**3 Days In Democrat**

*Monday, Wednesday and Friday  
(Regular deadlines apply)*

*If your advertised item doesn't sell,  
get 3 additional days FREE  
(Ads run Mon., Wed., & Fri.,  
Price must be stated in ad)*

~ or ~

**3 Days In Democrat (Mon., Wed., & Fri)** + **3 Weeks In A Plainsman** + **3 Weeks In The Warrior** = **\$99** includes color

**If your advertised items doesn't sell, you'll receive**

**3 Days In Democrat (Mon., Wed., & Fri)** + **3 Weeks In A Plainsman** + **3 Weeks In The Warrior** = **FREE** includes color

**Contact Your Ad Rep For Details, or call 660-826-1000 Ext. 239**