

WARRIOR



EAGLE EYES
See something, say something *pg.3*

X-RAY TECHNIQUE

The Airmen of Radiology hard at work

Airman wages war against breast cancer

By Staff Sgt. Amanda Dick

Headquarters Pacific Air Forces Public Affairs

JOINT BASE PEARL HARBOR-HICKAM, Hawaii (AFNS) -- “You have cancer.” The three words no one, no matter their age, wants to hear. I happened to receive these words at the age of 29.

Though I knew from the moment I found the lump in my breast it was cancer, I was in no way prepared to hear those words Oct. 4, 2013, -- the day that forever changed my life.

Breast cancer runs in my family. Both my mother and her sister are breast cancer survivors. My grandmother survived both breast and ovarian cancers, but sadly succumbed to brain cancer.

With such a high risk of cancer in my family, I’ve always been super conscious about this issue. I found the lump while conducting a routine breast self-examination.

When found, my lump was the size of a pea. By the time I had surgery three months later, it had grown to just smaller than the size of a lime. Because the lump was fairly small (by cancer standards) and found early, and the cancer hadn’t spread to my lymph nodes, I was diagnosed as Stage 2a.

On the day of diagnosis, I also found out I have the BRCA1 gene, which puts me at an even higher risk for breast and ovarian cancers.

Because of family history and this cancer gene, I decided to have a bilateral mastectomy. For me, the surgery wasn’t that bad, and I didn’t have much pain once the drains were taken out a week after surgery. The worst part was not feeling like a woman anymore because of the removal of certain body parts, something I’m still struggling with today.

In January 2014, I began the process of chemotherapy. Let me tell you, it was not fun! On the night of my very first treatment, I sat on the floor of the bedroom in front of a trash can, rocking back and forth trying not to throw up, feeling like I was dying and calling out for my mommy. My poor dog was lying on the bed with a pitiful look of terror, because he had no idea what was going on.

After the first treatment, I cut my hair short in preparation for it falling out, and because my head ached like needles were being stabbed into my scalp. After the second treatment, my hair did start falling out. I could literally run my hands through my hair and clumps would be in-between my fingers.

During the five months of chemo, I never felt as bad as that first night, but the nausea stuck around and drugs never fully helped the queasiness go away. In fact, the only thing I could find to help my nausea was eating, and thankfully, I never had issues with food tasting like metal, as so many chemo patients do. However, because food was the only remedy that helped my nausea, I gained weight. The five months of steroids didn’t help either.

Throughout eight treatments of chemo, I went through a cycle of feeling like crap during “chemo week,” then starting to feel better the next week only to shock my body with a treatment, starting the process over again. The further along in my treatments I got, the fewer “good days” I had.

I finished chemotherapy May 9, 2014, and started the process of reconstruction in September. Though the big fight is over, I still have the fight of getting back in shape and losing the weight I gained as a result of the drugs. This will help me pass my physical fitness test



Courtesy photo

Staff Sgt. Amanda Dick celebrates her last chemotherapy treatment with her family, May 9, 2014, at Tripler Army Medical Center, Hawaii. According to the American Cancer Society, about one in eight women in the U.S. are diagnosed with breast cancer.

and not lose the technical sergeant stripe I was selected for.

When I found out I had cancer, I was left with a couple of decisions. First, do I stay in the Air Force or get out? That decision was easy to make; I love the Air Force and my job and knew I wanted to stay in. Second, do I stay in England, go back to the U.S. to be treated at Walter Reid, or fly home to Hawaii where my parents lived and be treated at Tripler Army Medical Center? This was a tougher decision.

I loved being in England and the “family” I had there, however, nothing could come close to being with my parents, who I knew I would need. I eventually went with the Hawaii option, and my leadership in England worked very hard to get me here, despite the government shutdown going on at the time. And really, who doesn’t want to go through something like this on a beautiful, tropical island?

Having living proof of a breast cancer survivor in front of me, I was able to draw comfort from my mom, as she had gone through the experience about 11 years before at Tripler. My dad was my constant companion throughout chemo; he took me to every treatment and kept me company. By my side to cuddle with me after each treatment was my trusted dog, Captain Jack Sparrow. I really could not have survived chemo without him!

Throughout the whole experience, I have tried to remain positive; it’s part of who I am. I’m the type of person who always tries to find something to make me smile or crack jokes to lift the mood. I’m the type of person who finds that “silver lining” in life. I’m the type of person who doesn’t give up and keeps on fighting. It never occurred to me to be any other way. I never for one second thought I wasn’t going to survive cancer.

There’s no way I personally could have gone through this whole ordeal without my faith in God. God is the reason I was positive, and God gave me the strength to weather the storm.

As I reflect back on this past year, I’m thankful I can still wake up in the morning and go to work, hang out with friends and enjoy the company of my family. I’m a firm believer of the mantra, “Everything happens for a reason,” so I find it interesting that I was diagnosed with

breast cancer during the month of October, which happens to be National Breast Cancer Awareness Month.

As we move into this month, take the time to learn your family history and the risks and symptoms of breast cancer. According to the American Cancer Society, about one in eight women in the U.S. are diagnosed with breast cancer in their lifetime.

The National Cancer Institute states that five to 10 percent of breast cancer cases can be linked to gene mutations. For those who have the BRCA1 gene, the risk for breast cancer before age 70 is 55 to 65 percent; it’s 45 to 47 percent for BRCA2.

This is why early detection is key.

Johns Hopkins Medical reported, “40 percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”

In order for self-exams to be useful, you should be familiar with your body, specifically in regards to look and feel. This will help alert you to any changes that could potentially be cancer.

Breast self-exams are only the beginning for early detection.

The U.S. Preventative Services Task Force recommends women 40 and older get a mammogram every one to two years, and women under 40 who have a family history of breast cancer should talk with their health care professional about screening.

According to the National Cancer Institute, “when breast cancer is detected early, the five-year survival rate is 98 percent.”

I don’t know about you, but I’m hopeful with these odds!

However, breast cancer isn’t limited to women. According to the American Cancer Society, the lifetime risk for men in the U.S. to develop breast cancer is one in 1,000. The organization also estimated more than 2,000 men were diagnosed with invasive breast cancer in 2011.

From the moment the words were uttered, I never had a doubt I wouldn’t survive and come out the other side winning. I now join the estimated 2.8 million breast cancer survivors in the U.S. I am a survivor!

THE WARRIOR

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For more information, call the Warrior office at 660-687-6126, email Whiteman. Warrior@us.af.mil, fax 660-687-7948, or write to us at Whiteman Warrior, 509th Bomb Wing, 509 Spirit Blvd. Suite 116, Whiteman AFB, Mo., 65305.

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On the cover

U.S. Air Force photo/
Airman 1st Class Keenan Berry

U.S. Air Force Senior Airman Matthew Syrier, 509th Medical Support Squadron radiologist, inserts a lead shielding for a quality assurance program at Whiteman Air Force Base, Mo., Sept. 23, 2014. This routine test is done to ensure the room is operating at optimal levels.

NEWS BRIEFS

Spirit Café

Don't have plans for Friday evening? Go to the Spirit Café!

Not sure what to eat on Friday evening? Go to the Spirit Café!

Want to enjoy a rousing game of Titan Fall? Go to the Spirit Café!

Free food every Friday evening, comrades to enjoy it with, and lots of games and movies!

It sounds so good I want to go to the Spirit Café too! So, don't waste time. Tell a friend and take a friend to the Spirit Café today!

Did you know...

What the qualifying and disqualifying factors are to apply for Palace Chase? To be eligible for this opportunity, you must: Be a U.S. citizen, complete at least two-thirds of the initial Active Duty Service Commitment for officers and 24 months of a 4-year contract or 36 months of a 6-year contract for enlisted members, be medically qualified worldwide, meet fitness standards.

If you have any questions regarding this program, you can contact your unit First Sergeant or Master Sgt. Stephen Thomas, the AFRC In-service Recruiter, at 687-1868.

Found property

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

Air Force Housing Web Site

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

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
Showers Likely	Chance of Rain
Hi 57	Hi 56
Lo 52	Lo 46
Sunday	Monday
Chance of Rain	Chance of Rain
Hi 64	Hi 63
Lo 48	Lo 52

AF approves special pay for nuclear career fields

WASHINGTON (AFNS) -- Assignment incentive pay and special duty assignment pay for select total force nuclear career fields became effective Oct. 1, following Secretary of the Air Force Deborah Lee James' recent announcement.

"The purpose of these special pays is to incentivize Airmen to volunteer for and perform duties in a particular career field, location and/or special assignment where the scope of responsibility and required skills exceed those of other Airmen in the same career field and rank," said Brig. Gen. Brian Kelly, director of force management policy.

Select officers and enlisted members serving in eleven nuclear career fields and assignment areas will receive between \$75 and \$300 per month. Nuclear careers fields selected for these special pays include enlisted service members assigned to command post, nuclear aircraft maintenance, security forces, missile maintenance, aircraft armament systems, nuclear weapons and support personnel who deploy to the ICBM complex. Missile launch, security forces and missile maintenance officers will be eligible to receive special pays as well.

"The Airmen selected for this incentive are critical members of our Air Force's number one mission," said Col. Zannis Pappas, nuclear and missile operations career field manager. "Our members take extreme pride in accomplishing their duties, ensuring that our nuclear arsenal remains safe, secure and effective."

While the effective date is Oct. 1, it will take several months for Airmen working within the selected nuclear careers fields to receive their pay adjustments. However, eligible Airmen will be retroactively compensated to the Oct. 1 effective date. In the meantime, officers and enlisted members meeting the criteria for these special pays should work through their chain of command and military personnel sections for questions on their individual eligibility.

To see the full assignment incentive pay and special duty assignment pay list and program changes, go to myPers at <https://mypers.af.mil>, select "search all components" on the search drop down window and enter "SDAP" in the search window.

(Courtesy Secretary of the Air Force Public Affairs)

Force Protection is everyone's business

From the Anti-Terrorism Office
509th Bomb Wing

The further we get from the terrorist attacks of 9/11, the more complacent people seem to become about the threat from global terrorism. Without security and law enforcement personnel at every turn, it takes a total team effort to protect the Whiteman Air Force Base community. Each person, regardless of their military affiliation, plays a vital role in the protection of the base.

"Preserving the mission and protecting the families here at Whiteman AFB is a job we all share. As tensions rise with the conflict with the Islamic State in Iraq and Syria (ISIS), we must all remain vigilant." Said Lt. Col. Jeff Carter, 509th Security Forces Squadron commander. "If you see something, say something! Remember to be aware of your surrounding at all times and report anything suspicious through the Eagle Eyes program or to the Police Services Desk."

Unfortunately terrorism has become a grim reality and the number of attempted attacks has increased over the past years, according to Robert Striegel, 509th Bomb Wing antiterrorism officer.

"Our intelligence and law enforcement communities are doing a tremendous job thwarting many potential terrorist plots, however, as terrorists change their tactics, techniques and procedures, we too must change our methods of protecting the community," Striegel said. "We may not always agree with some security precautions put in place but they are there to ensure the safety and security of you and your family."

In today's environment, members must not allow themselves to become complacent. By being alert and notifying law enforcement professionals of any suspicious activities on or near the base, members can help prevent incidents from happening. The Department of Homeland Security began the campaign "See Something, Say Something."

The U.S. Air Force has a similar program called the "Eagle Eyes" program, which encourages all personnel to be aware and report suspicious behavior to the proper



authorities.

Signs to look for and report:

Surveillance -- Someone recording or monitoring base activities.

Elicitation -- Any person or organization attempting to gain information about military operations or people. This includes through the use of social media networks.

Suspicious Persons Out of Place -- People who do not seem to belong in the workplace, neighborhood or anywhere else.

Suspicious Mail -- Be alert for suspicious letters or packages that arrive at your office or home. Consider mail suspect if it has no return address, markings are poorly typed or written, it has excessive postage or tape, an unknown powder or substance is present on it; the package is rigid, bulky, lopsided or uneven, it is addressed to title only, instead of an individual, if there are any protruding wires, or if there are oily stains, discoloration or odors present.

If you receive a suspicious package, do not handle it. Isolate it, and do not open, smell or taste it. Activate your unit's emergency plan, notify your supervisor and contact OSI and SFS immediately.

Test of Security -- Any attempts to

measure reaction times to security breaches or to penetrate physical security barriers or procedures.

Acquiring Supplies -- Purchasing or stealing explosives, weapons, ammunition, uniforms, badges or any other controlled items.

Dry Runs -- Putting people into position and moving them about without actually committing a terrorist act.

Deploying Assets -- People and supplies getting into position to commit the act.

Finally, always remember to practice good operational security. This applies to military members and their families. Posting sensitive information on social media sites may seem harmless however, complaining about work schedules or disrupting weekend plans on social media sites such as Facebook could paint an operational picture for our enemy. This could put people at risk if it falls into the wrong hands.

Nobody wakes up thinking they will be a victim of a terrorist attack. Through continual awareness by the Whiteman community we can ensure the safety and security of our families.

To report suspicious or criminal activity, call Eagle Eyes at 660-687-3700.

Reel Time Theaters

We're saving a seat for you.

FRIDAY, OCT. 10 • 7 p.m.
When the Game Stands Tall (PG)
Adults - \$5.75, children - \$3.75

SUNDAY, OCT. 12 • 3 p.m.
Dolphin Tale 2 (PG)
Adults - \$5.50, children - \$3.75

SATURDAY, OCT. 11
3 p.m.
7 p.m.
Alexander And The Terrible, Horrible,
No Good Very Bad Day (PG)
Adults - \$5.75, children - \$3.75

CFC kicks off!

This September kicks off the 53rd year for the CFC. The campaign provides the opportunity for federal government employees to contribute to causes in support of local health, welfare and service agencies.

Our Air Force family has a long, proud history of generosity and support for the CFC. We've all experienced or have known someone close to us who has experienced a situation where it was necessary to reach out for help. With the CFC campaign, we have the opportunity to "pay it forward" while we are enjoying good health and the ability to meet our personal needs.

The contributions of Team Whiteman have changed countless lives locally across the United States. Just \$3.00 per week can provide a month's worth of medication for an elderly client at the Salvation Army. Your contributions matter!

I understand the concerns many of you have over the economy and the ongoing fiscal uncertainty we face as an Air Force and as a nation. Nevertheless, I am incredibly grateful for those who continue to give, often with a renewed understanding of the difficulties others many may be experiencing.

As the 2014 CFC kicks off this fall, I encourage all members of Team Whiteman, both civilian and military, to once again consider contributing to a participating CFC charity of their choosing, and continue our Air Force heritage of giving from the heart.

GLEN D. VANHERCK
Brigadier General, USAF, Commander

Becoming a Love and Logic Parent® Curriculum

A weekly parenting program designed by Love and Logic®

Answers to:

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- "How can I stop my children from bickering and fighting?"
- "How do I get my children to help with the chores without an argument?"
- "Is there a way to discipline my toddler in public without creating a scene?"
- "How can I get my teenage daughter to come home at the agreed-upon time?"
- How do I get him to stop spitting his peas and whining at dinner?"
- And many other day-to-day parenting challenges...

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Facilitators of the Becoming a Love and Logic Parent® curriculum are independent and are not employees of the Love and Logic Institute.

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& THEIR DEPENDENTS**



WHITEMAN SCHEDULE FALL 2014

Classes may be cancelled or added depending on enrollment.

THE FOLLOWING CLASSES ARE NOW FORMING:

SESSION 3A (OCTOBER 20th - NOVEMBER 7th) 5pm - 9:20pm
Humanities T-Th

SESSION 3B (OCTOBER 20th - NOVEMBER 21st) 5pm - 9:20pm
College Algebra M-W
College Algebra T-Th

WINTER 2014 SCHEDULE COMING SOON!

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Getting under the skin in radiology

Story and photos by Airman 1st Class Keenan Berry

509th Bomb Wing Public Affairs

Injuries and unknown ailments occur often, hindering the human body. The 509th Medical Support Squadron radiology is here to assist in diagnosing these injuries and unknown ailments with sound judgment, and reliable technique.

The radiology department takes care of all the active duty, retirees, civilians and government employees who are referred to us from the medical group. They handle referrals, process requests and set them up with their provider. They collectively perform all the routine radiology exams on base.

Each exam is different depending on the individual, room and technique.

"Images vary upon a person's anatomy and our equipment settings have to; we have to control how many photons we are giving them," Senior Airman Steven Hayes, 509th MDSS Radiology Journeyman. "We calculate the amount of energy (photons) needed based on the size of the person and the body part that is being imaged. For example, a person with a higher muscle mass will require an increased number of photons due to muscle's density."

In addition, they network with Western Missouri Medical Center and perform exams on Security Forces military working dogs.

"We have an agreement with the Western Missouri Medical Center in which the Airmen maintain proficiency in areas of their training currently unavailable within the clinic," said Tech Sgt. Marvin Morris II, 509th MDSS NCO-IC of Radiology Department. "The training involves rotating through other facets of radiology such as surgical imaging, performance of emergency room procedures, and mobile imaging in intensive care units; all things that are performed regularly in larger facilities."

The Radiology course training is fourteen months in length; phase one is five months, which entails learning the fundamentals of anatomy and positioning in a classroom. Phase two is nine months, which combines operational experience a hospital working in real world scenarios coupled with additional classroom training that builds on information learned in Phase one.

The radiology department performs a number of exams on military working dogs as well. This ensures the K9's are capable of supporting the mission.

We assist them by coordinating with the Army veterinarians and security forces use our

facilities and we schedule them on a monthly basis or as needed. We created a standard operating procedure and continuity binder for further use when new technologists arrive, so they can be up to speed. "After the examination is complete, we burn the images to a compact disk or hard copy for the veterinarians and security forces members to take with them," said Morris. "Without our assistance, the K9 units must often travel to Fort Leavenworth or Fort Leonard-Wood to obtain these imaging services. Together we aid in expediting this process and provide the images that are taken next level of care the dogs need."

Aside from training and ensuring the Whiteman populous and military working dogs are treated properly, the radiology shop must ensure the pilots and Airmen in the personal reliability program are accurately diagnosed.

"Pilots must have chest x-ray appointments their initial flight physicals. This exam ensures their lungs are functioning properly to receive oxygen and there is no unknown ailment," said Hayes.

Attention to detail and laziness is not permitted for the slightest miscalculation can result in serious consequences.

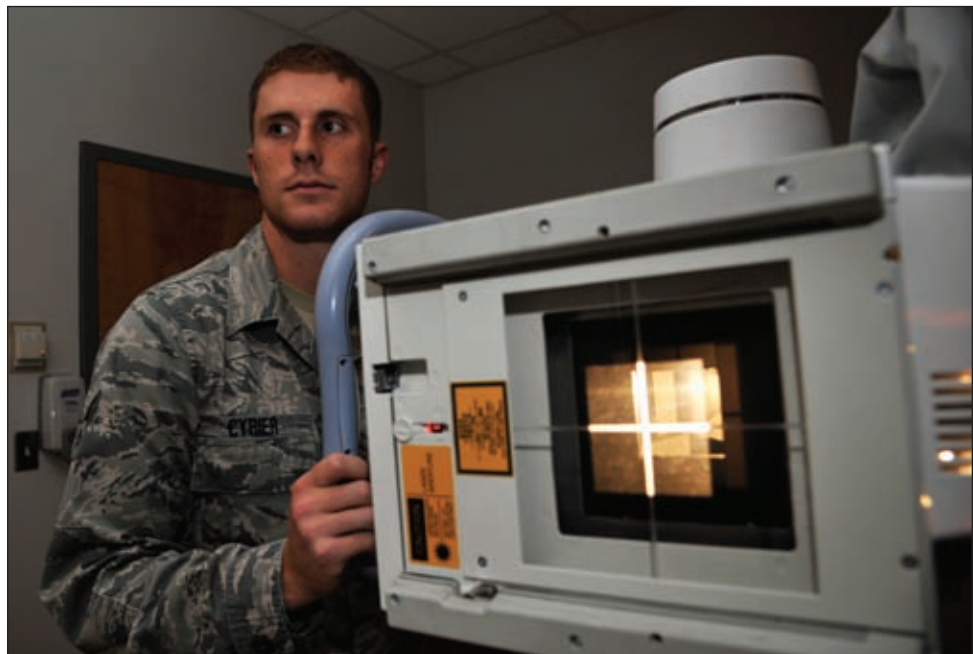
"If we are performing a chest x-ray on a pilot and we do not produce images to the best of our ability, we can possibly send a pilot into the air with his lungs improperly functioning which puts him and the mission at risk," said Morris. "We must hold ourselves accountable to prevent such an incident from hindering the mission. The images must be of highest quality so they can receive an accurate diagnosis."

To ensure they are maintaining excellence and efficiency, the radiology shop work to improve their weaknesses into strengths.

"We have a peer review program that we perform on a monthly basis," said Morris. "We randomly select 40 previous exams and verify them for mark replacement, positioning and technique error." The radiology department staff continuously monitors exams to make sure they are performing at the highest standard of care. If any issues are noted, the staff conducts training to ensure all members maintain that high standard.

The radiology shop takes pride in everything they do to ensure Whiteman receives proper treatment.

"I love the job, said Morris. "I love working with different people, hearing their stories and measuring their progression until they recover. It's very refreshing knowing I'm doing something that benefits a person's well-being."



U.S. Air Force Senior Airman Matthew Syrier, 509th Medical Support Squadron radiologist, checks for image receptor alignment at Whiteman Air Force Base, Mo., Sept. 23, 2014. This procedure is done before performing a scoliosis survey.



U.S. Air Force Senior Airman Steven Hayes, 509th Medical Support Squadron radiologist, positions the x-ray equipment to perform an exam. This procedure is done to provide imaging of potential fracture.



U.S. Air Force Senior Airman Steven Hayes, 509th Medical Support Squadron radiologist, adjusts the pigg-o-stat at Whiteman Air Force Base, Mo., Sept. 23, 2014. The pigg-o-stat is a child immobilization device used to assist in attaining pediatric chest rays.

Pillar of strength: Airman's dedication to fitness

Airman 1st Class Jovan D. Banks
509th Bomb Wing Public Affairs

Editor's note: This is part one of a four-part series on Comprehensive Airman Fitness. Part three will focus on the social pillar of CAF.

Working long hours in the heat, sweating bullets and hearing large amounts of iron crash to the ground might sound like uncomfortable working conditions, but for one member of Team Whiteman, they are ideal conditions.

Senior Airman Maurice Cooper, a knowledge operations administrator of the 509th Bomb Wing, uses physical training as a way to surpass military fitness expectations.

This dedication to the physical aspect of Comprehensive Airman Fitness has helped Cooper win multiple fitness competitions.

After placing fifth in his first competition in April of last year, he went on to win first place in two categories and second in another during his most recent competition.

He said he enjoys participating in these competitions and that winning first place is a confidence boost for him.

“Just being able to go to the show and everything is so much fun,” Cooper said. “To come back a year and a half later having learned and improved so much feels great.”

Senior Airman Francisco Balderas, a fitness center specialist of the 509th Force Support Squadron, said that physical training is just as important to Airmen as the mental, social and spiritual pillars of Comprehensive Airmen Fitness.

“Everything has an effect on you when you get older, so it benefits being fit,” said Balderas. “As you age, your body still endures physical tasks every day.”

Though Cooper uses his workout routines to improve the physical aspect of his life, he also uses it to keep his stress at bay. Cooper said after a while, working out began to affect other aspects of his life.

"After working out, I feel much better about things," Cooper



U.S. Air Force Senior Airman Maurice Cooper, a knowledge operations administrator of the 509th Bomb Wing, discusses his most recent bodybuilding competition Sept. 23, 2014, at Whiteman Air Force Base, Mo. Cooper won second place in the men's category and overall in the novice category, where he was also recognized for being a first-class competitor.

said. "I'll work out for about an hour to an hour and a half and forget why I was even mad."

According to Cooper, everyone has to start somewhere. Whether it is going to the gym or working out at home, everyone can and should work out.

The self-conscious fears about one's ability to work out as well as others should not deter people from bettering themselves.

“When it is all said and done, no one is going to care about

how much weight you lifted,” Cooper said. “Weight is only relevant to you.”

Dedication is a word Cooper used frequently when talking about physical fitness and being devoted to working out has shown Cooper he can apply that same effort to other things in his life.

“It is something you have to be dedicated to,” Cooper said. “The dedication you put into working out shows that you can put that effort into other things. You just have to apply yourself.”

A shield-shaped logo with a yellow border. At the top, there are two yellow stars flanking a yellow outline of the state of Missouri. Below this, the word "MISSOURIANS" is written in large, yellow, serif capital letters. Underneath that, the phrase "ABSENTEE BALLOTS MADE SIMPLE." is written in smaller, yellow, serif capital letters. A grey ribbon banner across the middle contains the text "MoMilitaryVote.com" in yellow, serif capital letters. At the bottom left is the official seal of the State of Missouri. To the right of the seal, the text "JASON KANDER" and "SECRETARY OF STATE" is written in yellow, serif capital letters, separated by a vertical line.

FREE Ladies Night Out!

Breast Health Seminar

WITH OUR BOARD-CERTIFIED PHYSICIAN TEAM:

Lynn Birchmier, DO, OB/GYN
John Waddell, MD, Radiologist

TUESDAY, Oct. 28,
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Conference Room 1
Western Missouri Medical Center

IN HONOR OF NATIONAL BREAST CANCER AWARENESS MONTH...

Join us for a *free ladies night out* featuring beauty pampering from **Euphoria Salon and Day Spa**, "mocktails," refreshments and a breast health seminar by our expert panel. You'll enjoy a night out with the gals while also receiving tips for overall breast health, screenings and early breast cancer detection.

To register, please call **800-724-4395** or for more information visit **WMMC.com** or like us on Facebook.



403 Burkarth Road ▲ Warrensburg, Missouri 64093

Sounding the alarm on fire safety

By Tech. Sgt. Christopher Gunn
509th CES/CEFP

Ask yourself this question: Will your smoke alarm go off to warn you and your family of impending danger?

When thinking about home fire safety, it's important to consider the crucial role early alert systems play in warning homeowners of potential danger. Fire alarms and detectors work to notify occupants by sounding a high pitched alarm when there is an unacceptable amount of smoke in the home or structure. The problem occurs however, when that occupant either ignores the alarm or the detector is not working properly. When this happens, it makes it difficult to escape the danger.

Whiteman Fire Emergency Service is promoting: National Fire Protection Association, Fire Prevention Week's theme, "Working Smoke Alarms Save Lives. Test Yours Monthly". Here are some safety tips.

SMOKE ALARM SAFETY TIPS

- Install smoke alarms inside/outside each bedroom/sleeping area and on every level of the home, including the basement.
- Large homes may need extra smoke alarms.
- Interconnect smoke alarms so that when one goes off they all go off.
- Test all smoke alarms at least once a month.
- A smoke alarm should be installed on the ceiling or high on a wall. Keep them away from the kitchen to reduce false alarms (should be at least 10 feet from the stove).
- People who are hard-of-hearing or deaf can install special alarms. These alarms have strobe lights and bed shakers which alert the occupant.

- Replace smoke detectors every 10 years.

IF THE ALARM SOUNDS

• If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.

• If you have to escape through smoke, GET LOW AND STAY LOW under the smoke to your way out.

• Call the fire department from outside your home.

CLEAR YOUR ESCAPE ROUTE

• FURNITURE: When arranging furniture and other items, make sure that you're not blocking doors or windows with televisions, heavy dressers, tables, couches or even potted plants. Every room needs two ways out. Remove furniture that may be blocking doors or windows.

• WINDOWS: Never nail or paint windows shut. Opening them could be crucial in the event of a home fire. Inspect your windows and doors. Remove nails or paint that could prevent using windows for escape.

• TOYS: A pile of toys or other items in front of a doorway can block your escape route and could be a threat to the safety of you and your family. Remove toys that may be blocking doors and windows.

Whiteman AFB Fire Emergency Services would like you and your families to be warned early and have a clear path to safety if a fire breaks out. If you have any questions about fire prevention or fire safety, please contact our Fire Prevention/Public Fire Education Office for information at 687-6080/6083/6374. Please log on to our Facebook page at Whiteman AFB Fire Emergency Services for more fire safety tips.



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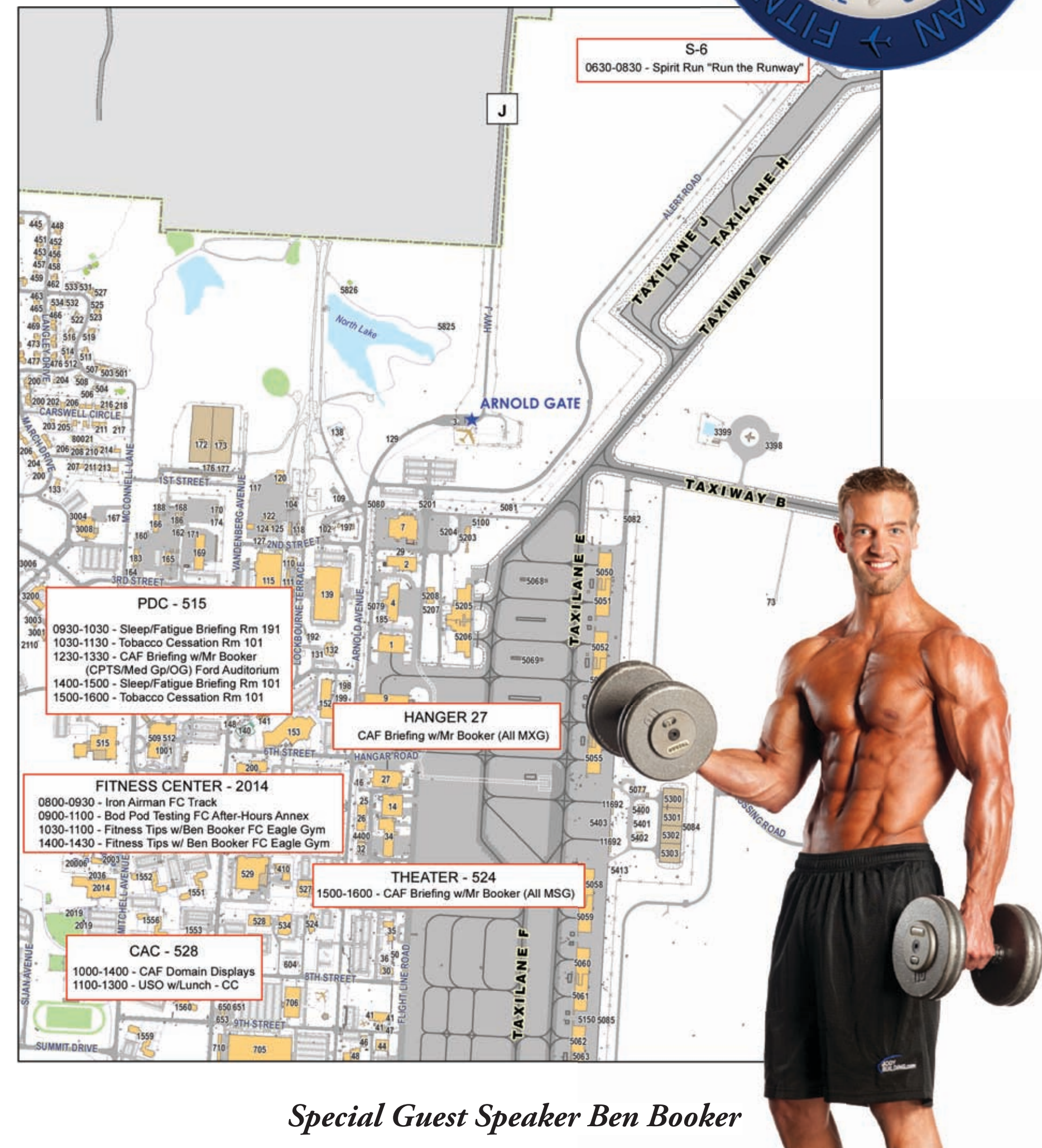
SCHEDULE OF EVENTS



0630 – 0830..... 1.5 M Spirit “Run the Runway”	(S6)
0900 – 1000..... CAF Briefing – Ben Booker (MXG)	Hanger 27
1030 – 1100..... Fitness Tips w/Ben Booker	Fitness Center (FC) Eagle Gym
1000 – 1400..... CAF Domains	Community Center (CC)
1100 – 1300..... Lunch USO Event.....	CC parking lot
1230 – 1330..... CAF Briefing – Ben Booker (OG/MDG/Wg Staff/CPTS)	Ford Auditorium
1400 – 1430..... Fitness Tips w/Ben Booker	FC Eagle Gym
1500 – 1600..... CAF Briefing – Ben Booker (MSG)	Theater

Throughout The Day

0800 – 1530..... Flu Shots (Active Duty Only).....	Pharmacy Foyer at the Clinic
0800 – 0930..... Iron Airman.....	FC Track
0900 – 1100..... Bod Pod testing	FC After-Hours Annex
0930 – 1030..... Sleep/Fatigue Briefing.....	PDC Rm 101
1000 - 1030..... Be Scream Free w/ Scream Free Marriages	PDC 213
1030 – 1100..... Raising Healthy Kids w/Love & Logic.....	PDC 213
1030 – 1130..... Tobacco Cessation, free coffee mugs.....	PDC Rm 101
1100 – 1400..... Fall food samples, recipes, and nutrition “refueling” information	Commissary
1400 -1430..... Be Scream Free w/Scream Free Marriages	PDC 213
1430 – 1500..... Raising Healthy Kids w/Love & Logic.....	PDC 213
1400 – 1500..... Sleep/Fatigue Briefing.....	PDC Rm 101
1500 – 1600..... Tobacco Cessation, free coffee mugs.....	PDC Rm 101



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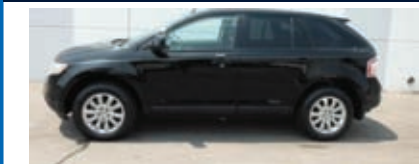
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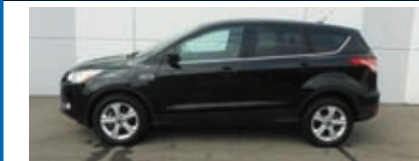
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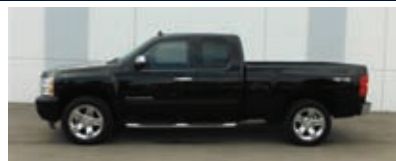
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2014 FORD
ESCAPE SE
STK#UL1135



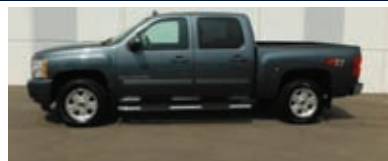
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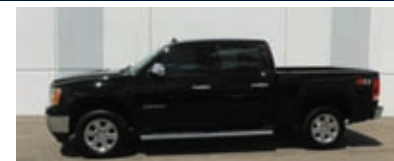
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Whiteman welcomes civilian employers to first-ever 131st Bomb Wing 'Bosses Day'



U.S. Air National Guard photo/Staff Sgt. Brittany Cannon

Civilian employers of 131st Bomb Wing members toured Whiteman Air Force Base and the 131st Bomb Wing Saturday, Oct. 4, 2014, to help gain understanding and appreciation for the work that Missouri Air National Guard Airmen do as part of their service commitment. Visit highlights included tours of a B-2 aircraft, munitions in the Weapons Load Trainer, the Oscar-1 missile alert facility museum, and briefings from the 131st BW vice wing commander and a representative of the Department of Defense's Employer Support of the Guard and Reserve program.

By Airman Halley Burgess
131st Bomb Wing Public Affairs

The 131st Bomb Wing welcomed civilian employers of Missouri Air National Guard members for a "Bosses Day" tour Oct. 4, 2014 at Whiteman Air Force Base, Missouri.

The event, which has not been held since the unit moved from St. Louis in 2007, provided an opportunity for members of the 131st to show their appreciation for Missouri businesses and to provide insight into the Whiteman mission, showing civilian employers why their support is so necessary to the success of their Airmen.

A number of employers met with Col. Kenneth Eaves, 131st Bomb Wing vice commander, for a welcome briefing which provided an overview of the mission and the history of the 131st Bomb Wing, as well as information about the aircraft flown at Whiteman – specifically, the B-2 Spirit bomber.

Eaves thanked the employers for their support, recognizing the sacrifices that they endure while Airmen are answering their nation's call.

"We in the leadership greatly appreciate what you do and what you do for our Airmen and your support for them," Eaves said. "It means a lot for you all to be out here."

After the briefing, the employers were taken to Whiteman's Oscar-1 museum, a decommissioned missile alert facility from the Cold War. There, they were given the opportunity to learn the history and capabilities of the facility, as well as go underground to see the control room. During lunch at the Royal Oaks Golf Course, the



U.S. Air National Guard photo/Senior Airman Nathan Dampf
Civilian employers of 131st Bomb Wing members toured Whiteman Air Force Base and the 131st Bomb Wing Saturday, Oct. 4, 2014, to help gain understanding and appreciation for the work that Missouri Air National Guard Airmen do as part of their service commitment. Visit highlights included tours of a B-2 aircraft, munitions in the weapons load trainer, the Oscar-1 missile alert facility museum, and briefings from the 131st BW vice wing commander and a representative of the Department of Defense's Employer Support of the Guard and Reserve program.

employers had a chance to eat with their Airmen and to listen to a briefing by James Carver, administrative support technician for the Department of Defense's Employer Support of the Guard and Reserve program.

"We all serve, including employers," said Carver. "Our employers serve in the defense of this great nation

through their support of these people that are already in the military."

Carver gave each employer a certificate of appreciation for their continued support of the Air National Guard.

A tour of the B-2 followed, allowing employers to get up close and personal with the foreboding aircraft. Each guest was allowed to climb into the cockpit of the highly guarded stealth bomber, and to walk under the bomb bays.

Jennifer Splaingard, employer to the 131st Maintenance Squadron's Staff Sgt. Shawn Van Horn, said working with Air National Guard members has been exceptional.

"Not only do they come with a leadership capability from a military stand point, they already know a lot of the products, and they already know a lot of the customers, and that is highly valued," said Splaingard.

The last stop on the tour included a look at the weapons load trainer. Employers and their Airmen were shown simulated ammunition carried by the B-2 aircraft.

The day came to a close with the bosses being released to their respective Airmen, giving the Airmen a chance to show their employers what it is they do part-time. Both Airmen and bosses alike said they enjoyed the experience.

"He was very excited about being able to come out to an Air Force base and see the B-2 bomber," said Tech. Sgt. Thomas Elmendorf, 131st MXS. "He was extremely energetic and enthused about coming out here."

This opportunity further drove home the importance of what Airmen do for the Missouri Air National Guard, as well as how appreciated and valued the support of civilian employers is to the success of the 131st Bomb Wing mission.

Former AF ISR Agency now numbered Air Force



U.S. Air Force photo/William Belcher

Gen. Robert Otto, Headquarters Air Force deputy chief of staff, intelligence, surveillance and reconnaissance, left, and Maj. Gen. John Shanahan furl the Air Force ISR Agency flag. Shanahan relinquished command of the agency and assumed command of 25th Air Force during the organization's re-designation ceremony Sept. 29, 2014, on Joint Base San Antonio - Lackland's Security Hill.

By Wayne Amann
25th Air Force Public Affairs

JOINT BASE SAN ANTONIO - LACKLAND, Texas (AFNS) -- As the Air Force's premier intelligence organization approaches its 66th Anniversary, it will mark the occasion under a new unit name and structure. The Air Force Intelligence, Surveillance

and Reconnaissance Agency is now the Twenty-Fifth Air Force, following its re-designation ceremony Sept. 29 in the headquarters Ardisana Courtyard here on Security Hill.

It's the sixth iteration of the organization which was activated as the United States Air Force Security Service in October 1948.

This latest re-designation allows 25 AF, See AF ISR, page 14

Taking charge of the flu

By Tech. Sgt. Adrian Riles and
Airman 1st Class Megan McCleery
509th Medical Group

and diarrhea, though this is more common in children than adults. It's important to note that not everyone with the flu will have a fever.

How is the Flu spread?

Flu viruses spread mainly by droplets made when people cough, sneeze or even talk. These droplets can land in the mouths or noses of people who are nearby. A person can also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose. Most healthy adults may be able to infect other people beginning one day before symptoms develop and five to seven days after becoming sick. This means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some people can be infected with the flu virus but have no symptoms. These people can still pass the virus to another person.

2014-2015 INFLUENZA SEASON NEW RECOMMENDATIONS

Starting in 2014, the Centers for Disease Control and Prevention (CDC) recommends use of the nasal spray vaccine (Flu Mist) for healthy children two through eight years of age, when it is immediately available and if the child has no precautions to that vaccine. Recent studies suggest the FluMist may work better than the flu shot in younger children. However, if the FluMist is not immediately available, it is still recommended children two through eight years of age should get the flu shot. Also, women who are breastfeeding can receive either the FluMist or the shot.

The vaccinations have already started for Whiteman AFB emergency first responders. On Oct. 10, we will be vaccinating the remaining active-duty population. Once we have vaccinated the active-duty population, we will begin offering vaccinations to all dependent and retiree beneficiaries. The Immunizations Clinic will be offering both the FluMist and a flu shot. For more information please contact the Public Health Section at (660)687-4305.

FLU SEASON HAS ARRIVED

As the leaves began to change and the temperatures start to drop, we can finally say fall has arrived. While breaking out the jackets and hot cocoa for those chilly autumn nights, you might want to consider preparing yourself for more than just the cool temperatures.

Unfortunately, flu season has arrived and it's not going away anytime soon. By getting a flu vaccine for yourself and your entire family, you can help prevent flu-related illness, missed school and missed work.

Every year, more than 200,000 people in the United States are hospitalized and 36,000 people die as a result of flu related complications. Most of these are preventable with the flu vaccine.

The Centers for Disease Control and Prevention (CDC) recommends a yearly seasonal flu vaccine for everyone 6 months and older. People considered high risk for serious complications from the flu virus are older adults, young children and people with certain health conditions (i.e. asthma, weakened immune system, heart disease and etc.).

What is Influenza (the flu)?

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs. It can lead to serious complications, hospitalization or in some instances death. Two examples of serious flu-related complications are pneumonia and bronchitis. Even healthy people can become sick from the virus and experience serious complications. Getting a flu vaccine is the best way to protect yourself and your family from this serious disease.

Signs and symptoms: A person may experience fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. Some people may have vomiting

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of the needed, they will decide on the amount of time to be allotted.

Call us for more details, on this particular form of care.

AF ISR Continued from Page 12

realigned under Air Combat Command, to focus on ISR, electronic warfare, airborne national command and control, nuclear detection and treaty monitoring, targeting and analysis operations. The newest Numbered Air Force will provide decision advantage from those operations, through ACC, to joint commanders, national leaders and coalition partners.

“Placing Twenty-Fifth Air Force under ACC is all about operations effectiveness,” said Gen. Mike Hostage, Commander of Air Combat Command, who officiated the ceremony. “It’ll be the one-stop shop for operational ISR within the Air Force, which will streamline program accuracy and presentation by the Air Force.”

As the ISR force provider, ACC can ensure consistent presentation of ISR resources to warfighters.

Maj. Gen. John Shanahan, former Air Force ISR Agency commander, assumed command of 25 AF and presided over the realignment of the 55th Wing, Offutt Air Force Base, Neb., and the 9th Reconnaissance Wing, Beale AFB, Calif., from 12 AF to 25 AF.

“As we begin to write the next chapter of Air Force ISR, titled Twenty-Fifth Air Force, our legacy will become even richer and even more storied,” Shanahan told the courtyard gathering.

“For the first time in Air Force history, ISR will have a 4-star leader with the mandate, force structure and resources to truly maximize the entirety of the vast Air Force ISR enterprise.”

Twenty-Fifth Air Force will create an

opportunity for greater operational synchronization and greater integration of Air Force ISR products and analysis for the national intelligence community.

“The men and women of Twenty-Fifth Air Force have a tremendous opportunity to shape Air Force ISR in ways I and other AFISRA commanders could only have dreamed of,” said Lt. Gen. Robert Otto, Headquarters United States Air Force Deputy Chief of Staff, Intelligence, Surveillance and Reconnaissance and former commander of the Air Force ISR Agency. “I know it’s your hard and selfless work that has gotten us to this day. Your leadership, innovation and commitment will deliver success. It’s in your DNA.”

The newest NAF will also provide an organizational link to strengthen full-spectrum targeting and threat warning to Air Force and Joint Force commanders through ACC.

During the ceremony Otto and Shanahan teamed with AF ISR Agency Command Chief Master Sgt. Roger Towberman to furl the AFISRA flag which is now a permanent part of the unit’s storied heritage. It joined predecessor flags representing the USAF Security Service, the Electronic Security Command, Air Force Intelligence Command and Air Intelligence Agency. Each iteration met growing mission requirements.

Through nearly seven decades its silent warriors have analyzed and exploited near real-time intelligence to provide decision advantage for combatant commanders on the ground and our Nation’s leadership.

Today, 25 AF continues that commitment as it meets ever-changing global challenges.

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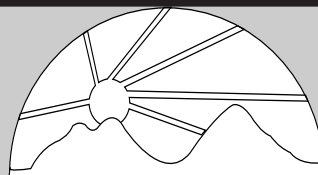


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Call Husineh Curts @ 660-238-6201 for more info.

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 • Every Mon. Noon - Bldg. 3007, Behind Chapel “The Old Housing Office” at WAFB

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

ANTIQUES & MORE

Once Upon A Find

101 E. McPherson • Downtown Knob Noster At 4-Way Stop
Antiques, Quilts, Furniture, Glassware & Crystal
Artwork & Woodwork by Local Craftsmen • Many Unique Items
Open Mon.-Fri. 10 a.m. - 6 p.m., Sat. 8 a.m. - 4 p.m. • New vendors always welcome!

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200 N. State St. • 563-3011 • www.equitybank.com

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110 N. State St. • Downtown Knob Noster • 660-563-7777
Serving Him by serving you. Full Line Christian Book Store, Proverbs 3:5-6
Willow Tree • Jim Shore • Christian Tapestries & Pictures • Statuary • Unique Christian Stealth Mds.

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YOU GET RESULTS!**

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Michael Hanna, D.D.S.

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

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The Largest Salon in Knob Noster

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TO PLACE
YOUR AD**

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103 N. State St. - Knob Noster • 660-563-5795 • 1-800-582-5662
Fresh Cut Flowers • Arrangements & Specialty Items
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Open 7 days a week Bulk food • Spices • Crafts • Furniture
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Serving the Whiteman Community

REAL ESTATE SALES

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



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BY OWNER- AS IS: 3 Bedroom, 2 bath, formal living & family room, double garage, fenced back yard, unfinished basement. Best offer. Call 660-864-3472.

Lots

LAKE OF THE OZARKS-FALL SPECIAL. Own a lot for \$3,595., \$75 down, \$59 per month. For camping, building or own for investment. Owner financing, no credit checks. Swimming, fishing, and boating. Free lake access and boat ramps. **ALSO:** 5 acre tracts starting at \$12,900, \$200 down, \$161 per month. Sale ends **October 20th.** Hwy 135 South out of Stover, MO, take Lake Road 135-12 to the Ivy Bend office. **CLOSED MONDAYS AND TUESDAYS** (573) 372-6493 www.ivy-bendoffice.com

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NEW cars as low as 6.9%!

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wkchevy.com**

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SPACIOUS STUDIO in Knob Noster, includes 12X30 garage, all utilities are paid, including trash. No pets. Military discount. \$370 mo. + \$300 deposit. Call 660-233-6107.

Apartments /Townhouses

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Knob Noster Mo
1 & 2 BR Apartments
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2 miles from the Air Force Base
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Call 660-563-3518

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Call 660-563-2941
10340 50 Hwy, Knob Noster

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Change into Fall-New Arrivals Daily!

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



2010 LARGE 3 BR, 2.5 bath Semi Earth Contact, outside Sedalia, close to Smith-Cotton. Electric, energy-efficient, open floor plan, well/septic. 1.2 acre +/- \$168,900, \$7500 refund at closing. Broker Owned. Mid-Mo Realty 660-473-0136.



Lake Ozarks Home. 1800 sq. ft., 3 BRs, 2.5 Bath, Dock, New roof on blacktop, \$153,500. Can add adjacent lot 3 BR, 1200 sq. ft. home, \$85,000. Retiring. Both \$235,000. Consider Owner Financing. Call 1-660-438-9593.

Brand New Construction

www.whisperingHillsMo.com

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Whispering Hills - 901 Charles St.- Knob Noster
New Construction with many upgrades. Could be completed in 6 weeks or less for you to enjoy the holidays.



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101 S. State • Knob Noster
Office: 660-563-4735
Vivian Draper, Broker Cell: 660-909-8777

www.HomesInspiredByNature.net

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BRICK HOUSE/BUILDING, Commercial or Residential. 3+ BR, 2 bath, \$850/month + deposit. 760 sq. ft. Knob Noster. 916-600-6472, 660-563-0537



Home & huge horse barn with stalls & arena on 7 acres. Fenced & cross-fenced, pond, spring. House has 2 decks, metal roof, detached garaged. \$145,000. Call Trina Anstine at Watterson Realty 660-909-3485. Office 816-732-5511.



BEAUTIFUL RANCH ON LARGE lot with an in ground pool. 4 Bedroom, 3 1/2 baths. Call Vicki 660-909-6743. Reece Nichols Warrensburg Realty, LLC Independently Owned and Operated Member of the Reece Nichols Alliance, Inc.



CERTIFIED ORGANIC ROW CROP 82 acre farm. 2 bedrooms, 2 baths, central heat/air. Steel shed, concrete slab 45'x37 1/2' for shop, 5000 BU bin, outbuildings. \$348,000. Mobile home 28'x48', moveable. \$25,000. 660-366-9232, 660-553-2999. 6200 Old Rt. 50.



3 BEDROOM, 2 BATH 16x80 mobile home. Large kitchen and living room. All electric, excellent heating/air system. Fenced yard. Selling this at wholesale price, \$11,000. Located in Knob Noster at Lakewood Mobile Home Park. 660-563-3909



HOBBY FARM 23.5 ACRES, 4 bedroom, 2 bath Geo thermo heat & cool home. 40x50 Building. Pastures and two ponds. \$169,900. (660) 477-3228. Henry County, Leeton, Missouri.



Nice 3 bedroom, new roof, new wood floors, heat pump, all electric, laundry room; near Lincoln Schools. \$45,000 or best offer. 305 N. Center, Lincoln, MO. 660-826-7026.

In-Flight Crew Connections

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- Must have a valid first class medical.
- Hawker 4000 type rating and experience strongly preferred.

A&P Maintenance Technician

- Must have a FAA A&P Certificate.
- Inspection Authorization (IA) is preferred.
- Business aviation experience is required.
- Experience working with the Hawker 4000 is strongly preferred.

To apply, please email your resume to ops@inflightcrewconnections.com or click on the following link: <http://ch.tb.e.taleo.net/CH11/ats/careers/requisition.jsp?org=INFLIGHTCREWCONNECTIONS&cws=1&rid=184>

No phone calls please!

Only applicants meeting the above requirements will receive a response.

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PLUS! IN SUPPORT OF BREAST CANCER AWARENESS MONTH, McCarthy AUTO GROUP WILL DONATE \$10 FOR EVERY VEHICLE SOLD!

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\$43,189



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