Vol. 5 No. 47/Nov. 28, 2014 www.whiteman.af.mil



**2** The Warrior Nov. 28, 2014

#### **Commentary**

## Make smart, responsible choices

Commentary by Master Sgt. Christina Hernandez 2nd Aircraft Maintenance Squadron

BARKSDALE AIR FORCE BASE, La. -- When I was a child, my grandfather picked me up from school every day and would always ask me the same thing, "What did you learn today?" and no matter what my responsewas to his question, it would always trigger the same comeback from him, "Think, think, think!"

It would anger me every day, not clearly understanding what he meant, but that speech helped me become the person I am today ... a first sergeant!

My grandfather's often-recited mantra goes hand in hand with something I have heard commanders say during my career, "Make smart, responsible choices." Those few words can help prevent so many of the issues I see as a first sergeant such as underage drinking, drunken driving and drug use.

How many of us look back at our high school years and remember parties where we drank alcohol?

Unfortunately, underage drinking is an issue that most of us are probably not concerned about, yet not only is it illegal, but also a major public health concern.

Alcohol is the most commonly used and abused drug by today's youth. Moreover, those who drink underage run a higher risk of having scholastic, social and physical problems, not to mention a higher possibility for suicide and homicide.

Whether you are the underage drinker or you are contributing to a minor, the smart, responsible choice to make is ensuring it does not happen. Underage drinking is not the only concern in regards to alcohol; if you are old enough to drink, you need to be aware of the dangers of getting behind the wheel of a car after you do.

Drunken driving is something we all know is dangerous, yet alcoholrelated vehicle incidents kill or injure thousands of people every year. Not to mention every year there are roughly 900,000 arrests for driving under the influence or driving while intoxicated where approximately one third of them are repeat offenders.

Even though 900,000 arrests in a year is a lot, try to imagine how

many were never caught. If every one of those people made a smart, responsible choice, they would not have gotten behind the wheel of their vehicle. Alcohol and good decision making do not necessarily go hand-in-hand, but having a plan prior to going out does help alleviate some of the problems. Alcohol is not the only issue that not making smart, responsible choices affects; the use of illegal drugs is another.

Drugs are illegal; there is no other way to say it. If you use drugs, not only are you making a bad choice, you are breaking the law.

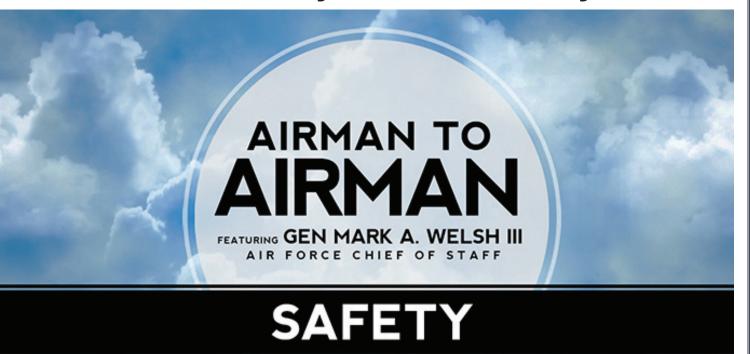
Illicit drug use is on the rise in America where most people start out experimenting with marijuana, the gateway drug that leads to other forms of drugs. How many of us have seen the pictures of people addicted to drugs such as the girl next door turned into someone we do not even recognize anymore? All of which could have been avoided if the person just made a smart, responsible choice.

I have only been a first sergeant for about a year, but in that time I have had eight Airmen test positive during a random urinalysis for some type of illegal drug, ranging from marijuana to cocaine.

Eight Airmen who enlisted into the Air Force, made a commitment to do the right thing and obey the law, but instead chose to make a bad decision and do drugs. We subsequently caught them and now they are either no longer in the Air Force or quickly on their way out. Of course, I know civilians do not necessarily have to submit to random drug tests, but they still need to be a valuable member of society. How can they do that if they are high on drugs? This brings me back to what we can do to prevent these types of problems: Make smart, responsible choices.

My grandfather and those commanders may have said it differently, but they both had it right. Whether it is "think, think, think" or "make smart, responsible choices," they knew exactly what they were saying. If everyone took their words of advice, we would all be better off. Frankly, I would have a lot less derogatory issues to handle and more time for the positive side as first sergeant. So please, when any ofthe issues I mentioned come up, whether it is underage drinking, drunken driving or using drugs, take a minute to think, think, think and ask yourself, "Am I making a smart, responsible choice?"

#### CSAF to Airmen: Stay safe this holiday season



**WASHINGTON (AFNS)** -- As the holiday season approaches and 2014 draws to a close, Air Force Chief of Staff Gen. Mark A. Welsh III takes a moment to thank all Airmen for their commitment to safety, and reminds us all to continue taking care of each other. This year marked the best in aviation safety and one of the best inground safety. Welsh encourages all Airmen to keep being good wingmen.

"Keep doing all the great things you're doing; please stay proud of who you are and what you do - and continue to take care of each other," he said.

Scan this code with your smart phone or tablet to view General Welsh's safety video.



#### THE WARRIOR

#### **Editorial Staff**

Brig. Gen. Glen VanHerck
509th Bomb Wing Commander

Maj. John Severns Chief, Public Affairs

Senior Airman Lacie A. Carmody **Editor** 

Staff Sgt. Alexandra Boutte Staff Sgt. Nick Wilson Staff Sgt. Brigitte N. Brantley Airman 1st Class Joel Pfiester Airman 1st Class Keenan Berry Airman 1st Class Jovan D. Banks **Photojournalists** 

The Sedalia Democrat Layout and Design

Published by the **Sedalia Demo- crat**, 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 660-687-6126, 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.

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

## On the cover

U.S. Air Force photo/
Staff Sgt. Alexandra M. Boutte
Members of the 509th Medical Group
treats an amputee patient during a
motor vehicle accident exercise at
Whiteman Air Force Base, Mo., Nov.
21, 2014. The medics are preparing a
log roll and securing the patient onto
a long spine board.

News The Warrior Nov. 28, 2014

#### **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
Mostly Sunny Mostly Sunny
Hi 56 Hi 58
Lo 28 Lo 42

Sunday Monday
Partly Sunny Partly Sunny
Hi 42 Hi 38
Lo 40 Lo 25

## **Christmas Tree Fire Prevention Safety**

#### By Tech. Sgt. Christopher Gunn

509th Civil Engineer Squadron

The Day after Thanksgiving is the time when most families decide to pull out the Christmas decorations or load up in the vehicle and hunt for that perfect Christmas Tree. Did you know, according the National Fire Protection Association, that one of every three home Christmas tree fires are caused by electrical failures and although they are not common, they are serious. So, as you contemplate on where to put your Christmas tree in your house take a few minutes and review the Christmas Tree Safety Tips.

#### **Picking the Tree**

• Choose a tree with fresh, green needles that do not fall off when touched

Placing the Tree

- Before placing the tree in the stand, cut 2 inches from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.



- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

#### Lighting the Tree

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's

instructions for number of LED strands to connect.

- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.

#### **After Christmas**

• Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

Whiteman Fire Emergency Services would like you and your family to enjoy the holidays this winter. If you have any questions about fire prevention, fire safety or training please contact our Fire Prevention Office for information at 687-6080, 687-3748, or 687-6083. Also, please log on to our face book page at Whiteman AFB Fire Emergency Services for more fire safety tips.

## AF closes FY14 force management programs

**WASHINGTON (AFNS)** -- Airmen who met the service's reduction in force board were notified of the board's results Nov. 19, bringing the fiscal year 2014 force management programs to an end.

The RIF board selected 354 captains and majors across the Air Force for non-retention, half of the number the service previously projected it would separate.

Line of the Air Force captains in year groups 2006 through 2008 and line of the Air Force majors in year groups 2001 through 2003 across 20 Air Force specialties were considered. The board retained 1,976 of the 2,330 eligible officers. Those not selected for retention will separate by April 30 or retire, if eligible, by May 1.

"The RIF is just the latest example of the tough choices we've had to make given current budget constraints," said Lt. Gen. Sam Cox, the deputy chief of staff for manpower, personnel and services. "This has been a difficult year for everyone involved in the reductions. We've been forced to downsize and eliminate exceptional Airmen from our ranks."

Overall the Air Force has achieved goals from the fiscal 2014 force management initiatives in terms of sizing and shaping the Air Force to meet DOD strategic and budgetary guidance. As a result, all open voluntary force management program windows will close effective Nov. 30.

In closing the fiscal 2014 force management programs, the Air Force had 19,833 Airmen who separated or retired under one of the various programs. Of these, nearly 70 percent or 13,704 did so through voluntary force management programs.

"Although the majority of our Airmen made the decision to separate or retire voluntarily during our reductions," Cox said, "we lost a significant number of talented, trained Airmen who have and would have continued to make valuable contributions to our Air Force had we not otherwise had to make difficult budget decisions."

In fiscal 2014, the Air Force approved more than 13,700 applications for voluntary separation or retirement through a combination of programs. Both monetary and non-monetary incentives were available, including the use of the temporary early retirement authority, voluntary separation pay incentives, limited active-duty service commitment waivers, time-in-grade waivers, enhanced Palace Chase, and the Officer 10-8 Commission Waiver Program.

Voluntary programs resulted in:

A total of 3,210 officers and 10,494 enlisted Airmen retirements and separations;

538 officers and 2,507 enlisted Airmen approved for TERA; 1,107 officers and 3,422 enlisted Airmen approved for VSP; and

1,107 officers and 3,422 enlisted Airmen approved for VSP; and 1,565 officers and 4,565 enlisted Airmen retirements and separations

were approved through non-monetary incentives.

Additionally, since July 2013, more than 1,500 Airmen have made the commitment to continue their service in the Air Force Reserve or Air National Guard

In early 2014, Air Force leaders decided to bolster manning for nuclear-related career fields. This action, coupled with approved voluntary applications, non-force management related retirements and separations and other adjustments to force structure resulted in significant reductions in the number of Airmen eligible to meet involuntary boards. The number of officer and enlisted Airmen eligible for involuntary programs was significantly reduced from almost 98,000 in January to approximately 16,800, who were ultimately considered for involuntary separation programs.

Involuntary officer programs resulted in:

5,072 officers meeting selective early retirement boards, enhanced selective early retirement boards, force shaping boards and the reduction in force boards;

462 officers were selected for early retirement;

568 officers were selected for separation.

Involuntary enlisted programs resulted in:

11,726 enlisted personnel eligible for date of separation (DOS) rollback, quality force review board (QFRB) and enlisted retention boards (ERBs);

143 enlisted Airmen separated under DOS rollback;

3,535 not selected for retention by the QFRB; and

1,421 not selected for retention under the ERBs.

Ultimately the voluntary and quality based programs reduced the numbers of involuntarily separated officer and enlisted Airmen to 5 and 7 percent of the total reductions, respectively.

"Reductions of this magnitude are never easy," Cox said. "We recognize and appreciate the tough decisions made by those Airmen and families who were personally impacted, as well as the supervisors and commanders charged with seeing these processes through. Our obligation at this point has been and will continue to be to do everything possible to assist our Airmen in their transition from active duty to the Reserve, (Air Guard) or civilian sector."

The Air Force is currently in the process of determining what, if any, fiscal 2015 force management programs will be required and will make a formal announcement in the coming weeks.

(Courtesy of Secretary of the Air Force Public Affairs)

#### **News**



FRIDAY, NOV. 28 • 7 p.m. Dracula Untold (PG-13) Adults - \$5.75, children - \$3.75 SATURDAY, NOV. 29 • 7 p.m. Gone Girl(R) Adults - \$5.75

SUNDAY, NOV. 30 • 3 p.m. The Book of Life (PG) Adults - \$5.75, children - \$3.75







## **LEE'S SUMMIT MAZDA**



## MILITARY DISCOUNTS

and rebates on all new and used vehicles



Stop in and register to win 4 tickets to the "Sunday - Dec. 14th Football Game" in K.C. at 12:00 p.m.

## No payments for 90 Days on all new Mazdas or pre-owned vehicles

Cars, Trucks, Vans & SUV's - Under \$8,000







LEE'S SUMMIT

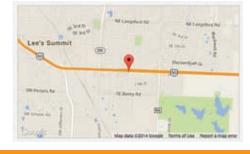


975 SE Oldham Pkwy Lee's Summit, MO 64081 (816) 434-6040 www.leessummitmazda.com

All pre-owned vehicles must be 4 years or newer.



**STRAIGHT WEST ON HWY 50!** 



Feature
The Warrior
Nov. 28, 2014

## A pin drop away from pain

**By Airman 1st Class Keenan Berry** 509th Bomb wing Public Affairs

The 509th Medical Group offered a battlefield acupuncture class at the medical clinic at Whiteman Air Force Base, Mo., Nov. 12 -13.

Battlefield acupuncture is a remedy in which needles are placed in a person's ear to relieve pain caused by ailments. After the acupuncture is administered, the person receives a very quick response and is able to function. The theory behind ear acupuncture is that the entire body and all of its functions are represented on various points of the ear. This representation allows treatment of far-ranging conditions, using needles applied only to the ear.

Battlefield acupuncture was developed by Dr. Richard Niemtzow, ret. Colonel, in 2001. The ear is exposed and easier to get to. Dr. Niemtzow discovered that a very specific sequence of needles inserted into the ears would provide rapid and highly effective relief of many types of pains. Over the past ten years, he has refined the technique and has taught it to hundreds of physicians around the world.

"This technique lends itself to the combat arena because as long as the injured person has an ear, they can be relieved from pain," said Kathryn Calabria, 779th Medical Group Squadron



U.S. Air Force Maj. Bradley Reyman, 509th Medical Operations Squadron physical therapist, wipes Col. Judy Stoltmann's, 509th Medical Group Commander, ears at Whiteman Air Force Base, Mo., Nov. 12, 2014. Before administering the acupuncture, it's important to cleanse a patient's ear with alcohol to prevent possible infection from bacteria.





physician acupuncturist. "If the person is given morphine, someone will have to watch over them to ensure they don't stop breathing. As a result, two personnel cannot be used to continue the fight. However, with acupuncture, if the person is not badly injured, they can continue to fight. Acupuncture does not heal, it only relieves pain."

It only takes four hours to become certified in the acupuncture class. Once the students have completed the course, the instructors will give them a certification which will go to their commander. In the end, the commander grants them the permissions to perform acupuncture.

"There are two courses; didactic and clinical," said Calabria. "The didactic course discusses the history and science behind acupuncture. The clinical course

entails students practicing on plastic ears and each other to further grasp their understanding on how to properly perform acupuncture. Once they've mastered acupuncture, they will then apply it to their patients."

Patients who have already received this unique medical treatment have expressed their gratitude, describing the results.

"I'm very impressed with the acupuncture," said Tech. Sgt. Barbara Maxwell, 131st Medical Group health systems management. "The thought of needles entering the body to remove pain was a difficult concept to understand. After the needles were placed into my ears, the pain reduced greatly. I am proud to say that acupuncture is a process that really works."

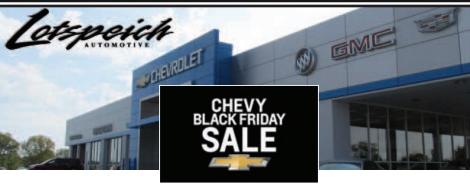
LEFT (Top Photo): U.S. Air Force Staff Sgt. Bryenna Breckheimer, 509th Medical Operations Squadron personal reliability program medical technician and Airman 1st Class Dillon Cobb, 509th Medical Operations Squadron aerospace medical services technician, walks with their patient at Whiteman Air Force Base, Mo., Nov. 12, 2014. After acupuncture is administered, the students must walk with their patients to ensure they do not faint.

LEFT: (Bottom Photo): U.S. Air Force Capt. Laramie Richmond, 5th Medical Operations Squadron acupuncture instructor, right, and Dr. Katheryn Calabria, 779th Medical Group Squadron physician acupuncturist, instructs an acupuncture class at Whiteman Air Force Base, Mo., Nov. 12, 2014. Four hours are required to become certified in the acupuncture class.

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

#### **News**





2014 CHEVROLET CRUZE LS



36 MPG, AUTOMATIC, BLUETOOTH, XM

MSRP-\$19,530 MILITARY PRICE: \$19.075 USAA DISCOUNT: - \$750 (A) REBATE: -\$1,000 **BONUS CASH** - \$1,000

\$16,3**2**5\*

2015 CHEVROLET EQUINOX LS



FWD 32 MPG, BLUETOOTH, XM \$24,369

MILITARY PRICE: USAA DISCOUNT: - \$750 (A) REBATE: - \$1,000

2015 CHEVROLET MALIBU LS



36 MPG, XM, POWER WINDOWS/LOCKS

MSRP-\$23,565 MILITARY PRICE-\$22,945 USAA DISCOUNT: - \$750 (A) REBATE: - \$1.000 BONUS CASH: - \$1,000

\$19,695\*

2014 CHEVROLET 1500 HIGH COUNTRY CREW 4x4
Stock # 3-4041



\$52,420 MILITARY PRICE: \$48.855 **USAA DISCOUNT:** \$750 (A) RFRATF-- \$1,000 TRADE IN BONUS: \$2,000 (B)

(A) MUST BE A USAA MEMBER TO QUALIFY, (B) MUST TRADE A 1999 OR NEWER VEHICLE TO QUALIFY, SEE DEALER FOR DETAILS. (\*) TAX, TITLE, LICENSE, DEALER FEES EXTRA. SEE DEALER FOR DETAILS.



GMC. (B) Cadillac (B) BUICK

Local (660) 747-9165 ~ Toll Free (888) 747-5960

Hwy. 50 West ~ 1 Mi. West of Warrensburg www.Lotspeichauto.com



arreust 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

#### 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-RFNT

#### **GIFTS & HOME DÉCOR**

#### Treasured Blessings at Whimsy Lane

Vinyl Lettering • Handwoven Baskets • Rustic Home Décor Glass Etching • Candles • Personalized Photo Gifts 205-A N. Holden • Warrensburg • 660-747-0470

#### **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!

#### **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

#### MUSIC

#### Central Band & Piano

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

#### 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

#### 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

#### 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

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

## **Angel tree lighting**



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

Master Sgt. Joseph Lindley, 509th Communications Squadron first sergeant, places an angel on the Angel Tree at Whiteman Air Force Base, Mo., Nov. 25, 2014. Donors wishing to participate in this program choose an angel, buy age and gender appropriate gifts and place the gifts and angel under the tree. The First Sergeants Association is sponsoring the Angel Tree Program to benefit children in need, and is encouraging members of Team Whiteman to be a part of the service opportunity this year.



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

660-909-3102

## **CLEAN, DRY & CONVENIENT**

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

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

#### 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



nnce. Julude filing fee which varies by county (\$102.00 Approx.) or the fee for service by public mired for divorces with minor children

## Spring semester begins Jan. 12; now enrolling. earv Winter is on its way, but spring always returns. Bloom early this spring by taking classes at State Fair Community College on Whiteman Air Force Base.

SFCC's military-friendly staff will help you find the classes you need to grow. Choose from on-base and online classes that fit your busy schedule.

#### **SFCC's WAFB office hours:**

Monday - Thursday, 7:30 a.m. to 5:30 p.m. Friday, 7:30 a.m. to 3 p.m.

#### **Special winter break hours:**

Dec. 17-19, 7:30 a.m. to 5 p.m. Dec. 22-23, 11 a.m. to 4 p.m. Dec. 29-30, 11 a.m. to 4 p.m. Jan 2, 8 a.m. to 3 p.m.

**Professional Development Center** (660) 563-3358 www.sfccmo.edu/wafb









Members of the 509th Medical Group and local emergency responders prepare to send a patient to a local hospital during a motor vehicle accident exercise at Whiteman Air Force Base, Mo., Nov. 21, 2014. The purpose of the training was to improve response time and treatment for victims as well as coordinate patient transport with community partners.



LEFT: Senior Airman Krista Kollias, 509th Medical Operations Squadron, portrays an amputee patient during a motor vehicle accident exercise at Whiteman Air Force Base, Mo., Nov. 21, 2014. The purpose of the training was to improve response time and treatment for victims as well as coordinate patient transport with community partners. The 509th Medical Group, 509th Civil Engineer Squadron firefighters, Johnson County Ambulance District and Life Flight participat-

RIGHT: Senior Airman Jacob Dietmyer, Mr. Emanuel Villegas and Staff Sgt. Dan Baumgartner, 509th Civil Engineer Squadron fire emergency medical service, prepares to lift the patient to the ambulance to be transferred for hospital care during a motor vehicle accident exercise at Whiteman Air Force Base, Mo., Nov. 21, 2014. The 509th Medical Group initiates an exercise with base and local emergency responders to ensure response time, treatment of patients and coordination of patient transport.





Members of the 509th Medical Group treats an amputee patient during a motor vehicle accident exercise at Whiteman Air Force Base, Mo., Nov. 21, 2014. The medics are preparing a log roll and securing the patient onto a long spine board.



Staff Sgt. Leilani Puga, 509th Medical Operations Squadron, maintains cervical spine precautions on the patient, Senior Airman Krista Kollias, 509th MDOS, during a motor vehicle accident exercise at Whiteman Air Force Base, Mo., Nov. 21, 2014. The purpose of the training was to improve response time and treatment for victims as well as coordinate patient transport with community partners.



Senior Airman Krista Kollias, 509th Medical Operations Squadron, is being resuscitated with a bag-valve-mask, during a motor vehicle accident exercise at Whiteman Air Force Base, Mo., Nov. 21, 2014. During the exercise, three individuals were injured and one was simulated to be transported in a helicopter to a local hospital.

**10** The Warrior Nov. 28, 2014

#### News

## Tech. Sgt. wins Top 3 MVP Award



SENGEANT AT MASTER SERGEANT AT MASTER SERVENT SE

U.S. Air Force photo/Staff Sgt. Nick Wilson Tech. Sgt. Melody Winterringer, 509th Civil Engineer Squadron NCO in charge of productive control, is presented with the Top 3 MVP award at Whiteman Air Force Base, Mo., Nov. 21, 2014. Factors contributing to Winterringer's award involve her display of leadership, mentoring abilities and military bearing.



Everything To Suit Your Needs

... A modern,

"Up-To-Date" Community Steeped in Historic

**Tradition ... With** 

#### **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

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

#### 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

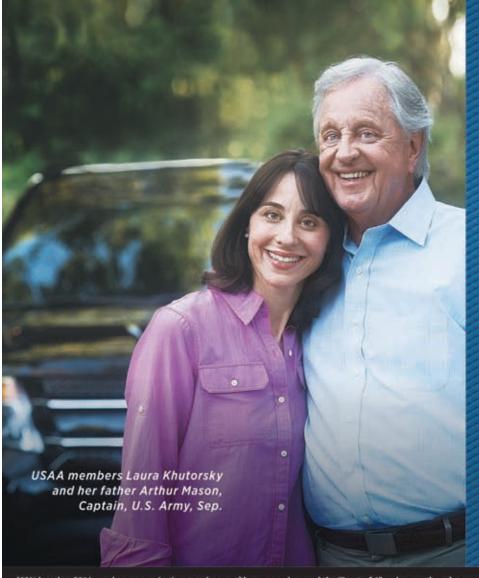
901 S. Limit • Sedalia • 660-826-2828

#### **SPORTING GOODS**

Pummill's
Sporting Goods, Inc.

116 S. Ohio, 826-0150

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



SWITCH TO
THE INSURANCE
WHERE 92% OF MEMBERS
PLAN TO STAY
FOR LIFE<sup>1</sup>

## USAA Auto Insurance rates beat the competition 3 out of 4 times?

In fact, members who switched have saved an average of \$409 a year.<sup>2</sup> Competitive rates: just one reason our members are as loyal to us as we are to them.

\* GET A QUOTE.

usaa.com/insurance or 800-531-USAA (8722)



192% based on 2014 member communications trend survey. Average savings and the "3 out of 4" savings are based on countrywide survey of new customers from 11/1/12 to 10/31/13, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of the term "members' or "membership" does not convey any eligibility rights for auto and property insurance products or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. 2014 USAA. 210202-0914

News The Warrior Nov. 28, 2014

## Brace yourselves... Winter is coming

**By Airman 1st Class Joel Pfiester** 509th Bomb Wing Public Affairs

It's that time of the year again, the season of frosted over windshields, icy roads, holiday traffic and inches of fluffy white snow. The perfect conditions to leave a person and their car stranded.

Most people are caught up in preparing Thanksgiving dinner, making travel arrangements or buying holiday gifts, they overlook the proper care and management when making their vehicles "winter ready".

Here are a few reminders and tips on how to keep yourself safe on the roads this winter.

#### Oil change

The cold weather can factor in to which type of motor oil you should use. Oil tends to thicken during winter months which can alter how efficiently it flows. The lower viscosity of the oil can wear your engine over time. Speak to your local mechanic about which type of oil would be best suited for your vehicle.

#### Monitor your tire pressure

As the temperatures drop, gases contract and air becomes denser. For every 10 degree Fahrenheit drop in temperature, air pressure in your tires drops by one pound per square inch. Without the proper air pressure



in your tires, you don't have as good of traction and control of the vehicle. Be sure you have a dependable tire pressure gauge and check your pressure regularly.

#### Fluids

In addition to checking or changing your engine oil, all other fluids should be checked. When filling up your gas tank, be sure to top it off each time. If you only have half a tank of gas there is a chance that condensation can form inside of the tank and eventually form ice crystals. If enough condensation is formed,

it can cause the engine to stall and not run correctly.

#### Windshield frost

A frosted over windshield can make those running a little late, end up extremely late. The best remedy for a frosted over windshield is a durable ice scraper combined with a de-icing solution. There are products available at local auto parts stores, but a homemade remedy can be made by mixing two parts rubbing alcohol with one part water into a spray bottle. You can also substitute the alcohol with vinegar. Be sure not to use hot water which could cause the windshield to crack.

#### Weight distribution

For those of you that drive big, front-heavy trucks without four-wheel drive, putting heavy sandbags in the bed of your truck can help in wintery conditions. This won't prevent sliding but will improve the traction in the snow and slush. The amount of weight to use is different for each truck. The best way to figure it out is by adding weight and test driving it until it feels comfortable.

These are just a few simple tips to staying safe this holiday season. For more tips on how to get your car prepared for the winter months, visit the Spirit Auto shop or call them at 660-687-5689. Stay safe during you travels and enjoy your holidays!



#### 509th Force Support Squadron Thanksgiving Day Holiday Weekend Hours

	27 Nov 14 Thursday	28 Nov 14 Friday	29 Nov 14 Saturday	30 Nov 14 Sunday
Library	CLOSED	CLOSED	1000-1600	CLOSED
Outdoor Recreation	CLOSED	CLOSED	CLOSED	CLOSED
Bowling	CLOSED	1200-1900	1200-1900	1200-2100
Golf	CLOSED	0800-1700	0800-1700	0800-1700
TT	CLOSED	CLOSED	CLOSED	CLOSED
Mission's End Club	CLOSED	CLOSED	CLOSED	CLOSED
Spirit Auto	CLOSED	CLOSED	CLOSED	CLOSED
4&FRC	CLOSED	CLOSED	CLOSED	CLOSED
Child Development Center	CLOSED	CLOSED	CLOSED	CLOSED
Youth Center	CLOSED	CLOSED	CLOSED	CLOSED
Family Child Care	CLOSED	CLOSED	CLOSED	CLOSED
Fitness Center	CLOSED	0800-1800	0800-2000	0800-2000
Ozark Inn Dining Facility	Breakfast 0700-0900 Lunch 1100-1400 Dinner 1800-2000 Midnight Meal 2300-0030	Brunch 0700-1230 Dinner 1800-2000 Midnight Meal 2300-0030	Brunch 0700-1230 Dinner 1800-2000 Midnight Meal 2300-0030	Brunch 0700-1230 Dinner 1800-2000 Midnight Meal 2300-0030
Touch and Go – Flight Line Dining Facility	CLOSED	CLOSED	CLOSED	CLOSED
Military Personnel Customer Service	CLOSED	0730-1630	CLOSED	CLOSED
AAFES Exchange Main Store	CLOSED	0400-1900	0600-1900	1100-1800
Express Shoppette	1000-1700	0700-2300	0700-2300	0700-2400
Commissary	CLOSED	CLOSED	0900-1830	1000-1830

The Warrior Nov. 28, 2014

#### **News**

### Tops in Blue member represents Team Whiteman



U.S. Air Force photo/Airman 1st Class Zachary Cacicia

Senior Airmen Charles Cooper, Jeremiah Barnes and Andrew Harris perform a song during a Tops in Blue show Nov. 18, 2014, at the Delaware State University in Dover, Del. The ensemble provides quality entertainment, utilizing talented Airmen from every rank within the force.



The Official Whiteman AFB

Facebook Page

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



The Official Whiteman Website



## NATIONAL AMERICAN UNIVERSITY

**Proudly supporting** MILITARY FAMILIES & THEIR DEPENDENTS



#### WHITEMAN SCHEDULE WINTER 2014

Classes may be cancelled or added depending on enrollment.

#### THE FOLLOWING CLASSES ARE NOW FORMING:

SESSION 1 (DECEMBER 2nd -22nd) 5pm-9:20 pm Composition 1 M-W Speech T-Th

SESSION 2 (JANUARY 5th- JANUARY 23rd) 5pm- 9:20pm Speech M-W

Principles of Management M-W American History T-Th

Human Resource Management T-Th

SESSION 3A (JANUARY 26th-FEBRUARY 13th) 5pm-9:20pm Humanities T-Th

SESSION 3B (JANUARY 26th-FEBRUARY 27th) 5pm-9:20pm College Algebra M-W

Contact: Sandy Mullins 401 Angus Lane 1 Mile West of McDonalds Knob Noster, MO 65336 660-233-4170 smullins@national.edu

NO APPLICATION FEE

**Newly Remodeled** Facility Hours: Monday-Friday 9:00am-5:00pm



#### www.national.edu

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

Accredited since 1941

## Dillard's

## MILITARY APPRECIATION DAYS

WEDNESDAY, DECEMBER 3 & THURSDAY, DECEMBER 4, 2014

At Dillard's, we recognize with continuing gratitude the sacrifices our military forces and their families make daily for our country. In appreciation, we are extending a DISCOUNT

to military personnel on purchases\*\* made at Dillard's on Wednesday, December 3 and Thursday, December 4, 2014.

#### DILLARD'S IS PLEASED TO EXTEND THIS SPECIAL DISCOUNT" TO:

**ACTIVE MILITARY MEMBERS** & their immediate families

**FULL-TIME ACTIVE GUARDSMEN** & their immediate families

**ACTIVATED GUARDSMEN OR RESERVISTS** 

& their immediate families

Make your list and shop for the holidays in your favorite Dillard's store on December 3 and December 4, 2014. Enjoy extra savings as Dillard's honors our military heroes & their families! Thank you for your service to our country!

- invited to shop any area Dillard's store on either or both days.

  Guests from the military are asked to SAVE their sales receipts.

  Upon completing their shopping, guests are asked to take these receipts to the Customer Service area and show their valid active duty military I.D.
- We will gladly deduct the discount from participants' total purchases in the same form of payment they chose to use for those purchases. Dillard's stores accept cash, debit cards, Dillard's Credit Cards and other major credit cards.
   Immediate family members shopping on behalf of members of the military who are not present will be asked to present their I.D. which notes that they are family of such military personnel.

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

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

TREE & MENORAH LIGHTING CEREMONY

#### **FEATURED EVENTS**

#### **SATURDAY 11/29**

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 12/3**

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.





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





See inside Santa's Workshop, where kids can complete crafts, win prizes, pick up your very own teddy bear and spend some time with Santa himself!

Photos With Santa,
Picture Frame Crafts,
Elf Ornaments, Santa
Hat Toss, Cookie Decorating
& More Kids Activities!



FCC NEWS AND INFORMATION

FCC OFFICE 660-687-5590

#### **PCS Care**

Arriving or departing from Whiteman? The Air Force Aid Society pays for 20 hours of care per child for all ranks to help with your transition. Child care is authorized in an AF licensed or affiliated FCC homes. The Airman & Family Readiness Center issues certificates which are good for child care within 60 days of PCSing.

#### **PCS Child Care for Army, Navy & Marines**

This program is for Army, Navy & Marine families (all ranks) assigned to an active duty Air Force installations who are arriving or departing from the AF installation. Twenty hours of care per child is authorized in AF licensed or affiliated FCC homes. All reservations must be made through the FCC office, call us for more details.

Find out More About the FCC Online at whitemanfss.com

Nov. 28, 2014

#### **News**

## **Veterans Day donation**



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

Marvin Neal, Veterans Assistance League president, receives a donation from organizations on Whiteman Air Force Base, Mo., Nov. 11, 2014. Due to the efforts of Air Force Sergeants Association Chapter 881, Whiteman's Top 3, Whiteman's First Sergeants Council, Whiteman's Chief's Group, and Whiteman's Tier 2, \$1,300 were donated to go towards a handicap accessible bus and \$100 for special programs at their facility.



### RECYCLE This Paper ... Think Green

## MORE BLACKFRIDAY

2014 BUICK REGAL



WAS \$33,485 -\$6,697

**NOW \$26,788** 

2014 BUICK REGAL



WAS \$33,485 -\$6,697

NOW \$26,788

2014 BUICK REGAL LOADED!!

WAS \$32,485 -\$6,497

NOW \$25,988

2014 GMC SIERRA



WAS \$29,270-\$5,854

NOW \$23,416

3310 W. Broadway Sedalia, MO WKChevy.com • 1.660.826.8320







Say hello to our team of women's health specialists.



Amanda Wait, DO | Connie Johnson, CNM | Deborah Gregory, DO | Krysta Ramirez Henry, CNM | Lynn Birchmier, DO | Gail Grey, CNM

#### No, seriously, say hello.

Get to know our women's health specialists at Western Missouri Women's Health Center. Our experienced team of certified nurse midwives and OB/GYN physicians is dedicated to all of your obstetrical and gynecological needs. Whether you require a basic checkup or something more, we offer a level of care that's as comprehensive as it is friendly — right here, close to home.



Your Partner for Health.

(660) 429-2228 | WMMC.com

**FOR SALE** 

Spacious home on

sprawling acreage.

# Serving the Whiteman Community

#### EMPLOYMENT

Part time in-home personal care attendant needed in Knob Noster. Pays \$8.50 per hour, call 660-563-4760 for details.

REAL ESTATE SALES

#### 105 Feaster St Windsor, MO



Nice 3 Bdrm., 2 bath ranch Move-in ready. Walking distance to grade school and grocery store. Fenced back yard with 2 storage sheds. Won't last long at this price - \$65,000. MLS#69973

#### Windsor Realty

110 W. Jackson-Windsor, MO (660) 525-0281



#### 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



#### 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 pref-erence, limitation or discrim-ination." Familial status includes children under the age of 18 living with par-

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 bereby. law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To 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.



#### Commercial 1

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

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

Apartments /Townhouses

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

#### **DEERBROOK APARTMENTS**

710 A. Deerbrook Circle Knob Noster Mo 1 & 2 BR Apartments 3 BR 2 Bath Duplexes 2 miles from the Air Force Base Pool, On-site Laundry and Storage Available management@ deerbrookapartments.com Call 660-563-3518

Houses For Rent

**RENT OR SALE: Totally** remodeled 3 bedroom, 3 bathroom, finished basement, 2 car garage, double lot, new roof. Veterans welcome! Call: 660-864-6601

To place a classified ad, call one of our ad visors today at 826-1001.

Want To Buy

WE BUY JUNK cars, trucks, vans. No titles needed. Cash payment. Prompt pick up. 660-221-4003 Leave a message please.

Auto Services



MERCHANDSE FOR SALE

800-382-5088 wkchevy.com

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

MERCHANDSE FOR SALE

#### THE **CHANGE JAR**

Consignment Boutique

Holiday sweater party We have you covered!

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



Find it!

In the Classifieds!



MO. Nice historic building, great location at 4-way on corner, parking 2 sides. Newly built walk, handicap ramp, ceilings, lighting. Hardwood floors. \$25K or \$35K with inventory!

660-647- 2253, 660-287-2434

Land (Acreage)



ACRES OF PASTURE ground with some timber, fenced. Five miles from Clinton, MO. Asking price is \$2,300 per Sale By Owner. For information, please call 660-525-0225.

#### AGRICULTURE



USED GRAIN BIN, APPROXIMATELY 4000 bu. Capacity, measures 18 ft. by 18 ft., Asking \$2500 or best offer. Bin located in Warsaw, MO area. Call 816-392-8185 after 6pm.

REAL ESTATE SALES



Incredible 293 Acre Farm! Great balance of productive tillable CRP, pasture, big timber, creeks and 7 ponds. Nice cabin and 30'x50' Machine Shed. Located in Pilot Grove. \$732,500. Call Steve Mott, Broker Midwest Land Group, LLC 816-718-7201.

#### REAL ESTATE SALES



Failing Health Forces Sale - Improved Price \$149,900. 2605 Wing Ave. 4 Bedrooms, 4 Full Baths, 2 Fireplaces, over 3100 Sq. Ft., full basement partially finished, all appliances stay. Call Terri 660-596-5093 or RE/MAX of Sedalia 660-826-9911.

#### **Advertisements**



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



Days In
Democrat
(Mon., Wed., & Fri)

Weeks
In A
Plainsman

Weeks
In The
Warrior

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

Days In Democrat (Mon., Wed., & Fri)

Weeks In The Warrior

Weeks In The Warrior

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

