

WARRIOR



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AF NAMES NEW VICE CHIEF OF STAFF

Separated but not alone

By Senior Airman Lauren-Taylor Levin
366th Fighter Wing Public Affairs

MOUNTAIN HOME AIR FORCE BASE, Idaho (AFNS) -- As the dawn broke out over the mountains, I woke up to the sun peeping through my window. Once I got up I went straight to the kitchen to make my family breakfast yet in the back of my mind, all I could think about was, "how am I going to manage taking care of my children, dogs and work life." Just the thought of knowing I'll have twice the amount of things to do at home all while balancing my military work, made my heart sink a bit.

Growing up as a military child myself, I knew separation could be extremely hard and hit at any time. Looking back, I now know how alone my mother felt whenever my father went on deployments or TDY. It seems like an eternity waiting for your loved one to return home so you aren't carrying all the weight on your shoulders.

There are dozens of base agencies to make these separations easier, but I didn't realize it yet.

After just three days of being with my children and trying to balance everything I felt like the world was crashing down on me. It was as if I was a first-time mother trying to figure out if I was doing anything right and becoming completely overwhelmed. My office was starting to notice a change in my attitude and how quickly I would become agitated to otherwise insignificant events.

My co-worker and I decided to hang out once a week to discuss everything that was on our minds. Although it was nice to vent and get some relief, it only went so far with reducing the stress.

Unfortunately, because of the hours my husband worked, I could only see him for an hour or two each day on Skype, after I put the children down to sleep for the night.

A week went by and I had to pick up my children one afternoon, and I was stopped

by a staff member at the child development center.

She asked, "Is there anything going on in your household?"

I explained how my husband was currently on TDY and I've been dealing with a lot of stress lately.

Shortly after my explanation she notified me that my son wasn't acting like himself either. I was so consumed with my own problems I didn't even notice how my family was doing.

The caregiver said, "Your son is starting to become antisocial, not eating as much food and becoming a bully at daycare."

I felt as if I was failing as a mother and I had to get help, not only for my son, but myself as well. The only problem is I had no idea where to start.

The caregiver gave me a pamphlet about dealing with separation and inside was a card. I called to make an appointment to talk to the counselor about how I could help my son and myself through this time of separation.

As I met with the counselor, we discussed my everyday routine. Not only did I find out I wasn't failing as a mother, but I felt some kind of comfort.

The counselor explained that regardless of a child's age, they can tell when a family member is gone or stressed. Although you may think it won't rub off on them, it does.

As we continued our conversation he recommended I try some exercises with my children and see their reactions to it.

One exercise in particular was the 1-2-3 method, also known as the "count" to stop behavior method. If your child happens to have a tantrum or isn't listening this is a great exercise to try.

This exercise helps to lead your child to learn, think and take responsibility for their actions. Doing this gives the message that your authority is not negotiable before you act with a consequence. This consequence doesn't necessarily have to be a big thing. It

can simply be redirecting your child toward doing something else, like assisting you with putting items away or reading a book with them.

He explained that the more I get involved with my children's life, the better. I should replace that sense of separation with love and care, helping to distract that feeling of loneliness.

Once we finished discussing how I could help my children; the counselor asked, "how are you handling all this?"

Just as I was going to start talking my face turned bright red because I knew everything I was carrying on my shoulders was finally about to be lifted off of me. I began to discuss my struggles of trying to make sure everything was the same as it was before my husband left. I was so focused on trying to make sure everything was perfect I became overwhelmed and stressed, not only myself, but my kids too.

He later explained that no matter how much I want things to be the same, they aren't, and all I can do is make the best of each situation. Not only that, but I should take time to help myself relax by finding a hobby to diminish the stress.

I really took what he said to heart. My son is no longer being antisocial; he's eating more and being a lot nicer. I still have to deal with his "terrible-two" moments, with and my 1-year-old daughter deciding to join him, but with some redirection, they're back to normal.

Even when you feel there's nowhere to turn for help, there's always someone who cares and can guide you in the right direction. There are other resources on base to support you in times of need, such as the Airman and Family Readiness Center, key spouse groups, first shirts and mental health.

Whether it's a friend, family member, counselor or even just writing a journal there are always avenues for help.

You're not alone.

THE WARRIOR

Editorial Staff

Brig. Gen. Paul W. Tibbets IV
509th Bomb Wing commander

Capt. Karl Wiest
Chief, Public Affairs

2nd Lt. Matthew Van Wagenen
Public Affairs Officer

Airman 1st Class Jovan D. Banks
Editor

Senior Airman Keenan Berry
Senior Airman Joel Pfeister
Airman 1st Class Jazmin Smith
Airman 1st Class Michaela Slanchick

Photojournalists

The Sedalia Democrat
Layout and Design

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

The United States Navy is coming to Kansas City!

Kansas City Navy Week will take place from August 17 – 23, 2015. This year's events will coincide with the Kansas City Aviation EXPO and Air Show, and is designed to provide the area residents with an opportunity to learn about the Navy, its sailors, and its importance to national security and prosperity. The Navy plans to include the following elements in this week long celebration:

- * Blue Angels Navy Flight Demonstration Team
- * Leap Frogs Navy Parachute Team
- * Sailors from the USS Constitution (Oldest commissioned warship afloat in the world)
- * Sailors from the USS Harry S. Truman (CVN 75)
- * Sailors from the US Navy Dive Team
- * United States Navy Band - Musical Performances
- * Navy Night at the National WWI Memorial (Concert/Sailors/Guest Speakers)
- * Admirals and other Senior Navy Leaders – who will engage with local corporate, civic, government, contracting and education leaders
- * Navy simulators and interactive displays
- * Visits to local area schools
- * Community service projects

* Co-sponsored events with local sports franchises (Kansas City Chiefs vs. Seattle Seahawks game)

* Visits with local Veterans

Outreach programs like Navy Week are extremely important to ensure that Americans outside of fleet concentration areas (Norfolk; San Diego etc.) have the opportunity to connect with their Nation's Navy. The many scheduled events allow citizens to meet face-to-face with Navy personnel, and to increase their understanding of the US Navy as a war fighting force, deployed around the world and always ready.

For more information on the upcoming Navy Week schedule - here are the links to both the Kansas City Airshow and the Kansas City Navy League:

<http://www.kcairshow.com/>

<http://www.navyleaguekansascity.org/council-events.html>

Please pass the word throughout your city/media and we'll see you all there!!

Sincerely,
Ron Brooks, President
Navy League of the United States
Greater Kansas City Council

On the cover

U.S. Air Force photo/
Airman 1st Class Jovan Banks

A member of Team Whiteman wears protective gear available through Outdoor Recreation and Equipment Rental August 11, 2015, at Whiteman Air Force Base, Mo. In addition to paintball rentals, ODR is comprised of skeet, trap, archery ranges, trips, programs and the base pool.

NEWS BRIEFS



U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to <http://www.tipsubmit.com/WebTips.aspx?AgencyID=1111> or the AFOSI web page at <http://www.osi.af.mil>

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3. Choose USA then Federal Agency then select AFOSI
4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip VIA text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

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.

Spirit Café

If you are a young Airman, let the Spirit Café make your time at Whiteman more fun. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The Café opens at 4 p.m. during the week and noon on weekends. There is free dinner every Friday at 4:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Please like the Spirit Café on Facebook to stay up to date on special events and tournaments.

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.

WEATHER

Today	Saturday
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Sunday	Monday
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Lo 67	Lo 70

AF welcomes new vice chief of staff



U.S. Air Force photo/Scott M. Ash
Gen. David L. Goldfein is given the oath of office by Chairman of the Joint Chiefs of Staff Gen. Martin Edward "Marty" Dempsey during his promotion ceremony Aug. 6, 2015, in Washington, D.C. Goldfein will become the Air Force's 38th vice chief of staff, and most recently served as the director of the Joint Staff.

By Tech. Sgt. Dan DeCook
Secretary of the Air Force Public Affairs Command Information

WASHINGTON (AFNS) -- The Air Force welcomed an Airman to the rank of four-star general and announced the appointment of the new Air Force vice chief of staff during a ceremony at Joint Base Anacostia-Bolling, Washington, D.C., Aug. 6.

Air Force Chief of Staff Gen. Mark A Welsh III presided over the ceremony for Gen. David L. Goldfein in front of a crowd of more than 1,000 Airmen and distinguished visitors that included Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey, several U.S. ambassadors, current and former members of the 720th Special Tactics Group, and first responders from the New York City Fire Department among others.

"General Goldfein knows this isn't a reward, it's a challenge," Welsh said. "He respects the opportunity; he is not intimidated by it, and he also acknowledges the unbelievable privilege it represents. He deserves this promotion, and more importantly, the Air Force deserves his leadership."

As the previous director of the Joint Staff at the Pentagon, Goldfein assisted the chairman of the Joint Chiefs of Staff in fulfilling his responsibilities as the principal military adviser to the president and secretary of Defense. He developed and provided strategic direction, policy guidance

and planning focus to the Joint Staff and fostered clear communication among the president, secretary of Defense, unified commands and the services. With more than 4,200 flying hours since his commission from the U.S. Air Force Academy in 1983, Goldfein has flown combat missions in operations Desert Shield, Desert Storm, Northern Watch, Allied Force and Enduring Freedom.

During the ceremony, Col. J.J. Johnson, the commander of the 720th STG, made several presentations to recognize Goldfein's history with the special operations unit that started nearly two decades ago behind enemy lines.

"For those of you who don't know it, General Goldfein was shot down over Kosovo," Johnson said. "Sixteen years, three months and four days ago (today), a rescue team from the 23rd Special Tactics Squadron went in, got him and brought him back. Every year on the anniversary of that day, he sends the unit a bottle of scotch. Today, we want to return the favor."

After thanking those in attendance and remembering the heroes who helped him during his career, Goldfein ended the ceremony with a promise.

"It's not about what we do, but who we are," he said. "My promise to you, with this fourth star, is that I will do my best to be a better man, husband, father and a better officer for the Air Force."

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Balfour Beatty Communities Foundation Awards



Jennifer Sparks



Karissa Rhodeman

Balfour Beatty Communities congratulates Whiteman Air Force Base family housing residents Jennifer Sparks and Karissa Rhodeman on their academic scholarship awards for the 2015-2016 school year through the Balfour Beatty Communities Foundation. Jennifer will be studying exercise science at Missouri Baptist University and Karissa will be studying nursing at Central Methodist University.

Balfour Beatty Communities provides residential property management and development services for more than 55 military installations across the United States, including Whiteman AFB.

“On behalf of the Foundation, I would like to congratulate this year’s hardworking and dedicated scholarship winners,” said Chris Williams, President of Balfour Beatty Communities Foundation. “We are proud to support all recipients and hope that with this assistance they are one step closer to fulfilling their educational pursuits and continuing to develop as leaders who will have a positive effect on their communities.”

Balfour Beatty Communities Foundation (BBCF) has awarded 52 academic scholarships for

the upcoming 2015-2016 year. The scholarships have been awarded to the children of active-duty military members living at a Balfour Beatty managed military installation as well as residents of Balfour Beatty owned student communities. All recipients must be a high school senior, undergraduate or graduate student who is planning to attend or is already attending an accredited college, university or technical institution on a full-time basis.

Balfour Beatty Communities Foundation is a non-profit organization which principally focuses on the post-secondary educational goals of residents who live in communities affiliated with Balfour Beatty Communities, LLC. Since the scholarship program’s inception in 2009, Balfour Beatty Communities Foundation has awarded more than 200 academic scholarships ranging from \$1,000 to \$2,500, with larger amounts granted for exceptional submissions. The Foundation is also committed to honoring military personnel – active, wounded and fallen – by supporting organizations that assist military service members and/or their families. For more information, visit bbcommunitiesfoundation.org.

MUNS conducting inventory

The 509th Munitions Squadron will be conducting a 100% stockpile inventory from Sept. 1, 2015 to completion, projected to Sept. 11, 2015. 509th MUNS will not be able to receive or turn-in munition assets during this time-frame. Any munitions users needing munitions issued or turned in, please do so either the week prior or after the inventory. During this time 509th MUNS will only process emergency requests, submitted in writing, and approved by the group commander (or equivalent). If you have any questions or concerns regarding the inventory, munitions issues and turn-in, please contact Tech. Sgt. Bowlin at 687-8052.

Scholarships for Military Children recipients awarded



Brig. Gen. Paul W. Tibbets IV, 509th Bomb Wing commander, and Carol Lakey, Commissary store director, recognize Julia Landrum and Donavan J. McGoldrick with scholarships as part of the Scholarships for Military Children Program July 30, 2015, at Whiteman Air Force Base, Mo. Scholarship recipients receive a \$2,000 scholarship to apply toward tuition at a 4-year school they will attend in the fall as a freshman, sophomore, junior or senior. To qualify for the scholarship, applicants must maintain a 3.0 grade-point average, write an essay that demonstrates critical thinking, and provide examples of their community involvement and extracurricular activities. To date, more than \$12.5 million and 8,012 scholarships have been awarded.

U.S. Air Force photos/Senior Airman Joel Pfiester

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Speech M-W

SESSION 2 Sept. 29th - Oct. 19th (5-9:20pm)

Speech M-W

Human Resource Management M-W

American History T-Th

SESSION 3A Oct. 20th - Nov. 9th (5-9:20pm)

Humanities T-Th

SESSION 3B Oct. 20th - Nov. 23rd (5-9:20pm)

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Flying high:

Strike Eagle pilot reaches elite milestone



U.S. Air Force photo/Airman Shawna L. Keyes

Lt. Col. Paul Hibbard, a 333rd Fighter Squadron instructor pilot, and Capt. Justin Thompson, a 333rd FS pilot, signal their crew chief as they taxi to the runway, July 22, 2015, at Seymour Johnson Air Force Base, N.C. After flying in operational squadrons for most of his career, Hibbard now instructs F-15E Strike Eagle aircrew on the intricacies of operating the aircraft.

By Airman Shawna L. Keyes
4th Fighter Wing Public Affairs

SEYMOUR JOHNSON AIR FORCE BASE, N.C. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)

For F-15E Strike Eagle aircrew at the 4th Fighter Wing, flying through the skies is a part of their lifestyle. However, for Lt. Col. Paul Hibbard, a 333rd Fighter Squadron instructor pilot, the clouds are almost like a second home.

Hibbard surpassed the 3,000-hour mark in the F-15E July 22, joining an elite group of fighter aviators.

"It's quite an honor," Hibbard said. "Not many fighter pilots accumulate that many flight hours and experience."

Hour one began more than two decades ago when he started his career as an F-15E pilot on Feb. 9, 1995, as a student in the first Basic Course held at Seymour Johnson Air Force Base.

"My first couple of hours in the Strike Eagle were exhilarating," Hibbard said. "What an amazing machine. The simulator and ground briefs prepared us for all of the procedures we would execute, but nothing prepares you for the kick in the pants, the G-forces and the mind-racing visuals of a flight in an F-15E. Over time, I've grown accustomed to the physical demands, but the joys of dominating the aerial environment haven't faded."

Following initial training, Hibbard explained he had a unique experience to be assigned to four different F-15E operational squadrons.

Hibbard has flown with the 494th FS at Royal Air Force Lakenheath, England; the 389th FS at Mountain Home AFB, Idaho; and the 335th FS at Seymour Johnson AFB. He's also spent time at the 90th FS at Joint Base Elmendorf-Richardson, Alaska, when F-15Es were assigned there.

"I've participated in operations or exercises supporting

our national military objectives in over 21 nations throughout four continents," Hibbard said. "While amazing and rewarding, I wouldn't call it exceptional. Airmen, Soldiers, Sailors, Marines and (Defense Department) civilians are making the amazing possible every day in places more far-flung than I ever experienced. They are the exceptional ones."

Hibbard has flown more than 1,550 sorties and deployed seven times throughout his Strike Eagle career. During that time, he learned no one is perfect, including himself.

"I don't want to be known as the guy with 1,000, 2,000 or 3,000 hours," Hibbard said. "Credentials don't mean much to me. Demonstrated performance was always, and remains, my benchmark, and that is only as good as your last sortie."

Upon landing from the sortie that took him over the mark, Hibbard's family and friends joined him on the ramp to celebrate his achievement. He said he was especially appreciative that his family was allowed out because they don't get to participate in a lot of what he does.

"So few Strike Eagle aircrew reach this milestone, and I didn't get there on my own," he said. "My wife of 22 years has supported me the whole way (as well as) all the unsung Airmen doing their best to make this milestone possible."

As an instructor pilot, Hibbard is charged with training new Strike Eagle aviators during the qualification course. Lt. Col. Frederick Haley, the 333rd FS commander, said having someone with Hibbard's expertise provides an added benefit to those on hour one in the aircraft.

"There are only two other actively flying F-15E pilots who have achieved this rare milestone," Haley said. "The 333rd Fighter Squadron is fortunate to have an officer of such tremendous talent and rare experience committed to developing the next generation of Strike Eagle warriors."

Now a member of this elite Strike Eagle club, Hibbard plans to continue passing down his knowledge and expertise to all the younger pilots that come through his classroom.

"I can tell you the 3,000th hour didn't feel very different

from the 2,000th or 1,000th hour, but it feels a lot different from that first hour," Hibbard said. "I look forward to being able to continue to fly the Strike Eagle for as long as the Air Force will allow me."



U.S. Air Force photo/Airman Shawna L. Keyes

Lt. Col. Paul Hibbard, a 333rd Fighter Squadron instructor pilot, performs preflight checks before a training sortie, July 22, 2015, at Seymour Johnson Air Force Base, N.C. The training flight marked Hibbard's 3,000th flying hour in the F-15E Strike Eagle, which he has been flying for more than two decades.

New Horizons medical team supports exercise personnel, Hondurans

By **Capt. David J. Murphy**
1st Combat Camera Squadron

TRUJILLO, Honduras (AFNS) -- New Horizons Honduras 2015 training exercise medical personnel provided medical support to exercise personnel and Hondurans from June to early August.

In addition to the medical personnel, Airmen from the 35th Combat Communications Squadron out of Tinker Air Force Base, Oklahoma, repaired the hospital's ailing network, bringing Internet connectivity to nine offices that hadn't had service in more than three years, and improving connectivity in existing offices.

The 15-person medical team is made up of a general surgeon, anesthesiologist, operating room nurse, emergency medicine provider, biomedical equipment technician and 10 emergency medical technicians. The team's primary mission is to support all exercise personnel with point-of-injury immediate care before transfer to a main mobile forward surgical team.

"If someone gets injured here on the construction or well site we can provide immediate treatment to include self-aid (and) buddy care, and IVs and intubation," said Staff Sgt. Brian Milner, a member of the 341st Medical Operations Squadron from Malmstrom AFB, Montana. "And once we stabilize the patient, we can transport them, via ambulance, to the hospital where they will receive follow-on care."

While the medical team supported all New Horizons personnel, their main mission was to provide support to the Airmen from the 823rd RED HORSE Squadron from Hurlburt Field, Florida, and Marines from the Marine Wing Support Squadron 271 from Marine Corps Air Station Cherry Point, North Carolina, during the construction of a new two-classroom schoolhouse in Ocotes Alto and the wells in both Honduras Aguan and Brisas del Mar.

The team's secondary mission is humanitarian in nature and has involved medical support to the Hondurans in the Dr. Salvador Paredes Hospital in downtown Trujillo in both the operating and emergency rooms.

"To date we've probably had about 100 surgical cases and consults and in the emergency room we've probably seen about 600 patients," said Maj. Norman Zellers, a 60th Medical Operations Squadron medical physician assistant from Travis AFB, California. "By the time we leave here we should have seen about 800 patients total."

Zellers is in charge of the emergency room but the team's surgeon, anesthesiologist and operating room nurse support operating room activities.

"We've done a pretty wide breadth of surgeries at this point," said U Maj. Ryan Jones, the 56th Medical Operations Squadron general surgeon from Luke AFB, Arizona. "Anywhere from amputation to hernia repair to gall bladder surgery. I find the Honduran people very grateful for this service that we're providing, it's irreplaceable."

New Horizons medical and hospital personnel are working side by side during medical activities with their Honduran counterparts not only to assist one another but also to exchange information.

Besides medical care, the team has also been able to support the hospital in other ways by lending them the support of their biomedical equipment technician, according to Tech. Sgt. Mark Lopez, a member of the 375th Medical Support Squadron from Scott AFB, Illinois.

"These hospitals don't have a biomedical equipment technician. They don't really have a facilities maintenance or management office," Lopez said. "What they have is electrician and maintenance men and air conditioning technicians to fill in the roles to take care of the equipment ... they do what they can. I'm more familiar with the more complicated systems ... I can take care of anything from a simple blood pressure machine to an MRI unit and everything in between."

Lopez's primary mission involved supporting the operating room doctors when any of their equipment malfunctions.

"As they perform surgeries I need to be immediately next to them ... in the surgery, helping out or on standby whenever the equipment experiences a failure ... because they have moments when they have a patient on the table to make decisions to close them up or keep going and I'm right there as a contingency plan mostly," Lopez said.

The hospital also received leftover supplies that were delivered to support the medical personnel during the exercise.

"I'm very grateful for the New Horizons exercise," said Melissa Bonegas, the Dr. Salvador Paredes Hospital director. "I'm very glad that you have a surgeon and doctors that were able to see patients and help them out. I'm also very pleased with the communications people who were able to help out with electricity and were able to fix the Internet. I'm also very grateful that we were able to donate some paint which will help better maintain the hospital."



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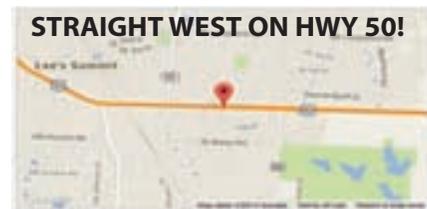
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Experience Missouri firsthand with Outdoor Rec



The Outdoor Recreation and Equipment Rental (ODR) staff stands outside their facility August 11, 2015, at Whiteman Air Force Base, Mo. In addition to rentals, trips and programs, ODR is comprised of skeet, trap, archery and paintball ranges and the base pool.

By Airman 1st Class Jazmin Smith
509th Bomb Wing Public Affairs

It's the prime season to take the family camping or even to gather fellow Airmen and plan a little rest and relaxation in the great outdoors, but members of Whiteman Air Force Base, Missouri, don't necessarily have to wait until their vacation to enjoy these stress-reducing activities.

With the right equipment and a little planning, there are opportunities to enjoy what's left of the summer months. The outdoors beckon; why not make the most of it?

Whether you're traveling to Knob Noster State Park or a little further down the road, Outdoor Recreation and Equipment Rental (ODR) at Whiteman carries items essential to ensuring that trip is a memorable one.

Eligible patrons, who possess a valid Department of Defense ID card or are base contractors, can utilize ODR's wide selection of equipment and services.

"Within ODR is the Information, Tickets and Travel office which offers discounted tickets for local attractions as well as some of the more commonly known theme parks," said Cheryl Adams-Johnson, 509th Force Support Squadron Outdoor Rec manager. "ODR also manages a skeet and trap range, a range for archery and paintball, as well as the base swimming pool."

To experience more outside of Whiteman, Airmen and their families can look into many of the trips planned by ODR.

"We have horseback riding, sky diving and zip line," said Adams-Johnson. "Past trips that have been offered are snow skiing, snowboarding, pheasant hunting and camping."

There may not be beaches nearby in Missouri, but there are an abundance of lakes and rivers veining through the state, along with caves and trails for the adventurous explorer.

Since many service members and their families come from out of state, they may not have all the gear for their

trip in Missouri. With a wide selection of items available for rent, including paddle boats, canoes, kayaks, boats with motors and water safety equipment, customers can look to ODR for the essentials.

"Campers, bounce houses, boats, lawn mowers, tents, bikes and trailers," said Adams-Johnson. "All of these items are rented daily, but we do have weekly rates on the larger items like campers."

As Whiteman's primary resource for rentals, the specialists at ODR welcome any suggestions for new rental equipment.

For those planning to start or finish a project this summer, but are missing that C-clamp or even gardening equipment and don't want to purchase it for one-time use, ODR carries tools catering to those endeavors.

"We have a wide variety of tools from small sanders to wet saws and table saws," said Adams-Johnson.

By using a 5-year projection plan to replace outdated and unserviceable equipment, ODR is able to provide a well-maintained stock.

The staff also consists of a mechanic in charge of maintaining and repairing most of the equipment, with the exception of the larger items, such as boats and campers, which are sent out for service and warranty work.

"Our staff is friendly and knowledgeable on our rental items and equipment," said Adams-Johnson. "Our items are kept clean and serviceable, and we offer discounted pricing to eligible patrons."

ODR strives to be within 25 percent cost, or less, of outside vendors. Most of their trips are funded with RecOn or Single Airmen Initiative funds, so cost to the customer is kept down.

Outdoor Rec is open Monday through Friday, from 8:30 a.m. till 5 p.m., and Saturday from 8 a.m. to noon. For those wishing to check out the facility, it is located at 725 2nd Street.

For more information on rentals, trips and programs, check out the Facebook page at Whiteman AFB Outdoor Recreation, or call the staff at 660-687-5565 during the hours of operation.



Tools available for rent are on display in the Outdoor Recreation and Equipment Rental (ODR) facility at Whiteman Air Force Base, Mo. ODR offers a wide selection of items for rent, to include boats, canoes, kayaks, campers, bounce houses, yard equipment and camping equipment.



The Information, Tickets and Travel office offers an assortment of brochures and pamphlets for attractions throughout Missouri, as well as discounted tickets for patrons at Whiteman Air Force Base, Mo. There are also multiple trips planned throughout the year for patrons to experience more of the outdoors.

U.S. Air Force photos/Airman 1st Class Jazmin Smith

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James visits Hill, addresses AF challenges, priorities



U.S. Air Force photo/Alex R. Lloyd

Secretary of the Air Force Deborah Lee James talks with Lt. Gen. Lee K. Levy II, the Air Force Sustainment Center commander, about Standard Air Munitions Package (STAMP) issues during her visit to Hill Air Force Base, Utah, July 23, 2015. STAMP is a munitions package meant to resupply warfighters.

By Micah Garbarino
75th Air Base Wing Public Affairs

HILL AIR FORCE BASE, Utah (AFNS) -- Air Force Secretary Deborah Lee James visited Hill Air Force Base, July 23-24, for the first time since taking the on the job a year and a half ago.

James' visit included updates on the transition from the F-16 Fighting Falcon to the F-35 Lightning II, the total force integration of the active-duty and Reserve 388th and 419th Fighter Wings, F-35 and missile depot maintenance, Hill AFB's global munitions deployment capability, and cost effectiveness programs helping the Air Force "Make Every Dollar Count."

On the second day of her visit, James held an all call for Airmen, military and civilian, to share her priorities for the Air Force and address emerging issues.

James said she and Air Force Chief of Staff Gen. Mark A. Welsh III are leading the service at a difficult time.

The service has been stripped of 200,000 people over the past 20 years and is smaller than it's been since 1947, James said. The average aircraft in the Air Force fleet is 27 years old.

According to James, the "world is exploding," and according to commanders, about half of the Air Force combat forces are not currently capable of delivering in a "high-end."

All of these factors combine to put the Air Force and its people under a great amount of stress, which is why taking care of Airmen is her first priority, James said.

"I'm convinced if you get the people part right, the rest will follow," James said.

While the budget continues to be an issue of contention between the service heads and Congress, James said they have no trouble finding agreement on quality of life and pay issues for Airmen.

There is one exception. A congressionally proposed change to the housing allowance rates for military-to-military marriages along with Airmen who choose to room together, the change would strip the lower

ranking member in the relationship of a significant portion of their allowance.

"We're against it. The senior enlisted advisors have all written to Congress about it," James said. "I've been very vocal about it. We're fighting it. I don't have a good feel for how this is going to come out, but rest assured we're being vocal about this being harmful and frankly, unfair."

On the civilian side, James said she does not foresee the civilian workforce being furloughed again if the budget remains unresolved.

"We would never do that of our own volition. ... I'm only a piece of the whole equation, but I'm certainly not a proponent of that. General Welsh is not a proponent of that," the secretary said.

The Air Force is the only service that has met the Defense Department requirement to cut their military and civilian headquarters staff (all units above wing level) by 20 percent, and is hoping for some congressional goodwill in any potential future cuts, James said.

Financial strain is part of the new reality in a DOD that's being asked to cut \$1 trillion over the next decade. James' second priority is using resources to "balance the readiness needs of today with the needs of tomorrow."

"We can't do one or the other. We've got to do both," she said.

In order to provide for both of these needs, the Air Force has proposed to retire older aircraft over time -- including the Hill AFB-maintained A-10 Thunderbolt II -- and transfer the people and resources to more modern aircraft.

If Congress does not allow the Air Force to retire the A-10 it will become an "unfunded liability," siphoning people and resources away from modern weapons systems, James said. While the A-10 is beloved, the F-16 and the F-35 can serve in more diverse mission sets.

"This is an area where Congress simply does not agree with us. They want us to keep the A-10." James said.

Retiring the A-10 would save \$4 billion

See SecAF, page 16

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be set up quickly. Remember legitimate customer service representatives will never ask you for personal information or passwords. Consider not responding to unsolicited emails, never click on links in these emails, and be cautious if you are asked to respond quickly. Consider purchasing or downloading a good antivirus suite with spyware protection.

• **Updates.** Keep your computer's operating system, browsers, antivirus, and other software up to date with the latest or daily security patches. For additional information visit <https://www.us-cert.gov/ncas/tips>.

• **Passwords.** Choose strong passwords using 10 characters and combinations of upper case letters, lower case letters, symbols, and numbers. Do not include personal information. Consider changing your password at least every 90 days when information is sensitive. Never leave passwords near your computer or in plain sight. Use different passwords for various online activities because if one password is compromised, all will be compromised. Never share your password. If given a choice to set up a password "hint" on an account, do not choose something others can easily guess.

• **Social.** Beware of meeting people in-person whom you meet on the internet or through emails. Not everyone is honest with their identity, age, gender, and intentions. If necessary, do your research using public records and consider seeking reputable references. If you decide to meet someone, never go alone, let others know where you are going, meet in a very public place, and have your cell phone readily available.

• **Educating Children/Teens.** Talk to and educate your children about internet risks and dangers of internet predators. Tell them never to meet people they met online in-person and never talk to people they really don't know. Discuss the importance of not posting identifying information, sensitive information, pictures, and details of upcoming activities on the internet. Be sure they understand what someone portrays on the internet may not be true. Teach them what they post online anyone can see unless they carefully control the privacy settings. Spend time with your child on the

internet, know their favorite online destinations, know their passwords, limit the time they spend online, and consider placing the computer in a public room in the house. Periodically review your child's computer and emails. Know who your kids are chatting with online. For more information visit <http://www.projectsafefchildhood.gov>

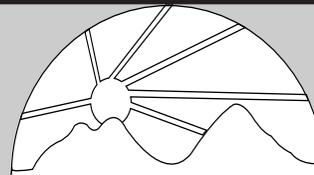
• **Webcams.** Be careful when using webcams. They can be high-jacked and turned on remotely. This allows others to illegally view and listen to individuals without their knowledge. Consider turning them off or disconnecting them when not in use. Limit or do not allow your children to use webcams and talk to them about the risks.

• **Wireless.** Beware when connecting your laptop or mobile device to unsecured networks. Computer hackers on the same network can intercept your internet use and in some cases access files on your computer. Consider password protecting your home wireless network and using a personal firewall program for additional protection. For additional information visit <https://www.us-cert.gov/ncas/tips>

• **Shopping.** Avoid purchasing goods and services from websites that do not have secure check-out using "HTTPS." Pay attention to the address line on the checkout page which asks you to enter your credit card information. If the page does not have an "S" following "HTTP" in the address line, consider shopping somewhere else. Be aware that some information transmitted on HTTP pages is done so using plain text which can be intercepted by computer hackers.

• **Selling.** Beware of selling and listing items in local ads or elsewhere online. Never meet someone alone. If necessary, consider meeting in a public place, like a post office or bank rather than a parking lot. Beware of posting photos taken from smartphones for online ads. You could be sharing your home address with a criminal.

• **Public Computers.** Avoid typing sensitive information on public computers, such as those in a public library or an internet café. Spyware may be installed on these computers that record your every keystroke. Also, you never know who may be watching your activity. Never select the feature that automatically signs you on to email or check any box to "Remember my Password" on websites.



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- 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 Tues. Noon - 101 Gray Lane, Chapel Annex 2 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
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Show Off the Energy - MEC Day
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SAT, AUG 22
Show Offs Welcome - Youth in Agriculture Day
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• Science Street Fair
Sponsored by SCOPE

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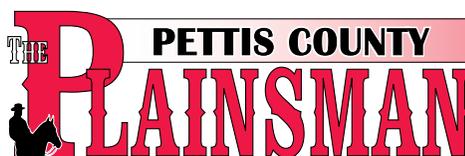
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Natural Elements
Firm Top
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Microfiber, Chaise
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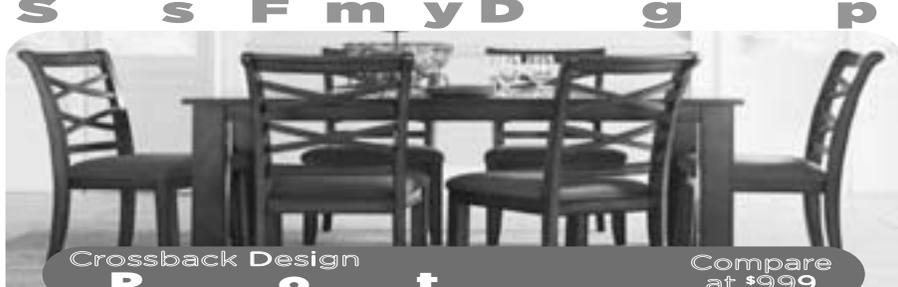
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COOK it up! Challenge
August 29 11:30am

Contestants are invited to cook a dish inspired by a book that has had an impact on their lives! The winning dish will receive a brand new Kindle Fire HD7! 2nd Place will receive a \$50 FSS Gift Card. Judging will take place prior to the event with the public able to sample the dishes starting at 11:30am.

COOK it up! CC

Win A Kindle Fire HD7!

E-mail marketing3@us.af.mil to enter or call 687-7929 for more info.

687-7929

Cardboard Boat Race
Sept. 12 12 to 2pm

Teams will compete to earn the top prize in the Fastest Boat, Pride of the Fleet (Best in Show), Team Spirit, or the "Most Dramatic Sinking" categories.

Fastest Boat: \$200 in cash and a trophy.
Pride of the Fleet: \$100 in cash and a trophy
Team Spirit: \$100 in cash and a trophy
Most Dramatic Sinking: \$100 in cash and a trophy

Contestants are only allowed to use duct tape and cardboard when constructing their boat. Any exceptions will be immediately disqualified. E-mail marketing3@us.af.mil to sign-up or call 687-7929 for more information.

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Club Membership Benefits!

- When Signing For A Membership The First 3 Months Are Free!
- Save \$1.00 Off Meal Purchases
- Free Fountain Soda Beverages With Lunch Meal Purchases
- Dedicated 24/7 Military Customer Service On Your Account
- No Annual Fees. With Your USAF Club Membership Mastercard
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- Unlimited Cash Back Rewards
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MEMBERS MONTHLY DUES

E-1 to E-4 = \$4	GS-1 to GS-8 = \$7
E-5 to E-9 = \$7	GS-9 to GS-14 = \$10
OFFICERS = \$10	NF-1 to NF-3 = \$4
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RET. OFFICERS = \$10	

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FCC NEWS AND INFORMATION

FCC OFFICE 660-687-5590

Want a Profitable Home Based Career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly-ill children. The Air Force offers a subsidy for providers for all children under the ages of 3 and any child who falls into the critical needs areas. Providers who hold a license are subsidized \$160 a week per qualifying child. Providers with chronic health problems are accepted. Call for more details.

Extended Duty Care

Register now for the extended duty care program. It is available to help DoD parents meet child care requirements for extra duty during exercises and emergencies. Care is provided in a contracted, licensed family child care home to augment regular care arrangements and is FREE. Come to the FCC office for an application prior to participation. Reservations need to be made at least a week prior to the care date. Call for more details.

WARRENTON



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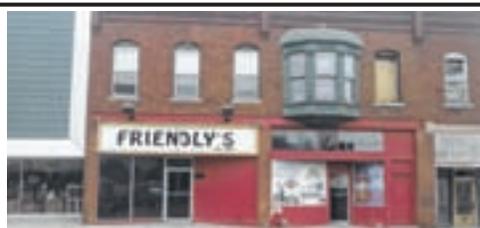
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For Sale By Owner



HOME & 25 ACRES For Sale By Owner. 2000 square feet, 3 bedrooms, 2 baths, remodeled with stainless steel appliances, central heat/air, garages, barns, outbuildings, fenced, on State Hwy. Must see to appreciate. \$180,000. By Appt. 660-829-4124.

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Land (Acreage)



Four broiler houses on 12 acres. Two wells, litter shed, compost building and generator in building. Ten miles southwest of Sedalia, Mo. \$630,000. 660-527-3595.

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Autos For Sale



2005 Acura TL, Immaculate 1 owner, 81K, 3.2L V-6, ABS, Stability Control, AM/FM/Cassette/6-CD, Satellite Radio, Power & Heated Seats, Bluetooth, HomeLink, Maintenance Monitor, Auto & Heated Mirrors, Sunroof, Xenon HID headlights. \$10,300. 660-281-0990

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1966 Mustang 200 Cubic Inch, 6 Cylinder, White Top, Auto Trans. \$23,500. Call 660-829-1847.

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STK#X13800A	STK#X13081C	STK#X13654A	STK#P21469	STK#X13737A	STK#P21455	STK#X13734A	STK#P21468	STK#P21467	STK#X13905A
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