

# WARRIOR

Vol. 3 No. 31  
Aug. 3, 2012

## TEAM WHITEMAN CELEBRATES BASE'S 70TH ANNIVERSARY

A portion of Route 13 is closed until 8 a.m., Aug. 15. For more information, go to the Johnson County roadwork section at [http://www.modot.org/kansascity/Roadwork/Roadwork1\\_kansasCity.htm#Johnson](http://www.modot.org/kansascity/Roadwork/Roadwork1_kansasCity.htm#Johnson)

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### WEATHER

<b>Today</b> Partly Cloudy Hi 102 Lo 74	<b>Saturday</b> Partly Cloudy Hi 99 Lo 77
<b>Sunday</b> Mostly Sunny Hi 90 Lo 71	<b>Monday</b> Sunny Hi 93 Lo 66

Courtesy of National Weather Service

U.S. Air Force photo illustration/Airman 1st Class Nathan Tucker



# Strengthening our core

Commentary by Col. Jim Dryjanski  
National War College

WASHINGTON (AFNS) -- The greatest threat to the United States Air Force right now is not external. It is from within. The allegations of sexual misconduct at Lackland Air Force Base splashed across the news will undoubtedly be fully investigated, and criminal behavior will be prosecuted appropriately.

The victims will be heard, and they will be cared for, but the bell cannot be unring. The reverberations from "Jerry Springer-esque" moral failure can shake public trust.

Senior leaders of our Air Force and the Department of Defense will look deeply, far beyond the current trial, to see if there are any institutional root causes in climate, leadership, training and oversight that need to be addressed.

We can expect some necessary actions to be taken, but will disciplinary action or the implementation of recommendations from various independent top-down strategic reviews be sufficient? Probably not, if we as Airmen don't recognize the moral battle being waged or fail to act from the grassroots-level to strengthen our core. The stakes are incredibly high--so should be our attention and urgency.

Lackland Air Force Base is known as the "Gateway to the Air Force." Every enlisted trainee must pass through this training crucible in order to earn the title of "Airman."

The center of our identity as Airmen is found in our core values: Integrity First, Service before Self, and Excellence in all we do. Every Airmen can spout these core values...Integrity, Service, Excellence are easy to remember and easy to say, just as former Chief of Staff of the Air Force, General Fogleman designed them. So what's the problem?

The words Integrity, Service, and Excellence are ubiquitous in our Air Force. Like the sound of a dripping faucet they can fade into the background over time. They are on power point slides, on wall-hangings in various offices, and they are all over the social media outlets of our Service. But, are they only words? Only words to be recited in speeches by commanders and enlisted leaders? Only words to be cited by those very same leaders when an Airmen breaks a rule or regulation?

Yes, they are...if we let them be. If we lose sight of the moral truth that our core values are grounded in, these mere words of Integrity, Service, and Excellence lose their true meaning and true power.

Sunshine is often the best antiseptic. Increasing transparency of our training and strengthening the accountability of our instructors at Basic Military Training in this light will help. But, more broadly, all Airmen in our Air Force should use this opportunity to illuminate why our Core Values are much more than mere words.

Let's be clear about one thing, the vast ma-

majority of our Airmen--like their joint brothers and sisters in arms, are honorably serving our nation at a very critical time in our history. They are among the very best our nation has to offer, and they are making the extraordinary look ordinary around the globe every single day. That said, no Airman is exempt from the temptation in life to do the easier wrong, rather than the harder right. We must be prepared to win this battle every single day..

It is up to Airmen--wingmen, leaders, warriors to calibrate our moral compasses to true north and give life to our Core Values where the rubber meets the road during our toughest times.. Lou Holtz, former head football coach at Notre Dame, had a great way of boiling complex ideas down to their essence. He has said there are three questions people have when they meet you.

Can I trust you?

Do you care about me?

Are you committed to excellence?

If "yes" is the answer to those questions, people want you on their team. How do you get to "yes?" Holtz has three rules to live by.

Do the right thing.

Care about people.

Do your best.

Simple and profound rules to live by and strengthen our core and our team: Integrity First, Service before Self, and Excellence in all we do.

Aim High...Fly, Fight and Win!

## THE WARRIOR

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For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@whiteman.af.mil, fax us: 660-687-7948, or write to us at:

509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

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

# Proud to be an American Airman: AF chief of staff reflects on time as service chief, career

By Master Sgt. Angelita Colón-Francia  
Air Force Public Affairs Agency

WASHINGTON (AFNS) -- Air Force Chief of Staff Gen. Norton Schwartz met with media July 24 in the Pentagon to share his thoughts about his nearly 40 years of military service in the Air Force and four years as the Air Force's senior uniformed leader.

"When former Secretary of Defense Robert Gates spoke at my Chief of Staff welcoming ceremony in August of 2008, he quipped that he and I had something in common, that both of us were planning to retire," Schwartz said. "Indeed when he asked me to continue to serve, those earlier retirement plans were put on hold. Today, however, I do plan to retire and am preparing to hang up my blue uniform for the final time."

As the Air Force Chief of Staff, Schwartz has led approximately 680,000 active-duty, National Guard, Reserve and civilian forces serving in the United States and around the world. As a member of the Joint Chiefs of Staff, he functions as a military advisor to the Secretary of Defense, National Security Council and the President.

Schwartz rose through the ranks as a special operations pilot who also succeeded in staff and joint assignments.

He took the job as chief "at a particularly turbulent time in our Air Force," said Brig. Gen. Les A. Kodlick in his introduction of Schwartz to the media. However, Schwartz, together with Secretary of the Air Force Michael Donley, has had "a profound impact on the Air Force.

"Quite frankly they have made the Air Force a better service and fighting force," Kodlick said.

During his tenure, Schwartz introduced the phrase "All In" when he spoke to Airmen around the world about how the Air Force is a crucial part of the joint service team committed to winning today's fight. In addition, he implemented a series of programs designed to improve the quality of life, care and services for Airmen and their families.

Despite the strides since 2008, Schwartz said he is leaving the position during another challenging period as the Air Force contends with fewer available resources, and an increasingly complex geopolitical and security environment.



U.S. Air Force photo/James Varhegyi

**Air Force Chief of Staff Gen. Norton Schwartz responds to questions in the Pentagon on July 24, 2012, during a media availability to discuss Air Force accomplishments during his time as Chief of Staff.**

Nonetheless, Schwartz said he remains confident the Air Force will continue to thrive because of America's Airmen.

"(Airmen) are talented," he said. "They are dedicated and they will handle today's challenges and tomorrow's contingencies in the manner that has earned America's and the Joint team's trust over the years.

"Our Airmen have reinvigorated the nuclear enterprise, institutionalized remotely piloted aircraft capabilities into our service, strengthened our support and our care for one another and for our families, clearly demonstrated our committed to the joint fight and established a program of record for the long-range strike family of systems."

A retirement ceremony for the general will be held August 10 at Joint Base Andrews.

He concluded comments about his 40-year career of service saying, "As Suzie and I now prepare to enjoy life after this career of service, we feel truly privileged to have found a home in the United States Air Force, the greatest Air Force in the world. I will always be proud -- always be proud to consider myself an American Airman."



## NEWS BRIEFS

**Balfour Beatty Communities Lifeworks Events**

Balfour Beatty Communities Lifeworks offers free events open to military personnel and their families. Events are held at the Lifeworks House, 245 Selser Dr., Whiteman AFB.

Search whitemanhomes via Facebook.com for more information, or call 660-687-0559.

**Back-to-School Sales Tax Holiday**

The three-day Back-to-School Sales Tax Holiday takes place today through Sunday. During this time period, certain back-to-school purchases are exempt from sales tax. The sales tax exemption is limited to the following:

- Clothing (including shoes) – any articles having a taxable value of \$100 or less
- School supplies – not to exceed \$50 per purchase
- Computer software – taxable value of \$350 or less
- Personal computers – not to exceed \$3,500
- Computer peripheral devices – not to exceed \$3,500

For more information, contact the City of Warrensburg at 660-747-9131, or visit [www.dor.mo.gov/business/sales/taxholiday/school/faq.php](http://www.dor.mo.gov/business/sales/taxholiday/school/faq.php).

**Pool Hours Changes**

Outdoor Recreation would like to remind all pool users that beginning Aug. 13, the pool will be closed weekdays starting due to local school and college openings. Pool hours of operation will be weekends only at the following times: Aug. 18-19 from 12-6 p.m.; Aug. 25-26 from 12-6 p.m. and Sept. 1-3 from 12-6 p.m. The pool officially closes for the season Sept. 3 at 6 p.m.

**Heart Walk Offers Opportunities To Help Fight Nation's No. 1 Killer**

The 2012 Johnson County Heart Walk is scheduled for Sept. 22 in Warrensburg. Area residents can help support programs to fight this growing health problem are encouraged to participate.

For more information, visit the Heart Walk website at [johnsoncountyheartwalk.org](http://johnsoncountyheartwalk.org). The local Heart Walk is part of a nationwide effort. For more information, contact Carmen Schick at 816-210-5772, or email [carmen.schick@heart.org](mailto:carmen.schick@heart.org).

**Air Force Accepting Prior Service Applicants**

Have you previously served as an enlisted member in the Air Force or other branch of the U.S. military? If so, and you were honorably discharged and have been out of the service less than six years, you may be eligible to serve in the U.S. Air Force. The Air Force is currently seeking individuals to serve in their previous job or to possibly retrain.

To learn more, contact your local Air Force recruiter, call 1-800-423-USAF or visit [airforce.com](http://airforce.com) and speak live with an Air Force adviser.

# Chief Master Sgt. of the Air Force James Roy visits Whiteman

By Senior Airman Montse Belleau  
509th Bomb Wing Public Affairs

Chief Master Sgt. of the Air Force James Roy visited Whiteman, July 25 and 26, meeting with Airmen and getting a first-hand look at the B-2 mission.

“The B-2 is as viable today as it was when it was brought on board 20 years ago, and it’s going to be relevant 20 years from now,” Chief Roy said. He also emphasized the importance of the bomber’s nuclear and conventional deterrence roles. “The B-2’s dual roles are going to be around a long time.

“I don’t think it’s one versus the other but the combination of all the systems working together,” he said.

Chief Roy also emphasized that Airmen are just as critical to maintaining the mission as the bomber itself.

He went on to say Airmen here know the importance of their AFSCs and know exactly where they fit in when it comes to Whiteman’s mission.

“If Airmen understand the mission at large, then they understand how the tactical mission they work on today relates to our national security and the security of our allied nations,” Chief Roy said. “Airmen should not only learn their shops mission, but also their wing, base and Air Force mission and what we as Department of Defense do as well.”

He also stressed the important roles NCOs and SNCOs play in shaping junior enlisted Airmen into future leaders and said training is only one piece of that responsibility.



U.S. Air Force photo/Airman 1st Class Bryan Crane  
**Chief Master Sgt. of the Air Force James Roy addresses members of the 509th Medical Group July 26. Roy visited Whiteman July 25 and 26.**

“It’s about knowing your people; it’s about care and concern for your people,” he said. “Supervisors ought to be engaged with the Airmen they supervise and know their stories.”

Chief Roy concluded by stating Airmen come from different parts of the world and of the United States, with different backgrounds and upbringings. Despite these differences

the Air Force brings Airmen together with the core values instilled during basic training.

“It’s not about just knowing the core values, it’s about living them,” he said. “Our joint and coalition partners rely on us to give them the absolute best, and our Airmen are up to those challenges because we are a professional force and the best Air Force in the world.”

## Be aware! Fires can start anywhere, anytime

By Heidi Hunt  
509th Bomb Public Affairs

A grass fire started July 28 in base housing, putting more than 850 Team Whiteman homes and families at risk.

Cigarette butts were found near the fire’s starting point, indicating it was started by a cigarette, according to Lt. Col. Randy Boswell, 509th Civil Engineer Squadron commander.

Before firefighters arrived, Airman 1st Class Tyler Melnick, 509th Security Force Squadron; Senior Airman Miles Sandoval, 509th Logistics Readiness Squadron; and Army Sergeant Benjamin Miller, 101st Airborne Division, saw the fire and took it upon themselves to extinguish it, according to Boswell.

Hot and dry conditions have led to outdoor burning bans in counties and cities around Missouri, and the Missouri Department of Conservation has banned fires on all conservation areas in the state.

“Lack of rain is causing vegetation throughout Missouri to die,” said Tim Robinson, 509th CES fire inspector. “Foliage is so dry that fires are happening at an alarming rate around Whiteman AFB. We encourage people to do their part and help prevent fires.”

Following the pattern of caution taken throughout the state, Whiteman members should be alert and aware of their responsibility to prevent fires.

“Fire prevention is necessary because it can stop a major catastrophe,” said Robinson. “Life and valuables could be lost.”

Occupants are our first line of defense in fire prevention, and the more vigilant individuals are can help prevent fires in or around your house, according to Robinson.

The following are tips from the 509th CES and are an effort to prevent fires and keep families safe.

1. All fire pits are banned until further notice.
2. If you are a smoker, dispose of your cigarette butts properly. Do not throw them on the ground.
3. Water your grass. Watering for a few hours every other day in the morning before 9 a.m. or in the evening after 7 p.m. will keep your yard from becoming a tinder box.



Courtesy photo  
**A fire started July 28 in base housing, putting more than 850 Team Whiteman homes and families at risk. The 509th Civil Engineer Squadron reminds everyone to be cautious, and remain alert and aware of their responsibility to prevent fires.**

4. Be cautious when using barbecue grills. Keep fires under control and be mindful of the wind. Wind gust can easily scatter burning embers. Ensure barbecue are enclosed and have a way to immediately extinguish the flames if a fire occurs. Keep barbecue 10 to 15 feet away from all facilities.

5. Properly store combustibles and keep the exterior of your home neat and orderly.

6. Keep your home and clean and organized and should the fire department need to enter the premises in an emergency response, they can enter it safely and quickly.

7. Learn how to use a fire extinguisher. Those who would like to learn can contact the 509th CES fire department for proper instructional use.

8. Parents should discuss a home escape plan with their children and practice often.

For more information visit [nfpa.org](http://nfpa.org), or call the 509th CES fire prevention office at 660-687-6083/6080.

For additional fire prevention tips visit [cdf.gov](http://cdf.gov). For local weather updates visit [weather.gov](http://weather.gov).

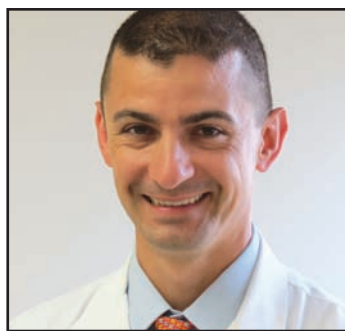


# New Physicians Expand Your Health-Care Options.

Now you have more health-care options available to you with the addition of four new physicians in Sedalia. Bothwell Regional Health Center has attracted these exceptional doctors to serve our patients in Central Missouri. Each has a different specialty. All are committed to Exceptional Care.



**Bryan Stringham, D.O.**, is an ear, nose and throat specialist who received his medical degree from the Kirksville College of Osteopathic Medicine. Dr. Stringham focuses on the diagnosis and treatment of injuries and diseases of the ear, nose and throat for adults and children. Dr. Stringham's office is located on the third floor of Bothwell Healing Arts Center, 3700 West 10th in Sedalia. To make an appointment call (660) 826-5226.



**Josh Valtos, M.D.**, will practice cardiology with Dr. Henry Marquez at Missouri Heart Center on the second floor of the Bothwell Healing Arts Center. Dr. Valtos received his medical degree from Emory University School of Medicine and will specialize in the evaluation and treatment of heart and vascular disease, including diagnosis, invasive, and interventional procedures. To make an appointment call (660) 827-1771.



**Christine Deeths, M.D.**, will practice family medicine, providing a broad range of primary care to family members of all ages. Dr. Deeths received her medical degree from the University of Missouri-Kansas City School of Medicine. Dr. Deeths is located at Bothwell Family Health on the second floor of Bothwell Healing Arts Center, 3700 West 10th in Sedalia. To make an appointment call (660) 827-2500.



**Sigi Joseph, M.D.**, is a surgeon who received his medical degree from St. John's Medical College, Bangalore, India, and surgical degree from the Royal College of Surgeons in Edinburg, Scotland. Dr. Joseph will diagnose and provide surgical treatment of a wide variety of disease and traumatic injury. Dr. Joseph is located in the offices of Dr. Stuart Braverman and Dr. Jeff Wadley at 3300 West 10th in Sedalia. To make an appointment call (660) 827-0423.



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# “Never missed a day working on an airplane”

Aircraft mechanic retires after 47 years of service



U.S. Air Force photos/Senior Airman Cody Ramirez  
Al Cox steps off a T-38 Talon after receiving an incentive flight, July 30. During the flight Cox was allowed to take control of the jet in the air and fly the aircraft he had been working on for the past 19 years. Cox retired after a 47 year career, Aug. 1.



**By Candy Knight**  
509th Bomb Wing Public Affairs

When Al Cox began his career as an Air Force aircraft mechanic in 1965, it wasn't exactly the way he pictured it.

“I guess you could say I had to pay my dues first because I began my career washing airplanes and sweeping out hangars,” laughed the T-38 crew chief. “Every week we would rotate to different aircraft maintenance shops to gain insight into what aircraft maintenance was really all about.”

Cox's insight served him well, and after 47 years of service, including 22 years as an active duty Air Force Airman, he retired Aug. 1.

“It's been an amazing career,” Cox said. “I've never missed a day working on an airplane, and I've really and truly enjoyed it.”

Cox's career took him to many destinations including Vietnam, Thailand, the Philippines, England, Texas, and Oklahoma. Still, he says Whiteman has been one of his favorite stops.

“I've been here since 1993 working on the B-2 Spirit and the T-38 Talon aircraft, and I've worked with all the commanders in that time,” he said. “I've seen commanders come and go, and come back again. It is nice and really fun to work with young lieutenants and captains, and then to see them return years later as lieutenant colonels or colonels, and they still remember you.”

While he has had many unforgettable experiences, one of Cox's most memorable was when he was hand-picked to open and run the second Accelerated Copilot Enrichment program in the Air Training Com-

mand.

“Wow! Now that I think about it that was kind of neat” he said. “There I was, a technical sergeant, responsible for this new program, in-charge of six aircraft and nine people.”

Cox stated the one thing he wanted to do before he retired was to fly in the T-38, one of the aircraft he has worked on for the past 19 years. On July 30, Team Whiteman honored that request when Cox received an incentive flight in a T-38 Talon, piloted by Col. Edward Martignetti, 509th Operations Group commander.

“I guess [the flight] was supposed to be a surprise, but someone let it slip,” Cox said. “But that doesn't take away what an honor and privilege it was for them to do this for me. It means a lot to me.”

“It has been an honor and a privilege to serve with Al over my many years at Whiteman AFB,” said Col. Robert Spalding III, 509th Bomb Wing vice commander. “Not only has he provided outstanding support to the mission, he has also been a friend to all of us who fly the T-38.”

Although he retired, Cox said he will always keep in touch with members of Team Whiteman.

“I've learned that once they know you, they never forget. So I won't forget about you guys either,” he said. “Keep doing what you're doing and maintain that professionalism the 509th and Whiteman are known for.”

So what does the former aircraft mechanic going to do now that he is retired?

“Fish! After that I'm going to build a rat-rod,” he said.



B-2 Spirit and T-38 Talon pilots congratulate Al Cox on his extensive career and wish him the best in retirement. Cox's career includes 22 years as an active duty Air Force Airman.



Al Cox is sprayed with water by his family after a T-38 Talon incentive flight, July 30.



# Whiteman to begin AFNet Migration Aug. 13

Courtesy of the 509th Communications Squadron

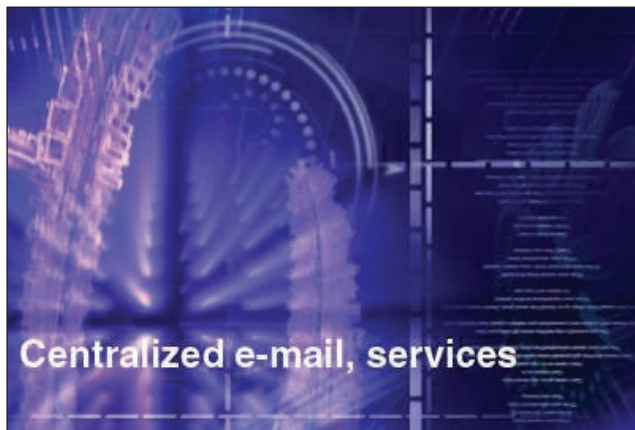
The 509th Bomb Wing is scheduled to begin migrating from the Whiteman AFB network into the Air Force Network Aug. 13, under the Air Force's Active Directory and Exchange migration program.

As part of the Air Force Communication community's effort to improve network connectivity, this migration will provide the "total force" access to information regardless of their location. Through the use of Common Access Card-enabled computers, users will now have access 24/7 from not only their home station, but also TDY and deployed Air Force locations around the world.

What exactly does the term "network migration" really mean? In essence, all member network and e-mail accounts (including Blackberry users), as well as shared information files, will migrate from the base network into the Air Force-wide AFNet. While most of these changes will be transparent to the user, the most noticeable change will be our e-mail addresses. The migration replaces the old first.last@whiteman.af.mil e-mail address with the standard first.last@us.af.mil e-mail address, which will allow for central management of these accounts.

If more than one person has the same first and last name, the standard will be first.last.#@us.af.mil. In addition to global access to information and e-mail, individuals will be assigned a permanent e-mail address that they will carry throughout their career. This AFNet e-mail address will never change, no matter how many times a person changes duty stations.

This is one advantage the migration will provide. In the past, individuals had to wait for a new account to be created each time they went TDY, on a deployment, or PCSed. With one centrally managed network and a lifelong account, this wait is eliminated, which leads to increased productivity



U.S. Air Force graphic

**The 509th Bomb Wing is scheduled to begin migrating to the Air Force Network Aug. 13, as part of the Air Force Communication community's effort to improve network connectivity and provide the "total force" with access to information regardless of their location.**

and efficiency.

Whiteman is just one of several remaining locations still awaiting migration. Until every Air Force base migrates to AFNet, the old format for e-mail addresses may still apply if the base or MAJCOM has not migrated.

While the @us.af.mil address still works in that case, it will direct your e-mail to the account created at that base. Nevertheless, post migration e-mails will appear and function the same as before, and users will still be able to access common applications such as e-mail, calendars, contact list, and shared files.

A few other benefits include increased information security, and a reduction of the time it takes to patch computer systems and eliminate potential vulnerabilities.

Another change will be standardized mailbox sizes based on user categories. The new limits are as follows:

☐ Category 1 (1GB): Senior Decision Makers and Associated Organizational Mailboxes

☐ Category 2 (500MB): Essential Support Personnel and Associated Organizational Mailboxes

☐ Category 3 (100 MB): Standard Users and Associated

The migration will also result in a consolidated customer service help desk called the Enterprise Service Desk. The ESD will serve as a "one-stop" shop for the resolution of common user problems, and can be reached at DSN 945-2900, or commercial at (210) 925-2900.

The migration will be completed in phases and in close coordination with the 509th Communications Squadron. Migration information will flow a number of ways, to include computer screen pop-ups, e-mails, base newspaper articles, and via the AF Portal.

Each unit will be notified individually via e-mail just prior to the migration, and will be asked to follow a few simple steps to help ensure a successful migration. Included in these directions will be detailed steps on how to create back-up and personal storage files.

The 509th Bomb Wing will approve and release a unit-by-unit migration schedule to help minimize impact to normal operations.

Because it could take up to two days for new account information to propagate on the Air Force Network, an official notice will be posted on the AF Portal informing users that 509th Bomb Wing, Whiteman AFB AFNet e-mail addresses may not be recognized in the Global Address List.

The 509th Communications Squadron will send separate and specific instructions concerning Personal Digital Assistant devices and how to move e-mails to Exchange servers to prevent deletion. On-base technicians will be available to lend assistance and prevent the loss of data.

More information is available at <https://cs.eis.af.mil/a6/programs/adx/MAJCOM/default.aspx>



## Kids

- Infants
- Toddlers
- Kids

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Wed-Fri 10-6  
Sat 10-5



## Teens

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## Mens



# Why Your Referral Matters

By Brian P. Smith  
TriWest Healthcare Alliance

You went to your primary care manager and she suggested you go see a specialist. Maybe it's for an evaluation or maybe it's for a specific treatment. You just know you need to make another appointment and you want to make it quickly.

Whether this is your first referral or your fiftieth, having all your information before making the appointment can save you time and money.

## What's a referral?

When you need care your primary doctor can't provide, you will get a referral to see someone else. The request for a referral goes to TriWest Healthcare Alliance, and TriWest processes the referral and matches your needed care with a local network specialist (when available). If you live near a military installation with a medical clinic, and that medical clinic offers the specialty care, you may be assigned to the military clinic for care.

When your referral request is autho-



ri- rized, TriWest will let you know:

- ❑ The name and contact information of your network specialist

- ❑ The expiration date of your referral. If you don't make your appointment within the time allowed, you may have to go back to your primary doctor for a new referral.

You contact the network specialist and make your appointment. Network provid-

ers will submit claims to TriWest and send any results back to your primary doctor.

TRICARE Standard and TRICARE Extra plans don't require referrals or primary care managers. There are, however, higher out-of-pocket costs for care under those plans

**How do I get my specialist's information?**

Register for a TriWest.com account, and you will receive an email when your referral is processed – usually within a day or two of your primary doctor submitting the request. Then, you can log into your TriWest.com account to view your specialist. Go to TriWest.com/Registrar.

You can also choose to get a letter with your specialist information, but that could arrive 10 days after the request is made.

## Why is it important to know my assigned specialist?

If you don't go to a TRICARE network specialist, you could end up paying out-of-pocket for your care.

If you're wondering if there are network specialists near you, you can use TriWest's Provider Directory. Find providers by specialty, location or name. When you're at your desktop or laptop, go to TriWest.com/ProviderDirectory. When you're on the go, bookmark m.TriWest.com in your mobile device to use the interactive provider directory.

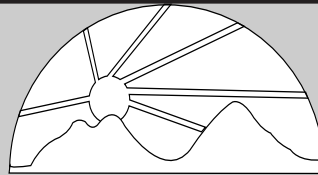
# OPSEC

Technology and the world-wide web make the sharing of information easy. Remember do not share or pass along critical information when outside of the appropriate workplace. Know your surroundings and always practice proper protocol.

Welcome To

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A growing, friendly community where people and businesses are ready to serve you!

## LOCAL ACTIVITIES

**Professional Women's Organization**—1st Mon. of each month - Basement of City Hall  
**Lion's Club**—2nd & 4th Mon. 7 p.m. - Jubilation Center  
**Chamber of Commerce**—2nd Thurs. of each month.  
 Call Pam Thompson @ 563-3398 for more info.  
**Masons**—2nd & 4th Thurs. 7:30 p.m. - Knob Noster Masonic Lodge AF & AM  
**Garden Club**—1st Thurs. of each month 6:30 p.m. - Trails Regional Library - Knob Noster Branch

**Alcoholics Anonymous (AA)**—Every Fri. 8 p.m. - Basement of Methodist Church  
**Knob Noster Board of Aldermen**—1st & 3rd Tues. each month - Basement of City Hall  
**Whiteman Area Piecemakers Quilt Guild**—3rd Thurs. each month 7 p.m. - Methodist Church  
**AMVETS**—Membership Night Supper 3rd Sat. each month 7-8 p.m. - AMVETS Building

**VFW**—1st Fri. each month 7 p.m. - VFW Building  
**VFW Auxiliary**—1st Fri. each month 7 p.m. - VFW Building  
**Boy Scouts** - Troop 509 Methodist Church  
**Cub Scouts** - Pack 405 Bill Sander 687-1154  
**Cub Scouts** - Pack 509 Methodist Church  
**Girl Scouts** - Jo Ellen Elwell 563-3514  
**Freedom of the Road Riders, Local 33** - 3rd Sun. 1 p.m. - AMVETS Building

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# “Whiteman: Gliding through history”

By Megan Blair  
509th Bomb Wing Historian

In the spring of 1942, the massive buildup for World War II prompted the U.S. Army to search for a site near Sedalia, MO, as a glider training base. Among the areas considered were the state fairgrounds site and a site in neighboring Dresden. Both of these sites were rejected because of a lack of room for expansion. The Sedalia Gilder Base was eventually located on an area known to locals as the “Blue Flats” located outside Knob Noster.

On May 15, 1942, work began on the base’s first building. After a flurry of action, an H-shaped building began rising from the dusty Missouri farm land. This building became the headquarters for the U.S. Army Corps of Engineers during the base construction. Over the next several months, fast and furious construction dominated the Blue Flats region. At one time, nearly 2,500 men were employed on construction jobs at the base. In all, the project required a total of about 1,943,000 man hours.

The base reached its first major milestone on Aug. 6, 1942 when the Army declared the field officially open. On the same day, Lt. Col. Robert H. Wheat, the new base commander arrived from Patterson Field, Ohio. Even as the first aircraft arrived, the base was not quite ready. Soldiers arriving and stationed to the field in the early days remember:

“There were dogs and cats all about, and snakes crawling around in the lazy fall days. It rained so much that everything was grizzly gray and muddy yellow. There were no dayrooms, no theater, and

no chapel. All you could do in the evening was write letters while you sat on the edge of your bunk.”

“The cars stuck in mud all over the field and you usually drove a vehicle as far as you could, then hiked the rest of the way. The boys drank milk and pop out of barrels. Every officer had about 67 additional duties.”

The citizens of local communities pitched in to help the new arrivals. Sedalia and Warrensburg quickly set up USO’s with reading and writing rooms. Chaperons brought young women to and from dances. To ease the pain of homesickness during the Yuletide season, the USO’s sent a gift to every man on base for that first Christmas 1942.

Sedalia Glider Base had become one of the eight bases in the United States dedicated to training glider pilots for combat missions performed by the Troop Carrier Command. During those early days, the base did face a perplexing problem over what to call the field.

The first change came on Sept. 23, 1942 when “Sedalia” was dropped from the original address, leaving the base to be known only as Army Air Base, Warrensburg, MO. Shortly after, the address was changed to Army Air Base, Knob Noster, MO. On Nov. 12, 1942, the name changed to Sedalia Army Air Field, Warrensburg, MO.

In the seventy years, since the base first opened its doors it has seen a lot of change. It has gone from training gliders to missiles to being the home of the B-2 Stealth Bomber. While the base continues to grow, with the addition of such as the 20th RS and reserve components, Whiteman’s future continues to be bright.



## 70th Anniversary Time Capsule

On Monday, the base will commemorate this milestone by burying time capsule complete with memorabilia representing all the units at Whiteman. Units wanting to donate items for the time capsule should contact Megan Blair, 509th Bomb Wing historian, at 687-1145 for more information. The deadline for submission is today.





# FitFactor boosts healthy living for youth

By Heidi Hunt  
509th Bomb Wing Public Affairs



Parents and teens may find themselves wanting to make more positive healthy decisions about their nutrition but might also find themselves unsure of how to get there.

Air Force Airman and Family Services officials are helping achieve the participant's goals through FitFactor, a key component of the overall Air Force Youth Programs fitness and health initiative that has reached more than 75,000 youth.

The FitFactor initiative encourages youth, teens and families to be physically active every day, make healthy nutrition choices and "Get Up, Get Out and Get Fit."

"FitFactor is a wonderful opportunity for our community to get excited about exercise, live a healthy lifestyle and make positive eating choices," said Chad Barkalow, 509th Force Support Squadron assistant youth sports director/FitFactor coordinator.

The program can be used as an online tool to log points, set goals and earn prizes to celebrate the accomplishments of youth and teens, according to Barkalow.

"Although FitFactor is for youth, ages six through 18 years, parents can also sign up to challenge themselves to be healthy and help ensure their children participating stay on track," Barkalow said.

Emma, 9, a FitFactor participant and-daughter of Angela and Master Sgt. Dan Hatch, 442nd Fighter Wing Force Support

Squadron, said it's a great program that helps with healthy eating, exercise and chores.

"If you log all your points you win a prize at every level you pass," said Emma. "So far, I have won sunglasses, rubber bracelets, dog tags and a T-Shirt."

"You can earn 50 points for playing an organized sport or 25 points for taking out the garbage," Barkalow said. "There are also monthly drawings for those who have logged at least 500 points the previous month."

The youth center will display a hall of fame for those who have reached 35,000 points in their gym.

"Other events will continue monthly to challenge members and reward them for their hard work," Barkalow said. "Many points can come from the sports and activities that numerous youth are already involved in."

The program's success is measured ultimately in the final outcome, children living healthy lifestyles, according to Barkalow. FitFactor gives the opportunity to families for a better healthier lifestyle.

For a list of prizes or for more information about FitFactor visit [afgetfit.com](http://afgetfit.com). To sign up, contact Chad Barkalow at the Whiteman AFB Youth Center 660-687-3199.

## Tops in Blue to perform at UCM Aug. 9



U.S. Air Force photo/Airman 1st Class Alexis Pons Abascal

**Tops in Blue, an all active-duty U.S. Air Force special unit, is scheduled to perform entertain at 7 p.m. Thursday, in the University of Central Missouri's Multipurpose Building. Admission is free.**

*Courtesy of UCM University Relations*

Tops in Blue, a musical group that performs around the globe as ambassadors for the United States Air Force, is scheduled to perform Thursday, in the University of Central Missouri's Multipurpose Building. The show starts at 7 p.m., and admission is free.

An all active-duty U.S. Air Force special unit founded 59 years ago, Tops in Blue has performed previously at the university and in nearby communities

such as Sedalia. The group consists of approximately 35 to 40 vocalists, musicians, dancers, and technicians, specially selected for their talents and skills, and trained at Joint Base San Antonio-Lackland Air Force Base, Texas.

Tops in Blue made its TV debut in 1954 on Ed Sullivan's "Toast of the Town!" and went on to perform in six televised Bob Hope specials.

They have performed the National Anthem during NBA Finals, appeared at

**See Tops in Blue, page 14**

**INTERESTED IN VOLUNTEERING FOR AADD?**

Contact Airman 1<sup>st</sup> Class Sharon Palmer,  
AADD Public Affairs Officer

at  
[sharon.palmer@whiteman.af.mil](mailto:sharon.palmer@whiteman.af.mil)  
or 687-5414

for an application or more information.

### 509th MUNS semi-annual inventory

The 509th Munitions Squadron will be conducting a semi-annual stockpile inventory during the week of Sept. 4 to 7. If you need any munitions issued or have any munitions that need to be turned in, please do so either the week prior or after the inventory. During the inventory, the 509th MUNS will only process emergency requests. Requests must be submitted in writing, and approved by the group commander or equivalent. If you have any questions or concerns, contact Tech. Sgt. Jason Gebbia at 687-8251.

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### WHITEMAN SCHEDULE SUMMER 2012

Classes may be cancelled or added depending on enrollment.

SESSION 1 (JUNE 4<sup>TH</sup> - JUNE 23<sup>RD</sup>)  
Comp I M-W  
Speech T-Th

SESSION 2 (JUNE 25<sup>TH</sup> - JULY 14<sup>TH</sup>)  
American History M-W  
Speech M-W  
Principles of Management T-Th

SESSION 3A (JULY 16<sup>TH</sup> - AUGUST 3<sup>RD</sup>)  
Humanities M-W

SESSION 3B (JULY 16<sup>TH</sup> - AUGUST 18<sup>TH</sup>)  
College Algebra M-W  
College Algebra T-Th

NO APPLICATION FEES!

**Contact:**  
Sandy Mullins  
107 S. State Street  
Knob Noster, MO 65336  
660-563-2400  
[smullins@national.edu](mailto:smullins@national.edu)

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# GreenUp - Summertime Energy Awareness

By Ivonne Bates  
509th Civil Engineer Squadron  
Resource Efficiency Manager

At certain times of the year, we experience change in seasons that are dramatic. You will see it, feel it, and pay for it. As our climate changes, temperature rises, humidity rises, and energy costs rise. As stewards for the Energy Program here at Whiteman AFB, it is our goal to improve energy efficiencies continuously. In order to accomplish our goals we need your support.

Many of us already have taken steps to improve energy efficiency at home, but it doesn't stop there. Energy efficiency is not only the first step in being green; it is the right step towards smart operations. Energy efficiency can have a high return on investment, and the potential for savings are staggering.

Energy conservation activities at home and work starts by making the commitment to be an active participant in energy conservation. That could mean leading by example. Be the one who steps up and turns off the lights during daylight hours when not needed. Purchase lower wattage bulbs that are ENERGY STAR rated.

According to the Department of Energy, commercial buildings are responsible for 18 percent of our nation's energy consumption. Industrial facilities use 32 percent. As part of the installation's Energy Management Program, any new or renovated building are designed with energy-efficient systems, improvements and equipment to deliver superior energy performance.

The Whiteman AFB Energy Management team conducts research and data gathering that is vital for any potential energy project. We lay the groundwork for improving building performance by saving energy and reducing operational costs. We do this by identifying operational and maintenance enhancements that result in improvements in energy efficiencies. It is our responsibility to collect, consolidate, validate, input, and analyze the installation's energy and water usage data monthly to ensure compliance with Air Force goals.

This is not a job we can do alone. This takes the effort of every person on the installation to be stewards in conserving energy. This is a continuous effort we all face. Setting goals, implementing strategies, and reaping the gains take constant awareness. Awareness is the essential foundation for an effective energy program at our installation. As we do our part to become more energy efficient, we are also benefitting the environment. Reducing energy use reduces the amount of air pollutants. So let's GreenUp Whiteman!

### DID YOU KNOW?

- ❑ Cell phone adapters plugged into outlets still use energy even if they are not charging your cell phone
- ❑ Keeping blinds or some type of window covering closed during daylight hours on sunny days to keep out the heat of sun aids in saving energy
- ❑ A computer screen saver generally does not save energy. In some cases, it may cause the computer to burn twice as much energy

By making energy-efficient choices, we can reduce our energy use and save money while protecting the environment.

# B-2 crew chiefs keep Spirits soaring



U.S. Air Force photo/Senior Airman Nick Wilson  
**Crew chiefs from the 509th Aircraft Maintenance Squadron and the 131st Bomb Wing perform a phase inspection a B-2 Spirit, July 12. Every 1000 flight hours the B-2 must be 'phased' in search of any discrepancies that could cause major damage.**



U.S. Air Force photo/Senior Airman Nick Wilson  
**Senior Airman Tyler Gainey, 509th Aircraft Maintenance Squadron crew chief, verifies procedures in a technical order prior to performing a task July 12. The technical orders ensure B-2 crew chiefs perform maintenance procedures safely and efficiently.**

By Senior Airman Nick Wilson  
509th Bomb Wing Public Affairs

With their hands and uniforms covered in grease, oil and hydraulic fluid, a team of crew chiefs completes a 12-hour graveyard shift just as the rest of the world awakens and prepares for the day. No matter the time, the day or severity of the weather, crew chiefs report to their duty sections everyday with one single mission - keep their aircraft flying.

Crew chiefs from the 509th Aircraft Maintenance Squadron and the 131st Bomb Wing are responsible for inspecting, troubleshooting and maintaining Whiteman's B-2 Spirits, ensuring the aircraft are combat ready to support global strike operations and nuclear deterrence.

To ensure the Airmen working on the aircraft are qualified to perform their daily duties, they receive daily training and certifications.

"Crew chiefs must be able to perform maintenance on all aspects of the B-2," said Staff Sgt. Ryan Williams, 393rd Aircraft Maintenance Unit dedicated crew chief. "So we ensure all Airmen are working safely and by the book."

With a team of 160 crew chiefs, the training Airmen receive allows them to contribute to the large amount of sorties flown each month. Between real-world

and training missions, crew chiefs provide direct support to about 6,500 B-2 flying hours each year.

Williams said in addition to their regular training tasks, B-2 crew chiefs must also qualify on more than 250 different tasks outside their Air Force specialty code.

"For an Airman to be a quality crew chief, he or she needs to get all tasks signed off so they have all of the right qualifications."

Because of its mission and constant operations tempo, the B-2 crew chiefs must remain alert and aware of every maintenance issue involving their assigned aircraft.

"You have to manage your aircraft," said Staff Sgt. Chad Dodge, 13th Aircraft Maintenance Unit dedicated crew chief. "You have to know the long-range maintenance schedule, when your aircraft is getting modifications made, and anything else that might come up."

Whether training to become more qualified or performing by-the-book maintenance to ensure aircraft are ready to fly, B-2 crew chiefs have a direct impact on the war effort.

"When you see your jet finally taxi out and take to the sky, that's a rewarding feeling," Williams said. "That's a huge part about being a crew chief."

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**BBQ Lunch, Games,  
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Tug-o-War, Limbo & More!**

**Sign up for Games with your  
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**Whiteman AFB Fire & Emergency Services  
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Aug. 18 and 19 @ Whiteman AFB**



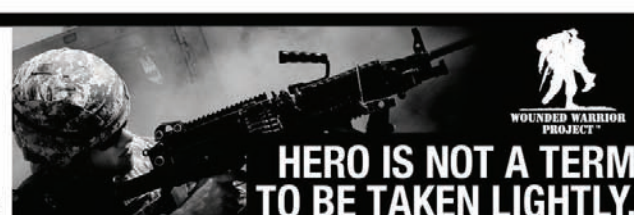
**1st - 3rd Place Teams**  
**Home Run Derby**  
**Winner**  
**Silent Auction**

12-Team Round Robin/Double Elimination Tournament - FIVE GAME GUARANTEE  
Proceeds to benefit National Fire Prevention Week and Wounded Warrior Project  
Entry fee: \$150.00 NLT Aug. 10  
\$200.00 NLT Aug. 17  
Home Run Derby: \$15.00 per person  
Food and drinks served throughout event  
Various prize packages to be auctioned off

	SCHEDULE
Aug. 18: 8 am - 3 pm	Round Robin for seeding/Silent Auction Opens
Aug. 19: 8 am - 11 am	Double Elimination Tournament Starts
Aug. 19: Noon - 3 pm	Home Run Derby
Aug. 19: 3 - 8:30 pm	Final games/Silent Auction Closes

**For Registration or Questions  
Contact:**  
Staff Sgt. Bryan Bereza  
Mr. Christopher Finkes

Phone: 660-687-4507  
Bryan.Bereza@Whiteman.af.mil  
Christopher.Finkes@Whiteman.af.mil



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-Ryan Hembrough

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# WHAT'S HAPPENING AT WHITEMAN?

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

## FOOD & ENTERTAINMENT

### SATURDAY 8/4

**Texas Hold 'Em!- Register by 6:00pm- Mission's End**  
Join us for Texas Hold 'Em Poker, and run the table! Go all in...No Limit! Free to members, \$10 for non-members. Call 687-4422 for more information.

**Family Bowling Special- 12-4pm - Stars & Strikes Bowling**  
A family of up to 6 gets 1 lane for 1 hour of bowling, 1 large 1 topping pizza, shoes and soda. Only \$25 per package. (Sat & Sun now thru Apr Stop by on Sunday also! Call 687-5114 for more information.

### MONDAY 8/6

**4-Day Tap Workshop August 6-9- 8am-4pm- AFRC**  
Facilitated by the U.S. Dept. of Labor and Veterans Administration. Skills development for finding and getting that next job and learning about VA benefits. For separating, retiring or retired personnel. Spouses are encouraged to attend. Reservations required. Call 687-7132

**Senior's Bowling- 10am-1pm - Stars & Strikes**  
Seniors join us for bowling on Mondays from 10am-1pm for \$1 a game and \$1 shoes. Try Seattle's Best Coffee, or wait around for lunch service and enjoy a "Cpbra Basket" or an "A-10 Burger Basket." Call 687-5114 for more information.

### TUESDAY 8/7

**Right Start- 7:30-9:30am- AFRC**  
Introduction to base mission, support systems available to personnel and families, local community info, on-base services, et. Bring your spouse and receive a free day pay. Held at the Mission's End.

**\$6.50 Bowling Special- 3pm-Close- Stars & Stikes**  
Receive 2 free games and free shoes with any snack bar purchase of \$6.50 or more after 3pm. Call 687-5114 for more information.

**Pre-Deployment- 5-6pm- AFRC**  
Program assists active duty members and their families with pre-deployment, deployment, reunion and the reintegration process. Ensures families have access to the programs and services provide to assist them with family separation such as Give Parents a Break, Car Car oil change, Hearts Apart events, Operation Dream Catcher, Morale calls and PlayPass. Spouses are highly encourage to attend.

### WEDNESDAY 8/8

**Mongolian BBQ Buffet- 11am-1pm- Mission's End**  
Enjoy Mongolian Stir-Fry for lunch. Stir-Fry is .70 per ounce & includes savory rice, soup, limited salad bar, and ice tea. Call 687-4422 for more info.

**Boss & Buddy- 5-7pm- Mission's End**  
Hang out after work and enjoy the cheapest hot wings around, only .45 cents a wing! Call 687-4422 for more info.

### THURSDAY 8/9

**Pre-Deployment- 1-2pm- AFRC**  
Program assists active duty members and their families with pre-deployment, deployment, reunion and the reintegration process. Ensures families have access to the programs and services provide to assist them with family separation such as Give Parents a Break, Car Car oil change, Hearts Apart events, Operation Dream Catcher, Morale calls and PlayPass. Spouses are highly encourage to attend.

**\$6.50 Bowling Special- 3pm-Close- Stars & Stikes**  
Receive 2 free games and free shoes with any snack bar purchase of \$6.50 or more after 3pm. Call 687-5114 for more information.

**Tops in Blue- 7pm-UCM Multipurpose Bldg**  
The 2012 Tour "Listen" is a live performance by Tops in Blue featuring rhythms of The Doobie Brothers, Earth Wind & Fire, Whitney Houston, and Maroon 5.

### FRIDAY 8/10

**Super Social Hour- 4-6pm- Mission's End**  
As a member, come and unwind with good music and free hors d'oeuvres. Call 687-4422 For more information .

Air Force Entertainment Presents  
**TOPS IN BLUE**  
2012 WORLD TOUR

UCM Multipurpose Building  
Thursday - August 9, 2012 - 7 pm  
2012 Tour "Listen" is a live performance by Tops in Blue featuring rhythms of The Doobie Brothers, Earth Wind & Fire, Whitney Houston and Maroon 5.

topsinblue.com

Stars & Strikes  
**FREE BOWLING!**  
TUESDAY & THURSDAY NIGHTS

RECEIVE 2 FREE GAMES AND FREE SHOES W/ ANY SNACKBAR PURCHASE OF \$6.50 OR MORE AFTER 3PM!

For more info call 687-5114

## Start Smart Soccer

September 12-October 17  
For Ages 3-5 @ Youth Soccer Fields

- Registration dates: Now through Aug. 30
- Parent meeting: August 28, 5:30 p.m.
- Youth ages 3-5 years old learn the basics of playing soccer
- Cost is \$25
- Choice of two Wednesday sessions: 5:15 p.m. or 6:15 p.m.
- Sign up deadline: August 30

**Kicking**  
**Dribbling**  
**Trapping**  
**Throw-ins**  
**Agility**

Age and developmentally appropriate introductory soccer program for both parent and child. This six week program prepares children for organized soccer in a fun, non-competitive environment and provides each child's parent an opportunity to be involved. Age appropriate equipment is used to teach children in this fun parent-child instructional program where parents assist with the activities. So please get involved with your child and join Start Smart Soccer this fall!

Check us out on Facebook! at Whiteman Youth Sports Program

## DID YOU KNOW?

The Whiteman AFB Library is available to provide online resources overview briefings for your base office, Commander's Calls, etc.  
Providing information about:  
Personal Career Development, College/University Research, Test Preparation and Practice Tests, Foreign Language Learning & Cultural Awareness, K-12/Homeschooling Resources and more!  
Please contact the Library Director @ 687-5614 to schedule.

## Family Child Care News

Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs mildly-ill children. The USAF offers a subsidy for providers for all children under age 3 and any child who falls in 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 687-5590 for more information.

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CONTACT US! 687-7929



**TEAM WHITEMAN COMMUNITY**  
**American Red Cross Volunteer Opportunity at Whiteman AFB** — The American Red Cross has multiple volunteer opportunities at the 509th Medical Group. Anyone interested in volunteering should first contact the Medical Group's volunteer coordinators in the Resource Management office, room 1130, or call 660-687-6782. Volunteers can serve in a variety of service positions including patient check-in, answering phones, records management, pharmacy, lab, radiology support and other general administrative functions. Professional volunteers are also welcome. The MDG volunteer coordinator will help those with the Red Cross volunteer application process. More information and forms can be found at <http://www.redcross.org/en/volunteer>.

**Volunteer opportunities for High School Students (dependents)** — High school sons or daughters of active duty Air Force members can volunteer up to 250 hours over the four years of high school, with a maximum potential of \$1,000 toward college or vocational-technical school. The Youth Employment Skills Program is an Air Force wide program that offers high school students the opportunity to learn new skills, volunteer their time while helping their community and receive money toward their educational endeavors. For every hour volunteered, \$2 will go to base youth programs to support recreational improvements, computer labs, and other programs. For more information about the YES program, contact Whiteman Youth Programs at 660-687-5586 or search Whiteman AFB Teen Programs via Facebook and click "Like."

**Found property** — Keys, wallets, bicycles, jewelry, cellular telephones and other items have been turned in as found property to Security Forces Investigations. To inquire about lost property, go to building 711, room 305, or call 660-687-5342. Vehicles have been identified as suspected abandoned and will be towed at the owner's expense. For more information about vehicles, contact Steven Scott at 660-687-5342.

**Airmen Against Drunk Driving** — AAADD is a Whiteman AFB Active Airmen Association program designed by Airmen to provide Whiteman personnel, with a valid Department of Defense ID card, (active duty, retirees, Guard, Reserve, cadets and dependents) a free safe ride home 24/7 in the local area by dialing 660-687-7433 (RIDE) or 1-888-516-0013 when they've had too much to drink and their coordinated plan has fallen through. The local area includes: Warrensburg, Knob Noster, Windsor, Sedalia and Whiteman AFB. Rank, name, and age are kept confidential. Rather than risk your life and career, take advantage of AADD.

**Palace Chase Briefing** — Palace Chase Briefings are held the third Wednesday of every month at 11 a.m. in the Professional De-

velopment Center, building 519, room 101. For more information, contact Master Sgt. Rodney Harrell, in-service Recruiter at 660-687-1868 or 660-460-1041.

**Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line** — Whiteman AFB Domestic Abuse Victim Advocate 24 Hour Emergency Crisis Line is available 24/7 for safety planning, support and referrals. Victim advocates can be reached during duty hours and for non-emergencies at 660-687-4341.

**Retiree Activities Office** — The Retiree Activities Office provides an interface between the active duty and the retiree population from all military branches. The RAO is staffed by volunteers and open from 9 a.m.-3 p.m., Monday through Friday. The RAO is looking for volunteers and training is provided. For information, call 660-687-6457 or 1-800-303-5608 or email [rao@whiteman.af.mil](mailto:rao@whiteman.af.mil).

**Breastfeeding Support Group** — Breastfeeding Support Group is a 90-minute support group offered to Whiteman members and is the first Wednesday of every month from 11:30 a.m. -1 p.m. at the A&FRC. Contact Briana Kovach at 660-687-0368 for information. Children are welcome and should bring something to play with. No RSVP needed.

**FAMILY ADVOCACY OUTREACH**  
**Stress Management** — Stress Management is a one-time, 90-minute session support group and is offered the first and third Friday of every month from 3-4 p.m. in the Airman & Family Readiness Center. Students will learn how different stressors make an impact and how to make positive changes to reduce stress. To sign up, contact 660-687-4341.

**1-2-3 Magic** — 1-2-3 Magic is a two-session research-based parenting skills class offered twice a month on the second and fourth Tuesday from 2-4 p.m. It teaches parents easy-to-follow steps for disciplining children ages two-12 without yelling, arguing or spanking. Parents will learn how to get their children to stop doing what they don't want them to do and encourage them to start doing what they want them to do. Parents will learn techniques for handling misbehavior in public and dealing with testing and manipulation. Reservations required, call 660-687-4341.

**Common Sense Parenting** — Common Sense Parenting is offered in three, 90-minute classes every month and is scheduled according to the parent's needs. The Family Advocacy Program offers two different classes. One for parents of children ages 3-5 and another for parents of children ages 6-16. This class will demonstrate how to give clear messages, stay calm and teach child self-control as well as prevent misbehavior. Reservations required, call 660-687-4341.

**Tops in Blue** Continued from Page 10

Super Bowl XIX and XLV, and in front of hundreds of thousands of fans at NASCAR events.

In addition to appearances before dignitaries and heads of state throughout the world, they have toured Western, Central, and Eastern Europe, the Far East, Middle East, Central America, Southwest Asia,

Canada, and all 50 U.S. states.

The long list of entertainers and groups who have shared the stage with them includes Alabama, Lee Greenwood, Boyz II Men, Barbara Mandrell, "Glee" star Lea Michele, and many others.

For more information about Tops in Blue, visit the group's website at [topsinline.com](http://topsinline.com).

**This Weekend at the Movies**

**Ted • Saturday, 7 p.m. • Rated R • 106 Minutes**

Mark Wahlberg, Mila Kunis, and Seth MacFarlane-- Family Guy creator Seth MacFarlane brings his boundary-pushing brand of humor to the big screen for the first time as writer, director and voice of Ted. In the live action/CG-animated comedy, he tells the story of John Bennett, a grown man who must deal with the cherished teddy bear who came to life as the result of a childhood wish...and has refused to leave his side ever since. Rated R for crude and sexual content, pervasive language, and some drug use.

**Brave • Sunday, 3 p.m. • Rated PG • 89 Minutes**

Kelly MacDonald, Emma Thompson, and Billy Connolly -- "Brave" follows the heroic journey of Merida, a skilled archer and headstrong daughter of King Fergus and Queen Elinor. Determined to carve her own path in life, Merida defies an age-old custom sacred to the unruly and uproarious lords of the land. Merida's actions inadvertently unleash chaos and fury in the kingdom, and when she turns to an eccentric Witch for help, she is granted an ill-fated wish. The ensuing peril forces Merida to harness all of her skills and resources - including her clever and mischievous triplet brothers - to undo a beastly curse before it's too late. Rated PG for some scary action and rude humor.

Movie showings are featured at the Whiteman AFB Movie Theater.

Call the movie line at 660-687-5110 for more information. Cash or check only.

\*Movies are \$4.50 for adults and \$2.25 (3-11 years). \*Doors open 30 minutes prior to show time.

\*Movies and ticket prices are subject to change without notice.

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**Daycare Centers 84**

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**Help Wanted 90**

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Openings for 6 weeks to 36 months.  
Full, part-time, permanent & temporary care. **660-563-5918.**

**Help Wanted 90**

**General**  
**DRY CLEANERS** in the BX at Whiteman needs a seamstress and counter person, part time. Call (660)563-3766.

**Misc. For Sale 135**

(2) **ORIENTAL RUGS:** 7 1/2 by 9 1/2- \$100 each; entertainment center, \$40. Call 660-747-1588. sa  
**HOT TUB- 5/6 Person Spa-** 2012 Model, New- not being used. Cost \$7900, Take \$3200 or best offer. Can deliver. Call 417-353-2455.

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**Daycare Centers 84**

**Graphic Design Position**

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If you have comprehensive knowledge of Mac-based graphics software including QuarkExpress, Photoshop, Illustrator, InDesign and Flash and have two years' experience in desktop graphic arts production, you should apply for this position. Those with prior newspaper experience are preferred.

Our award-winning team produces a high volume of work for multiple publications and both internal and external customers. You must have a good understanding of process four-color printing and excellent design, typography and digital imaging skills.

To apply for this full time with benefits position, send your resume to: [phunting@sedaliademocrat.com](mailto:phunting@sedaliademocrat.com)



**Misc. For Sale 135**

**CRAFT AMOUR-** \$125; motorcycle lift- \$80; kid's train table, freshly painted- \$100; doll cradle & doll bed- \$75 set or \$50 each. Call 233-3235. sa

**\*\*CABINETS\*\*** Gorgeous NEW kitchen cabinets. Solid wood. Enough to fit a complete kitchen. Can add or subtract. Never installed. Cost- \$8500. Take \$1600 or best offer. (660-252-4330).

**INTERACTIVE INDOOR** bike trainer, softcar roller, travel trac adjustable inertial trainer- brand new. \$150. 660-619-0269, sa

**Fruits & Vegetables 171**

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Tomatoes, Peppers, Onions, Cucumbers, Watermelon, Canteloupe, Missouri Peaches. Ask about case prices for custom canning. Most Greenhouse, Mon-Sat. 3 miles north of Windsor on WW, left 3/4 mile on 1100 Road. Watch for sign.

**Houses For Sale 249**

**Apartments For Rent 207**

2 BR central heat/air, all electric, washers & dryers. Water/trash/sewer paid. Great Sedalia location. \$535 & \$585/month. 460-0779 or 826-4509.

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2 BR with deck/patio, new carpet, brand new laundry, central air, private parking. Some utilities paid, \$389. 2 BR House, trash paid, \$495. NO: dogs, cats or smoking. Call 660-624-0276; if no answer call 715-479-8092.

**Classified Ads Get Results**

**Houses For Sale 249**

**Townhouses For Rent 213**

**LARGE 3 BR** (1450 sq. ft.), 2 baths, 1-level, all appliances, garage, security system, no smoking or pets. \$775/month. Sedalia. Call (660) 826-4509

**Houses For Sale 249**

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**Houses For Sale 249**

**Houses For Sale 249**

**GORGEOUS 3+ BR** 2 bath, fireplace, 3-car garage, large master bedroom, walk-in closet, ceiling fans, Jacuzzi tub, home security, great location. Must see! Priced to SELL!!! 816-807-8741. sa

**Lake Property For Sale 267**

**LAKE OF THE OZARKS** - LAKE LOTS \$3950 each, \$75 down, \$59 per month. Also 3+/- acre tracts starting at \$10,900. Owner financing, no credit checks and easy terms. Beautiful trees, free lake access, boating, fishing and swimming areas. Missouri Conservation dock and boat ramp. Ad ends August 13. Ivy Bend. (573)372-6493. [www.ivybendlandoffice.com](http://www.ivybendlandoffice.com)

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 <b>OPEN HOUSE 08/05/12 1-3</b> SHOWN BY Lynne! Completely remodeled 3 BR 2 bath in southwest Sedalia, maintenance free exterior, privacy fenced backyard with dog run. \$94,900 #63213	 <b>COUNTRY HOME CLOSE TO SEDALIA AND WAFB,</b> 6.5 acres comes with 4 BR 3 bath home, walk out basement, equipped kitchen, living room, dining room, family room, 2 car garage, and 24x40 steel utility building. \$225,000 #62604 & 05	 <b>COUNTRY LIVING AT ITS BEST!</b> Move into this easy to care for full brick home on 3 acres, 3 BR 3 bath, large eat in kitchen with a sitting area, 6 panel solid wood doors throughout home, and full walk out basement. \$289,900 #63496 & 515	 <b>LARGE FAMILY STYLE HOME,</b> full brick, triple car garage, large eat-in kitchen, formal dining room, 4-5 bedrooms, 3 full baths, large multi-level deck, yard is professionally landscaped, too many amenities to mention, located in Hunters Ridge. \$298,500 #63167	 <b>LIKE TWO HOUSES IN ONE,</b> 5 BR 4 baths, 2 kitchens, full finished walk out basement and 2 car attached garage. \$259,500 #63134	 <b>BETTER HOMES AND GARDEN,</b> this 4 BR (2 main 2 LL) 3.5 bath home will surprise you! Large family room, DR, eat in kitchen, 4 season room overlooking pool and flower garden, LL family room with walkout, 2 car garage with 2 car carport. \$275,000 #63008	 <b>SOUTH WALNUT HILLS LOCATION AND NEIGHBORS ARE GREAT!</b> This home is comfortable and great for entertaining, large deck and patio, great room and family room with a fireplace, large 2 car garage on corner lot. \$215,000 #63653	 <b>PRESTIGIOUS HOME,</b> Unique 4 BR 3.5 bath with finished basement, large lot, nice maintenance free deck, redwood and stone exterior. Custom built one owner home, very nice well-known home. A MUST SEE!!!! \$298,500 #62485	 <b>YOU WILL WANT TO SEE THIS!</b> Large 2 BR home with updated kitchen, large fenced yard, laundry room, deck and 2 storage buildings. \$74,900 #63756
 <b>CHARMING 1.5 STORY HOME,</b> 3 bedrooms on main level, large modern kitchen, living room with fireplace, upstairs has 800 sq. ft. of living space perfect for large master bedroom or family room. \$95,000 #63374	 <b>DARE TO COMPARE QUALITY, LOCATION AND PRICE!</b> 3 BR 2.5 bath, lower level family room, main floor sunroom with fireplace, fenced backyard, all newly remodeled. \$139,900 #63559	 <b>WINDSOR HOME,</b> Super neat and clean 2 BR, nice kitchen, custom built cabinets and all appliances. \$59,900 #62682	 <b>INCOME, INCOME, INCOME,</b> income producing rentals, 8 units (4 duplexes) plus a house to rent, central location. \$325,000 #61194&95	 <b>BIG BEAUTIFUL ALL BRICK HOME,</b> 1.5 story 4 BR 2 bath home conveniently located to downtown Knob Noster and Whiteman Air Force Base, MUST SEE. \$124,900 #62692	 <b>OLD WORLD CHARM,</b> 3500 sq. ft. brick home in central location, close to park, schools, downtown, and libraries. \$105,000 #63848	 <b>LOTS OF ROOM, GREAT LOCATION!</b> 4 BR 3.5 bath home near golf and swimming, walkout basement with large workshop and finished area, newer roof, and lots of storage. PRICED TO SELL!!!! \$249,000 #63120	 <b>UNIQUE RANCH HOME</b> with 4 BR 3 bath, 2 fireplaces, lower level family room, full basement, screened patio, 16x44 in-ground pool, pool house, and hot tub. EXCELLENT LOCATION! \$135,900 #60697	 <b>WELL MAINTAINED RANCH HOME,</b> 3 BR 1 bath, CA/FAG, vinyl siding, thermo windows, large lot and storage building. \$84,900 #62583
 <b>BEAUTIFUL HOME!</b> 3 BR 3 bath ranch, open floor plan, formal dining room, large kitchen with lots of cabinets, fireplace, basement with finished family room 3rd bath and studded for 2 more bedrooms, and deck all on a corner lot. GREAT family home. \$195,000 #62612	 <b>JUST MINUTES FROM TOWN,</b> 3 BR brick ranch with fireplace on 1.85 acres, newer 2 car detached garage and new 25x26 metal building, nice covered deck to sit on and watch the wildlife. \$112,900 #63161	 <b>EVERY MAN'S DREAM,</b> nice 3 BR 2 bath home on 10 acres, close to town on blacktop road, 40x32 metal building 3 overhead doors with heat and electric, 24x24 garage with 2 overhead doors, 25x80 building and large pond. BEAUTIFUL SETTING! \$199,000 #59126	 <b>NEWER LARGE RANCH STYLE HOME</b> with wood floors, tile and carpet, open floor plan with a family in mind, 3 BR 2 full bath. Great curb appeal, just waiting for a new owner, Skyline School District. \$164,900 #62628	 <b>EXECUTIVE STYLE HOME,</b> 4/5 BR 3 full baths, granite countertops, 12+ ft. ceilings and beautiful landscaped yard. \$239,900 #62271	 <b>ALL BRICK 1.5 STORY HOME,</b> 2 BR 1.5 bath, living room with gas log fireplace, dining room, attic fan, and fenced back yard. \$98,900 #61076	 <b>OPEN FLOOR PLAN - GREAT FOR ENTERTAINING,</b> 3 BR 3 bath with full basement, handy kitchen with appliances, screened porch and 2 car garage. \$163,000 #62916	 <b>NEW 4 BEDROOM RANCH</b> with full basement, granite counter tops, space master microwave, stove, dishwasher and fireplace, over 2100 sq. ft. finished area. \$209,900 #63864	 <b>THIS IS READY FOR YOU!</b> New roof, new windows, new FAG/CA, 3 BR brick home with full basement, handy kitchen, dining room, living room, 2 car garage, and Skyline School. \$110,000 #61177

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**Wed., July 25 WINNERS**



No Photo Available

I-Pad: Charlie Strickler

\$100: Tom Leigh

**Thurs., July 26 WINNERS**



BBQ Grill: Valerie Tolliver

\$100: Brenda Tippie

**Fri., July 27 WINNERS**



TV: Porter Curry

\$100: Frank Sprinkles

**Sat., July 28 WINNERS**



No Photo Available

Patio Set: Carla HaLane

\$100: Robert Webb

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